



UB521M Upper Body Ergometer Owner's Manual



Includes instructions for assembly and operation.
For updates, please visit www.sportsartfitness.com.
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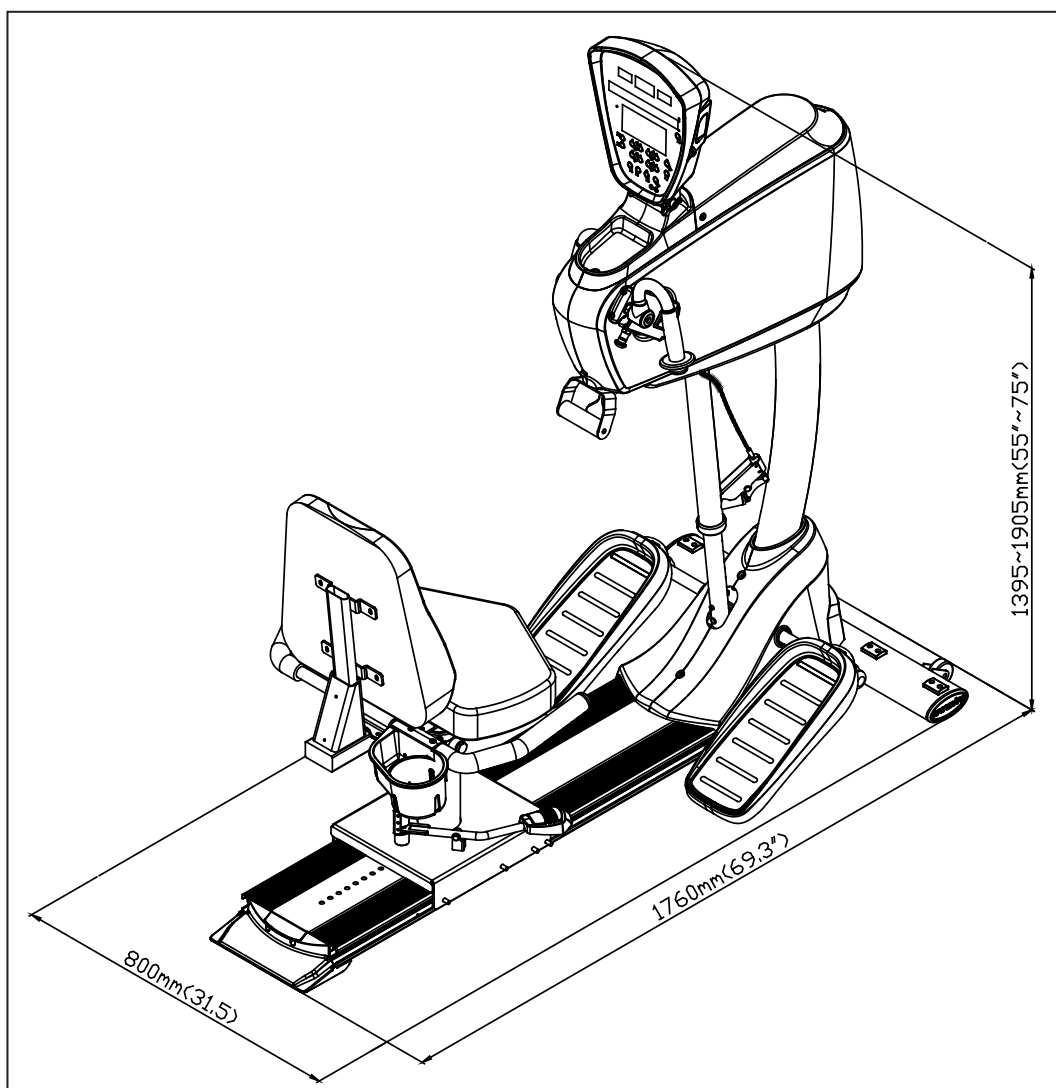
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1. INTRODUCTION

Congratulations on the purchase of a high quality SportsArt product, the UB521M upper body ergometer. Constructed of high quality materials and designed for years of reliable usage, this product was made for physical therapy, physical rehabilitation, and commercial fitness venues.

Before this product is assembled or operated, we recommend that you familiarize yourself with this manual. Understanding the correct assembly and operation of this product will help ensure that exercisers obtain their fitness goals safely and successfully.



2. SAFETY PRECAUTIONS

This product was designed and built for optimum safety. However certain precautions apply during the use of this product. Please note the following safety precautions:

- Please read the entire manual before assembly and operation. Make sure the product is installed and operated as instructed in this manual.
- Assemble and operate the product on a solid, level surface. Do not use outdoors or near water, including pools and saunas.
- Check the product before every use. Make sure all parts are assembled, and all fasteners are tightened. Do not use the product if it is disassembled in any way.
- Wear proper workout clothing. Do not wear loose clothing. Do not wear shoes with leather soles or high heels. Tie all long hair back. Do not go barefoot on this product.
- Keep away from moving parts. Moving parts may or may not stop immediately if an object becomes caught or impedes normal motion.
- Use this product only for its intended purpose as described in this manual.
- Be careful when mounting and dismounting the unit.
- Never operate this product if it has been damaged in any way. If it is not working properly, or has been dropped or damaged, contact a service technician for repairs.
- Do not use accessories that are not specifically recommended by the manufacturer. Such parts might cause injuries or cause the unit to fail.
- Keep all air ventilation areas free of blockage. Never drop or insert any object into any opening.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- This product is not intended for use by persons (including children) with reduced physical, sensory, or mental capabilities, or by people who are otherwise deficient in product knowledge or experience. If such people use this product, they should be given training and be supervised at all times by someone responsible for their safety.
- Children should be supervised to ensure that they do not play on or near the product.
- The user weight limit for this product is 227 kg, 500 lb. At maximum resistance, this product meets standards for users up to 150 kg, 330 lb.

CAUTION: If you feel any pain or abnormal sensations, STOP YOUR WORKOUT and consult your physician immediately. Work within your recommended exercise level. DO NOT work to exhaustion. Before beginning any exercise program, you should consult with your doctor. It is recommended that you undergo a complete physical examination.

WARNING! Heart rate monitoring systems may be inaccurate. Too much exercise may result in serious injury or death. If you feel faint, stop exercising immediately.

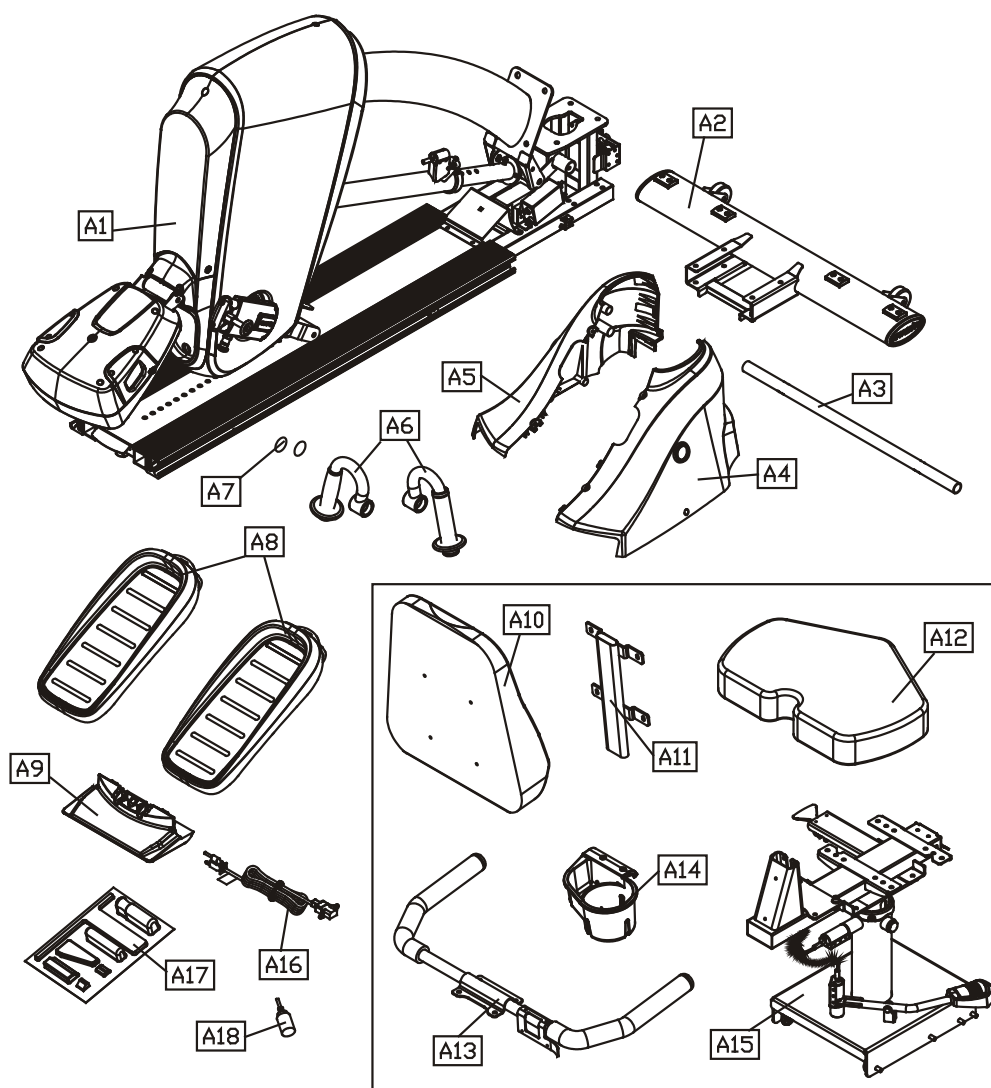
2. SAFETY PRECAUTIONS (CONTINUED)

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If the user desires to correct the interference, it is at the user's own expense.

WARNING! Only qualified technicians should be allowed to contact electrical components such as circuit boards. Some components carry an electrical charge even after use has been discontinued or the product has been unplugged. For products with power cords, turn off unit power, wait five minutes, then disconnect the power cord from the power socket. For products without power cords, let the unit sit without use for five minutes. Only after taking such precautions should covers be removed and electrical components be accessed.

- Do not attempt to drag or carry this unit by the power cord. Keep the power cord away from heated surfaces.
- Improper grounding can increase the risk of electric shock. Check with a qualified electrician if you are in doubt as to whether the power outlet is properly grounded.
- Do not attempt to modify the plug provided with this product. Proper power supply must be provided. If the plug does not fit an outlet, contact a qualified electrician to inspect or modify power in the facility.

3. LIST OF PARTS



Assembly Parts					
No.	Name	Qty.	No.	Name	Qty.
A1	Main body	1	A10	Seat back	1
A2	Front support	2	A11	Seat back support	1
A3	Horizontal bar	2	A12	Seat bottom	1
A4	Right side cover	1	A13	Handlebars	2
A5	Left side cover	1	A14	Bottle holder	1
A6	Handle	1	A15	Seat base	1
A7	Round sticker	1	A16	Power cord	1
A8	Footplate set	1	A17	Hardware kit	1
A9	End cover	1	A18	Silicone lubricant	1

Components in the Hardware Kit				
No.	Name	Qty.	Specification	Notes
11	Mushroom top Phillips screw	5	M4*L14	with cap
	Flat washer	10	D8*d4*t1.0	
12	Screw insert	4		
	L-shaped Allen wrench	1	M5	
	L-shaped Allen wrench	1	M6	
	L-shaped Allen wrench	1	M8	
	Double open-end wrench	1	13*17	
	Screwdriver handle	1	green	
	Screwdriver shank	1	Phillips+flat	
	Fuse	1	110V or 220V	

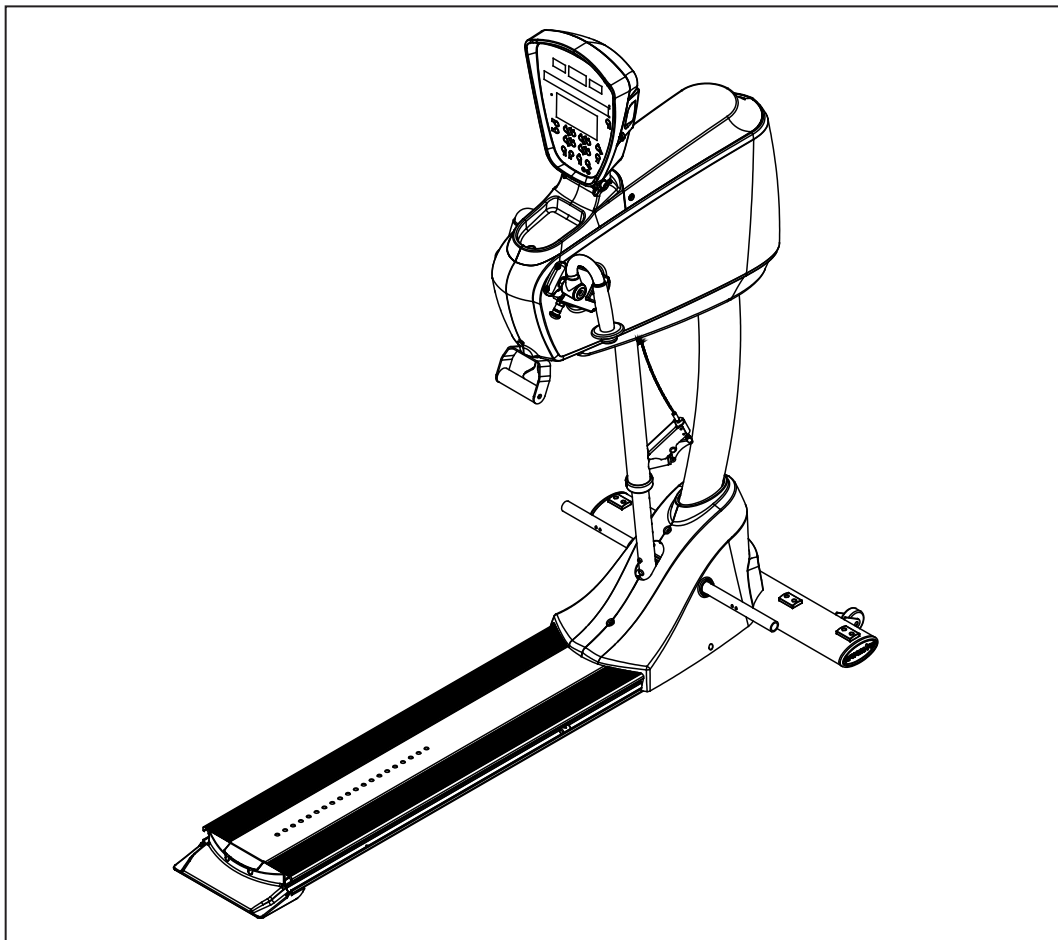
Components on the Product			
No.	Name	Specification	Notes
21	Inner hex screw	M8*L65	
	Spring washer	M8	
	Flat washer	D17*d8.3*t2	
	Hex lock nut	M8	
22	Flat washer	D21*d10.5*t2	
	Spring washer	M10	
	Inner hex screw	M10*L20	
	Serrated washer	D10	
23	Phillips screw	M5*PO.8*L15	
24	Inner hex screw	M6*L15	
	Curved washer	D20*d7*t2	
25	Inner hex screw	M6*L15	
26	Beveled head inner hex screw	M6*L15	
27	Phillips screw	M4*P0.7*L10	
28	Inner hex screw	M8*L20	
	Spring washer	M8	
	Flat washer	D17*d8.3*t2	
	Hex lock nut	M8	
29	Mushroom top Phillips screw	M5*0.8*L12	
30	Inner hex screw	M6*L20	
	Spring washer	M6	

