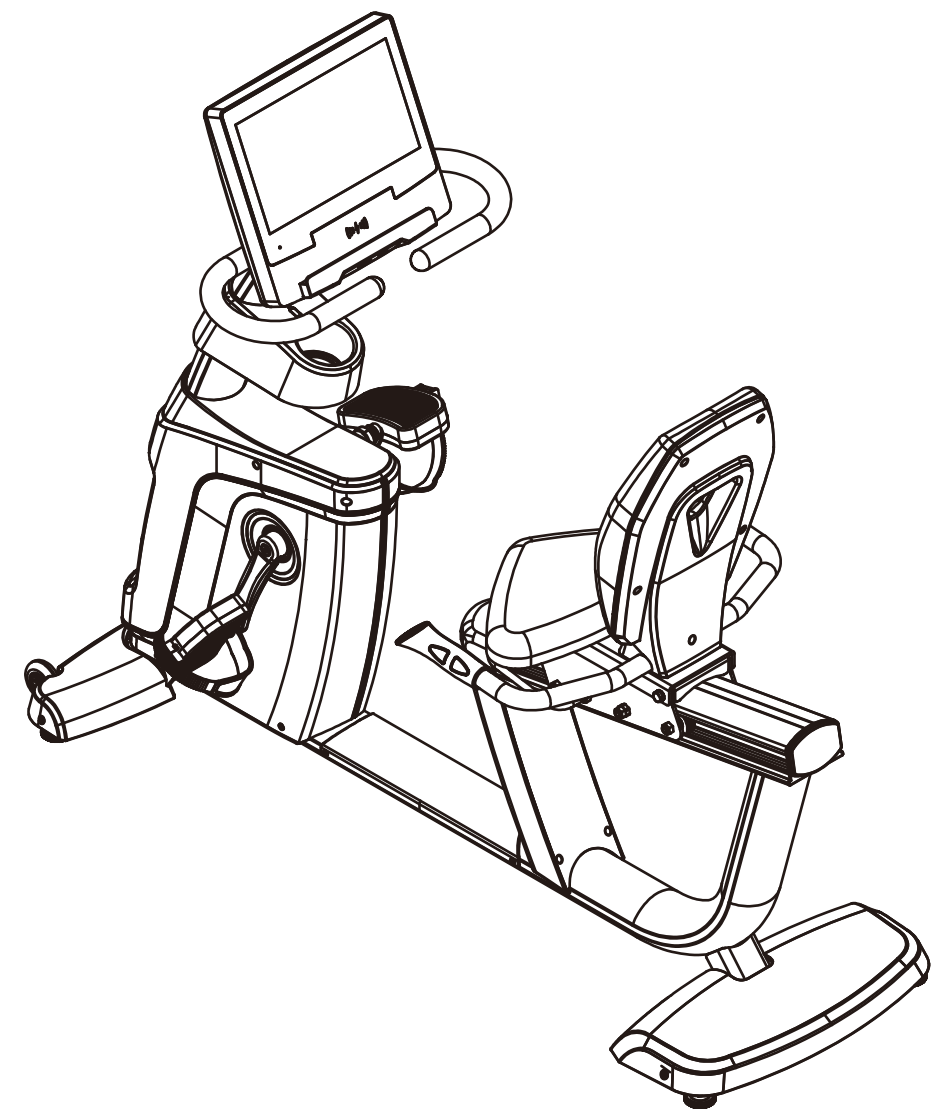




RR970

RECUMBENT BIKE

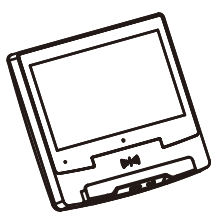
ASSEMBLY GUIDE

24M Rev H

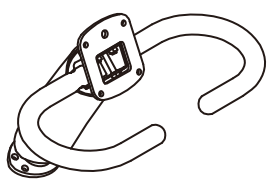
CAUTION! Read all precautions and instructions in this manual before using this equipment.



