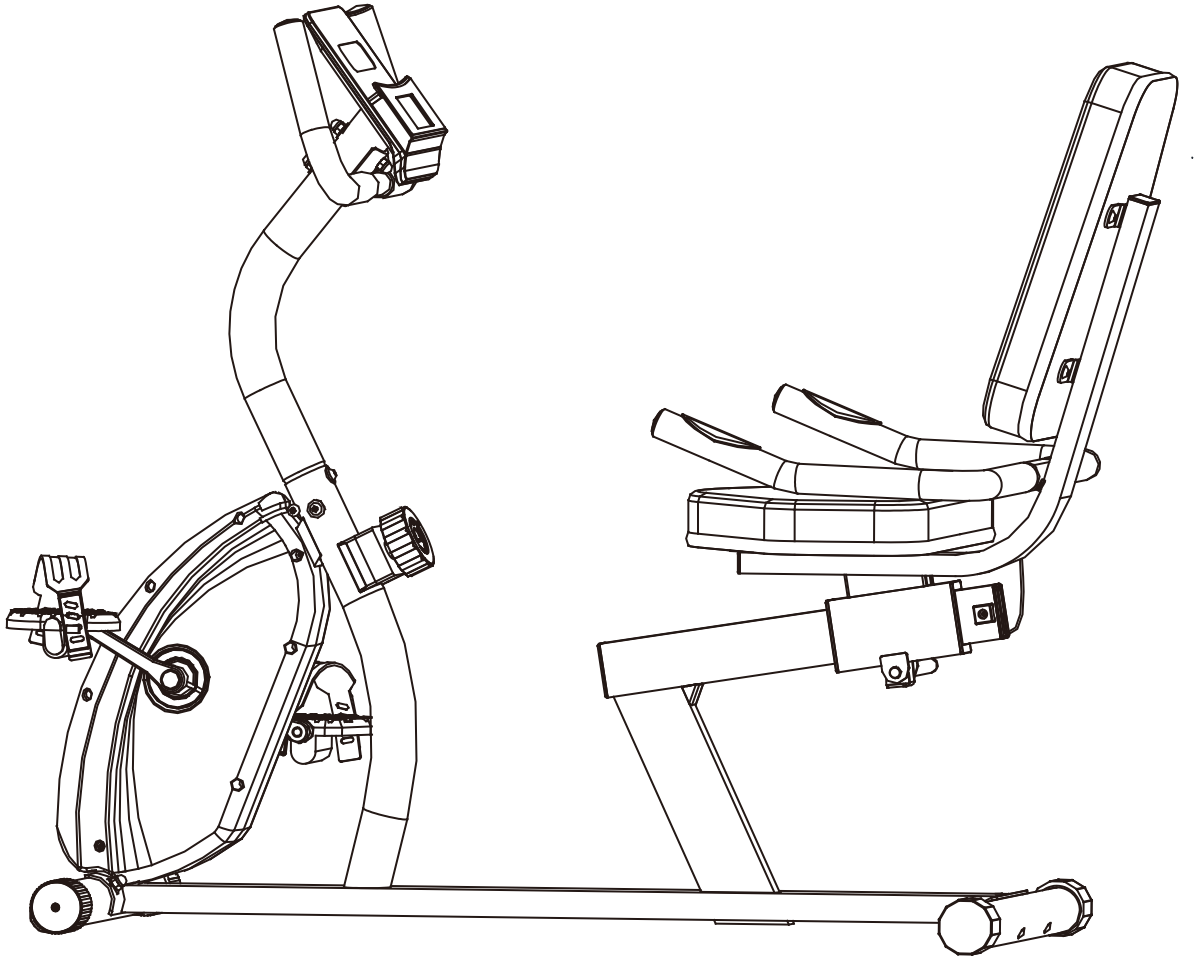
# NS-RB661
# RECUMBENT BIKE
## USER MANUAL



Important—Please read these instructions fully before assembly or use
These instructions contain important information which will help you get the best from your equipment and ensure
safe and correct assembly, use and maintenance.
If you need any help, please contact us via these ways:

**Email: support@vanswehome.com**
**Phone: +1 855-668-0888**
**Website: https://www.vanswefitness.com**

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## IMPORTANT SAFETY PRECAUTIONS

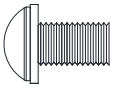
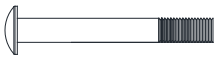
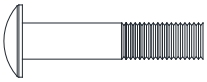
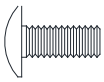
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

1. Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the machine.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.
12. The max. user capacity is 380 LBS

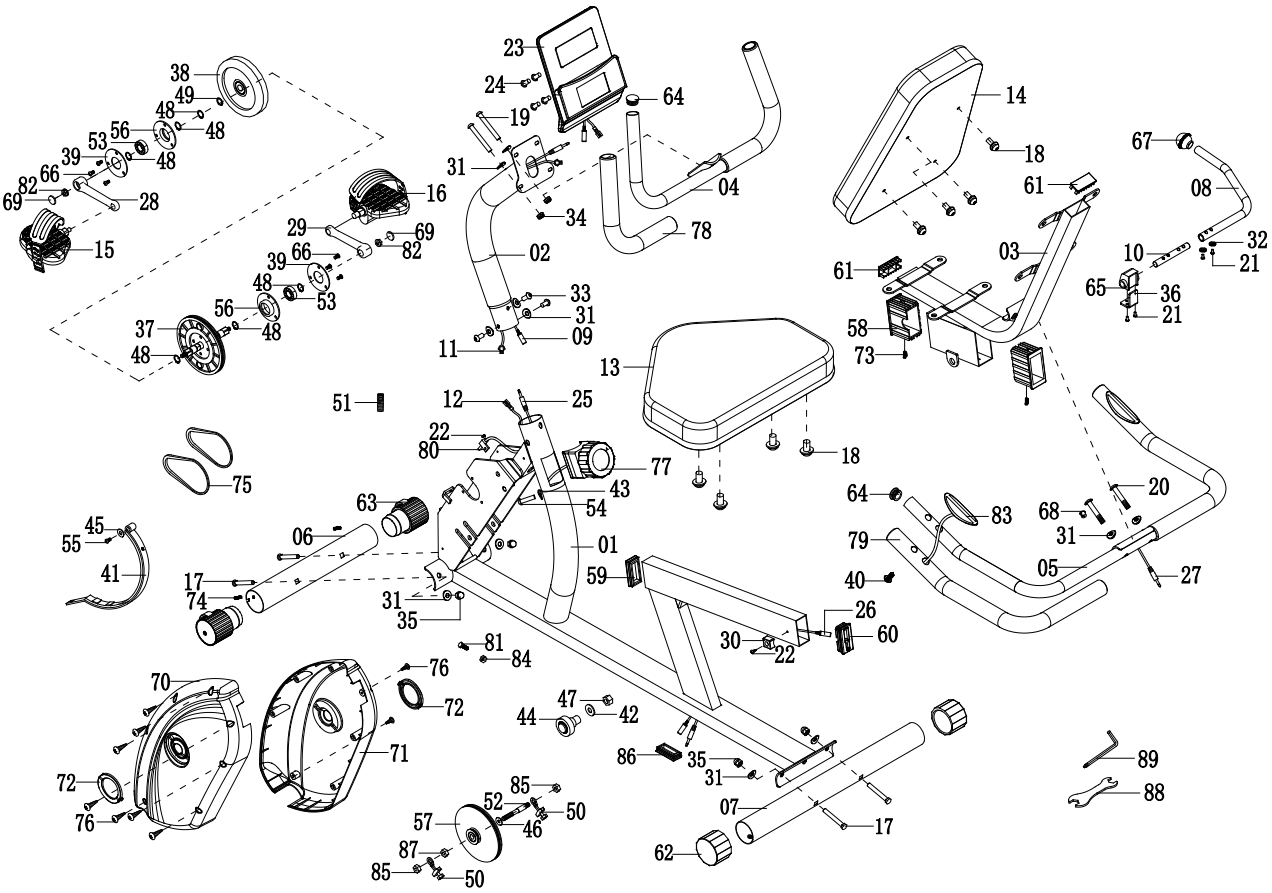
**WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT.**