Components on the Product, Continued			
No.	Name	Specification	Notes
30	Flat washer	D16*d6.3*t2	
31	Flat washer	D16*d6.3*t2	
	Spring washer	M6*t1.5	
	Mushroom top inner hex screw	M6*P1.0*L20	
32	Inner hex screw	M8*L20	
	Spring washer	M8	
	Flat washer	D17*d8.3*t2	

4. ASSEMBLE THE PRODUCT

Follow instructions below to assemble this product. Note that in this manual the words “left” and “right” are used to refer to the product and its parts. As such, these designations correspond to the “left” and “right” sides of a person in position to exercise on this product. Also, for brevity, the word “screws” is used where screws, washers, and other hardware may be involved.

The illustration below provides an overview of assembly steps one through five.



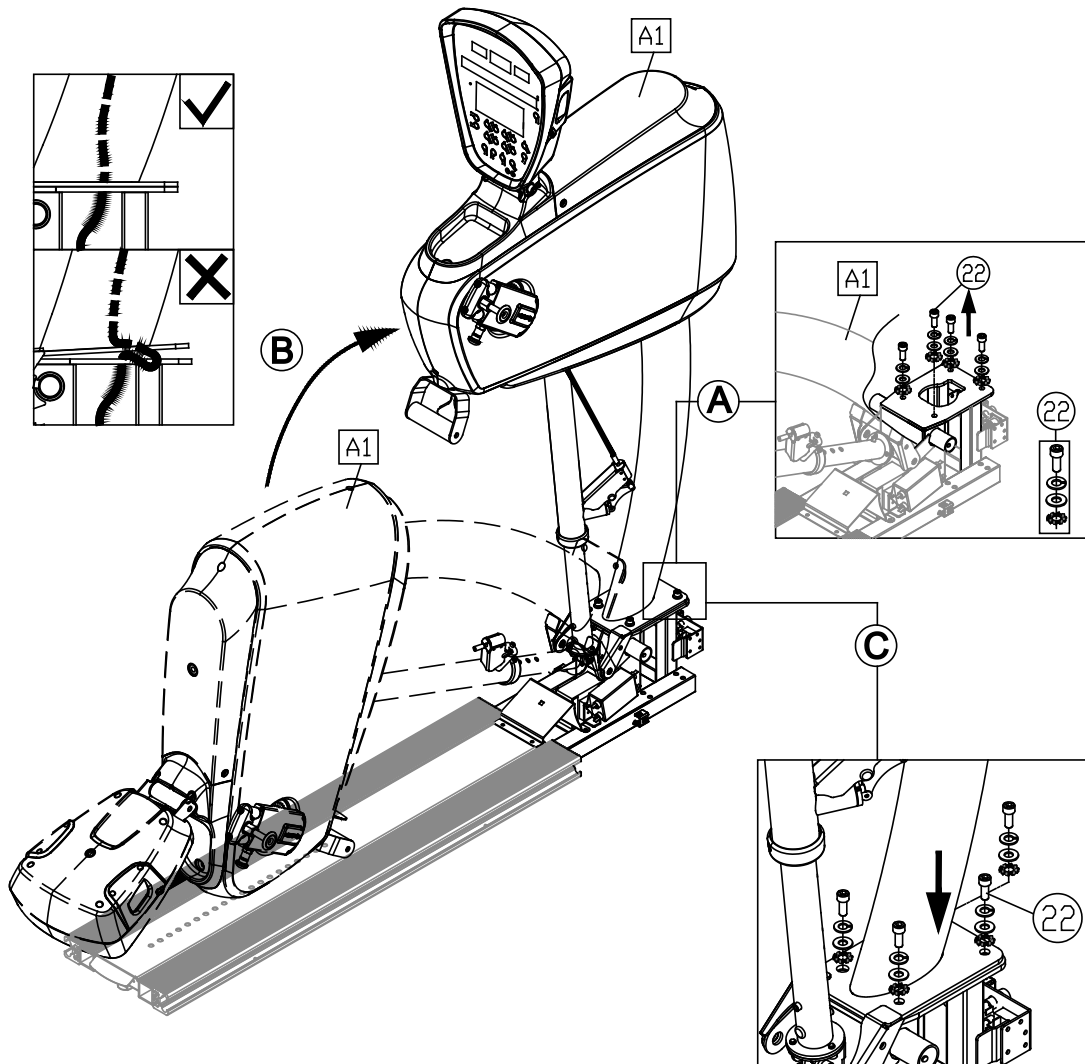
STEP 1 Secure the Pedestal

Please follow instructions (a) through (c) to secure the pedestal.

(a) First, remove screws (22) from the pedestal mount on the main body (A1).

(b) Lift the main body but avoid pinching the cable.

(c) Secure screws (22) into place.



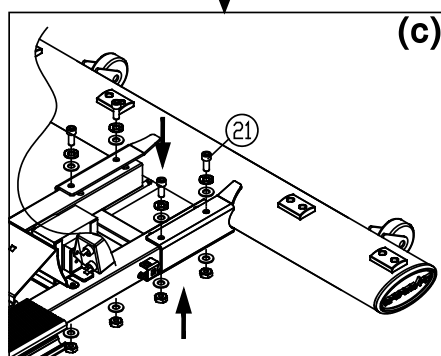
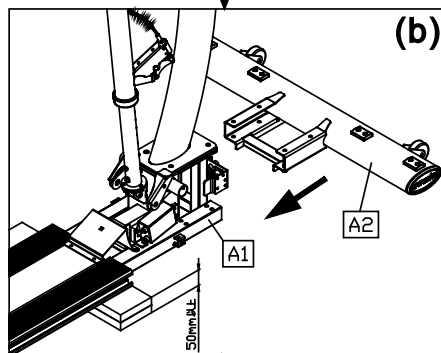
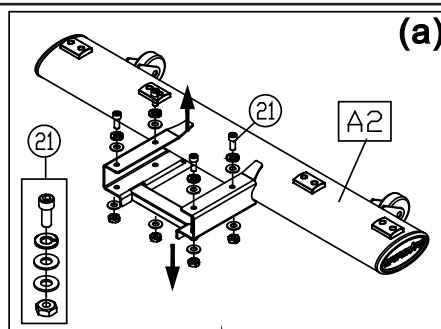
STEP 2 Secure the Front Support

Please follow instructions (a) through (c) to install the front support.

(a) First, remove screws (21) from the front support (A2).

(b) Before installing the front support (A2), prop up the base of the product. Then insert the front support (A2) onto the base of the main body (A1). Align the four screw holes. Then remove the material used to prop up the base of the main body.

(c) Secure the screws (21) that had been removed previously.

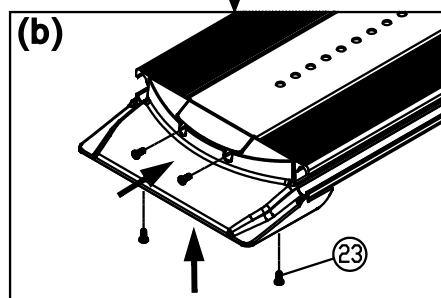
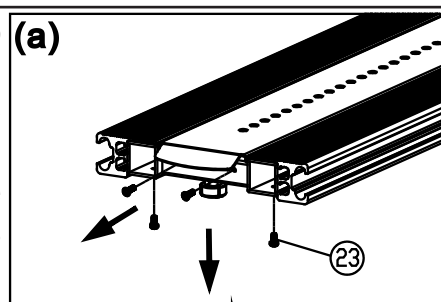


STEP 3 Secure the End Cover

Please follow instructions (a) through (b) to install the end cover.

(a) First, remove screws (23) from the glide track of the main body (A1).

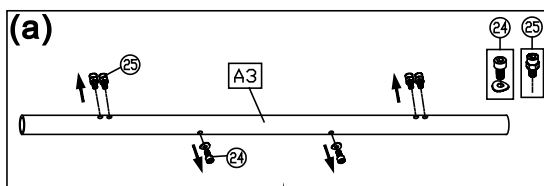
(b) Insert the end cover (A9) onto the glide track of the main body (A1). Then use screws (23) to secure it into place.



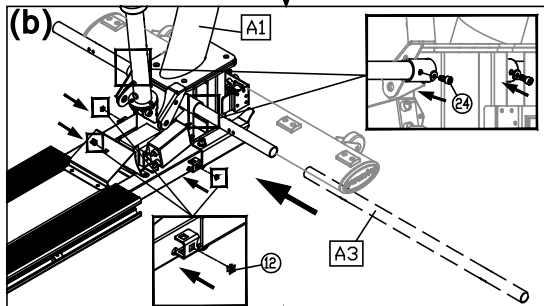
STEP 4 Secure the Horizontal Bar and Covers

Please follow instructions (a) through (e) to install the horizontal bar and left and right side covers.

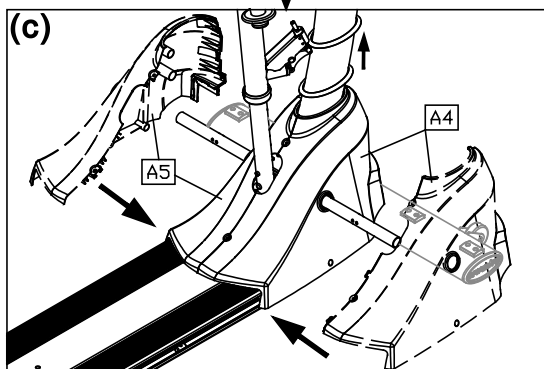
(a) First, remove screws (24)(25) from the horizontal bar (A11) that supports the footrest.



(b) Insert the horizontal bar (A3) into the base of the main body (A1). Use screws (24) to secure the horizontal bar into place. Then insert the screw sockets (12) into place in three locations.

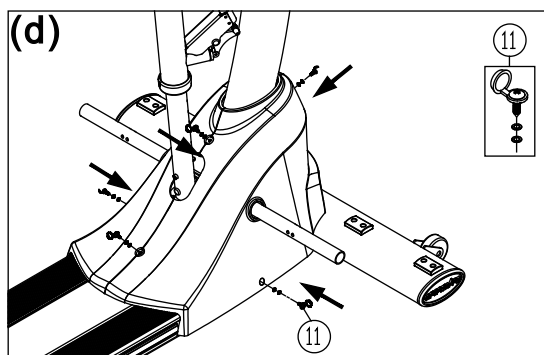


(c) Push the water guard ring upward on the pedestal. Put left and right side covers (A4,A5) into place around the horizontal bar (A3), and snap the covers into place together.

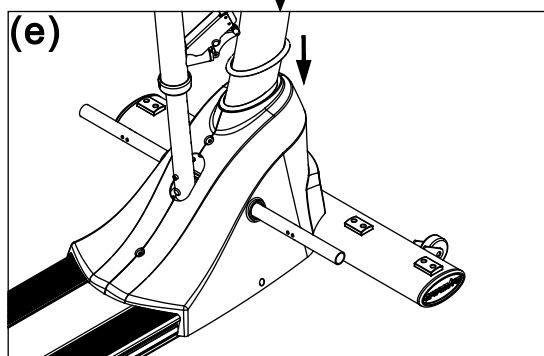


STEP 4 Secure the Horizontal Bar and Covers (Continued)

(d) Use screws (11) to secure left and right side covers (A4,A5). Then snap the screw cap into place. Make sure that there are two washers underneath the screw.



(e) Slide the water guard ring down into place on the product.



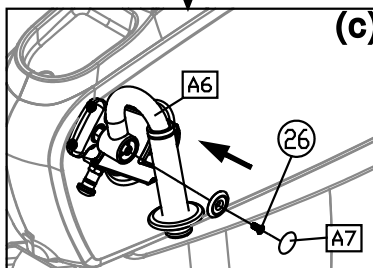
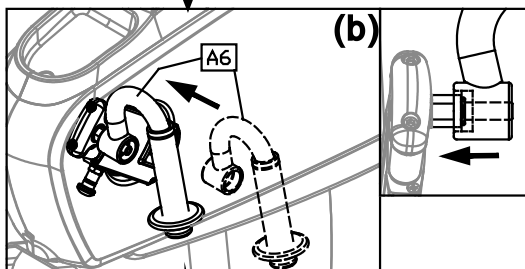
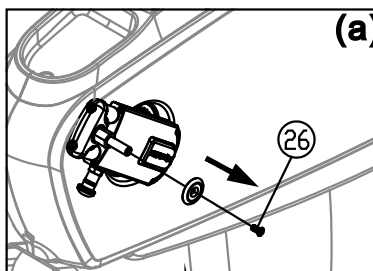
STEP 5 Install Handles

Please follow instructions (a) through (c) to install handles.

