

FOR MODEL :

B902

B903

Tempo
FITNESS

UPRIGHT BIKE OWNER'S MANUAL

INTRODUCTION

CONGRATULATIONS and THANK YOU for your purchase of this Tempo Fitness Upright Bike!

Whether your goal is to win a race or simply enjoy a fuller, healthier lifestyle, a Tempo Fitness Upright Bike can help you attain it with the ergonomics and innovative features you need to get stronger, healthier and faster. We're committed to designing fitness equipment from the inside out.

You want exercise equipment that offers the most comfort, the best reliability and the quality in its class. A Tempo Fitness Upright Bike delivers!

TABLE OF CONTENTS

<i>Introduction</i>	<i>3</i>
<i>Important Precautions</i>	<i>4</i>
<i>Before You Begin</i>	<i>5</i>
<i>Bike Operation</i>	<i>6</i>
<i>Assembly Instructions</i>	<i>12</i>
<i>Conditioning Guidelines</i>	<i>23</i>
<i>Troubleshooting & Maintenance</i>	<i>29</i>

IMPORTANT PRECAUTIONS

SAVE THESE INSTRUCTIONS

When using an electrical product, basic precautions should always be followed, including the following: Read all instructions before using this bike. It is the responsibility of the owner to ensure that all users of this bike are adequately informed of all warnings and precautions.



To reduce the risk of burns, fire, electrical shock or injury to persons:

- If you experience chest pains, nausea, dizziness, or shortness of breath, stop exercising immediately and consult your physician before continuing.
- Maintain a comfortable pace. Do not sprint above 80 rpms on this machine.
- To maintain balance, it is recommended to keep a grip on the handlebars while exercising, mounting or dismounting the machine.
- Do not wear clothes that might catch on any part of the bike.
- Do not turn crank arms by hand.
- Make sure handlebars are secure before each use.
- Do not insert or drop any object into any opening.
- Unplug bike before moving or cleaning it. To clean, wipe surfaces down with soap and slightly damp cloth only; never use solvents. (See MAINTENANCE)
- This bike should not be used by persons weighing more than 130kg. Failure to comply will void the warranty.
- This Upright bike complies with EN957-1/-5 standard, class HB; brake system is adjustable.
- This bike is intended for in-home use only. Do not use this bike in any commercial, rental, school or institutional setting. Failure to comply will void the warranty.
- Do not use bike in garages, porches, pool rooms, bathrooms, car ports or outdoors. Failure to comply may void the warranty.
- Use the bike only as described in this manual.



At NO time should pets or children under the age of 12 be closer to the bike than 3 meters.
At NO time should children under the age of 12 use the bike.
Children over the age of 12 should not use the bike without adult supervision.

It is essential that your bike is used only indoors, in a climate controlled room. If your bike has been exposed to colder temperatures or high moisture climates, it is strongly recommended that the bike is warmed up to room temperature before first time use. Failure to do so may cause premature electronic failure.

BEFORE YOU BEGIN

CONGRATULATIONS! on choosing your bike. You've taken an important step in developing and sustaining an exercise program! Your bike is a tremendously effective tool for achieving your personal fitness goals. Regular use of your bike can improve the quality of your life in so many ways.

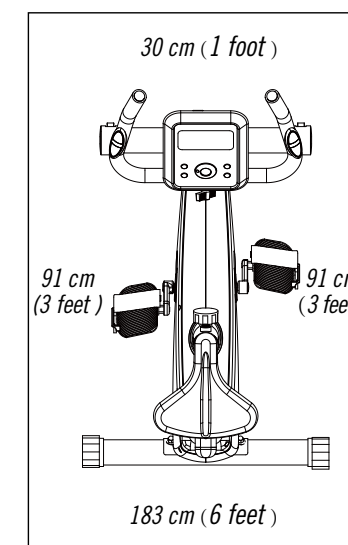
HERE ARE JUST A FEW OF THE HEALTH BENEFITS OF EXERCISE:

- Weight Loss
- A Healthier Heart
- Improved Muscle Tone
- Increased Daily Energy Levels

The key to reaping these benefits is to develop an exercise habit. Your new bike will help you eliminate obstacles that prevent you from exercising. Inclement weather and darkness won't interfere with your workout when you use your bike in the comfort of your home. This guide provides you with basic information for using and enjoying your new machine.

LOCATION OF THE BIKE

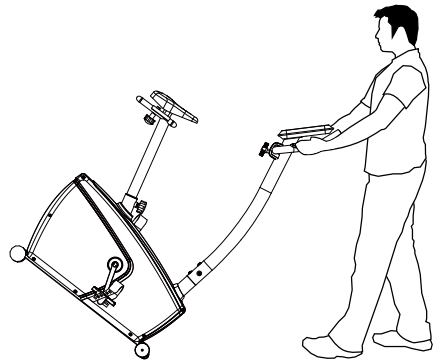
Place the bike on a level and stable surface. There should be 183 cm (6 feet) of clearance behind the bike, 91cm (3 feet) on each side and 30 cm (1 foot). See diagram to the right. Do not place the bike in any area that will block any vent or air openings. The bike should not be located in a garage, covered patio, near water or outdoors.



BIKE OPERATION



Do not operate the bike if the power cord or plug is damaged.



MOVING

Your bike has a pair of transport wheels built into the FRONT STABILIZER TUBE. To move, first remove the power supply and firmly grasp the CONSOLE MAST Handle Bar, carefully tilt and roll.



Our bikes are well built and heavy, weighing up to 30 kg ! Use care and additional help if necessary when moving.

ADJUSTING THE SEAT

To adjust the seat by rotating the knob and loosen the screw. Pull out the knob and adjust the seat to a comfortable pedaling position (one that keeps a slightly bend in your knee while your legs are in the extended position). Lock the screw by rotating knob clockwise until it tightens.

NOTE: It is recommended that you do not sit on the seat while adjusting its position. Pay special attention to the minimum insertion depth of the seat post: the "Stop" shall be permanently Marked above the end of the seat post.

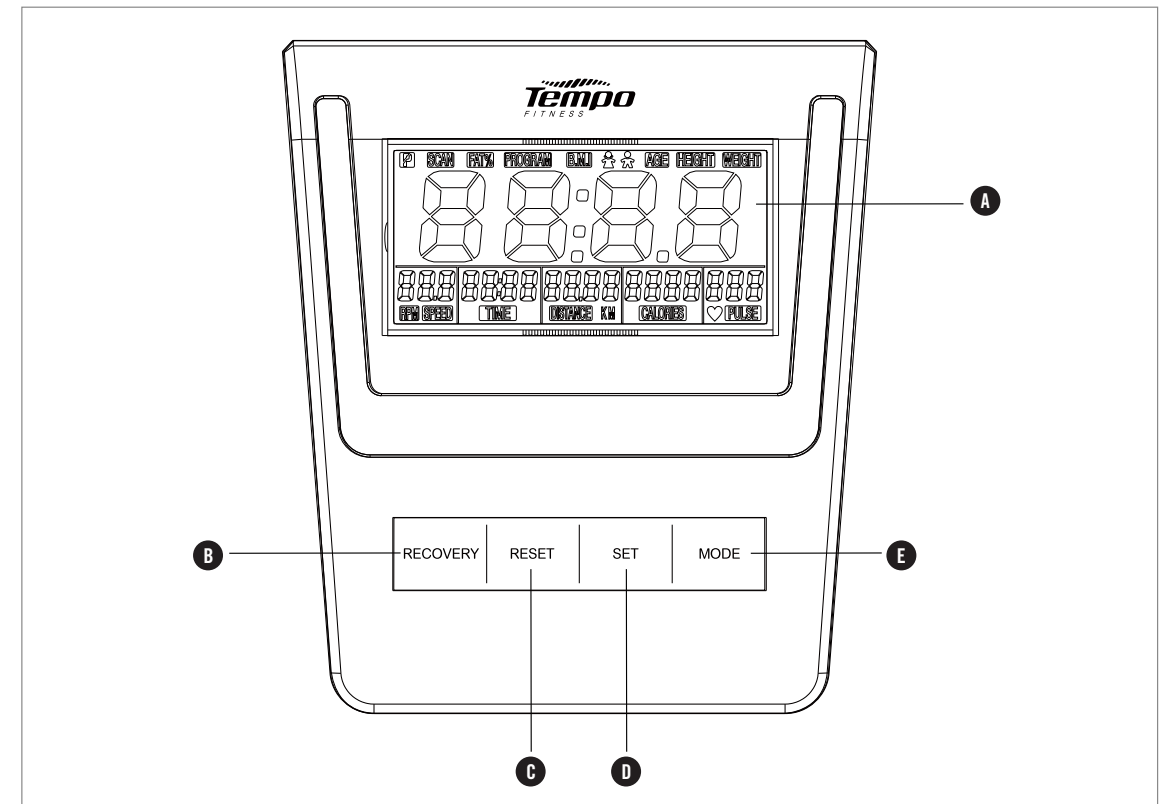
ADJUSTING THE HANDLEBAR

To adjust the handlebar by rotating the knob and loosen the screw. Then, pull out the knob and adjust the handlebar to a position you prefer. Lock the screw by rotating knob clockwise until it tightens.