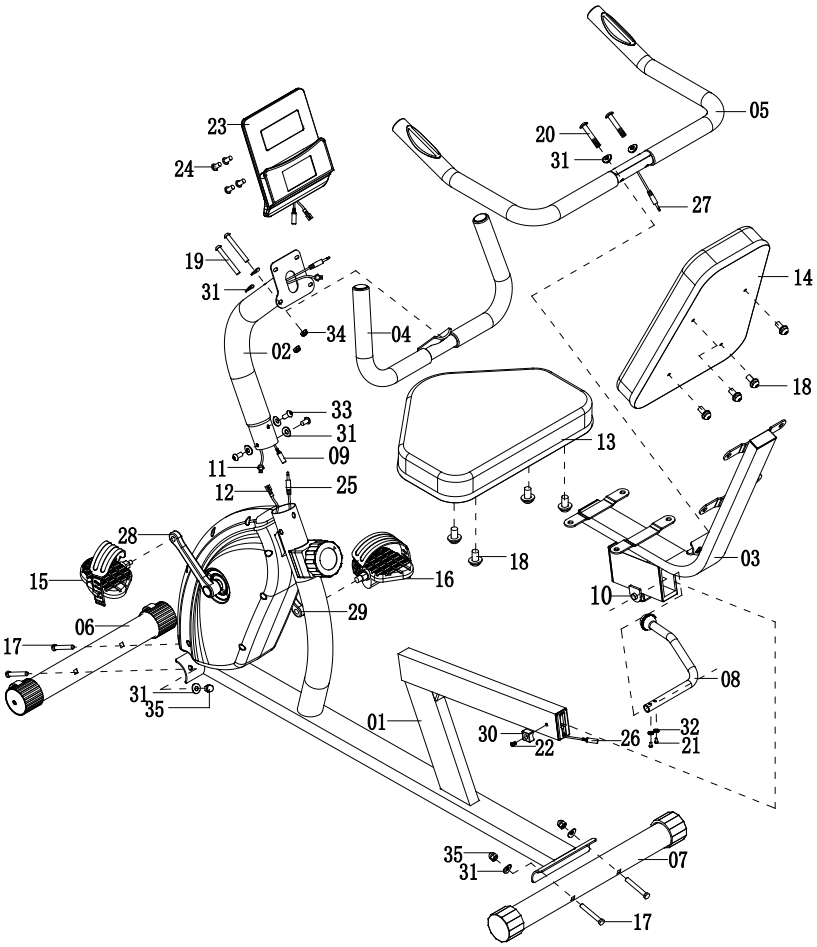
**SAVE THESE INSTRUCTIONS.**

# HARDWARE PARTS LIST

| No. | Description | Qty | Drawings |
|---|---|---|---|
| 17 | Carriage bolt M8X60L | 4 |  |
| 18 | Screw set | 8 |  |
| 19 | Allen Bolt M8x65L | 2 |  |
| 20 | Allen Bolt M8x40L | 2 |  |
| 22 | Screw M4x10L | 1 |  |
| 30 | Stopper | 1 |  |
| 31 | Curve washer<br>φ8.5xφ20X1.5t | 8 |  |
| 34 | Nylon nut M8x8t | 2 |  |
| 35 | Domed nut M8x16t | 4 |  |
| | Allen key | 1 |  |
| | Allen wrench | 1 |  |

# EXPLODED DIAGRAM



# PARTS LIST

| NO. | Description | Qty |
|---|---|---|
| 01 | Main frame | 1 |
| 02 | Front post | 1 |
| 03 | Seat support bracket | 1 |
| 04 | Front handlebar | 1 |
| 05 | Rear handlebar | 1 |
| 06 | Front stabilizer | 1 |
| 07 | Rear stabilizer | 1 |
| 08 | Adjustment handlebar | 1 |
| 09 | Upper Hand pulse wire | 1 |
| 10 | Handlebar connect unit | 1 |
| 11 | Upper sensor wire | 1 |
| 12 | Lower sensor wire | 1 |
| 13 | Seat | 1 |
| 14 | Back cushion | 1 |
| 15 | Pedal L | 1 |
| 16 | Pedal R | 1 |
| 17 | Carriage bolt M8X60L | 4 |
| 18 | Screw set | 8 |
| 19 | Allen Bolt M8x65L | 2 |
| 20 | Allen Bolt M8x40L | 2 |
| 21 | Allen Bolt M6x20L | 4 |
| 22 | Screw M4x10L | 2 |
| 23 | Computer | 1 |
| 24 | Screw M5x10L | 4 |
| 25 | Hand pulse connect wire | 1 |
| 26 | Lower pulse connect wire | 1 |
| 27 | Lower hand pulse wire | 1 |
| 28 | Crank L | 1 |
| 29 | Crank R | 1 |
| 30 | Stopper | 1 |
| 31 | Curve washer φ8.5xφ20X1.5t | 11 |
| 32 | Flat washer φ6.5xφ13X1.5t | 2 |
| 33 | Allen Bolt M8 x 15L | 3 |
| 34 | Nylon nut M8x8t | 2 |
| 35 | Domed nut M8x16t | 4 |
| 36 | Flat Washer φ6.5xφ13x1.5t | 1 |
| 37 | Belt pulley | 1 |
| 38 | Flywheel | 1 |

| NO. | Description | Qty |
|---|---|---|
| 39 | Fixed plate | 2 |
| 40 | Flat Washer φ4.3xφ12x2t | 2 |
| 41 | Magnetic assembly | 1 |
| 42 | Flat washer φ10.3xφ25X1.5t | 1 |
| 43 | Curve washer φ5.5xφ20X1.5t | 1 |
| 44 | Idler wheel | 1 |
| 45 | Plastic washerφ6.3xφ13X0.5t | 1 |
| 46 | Plastic washerφ10.3xφ14X1t | 1 |
| 47 | Nylon nut M10x8t | 1 |
| 48 | Clip | 6 |
| 49 | Wave washer | 1 |
| 50 | Flywheel adjustor | 2 |
| 51 | Spring | 1 |
| 52 | Axle | 1 |
| 53 | Bearing 6003ZZ | 2 |
| 54 | Screw M5x40L | 1 |
| 55 | Screw M5x10L | 1 |
| 56 | Axle bracket | 2 |
| 57 | Belt pulley | 1 |
| 58 | Bushing | 2 |
| 59 | Bushing | 1 |
| 60 | Bushing | 1 |
| 61 | Sensor bracket | 2 |
| 62 | Adjustable End cap | 2 |
| 63 | End cap | 2 |
| 64 | Bushing | 4 |
| 65 | Connect Axle | 1 |
| 66 | Screw M6x10L | 6 |
| 67 | Cap for adjustment handlebar | 1 |
| 68 | Grommet | 1 |
| 69 | Crank cover | 2 |
| 70 | Chain Cover L | 1 |
| 71 | Chain Cover R | 1 |
| 72 | Decorative cover | 2 |
| 73 | Self-tapping screw ST4.2x8L | 2 |
| 74 | Self-tapping screw ST4.2x12L | 2 |
| 75 | Belt 230J3 | 2 |
| 76 | Self-tapping screw ST4.2x20L | 9 |