(a) Remove screws (26) on the left and right cranks, and remove the end cover.

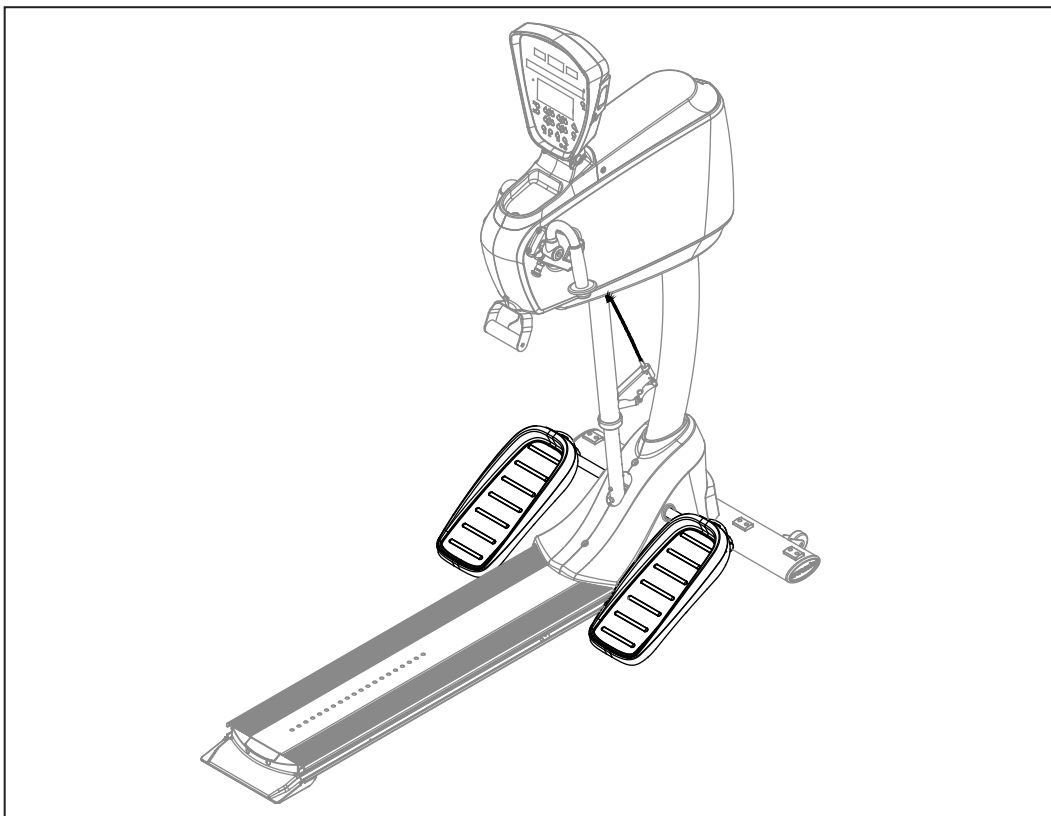
(b) Insert the handle (A6) onto the crank spindle. Push the handle inward until the O-ring touches the handle.

(c) Secure the end cap and screw (26) that had been removed. Insert the round sticker (A7) into place. Follow the same procedure to secure the handles on both sides of the product.



STEP 6 Install Footplates

The illustration below provides an overview of this step.

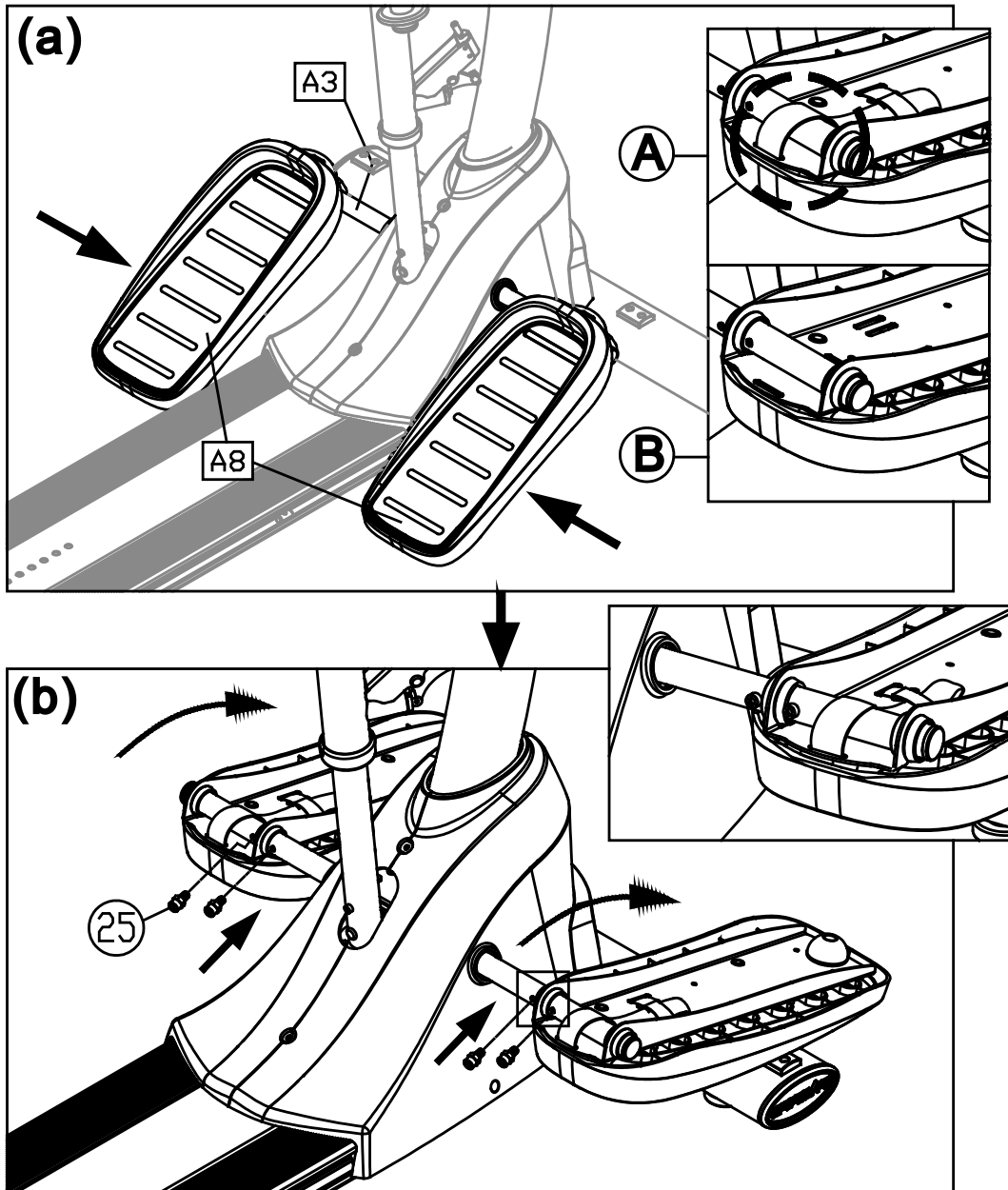


STEP 6 Install Footplates (Continued)

Please follow instructions (a) through (b) below to install footplates.

(a) Insert footplates (A8) onto the horizontal rod (A3). If you are using the optional wheelchair strap, thread the strap into position as shown in illustration A. If you are not using the wheelchair strap, insert the footplate into place as shown in illustration B.

(b) Flip the footplates (A8) upside down as shown. Secure screws (25) into place. (Note: The screws must secure the metal piece between them.) Then flip the footplates into position for use.



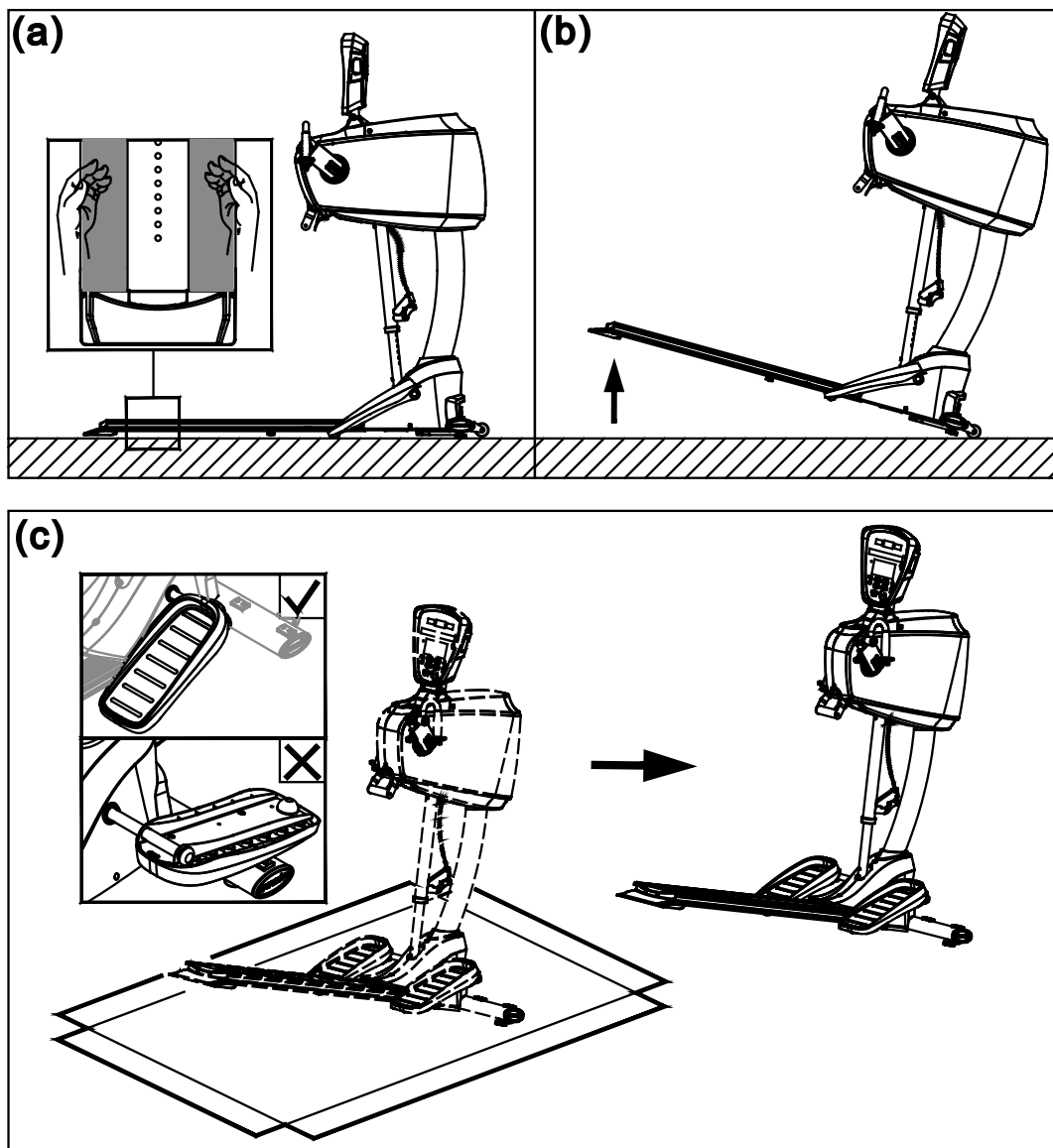
STEP 7 Move the Product into Place

Please follow instructions (a) through (c) to move the product into place for use.

(a) First, make sure footplates are in the position shown below. Grip the end of the glide track. (Note: Do not hold onto the plastic end cover.)

(b) Lift the unit.

(c) Set the footplates upright. Then use the transport wheels to roll the product into place. Do not move the product if footplates are pushed forward and upside down (see the illustration with the X mark).

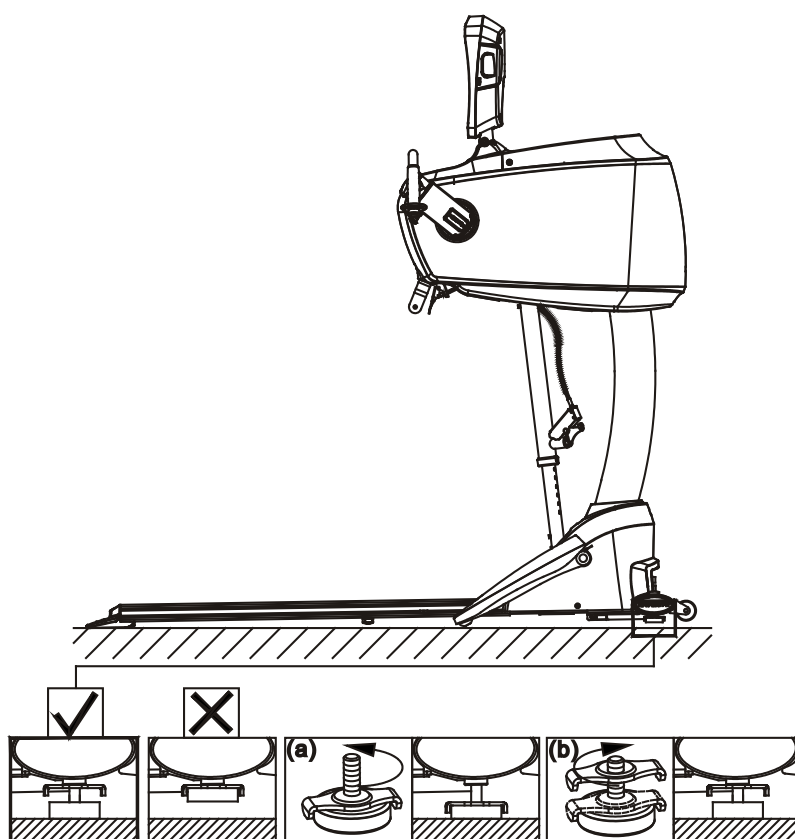


STEP 8 Level the Product

Follow steps (a) through (b) to level the product.