LEVELING THE BIKE

Your bike should be leveled for optimum use. Once you have placed your bike where you intend to use it, rotate and adjust your levelers located at the end of the front stabilizer.

B902 CONSOLE DISPLAY



B902 CONSOLE OPERATION

- A) **MONITOR DISPLAY:** Automatically displays preset Date, Temperature and current Time at stand-by mode. At the exercise mode the LCD Monitor will display the following SPEED-RPM- TIME-DISTANCE- CALORIE-PULSE. If the machine is unused the console will enter stand by mode.
- B) **RECOVERY:** If heart rate data is available, you can press RECOVERY key to start the Recovery function.
- C) **RESET:** Press RESET key to default value while setting or hold the RESET key for 3 seconds to reset all system value at anytime during workout.
- D) **SET:** To set the values of Hour- Minute- Year- Month-Date after install 2 x AAA 1.5V batteries and press MODE key to confirm the setting.
- E) **MODE:** Pressing the MODE key will start setting values of TIME, DISTANCE, and CALORIES, press SET key to change target values. During the exercise mode, press the MODE key to change display between SPEED-RPM- TIME-DISTANCE-CALORIE-PULSE and SCAN function.

QUICK START

- 1) Turn on console by pressing any key.
- 2) Press MODE key to set target values, then start.
- 3) When you exercise without setting any target values, the console display will count up from ZERO.
- 4) The resistance level can be adjusted during your workout by using the resistance Knob.

Note: 1 to 8 resistance levels available.

WORKOUT RECOVERY

After you have exercised (more than 30 seconds), press RECOVERY key, place your hands on the heart rate grips and a fitness recovery value will be calculated (Note: This is guide or formula created from recovery pulse readings). Time will count down from 60 seconds to zero and give you a recovery status reading from F1 to F6, with F1 being the best result.

TARGET HEART RATE

Once PULSE has been selected, and the target heart rate value input using the SET key, you can start to exercise whilst holding onto the heart rate grips. Your pulse rate will be displayed on the LCD screen in beats per minute. Once your heart rate reading set value (THR) is reached, the console will beep until your heart rate is under the set value.

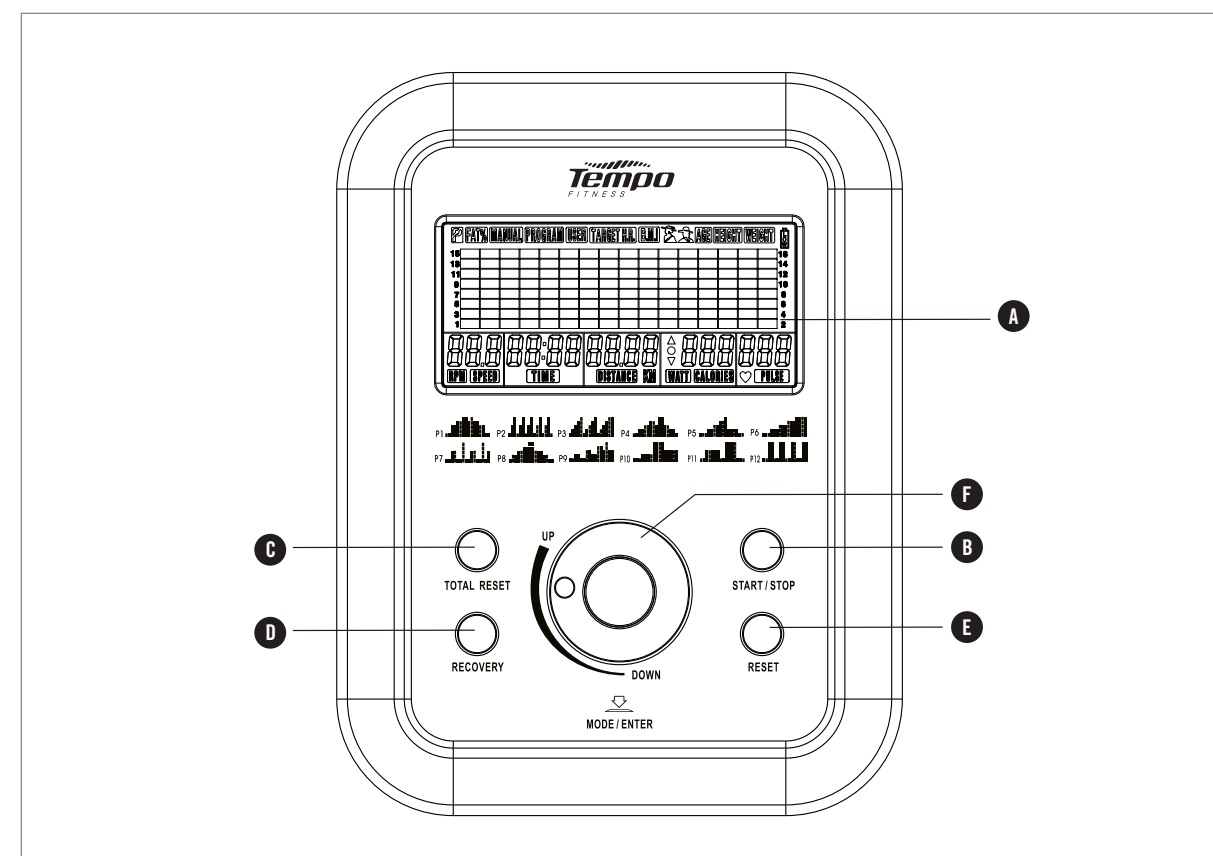
ENERGY SAVER

The console will display Temperature, Time & Date if machine or console becomes inactive for around 260 seconds. Press any key to return to workout display screen.

FOOTPLATE POSITIONING

Adjust footplate position by loosening both pedal knobs and re-position footplate in one of three location points. This position will vary angle of footplate rotation and stride pattern angle.

B903 CONSOLE DISPLAY



B903 CONSOLE OPERATION

- MONITOR DISPLAY:** At the exercise mode the LCD Monitor will display the following SPEED-RPM-TIME-DISTANCE-CALORIE-PULSE.
- START/STOP:** Simply press to begin exercising or starts your workout. Press to pause/end your workout. Hold for 3 seconds to reset the console.
- TOTAL RESET:** Press to reset all current value while setting or exercising.
- Recovery:** If heart rate data is available, you can press RECOVERY key to start the Recovery function. (Refer to workout recovery for more information)
- RESET:** Press RESET key to default value while setting or hold the RESET key for 3 seconds to reset all system value at anytime during workout.
- UP/DOWN key**
 - 1) Rotate to increase and decrease the value when setting, press to confirm value setting.
 - 2) Rotate to browse items/programs when selecting, press to confirm.
 - 3) Rotate to increase and decrease the resistance.

BASIC OPERATION

- 1) Make sure the power is on.
- 2) Scroll the UP/DOWN key to select workout between manual, preset programs, user and T.H.R., press UP/DOWN key to confirm.
- 3) To choose preset programs please select program and use UP/DOWN key to select between 12 workouts.
- 4) After workout selection, you may scroll UP/DOWN key to set the workout targets.
- 5) Press StART key to start the workout.

QUICK START

- 1) Turn on Bike by pressing any key.
- 2) Press Start key to enter manual mode and start.
- 3) Scroll the UP/DOWN key to adjust resistance level during the workout.

TARGET HEAR RATE

- 1) Select T.H.R.program at main menu and press UP/DOWN key to enter setting.
- 2) Select among 55%, 75% and 90% target or choose T.H.R. to set your desired number between 30 to 230.

USER PROGRAM


- 1) Select User program at main menu and use up/down and mode key to set your own workout.
- 2) Press UP/DOWN key confirming setting and press start to begin.

WORKOUT RECOVERY

After exercising for a period of time (more than 30 seconds), Press RECOVERY key, hold onto the handgrips to conduct a workout recovery test. TIME will be counting down from 00:60 to 00:00 and then show your heart rate recovery status from F1, F2... to F6. (F1-F6 stands for your Fitness quotient, as F1 being the best result) User may keep exercising to improve the heart rate recovery status. (Press the RECOVERY button again to return the main display)

ENERGY SAVER

To minimize energy consumption, your machine will enter energy saver mode automatically when not in use and could be quickly waken up with a touch of a button.

