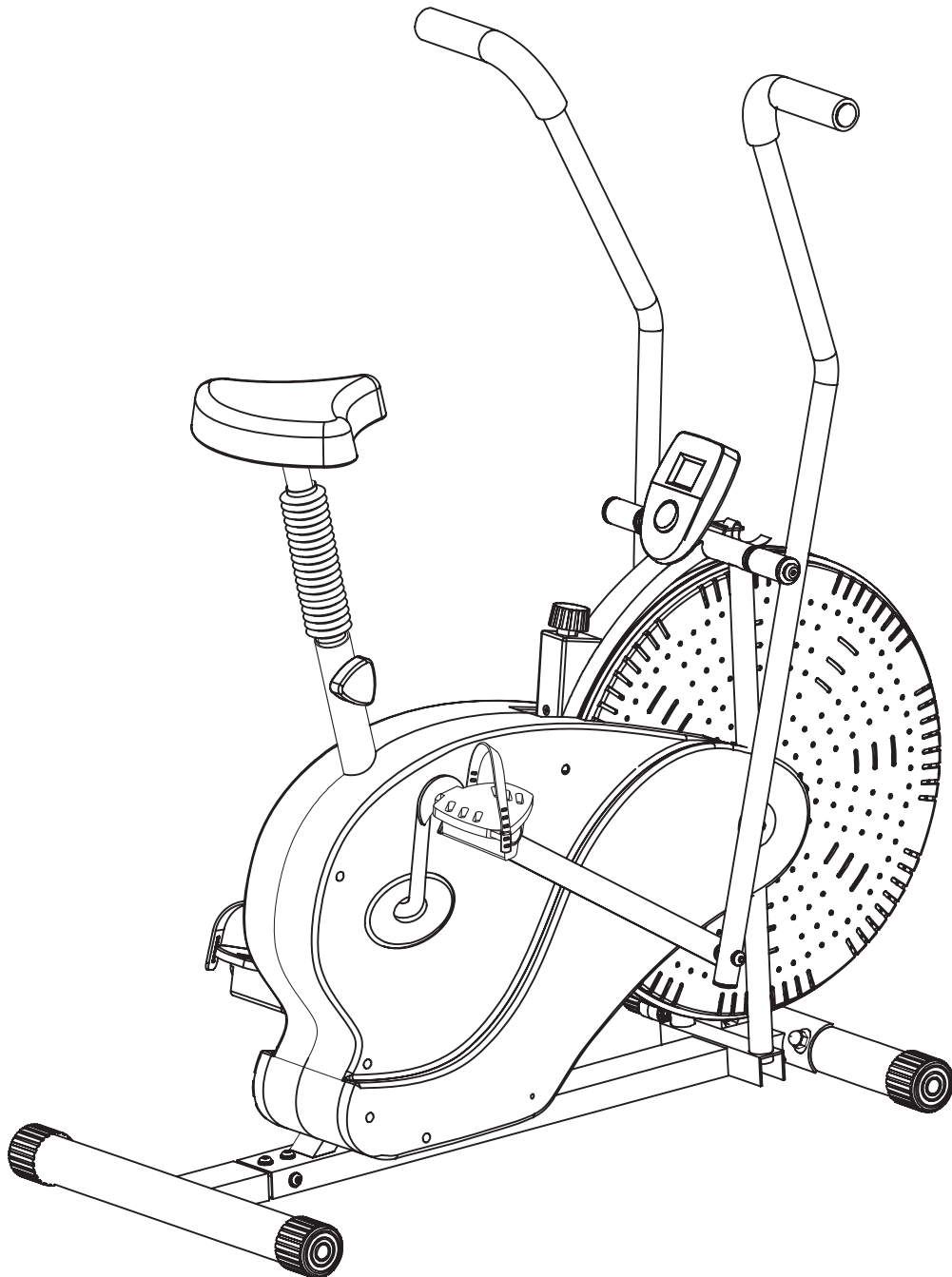


BODY*Rider*

Fan Bike

BRF 700

BRF 701



* This item is for consumer use only and it is not meant for commercial use.

OWNER'S MANUAL



General Information



Safety

Before you undertake any exercise program, please be sure to consult with your doctor. Frequent strenuous exercise should be approved by your doctor and proper use of your product is essential. Please read this manual carefully before commencing the assembly of your product or starting to exercise.

- Please keep all children away from this item when in use. Do not allow children to climb or play on them when they are not in use.
- Supervise teenagers while they use this unit.
- For your own safety, always ensure that there is at least 3 feet of free space in all directions around your product while you are exercising.
- Regularly check to see that all nuts, bolts and fittings are securely tightened. Periodically check all moving parts for obvious signs of wear or damage.
- Clean only with a damp cloth, do not use solvent cleaners. If you are in any doubt, do not use your product; contact CUSTOMER SUPPORT.
- Before use, always ensure that your product is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of slipping.
- Always wear appropriate clothing and footwear such as training shoes when exercising. Do not wear loose clothing that could become caught in moving parts during exercise.
- Do not use this unit if it is not functioning properly or if it is not fully assembled.
- Do not use this unit for commercial purposes.
- Before use, you must read and understand all instructions & warnings stated in this Owner's Manual as well as posted on the equipment.
- It is the facility owner's responsibility to properly instruct users on the proper operation of the equipment and to warn them of the potential hazards.
- If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your physician.

Assembling Tools

- Ruler with both metric and English measurements
- 2 x Adjustable Wrenches
- 1 x Philips ("Crosshead") Screw Driver

Weight Limit

Your product is suitable for users weighing: 250 pounds or less.



Storage and Use

Your product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems.

Warranty

Body Flex Sports warrants your product for a period of 1 year for the frame and 90 days on all parts if the item is used for the intended purpose, properly maintained and not used commercially. Any alterations or incorrect assembly of the product will void this warranty.

Proof of purchase must be presented for any warranty validation (no exceptions). This warranty applies to the original purchaser only and is not transferable.

This warranty does not cover abuse or defects caused during use, storage or assembly.

During the warranty period, Body Flex Sports reserves the right to:

- provide replacement parts to the purchaser in an effort to repair the item.
- repair the product returned to our warehouse (at the purchaser's cost).
- replace the product if neither of the two previously mentioned actions effect repair.

This warranty does not cover normal wear and tear on upholstery.



Questions

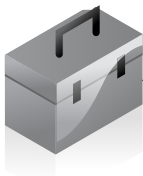
If you have any questions concerning the assembly of your item or if any parts are missing, please **DO NOT RETURN THE ITEM TO THE STORE OR CONTACT THE RETAILER**. Our dedicated customer service staff can help you with any questions you may have regarding the assembly of this unit and can also mail you replacement parts.



Customer Support

Customer Support is open 9:00 a.m. to 5:00 p.m. (Pacific Time) Monday through Friday. Please contact us by any of the following means.