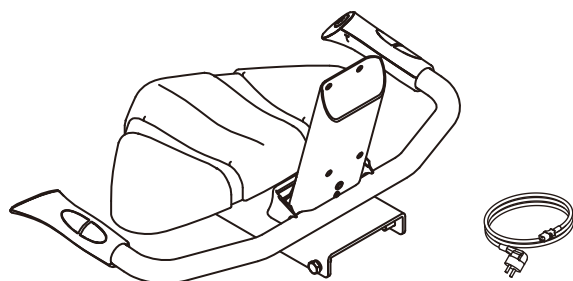
Subassembly Parts List



Console ASSY

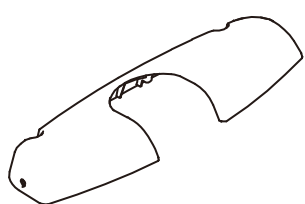


Upright & Handlebar Frame

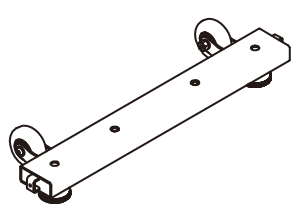


Seat Support ASSY

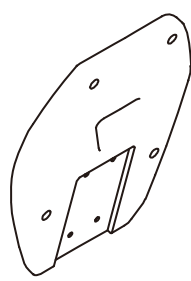
Power Cable



Front Base Cover



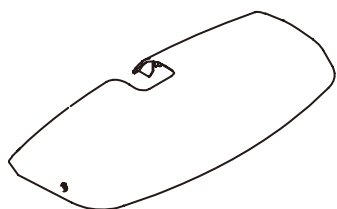
Front Base



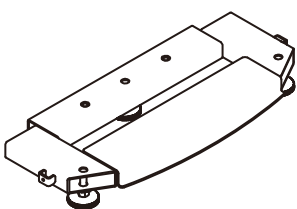
Back Pad



Rear Cover



Rear Base Cover



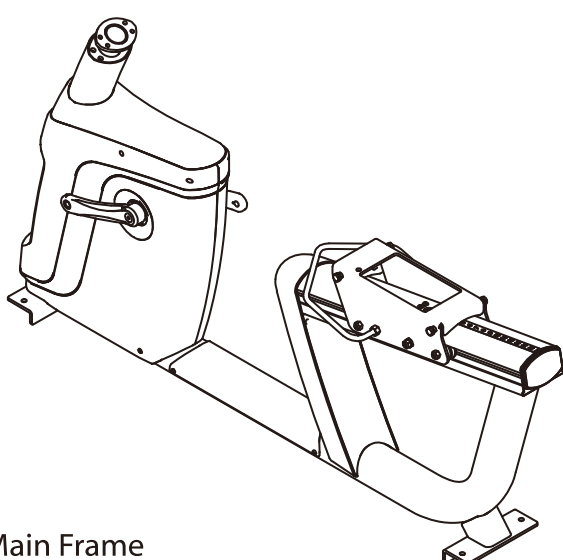
Rear Base



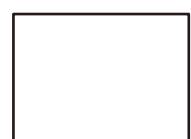
Water Bottle Bracket



Adaptor



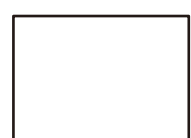
Main Frame



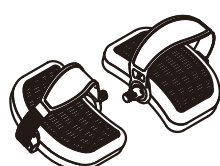
Hardware



Neck Cover

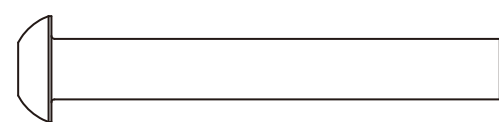


Manual



Pedal

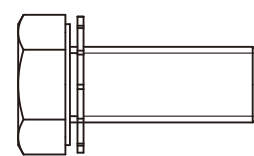
Hardware List



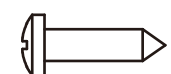
two M8*60 Button Head Bolt (#25)



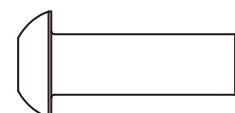
four M5*15 Screw (#24)



twelve M10*25 Hexagon head bolt and external serrated lock washer assy (#19)



four ST4.2*16 Screw (#26)



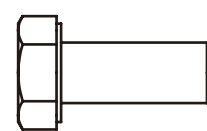
two M8*25 Button Head Bolt (#22)



eight Φ9*Φ16*1.6 Washer (#20)



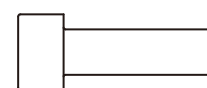
eight Φ8 Spring Washer (#21)