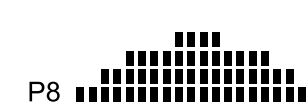
- 1) Pressing STOP key will bring the console to stand-by mode and  will be shown on the console.
- 2) Pressing TOTAL RESET will reset the computer totally and enter energy saving mode by shut-down all display after 5 mins.

B903 PRESET WORKOUT PROFILES

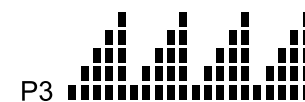
- **P1 WEIGHT LOSS:** Promotes weight loss by raising and lowering the resistance level, while keeping you in your fat burning zone.
- **P7 AFTER BURNER:** Recover your heart and muscles after intensive workout.



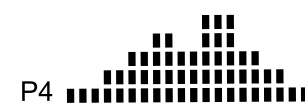
- **P2 INTERVALS:** Improves your strength, speed, and endurance by raising and lowering the resistance levels throughout your workout to involve both your heart and muscles.
- **P8 PLATEAU:** Simulates plateau hiking by increasing and decreasing the resistance gradually.



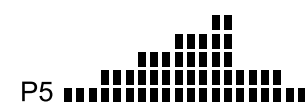
- **P3 FAT BURN:** Challenges with various combinations of hills and valleys (resistance) to burn more fat when exercising.
- **P9 FAT BURN INTERVAL:** Gradually increasing resistance with hills and valleys allows user to reach their daily target.



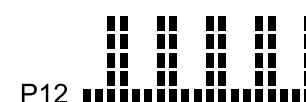
- **P4 MOUNTAIN CLIMB:** Improves performance and stamina by raising the resistance level to high peaks to simulate the most difficult outdoor terrains.
- **P10 HILL:** Improves performance and stamina by raising the resistance level to high peaks to simulate the hill environment.



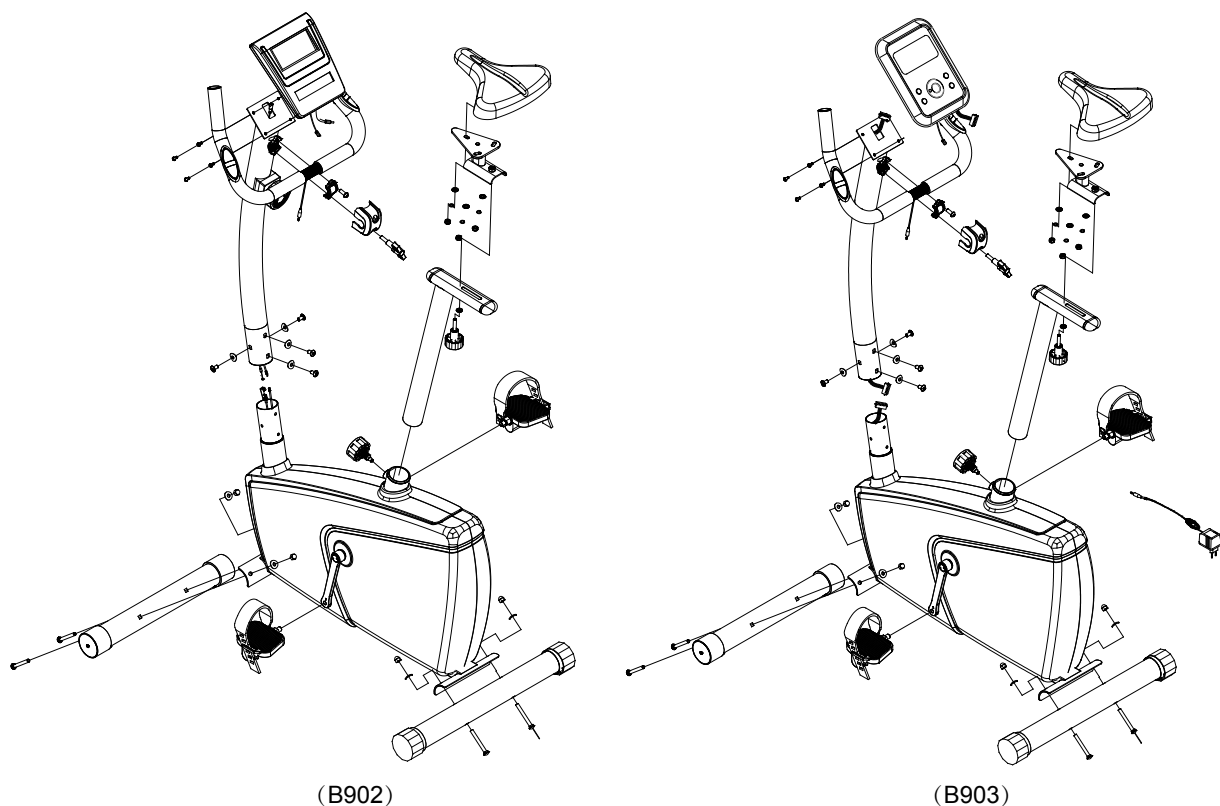
- **P5 ATHLETE TRAINING:** Complete exercise program to help you enhance body performance.
- **P11 JOGGING:** Improve heart and lung capacity by simulates daily jogging.



- **P6 PEAK PERFORMANCE:** Increasing resistance for advanced users to tones your muscles, and challenges yourself.
- **P12 ROLLING:** Improves your strength, speed and endurance by automatically changing the resistance levels through-out your workout.



ASSEMBLY INSTRUCTIONS



MAIN PARTS:

Long Bolt (A) M8x70 4 pcs	Hex Screw (E) M8x15 4 pcs	Flat washer (F) Φ8.5xΦ16xT1.5 1 pc	Handlebar adjusting knob 1 pc
15mm 2 ends wrench 13/17	15mm Wrench	L Hex Wrench with screwdriver M6	Handlebar cover

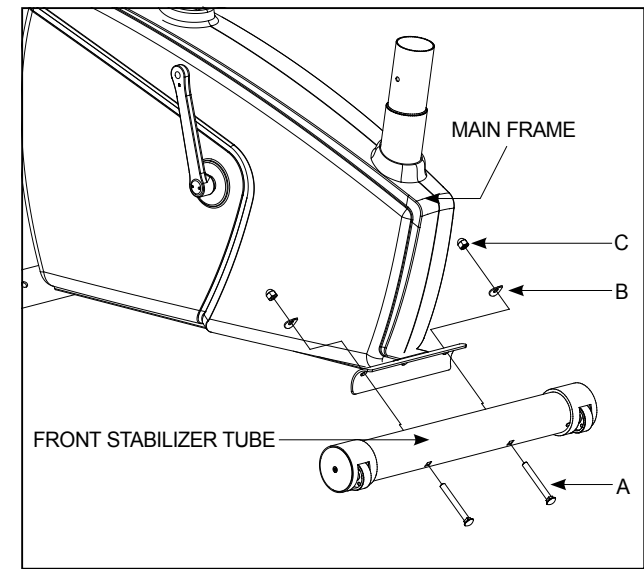
PRE-ASSEMBLED PARTS:

Seat Pad Nut M8 3 pcs	Flat Washer 8.5x16xT1.2 3 pcs	Spring Washer M8 3 pcs	Screw M5x10 4 pcs

STEP 1

HARDWARE CONTENTS:

Long Bolt (A) M8x70 2 pcs	wave Washer (B) Φ8.5xΦ22xT1.5 2 pcs	Nut (C) M8 2 pcs

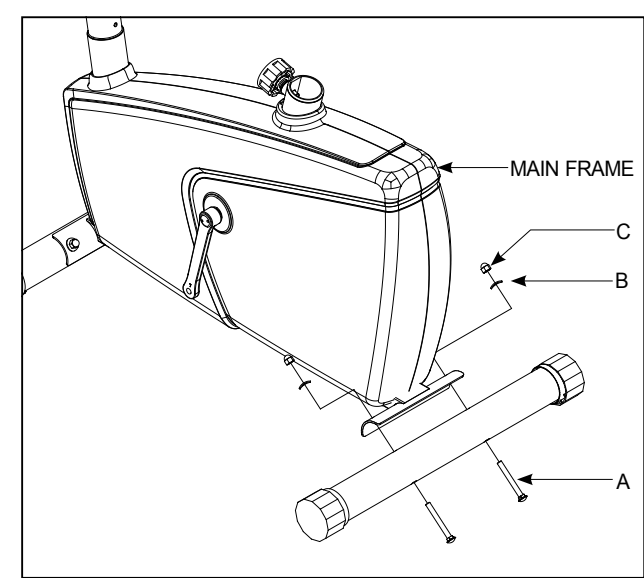


- A. Open hardware for step 1.
- B. Attach the **Front Stabilizer Tube** to the **Main Frame** using 2 **Long Bolts (A)**, 2 **Wave Washers (B)** & 2 **Nuts (C)**.