Body Flex Sports, Inc.
21717 Ferrero Parkway, Walnut, CA 91789
Telephone: (888) 266 - 6789
Fax: (909) 598 - 6707
Email: info@bodyflexsports.com



Hardware List

The following hardware is used to assemble your unit. Please take a moment to familiarize yourself with these items. Please note some of this hardware is already pre-assembled on the machine. Do not be alarmed if you see parts on this page that are not included in your hardware packet

Bolt



#13. Bolt (M10x18 mm)
[2 pieces]
Pre-assembled



#18. Bolt (M8x43 mm)
[2 pieces]



#24. Bolt (M8x16 mm)
[4 pieces]



#26. Carriage Bolt (M10x57 mm)
[2 pieces]

Nut



#11. Nylon Nut (M8)
[3 pieces]
Pre-assembled



#20. Nylon Nut (M8)
[2 pieces]



#23L. Left Nylon Nut
[1 piece]

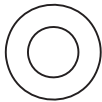


#23R. Right Nylon Nut
[1 piece]



#28. Cap Nut (M10)
[2 pieces]

Washer



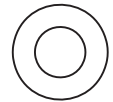
#10. Washer (M8)
[3 pieces]
Pre-assembled



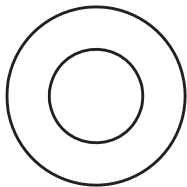
#14. Spring Washer (M10)
[2 pieces]
Pre-assembled



#15. D Shape Washer (M10)
[2 pieces]
Pre-assembled



#19. Washer (M8)
[8 pieces]



#21. Big Washer
[2 pieces]



#25. Spring Washer (M8)
[4 pieces]

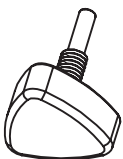


#27. Arc Washer (M10)
[2 pieces]



#29. Special Washer
[2 pieces]
Pre-assembled

Knob



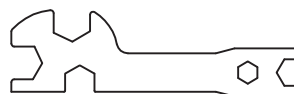
#17. Knob (M12) [1 piece]

Bushing



#22. Bushing [2 pieces]

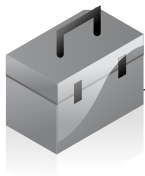
Tool



S10-S13-S15-S17-S19 [1 piece]



6 mm [2 pieces]



Parts Listing

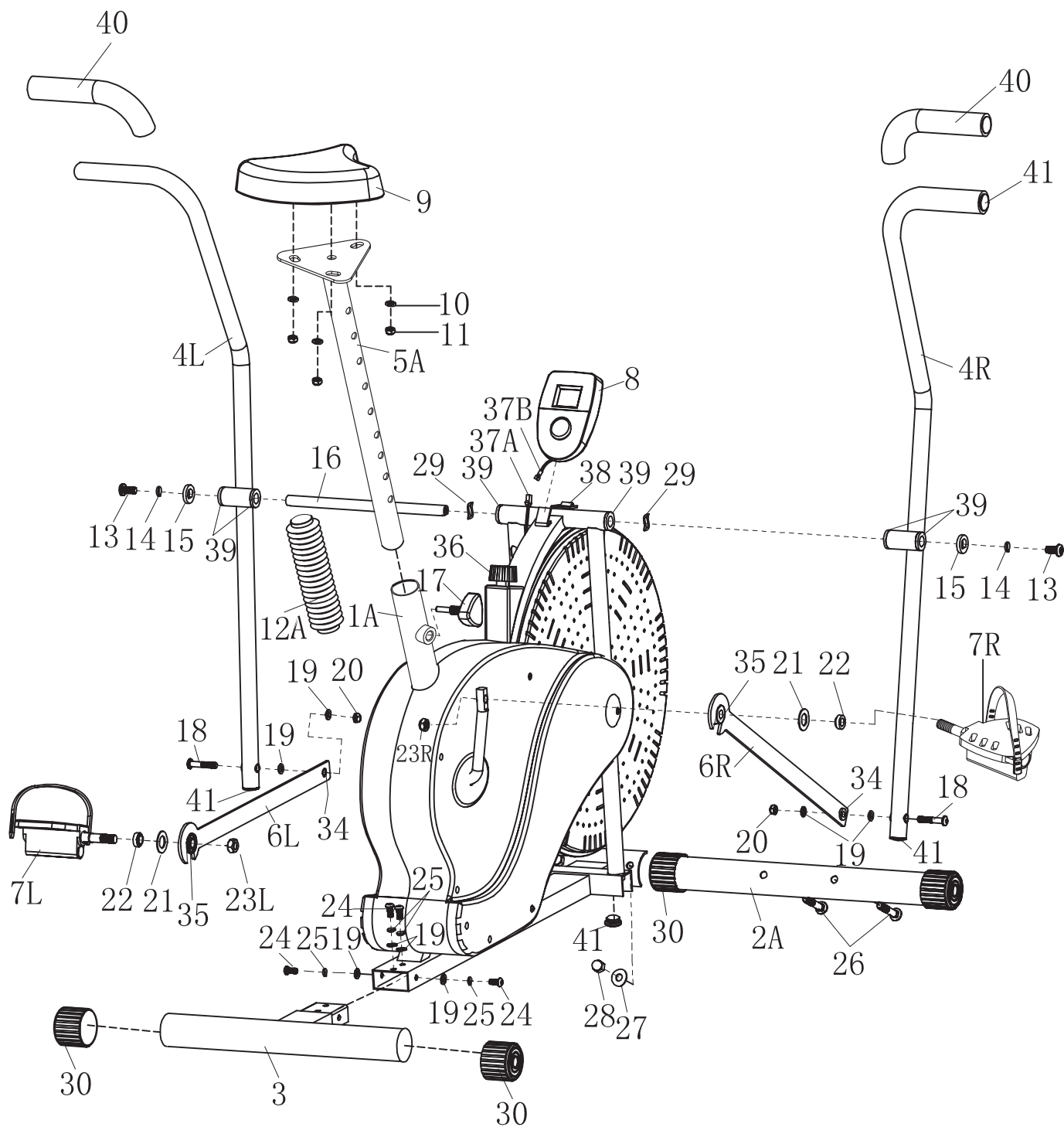
The following parts list describes all of the parts illustrated on the exploded diagram on the following page. Please note, most of these parts are already pre-assembled on your unit.

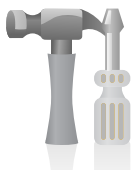
#	Description	#	Description
1A	Main Frame	21	Big Washer
2A	Front Stabilizer	22	Bushing
3	Rear Stabilizer	23L	Left Nylon Nut
4L	Left Handlebar	23R	Right Nylon Nut
4R	Right Handlebar	24	Bolt (M8x16 mm)
5A	Seat Tube	25	Spring Washer (M8)
6L	Left Linkage	26	Carriage Bolt (M10x57 mm)
6R	Right Linkage	27	Arc Washer (M10)
7L	Left Pedal	28	Cap Nut (M10)
7R	Right Pedal	29	Special Washer
8	Monitor	30	Round Cap (50)
9	Seat	34	Bushing
10	Washer (M8)	35	Bearing
11	Nylon Nut (M8)	36	Tension Control
12A	Bellows	37A	Monitor Wire (Lower)
13	Bolt (M10x18 mm)	37B	Monitor Wire (Upper)
14	Spring Washer (M10)	38	Friction Belt
15	D Shape Washer (M10)	39	Bushing
16	Handlebar Axle	40	Foam Grip
17	Knob (M12)	41	Round Cap (25)
18	Bolt (M8x43 mm)		
19	Washer (M8)		
20	Nylon Nut (M8)		



Exploded Diagram

The following diagram is provided to help you familiarize yourself with the parts and hardware that will be used during the assembly process. Please note that not all of the parts and hardware you see here will be used while you are assembling the machine because some of these items are already pre-installed. Please continue to the next page to begin the assembly process and use this page only as a reference guide for parts and hardware.





