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SAFETY PRECAUTIONS

This exercise equipment was designed and built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before assembly and operation of this machine.

Also, please note the following **safety precautions**:

1. Read all instructions carefully before using the machine.
2. Consult your physician or other health care professional before beginning this or any type of exercise program.
3. Always wear proper exercise apparel when using the machine.
4. If at any time you feel faint, light-headed or dizzy while operating the machine, stop exercise immediately. You should also stop exercising if you are experiencing pain or pressure.
5. Keep children and pets away from the machine while in use.
6. Only one person can use the machine at a time.
7. Make sure your machine is correctly assembled before you use it. Be sure all screws, nuts, and bolts are tightened prior to use and retighten periodically.
8. Do not operate this or any exercise equipment if it is damaged.
9. Keep hands and feet away from any moving parts. Do not insert any objects into any openings.
10. Keep clothes, jewelry, or loose items away from moving parts.



WARNING

BEFORE BEGINNING ANY EXERCISE PROGRAM CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PEOPLE WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING THIS FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

Dear Valued Customer,

Thank you for your recent purchase of the **PhysioTrainer PRO** Bi-Directional UBE from HCI Fitness. We believe that you have purchased one of the highest quality and UBEs on the market today. Prior to using your new **PhysioTrainer PRO** please review the owner's manual and product tips to maximize your workout experience.

Wishing you the best of luck in reaching your health and fitness goals!

HealthCare International is a leading supplier and distributor of innovative products for Health, Wellness, Fitness & Active Aging. Visit our website – www.HCIFitness.com for information on all of our products.

Warranty Information

(Your Serial Number is found on a white sticker at the rear base of the unit, the front of the user manual, and on the box)

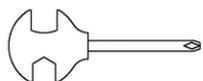
Serial #: _____ Purchase Date: _____

Lifetime Frame, 3 Year Belt, 3 Year Mechanical Parts, 3 Year Electrical Parts

NOTE:

Before you start to assemble this unit, please note that some of the parts and screws needed for assembly are already in place on the unit.

Tool Set



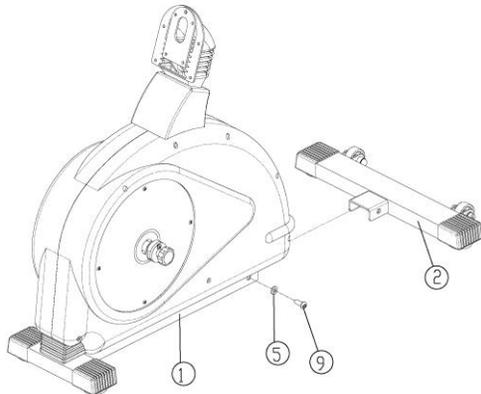
(74) Screwdriver 1pc



(75) 4mm Allen Key 1pc

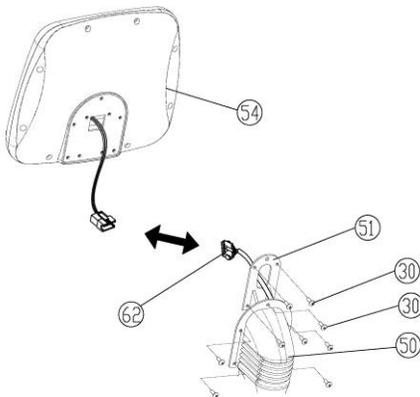
ASSEMBLY INSTRUCTIONS

STEP 1



1. Attach the rear support tube (No. 2) to the frame using the Flat Washer (No.5) and Hex Screw M8*20 (No. 9).

STEP 2

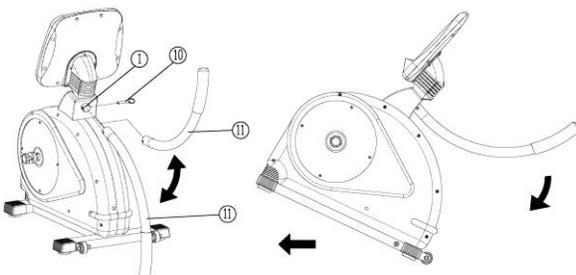


2. Attach the display (No.54) to the display mount by using the screws. Connect the display in by feeding the control wire (No.62) through the center hole in the display mount.



Caution: Wire Pinch Point

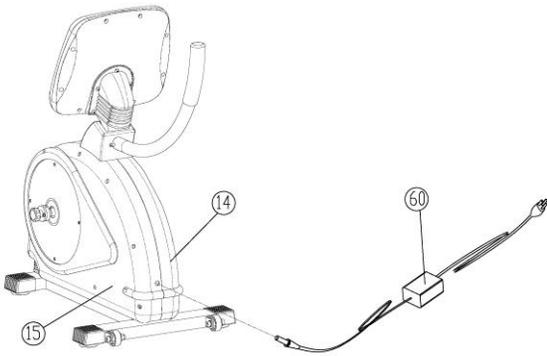
STEP 3



3. **Handle Assembly:** Insert the Handle (No.11) to the main frame and fixed by Locking Pin (No.10) for Transportation or Storage purpose. Simply remove the locking pin to rotate the handle in and out of storage mode