STEP 2

HARDWARE CONTENTS:

Long Bolt (A) M8x70 2 pcs	wave Washer (B) Φ8.5xΦ22xT1.5 2 pcs	Nut (C) M8 2 pcs

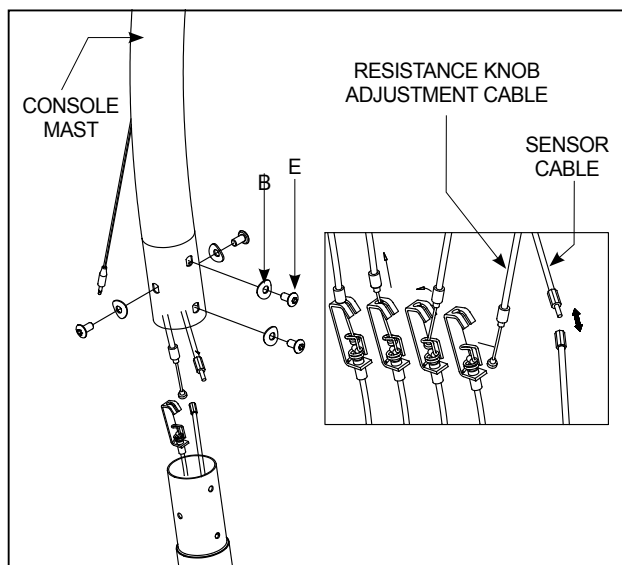


- A. Open hardware for step 2.
- B. Attach the **Rear Stabilizer Tube** to the **Main Frame** using 2 **Long Bolts (D)**, 2 **Wave Washers (B)** & 2 **Nuts (C)**.

STEP 3

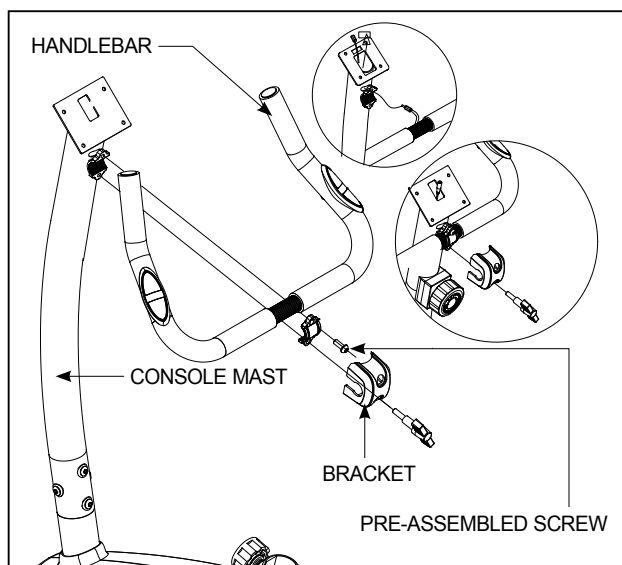
HARDWARE CONTENTS:

- Wave Washer (B)
Φ8.5xΦ22xT1.5 4 pcs
- Hex Screw (E)
M8x15 4 pcs



- Open hardware for step 3.
- Connect **Upper Sensor Cable** to **Lower Sensor Cable**.
- Then connect **Upper Resistance Knob Adjustment Cable** into **Lower Adjustment Cradle**. Position ball end of **Upper Cable** wire into **Lower Cradle**, pull up extend wire and locate into top of **Cradle**.
- Once all cables are connected, position **Console Mast** and assemble using 4 **Hex screws (E)** and 4 **Wave washers (B)**.

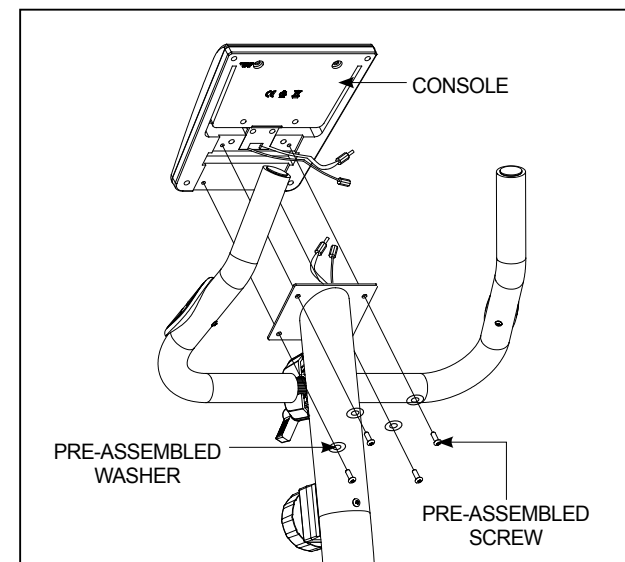
STEP 4



- Remove **Pre-assembled Screw** with bracket and position Handlebar in place. Carefully locate hand pulse grip cable through **Console Mast** opening and pull both cables out of top of **Console Mast**.
- Re-position **Bracket** and assemble in place with **Pre-assembled Screw**.
- Place **Handlebar Cover** on handlebar and secure in place using **Handlebar Adjusting Knob**. To adjust handlebar position loosen **Handlebar Adjusting Knob** rotate handlebar to correct position and re-tighten.

NOTE: All hardware are pre-assembled.

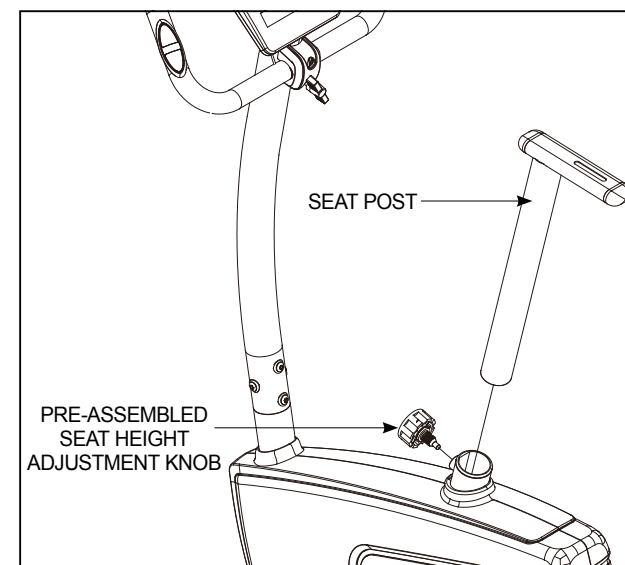
STEP 5



- Remove **Pre-assembled Screws** from **Console**.
- Connect sensor cable & hand pulse grip cable at the rear of **Console**.
- Carefully tuck away all cables into **Console Mast** and fix **Console** in place using **Preassembled Screws & Washers**.

NOTE: All hardware are pre-assembled.

STEP 6



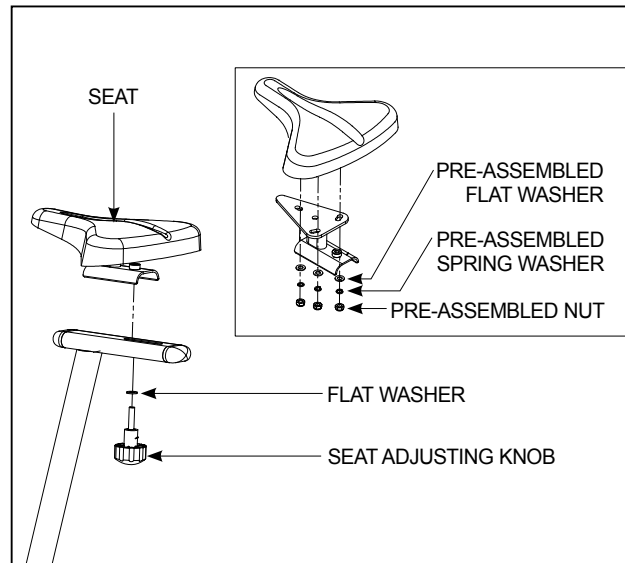
- Attach the **Seat Post** to the **Main Frame**.
- Tighten **Seat Post** with **Pre-assembled Seat Height Adjusting Knob**.