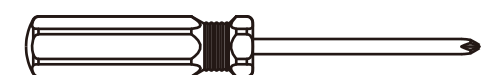
four M8*20 Hex Head Bolt (#27)



one S=6 hex Key

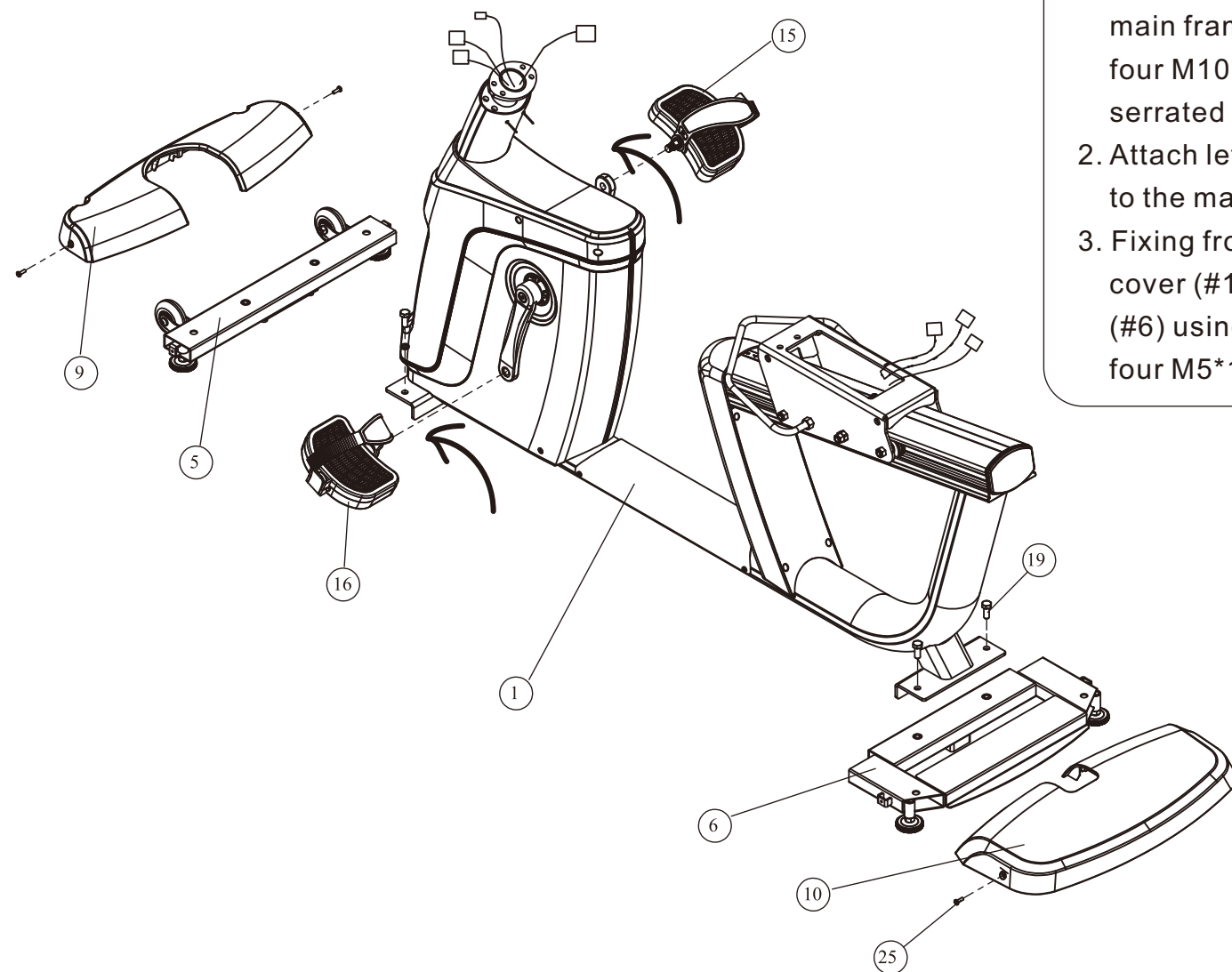


five M6*20 Socket Head Bolt (#37)



Screwdriver

Diameter of bolt (mm/inch)	M6(1/4")	M8(5/16")	M10(3/8")	M12(1/2")	M16(5/8")
Tightening torque (N.m)	9~12	22~30	45~59	78~104	193~257
Operational methods for adult men	The strength of the wrist	The strength of the wrist and forearm	The strength of the entire arm	The strength of the arm and upper body	with all strength