STEP 4

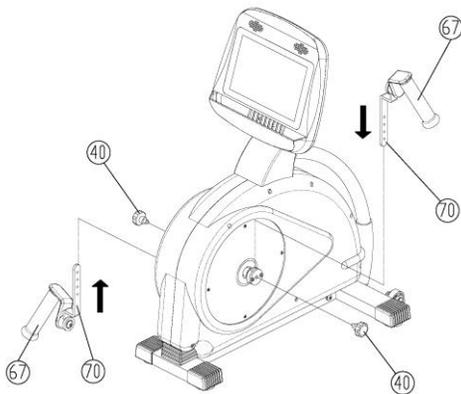
4. Insert Plug Cord (No.59) and AC Adapter (No.60) into the frame.



STEP 5

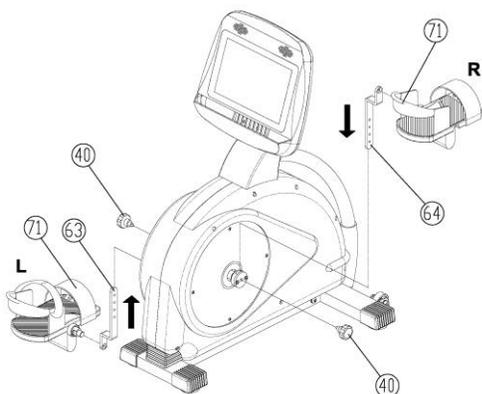
Handle Assembly:

Screwed on Rotated Handles (R)&(L)(No.67) to Bearing Fixed Base (No.70) and then insert into the Crank Fixed Base according to the direction instruction, adjust the crank length and tightened crank by Adjustable Pull-Knob (No.40)

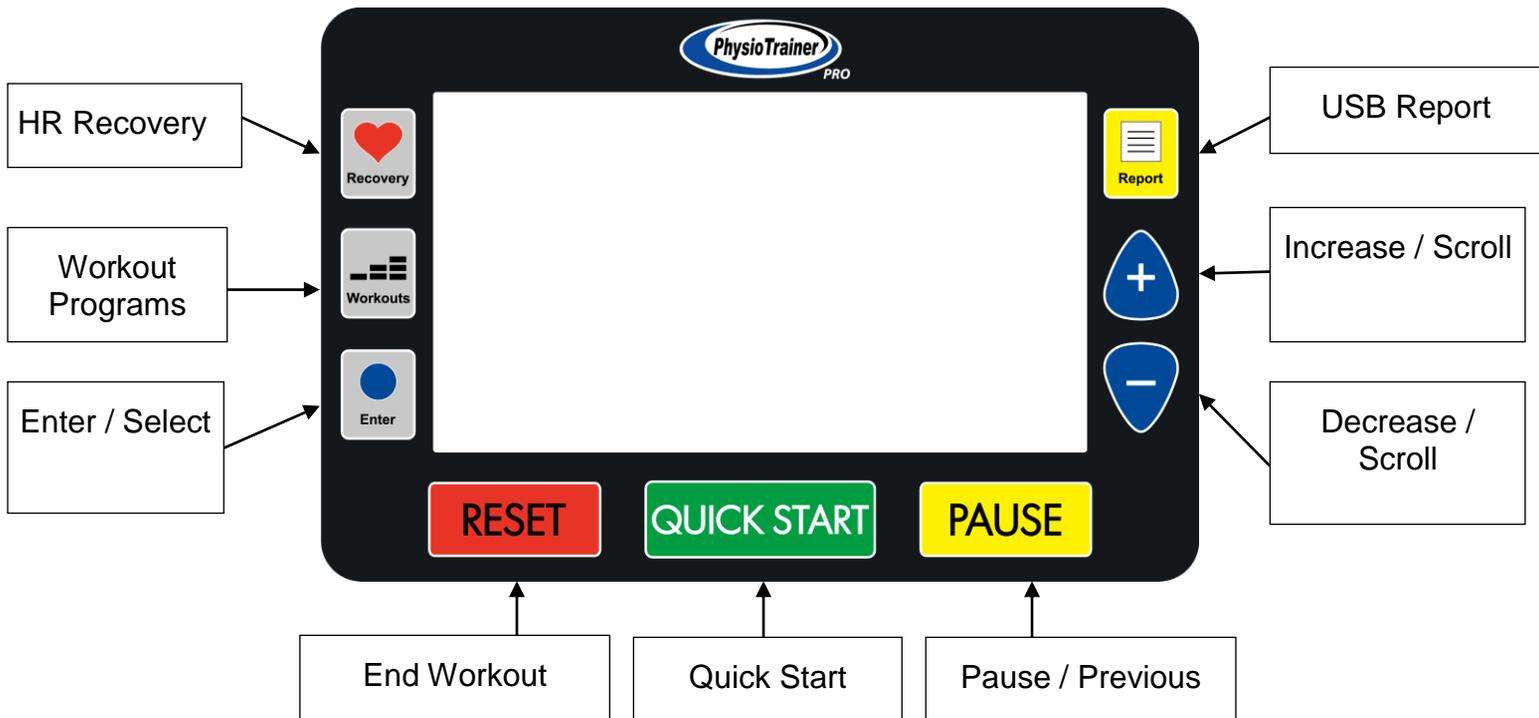


Pedal Assembly:

Screwed on Foot Paddles (R)&(L)(No.71) to Bent Cranks (R)(No.64)&(L)(No.63) and then insert into the Crank Fixed Base according to the direction instruction, adjust the crank length and tightened crank by Adjustable Pull-Knob (No.40)



PhysioTrainer PRO Display Console



Button Functions

1. QUICK START BUTTON

1.1. Pressing the **QUICK START** button starts a manual workout.

2. ENTER BUTTON

2.1. The **ENTER** button selects programs and confirms data entry.

3. [+]/UP BUTTON

3.1. Press the **[+]** button to increase values.

3.2. Holding the **[+]** button will rapidly increase values.

4. [-]/DOWN BUTTON

4.1. Press the **[-]** button to decrease values.

4.2. Holding the **[-]** button will rapidly decrease values.

5. WORKOUTS BUTTON

5.1. Before you start your workout, press the **WORKOUTS** button to choose a preset program. Continue to press the **WORKOUTS** button to cycle through the programs.

5.2. If you have already started a workout, press **RESET** twice then use the **WORKOUTS** button as explained above.

6. RECOVERY BUTTON

6.1. The recovery function is only available when using a HR monitor.

6.2. Press the **RECOVERY** button to enter the cool down mode.

6.3. When in the recovery mode, all other buttons are disabled.

7. PAUSE BUTTON

- 7.1. While exercising press the **PAUSE** button to pause your workout. The display will show “Press **QUICKSTART** to resume or **RESET** for workout summary”.
- 7.2. Press the **QUICKSTART** button to resume your workout.
- 7.3. Press the **RESET** button to view your workout summary.
- 7.4. In the Report Mode, the **PAUSE** button will return you to the last step.

8. RESET BUTTON

- 8.1. To end your workout and view your workout summary press the **RESET** button.
- 8.2. Holding down the **RESET** button for 3 seconds will reset the display.

9. REPORT BUTTON

- 9.1. Enables the USB workout report export function in summary mode.

Quick Start

1. Adjust your seat and handles to a comfortable position.
2. Press the **QUICK START** button.
3. Start pedaling! You can use **[+] / [-]** buttons to adjust the resistance level at any time during your workout.



OR



Select a Workout Program

1. Press the **WORKOUTS** button to view programs.
2. To scroll through the different programs continue to press the **WORKOUTS** button.
3. Then press the **Enter** button to select your desired workout program.
4. Follow the steps described in the next section to start your desired workout.

*If you have not selected anything after 5 minutes the display will automatically power off.

Setup Your Workout Programs

NOTE: Use the **WORKOUTS** button to cycle through programs. Press the **WORKOUTS** button again to view the next workout. Press **ENTER** to select your desired workout.

User Setup:

After selecting your desired workout the first step is to enter your user information. This step will be the same for all workouts.

Use the **PAUSE** button to return to the previous step when entering user info.

Gender: Use the **[+] / [-]** buttons to change Male (**M**) or Female (**F**).

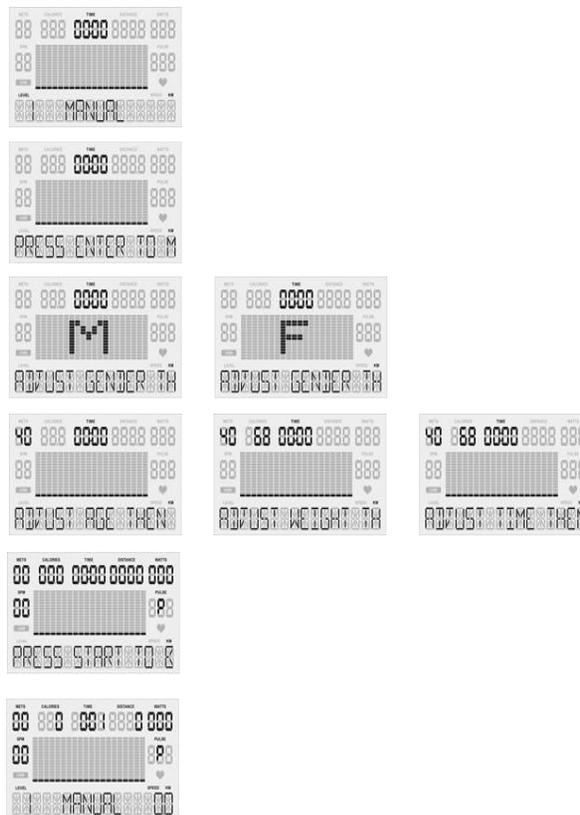
Press the **ENTER** button to set gender.