STEP 7

HARDWARE CONTENTS:

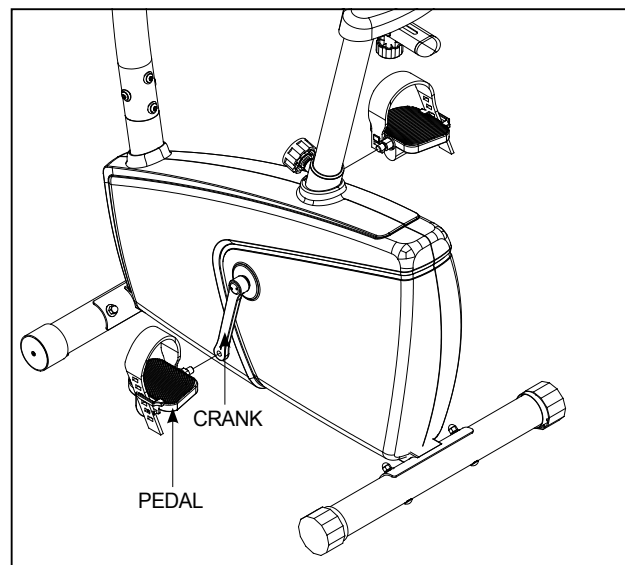


Flat washer (F)
Φ8.5xΦ16xT1.5
1pc

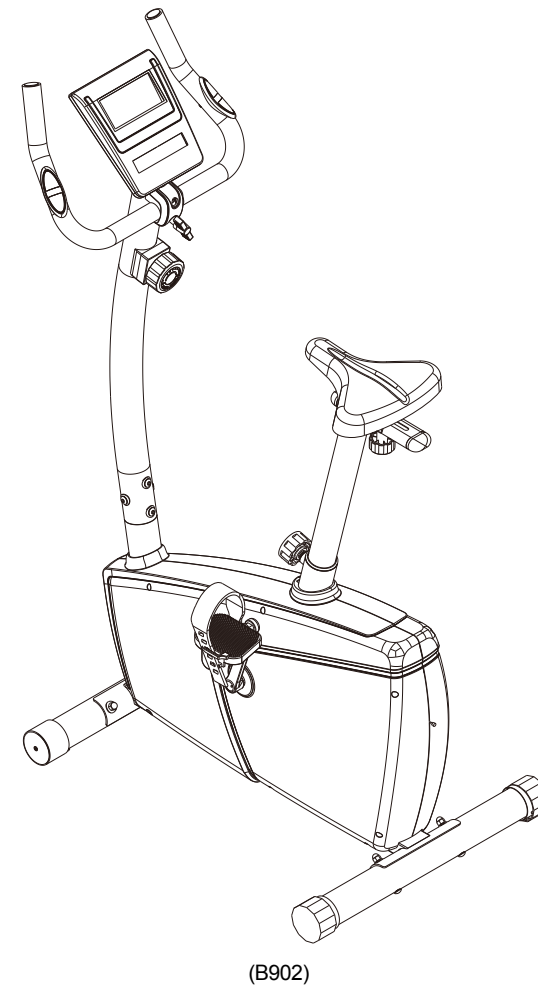


- Open hardware for step 7.
- Remove **Pre-assembled Screws, Spring Washers & Flat Washers** from Seat.
- Attach **Seat** to seat bracket using **Pre-assembled Screws, Spring Washers & Flat Washers**.
- Fix **Seat** to seat stem using **Seat Adjusting Knob** and 1 **Flat Washer**.

STEP 8



- Attach Pedals to **Crank**. **Right Pedal** with **R** decal to right hand **Crank** and **Left Pedal** with **L** decal to left hand **Crank**.



ASSEMBLY COMPLETE!

B902

Max. User Weight: 130 kg / 286 lbs

Product Weight: 30 kg / 66 lbs

Overall Dimension: 104 x 55 x 133 cm / 41" x 35" x 52"

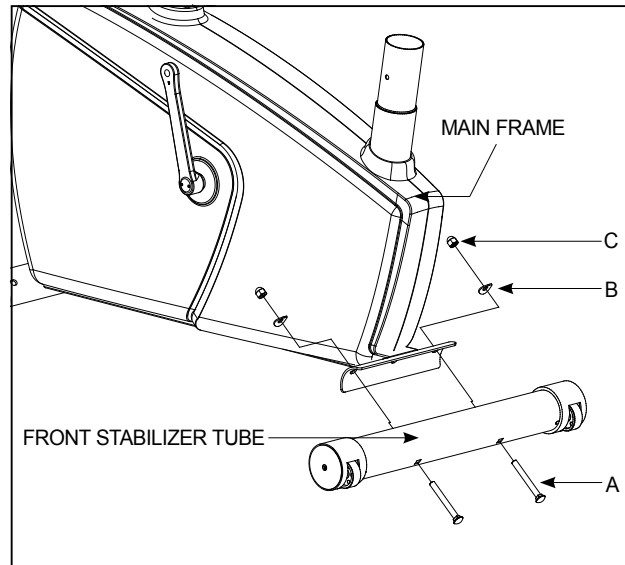
STEP 1

HARDWARE CONTENTS:

Long Bolt (A)
M8x70 2 pcs

Wave Washer (B)
Φ8.5xΦ22xT1.5 2 pcs

Nut (C)
M8 2 pcs



- Open hardware for step 1.
- Attach the **Front Stabilizer Tube** to the **Main Frame** using 2 **Long Bolts (A)**, 2 **Wave Washers (B)** & 2 **Nuts (C)**.

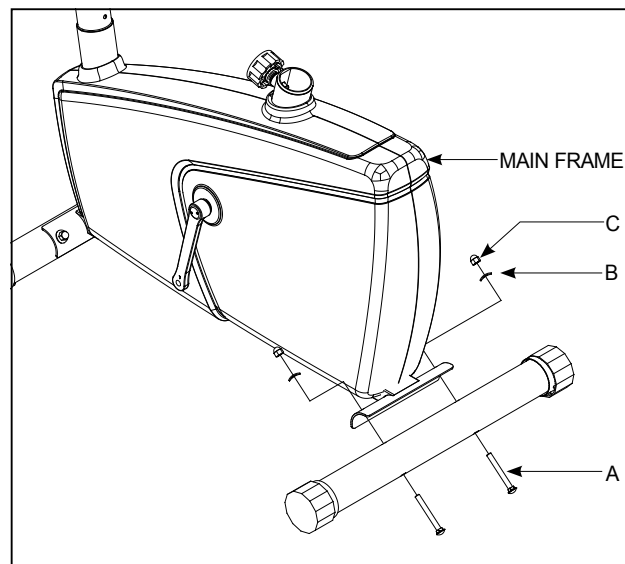
STEP 2

HARDWARE CONTENTS:

Long Bolt (A)
M8x70 2 pcs

Wave Washer (B)
Φ8.5xΦ22xT1.5 2 pcs

Nut (C)
M8 2 pcs



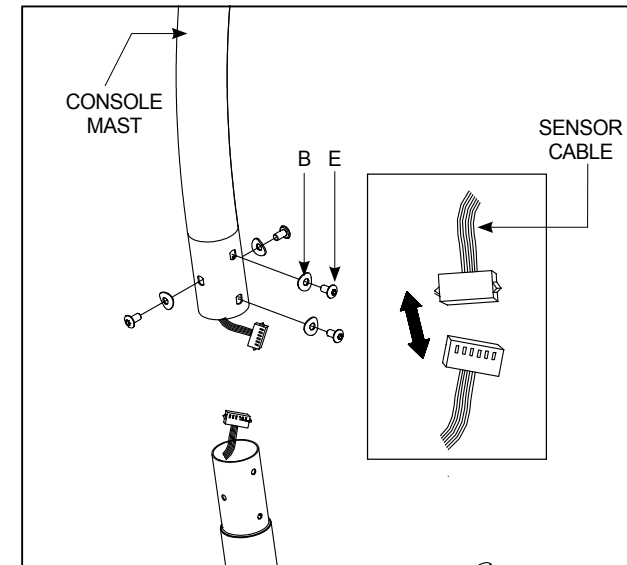
- Open hardware for step 2.
- Attach the **Rear Stabilizer Tube** to the **Main Frame** using 2 **Long Bolts (D)**, 2 **Wave Washers (B)** & 2 **Nuts (C)**.