# PARTS LIST

| NO. | Description | Qty |
|---|---|---|
| 77 | Tension Knob | 1 |
| 78 | Foam grip | 2 |
| 79 | Foam grip | 2 |
| 80 | Senor bracket | 1 |
| 81 | Hex head bolt M6x30L | 1 |
| 82 | Flange bolt M10x7tx1.25[ | 2 |
| 83 | Hand Pulse | 2 |
| 84 | Hex Head nut M6x5.0t | 1 |
| 85 | Hex Head nut M10x8t | 2 |
| 86 | End cap | 1 |
| 87 | Nut | 1 |

# PRE-ASSEMBLY CHECK LIST

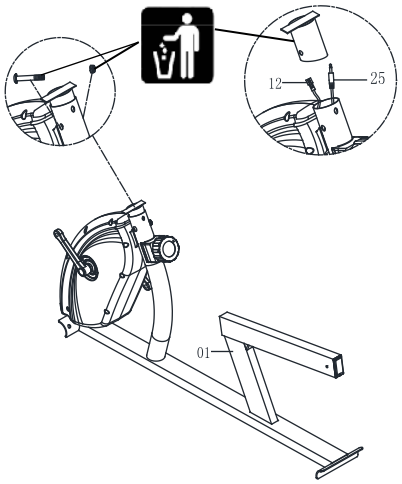


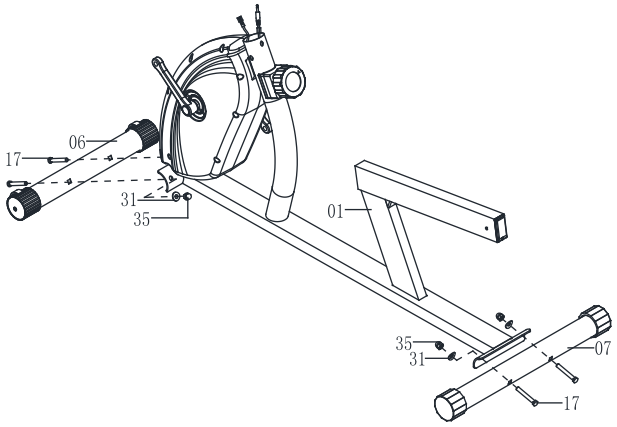

| NO. | Description | Qty |
|---|---|---|
| 01 | Main frame | 1 |
| 02 | Front post | 1 |
| 03 | Seat support bracket | 1 |
| 04 | Front handlebar | 1 |
| 05 | Rear handlebar | 1 |
| 06 | Front stabilizer | 1 |
| 07 | Rear stabilizer | 1 |
| 08 | Adjustment handlebar | 1 |
| 13 | Seat | 1 |
| 14 | Back cushion | 1 |
| 15/16 | Pedal L/R | 1/1 |
| 23 | Computer | 1 |

# ASSEMBLY INSTRUCTION

**Step 1:**

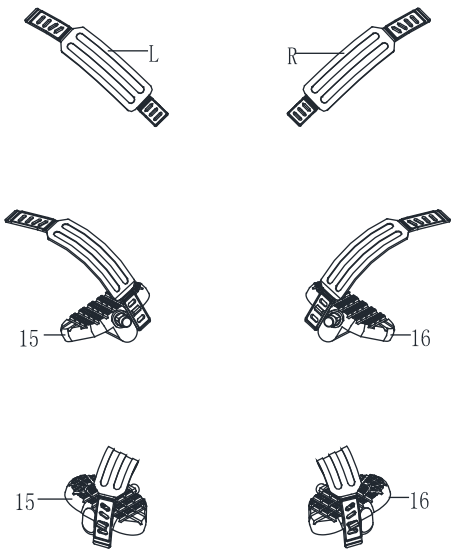
- Attach the front stabilizer (6) and the rear stabilizer (7) to the main frame (1),secure using four carriage bolts (17) with four curved washers (31) and four domed nuts (35).
- Remove the pre-assembled 1 bolt , 1 nut, and protective bushing from main frame(1) as shown, then guide the lower sensor wire (12), Hand pulse connect wire (25) out.
  Note: The bushing is for protection purpose to keep from damage during delivery, please dispose of the bolt and bushing.