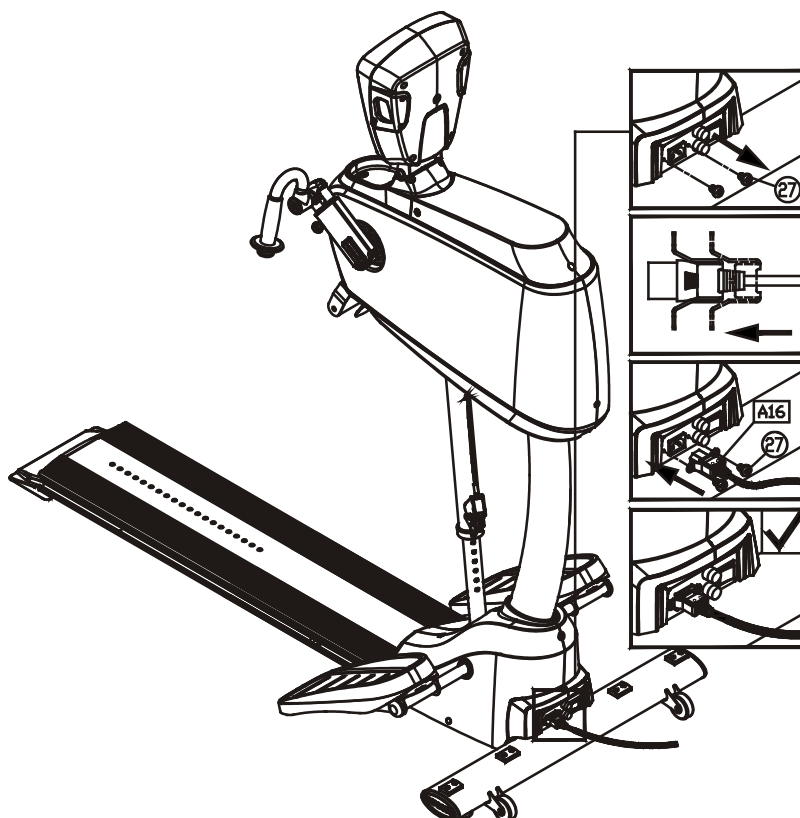
(a) Rotate the levelers downward until the foot touches the floor.

(b) Then rotate the nut upward, against the product, to secure the leveler into place.



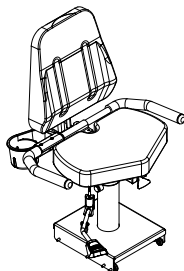
STEP 9 Install the Power Cord

First, remove screws (27) near the power cord connector on the product. Insert the power cord (A16) into the socket on the product. Secure screws (27). Then insert the plug on the other end of the power cord into an electrical outlet with the proper voltage.



STEP 10 Install the Seat Assembly

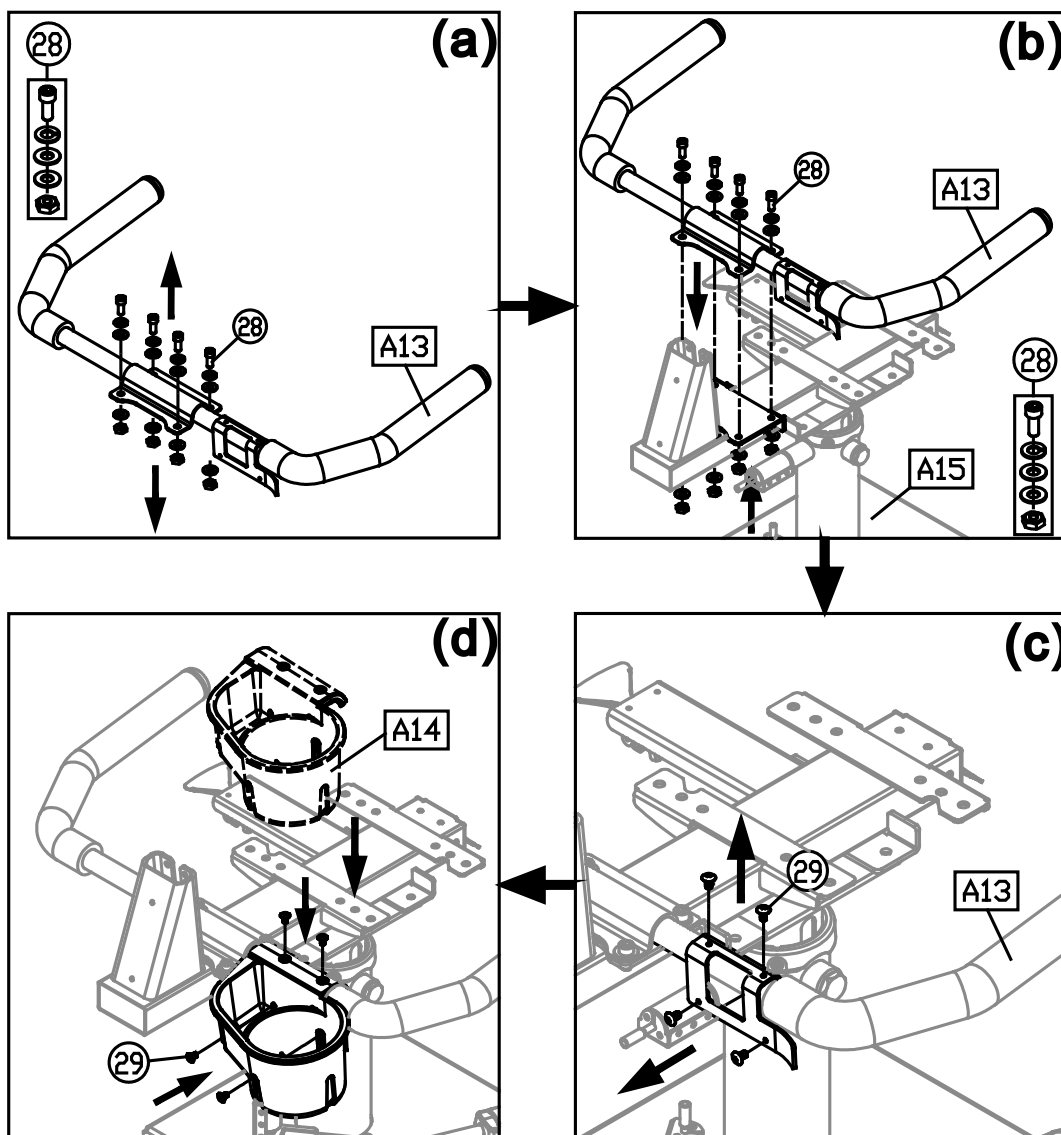
The illustration below shows the seat assembly. It shows the final result of the next three steps.



STEP 11 Install the Handlebars

Please follow instructions (a) through (d) to install the handlebars and bottle holder.

- (a) Remove screws (28) on the handlebars (A13).
- (b) Set the handlebars (A13) into place on the seat base (A15). Secure it with screws (28).
- (c) Remove screws (29) on the handlebars (A13).
- (d) Use screws (29) to secure the bottle holder (A14) into place.



STEP 12 Install the Seat Back

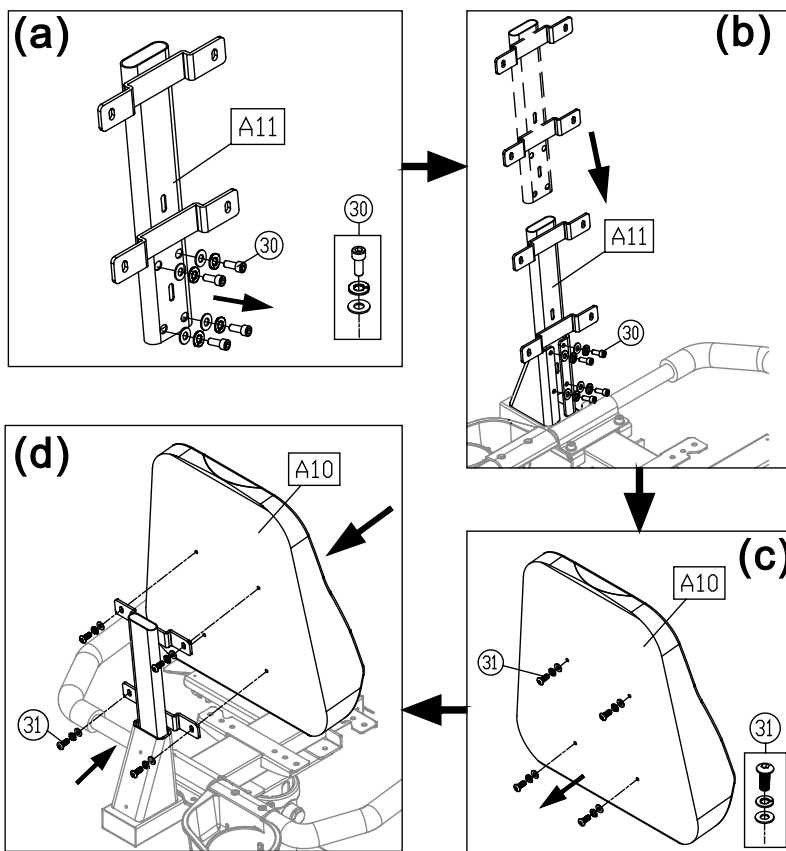
Please follow steps (a through d) below to install the seat back support and the seat back.

(a) Remove screws (28) from the seat back support (A6).

(b) Insert the seat back support (A6) into its mount on the seat base (A1), and use screws (28) to secure it into place.

(c) Remove screws (29) from the seat back support (A5).

(d) Hold the seat back (A5) in place on its support (A6), and use screws (29) to secure it into place.

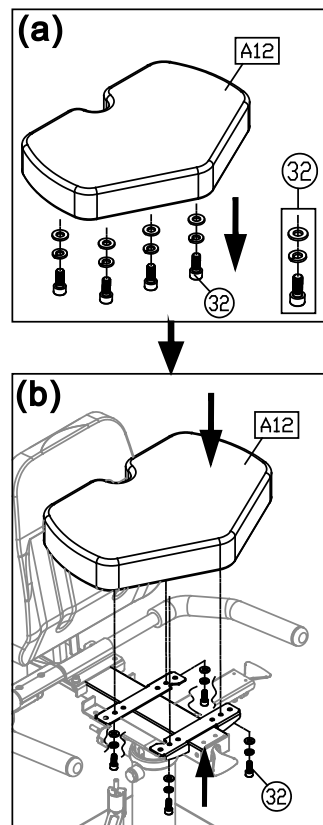


STEP 13 Install the Seat Bottom

Please follow instructions (a) through (b) to install the seat bottom.

(a) Remove screws (32) from the seat bottom (A12).

(b) Set the seat bottom (A12) on its mount on the seat base (A1). Secure it with screws (32).

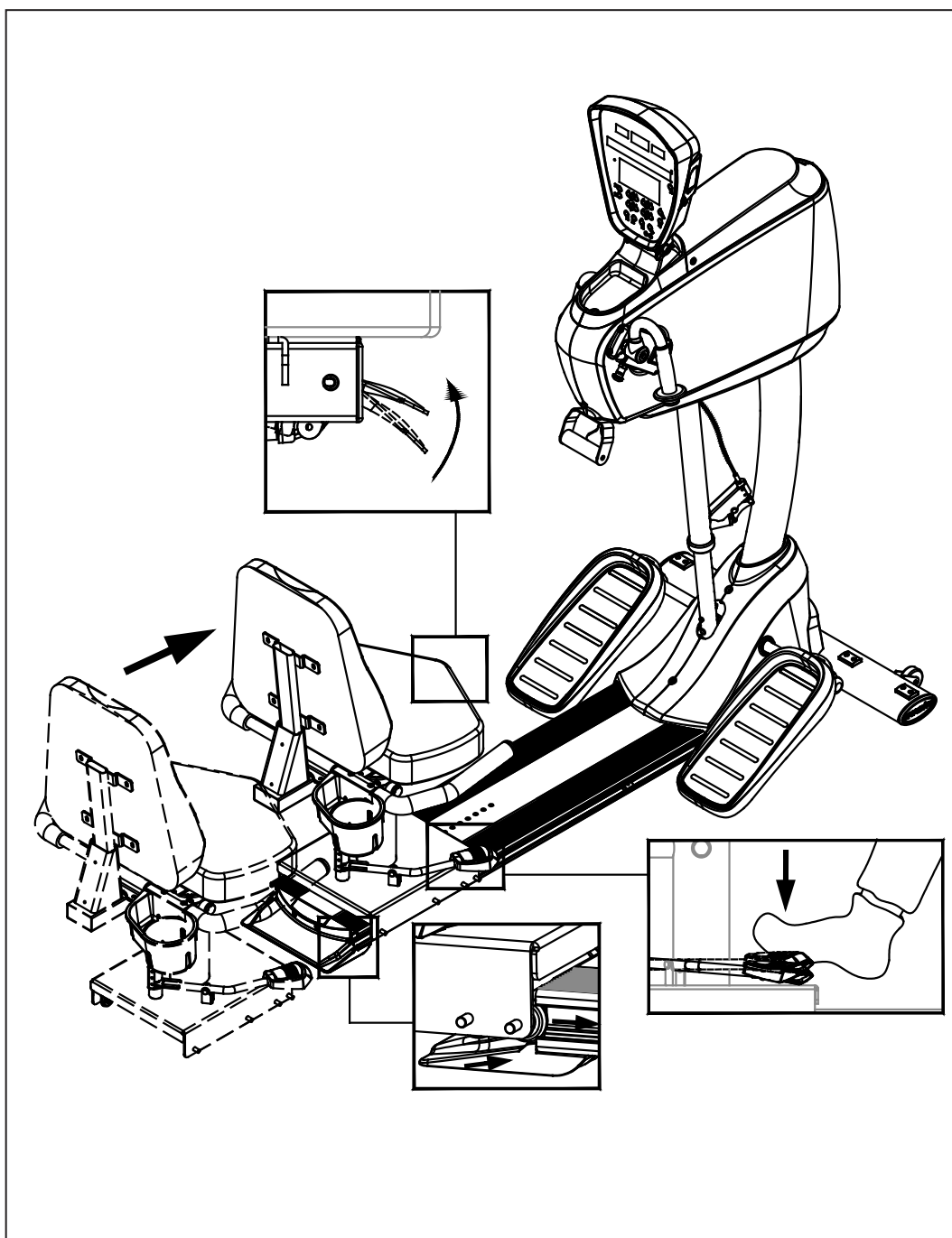


5. MECHANICAL ADJUSTMENTS

Designed to accommodate different exercisers and modes of operation, this product offers several mechanical adjustments, all of which are explained below.