Age: Use the **[+] / [-]** buttons to change your age.

Press the **ENTER** button to set age.

Weight: Use the **[+] / [-]** buttons to change your weight.

Press the **ENTER** button to set weight.



Basic Programs

Manual, Warm Up, Interval, Valley, Ramp, Mountain, Rolling, Climb, Random, Hill, Fat Burn, Cardio, and Strength.

1.1. **User Setup** - You will be prompted gender, age, weight, and time.

Use the **PAUSE** button to return to the previous step when entering user info.

1.2. **Set Time:** Use the **[+] / [-]** buttons to set workout time. (Counting Down)

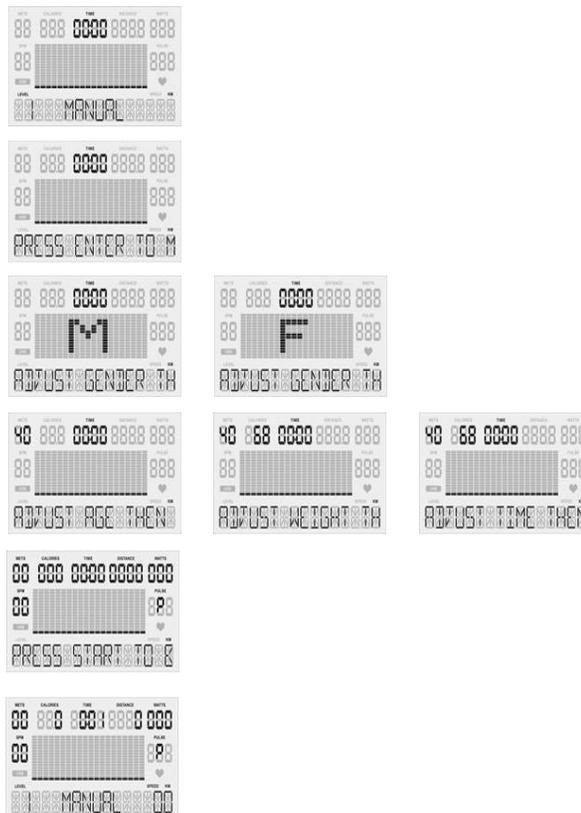
1.2.1.1. Press the **ENTER** button to set workout time.

1.3. Once your user information has been entered press **Quick Start!**

1.4. In the basic programs you can use the **[+] / [-]** buttons to change the resistance level.

1.5. Once your workout is complete a 3 minute Cool Down will begin.

Basic Programs Screens



Heart Rate Programs (HR 65% / HR 85%)

*Requires HR Monitor

1.6. **User Setup** - You will be prompted gender, age, weight, time, & HR.

Use the **PAUSE** button to return to the previous step when entering user info.

1.6.1. **Set Time:** Use the **[+] / [-]** buttons to set workout time. (Counting Down)

1.6.1.1. Press the **ENTER** button to set workout time.

1.6.2. **Pulse:** Use the **[+] / [-]** buttons to change your target heart rate.

(Shown as percentage [65% or 85%] of full target heart rate)

1.6.2.1. Press the **ENTER** button to set your target heart rate.

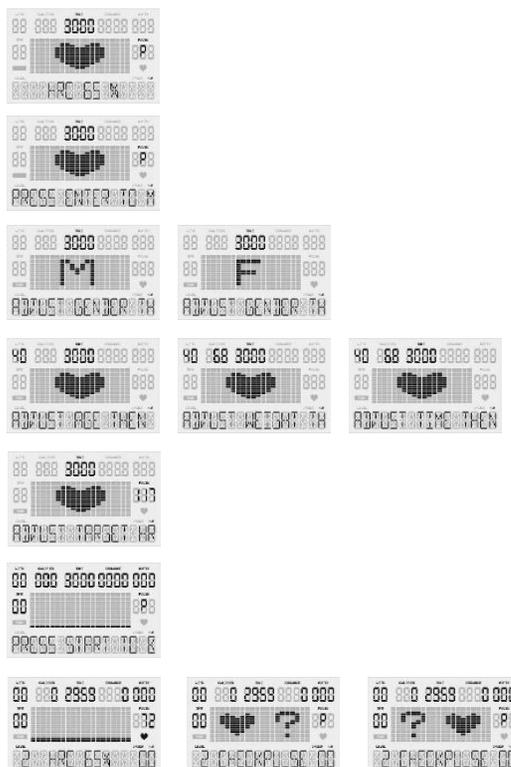
1.7. Once your user information has been entered press **Quick Start!**

1.8. If your heart rate cannot be detected, the screen will show [?♥] and reset to the home screen.

1.9. In the Heart Rate programs your resistance level will automatically increase or decrease to help reach your target heart rate.

1.10. Once your workout is complete a 3 minute Cool Down will begin.

Heart Rate Programs Screens



Constant Programs (RPM / WATTS)

1.11. **User Setup** - You will be prompted gender, age, weight, time & constant.

Use the **PAUSE** button to return to the previous step when entering user info.