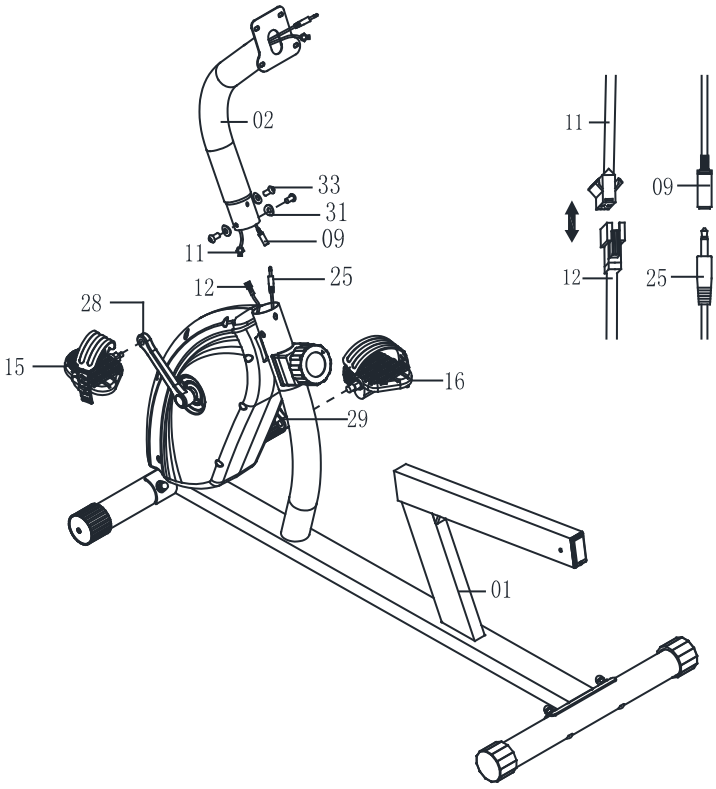



**Step 2:**

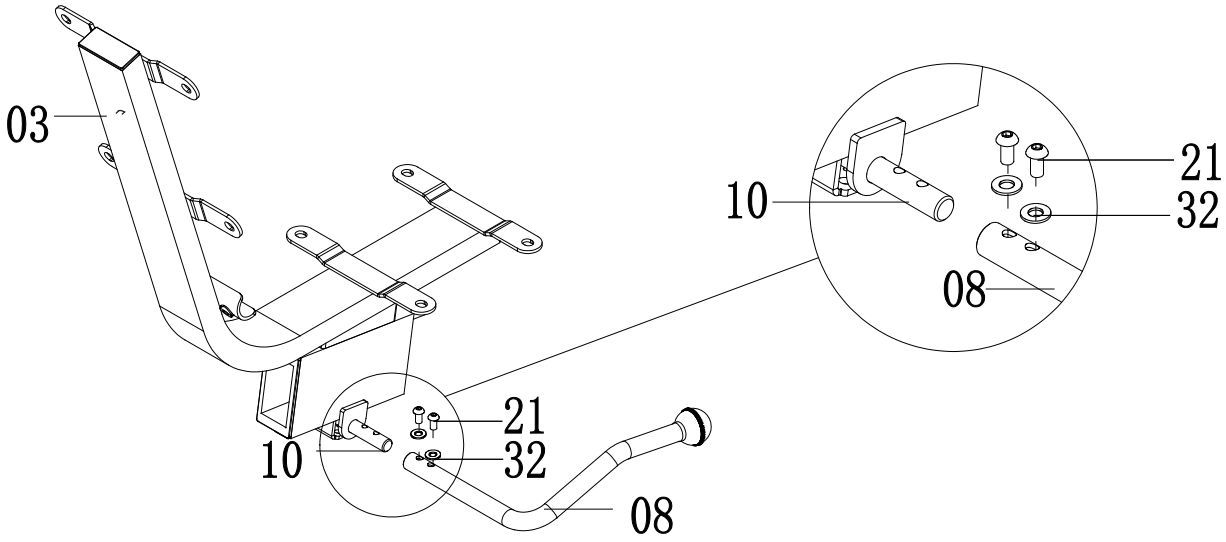
- Attach right pedal strap to pedal right (16) which is marked with decal "R".
- Doing same for pedal left (15).
- Connect the upper sensor wire (11) to the lower sensor wire (12). Connect the upper hand pulse wire (09) to the hand pulse connect wire (25).
- Attach the front post (2) to the main frame (1). Secure using three allen bolts (33) with three curved washers (31). which were pre-assembled on front post (2).
- Attach the pedal right (16) to the crank (29) right side secure with clockwise.
- Attach the pedal left (15) to the crank (28) left side secure with counterclockwise.

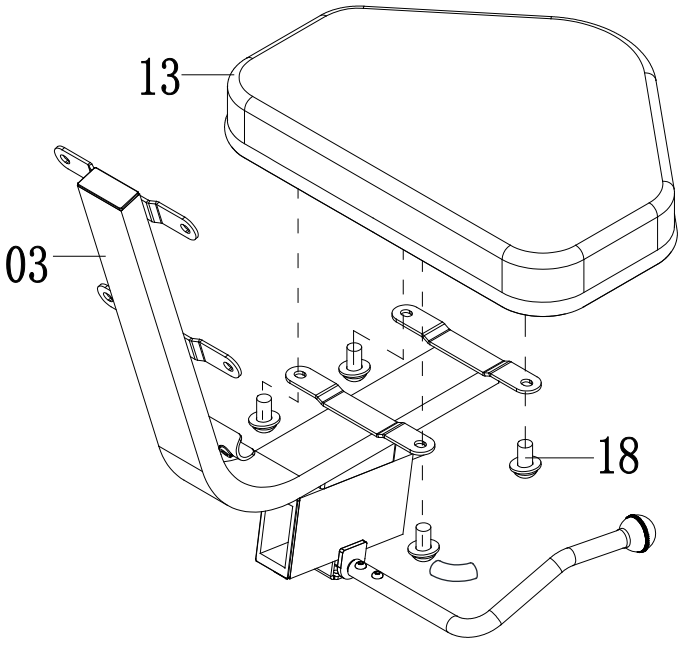


**Step 3:**

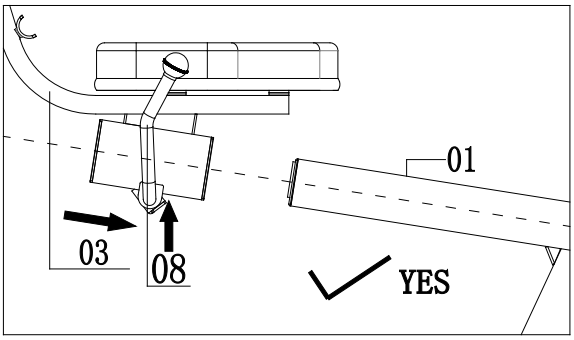
- Insert the adjustment handlebar (08) into connected axle (10), secure using two allen bolt (21) and two flat washer (32) which are pre-assemble on the connected axle (10).
- Attach the Seat (13) to the seat support bracket (03), secure using four screw set（18）