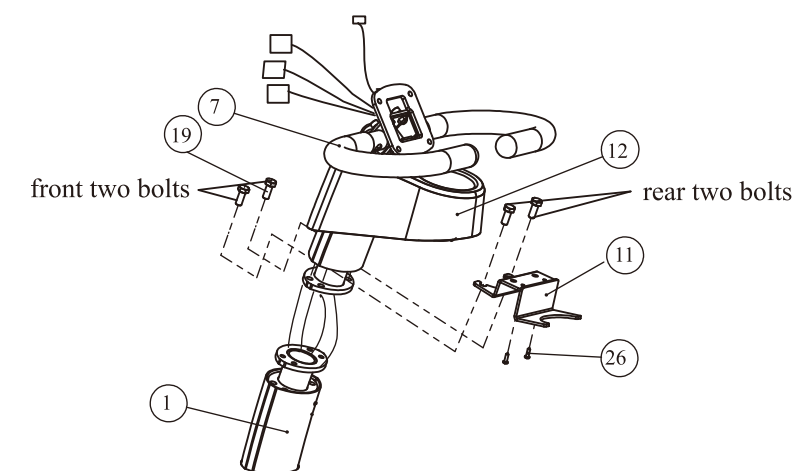


Step 1

1. Attach front base (#5) and rear base (#6) to main frame using:
four M10*25 Hexagon head bolt and external serrated lock washer assy (#19)
2. Attach left pedal (#16) and (#15) right pedal to the main frame (#1), lock tightly.
3. Fixing front base cover (#9) and rear base cover (#10) to front base (#5) and rear base (#6) using:
four M5*15 screw (#25)

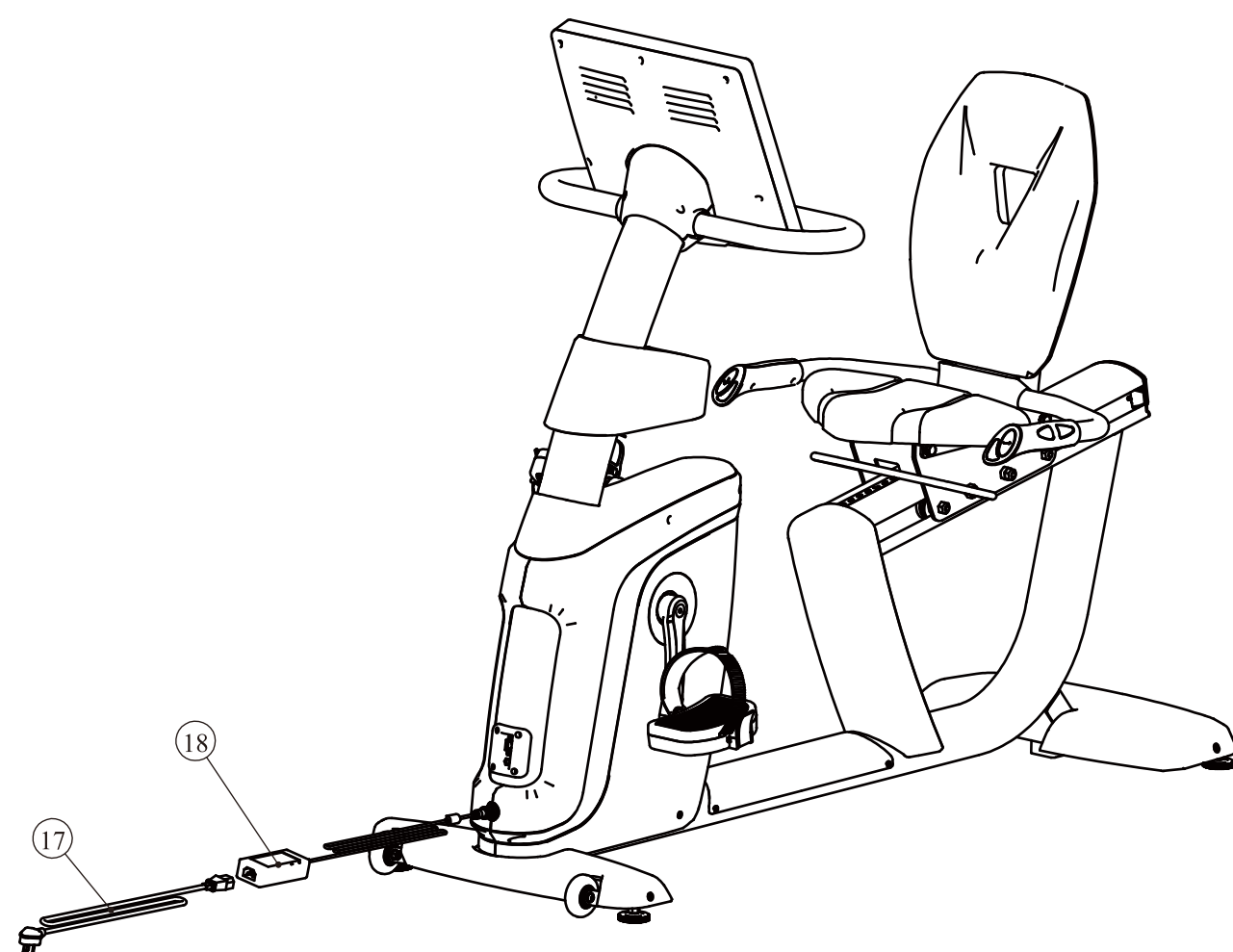
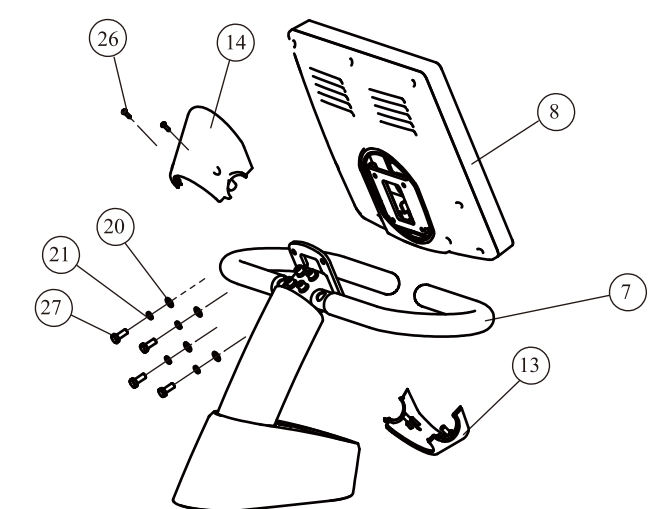
Step 2