1.11.1. **Set Time:** Use the **[+] / [-]** buttons to set workout time. (Counting Down)

1.11.1.1. Press the **ENTER** button to set workout time.

1.11.2. **Set SPM / WATTS:** Use the **[+] / [-]** buttons to change your constant metric.

1.11.2.1. Press the **ENTER** button to set your constant metric.

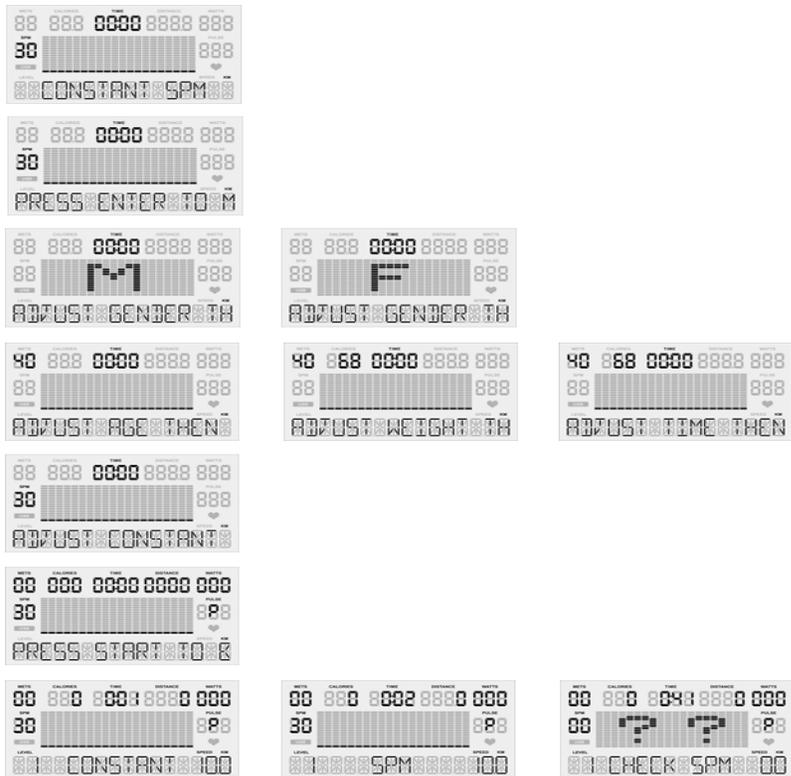
1.12. Once your user information has been entered press **Quick Start!**

1.13. If you are not using the machine, the screen will show "[?] Check SPM"

1.14. In the constant programs your resistance level will automatically increase or decrease to maintain constant SPM or WATTS.

1.15. Once your workout is complete a 3 minute Cool Down will begin.

Constant Programs Screens



Goal Set Programs (Calories / Distance)

1.16. **User Setup** - You will be prompted gender, age, weight, time, & goal.

Use the **PAUSE** button to return to the previous step when entering user info.

1.16.1. **Set Time:** Use the **[+] / [-]** buttons to set workout time. (Counting Down)

1.16.1.1. Press the **ENTER** button to set workout time.

1.16.2. **Set Calories / Distance:** Use the **[+] / [-]** buttons to change your goal.

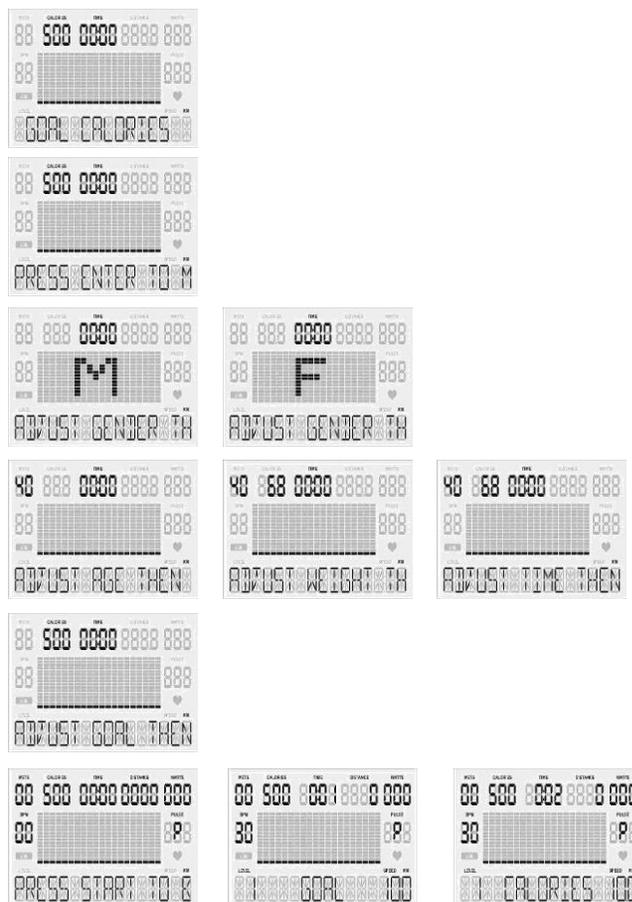
1.16.2.1. Press the **ENTER** button to set your goal.