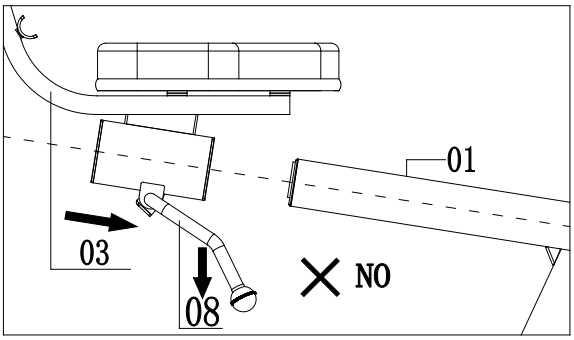


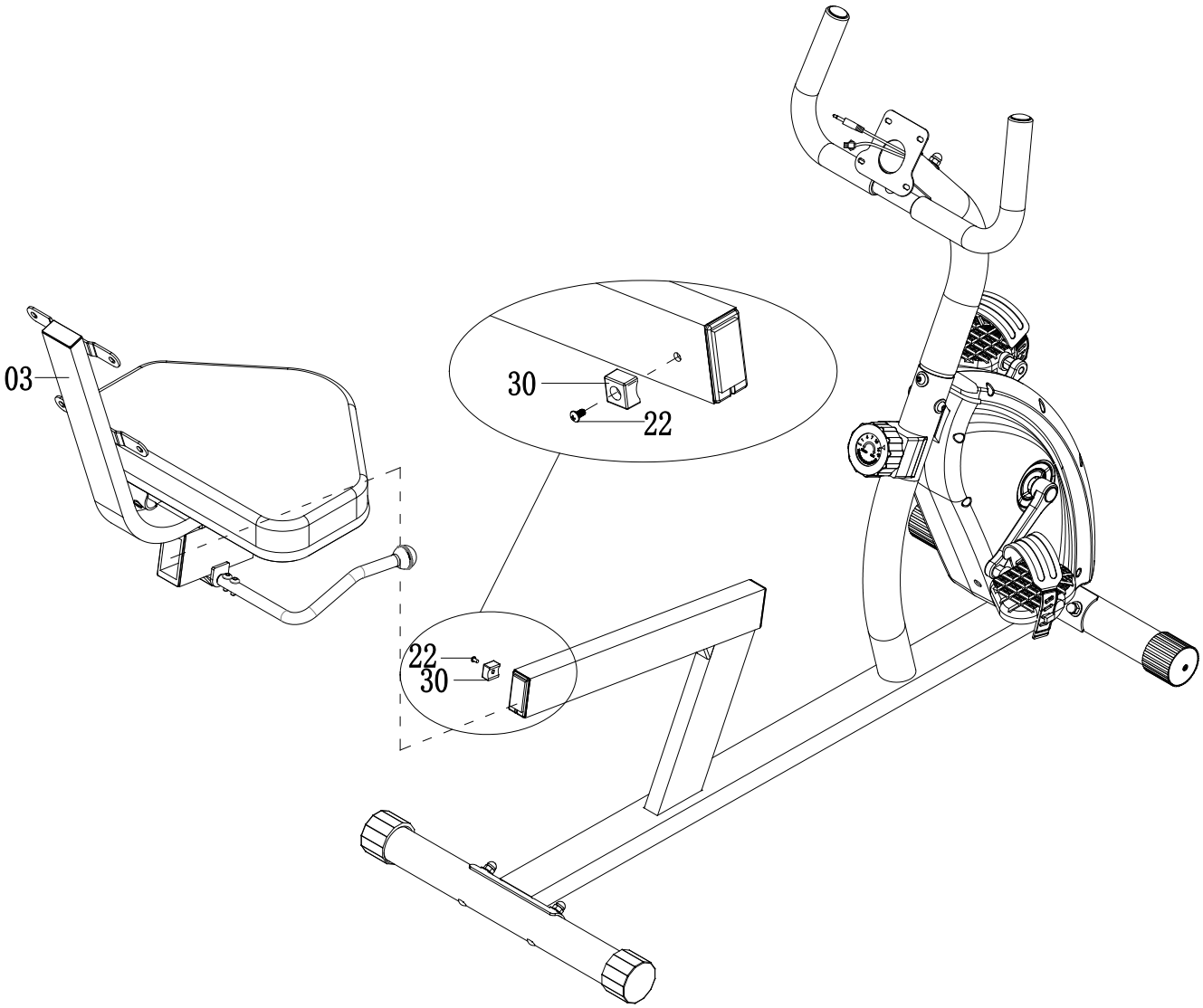



**Step 4:**

Lift the adjustment bar (08) up and insert the seat support bracket (03) into main frame (01) and then attach the stopper (30) onto main frame (01), securing use one screw (22).



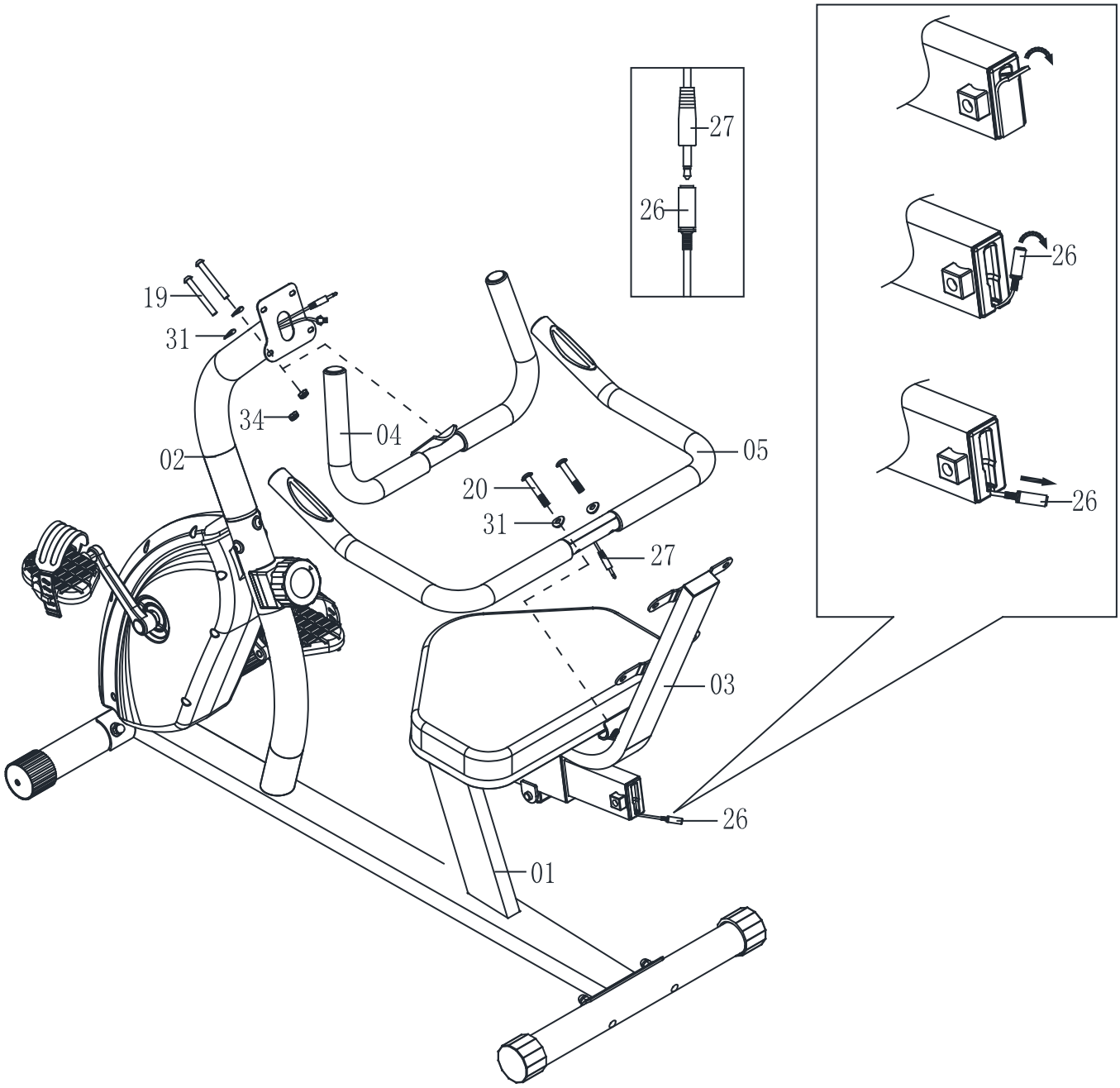



**Step 5:**

Attach the front handlebar (04) to the front post (02), secure using two allen screws (19) and two curved washers (31) and two nylon nuts (34).

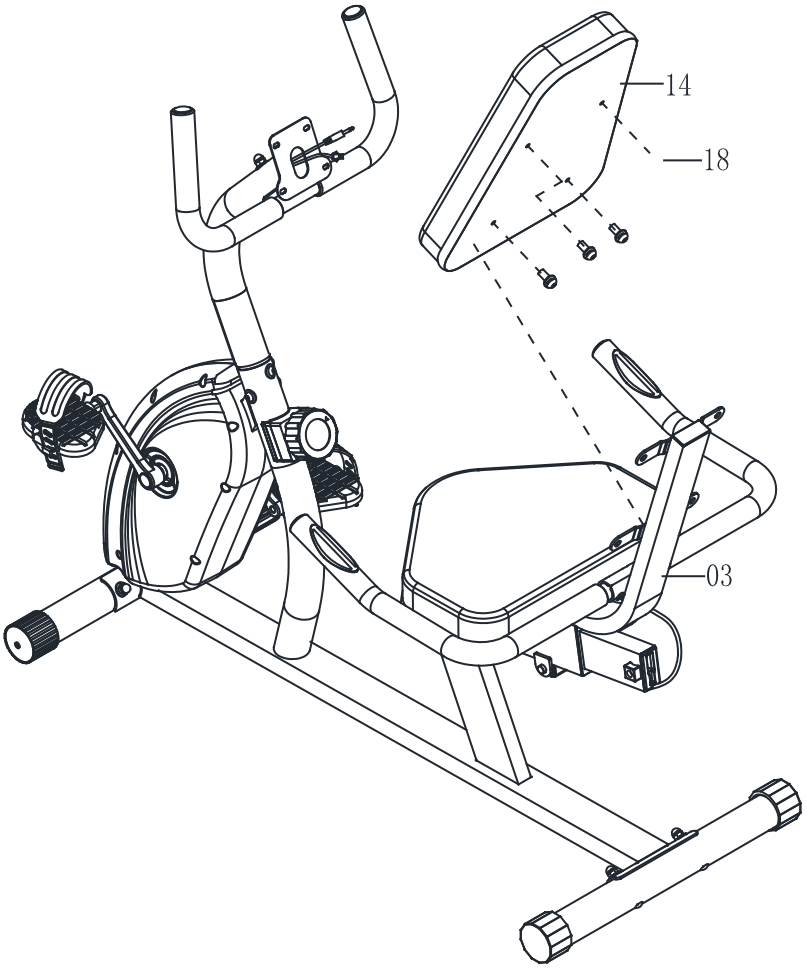
Attach the rear handlebar (05) to the seat support bracket (03), secure using two curved washers (31) and two allen screws (20).

