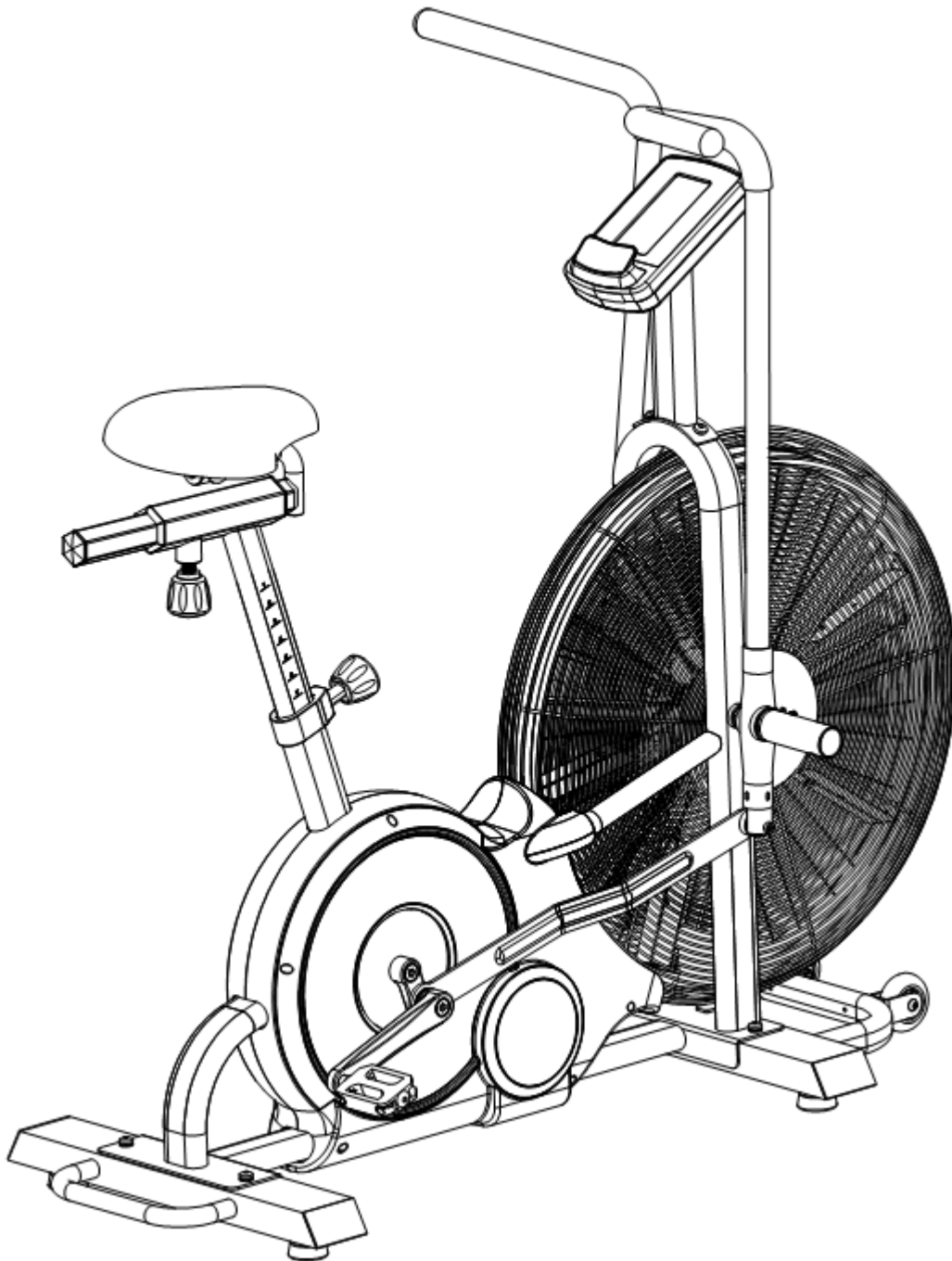


TORNADO AIR BIKE

USER MANUAL



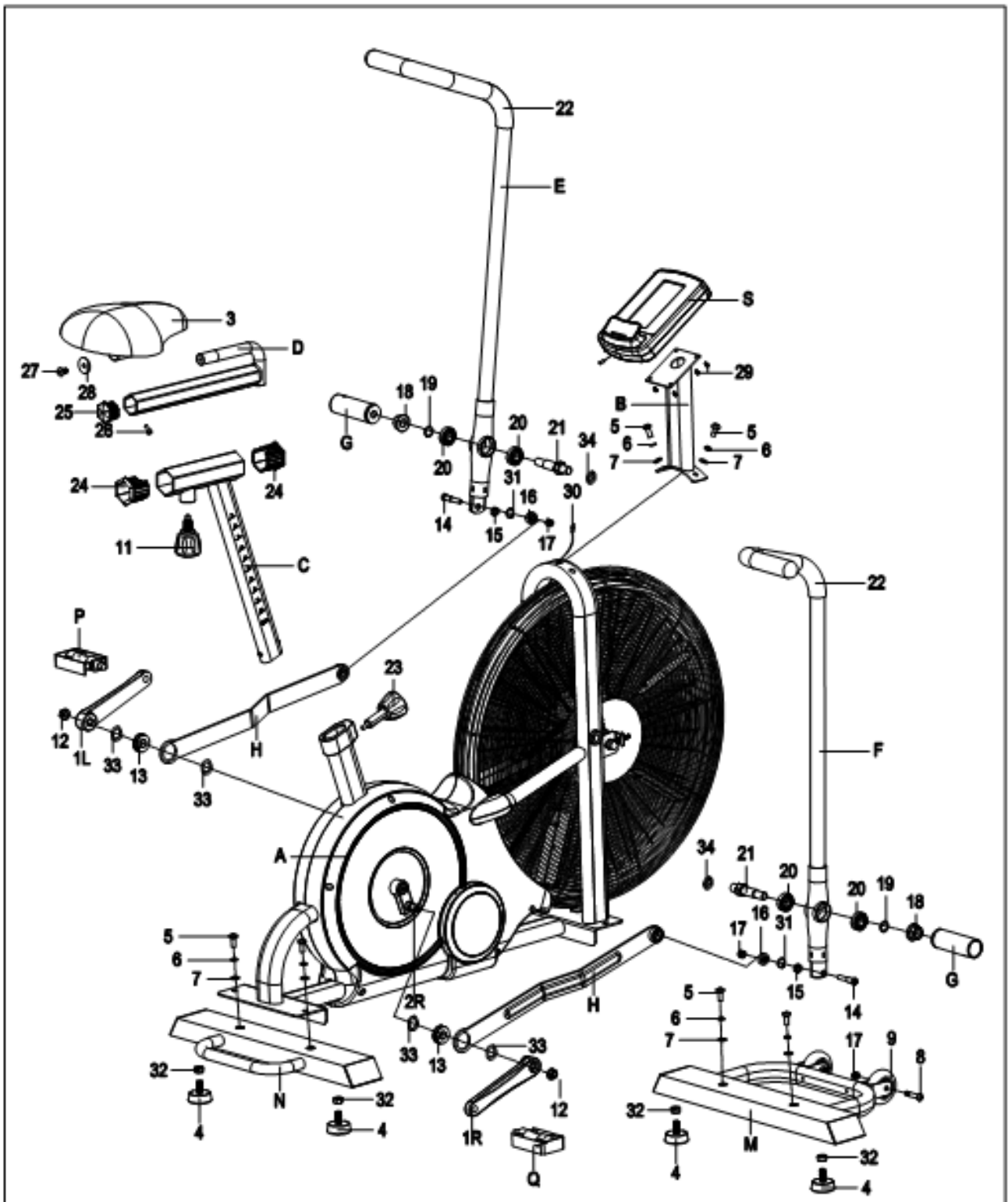
IMPORTANT! Read all instructions carefully before using this product. Retain owner's manual for future reference.