1.17. Once your user information has been entered press **Quick Start!**

1.18. In the Goal programs your workout will complete once your goal is reached. Use the **[+] / [-]** buttons to change the resistance level.

1.19. Once your workout is complete a 3 minute Cool Down will begin.

Goal Set Programs Screens



User Programs (User 1 / User 2)

Create a custom workout program with user selected resistance intervals.

- 1.20. **User Setup** - You will be prompted gender, age, weight, time, & level profile.

*Use the **PAUSE** button to return to the previous step when entering user info.*

- 1.20.1. **Set Time:** Use the **[+] / [-]** buttons to set workout time. (Counting Down)

1.20.1.1. Press the **ENTER** button to set workout time.

- 1.20.2. **Set Custom Levels:** Use the **[+] / [-]** buttons to change your training resistance level.

1.20.2.1. Press the **ENTER** button to set your custom workout.

- 1.21. Once your user information has been entered press **Quick Start!**

- 1.22. Once your workout is complete a 3 minute Cool Down will begin.

Cool Down Mode

1. After completing your workout program a **3 minute cool down** will automatically start.
2. Press the **PAUSE** button to pause your cool down, and **QUICK START** to resume your cool down.
3. Press the **RESET** button to skip the cool down and view workout summary.

Workout Summary Mode

** After cool down mode, the display shows workout summary**

1. The workout summary mode displays your personal data as shown below: Total Time, Distance and Calories; as well as Average METs, WATTS, Revolutions per Minute (RPM) and Pulse.



Export Workout Summary to USB

USB Slot Located on Back of Display

Quickly Enter Workout Summary by Pressing: Pause, Reset, Report.

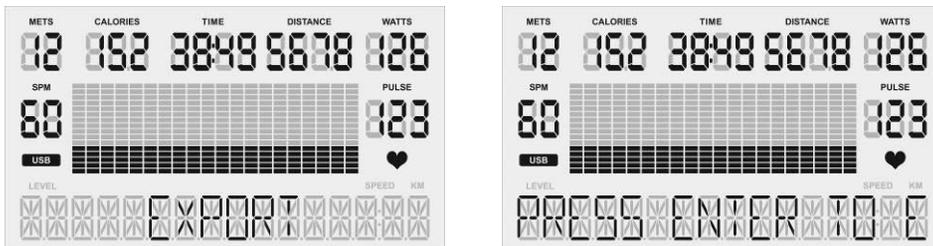
1. Insert your USB into the USB slot on the back of the display.
2. When the USB is correctly inserted the display will show the symbol "USB."
3. When you have completed your workout and are on the Workout Summary Mode screen, press the **REPORT** button to begin the export process.
4. Press the **ENTER** button twice to set your Workout ID.



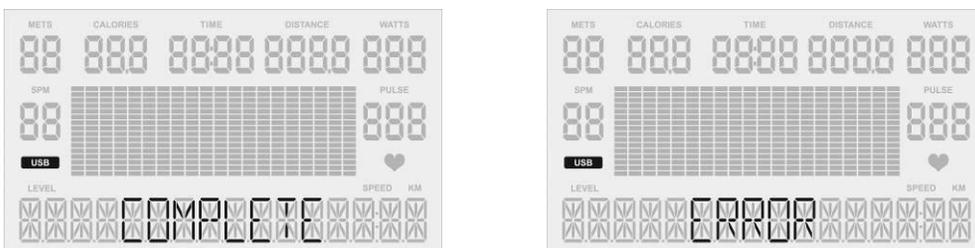
5. Use the **[+] / [-]** buttons to scroll through values (a-z and #0-9). Press the **ENTER** button to select a value and move to the next space.
6. Set your ID by pressing the **ENTER** button until you reach the last space.

PLEASE NOTE: At any time you can press **PAUSE** to return to the previous step.

7. After you have set your personal ID, press **ENTER** to select the date (Day / Month / Year). Use the **[+]** / **[-]** buttons to scroll through the values [a-z and #0-9]. Once the date is selected, press the **ENTER** button to confirm and complete.



8. Once the date is complete, the display will show the messages “Export” and “Press **Enter** to Export Data”. Press the **ENTER** button to export your workout summary report to USB. Saving your workout summary will take a few seconds.
9. Your workout summary report will be saved in a .csv file that you can open in excel. The display will read “Complete” when it has been exported successfully.
10. If there is an error during the data export, the display will read “Error.” If this happens, press the **PAUSE** button to return to the previous step and export again.



Sleep Mode

- If you do not use the unit for five minutes the display will automatically power off.
- In sleep mode, the LCD monitor will be powered off; any buttons or USB functions will be disabled.
- To wake the unit – start using the machine again and it will power on.