Tear off protect sticker on the Main Frame (1) , Connect the lower pulse connect wire (26) to the lower hand pulse wire (27).



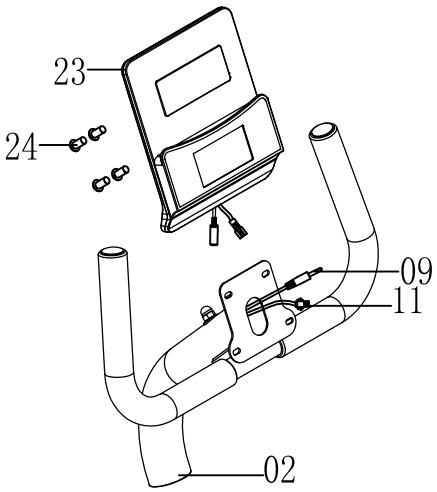
**Step 6**

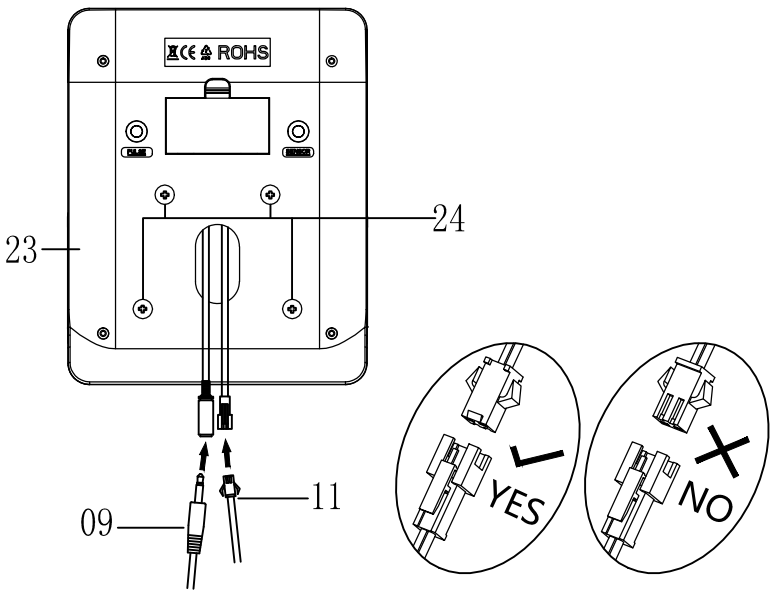
Attach the back cushion (14) to the seat support bracket (03), secure using four Screw set（18）




**Step 7**

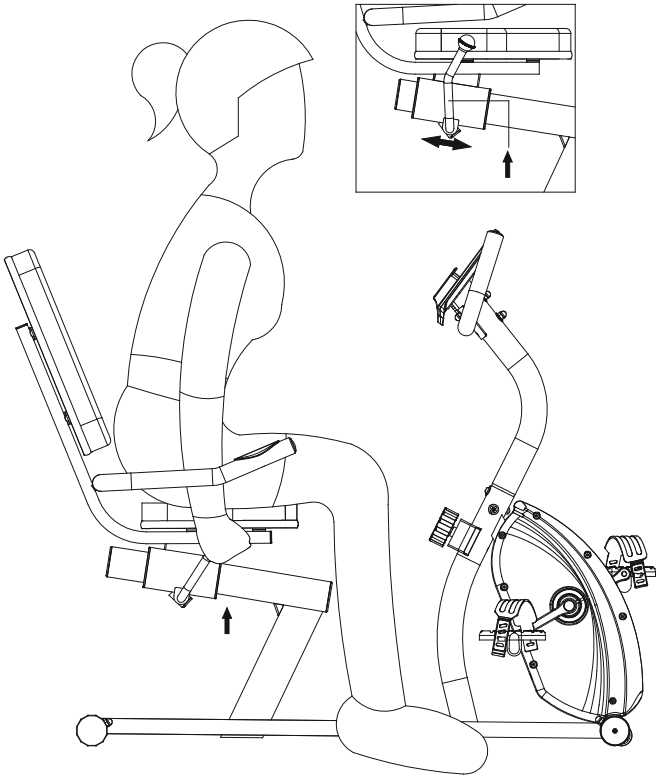
- Take off the screws (24) which are pre-assemble on the computer.
- Attach the computer (23) to the front post (2), then connect the upper hand pulse wire (09) and the upper sensor wire (11) to the computer, secure using four screws (24)

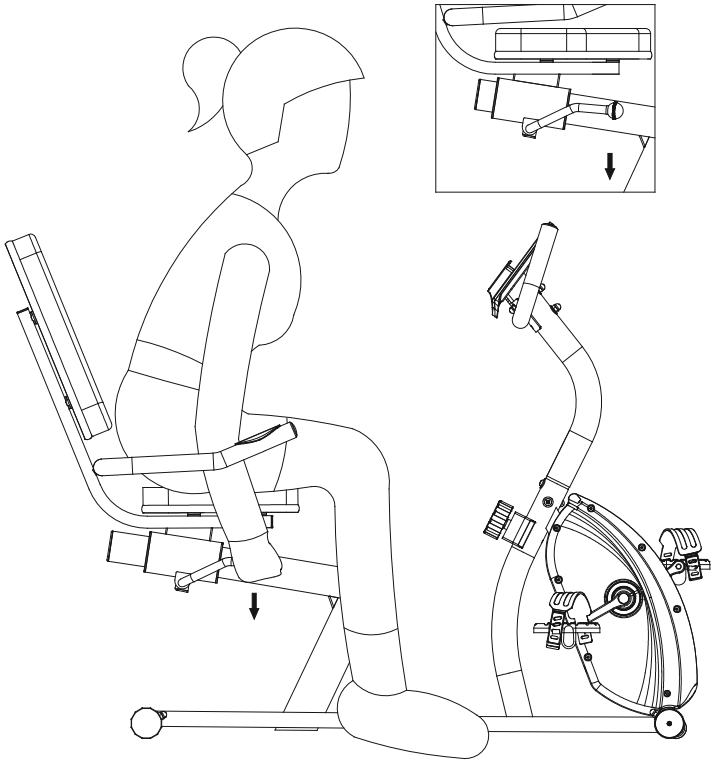


**Remark:**

- After raised the adjustment handlebar to upwards position, the seat cushion can be adjusted back and forth.
- After the seat cushion is adjusted, press the adjustment handlebar down to fix the seat cushion position.





**CHECK ALL BOLTS AND NUTS ARE TIGHTENE BEFORE USING THE MACHINE**

## COMPUTER INSTRUCTIONS




**FUNCTIONAL BUTTONS:**

**MODE -** Push down for selecting functions.
**SET -** To Set the consumer movement of time、distance and calories.
**RESET -**For resetting consumer movement of time、distance and calories.