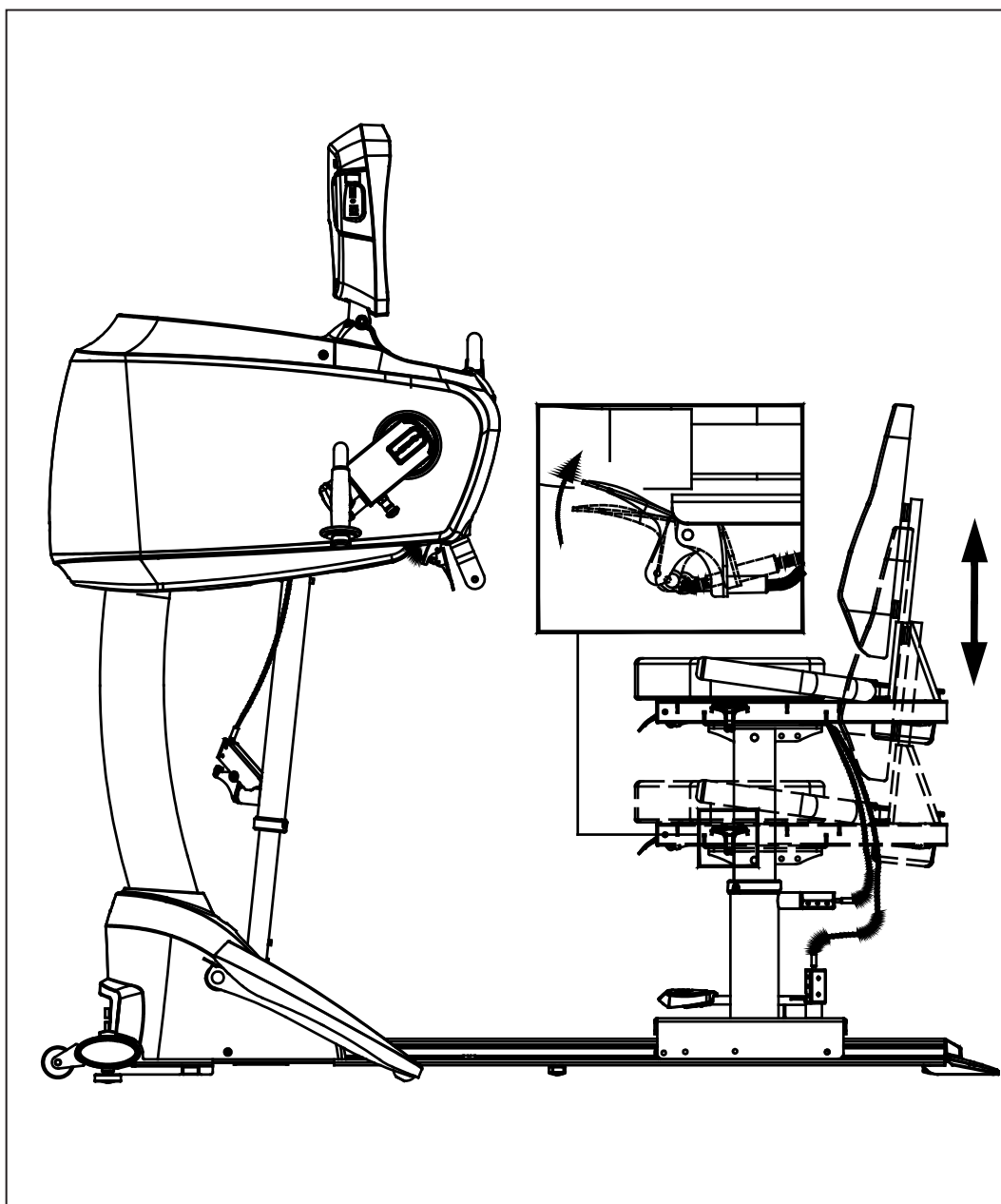
ADJUSTMENTS **Seat Base Installation and Removal**

Align the seat base with the glide track. Lift the lever under the seat or push down on the foot lever. Push the seat base onto the glide track. At a suitable position, release the lever to secure the seat base into this location. To remove the seat base, lift the lever and pull the seat base out from the end of the glide track.



ADJUSTMENTS Seat Height Adjustment

To adjust the seat height, take your weight off the seat. Lift the lever on the left side. Adjust the seat height to the desired position. Release the lever.



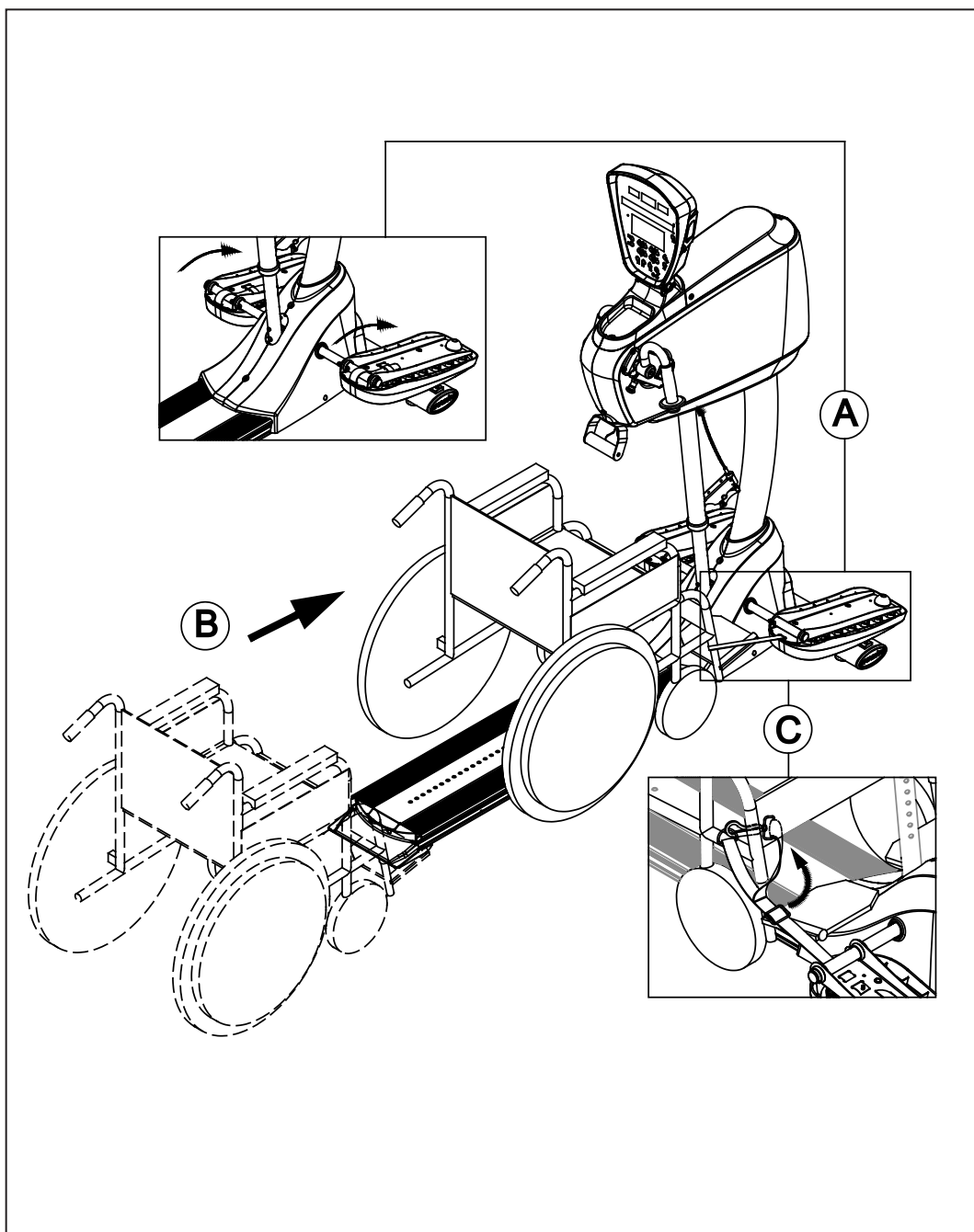
ADJUSTMENTS Wheelchair Installation

To make room for a wheelchair, first, remove the seat base from the glide track as shown above. Then follow instructions (A), (B), and (C) to secure the wheelchair into place.

(A) Flip the footplates up as shown.

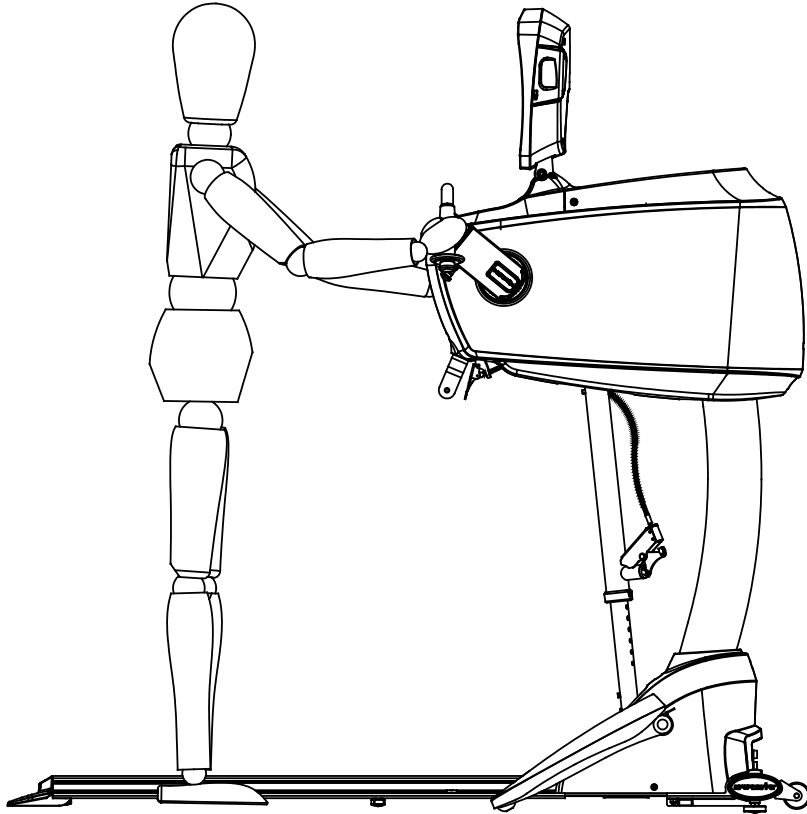
(B) Push the wheelchair into place to operate the product, but do not bump product covers.

(C) Secure the set straps onto the wheelchair as follows. First, wrap the ends of the straps around the tubes of the wheelchair, and clasp the ends to secure the straps into place as shown. Pull the strap ends to adjust strap length. After securing the straps, adjust the position of the product's body and display as necessary.



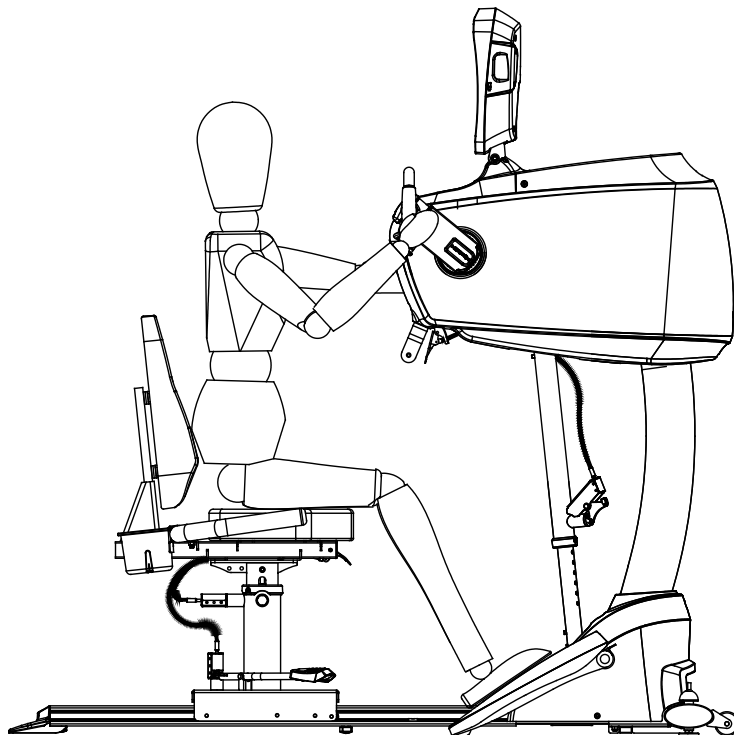
ADJUSTMENTS Operating the Product while Standing

The following illustration shows how to operate the product while in the standing position.



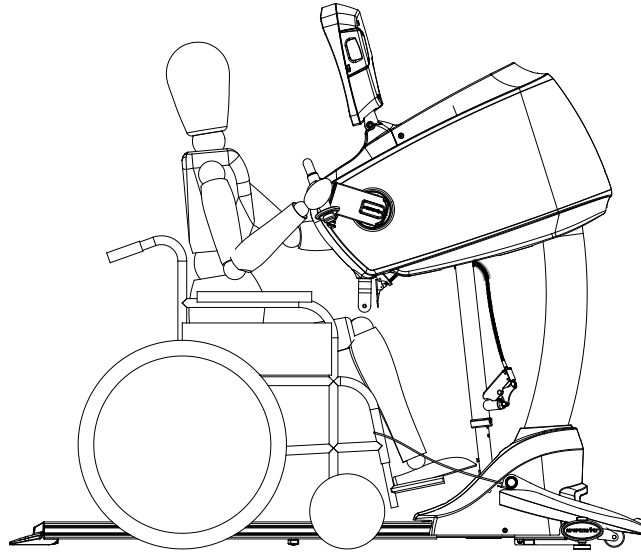
ADJUSTMENTS Operating the Product while Seated

The following illustration shows how to operate the product while in the seated position.