IMPORTANT SAFETY NOTICE

We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be assured if the equipment is assembled, maintained, and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

1. Before starting any exercise program you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking any medication that may affect your heart rate, blood pressure, or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness, or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. Keep children and pets away from the equipment. The equipment is designed for adult use only.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 2 feet of free space all around it.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
6. It is recommended that you lubricate all moving parts on a monthly basis.
7. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, stop using the equipment immediately and don't use the equipment until the problem has been rectified.
8. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
9. Do not place fingers or objects into the moving parts of the equipment.
10. The maximum weight capacity of this unit is 300 pounds.
11. This equipment is not suitable for therapeutic use.
12. Move with caution when lifting and moving the equipment. Always use proper lifting technique and seek assistance if necessary.
13. Your product is intended for use in cool, dry conditions. You should avoid storage in extreme cold, hot, or damp areas as this may lead to corrosion and other related problems.

EXPLODED DIAGRAM



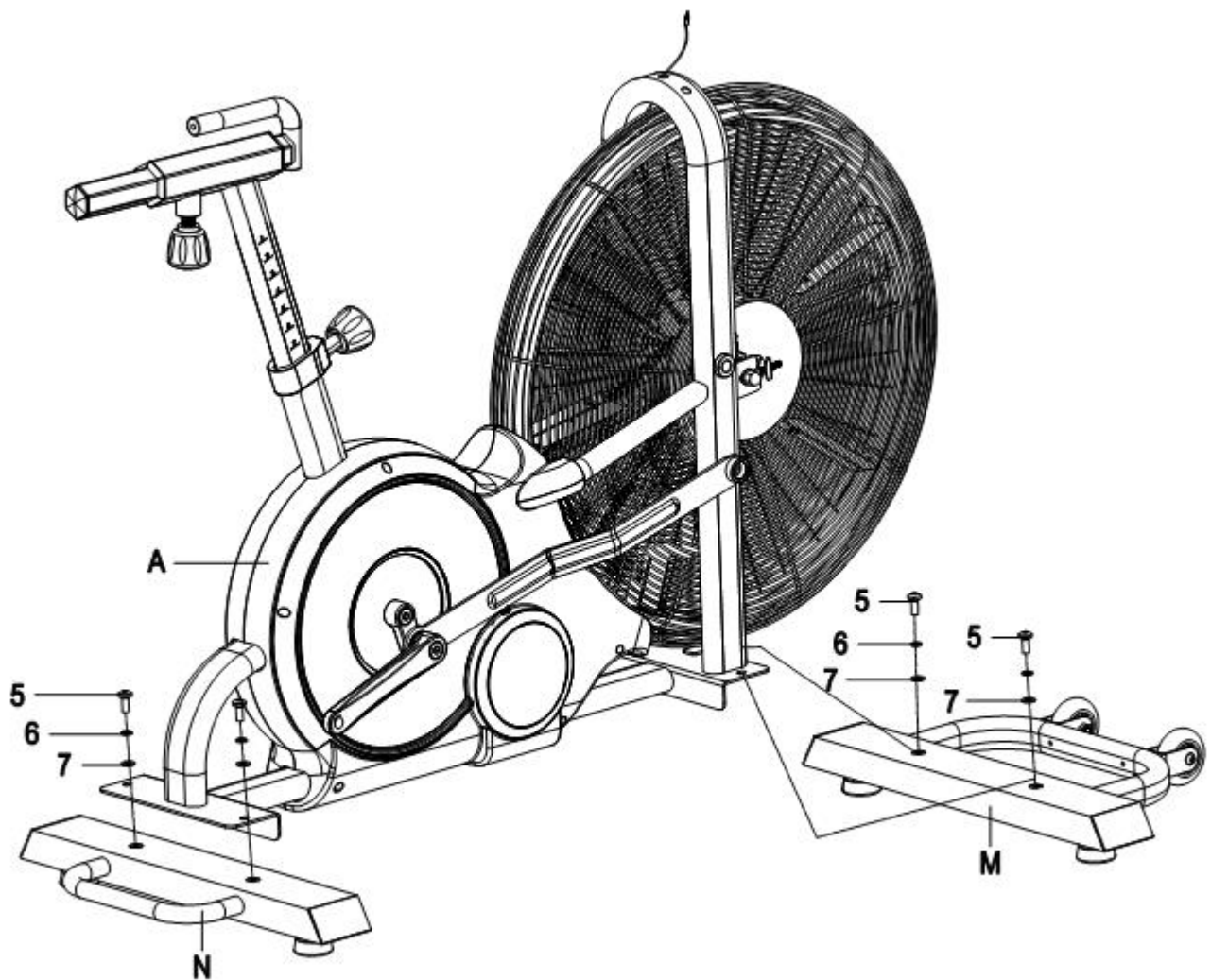
PARTS LIST

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
A	Main frame	1	12	Flange nut M10*25	2
B	Handlebar post	1	13	Bearing	2
C	Saddle post	1	14	Bolt Φ 10*44.5	2
D	Saddle horizontal pipe	1	15	Hex thin nut M8*H5	2
E	Swing tube (left)	1	16	Knuckle bearing	2
F	Swing tube (right)	1	17	Nylon nut M8	4
G	Foot tube	2	18	Flange nut M14*1.5	2
H	Connecting tube	2	19	Flat washer Φ 17* Φ 22*1	2
M	Front stabilizer	1	20	Bearing 6003Z	6
N	Rear stabilizer	1	21	Pedal tube axle	2
P	Pedal (left)	1	22	Foam grip	2
Q	Pedal (right)	1	23	Spring knob	1
S	Computer	1	24	Bushing	2
1L/R	Crank	1.pr	25	End cap	1
2L/R	Small crank	1.pr	26	Hexagon socket cap screw M5*12	1
3	Saddle	1	27	Hexagon socket cap screw M8*15	1
4	Foot pad	4	28	Flat washer Φ 8.2* Φ 32*2	1
5	Hex pan head screw M8*20	6	29	Cross pan head screw	4
6	Spring washer D8	6	30	Sensor wire	1
7	Flat washer Φ 8* Φ 16*1.5	6	31	Stop ring Φ 22	2
8	Hex pan head screw M8*40	2	32	Hex nut M10	4
9	Wheel	2	33	Wave washer Φ 16* Φ 22*0.3	4
10	Flat washer D10* Φ 20*2	6	34	Spring washer D16	2
11	Spring knob	1			

