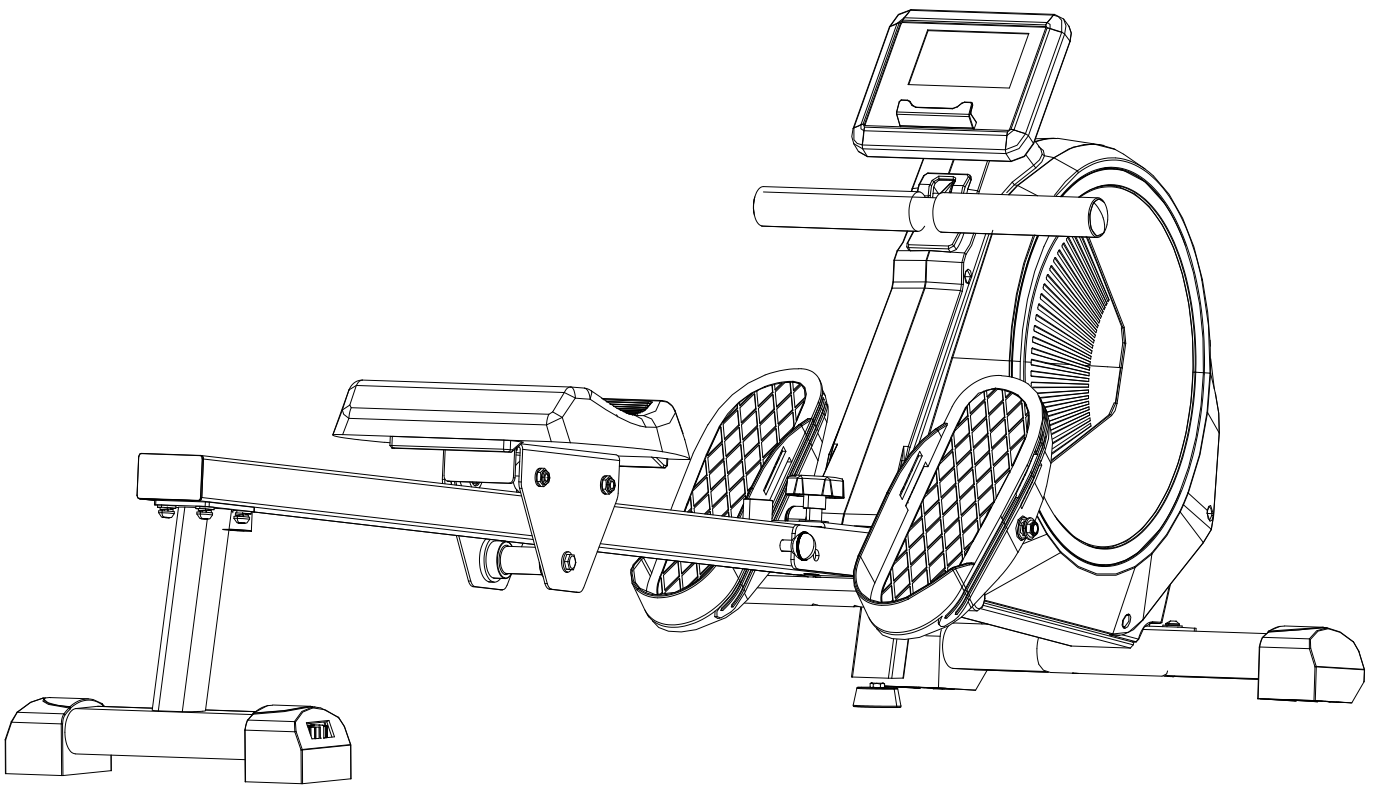


# OWNER'S MANUAL

(BGB321-manual)



## CONTENTS

IMPORTANT SAFETY INFORMATION -----

EXPLODED-VIEW ASSMEBLY DRAWING -----

ASSEMBLY INSTRUCTIONS -----

COMPLETE EXPLOSION DRAWING -----

PARTS LIST -----

# **IMPORTANT SAFETY INFORMATION**

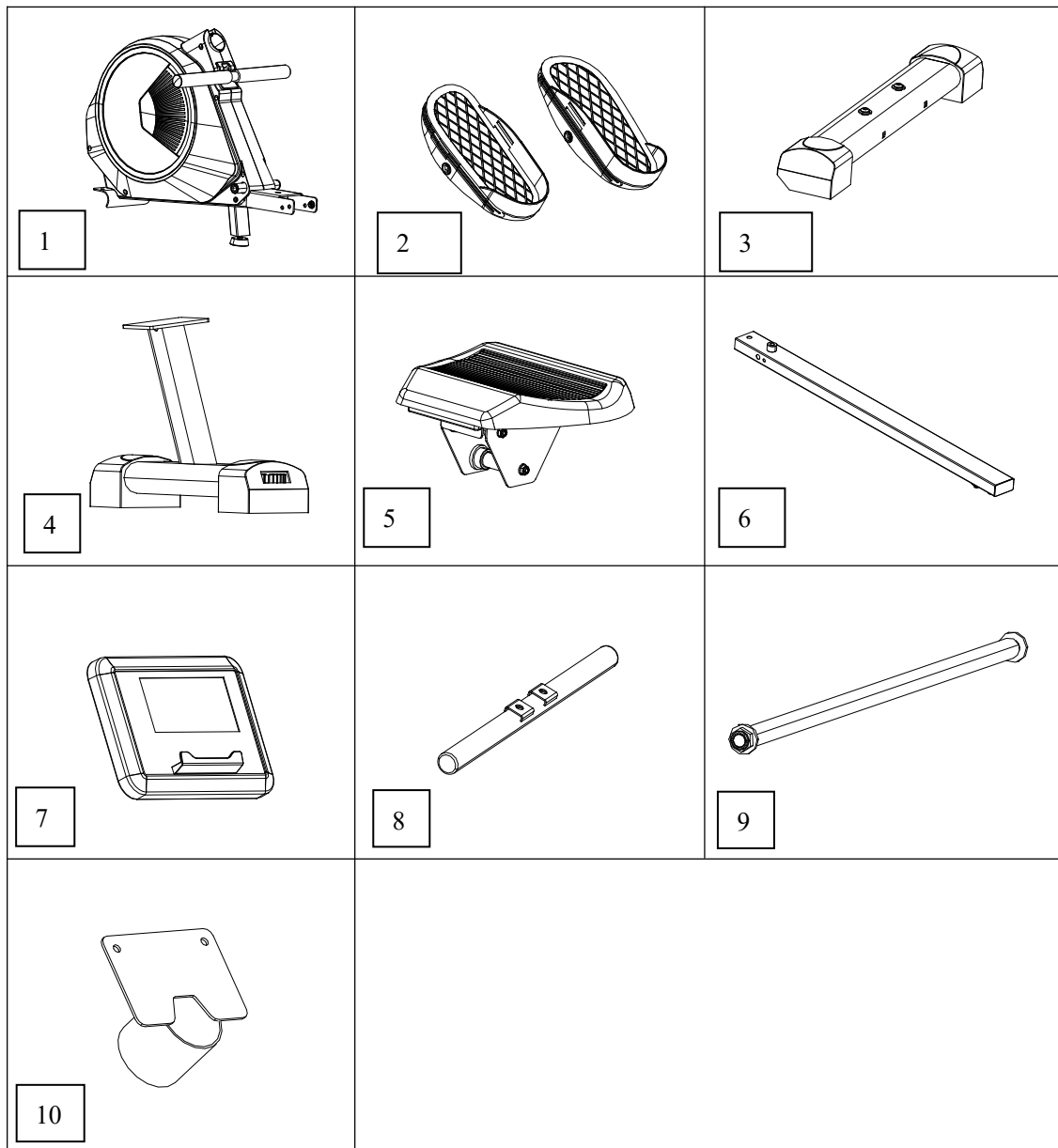
**Please read the instructions and warnings carefully before use, to ensure safe and satisfactory operation of this product.**