Recovery Mode

**Requires HR Monitor*

1. At any time during a workout program you can press the **RECOVERY** button to enter the recovery mode to see how quickly your body returns to its resting heart rate.
2. Once in the recovery mode the user's peak heart rate is displayed on the top left with the active heart rate below. You will have 1 minute to monitor your heart rate in recovery mode.
3. When the recovery is complete, the screen will display: Excellent (F1.0), Very Good (F2.0), Good (F3.0), Satisfactory (F4.0), Sufficient (F5.0) or Fail (F6.0) based on the rate of recovery.
4. P0 = the user's heart rate when the recovery mode was initiated.
P1 = the user's heart rate after completing the recovery mode.

Using Optional Heart Rate Monitors

1. Chest Strap
 - 1.1. In order to insure the chest strap is working correctly please refer to the manufacturer's instructions. In general, the chest strap must remain wet to accurately work. Moistening the electrodes is very important. Be sure to fasten the strap correctly below your pectoral muscle.

General Maintenance

1. **Cleaning** - Use soap and warm water or antibacterial wipes to clean your unit.
2. **Tightening** - Periodically inspect your unit to ensure that all screws, nuts, and bolts are tightened and retighten if necessary. Do not over tighten.

General Display Information

1. Gender

1.1. Men are MALE, Women are FEMALE (preset value is MALE).

1.2. The display shows [M] / [F] when setting.

2. Age

2.1. The age range is between 10 and 99, preset value is 40 years old.

2.2. Age is shown in the top left of the display in the METS window.

3. Weight

3.1. The weight range is between 40 – 400 lbs (30 – 180 KG), preset value is 150 lbs (68 KG).

3.2. Weight is shown next to age in the calories window.

4. Target Heart Rate (THR)

4.1. Using the Heart Rate Control (HRC) programs the user can train at 65% or 85% of their target heart rate.

4.2. When setting age in the Heart Rate Control programs, the computer will calculate a proposed target heart rate for the user. The target heart rate shown on the screen is a percentage (65% or 85%) of your full target heart rate. You can adjust your target heart rate using the **[+]** / **[-]** buttons and set your desired target heart rate by pressing **ENTER**.

4.3. Target Heart Rate Formula = $(220 - \text{AGE}) * X\%$

NOTE: Target Heart Rate Function is only available when using a HR monitor.

5. Pulse

5.1. When using a heart rate monitor, your heart rate will show in the pulse window on the right side of the display. If your heart rate cannot be detected, the pulse window will show (_P_).

6. Units

6.1. Miles are denoted as M, Kilometers are denoted as KM. Preset value: **M**

6.2. To change units please view the Change Units Section on page 21

7. METs

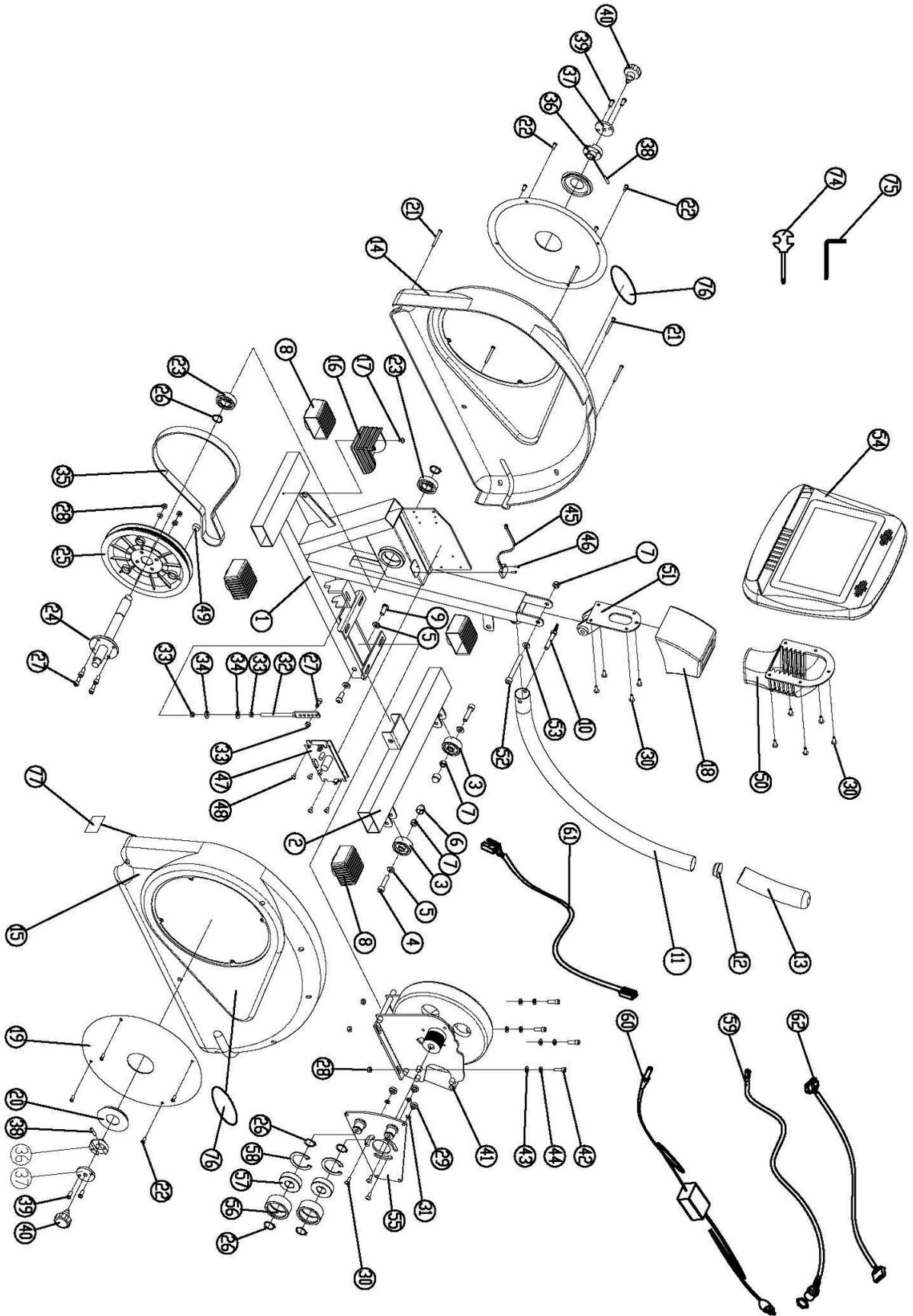
7.1. The Metabolic Equivalent of Task (MET), or simply metabolic equivalent, is a physiological measure expressing the energy cost of physical activities and is defined as the rate of energy consumption during a specific physical activity.