ADJUSTMENTS Operating the Unit from a Wheelchair

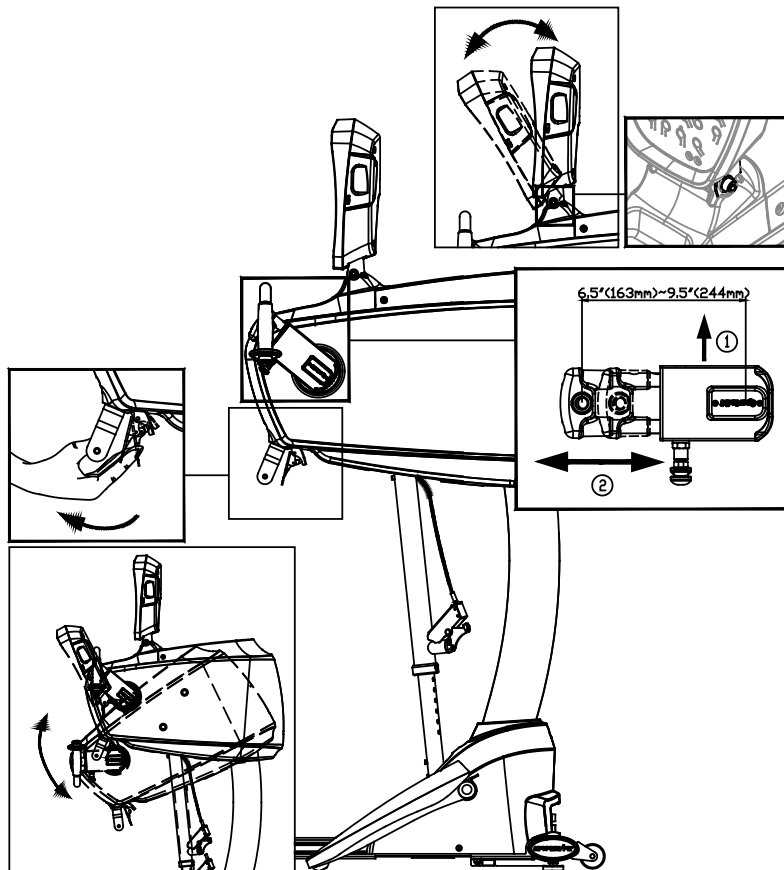
The following illustration shows how to operate the product while sitting in a wheelchair. Please note the strap at the lower right.



ADJUSTMENTS Adaptations for Daily Operation

The illustration below shows many common adjustments.

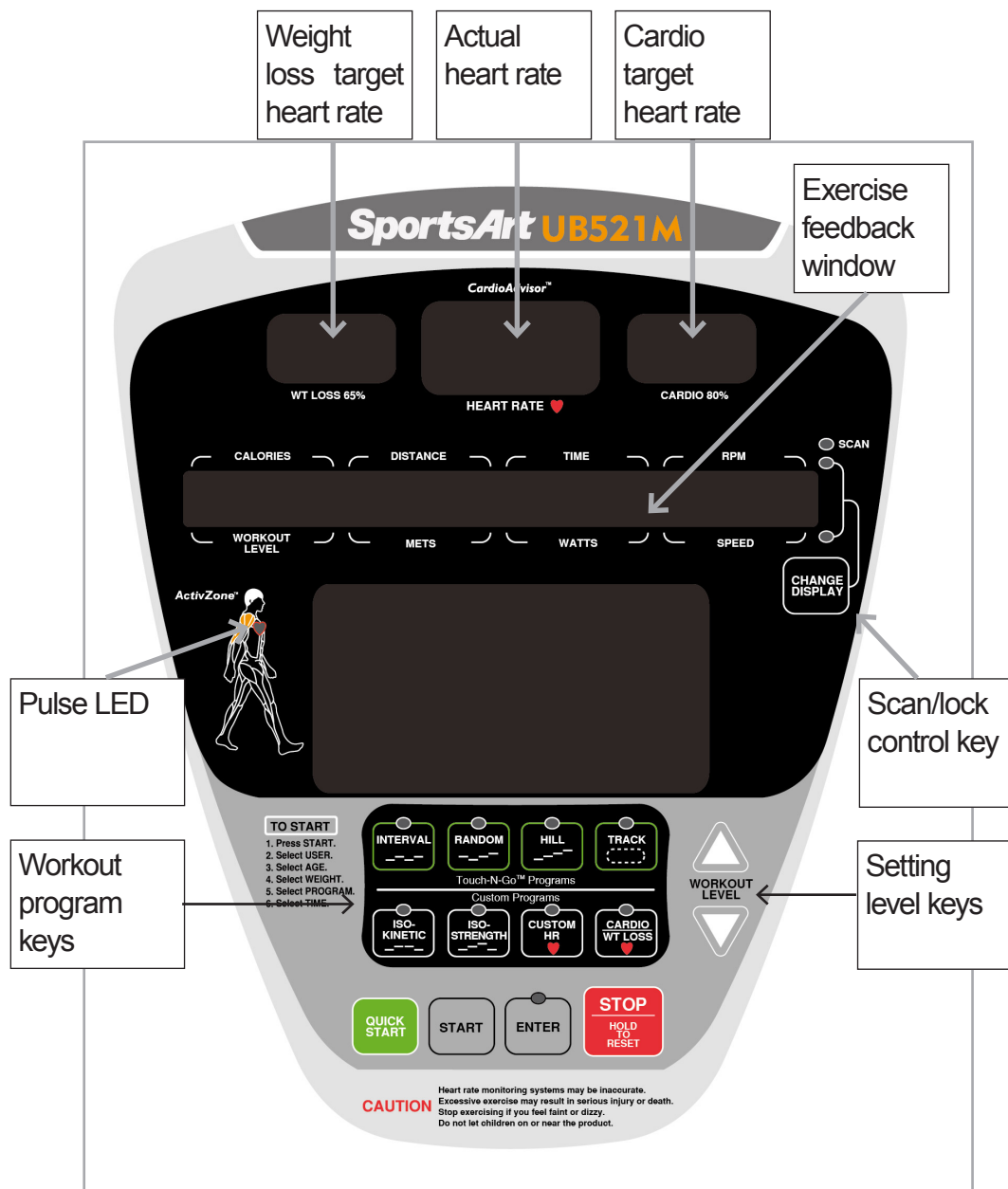
- To adjust the unit height, grasp the latch under the front of the main body. The main body can then be raised or lowered as desired.
- To adjust the display angle, simply tilt the display forward or backward to a suitable position. Note: If adjusted often, the display angle adjustment mechanism might become too loose. When necessary, use tools to tighten screws on both sides of the display angle adjustment mechanism.
- To adjust the length of the crank, pull the knob on the crank. Push or pull the crank into the desired position. The crank can be adjusted to the following positions: 6.5 inches (163 mm), 7.5 inches (190 mm), 8.5 inches (217 mm), and 9.5 inches (244 mm).



6. UNDERSTAND THE UB521M DISPLAY

DISPLAY Overview

The UB521M display was designed specifically to meet the needs of people in physical therapy and physical rehabilitation. The following explains display key and window functions. Please read this manual, understand display functions, and thereby get optimum benefit from this product.



DISPLAY Windows

- WT LOSS 65% window shows the target heart rate for weight loss.
- HEART RATE window shows actual heart rate.
- CARDIO 80% window shows the target heart rate for cardio conditioning.
- DOT MATRIX window shows workout illustrations and message prompts.
- EXERCISE FEEDBACK window shows workout status in two rows. Top row: calories, distance, time, RPM. Bottom row: workout level, METs, watts, speed.
- SCAN/CHANGE DISPLAY LEDs light to indicate active view modes: scan, top row, bottom row.
- PULSE LED flashes to represent the exerciser's heart rate.

DISPLAY Keys

CHANGE DISPLAY – This key controls the exercise feedback screen, which shows workout status in two rows. Corresponding LEDs light to indicate the active row of exercise feedback. Top row: calories, distance, time, RPM. Bottom row: workout level, METs, watts, speed. When the scan indicator is lit, one row of exercise feedback appears for six seconds, then the other row appears for six seconds. Press the CHANGE DISPLAY key to toggle between scan and lock modes, and to view top and bottom rows of workout feedback.

QUICK START – Press this key to start exercising without first entering user information including age and weight.

START – Press this key to start exercising after first entering user information including age and weight.

WORKOUT PROGRAM KEYS – When associated LEDs flash, or during a workout, press a workout program key to activate the corresponding workout program. The workout program LED will light to indicate workout activation.

ENTER – After making a selection, press this key to confirm your choice.

WORKOUT LEVEL▲/▼ – Press these keys to adjust resistance settings. Hold these keys to adjust resistance settings more quickly.

STOP/HOLD TO RESET – Press this key to pause. The display will show “ACCU DATA” workout information. Then one of the following messages will appear. If you pressed the QUICK START key to begin your workout, the display will show the startup banner screen, “SPORTSART - UB521M”. If you pressed the START key to begin your workout, the display will show the “SELECT PROGRAM” prompt. Under any circumstance, hold this key for three seconds to return to the startup banner screen.

DISPLAY Specifications

- Workout level (resistance level): 1.0 to 20.0.
- Time: 00 to 99:59; setting range: 5:00 to 99:00
- Distance: 0.01 to 9999 km or mile
- Calories: 0 to 9999 kcal
- METS (Metabolic Equivalent of Task): 0.0 to 99.0
- RPM: 0 to 200
- Heart rate: 40 to 250 beats per minute
- Watts: 0 to 9999
- Speed: 0 to 55.9 miles per hour or 0 to 90 kilometers per hour
- Programs: interval, random, hill, track, iso-kinetic, iso-strength, custom heart rate, cardio conditioning heart rate control, weight loss conditioning heart rate control
- User settings: four, with 11 alphanumeric ID settings
- Age: 10 to 99
- Weight: 66 to 450 lb. or 30 to 205 kg

7. OPERATE THE UB521M

There are two ways to start operating the UB521M upper body ergometer: Either press the QUICK START key to begin exercising immediately, or press the START key to begin exercising after inputting user information.

OPERATION Quick Start

At the startup banner screen, press the QUICK START key to start exercising immediately. The default user weight of 165 lb. or 75 kg and default age of 35 years will be the basis for calorie and target heart rate calculations. Time will count up. Resistance will start at level 1 and can be modified at any time.

In this mode of operation, workout programs, except for iso-kinetic and iso-strength, can be activated at any time. Time will count up. Resistance can be modified at any time.

If no one rotates the handles, the display will show "ROTATE TO START" once every four seconds. If no one rotates the handles for more than two minutes, the display will show the startup banner screen, "SPORTSART – UB521M".

OPERATION Start

At the startup banner screen, press the START key to begin a workout after first creating a user ID and inputting user information. This operation mode offers two main advantages:

User IDs make workout tracking easy. Accumulated workout time, distance, and calorie expenditure information for a particular exerciser appears before and after each workout.

User age and weight provide the basis for calorie and target heart rate calculations. By inputting the exerciser's actual age and weight, target heart rates and calorie expenditure values may be more appropriate to the user.

Follow instructions below to establish a user ID and input user age and weight information.

USER ID

At the startup banner screen, press the START key. The last user ID to be activated will appear, along with that user's accumulated workout statistics. One of the following four screens will appear every six seconds:

USER-1
TIMES – 25:05
DISTS- 15.8
CALS- 1020

If desired, press ▲/▼ keys to select a different user ID. Then press the ENTER key to confirm your choice.

Once a user number (for instance, USER-1) is selected, an alphanumeric user name can be established. To make an alphanumeric user name, while the user number appears, hold the CHANGE key for three seconds. The following prompt will appear:

				E	N	T	E	R	-	I	D				
--	--	--	--	---	---	---	---	---	---	---	---	--	--	--	--

Press ▲/▼ keys to select an alphanumeric character. When the character of your choice appears on screen, press the ENTER key. Repeat this process to add more characters to the user name. When the name is complete, hold the ENTER key for three seconds. The display will show the user name.

To delete a user name, select the user name and press the CHANGE key for three seconds. To modify a user name, first delete the user name (as above) and begin the naming process again.

To delete accumulated information for a particular user, simultaneously press the STOP and START keys. Accumulated exercise time, rotations, and distance for that particular user will be erased to zero.

After establishing a user ID number or name, input user age and weight as follows.

AGE - The age range is from 10 to 99, with a default age of 35. Age is used to calculate target heart rates. Press ▲/▼ keys to select your age, then press the ENTER key to confirm your age selection.

WEIGHT - The weight range is from 66 to 450 lb. or 30 to 205 kg, with a default weight of 165 lb. or 75 kg. Weight is used to calculate calorie expenditure values. Press ▲/▼ keys to select your weight, then press the ENTER key to confirm your weight selection.

Once user age and weight values have been established, select a workout program to begin a workout.

OPERATION Workout Program Operation

To select a workout program, press a workout program key. The associated workout program LED will light. Press the ENTER key to confirm your selection and proceed to set the workout duration. Press ▲/▼ keys to select a workout time. Then press the ENTER key to confirm your choice.

General notes about workout programs follow:

- Resistance and time settings can be changed during workouts. Workout time values accrue from the start. The active segment of the workout is represented by the flashing LED.
- While in one workout, another workout program can be activated. Time continues to accrue. Other exercise feedback, such as distance, accrues as the exerciser turns the cranks.
- In time countdown mode, a different workout program can be selected. Exercise feedback, such as distance, accrues as the exerciser pedals.

Specific information about workout programs follows.

TRACK

This workout could as well be called manual. Simply press resistance keys to set resistance. This program simulates a quarter mile (400 meter) track.

HILL

Press the HILL key to toggle between three hill workout options, HILL-1, HILL-2, HILL-3.

RANDOM

This program produces a near infinite number of randomly generated workouts. Simply press the RANDOM key to view a different workout.

INTERVAL

Interval workouts include one rest and one work segment. The resistance and duration of each segment is determined before the workout begins. The resistance range is 1.0 to 20.0. Time range is from one to four minutes.