1. Put water bottle bracket (#12) through the upright frame (#7).
2. Four cables totally. First put two cables through upright frame (#7), using one leading wire, and then, put another two cables through upright frame (#7) using another leading wire.
3. Attach upright frame (#7) to main frame (#1) using:
two M10*25 Hexagon head bolt and external serrated lock washer assy (#19) lock the front two bolts.
4. Fixing bottle support frame (#11) to main frame (#1) using:
two M10*25 Hexagon head bolt and external serrated lock washer assy (#19) lock the rear two bolts.
5. Fix water bottle bracket (#12) to bottle support frame (#11) using:
two ST4.2*16 screw(#26)



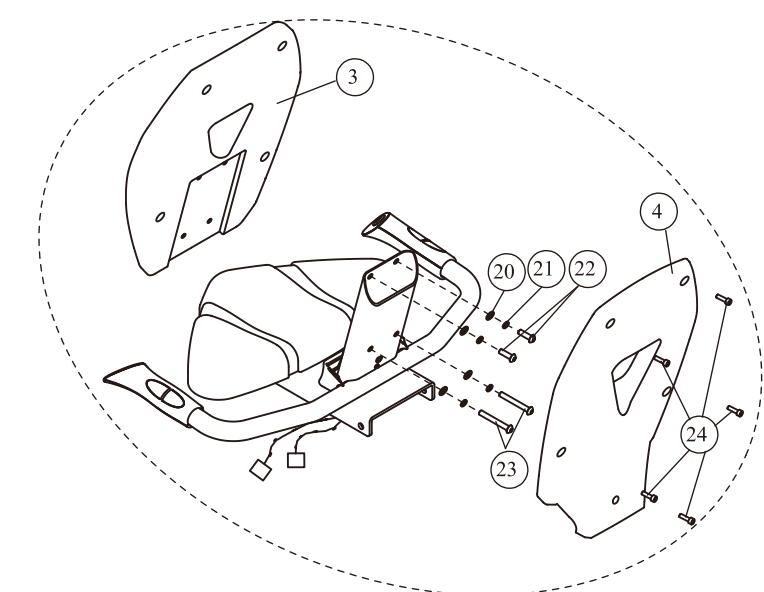
Step 3

1. Attach console assy (#8) to handlebar (#7) using:
four $\Phi 9 \times \Phi 16 \times 1.6$ washer (#20)
four $\Phi 8$ spring washer (#21)
four M8*20 hex head bolt (#27)
2. Attach five cables plug correctly. Put extra lines into the console cover, keep cables in order.
3. Attach front scarf (#14) and rear scarf (#13) to handlebar (#7) using:
two ST4.2*16 screw(#26)



Step 4

1. Have your helper hold seat support assy (#2). Attach three cables together.
2. Attach seat support assy (#2) to main frame (#1) using:
four M10*25 Hexagon head bolt and external serrated lock washer assy (#19)
3. Attach seat support assy (#3) using:
two M8*25 button head bolt (#22)
two M8*60 button head bolt (#23)
four $\Phi 9 \times \Phi 16 \times 1.6$ washer (#20)
four $\Phi 8$ spring washer (#21)
4. Attach rear cover (#4) to back pad (#3) using:
five M6*20 socket head bolt (#24)



Step 5

1. Attach adaptor (#18) and power cable (#17).