Assembly Instructions

Assembly Step 1

Secure the **Front Stabilizer (#2A)** to the **Main Frame (#1A)** with two **Carriage Bolts (#26)**, two **Arc Washers (#27)** and two **Cap Nuts (#28)**.

Hardware Required

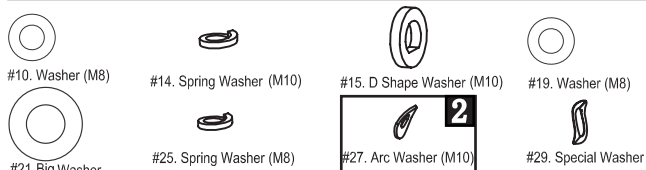
Bolt



Nut



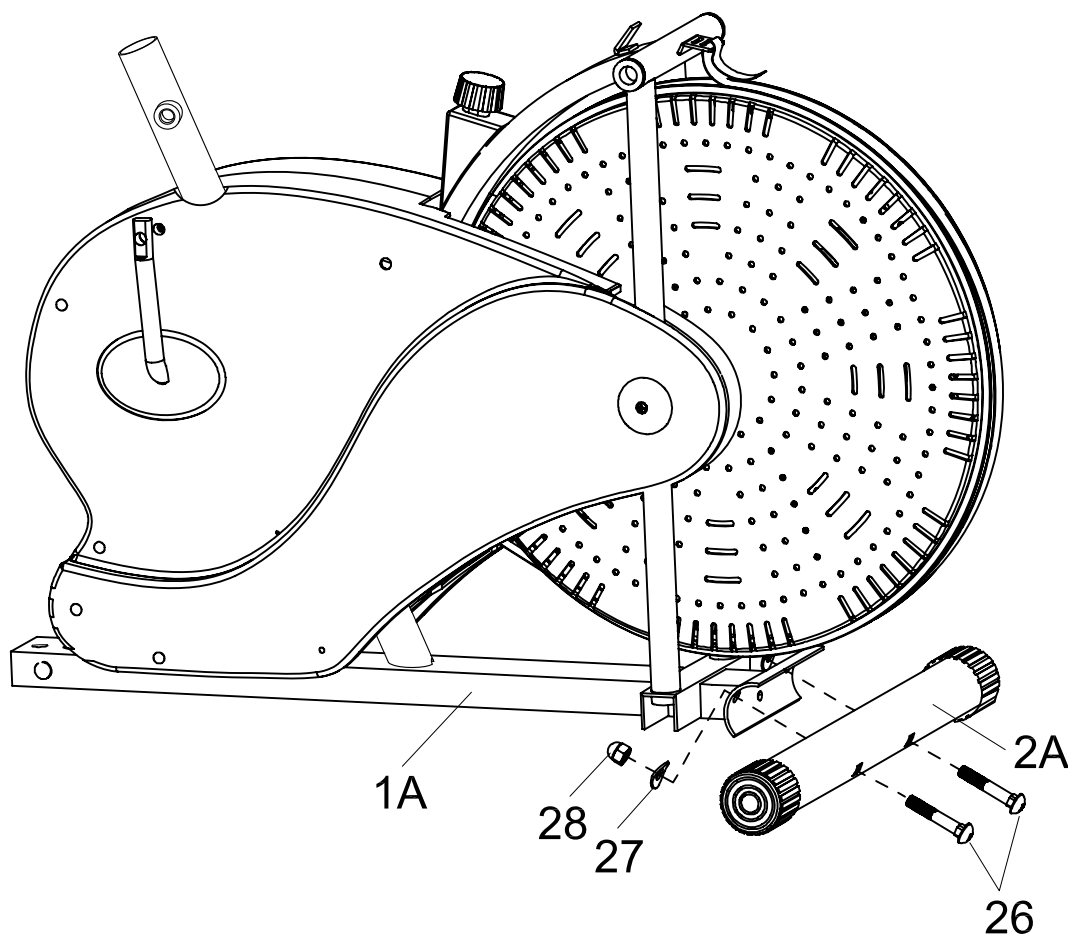
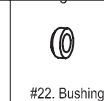
Washer

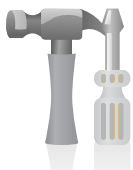


Knob



Bushing





Assembly Instructions

Assembly Step 2

Secure the **Rear Stabilizer (#3)** to the **Main Frame (#1A)** with four **Bolts (#24)**, four **Spring Washers (#25)** and four **Washers (#19)**.

Hardware Required

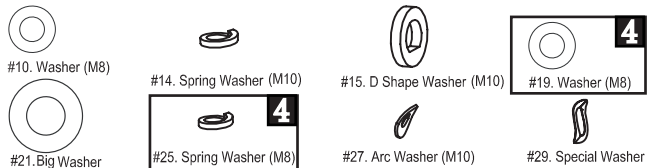
Bolt



Nut



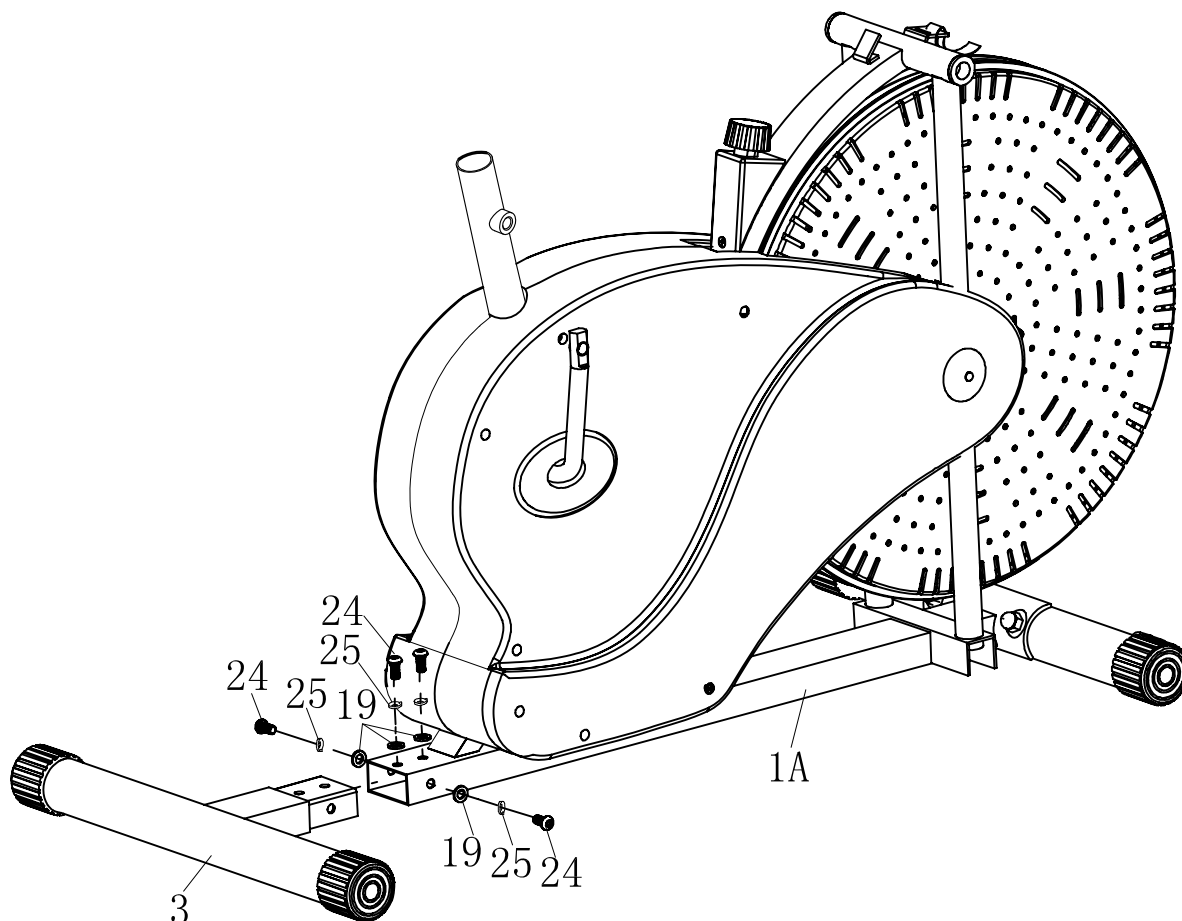
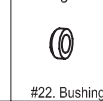
Washer