ASSEMBLY INSTRUCTION

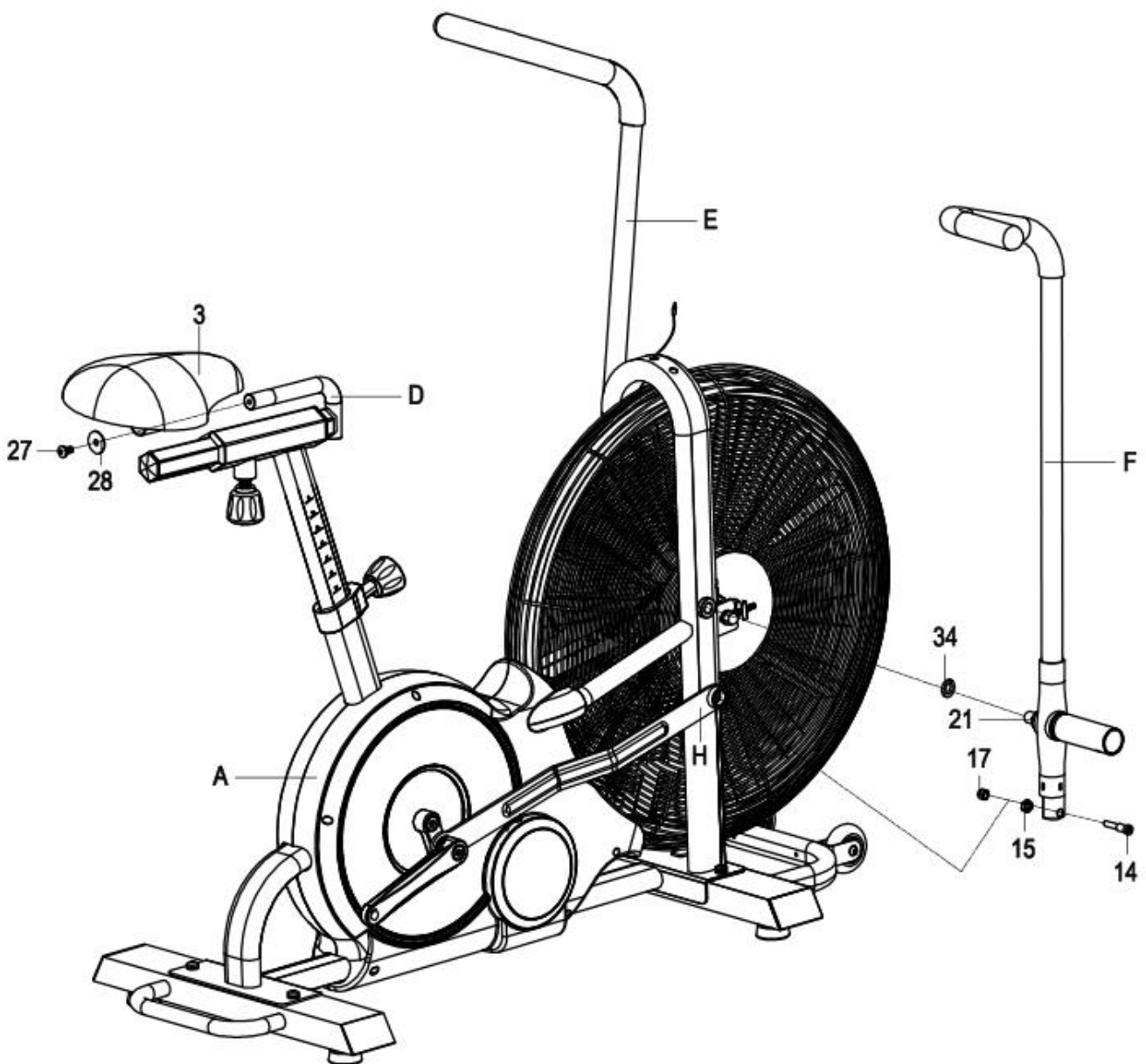
STEP 1

1. Attach the **Front Stabilizer (M)** and the **Rear Stabilizer (N)** to the **Main Frame (A)** with the **Hex pan head screw (5)**, **Spring washer (6)** and **Flat washers (7)**.