STEP 3

HARDWARE CONTENTS:

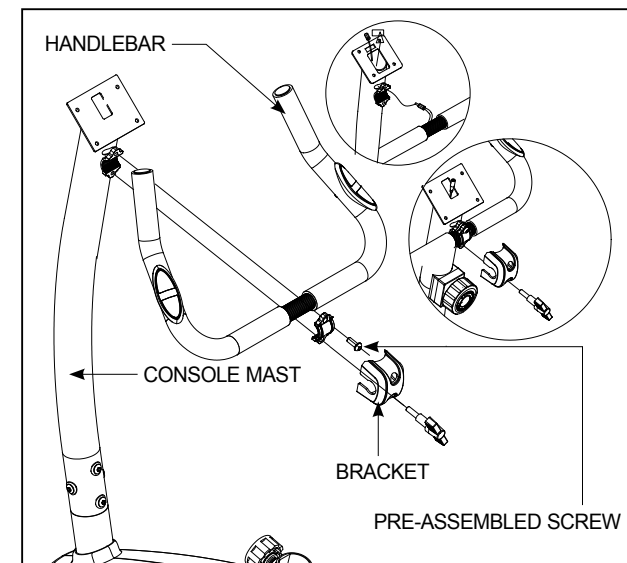
Wave Washer (B)
Φ8.5xΦ22xT1.5 4 pcs

Hex Screw (E)
M8x15 4 pcs



- Open hardware for step 3.
- Carefully connect lower and upper **Console Cable**.
- Once all cables are connected, position **Console Mast** and assemble using 4 **Hex Screws (D)** & 4 **Wave Washers (C)**.

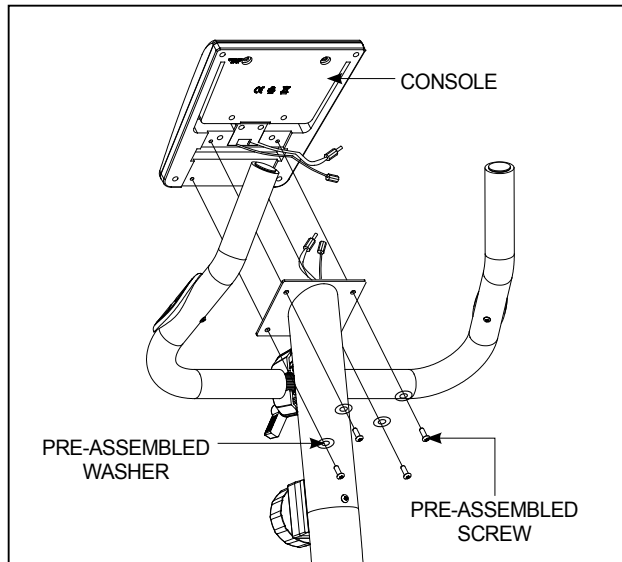
STEP 4



- Remove **Pre-assembled Screw** with bracket and position **Handlebar** in place. Carefully locate hand pulse grip cable through **Console Mast** opening and pull both cables out of top of **Console Mast**.
- Re-position **Bracket** and assemble in place with **Pre-assembled Screw**.
- Place **Handlebar Cover** on handlebar and secure in place using **Handlebar Adjusting Knob**. To adjust handlebar position loosen **Handlebar Adjusting Knob** rotate handlebar to correct position and re-tighten.

NOTE: All hardware are pre-assembled.

STEP 5

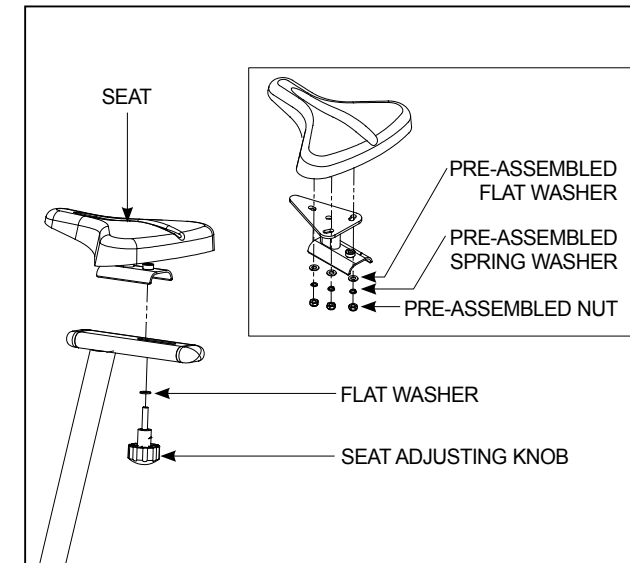
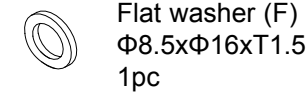


- Remove **Pre-assembled Screws** from **Console**.
- Connect sensor cable & hand pulse grip cable at the rear of **Console**.
- Carefully tuck away all cables into **Console Mast** and fix **Console** in place using **Preassembled Screws & Washers**.

NOTE: All hardware are pre-assembled.

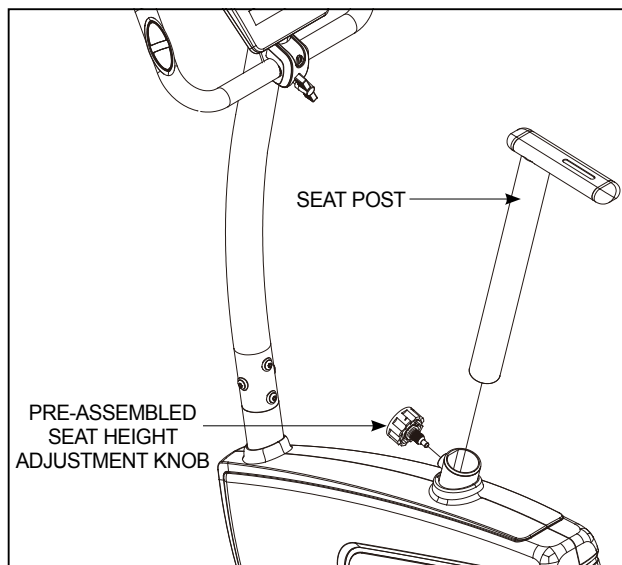
STEP 7

HARDWARE CONTENTS:



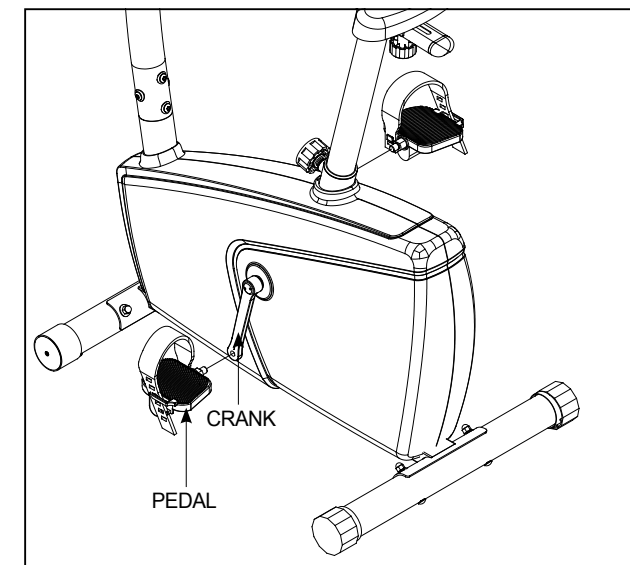
- Open hardware for step 7.
- Remove **Pre-assembled Screws, Spring Washers & Flat Washers** from **Seat**.
- Attach **Seat** to seat bracket using **Pre-assembled Screws, Spring Washers & Flat Washers**.
- Fix **Seat** to seat stem using **Seat Adjusting Knob** and 1 **Flat Washer**.

STEP 6

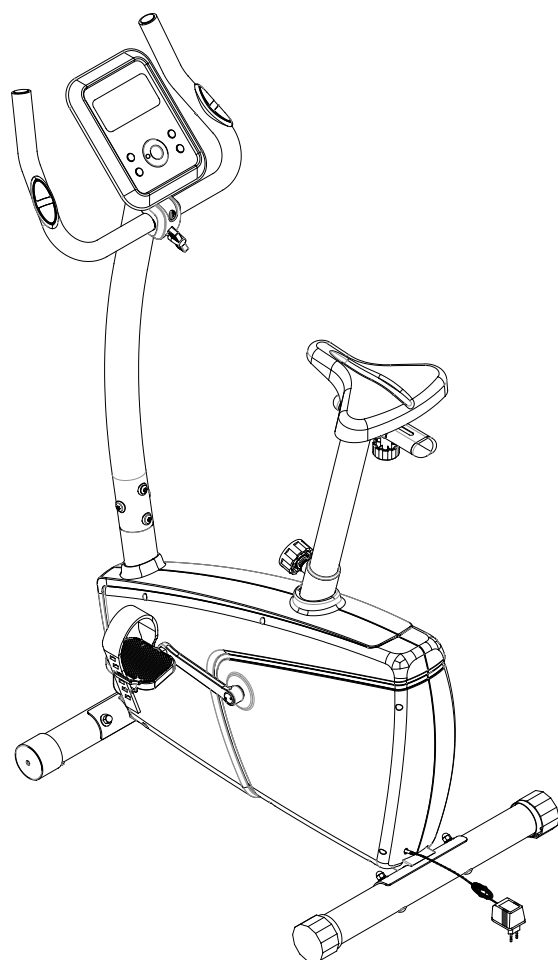


- Attach the **Seat Post** to the **Main Frame**.
- Tighten **Seat Post** with **Pre-assembled Seat Height Adjusting Knob**.