Knob



Bushing





- Left Hand Side: Turn **COUNTERCLOCKWISE** to tighten the ***Left Pedal (#7L)*** on the left crank. Then turn **CLOCKWISE** to tighten the ***Left Nylon Nut (#23L)*** [BLACK inner nylon ring] to secure the left pedal assembly.
- Right Hand Side: Turn **CLOCKWISE** to tighten the ***Right Pedal (#7R)*** on the right crank. Then turn **COUNTERCLOCKWISE** to tighten the ***Right Nylon Nut (#23R)*** [WHITE inner nylon ring] to secure the right pedal assembly.

#22 Rushing





Assembly Instructions

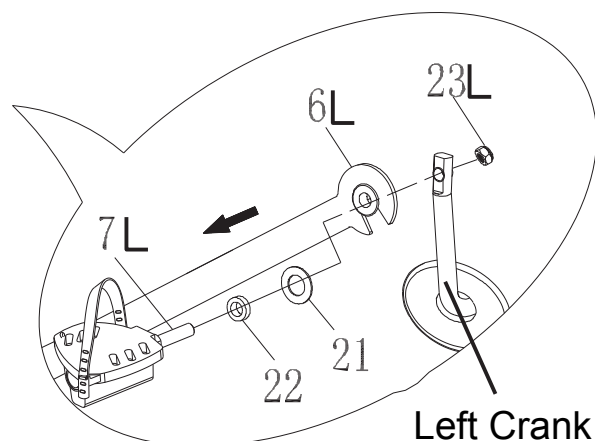
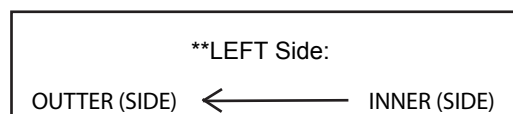
Assembly Step 3-B

**LEFT Side:

FOR PROPER ASSEMBLY, please ensure that the **Left Linkage (#6L)** is assembled to the outer edge (away from shroud) of the **Left Crank**.

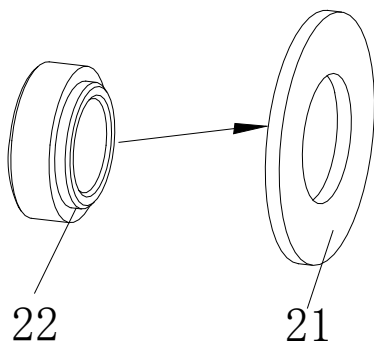
The order of parts (from inner side to outer) should look like the exploded diagram below in the following sequence:

Left Nylon Nut (#23L) > Left Crank > Left Linkage (#6L) > Big Washer(#21) > Bushing (#22) > Left Pedal (#7L)



PLEASE NOTE:

LEFT SIDE: Please ensure that the notched side of Bushing (#22) is facing Big Washer (#21) from the left side so that Bushing (#22) can be inserted into Big Washer (#21) and the two pieces fit flushed together. Please refer to the exploded diagram for correct orientation and positioning.

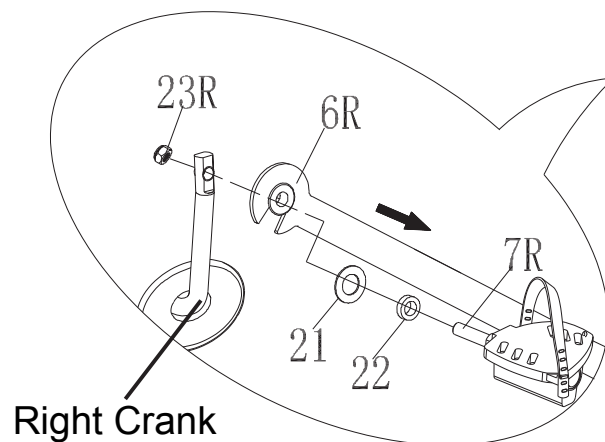
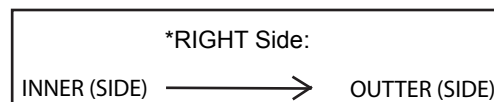


*RIGHT Side:

FOR PROPER ASSEMBLY, please ensure that the **Right Linkage (#6R)** is assembled to the outer edge (away from shroud) of the **Right Crank**.

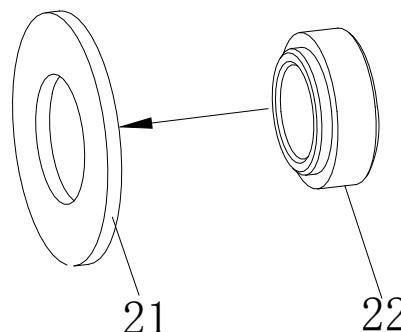
The order of parts (from inner side to outer) should look like the exploded diagram below in the following sequence:

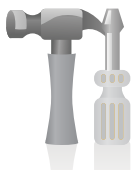
Right Nylon Nut (#23R) > Right Crank > Right Linkage (#6R) > Big Washer(#21) > Bushing (#22) > Right Pedal (#7R)



PLEASE NOTE:

RIGHT SIDE: Please ensure that the notched side of Bushing (#22) is facing Big Washer (#21) from the right side so that Bushing (#22) can be inserted into Big Washer (#21) and the two pieces fit flushed together. Please refer to the exploded diagram for correct orientation and positioning.





Assembly Instructions





Assembly Step 4-A

Remove the two **Special Washers (#29)**, two **D Shape washers (#15)**, two **Spring Washers (#14)** and two **Bolts (#13)** that are pre-assembled on the **Handlebar Axle (#16)**. Insert the **Handlebar Axle (#16)** through the **Main Frame (#1A)**. Make sure the **Handlebar Axle (#16)** is centered. If you encounter too much friction, try using WD40 or Vaseline as a lubricant. Insert two **Special Washers (#29)** that were just removed on the **Handlebar Axle (#16)** followed by **Right Handlebar (#4R)** and **Left Handlebar (#4L)** on each side and then secure them with two **D Shape washers (#15)**, two **Spring Washers (#14)** and two **Bolts (#13)** that were just removed. Carefully cut off the zip tie on the bushing of the **Right Linkage (#6R)***. Then attach the **Right Handlebar (#4R)** to the **Right Linkage (#6R)*** with a **Washer (#19)** in the between, secure with a **Bolt (#18)**, a **Washer (#19)** and a **Nylon Nut (#20)**.

Repeat this process on the left side**.