**Follow the assembly instructions carefully.**

- 1. Please keep this manual in a safe place for your reference when necessary.**
- 2. Please do not assembly or use this equipment until you read this manual thoroughly & carefully. The safety and efficiency only can be achieved when the equipment is assembled ,maintained and used properly. It is your responsibility to ensure that all the users are informed of all the warnings and precautions.**
- 3. For totally safe use, a stable , leveled surface is required. Protect your floor with a mat. Do not use the equipment in a damp areas such as swimming pool sauna, etc. For safety space, the equipment must have at least 0.5meter of free space all around it.**
- 4. Before starting any exercise program you must consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.**
- 5. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experienced any of the following symptoms: pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, feeling light headed, dizzy or nauseous. If you do experience any of these conditions you must consult your doctor before continuing with your exercise program.**
- 6. Do not work out immediately after meals.**
- 7. Keep children and pets away from the equipment, the equipment must be assembled and used by adults only.**
- 8. The equipment is designed for home use only, Maximum weight of the user is: 120kg.**
- 9. The equipment is not suitable for therapeutic use, may only be used for exercises indicated in the training instructions**
- 10. Wearing proper clothing and athletic shoes while using the equipment, Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movements.**
- 11. Keep your back straight whiles exercising.**
- 12. Before using the equipment, check the handle bar, seat, and the nuts & bolts are securely tightened.**
- 13. For adjustable parts, bear the maximum position in your mind, do not exceed the mark "stop", otherwise will cause risk.**

- 14. 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 use, stop immediately. Do not use the equipment until the problem has been solved.**
- 15. Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and /or seek assistance if necessary.**
- 16. All moveable accessories (e.g. pedal, handlebar, saddle...etc.) require weekly maintenance. Check them before use every time. If anything broken or loose, please fix them immediately. You may continue using them only after they return to good conditions.**
- 17. Pay attention to the absence of a free wheel system which will cause serious risk.**
- 18. Keep power cord away from heat sources.**
- 19. Do not insert or drop any object into any opening.**
- 20. Unplug exercise bike before moving or cleaning it. To clean, wipe surfaces down with mild detergents and a slightly damp cloth only; never use solvents.**
- 21. Do not use the exercise bike in any location that is not temperature controlled, such as, but not limited to, garages, porches, pool rooms, bathrooms, car ports or outdoors.**
- 22. Use the bike only as described in this manual.**
- 23. Incorrect repair and structural modifications(e.g. removal or replacement of original parts) may endanger the safety of the user.**
- 24. The rotating disk flywheel will get hot during the operation.**
- 25. Lock the equipment when stop using.**