STEP 8



- Attach Pedals to **Crank**. **Right Pedal** with **R** decal to right hand **Crank** and **Left Pedal** with **L** decal to left hand **Crank**.



(B903)

ASSEMBLY COMPLETE!

B903

Max. User Weight: 130 kg / 286 lbs

Product Weight: 30 kg / 66 lbs

Overall Dimension: 104 x 55 x 133 cm / 41" x 35" x 52"

CONDITIONING GUIDELINES

ALWAYS CONSULT YOUR PHYSICIAN BEFORE BEGINNING AN EXERCISE PROGRAM.

HOW OFTEN? (Frequency of Workouts)

The American Heart Association recommends that you exercise at least 3 to 4 days per week to maintain cardiovascular fitness. If you have other goals such as weight or fat loss, you will achieve your goal faster with more frequent exercise. Whether it's 3 days or 6 days, remember that your ultimate goal should be to make exercise a lifetime habit. Many people are successful staying with a fitness program if they set aside a specific time of day to exercise. It doesn't matter whether it's in the morning before breakfast, during lunch hour or while watching the evening news. What's more important is that it's a time that allows you to keep a schedule, and a time when you won't be interrupted. To be successful with your fitness program, you have to make it a priority in your life. So decide on a time, pull out your day planner and pencil in your exercise times for the next month!

HOW LONG? (Duration of Workouts)

For aerobic exercise benefits, it's recommended that you exercise from between 24 and 60 minutes per session. But start slowly and gradually increase your exercise times. If you've been sedentary during the past year, it may be a good idea to keep your exercise times to as little as five minutes initially. Your body will need time to adjust to the new activity. If your goal is weight loss, a longer exercise session at lower intensities has been found to be most effective. A workout time of 48 minutes or more is recommended for best weight loss results.

HOW HARD? (Intensity of Workouts)

How hard you workout is also determined by your goals. If you use your machine to prepare for a 5K workout, you will probably work out at a higher intensity than if your goal is general fitness. Regardless of your long term goals, always begin an exercise program at low intensity. Aerobic exercise does not have to be painful to be beneficial! There are two ways to measure your exercise intensity. The first is by monitoring your heart rate (using the grip pulse handlebars), and the second is by evaluating your perceived exertion level (this is simpler than it sounds!).

PERCEIVED EXERTION LEVEL

A simple way to gauge your exercise intensity is to evaluate your perceived exertion level. While exercising, if you are too winded to maintain a conversation without gasping, you are working out too hard. A good rule of thumb is to work to the point of exhilaration, not exhaustion. If you cannot catch your breath, it's time to slow down. Always be aware of these warning signs of overexertion.

HEART RATE

HANDLEBARS

Place the palm of your hands directly on the grip pulse handlebars. Both hands must grip the bars for your heart rate to register. It takes 5 consecutive heart beats (15-20 seconds) for your heart rate to register. When gripping the pulse handlebars, do not grip tightly. You may experience an erratic readout if consistently holding the grip pulse handlebars. Make sure to clean the pulse sensors to ensure proper contact can be maintained.

WARNING: Do not press excessively hard on the sensor as this may cause damage.

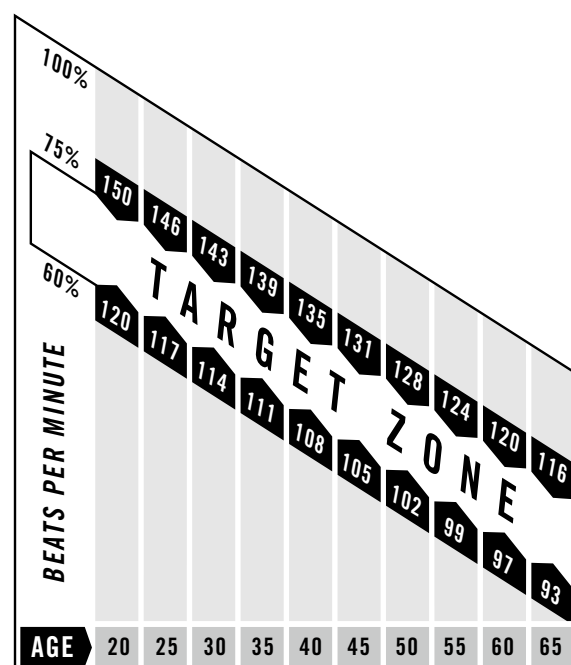


The heart rate reading is intended only as an exercise aid and not for medical purpose. Your heart rate monitoring systems may be inaccurate. Various factors may affect the accuracy of your heart rate reading. Over exercise may result in serious injury or death. If you feel faint stop exercise immediately.

TARGET HEART RATE ZONE CHART

What is Target Heart Rate Zone?

Target Heart Rate Zone tells you the number of times per minute your heart needs to beat to achieve a desired workout effect. It is represented as a percentage of the maximum number of times your heart can beat per minute. Target Zone will vary for each individual, depending on age, current level of conditioning, and personal fitness goals. The American Heart Association recommends working-out at a Target Heart Rate Zone of between 60% and 75% of your maximum heart rate. A beginner will want to workout in the 60% range while a more experienced exerciser will want to workout in the 70-75% range. See chart for reference.



EXAMPLE:

For a 42-year-old user: Find age along the bottom of the chart (round to 40), follow age column up to the target zone bar. Results: 60% of maximum Hear Rate = 108 Beats Per Minute, 75% of maximum Heart Rate = 135 Beat Per Minute.

ALWAYS CONSULT YOUR PHYSICIAN BEFORE BEGINNING AN EXERCISE PROGRAM.

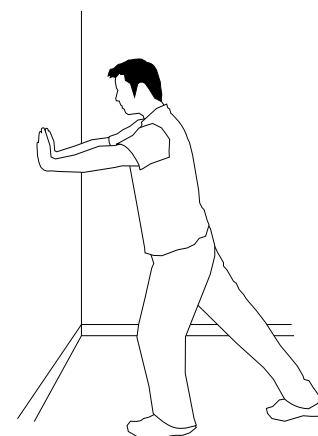
TIPS



STRETCHING

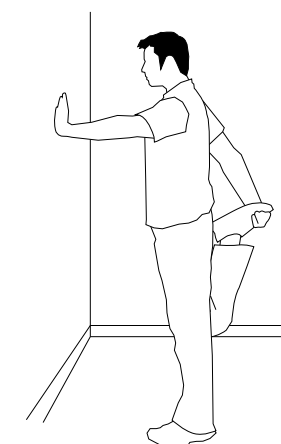
STRETCH FIRST

Before using your product, it is best to take a few minutes to do a few gentle stretching exercises. Stretching prior to exercise will improve flexibility and reduce chances of exercise related injury. Ease into each of these stretches with a slow gentle motion. Do not stretch to the point of pain. Make sure not to bounce while doing these stretches.



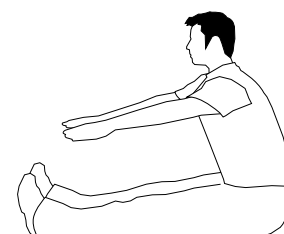
1. STANDING CALF MUSCLE STRETCH

Stand near a wall with the toes of your left foot about 18" from the wall, and the right foot about 12" behind the other foot. Lean forward, pushing against the wall with your palms. Keep your heels flat and hold this position for a count of 15 seconds. Make sure that you do not bounce while stretching. Repeat on the other side.



2. STANDING QUADRICEP STRETCH

Using a wall to provide balance, grasp your left ankle with your left hand and hold your foot against the back of your thigh for 15 seconds. Repeat with your right ankle and hand.



3. SITTING HAMSTRING & LOWER BACK MUSCLE STRETCH

Sit on the floor with your legs together and straight out in front of you. Do not lock your knees. Extend your fingers towards your toes and hold for a count of 15 seconds. Make sure that you do not bounce while stretching. Sit upright again. Repeat one time.



THE IMPORTANCE OF A WARM-UP & COOL DOWN

WARM UP

The first 2 to 5 minutes of a workout should be devoted to warming up. The warm-up will limber your muscles and prepare them for more strenuous exercise. Make sure that you warm-up on your product at a slow pace. The warm up should gradually bring your heart rate into your Target Heart Rate Zone.

COOL DOWN

Never stop exercising suddenly! A cool-down period of 3-5 minutes allows your heart to readjust to the decreased demand. Make sure that your cool down period consists of a very slow pace to allow your heart rate to lower. After the cool-down, repeat the stretching exercises listed previously to loosen and relax your muscles.