Hardware Required









Bolt

 2	 2		
#13. Bolt (M10x18 mm)	#18. Bolt (M8x43 mm)	#24. Bolt (M8x16 mm)	#26. Carriage Bolt (M10x57 mm)

Nut

	 2			
#11. Nylon Nut (M8)	#20. Nylon Nut (M8)	#23L. Left Nylon Nut	#23R. Right Nylon Nut	#28. Cap Nut (M10)

Washer

 2	 2	 2	 4
#10. Washer (M8)	#14 Spring Washer (M10)	#15 D Shape Washer (M10)	#19. Washer (M8)
			 2
#21. Big Washer	#25. Spring Washer (M8)	#27. Arc Washer (M10)	#29. Special Washer

Knob

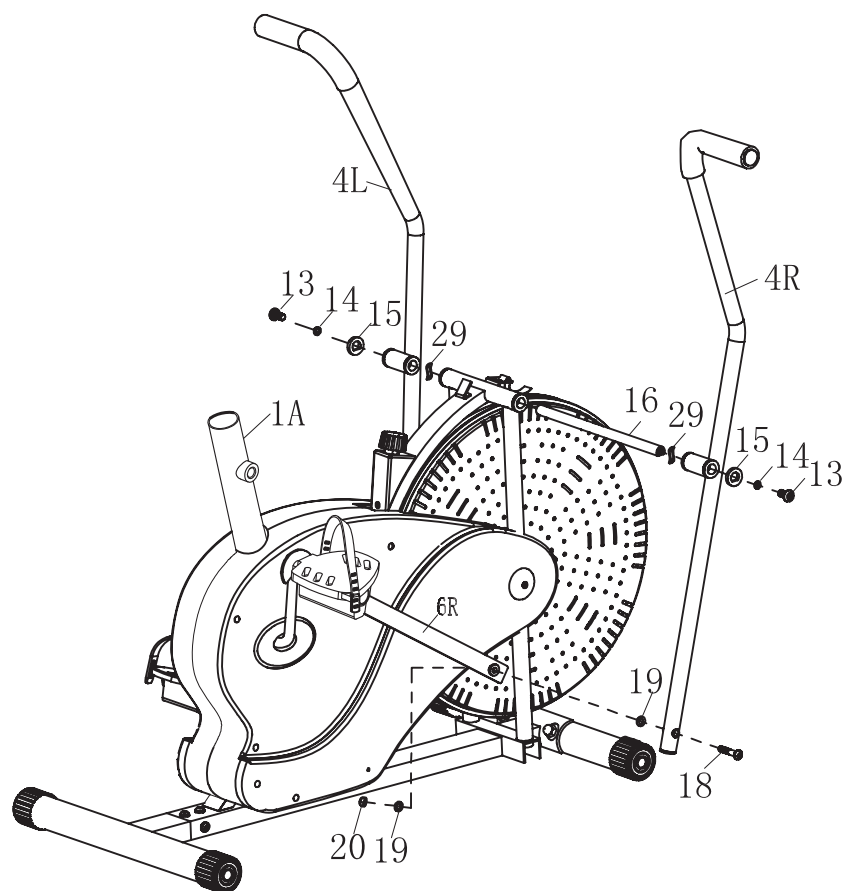


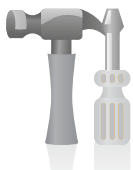
#17. Knob (M12)

Bushing



#22. Bushing





Assembly Instructions

Assembly Step 4-B

**LEFT Side:

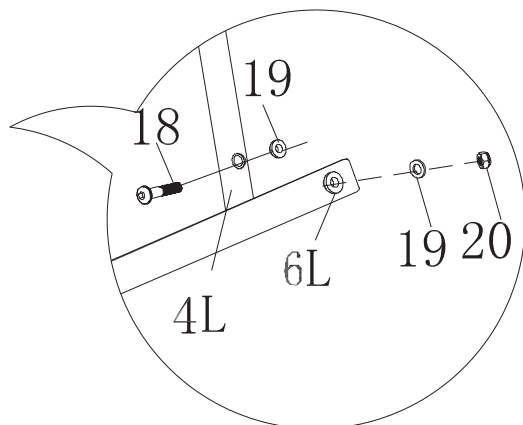
Please ensure that the **Left Handlebar (#4L)** is assembled to the outer edge (away from shroud) of the **Left Linkage (#6L)**.

The order of parts (from inner side to outer) should look like the exploded diagram below in the following sequence:

Nylon Nut (#20) > Washer (#19) > Left Linkage (#6L) > Washer (#19) > Left Handlebar (#4L) > Bolt (#18)

**LEFT Side:

OUTTER (SIDE) ← INNER (SIDE)



*RIGHT Side:

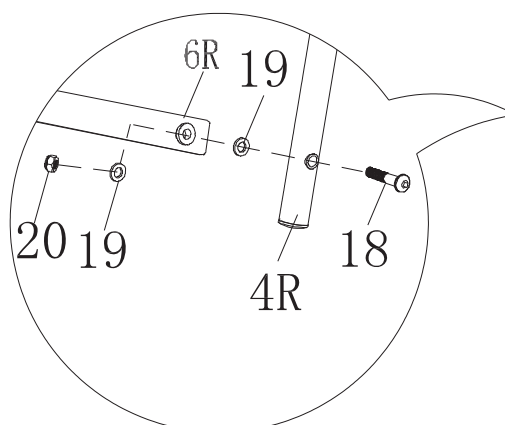
Please ensure that the **Right Handlebar (#4R)** is assembled to the outer edge (away from shroud) of the **Right Linkage (#6R)**.

The order of parts (from inner side to outer) should look like the exploded diagram below in the following sequence:

Nylon Nut (#20) > Washer (#19) > Right Linkage (#6R) > Washer (#19) > Right Handlebar (#4R) > Bolt (#18)

*RIGHT Side:

INNER (SIDE) → OUTER (SIDE)





Assembly Instructions

Assembly Step 5

Remove the three **Washers (#10)** and three **Nuts (#11)** that are pre-assembled on the **Seat (#9)**. Then, attach the **Seat (#9)** to the **Seat Tube (#5A)** and secure it with three **Washers (#10)** and three **Nuts (#11)** that were previously removed.

Attach **Bellows (#12A)** to the **Seat Tube (#5A)** as shown in illustration below.

Insert the **Seat Tube (#5A)** into the opening of the post that is protruding from the **Main Frame (#1A)** a minimum of 4 inches to engage the lowest hole. Please ensure that the hole on the **Seat Tube (#5A)** is facing the same side as the hole located on the **Main Frame (#1A)** and insert the **Knob (#17)** through the **Main Frame (#1A)** post and through the hole on the **Seat Tube (#5A)**. Please refer to the illustration below. Always ensure that the **Knob (#17)** is securely tightened and engaged through the hole on the **Main Frame (#1A)** and the hole setting most comfortable to you on the **Seat Tube (#5A)** for your safety.