## EXPLODED-VIEW ASSMEBLY DRAWING

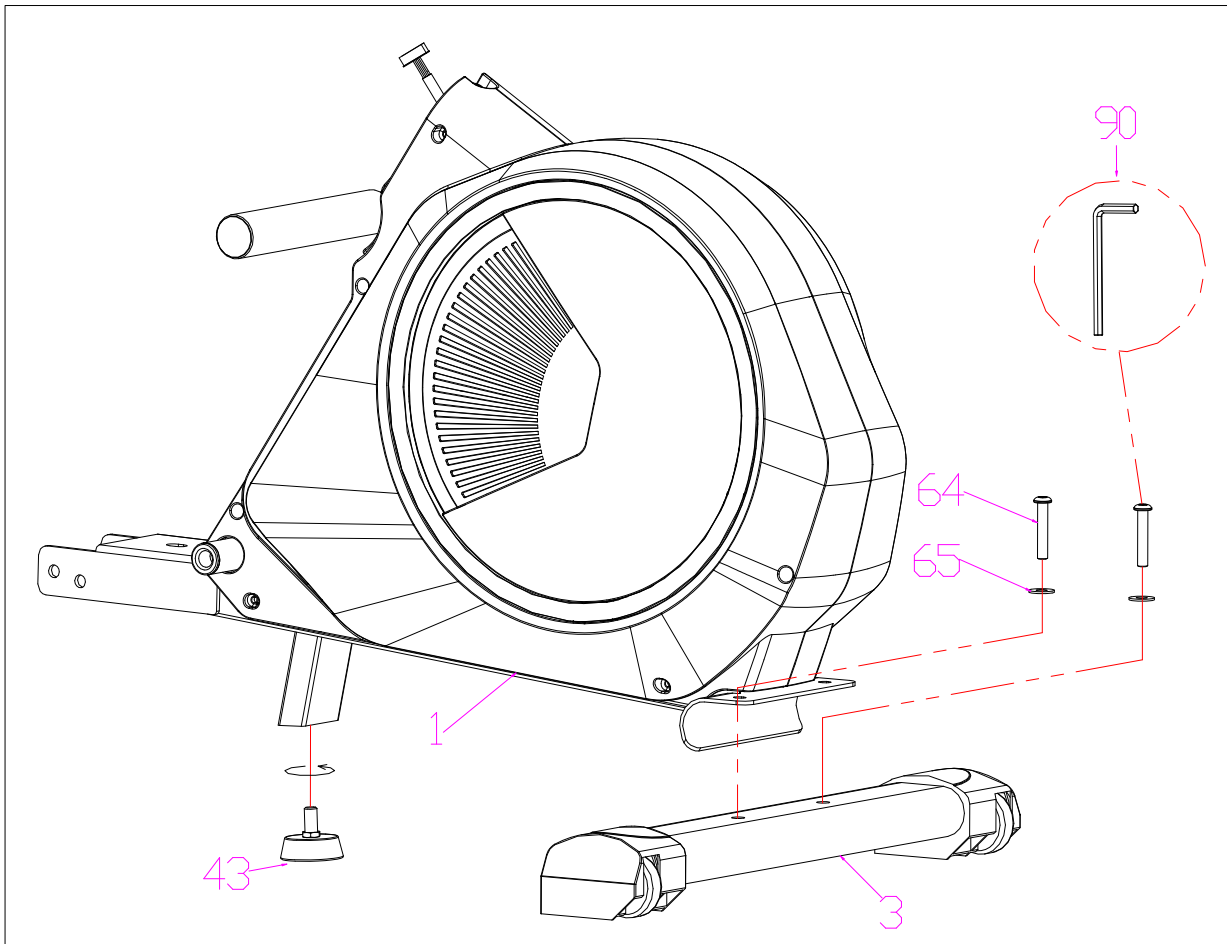


### PARTS LIST:

NO.	NAME	QTY
1	Main frame	1
2	Pedal	1
3	Front stabilizer	1
4	Rear stabilizer	1
5	Seat sliding set	1
6	Sliding rail	1
7	Console	1
8	Pedal tube	1
9	Pedal screw	1
10	Console fixed base	1

# ASSEMBLY INSTRUCTIONS

## STEP 1 :

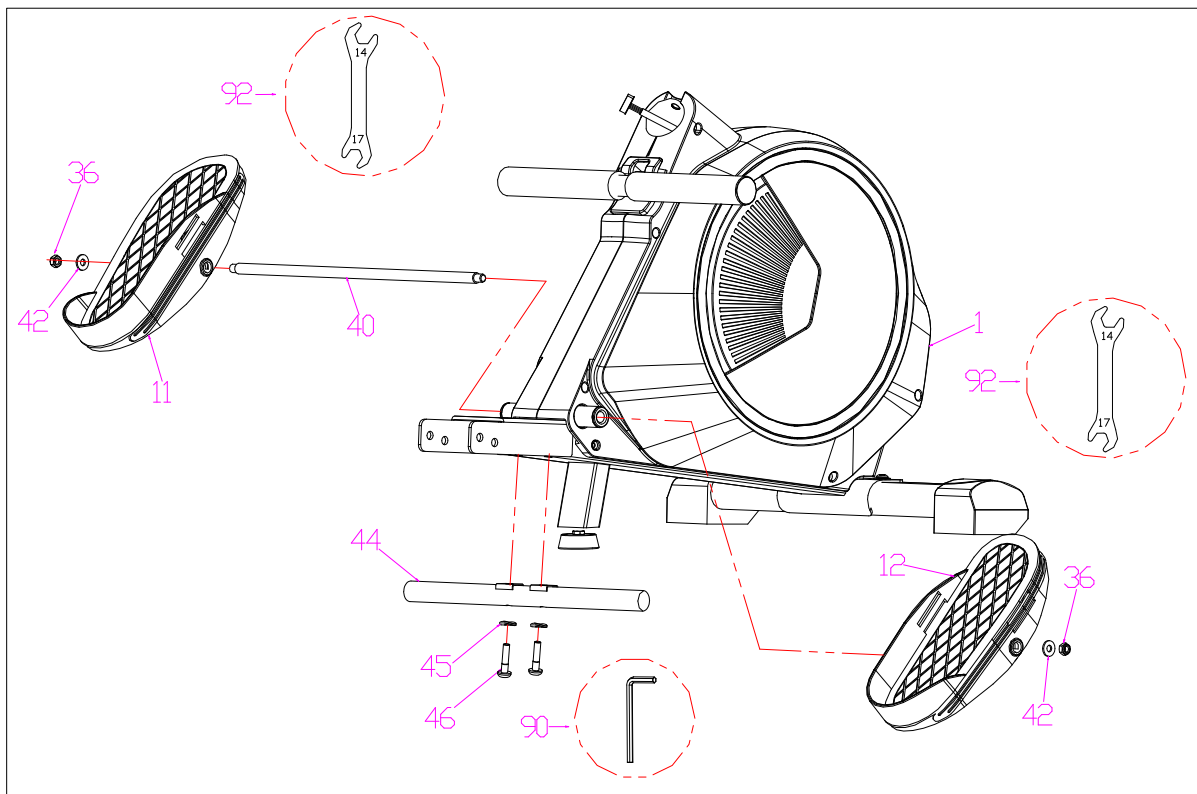


---Attach the front stabilizer(3) to the main frame (1) , and fix it with two sets of flat washers(65) & bolts(64) by allen wrench tightly.

---screw the adjusting foot pad (43) into the main frame (1) tightly.

**Note: the front stabilizer is with transportation wheels.**

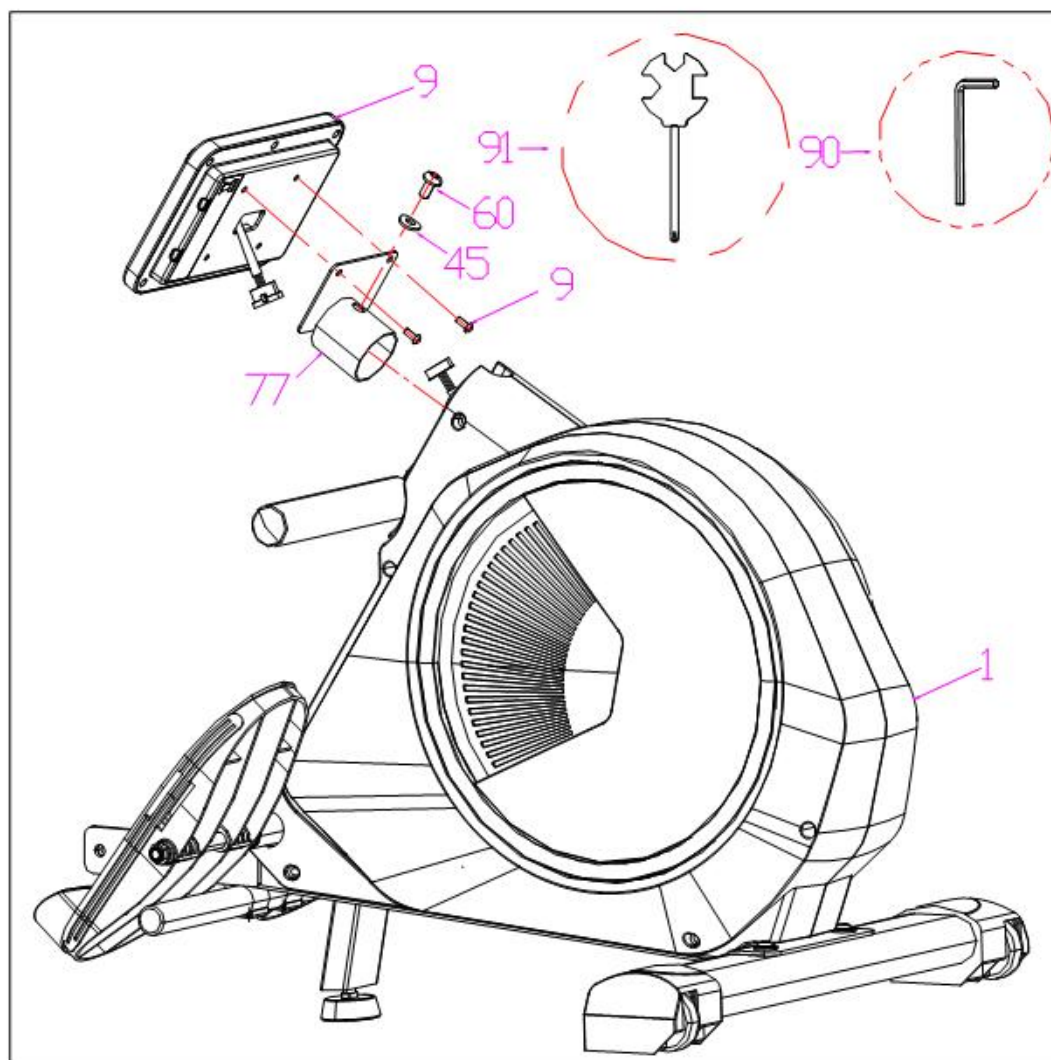
## STEP 2:



---Fix the pedal support tube (44) onto the mainframe (1) with two sets of curved washers(45)& bolts(46) by spanner(90) tightly.

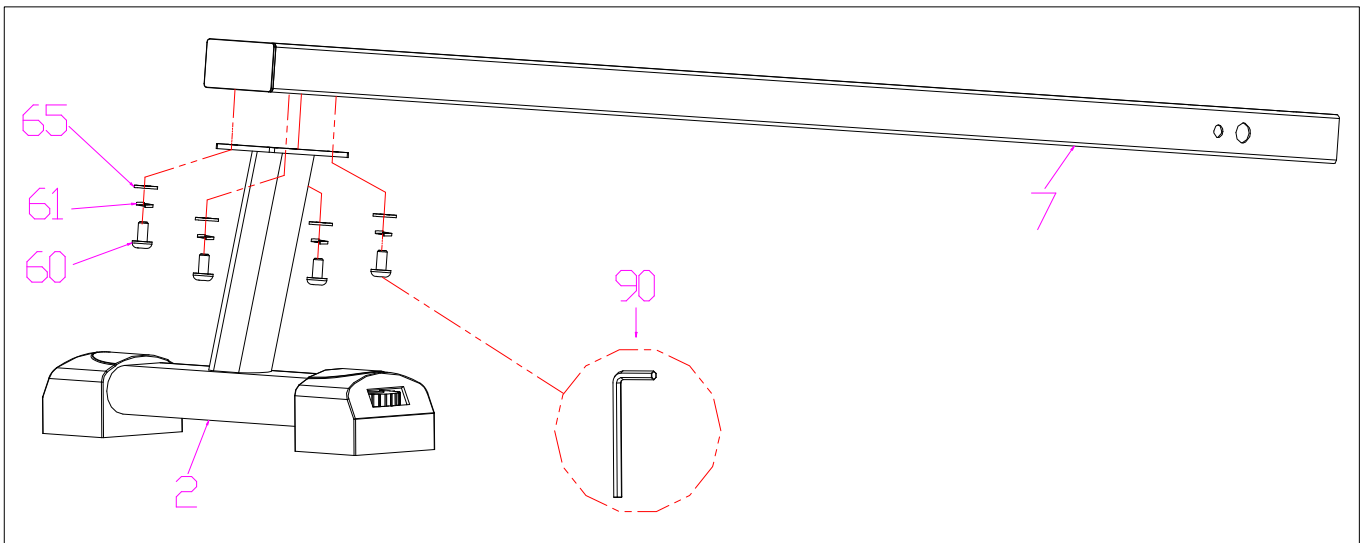
---Insert the pedal pole(40) into the hole as pointed on the main frame(1), then fix the pedal (11, 12) on the pedal pole (40)with flat washers (42) and lock nuts(36) by spanner (92) tightly and rightly .

### STEP3:



- Connect the console fixed base(77) with the main frame(1) correctly, then fix it with curved washer(45) and M8 bolt(60) by allen wrench tightly;
- Screw out the screws on the console (9) by spanner(91) and keep them,then connect the main frame wire-top with the wire on the console (9) correctly.Lastly, fix the console(9) on the console fixed base(77) with the screws by spanner(90) tightly.

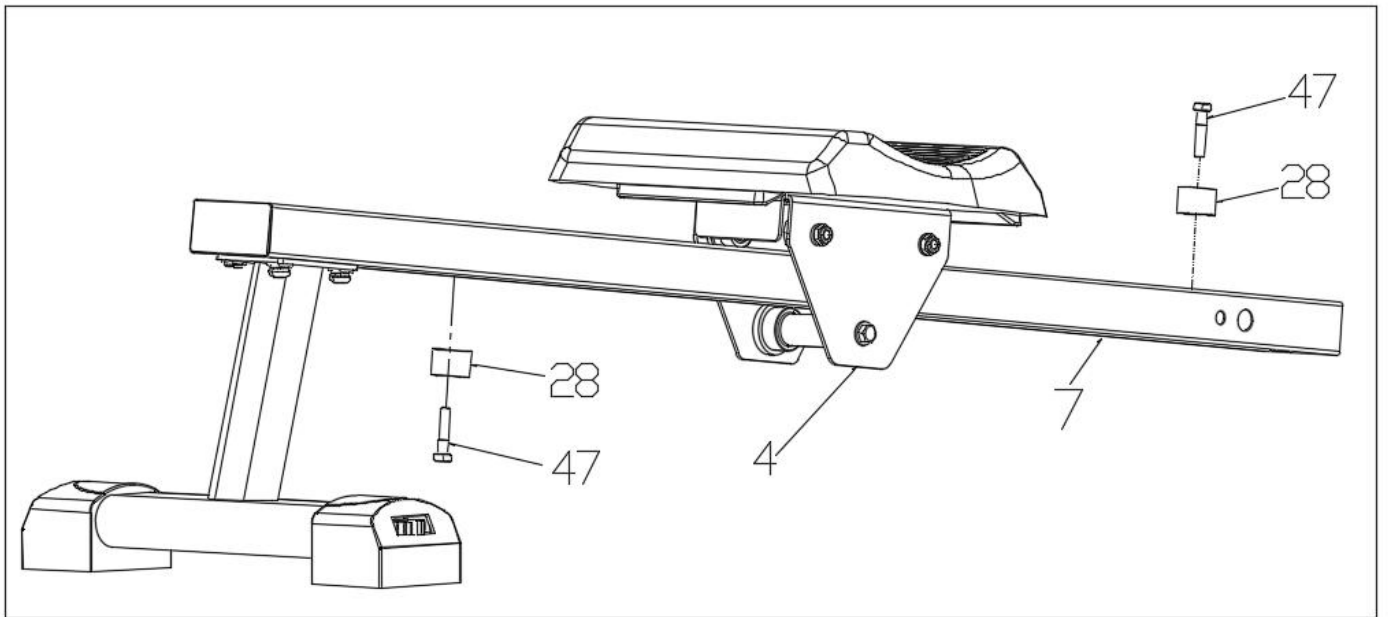
## STEP4:



---Fix the rear stabilizer(2) on the sliding rail (7) with four sets of flat washers (65) ,spring washers(61) & screws(60) by allen wrench(90) tightly

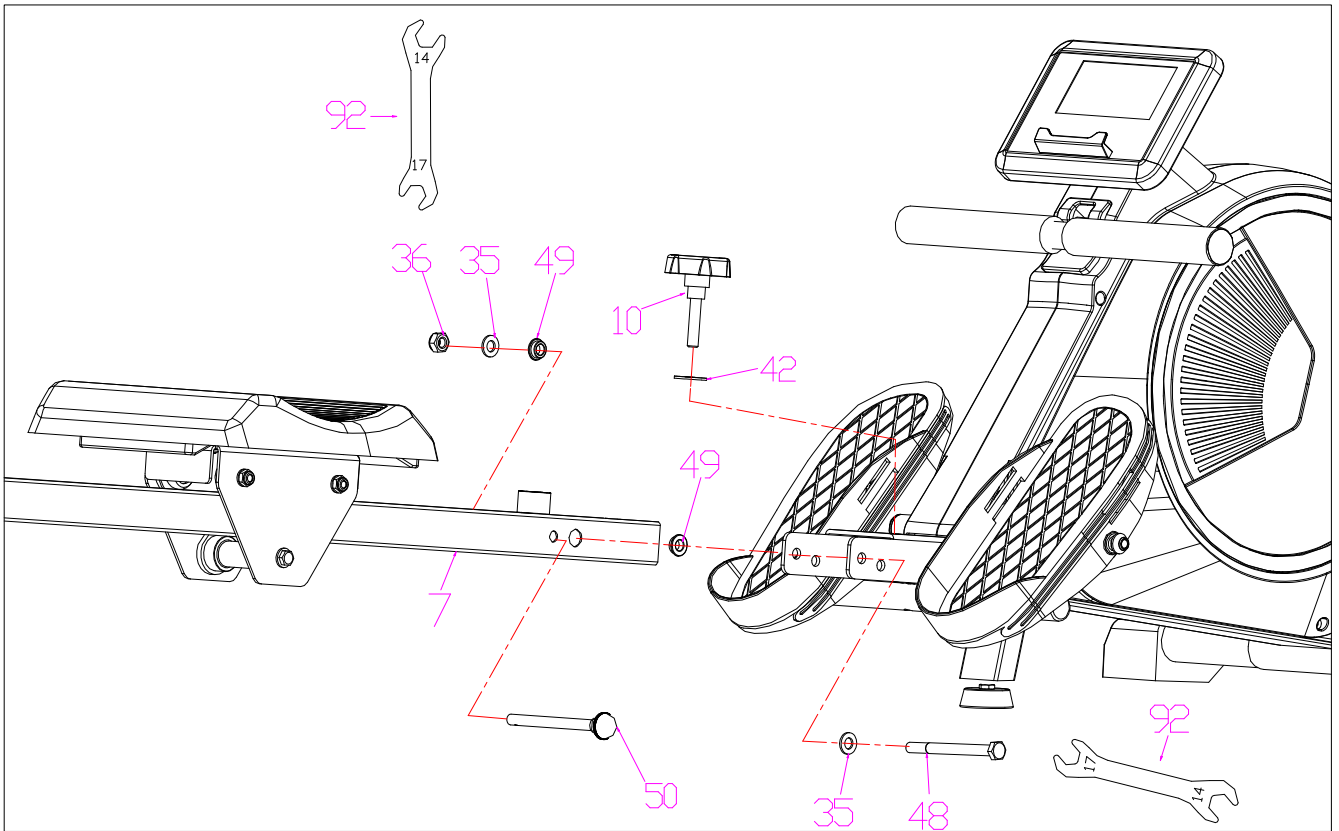


## STEP5:



---Slide the seat sliding set(4) onto the sliding rail (7) ,then fix the crash pad (28) on the sliding rail (7) with bolt (47) tightly.