Follow prompts to input segment settings. Press the CHANGE key to toggle between level and time settings. Press the LEVEL ▲/▼ keys to change setting values. Press the ENTER key to confirm your settings and proceed to the next segment.

Segment settings can also be changed after the workout begins. To do so, simply press resistance keys during an interval segment. The new resistance setting will apply to this segment thereafter.

WT LOSS & CARDIO

In these heart rate control programs, the resistance level and recommended rotations per minute (RPM) will automatically change to keep the exerciser's pulse at the optimum rate for achieving his or her exercise goals. Target heart rates are calculated as follows:

$$\text{WT LOSS 65\%} = (220 - \text{age}) \times 65\%$$

$$\text{CARDIO 80\%} = (220 - \text{age}) \times 80\%$$

This program requires that the exerciser wear a telemetry heart rate transmitter. If the display does not receive a heart rate signal, the message "NO HEART RATE READING, PLEASE CHECK TRANSMITTER" will appear. At this point, resistance can only be adjusted manually.

Upon the activation of a heart rate control program, the display will appear as shown in the following example:

Resistance will begin at LEVEL 1.0. Suggested rotations per minute will be 50 RPM. Heart rate values change according to actual heart rate.

When the exercise time expires, a cool down period will begin automatically. See OPERATION Cool Down for more information.

CUSTOM HR

In this heart rate control program, the exerciser determines target heart rate. Follow prompts to input your target heart rate. Target heart rate range is 84 to 199, with a default setting of 120.

ISO-STRENGTH

In this program, the target RPM is fixed; resistance automatically changes to maintain the target RPM. The target RPM range is 15 to 180, with a default value of 50. During the workout, the target RPM value can be set by pressing LEVEL ▲/▼ keys. Resistance will change automatically to maintain the target RPM setting.

ISO-KINETIC

In this program, the target wattage is fixed; resistance automatically changes to maintain the target wattage. The target wattage range is 10 to 800, with a default value of 10. During the workout, the target wattage value can be set by pressing LEVEL ▲/▼ keys. Resistance will change automatically to maintain the target wattage setting.

OPERATION Cool Down

Once a workout goal is obtained, the display will show “ACCU DATA”. Accumulated workout data, including time, distance, calorie expenditure, and average heart rate, will appear on the display, and a two-minute cool down period will begin. “COOL DOWN” will appear, and time will count down from 2:00 to 0:00. Once the cool down period ends, workout program LEDs will flash, and the exercise feedback window will show “SELECT PROGRAM”. At this point, another workout can be activated after pressing the START or QUICK START key.

OPERATION User Preferences and Part Versions

This product allows the user to determine whether feedback appears in metric or imperial units of measure and whether user IDs can be activated. Usage information, including time and distance, and display and drive board program versions, can also be made available. To access these features, while the startup banner screen, “SPORTSART—UB521M”, appears, hold the change key for three seconds.

UNITS

The exercise feedback screen will show one of the following messages:

			U	N	I	T		-		L	B				
--	--	--	---	---	---	---	--	---	--	---	---	--	--	--	--

			U	N	I	T		-		K	G				
--	--	--	---	---	---	---	--	---	--	---	---	--	--	--	--

Press ▲/▼ keys to toggle between imperial and metric unit settings. While your preference appears, press the ENTER key to confirm the unit setting.

TIME

The exercise feedback screen will show the product's total time in use.

T	I	M	E	-	X	X	X	X	X	X	H	O	U	R	
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	--

Press the ENTER key to proceed and view the product's total distance.

Press the ENTER key to proceed and enter USER ID activation mode.

The following message will scroll across the screen.

Press ▲/▼ keys to toggle between the following views:

While your preference appears, press the enter key to confirm your choice.

On the exercise feedback screen, the display board program version will appear as CTL XXXXX – XX, for example, CTL C521M - 1A.

Press the ENTER key to proceed and view the drive board program version. On the exercise feedback screen, the drive board program version will appear as DRV XXXXX – XX, for example, DRV C521M - 1A.

Press the ENTER key to return to the startup banner screen. If no one presses the ENTER key for four seconds, the following reminder will appear:

Once the ENTER key is pressed, the unit exits this user preference mode. The startup banner screen will appear, and a workout can begin.

8. ABOUT HEART RATE DETECTION

Heart rate detection functions are selected at the time of purchase. Not every product has every type of heart rate detection. The following explains factors that influence the performance of two of the most common types of heart rate detection devices.

HEART RATE Telemetry

The words “telemetry heart rate” refer to the detection of heart rate via a device worn on the exerciser and transmitted over the air to a circuit board built into the product. Telemetry heart rate devices are commonly worn on the exerciser’s chest, where the pulse is strongest and relatively easy to detect.

The following explains conditions that affect the performance of the telemetry heart rate function in all fitness products.

- The telemetry heart rate transmitter emits a wireless 5 kHz signal that is harmless to the human body. Inside the transmitter is a 3 V battery (CR2032). If the battery voltage is too low, either the reception distance shortens or there will be no reception whatsoever.
- Secure the telemetry heart rate transmitter on your chest so that it stays in place without making you feel uncomfortable. Moisten the skin for better contact.
- Because the telemetry heart rate signal varies in strength from 20 Hz to 20 KHz, environmental interference can block signal reception. Physical vibration and electronic devices, including stereos, TVs, and even fluorescent lights, can interfere with signal reception. For best results, install fitness products in an area free from such interference.
- Space fitness products apart by at least 39 inches (100 cm) to avoid having the heart rate value from one exerciser appear on a neighboring fitness product.

HEART RATE Contact

The words “contact heart rate” refer to the detection of the heart rate via sensors on the fitness product. By holding the sensors, the exerciser can view his or her heart rate on the product display. Like telemetry heart rate, contact heart rate can be influenced by several factors. The following list includes some of these factors.

- A weak pulse makes it difficult to detect heart rate.
- Low systolic blood pressure makes it difficult to detect heart rate.
- Dry, coarse palms impede heart rate detection. For best results, moisten your palms. But do not apply hand lotion immediately prior to your workout, because hand lotion can gum up the contact pads.

Heart rate devices built into this fitness product are not medical devices. Heart rate values are for reference only. Do not use them for medical diagnostic or treatment work.

CAUTION: Heart rate detection and transmission devices have been known to interfere with the operation of pacemakers, possibly endangering human life. If you have a pacemaker, exercise under your doctor's supervision; take a test to ensure your safety during the simultaneous use of the pacemaker and heart rate detection devices. The use of such devices must be undertaken at your own risk.

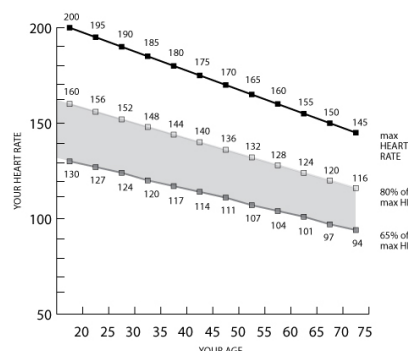
Note that in dry areas in particular, static electricity can interfere with unit operation and shock people. To discharge static electricity from your body, touch something else before touching metal on the fitness product.

9. GUIDELINES FOR EXERCISE

HOW HARD SHOULD I EXERCISE?

Studies show that to benefit from aerobic exercise, people need to maintain a certain heart rate during their workouts. Your heart rate training zone depends on your age and fitness level.

The darkened area in the chart to the right represents the recommended heart rate training zone for people of various ages. It was calculated by taking 220 minus age in years, multiplied by 65% and 80%. The area between those values is the heart rate training zone.



CAUTION: Heart rate training zones are generalizations and may not suit every person. Always check with your physician to understand what heart rate goal would be appropriate for you.

HOW LONG SHOULD I EXERCISE?

The duration of your workout must depend on your fitness level. In general, it is recommended that you maintain a heart rate within your training zone for at least 15 to 20 minutes to experience the benefits of aerobic exercise. Beginners should always start out slowly and gradually increase the duration and intensity of their workouts. As your fitness level improves, you will be able to maintain a heart rate within the training zone for longer periods of time.

When you begin your workout, use the first several minutes to warm up. Then slowly increase the intensity of your workout to bring your heart rate into your training zone. At the end of your workout, gradually decrease your workload. Then exercise lightly to cool down.

HOW OFTEN SHOULD I EXERCISE?

Research indicates that to achieve the greatest benefit, people should exercise three to five times per week. It is important to allow sufficient time, at least 24 hours, for your body to recover after exercise.

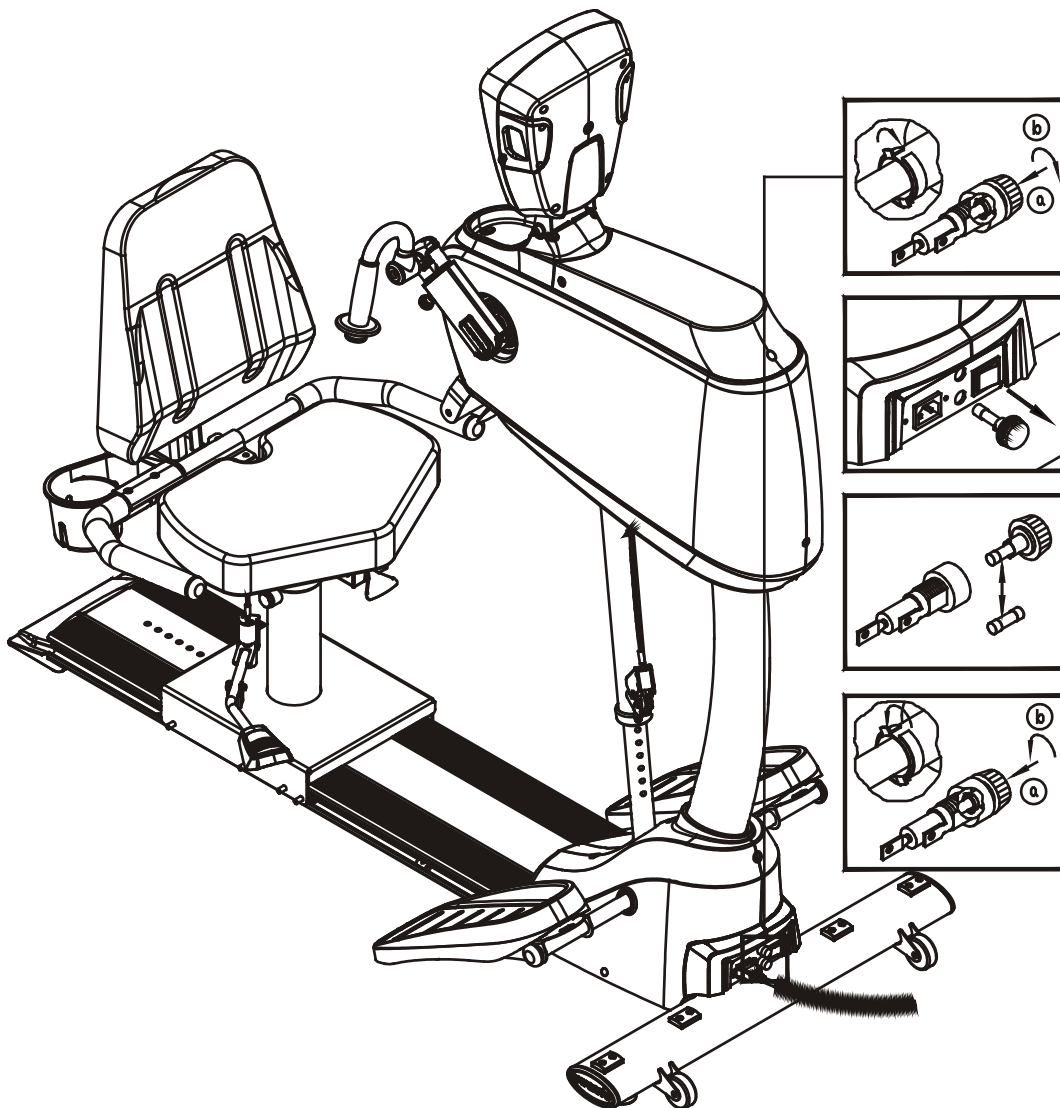
10. MAINTENANCE

Maintenance topics are presented below in the following order: instructions for replacing a fuse, maintenance schedule, maintenance task list, one-year maintenance log, and electronics block diagram.

MAINTENANCE How to Replace a Fuse

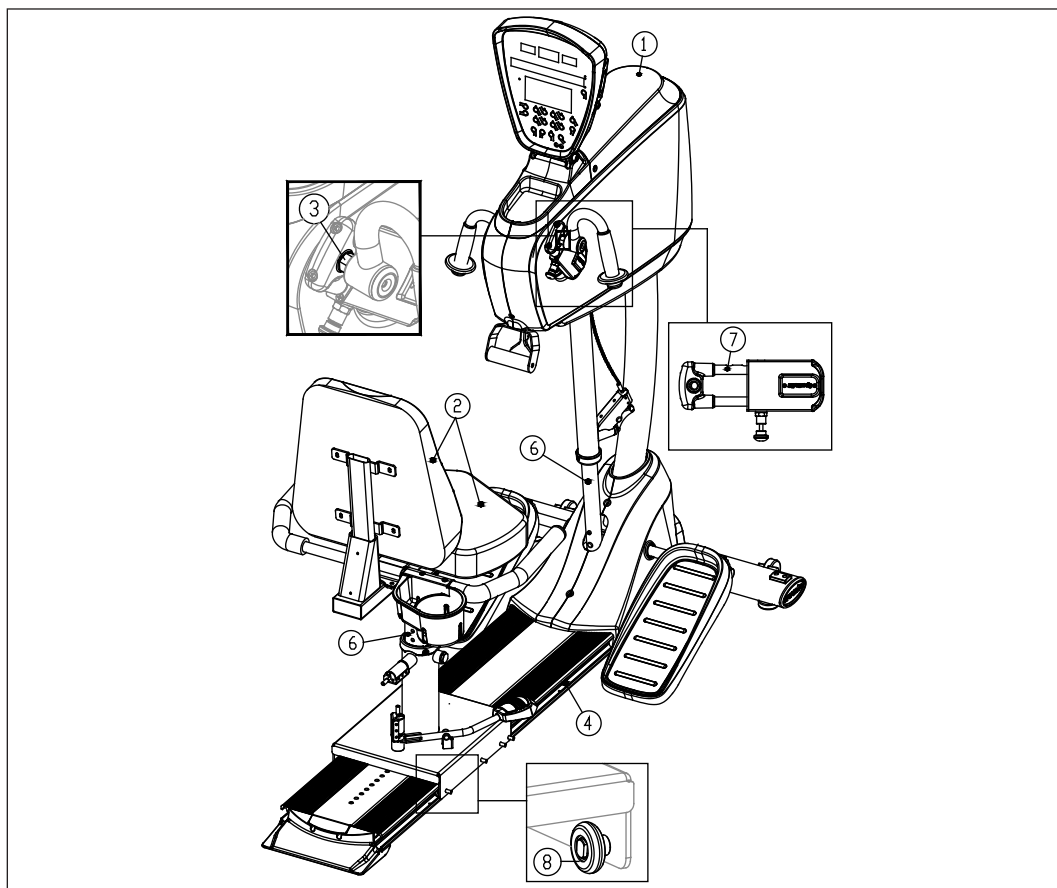
When the electrical current becomes excessive, the fuse burns out to protect the product. To replace a fuse, follow the steps below.