Hardware Required

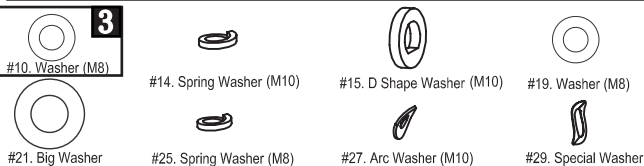
Bolt



Nut



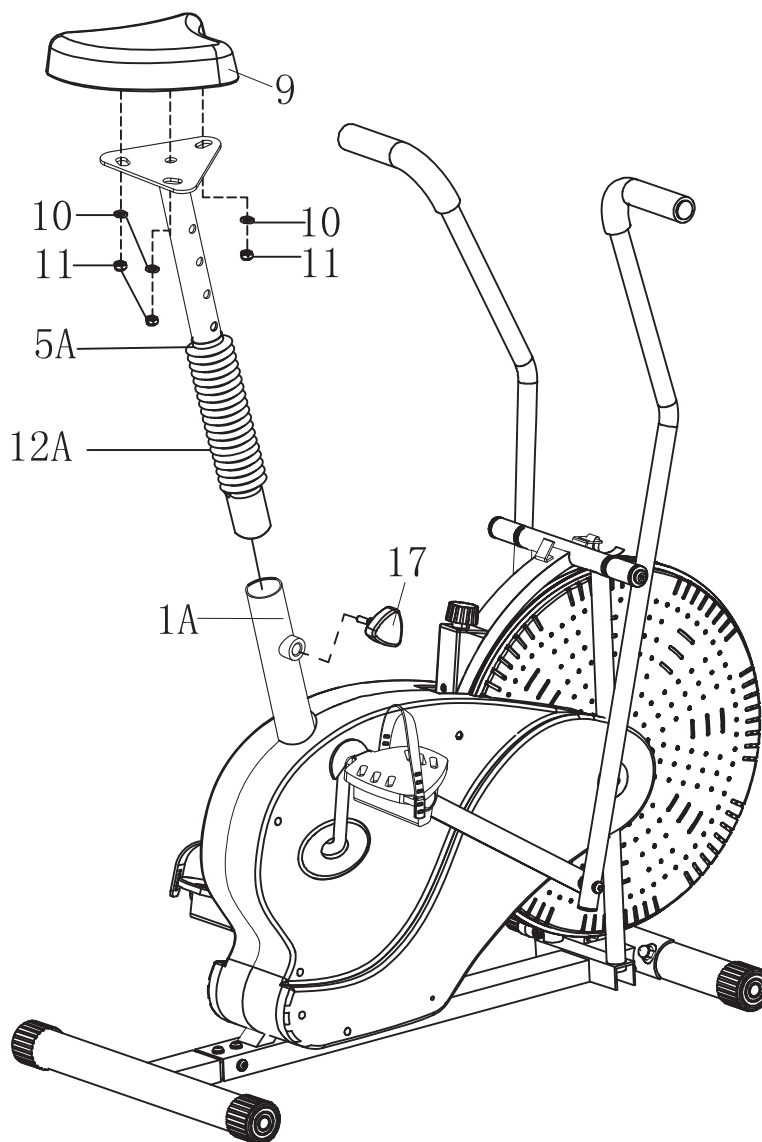
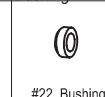
Washer

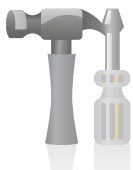


Knob



Bushing





Assembly Instructions

Assembly Step 6

Attach the **Monitor (#8)** to the **Main Frame (#1A)** and then connect the **Monitor Wire (#37A)** to the **Monitor Wire (#37B)**.

The assembly process is now complete. **However**, for your own safety, please make sure to read this entire Owner's Manual which includes safety instructions and warnings, as well as any safety/warning labels affixed to the product before use.

For your safety, please visually and functionally inspect and test the unit after assembly is complete.

Hardware Required

Bolt



#13. Bolt (M10x18 mm)



#18. Bolt (M8x43 mm)



#24. Bolt (M8x16 mm)



#26. Carriage Bolt (M10x57 mm)

Nut



#11. Nylon Nut (M8)



#20. Nylon Nut (M8)



#23L. Left Nylon Nut



#23R. Right Nylon Nut



#28. Cap Nut (M10)

Washer



#10. Washer (M8)



#14. Spring Washer (M10)



#15. D Shape Washer (M10)



#19. Washer (M8)



#21. Big Washer



#25. Spring Washer (M8)



#27. Arc Washer (M10)



#29. Special Washer

Knob

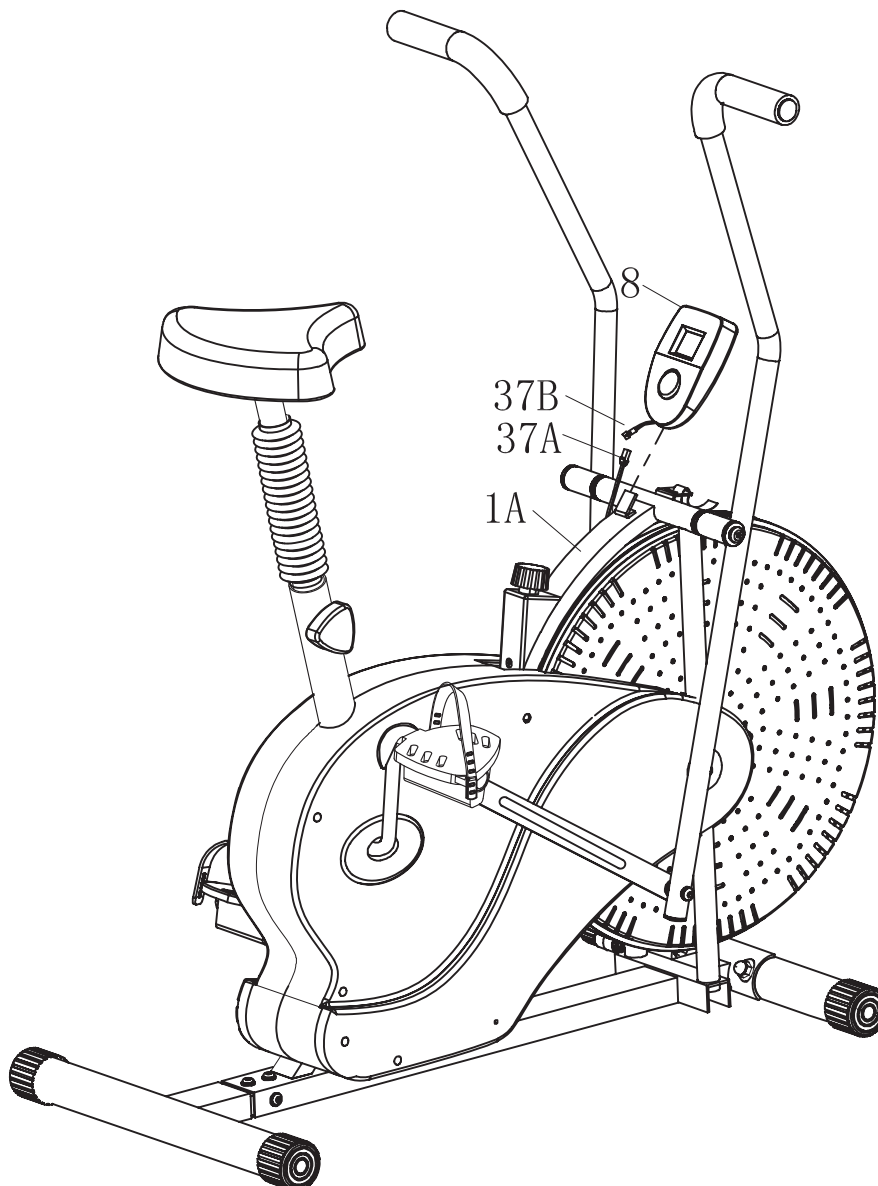


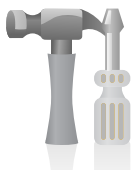
#17. Knob (M12)