## STEP6:

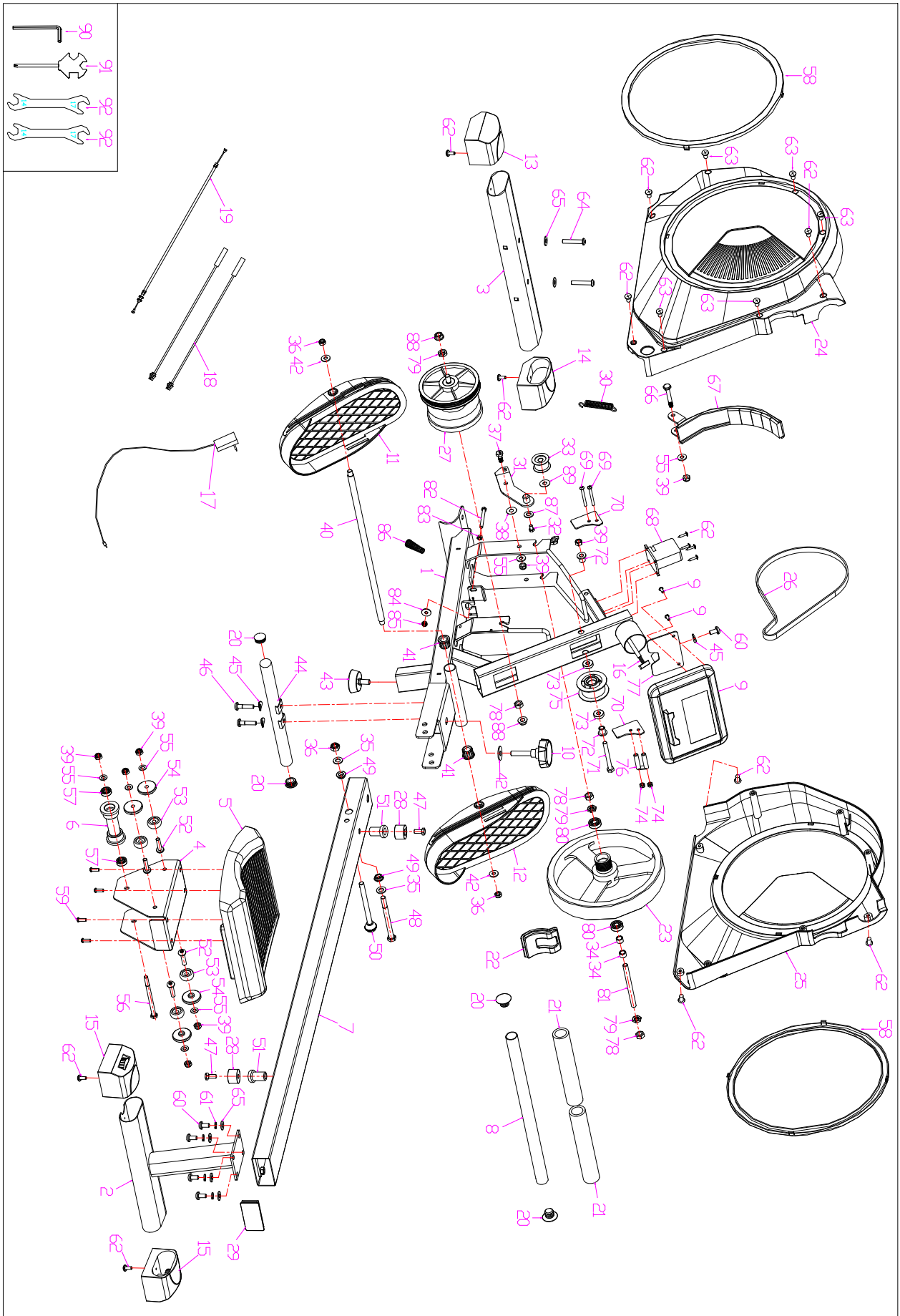


---Put 2pcs spacer bushes (49) into the holes on the sliding rail (7), then clip the sliding rail (7) into the main frame and fix them with bolt (48), flat washer (35) and lock nut (36) by spanner (92) tightly.

--Swing the flat washer (42) and knob (10) into the threaded sleeve of the slide rail (7). Put the plug (50) into the hole on the sliding rail (7).

Now the equipment is completed assembled, if you find it not leveled on the floor, you can adjust it by the rear stabilizer (2), finally, rotate the adjusting pad (43) to a position about 5mm above the floor.

# COMPLETE EXPLOSION DRAWING



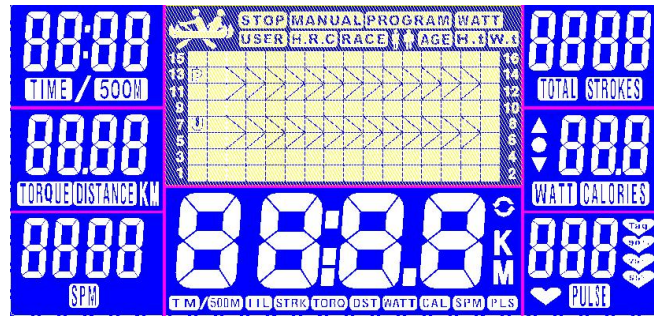
# PARTS LIST

NO.	NAME	SPECIFICATION	QTY.
1	Main frame		1
2	Rear stabilizer		1
3	Front stabilizer		1
4	Seat sliding set	190X99X125	1
5	Seat	DD-PU986	1
6	Pulley	φ 40X92	1
7	Sliding rail	40X80X1.5X1200L	1
8	Handle bar	Φ 25X380LX1.5t	1
9	Console	HT6500	1
10	Knob	M10X1.5	1
11	Left pedal	36x1.5	1
12	Right pedal	36x1.5	1
13	Tube plug left-front stabilizer		1
14	Tube plug right-front stabilizer		1
15	Adjusting tube plug-rear stabilizer		2
16	Console wire		1
17	Power cable		1
18	Sensor wire		2
19	Motor wire		1
20	Tube plug		4
21	Handle bar foam	φ 25×5.0t×170L	2
22	Handle bar socket	PVC	1
23	Flywheel	φ 250x40W×4.0 2ways	1
24	Cover-left	ABS	1
25	Cover-right	ABS	1
26	Belt	PJ5 - 300 ACRON	1
27	Spring case		1
28	Crash pad	φ 30×t20	2
29	Tube plug	40×80×1.5	1
30	Spring	φ 3.0× φ 18×78L	1
31	Pinch roller fixing plate	154×16×4t	1
32	Hex bolt	M6×10L	1
33	Pinch roller	φ 37× φ 30×22.4L	1
34	Spacer sleeve	φ 14× φ 10.2×10t	2
35	Flat washer	φ 10.2×φ 20×1.5t	2
36	Lock nut	M10×1.5	3
37	Bolt	M8×1.25X20L	1
38	Gasket	φ 8.5× φ 25×0.5t	1

39	Lock nut	M8×1.25	8
40	Pedal pole	φ 13×444L×M10×1.5	1
41	Pedal pole sleeve		2
42	Flat washer	φ 10.2×φ 25×1.5t	3
43	Adjusting foot pad	PVC black φ 48×16L×M8×25	1
44	Pedal support tube	φ 25×350L×1.5t	1
45	Curved washer	φ 8.2×φ 20×1.5t×R13	3
46	Hex bolt	M8×35L	2
47	Hex bolt	M8×20H	2
48	Hex bolt	M10×1.5×110L	1
49	Spacer bush	Φ20×Φ10×7T	2
50	Plug	Φ10×115L	1
51	Nut	M8-25(M8x15L)	2
52	Allen bolt	M8×30L	4
53	Roller	Φ30×12	4
54	Roller limit sleeve	φ 40×φ 8x9.5	4
55	Flat washer	φ 8.5×φ 16×1.5t	7
56	Hex bolt	M8×1.25×112L	1
57	Bearing	608	2
58	Decorative cover	ABS blue 285C	2
59	Cross screw	M6×14H	4
60	Allen screw	M8×16H	5
61	Spring washer	φ 8.2xφ 13x2t	4
62	Cross screw	ST4.2×16H headφ 8	14
63	Cross screw	ST4.2×19H φ 8	5
64	Allen screw	M8×50H 5#allen	2
65	Flat washer	φ 8.5×φ 16×1.5t	4
66	Hex bolt	M8*P1.25*55L*S15	1
67	Magnetic plate		1
68	Motor	HT6500	1
69	Cross screw	M5*50L	2
70	Fix plate	46×58×3t	2
71	Hex bolt	M8×1.25×75L	1
72	Webbing wheel shaft cover	φ 19×15.4L	2
73	Bearing	608	2
74	Lock nut	M5	2
75	Webbing pulley	PA+	1
76	Pull rod limited sleeve	POM BLACK	1
77	Console fixed base		1
78	Hex nut	M10×1×8t	2
79	Hex nut	M10×1×4t	2