STEP 2

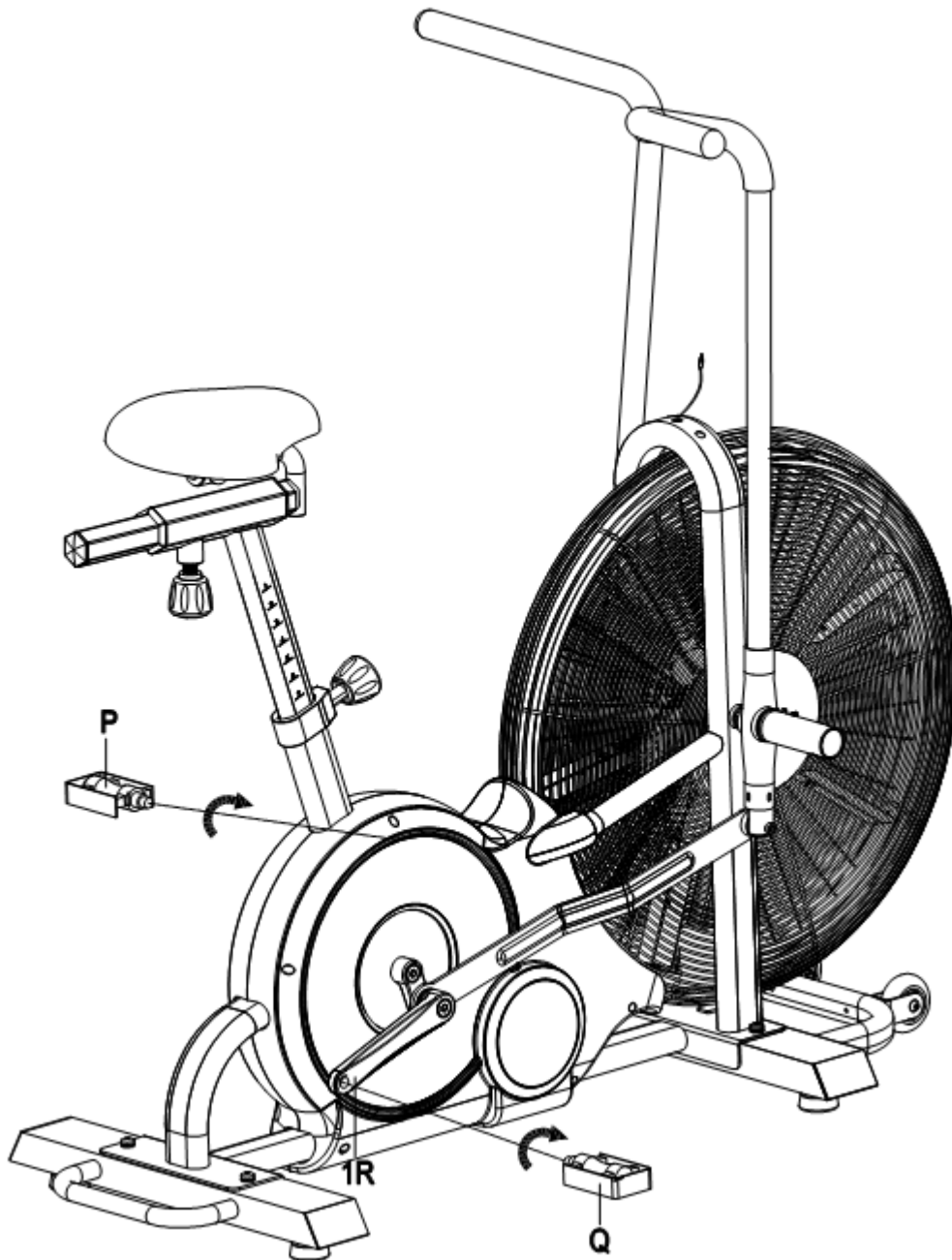
1. Attach the **Pedal Tube Axle (21)** of the **Swing Tube (E/F)** to the two sides of the **Main Frame (A)** **with the Spring washer (34)** . (Do not tighten yet.)
2. Lock the **Swing Tube (E/F)** with the **Connecting tube (H)** tightly with **Bolts (14)**, **Hex Thin Nuts (15)** and **Nylon Nuts (17)**. Now tighten the **Pedal Tube Axle (21)**.
3. Put the **Saddle (3)** onto the **Saddle horizontal pipe (D)**, and lock them tightly with **Hexagon socket cap screw (27)** and **Flat washer (28)**.