Bushing



#22. Bushing



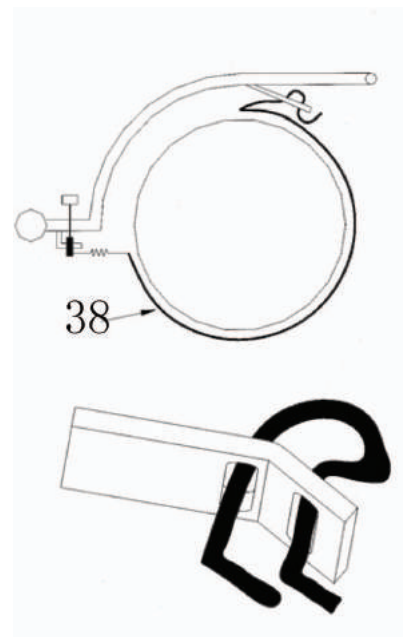
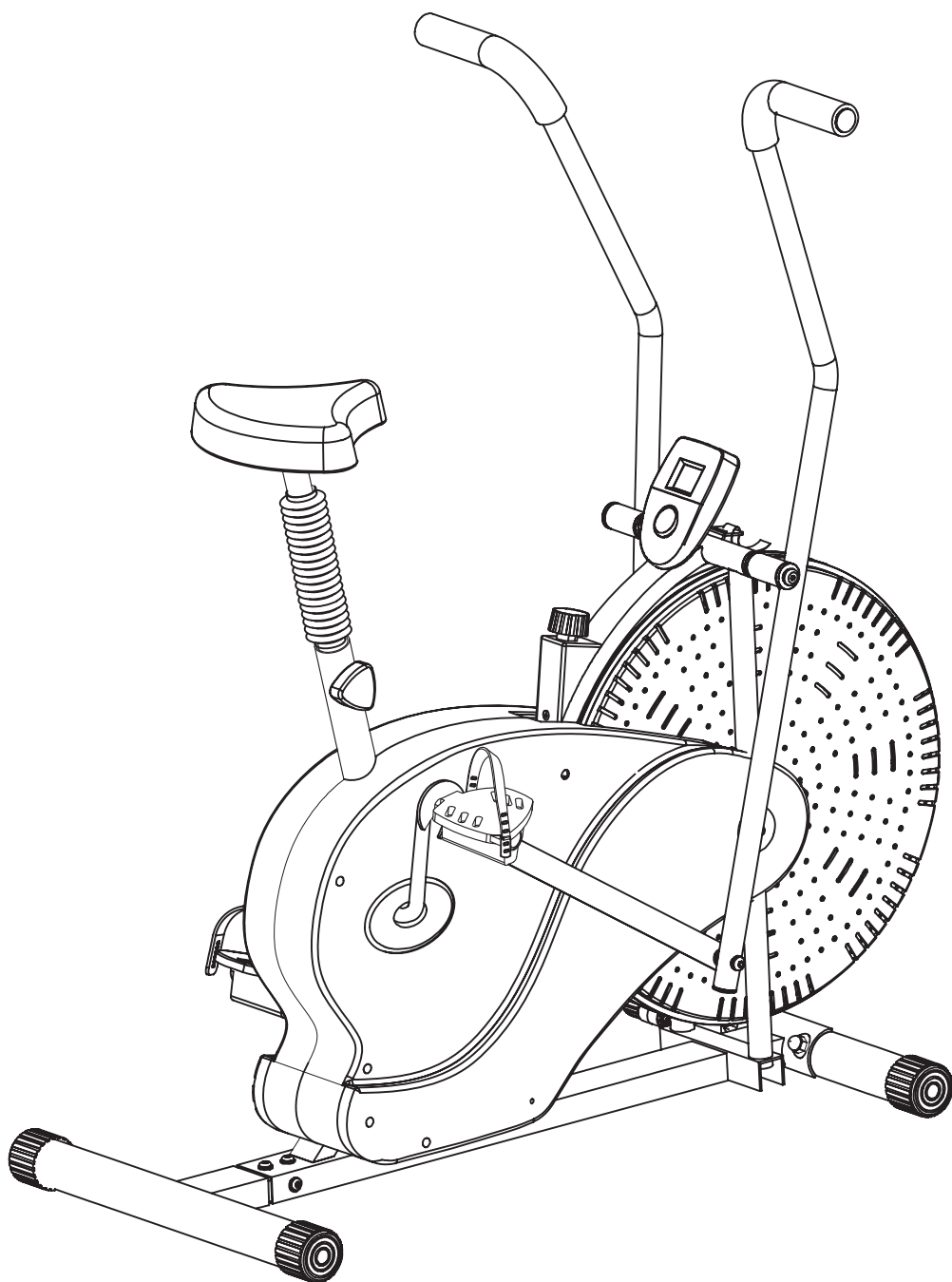


Assembly Instructions

Tension Adjustment

For slight tension adjustment, simply turn the tension adjustment knob found at the top center. Tension level can be manipulated this way to vary intensity of workout as you exercise.

For greater tension adjustment, you may loosen or tighten the **Friction Belt (#38)** by re-strapping it. To do so, first turn the tension adjustment knob all the way to the loosest setting. Then re-strap the belt at the buckle on the main frame, just beneath the flat beam at the top center. The more length you allow for the friction belt to wrap around the wheel, the less friction it will cause. Re-adjust the tension knob after you finished re-strapping.





Safety & Maintenance

SAFETY & WARNINGS

- Make sure all nuts, bolts, and screws are tightened prior to use.
- Be sure that all adjustment locking devices and safety devices are properly engaged prior to use!
- Never over-tighten the above-mentioned devices and parts to avoid damage to the unit.
- Check for loose parts and components and make proper adjustments prior to use.
- Check to see if there are any tears or bends in the welding or metal prior to use. If tears or bends are found, do NOT use the unit and contact our CUSTOMER SUPPORT.
- Extreme care must be taken to not allow your feet, fingers, hair, clothing, and/or any loose items to be snagged into any portion of the bike when the unit is in motion. Failure to follow these instructions could result in serious injury, including the loss of fingers.
- Always wait for the pedals and other moving parts (which can gain great momentum during riding) to come to a complete stop before dismounting the unit to avoid serious injury.

Maintenance & Care

- Please review all safety instructions and warnings in this entire Owner's Manual, as well as any safety/warning labels affixed to the product before use.
- Do not use solvent cleaners. If you are in any doubt, do not use your cleansing product; contact CUSTOMER SUPPORT.
- The specific Parts on your unit which may see possible signs of wear after prolonged use are listed as follows (please check these parts before each use):
Tension Control (#36); Left/Right Pedals (#7L/#7R); Left/Right Handlebars (#4L/#4R)
- For any replacement warning labels, please contact our CUSTOMER SUPPORT at (888) 266-6789 or (909) 598-9876, or mail in a written request to: Body Flex Sports, Inc. 21717 Ferrero Parkway, Walnut, CA 91789. More detailed information about how to reach our CUSTOMER SUPPORT may be found on Page 1 of the Owner's Manual under the "CUSTOMER SUPPORT" section.



Computer Operation

SPECIFICATIONS:

TIME.....0:00-99:59
SPEED.....0.0-99ML/H
DISTANCE0.0-999.9ML
CALORIES.....0.0-9999CAL

KEY FUNCTION:

MODE: This key lets you to select and lock on to a particular function you want.