80	Bearing	6000-2RS	2
81	Flywheel axle	120L	1
82	Hex bolt	M6×55L	1
83	Hex nut	M6 GB/T 41-2000	1
84	Flat washer	φ6×φ20×1.5t	1
85	Nylon nut	M6×5.5	1
86	Compress spring	φ1.2xφ16x50L 65Mn	1
87	Fat washer	φ6×φ13×1.5t	1
88	Hex nut	M10x1.0	2
89	Waved washer	φ10.2*φ13*0.3T	1
90	Allen spanner	5mm	1
91	Cross spanner	13,14,15	1
92	Open spanner	14/17	2

# CONSOLE INSTRUCTION



## [DISPLAY FUNCTION:]

ITEM	DESCRIPTION
<b>SPM</b>	<ul style="list-style-type: none"> <li>Stoke per minute</li> <li>Display range 0~999</li> </ul>
<b>Time/500m</b>	<ul style="list-style-type: none"> <li>Workout time display during rowing.</li> <li>Display range 0:00~99:00</li> <li>Scan every 6 seconds, Computer will display the time needed to row 500 meters according to current speed.</li> </ul>
<b>METERSDISTANCE (KM)</b>	<ul style="list-style-type: none"> <li>Rowing distance</li> <li>Display range 0~99.99</li> </ul>
<b>CALORIES</b>	<ul style="list-style-type: none"> <li>Burned calories during rowing.</li> <li>Display range 0~9999</li> </ul>
<b>STROKES</b>	<ul style="list-style-type: none"> <li>Complete movement of rowing.</li> <li>Display range: 0~9999</li> <li>Scan every 6 seconds with Total Stroke.</li> <li>Total strokes number clear after power off (adaptor plug out)</li> </ul>
<b>PULSE</b>	<ul style="list-style-type: none"> <li>Pulse bpm during rowing.</li> <li>Display range 0-30~240.</li> </ul>
<b>WATT</b>	<p>Show power value during training</p> <ul style="list-style-type: none"> <li>Display range 0~999</li> </ul>
<b>HRC</b>	<p>Show percentage of heartbeat during target training</p> <p>Display range range 55 % \ 75 % \ 90 % \ TAG</p>

## [ BUTTON FUNCTION: ]

ITEM	DESCRIPTION
<b>Up</b>	<ul style="list-style-type: none"> <li>Setting selection.</li> <li>Increase resistance level.</li> </ul>
<b>Down</b>	<ul style="list-style-type: none"> <li>Setting selection.</li> <li>Decrease resistance level.</li> </ul>
<b>ENTER</b>	<ul style="list-style-type: none"> <li>Confirm setting or selection.</li> </ul>
<b>Reset</b>	<ul style="list-style-type: none"> <li>Hold on pressing for 2 seconds, computer will reboot.</li> <li>Clear setting value.</li> <li>Reverse to main menu after finish a workout.</li> </ul>
<b>Start/ Stop</b>	<ul style="list-style-type: none"> <li>Start or Stop rowing training.</li> </ul>
<b>Recovery</b>	<ul style="list-style-type: none"> <li>Test heart rate recovery status.</li> </ul>

**[ OPERATION ]**

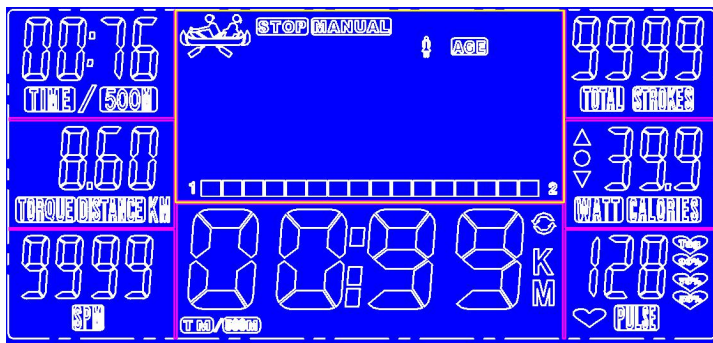
**POWER ON**

Plug in power supply, computer will power on and display all segments on LCD for 2 seconds. Enter into clock and calendar setting mode.

After 4 minutes without rowing or pulse input, console will enter into power saving mode. And display clock, calendar and room temp.

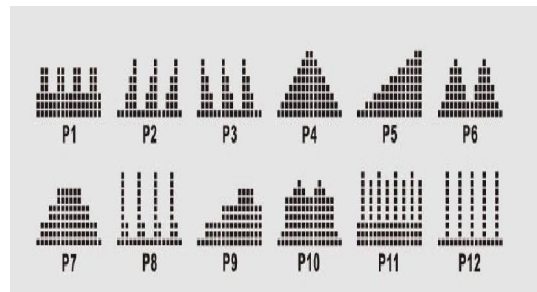
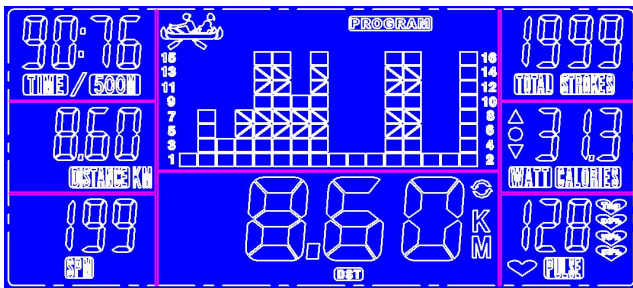
**Manual Mode :**

1. Press START key in main menu may start workout in manual mode.
2. Press UP or DOWN to select Manual mode and press ENTER to confirm.
3. Press UP or DOWN to preset Target for RESISTANCE LEVEL, TIME(or Meters), STROKES, CALORIES and PULSE, and press ENTER to confirm. (Time and Meters can't preset at the same time.)
4. Press START/STOP key to start workout. Press UP or DOWN to adjust resistance level.
5. When preset workout value count down to 0, console will alarm bi-bi and stop.
6. Press START/STOP key to pause workout. Press RESET to reverse to main menu.



**Program Mode :**

1. Press UP or DOWN to select Program mode and press ENTER to confirm.
2. Press UP or DOWN to select profile (P1~P12) and press ENTER to confirm.
3. Press UP or DOWN to preset Target for RESISTANCE LEVEL, TIME(or Meters), STROKES, CALORIES and PULSE, and press ENTER to confirm. (Time and Meters can't preset at the same time.)
4. Press START/STOP key to start workout. Press UP or DOWN to adjust resistance level.
5. When preset workout value count down to 0, console will alarm bi-bi and stop.
6. Press START/STOP key to pause workout. Press RESET to reverse to main menu.