ACHIEVING YOUR FITNESS GOALS

An important step in developing a long term fitness program is to determine your goals. Is your primary goal for exercising to lose weight? Improve muscle? Reduce stress? Prepare for the spring racing schedule? Knowing what your goals are will help you develop a more successful exercise program. Below are some common exercise goals:

- Weight Loss - lower intensity, longer duration workouts
- Improve Body Shape and Tone - interval workouts, alternate between high and low intensities
- Increased Energy Level - more frequent daily workouts
- Improved Sports Performance - high intensity workouts
- Improved Cardiovascular Endurance - moderate intensity, longer duration workouts

If possible try to define your personal goals in precise, measurable terms, and then put your goals in writing. The more specific you can be, the easier it will be to track your progress. If your goals are long term, divide them up into monthly and weekly segments. Longer term goals can lose some of the immediate motivation benefits. Short term goals are easier to achieve. Your console provides you with several readouts that can be used to record your progress. You can track Distance, Calories or Time.

KEEPING AN EXERCISE DIARY

To make your personal exercise log book, photocopy the weekly and monthly log sheets, which are located on the following pages.

As your fitness improves, you can look back and see how far you've come!

WEEKLY LOG SHEETS

WEEK #		WEEKLY GOAL			
DAY	DATE	DISTANCE	CALORIES	TIME	COMMENTS
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
WEEKLY TOTALS :					

WEEK #		WEEKLY GOAL			
DAY	DATE	DISTANCE	CALORIES	TIME	COMMENTS
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
WEEKLY TOTALS :					

WEEK #		WEEKLY GOAL			
DAY	DATE	DISTANCE	CALORIES	TIME	COMMENTS
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
WEEKLY TOTALS :					

MONTHLY LOG SHEETS

MONTHLY _____	MONTHLY GOAL _____		
WEEK #	DISTANCE	CALORIES	TIME
MONTHLY TOTALS:			

MONTHLY _____	MONTHLY GOAL _____		
WEEK #	DISTANCE	CALORIES	TIME
MONTHLY TOTALS:			

MONTHLY _____	MONTHLY GOAL _____		
WEEK #	DISTANCE	CALORIES	TIME
MONTHLY TOTALS:			

TROUBLESHOOTING

Tempo Fitness upright bike is designed to be reliable and maintenance-free. However, if you do experience problems with your bike, please refer to the troubleshooting guide listed below.

PROBLEM: The console does not light up.

SOLUTION: Verify the following:

- Check the batteries.
- Is the outlet of the machine functional? Double check that the breaker has not tripped.
- The correct adapter is being used. Only use the adapter provided or authorized by Treo Fitness.
- The adapter is not pinched or damaged and is properly plugged into the outlet AND the machine.
- The power switch is turned to the ON position (may not apply to all models).
- Turn off the machine and unplug power cord. Remove the console and check that all connections to the console are secure and not damaged or pinched

PROBLEM: The console lights up but the Time/RPM's do not count.

SOLUTION: Verify the following:

- Turn off machine and unplug power cord. Remove the console and check that all connections to the console are secure and not damaged or pinched.
- If doing the above does not fix the problem, the speed sensor and/or magnet may have become dislodged or damaged.

PROBLEM: The resistance levels seem to be incorrect, seeming too hard or too easy.

SOLUTION: Verify the following:

- The correct adapter is being used. Only use the adapter provided or authorized by Tempo Fitness.
- Reset the console and allow the resistance to reset to the default position. Restart and retry the resistance levels.

PROBLEM: The bike makes a squeaking or chirping noise.

SOLUTION: Verify the following:

- The bike is on a level surface.
- Loosen all bolts attached during the assembly process, grease the threads, and tighten again.

HEART RATE TROUBLESHOOTING

PROBLEM: There is no heart rate reading.

SOLUTION: Remove the console and verify that the heart rate cables are attached properly, making sure that the cables are securely inserted into the console.

Check your exercise environment for sources of interference such as high power lines, large motors, etc.

YOU MAY EXPERIENCE AN ERRATIC READOUT UNDER THE FOLLOWING CONDITIONS:

- Gripping the heart rate handlebars too tight. Try to maintain moderate pressure while holding onto the heart rate handlebars.
- Constant movement and vibration due to constantly holding the heart rate grips while exercising.
- When you are breathing heavily during a workout.
- When your hands are constricted by wearing a ring.
- When your hands are dry or cold. Try moistening your palms or rubbing them together to warm.
- Anyone with heavy arrhythmia.
- Anyone with arteriosclerosis or peripheral circulation disorder.
- Anyone whose skin on the measuring palms is especially thick.

NOTE: Outside interference sources such as computers and fluorescent lights may cause the heart rate reading to be erratic.

If the above troubleshooting section does not remedy the problem, discontinue use.

PLEASE CALL YOUR LOCAL DEALER FOR SUPPORT.

The following information may be asked of you when you call. Please have these items readily available:

- Model Name
- Serial Number
- Date of Purchase (receipt or credit card statement)

In order for your local dealer to service your bike, they may need to ask detailed questions about the symptoms that are occurring. Some troubleshooting questions that may be asked are:

- How long has this problem been occurring?
- Does this problem occur with every use? With every user?
- If you are hearing a noise, does it come from the front, back or inside? What kind of noise is it (thumping, grinding, squeaking, chirping etc.)?
- If you are having a resistance problem what is occurring? Is the resistance always too hard or too easy? Does the resistance respond when pushing the buttons on the console? Does the resistance constantly cycle through the levels during the workout?
- Has the machine been maintained per the maintenance schedule?
- Does the problem occur when using the handlebars? Without using the handlebars?

Answering these and other questions will give the technicians the ability to send proper replacement parts and the service necessary to get you and your Tempo Fitness upright bike running again!

COMMON PRODUCT QUESTIONS

ARE THE SOUNDS MY BIKE MAKES NORMAL?

Our bikes are some of the quietest available because they use belt drives and friction free magnetic resistance. We use the highest grade bearings and belts to minimize noise. However, because the resistance system itself is so quiet, you will occasionally hear other slight mechanical noises. These mechanical noises, which may or may not be intermittent, are normal and are caused by the transfer of significant amounts of energy to a rapidly spinning flywheel. All bearings, belts and other rotating parts will generate some noise which will transmit through the casing and frame. It is also normal for these sounds to change slightly during a workout and over time because of thermal expansion of the parts.

WHY IS THE BIKE I HAD DELIVERED LOUDER THAN THE ONE AT THE STORE?

All fitness products seem quieter in a large store showroom because there is generally more background noise than in your home. Also, there will be less reverberation on a carpeted concrete floor than on a wood overlay floor. Sometimes a heavy rubber mat will help reduce reverberation through the floor. If a fitness product is placed close to a wall, there will be more reflected noise.

HOW LONG WILL THE DRIVE BELT LAST?

The computer modeling we have done indicated virtually thousands of maintenance free hours. Belts are now commonly used in far more demanding applications such as motorcycle drives.

CAN I MOVE THE TRAINER EASILY ONCE IT IS ASSEMBLED?

Your bike has a pair of transport wheels built into the front legs. It is easy to move your bike by rolling it on the front transport wheels. It is important that you place your bike in a comfortable and inviting room. Your bike is designed to use minimal floor space. Many people will place their bikes facing the TV or a picture window. If at all possible, avoid putting your bike in a unfinished basement. To make exercise a desirable daily activity for you, the bike should be in a comfortable setting.

MAINTENANCE

WHAT KIND OF ROUTINE MAINTENANCE IS REQUIRED?

We use sealed bearings throughout our bikes so lubrication is not needed. The most important maintenance step is to simply wipe your perspiration off the trainer after each use.

HOW DO I CLEAN MY BIKE?

Clean with soap and water cleaners only. Never use solvents on plastic parts.

Cleanliness of your bike and its operating environment will keep maintenance problems and service calls to a minimum. For this reason, Tempo Fitness recommends that the following preventive maintenance schedule be followed.

AFTER EACH USE (DAILY)

Turn off the bike by unplugging the power cord from the wall outlet

- *Wipe down the bike with a damp cloth. Never use solvents, as they can cause damage to the bike.*
- *Inspect the power cord. If the power cord is damaged, contact your local dealer.*
- *Make sure the power cord is not underneath the bike or in any other area where it can become pinched or cut.*



To remove power from the bike, the power cord must be disconnected from the wall outlet.

WEEKLY

Clean underneath the bike, following these steps:

- *Turn off the bike.*
- *Move the bike to a remote location.*
- *Wipe or vacuum any dust particles or other objects that may have accumulated underneath the bike.*
- *Return the bike to its previous position.*

EVERY MONTH

- *Inspect all assembly bolts and pedals on the machine for proper tightness.*