1. Press inward (a) on the fuse cap. Then turn the cap counterclockwise (b). The fuse will spring outward with the cap.
2. Remove the burnt fuse from the fuse cap. Insert a new fuse into the cap.
3. Insert the fuse (a) into the fuse holder. Then turn the cap clockwise (b) to secure it into place. Fuse specifications: 110V=1 Amp; 220V=0.5 Amp



MAINTENANCE Schedule

	Area	Day	Week	Month	Quarter	Year	Notes
1	Exterior	■					Clean
2	Seat bottom & back	■					Wipe clean with a slightly damp towel
3	Spindle screw	■					Inspect and secure loose parts
4	Track	■					Wipe clean with a slightly damp towel
5	Screws		■				Inspect and secure loose parts
6	Extension tube		■				Apply silicone lubricant (A18)
7	Crank		■				Apply SportsArt 66A lubricant
8	Rollers		■				Wipe away dirt and debris



MAINTENANCE Task List (UB521M)

Like cars, fitness products require maintenance. Regular maintenance extends product life, and failure to maintain products can void the manufacturer's warranty. Copy the maintenance log sheet, and record maintenance work for each fitness product.

Daily tasks

1. Use a clean, lint-free towel, dampened with a mixture of Simple Green® all-purpose cleaner and water, to thoroughly clean the product exterior.
2. Use a clean, lint-free towel, dampened with a mixture of Simple Green® all-purpose cleaner and water, to thoroughly clean the seat bottom and back cushions.
3. Inspect and, if necessary, secure the spindle screw.
4. Use a clean, lint-free towel, dampened with a mixture of Simple Green® all-purpose cleaner and water, to thoroughly clean the track for seat positioning.

Weekly tasks

1. Inspect screws and secure them, if necessary.
2. Apply silicone to lubricate the extension tube (A18).
3. Apply SportsArt 66A lubricant to the extension mechanism of the crank.
4. Use a towel to wipe rollers clean of dirt and debris.

Caution

- Please follow standard safety precautions when working on this product.
- Electronic components can carry an electrical charge even after the product has been turned off. For safety, turn off unit power. Wait five minutes to allow capacitors to discharge. Then disconnect the power cord from the wall socket (if applicable). Only after such steps have been completed should covers be removed and electronic components accessed.
- Do NOT use cleaners with alcohol, ammonia, or other damaging chemicals. The use of such chemicals can damage the product and void the warranty. Never spray or pour any liquid directly onto the product. Doing so can damage electronic components and void the warranty.
- This product has moving parts that can be hazardous. Exercise caution when maintaining, operating, or moving this product.

MAINTENANCE One-Year Maintenance Log

Facility: _____ Supervisor: _____

Product model number: _____ Serial number: _____

Start date: _____ End date: _____

Daily Tasks	Weeks 1-7	Weeks 8-14	Weeks 15-21	Week 22-28
Completed	☐	☐	☐	☐

Daily Tasks	Week 29-35	Week 36-42	Week 43-49	Week 50-52
Completed	☐	☐	☐	☐

Weekly Tasks	Weeks 1-7	Weeks 8-14	Weeks 15-21	Weeks 22-28
Completed	☐	☐	☐	☐

Weekly Tasks	Weeks 29-35	Weeks 36-42	Weeks 43-49	Weeks 50-52
Completed	☐	☐	☐	☐

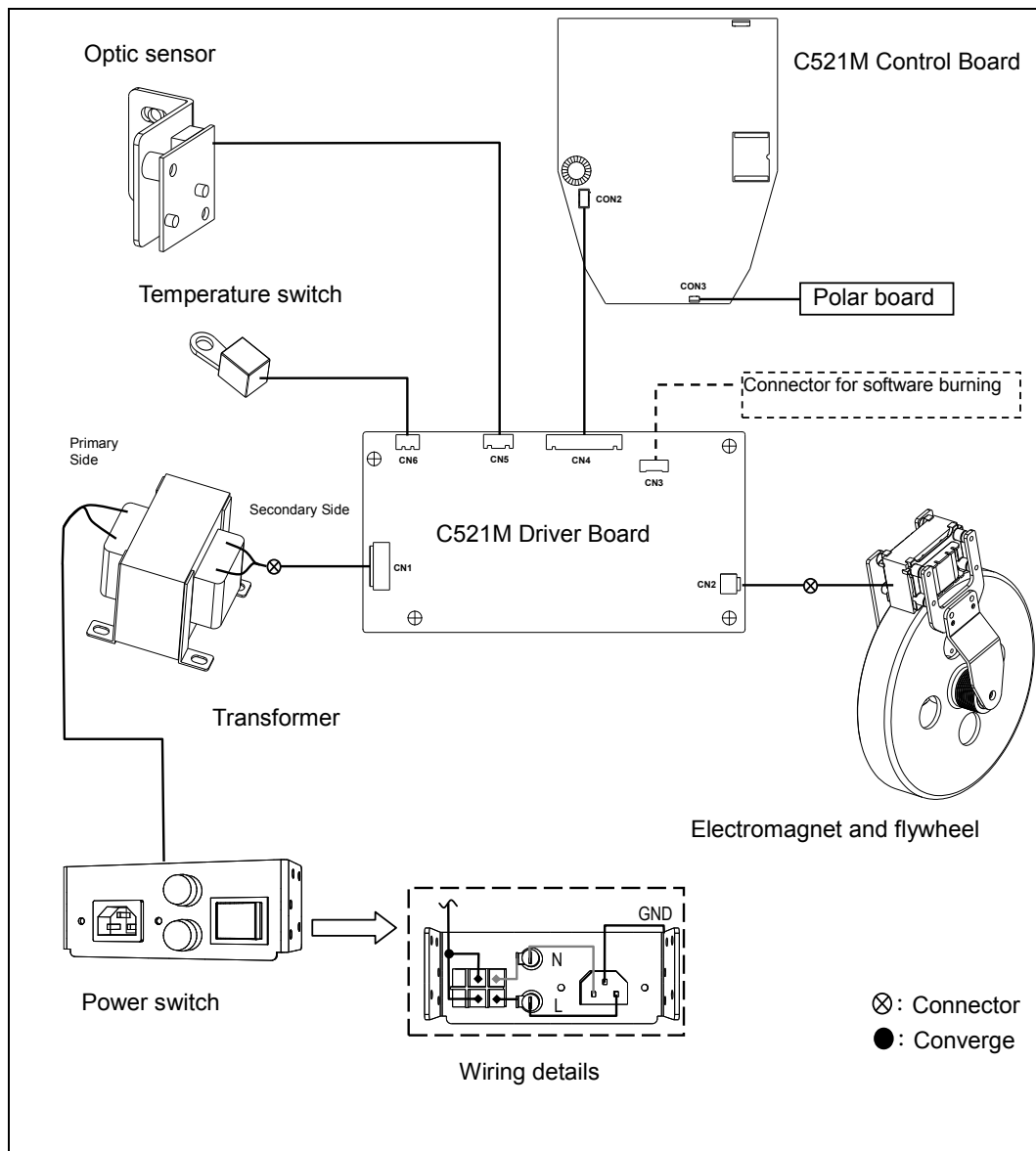
Monthly tasks	1	2	3	4	5	6	7	8	9	10	11	12
Completed	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

Quarterly Tasks	Quarter 1	Quarter 2	Quarter 3	Quarter 4
Completed	☐	☐	☐	☐

Yearly Tasks	Year 1
Completed	☐

Notes: _____

MAINTENANCE Electronics Block Diagram



11. SAFETY PRECAUTIONS IN FRENCH

CONSIGNES DE SÉCURITÉ IMPORTANTES

- Votre vélo SportsArt a été conçu et fabriqué afin d'assurer une sécurité optimale. Cependant certaines précautions s'appliquent chaque fois que vous utilisez votre vélo de course.
- Lisez entièrement le manuel avant l'assemblage et l'utilisation. Veuillez aussi noter les consignes de sécurité suivantes:
- Veuillez lire attentivement les instructions et installer le vélo de course selon les instructions.
- Assemblez et faites fonctionner le vélo sur une surface solide et plane; NE PAS l'utiliser à l'extérieur ou près de l'eau.
- En aucun cas, ne laissez des enfants à proximité ou sur le vélo.
- Vérifiez le vélo de course avant chaque utilisation. Assurez-vous que toutes les pièces sont assemblées, et que tous les éléments de fixation sont serrés. NE PAS utiliser le vélo de course si l'appareil est démonté de quelque façon.
- Gardez vos mains loin des pièces mobiles.
- Portez des vêtements d'entraînement appropriés; NE PORTEZ PAS de vêtements amples. NE PORTEZ PAS de chaussures à semelles en cuir ou à talons hauts. Attachez les cheveux longs. Ne marchez pas pieds nus sur l'appareil.
- Soyez prudent lors du montage et démontage de l'appareil.
- Le vélo peut s'arrêter ou ne s'arrêter pas immédiatement si quelque chose obstacle le mouvement.
- NE PAS utiliser d'accessoire non spécifiquement recommandé par le fabricant. Car cela pourraient provoquer des blessures ou entraîner une panne de l'appareil.
- Une surveillance étroite est nécessaire quand le vélo est utilisé par ou à proximité d'enfants, de malades ou de personnes handicapées.
- Utilisez le vélo de course uniquement pour l'usage prévu dans ce manuel.
- N'utilisez jamais le vélo de course s'il a été endommagé de quelque façon que ce soit. S'il ne fonctionne pas correctement, ou s'il est tombé ou endommagé, contactez votre vendeur.
- Veillez à ce qu'aucun orifice de ventilation ne soit obstrué.
- Ne faites jamais tomber ou n'insérez jamais d'objet dans les orifices.
- NE PAS l'utiliser là où des produits aérosols (vaporisés) sont utilisés ou lorsque de l'oxygène est administré.
- La limite de poids de l'utilisateur pour cet vélo est de 227 Kgs (500 lbs). Remarquez que la résistance de 20 convient jusqu'à 150kgs (330 lbs).
- NE PAS transporter le vélo de course par le cordon d'alimentation et n'utilisez pas le cordon comme poignée.
- Maintenez le cordon éloigné de toute surface chaude.
- Débranchez l'appareil de la prise avant l'entretien ou la suppression de toute pièce.
- Pour diminuer le risque de choc électrique, débranchez toujours ce vélo de course de la prise de courant, immédiatement après utilisation et avant le nettoyage.

Ce vélo n'est pas destiné à être utilisé par des personnes (y compris des enfants) dont les capacités physiques, sensorielles ou mentales sont réduites ou qui ne disposent pas de l'expérience ou du savoir nécessaires, sauf si celles-ci ont au préalable été formées eu égard à l'utilisation de ce vélo par une personne responsable de leur sécurité. Les enfants doivent être encadrés afin d'empêcher qu'ils ne jouent avec le vélo.

ATTENTION

Si vous ressentez une douleur ou si vous avez une sensation anormale, **ARRÊTEZ VOTRE ENTRAÎNEMENT** et consultez immédiatement votre médecin. Entraînez-vous à votre niveau d'exercice recommandé. **NE PAS** s'entraîner jusqu'à l'épuisement.

Avant de commencer un programme d'exercice, vous devriez consulter votre médecin. Il est recommandé de faire un examen physique complet.

Remarque: Ce matériel a été testé et déclaré conforme aux normes des appareils digitaux de Classe B, conformément à la partie 15 du Règlement de la FCC. Ces limites sont conçues pour offrir une protection raisonnable contre les interférences nuisibles dans une installation résidentielle. Cet appareil génère, utilise, et peut diffuser des signaux radioélectriques, et, s'il n'est pas installé et utilisé conformément aux instructions, peut provoquer des interférences nuisibles aux communications radio. Cependant, il n'y a aucune garantie que des interférences ne se produiront pas dans une installation particulière.

Si l'utilisateur désire corriger les interférences, ces corrections seront à la charge de l'utilisateur.

Dans ce manuel, les mots "gauche" et "droit" sont utilisés en référence aux pièces et au produit. Comme tels, les mots "gauche" et "droit" font respectivement référence aux côtés gauche et droit de l'exerciseur. De même pour plus de concision, le mot est utilisé dans certains cas où des rondelles, des vis et autres matériels sont associés.

ATTENTION!

Les systèmes de surveillance de la fréquence cardiaque peuvent s'avérer imprécis. Un entraînement excessif risque de nuire sérieusement à la santé ou d'entraîner la mort. En cas d'étourdissement, arrêtez immédiatement l'entraînement.

- Un branchement incorrect du connecteur de mise à la terre de l'équipement risque d'entraîner un choc électrique. En cas de doute sur la mise à la terre correcte de vélo, faites appel à un technicien ou un électricien qualifié. **NE PAS** modifier la fiche fournie avec l'elliptique, si elle ne correspond pas à la prise, faites installer une prise adéquate par un technicien qualifié.
- Les enfants doivent être encadrés afin d'empêcher qu'ils ne jouent avec le vélo.