**FUNCTION AND OPERATIONS:**

**1.SCAN:** Press the "MODE" button to select the function to "TIME", at which time the "SCAN" words appear in the upper left of the monitor and monitor will rotate through all the 6 functions:Time, speed, distance, odometer, calorie and pulse. Each display will be hold 6 seconds. In the process of cyclic display of each function, press "MODE" button once to make the "SCAN" disappear in any function mode to display this function. If you want to return to "SCAN" again, press the "MODE" button to select the function to "TIME".In "SCAN" mode, the "SCAN" word on the upper left of the monitor displays continuously.

**2.TIME:** Count the total time from exercise start to end.

**3.SPEED:** Display current speed.

**4.DISTANCE:** Count the distance from exercise start to end.

**5.ODOMETER：** Monitor will display the total accumulated distance.

**6.CALORIES:** Count the total calories from exercise start to end.

**7. PULSE:** Press MODE button until “PULSE” appears. Before measuring your pulse rate, please place your palms of your hands on Both of your contact pads and the monitor will show your current heart beat rate in beats per minute(BPM) on the LCD after 6~7 seconds.

**Remark:** During the process of pulse measurement, because of the contact jamming, the measurement value may be higher than the virtual pulse rate during the first 2~3 seconds, then will return to normal level. The measurement value can not be regarded as the basis of medical treatment.

**Target training settings:**

This computer has three target training modes: time, dist and cal (when switching to the target function, if there is "SCAN" font flashing on the display, you need to press the "MODE" button again to make the "SCAN" font disappear before setting)

**1. TIME target training mode:** first press the "MODE" button to switch to the "TIME" function, and then press the "SET" button once. When the number flashes, press the "SET" button again to set the target time. Each time you press the "SET" button for one minute,

when it reaches the required time, stop the button, and the number display will flash three times before the setting is completed. Then start to use the machine, and the display will start to count down. When the count down reaches zero, it means that the training goal is completed. At this time, if you continue to train, the computer will automatically start to count up from zero.

**2. DIST target training mode:** first press the "MODE" button to switch to the "DIST" function, and then press the "SET" button once. When the number flashes, press the "SET" button again to set the target distance. Each time you press the "SET" button to increase one kilometer (or one mile). When the number reaches the target distance, stop the button, and the number display will flash three times before the setting is completed. Then start to use the machine, and the display will start to count back the distance. When the distance is counted back to zero, it means the training goal is completed. At this time, if you continue to train, the computer will automatically start to count the distance from zero.

**3. CAL target training mode:** first press the "MODE" button to switch to the "CAL" function, and then press the "SET" button once. When the number flashes, press the "SET" button again to set the target calorie. Each time you press the "SET" button to increase one calorie. When the number of calories reaches the target, stop the button, and the number display will flash three times before the setting is completed. Then start to use the machine, and the display will start counting calories. When counting calories to zero, it means that the training goal is completed. At this time, if you continue training, the computer will automatically start counting calories from zero.

**If you want to modify the target data after the setting process or completion, press "RESET" button directly to clear all settings, and then reset according to the previous description.**

**NOTE：**

1. If the display is faint or shows no figures ,please replace the batteries.
2. The monitor will automatically shut off if there is no signal received after 4 minutes .

**SPECIFICATIONS:**

| | | |
|---|---|---|
| FUNCTION | AUTO SCAN | Every 6 seconds |
| | TIME | 0:00’~99:59’ |
| | CURRENT SPEED | 0.0~999.9 KM/H（MILE/H） |
| | TRIP DISTANCE | 0.00~99.99 KM （MILE） |
| | CALORIES | 0.0~999.9 CAL |
| | ODOMETER | 0.0 ~ 999.9 KM（MILE） |
| | PULSE RATE | 40~240 BPM |
| BATTERY TYPE | | 2pcs of SIZE –AAA or UM –4 |
| OPERATING TEMPERATURE | | 0°C ~ +40°C |
| STORAGE TEMPERATURE | | -10°C ~ +60°C |

## 1. APP Introduction:

Our company has dedicated to develop, manufacture and produce software and hardware related to health devices and health data management for 12 years. We have in-depth research and study on the artificial intelligence of the fitness equipment, updating and improving of the health data management. Our products are sold all over the world and are very well accepted and loved by customers. We hold “Creation and Innovation, coordination for success” as our operation principle and stick to customer service orientation. We will give our best to keep constant efforts for consumers’ fitness and health data management.

## *2.* Functions of the Bluetooth:

2.1 *Working frequency:* this wireless transmitter is a Bluetooth 4.0 device. Its working frequency is 2.4GHZ.

2.2 The Bluetooth electronic watch starts to record the time of movement and calculates and records the speed , distance and calorie consumed of the movement when speed signal is received. The data will be transmitted to the cell-phone via Bluetooth and displayed by APP for user.

2.3 To ensure the data record is real and effective at the cell-phone end, the wireless transmitter records and sends the data of the user to cell-phone APP only when Bluetooth electronic watch and the cell-phone are connected. First connect the APP to the Bluetooth electronic watch before starting the sports equipment to ensure the trueness and effectiveness of the data recorded in cell-phone APP.

2.4 The Bluetooth electronic watch will go into Sleep mode if it receives no speed signal input in 4 minutes. In Sleep mode, Bluetooth electronic watch is unavailable for cell-phone. In this situation, wake up the Bluetooth electronic watch by using the sports equipment and it can be found by the cell-phone again.

## 3. Cell-phone APP operating instructions:

3.1 Requirements for Cell-phone APP Installation:

3.1.1 IOS cell-phone system should be no lower than 7.1 version and support Bluetooth 4.0, iPhone 4s and beyond.

3.1.2 For Android, a system no lower than 4.3 is required and the cell-phone shall support Bluetooth 4.0.

3.2 Cell-phone end APP download:

(A): Scan the 2D code to download and install APP

IOS Android

(B)：Downloadsoftware from cell-phone applications, such as: Android Shop, Baidu Cell-phone Assistant, 360 Cell-phone Assistant, 91 Assistant, Application Treasure, enter FITNESS DATA, select the application with the following icon and download:



3.3 Click the FITNESS DATA icon on the desktop of the cell-phone, access into APP:

3.3.1 After installation of the APP, the user needs to enter his/her physical indexes: age, height and weight. Set up nickname, image and language used for interface, then, click Register and confirm the operation, then go to the next step.

3.3.2 In initial use, after registering user information, set up user target values: length of exercise time, distance, time (effective for power equipment and treadmills), calorie numbers to be burned. After setup, select the return key on the upper left corner  , then , go to sports equipment selection page.

3.3.3 This Bluetooth electronic watch is ergometer type. User needs to click ergometer icon to get access to the searching Bluetooth electronic watch page. App will search sports equipment automatically once getting into the page. If the Bluetooth electronic watch is not found, check the power of the Bluetooth electronic watch or if the device is in sleeping mode. If it is in sleeping mode, the user needs to ride the spinner or press the button to wake up the Bluetooth electronic watch, then click **“search the device”** and re-search for sports equipment.

3.3.4 APP will give a Bluetooth Device prompt when it finds the Bluetooth electronic watch. For initial use, the user needs to manually search the Bluetooth device and connect to the device. In following uses, open APP, click UPRIGHT BIKE, make sure the Bluetooth electronic watch is in wake-up status. Cell-phone APP will search for Bluetooth electronic watch automatically and it will turn into automatic connection mode in case no operation in 5 seconds.

3.4 Data real time display page:

3.4.1 The master window scans and displays each data and switches data display every 6 seconds. SCAN icon flashes and the switch the data display in the sequence of: time, speed, distance, total distance, calorie, heart beat (effective only when heart beat module is installed, 0 is displayed without heart beat module), body fat ( fat percentage calculated based on age, height and weight entered by the user).