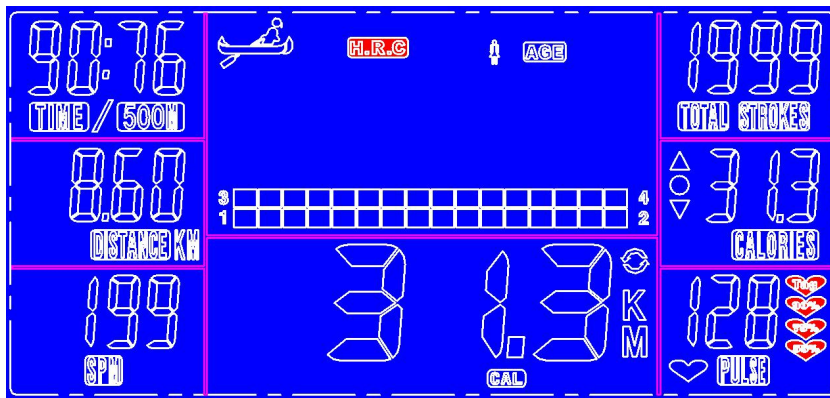


**H.R.C. Mode :**

1. Press UP or DOWN to select H.R.C. mode and press ENTER to confirm.
2. Press UP or DOWN to preset AGE, and press ENTER to confirm.
3. Press UP or DOWN to select 55%, 75%, 90% and Target (default:100bpm).
4. Press UP or DOWN to preset TIME(or Meters), STROKES, CALORIES, and press ENTER to confirm. (Time and Meters can't preset at the same time.)
5. Press START/STOP key to start workout.
6. When preset workout value count down to 0, console will alarm bi-bi and stop.

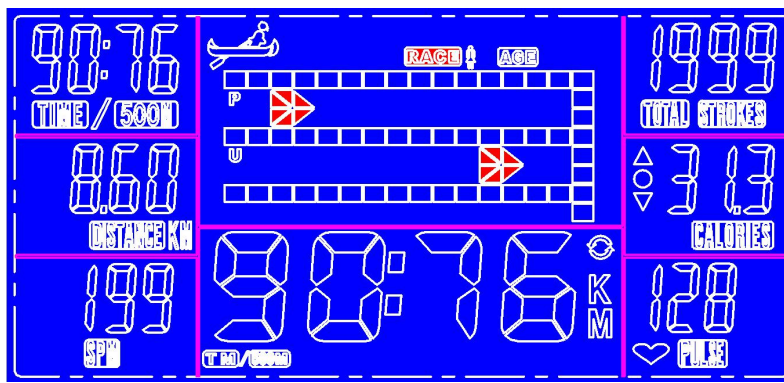


7. Press START/STOP key to pause workout. Press RESET to reverse to main menu.



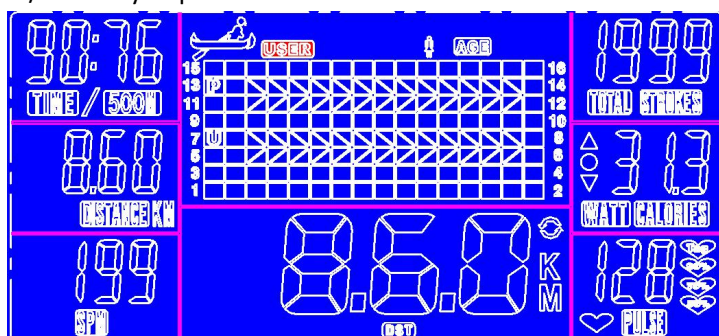
**Race Mode:**

1. Press UP or DOWN to select Race mode and press ENTER to confirm.
2. Press UP or DOWN to preset Challenge level and press ENTER to confirm. (Total level =15, L1=1:00 TIME/500M, L15=8:00 TIME/500M, Increments default: 0:30 TIME/500M, Meters default:500M)
3. Press START/STOP key to start workout. Press UP or DOWN to adjust resistance level.
5. Either PC or User finish rowing distance, computer will stop and show PC win or User win.
6. Press START/STOP key to pause workout. Press RESET to reverse to main menu.



**USER Mode:**

1. Press UP or DOWN to select USER mode and press ENTER to confirm.
2. Press UP or DOWN to set resistance level of each column, and press ENTER to next one. (Total column = 16)
3. Hold on pressing MODE to finish or quit setting
4. Press UP or DOWN to preset TIME(or Meters), STROKES, CALORIES and PULSE, and press ENTER to confirm. (Time and Meters can't preset at the same time.)
5. Press START/STOP key to start workout. Press UP or DOWN to adjust resistance level.
6. When preset workout value count down to 0, console will alarm bi-bi and stop.
7. Press START/STOP key to pause workout. Press RESET to reverse to main menu.



**WATT training mode**

1. Use UP or DOWN keys to select WAT training mode and press ENTER to confirm.
2. Use UP or DOWN keys to set the drag value for each column and press ENTER to jump to the next

setting. (a total of 16 columns)

3. Press ENTER to complete or exit the setting.

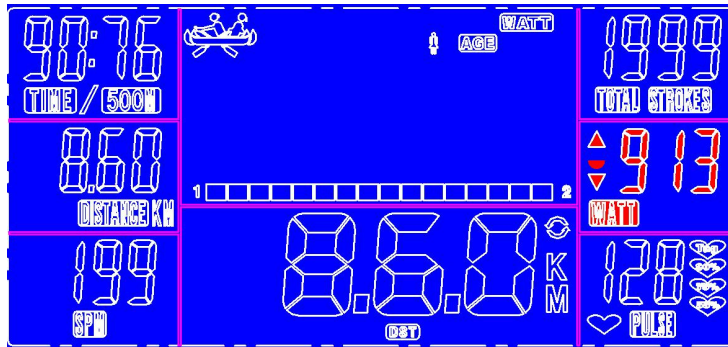
4. Set TIME(or Meters), STROKES, CALORIES, and PULSE values using UP or DOWN keys and press ENTER to confirm.

(Time and Meters can not be set at the same time. ))

5. Press START / STAP to start moving; Press UP or DOWN to adjust resistance.

6. When the default value is countdown to 0, the electronic meter will be alerted by a beep and stop moving.

7. Press START / STAP to stop moving; Press RESET to return to the main interface



**Recovery Mode:**

1. User must be wearing a chest strap. When the pulse value is displayed on the computer, press on the RECOVERY key.
2. TIME shows "0:60" (seconds) and count down.

Computer will show F1 to F6 after count down to 0 to test heart rate recovery status.

1.0	OUTSTANDING
1.0 < F < 2.0	EXCELLENT
2.0 < F < 2.9	GOOD
3.0 < F < 3.9	FAIR
4.0 < F < 5.9	BELOW AVERAGE
6.0	POOR

**Trouble shooting :**

E-2 : Check if cables were well connected or damaged.