7.2. The range of METs is between 1 – 3 and displays on the top left.

8. Steps Per Minute (RPM)

8.1. Calculates your steps per minutes based on your revolutions per minute (RPM). Steps per minute are shown on the left of the display.

EXPLODED DIAGRAM



PARTS LIST

No.	Description	Qty	No.	Description	Qty
1	Main Frame	1	44	Spring Washer M6	4
2	Rear Support Tube	1	45	Square Magnetic Sensor	1
3	Moving Wheels	2	46	Self-Drill Screw ST 3x10L	2
4	Hex Bolt M8*35L	2	47	Control Board	1
5	Flat Washer d8-2xD16x2t	4	48	"+" Screw M4*10L	4
6	M8 Nut Cap	2	49	Magnet	1
7	M8 Nut	3	50	Meter Back Rubber Cover	1
8	Stabilizer End Cap	4	51	Meter Holder Parts	1
9	Hex Screw M8*20L	2	52	Hex Bolt M8*70L	1
10	Locking Pin	1	53	Flat Washer d8xD16x1-5t	1
11	Curved Handle	1	54	Meter	1
12	Round Cap	1	55	Idler Set	1
13	Handle Sponge	1	56	Idler Wheel φ53xφ43xφ50	2
14	Chain Cover (L)	1	57	Bilateral Bearing 6204zz	2
15	Chain Cover (R)	1	58	C-ring R47	2
16	Lower Decorative Cover	1	59	Plug Cord 18AWG*800L	1
17	"+" Screw M5*8L	1	60	AC Adapter	1
18	Upper Decorative Cover	1	61	Brake Cable Wire 850mmL	1
19	Acrylic Cover	2	62	Meter Control Wire	1
20	Plastic Cover	2			
21	Self-Drill Screw ST 4.5x45L	7	Type A accessories (Option)		
22	Self-Drill Screw ST 5x12L	8	63	Bent Crank -L	1
23	Bilateral Bearing 6004zz	2	64	Bent Crank -R	1
24	Shaft	1	65	Pedal-LH	1
25	Belt Pulley	1	66	Pedal-RH	1
26	C-ring S20	6			
27	Hex Bolt M6*15L	5	Type B accessories		
28	M6 Nut	8	67	Rotated Handles	2
29	Idler Guide Rod	3	68	R-ring R28	2
30	"+" Screw M5*15L	12	69	Bilateral Bearing 6001zz	4
31	Flat Washer d5-5xD11x0-8t	3	70	Bearing Fixed Base	2
32	Spring Fixed Piece	1	71	Flat Washer d8.2*D16x1.6t	2
33	M6 Nut	3	72	Hex Screw M8*12L	2
34	Flat Washer d6-5xD16x1-5t	2			
35	Belt (340-6J)	1	Type C accessories		
36	Crank Fixed Base	2	63	Bent Crank -L	1
37	Crank Cap	2	64	Bent Crank -R	1
38	Locking bolt	2	73	Foot Paddle(Pair)	1
39	"+" Screw M6x15L	4			
40	Adjustable Pull-Knob	2	74	Screw Driver	1
41	EMS Magnetic Flywheel	1	75	6mm Allen Key	1
42	Hex Bolt M6*20L	4	76	PhysioTrainer PRO	2
43	Flat Washer d6-2xD13x1-2t	4	77	California Warning Label	1



UBE Tables



*It's not too late to save!
Mention this Ad to
Save Big on an
HCI Fitness
UBE Table for your
PhysioTrainer!*

Hydraulic UBE Table

Motorized UBE Table



37"
↑
↓
27"



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