3.4.2 The scan window will only display the data type the user clicked when the user clicks the lower small window data zone and exits scan display mode in the meantime. With the SCAN icon constant on, the user may click SCAN icon to reactivate scan display function.

3.5 There are three hot keys on the lower part in APP: sports music, sports management and sports setting.

3.5.1 Click sports music, it will access to music play function; click Play, App will automatically cancel local music document in user’s cell-phone .

3.5.2 Click sports management, it will access to sports data management page. The user is able to read the historic sports data for last 30 days and the user can check if the set exercise target is met.

3.5.3 Click sports setting to go into the target setting function.

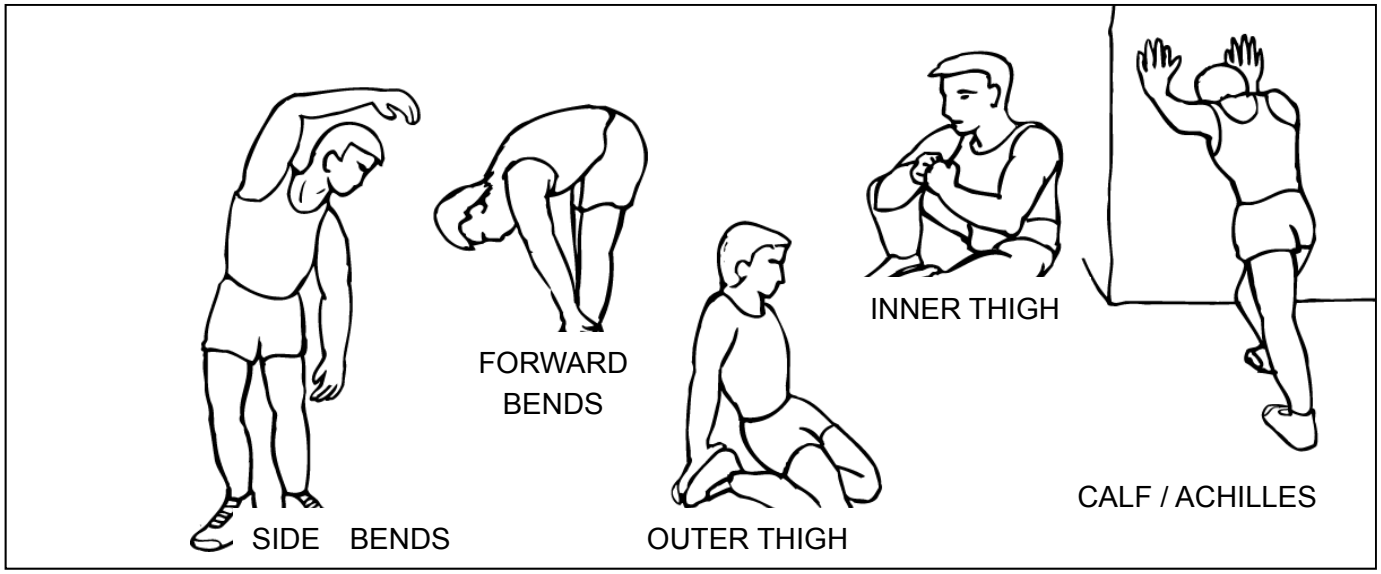
3.5.4 Click the Share button  on the right top corner to share the APP to social media and invite your friends to workout together.

# EXERCISE INSTRUCTIONS

Using your **RECUMBENT** will provide you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with a calorie controlled diet help you lose weight.

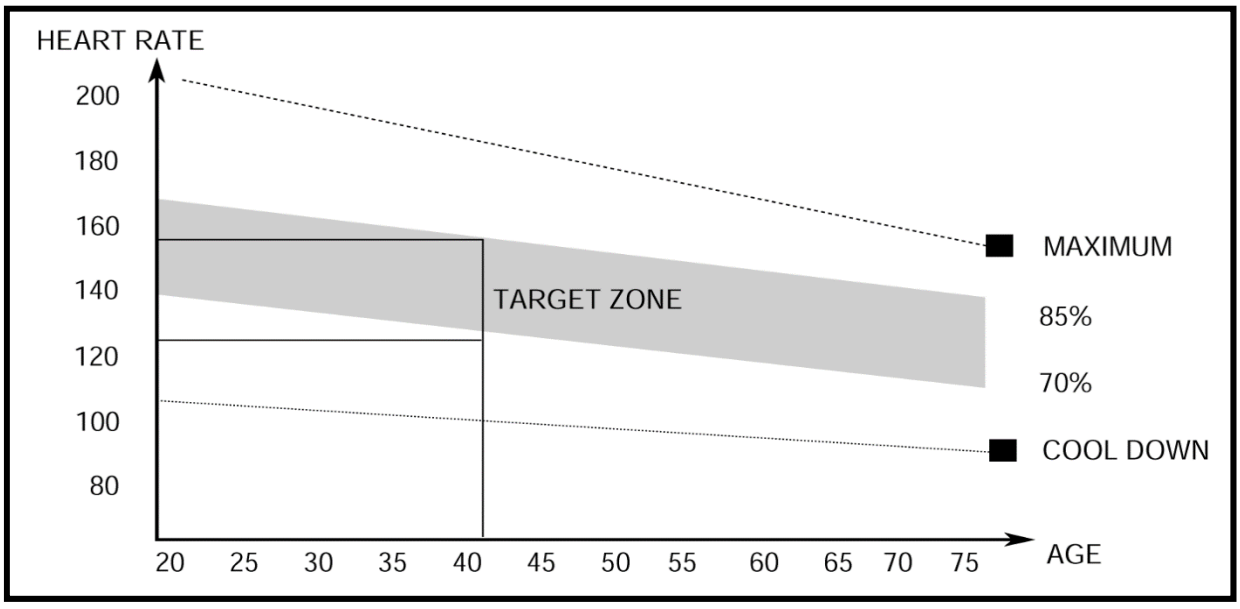
### 1. The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP.




### 2. The Exercise Phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work to your but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.




**This stage should last for a minimum of 12 minutes though most people start at about**

**15-20 minutes.**

**3. The Cool Down Phase**

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

**MUSCLE TONING**

To tone muscle while on your **RECUMBENT** you will need to have the resistance set quite high. This will put more strain on our leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance making your legs work harder. You will have to reduce your speed to keep your heart rate in the target zone.

**WEIGHT LOSS**

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

**CARE & MAINTENANCE**

Proper maintenance is very important to ensure your equipment is always in top working condition. Improper maintenance could cause damage or shorten the life of your equipment and exceed the WARRANTY coverage.

**Important**: Never use abrasives or solvents to clean the equipment. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.

After each workout: Wipe off the console and other frame surfaces with a clean, water dampened soft cloth to remover excess perspiration. Inspect and tighten all parts of the equipment regularly. Replace any worn parts immediately.

Don’t use the equipment before the worn parts were replaced by new one.

Special attention to the belt is most susceptible wear. When you feel the exercising is not smooth, please check the status of the belt or call the service hot line.

**Adjust the End cap & How to fold the unit**

Please pull out the lock pin from the joint and fold the aluminum rail, then securing by the lock pin.

**Correct Exercising Position**

When exercising, grasp the handlebar tightly and relax your back. Always try and use the product in a rhythmical and smooth motion. If you find yourself feeling uncomfortable, or experience a surging type feeling, there is probably too much tension.