OPERATION PROCEDURES:

1. AUTO ON/OFF:

- ◆ The system turns on when any key is depressed or when it receives an input from the speed sensor.
- ◆ The system turns off automatically when the speed sensor has no signal input or no key are pressed for approximately 4 minutes.

2. RESET:

The unit can be reset by changing battery or pressing the MODE key for 3 seconds.

3. FUNCTION:

- ◆ Top portion of LCD Display
 - Speed: Display the current speed
- ◆ Lower portion of the LCD Display (Press Mode to alternate through the following functions)
 - **Time:** Display the total amount of time using the machine.
 - Distance : Display the distance travelled.
 - Calories : Display the amount of calories burned.
 - Scan: Automatically alternate between the different functions. (Time, Distance, Calories)

4.BATTERY:


This monitor requires one (or two) "AA" Battery(ies).
You can replace the battery from the back of the unit.

Please note: The computer is not intended for use as a medical device. Various factors may affect the accuracy of the function/mode readings, and may vary from other measurement calculations from other devices. The computer is intended only as an exercise aid to track relative progress when using the corresponding exercise unit.

PLEASE KEEP THESE INSTRUCTIONS FOR FUTURE USE & REFERENCE. DO NOT DISCARD.

WARNING: SERIOUS INJURIES AND EVEN DEATH CAN OCCUR IF THE PROPER SAFETY PRECAUTIONS ARE NOT FOLLOWED.

The diagram below highlights and reviews many of the important Safety and Warning labels also found on the unit. Please ensure any user of the unit familiarizes themselves with these Safety and Warning guidelines before use.



WARNING!

The use of this exercise equipment involves a **RISK OF PHYSICAL INJURY** as well as property damage, which can be minimized by observing the following guidelines:

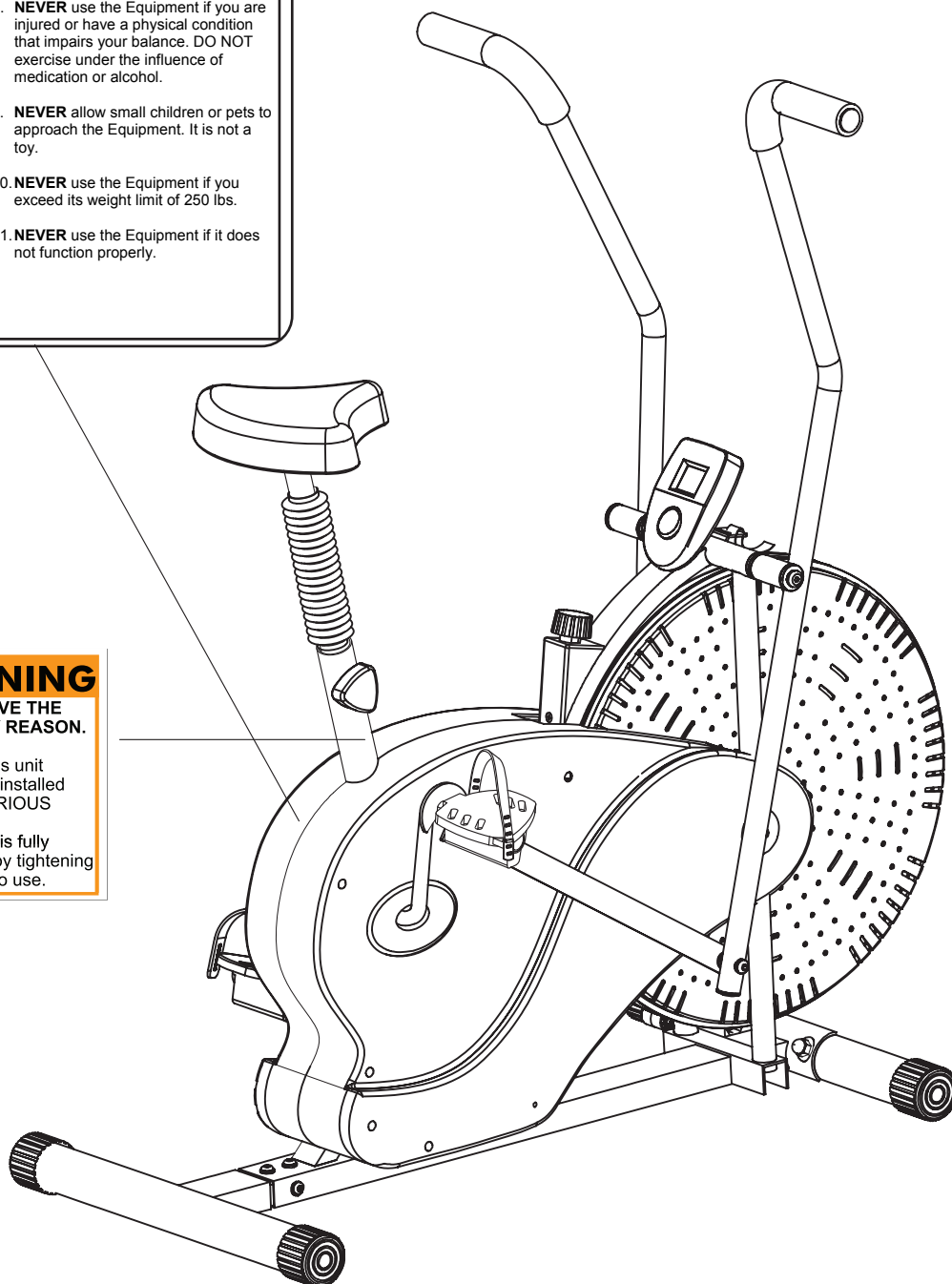
1. **ALWAYS** wear comfortable clothing and shoes with good traction.
2. **ALWAYS** make sure all nuts and bolts are secured before use. **TIGHTEN PEDAL HINGE BOLTS EVERY 30 DAYS.**
3. **STOP EXERCISING** if you become dizzy, nauseous, have irregular heartbeats or breathing difficulties. Contact your physician immediately.
4. **ALWAYS** keep a large mat under the Equipment to protect the floor or carpet.
5. **ALWAYS** use your Equipment in a warm, dry, level well-lit and ventilated indoor area.
6. **ALWAYS** keep body and clothing free and clear of all moving parts.
7. **ALWAYS** keep your Equipment clean and free of dust, moisture, debris and loose objects.
8. **NEVER** use the Equipment if you are injured or have a physical condition that impairs your balance. **DO NOT** exercise under the influence of medication or alcohol.
9. **NEVER** allow small children or pets to approach the Equipment. It is not a toy.
10. **NEVER** use the Equipment if you exceed its weight limit of 250 lbs.
11. **NEVER** use the Equipment if it does not function properly.



WARNING

DO NOT REMOVE THE SEAT FOR ANY REASON.

Exercising on this unit without the seat installed can result in **SERIOUS INJURY**. Ensure the seat is fully locked in place by tightening the knobs prior to use.





Proof of purchase

Thanks for choosing



Model Number BRF700/701

Please fill in the information below and keep this manual along with your sales receipt as proof of purchase.

Serial Number:

Date of Purchase:

Store Name:

Body Flex Sports Inc.
21717 Ferrero Parkway
Walnut, CA 91789

Phone: (888) 266-6789
Fax: (909) 598-6707
Email: info@bodyflexsports.com

BODY *Rider*