STEP 3

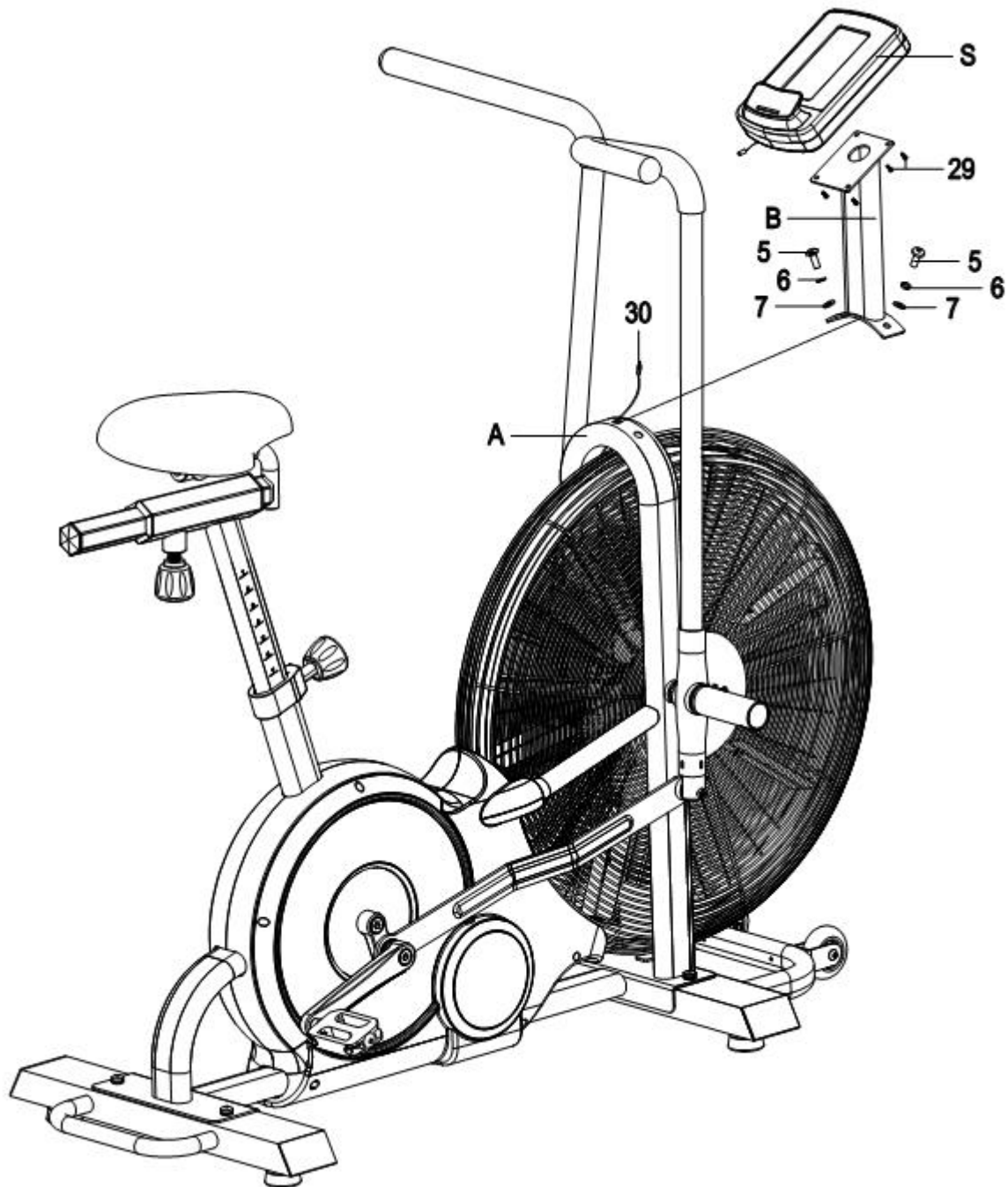
Attach the **Pedal (P/Q)** to the **Crank (1L/R)** with the cross wrench.

NOTE: Make sure to attach **Right Pedal**, marked **(R)**, to the **Right Crank (R)**. It should be tightened clockwise. Attach the **Left Pedal**, marked **(L)**, to the **Left Crank (L)**. It should be tightened counterclockwise. Attaching the **Pedal** to the wrong **Crank** or turning it the wrong direction will damage the **Crank**.



STEP 4

1. Thread the **Sensor Wire (30)** from the bottom of the **Handlebar Post (B)** and bring out from the top. Then attach the **Handlebar Post (B)** to the **Main Frame (A)** with **Hex Pan Head Screws (5)**, **Spring Washers (6)** and **Flat Washers (7)**.
2. Connect the **Sensor Wire (30)** with the wire of the **Computer (S)**, then lock the **Computer (S)** on the bracket of the **Handlebar Post (B)** with **Cross pan head screw (29)**.



Assembly is now complete!