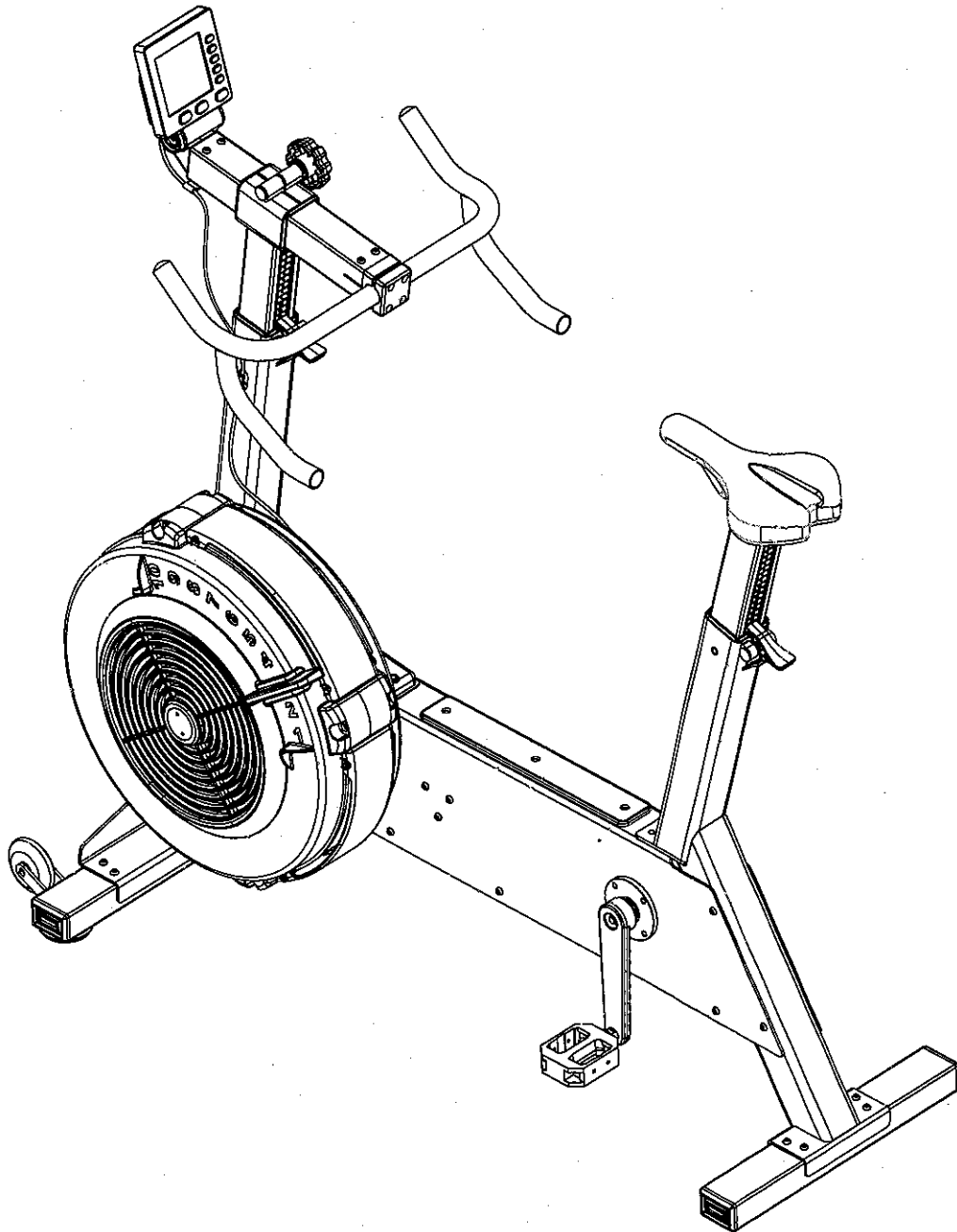




# OWNER'S MANUAL



# **Table of Contents**

<b>Important Safety Information</b>	<b>3-4</b>
<b>Machine Maintenance Guide</b>	<b>5-6</b>
<b>Safety Using Instruction</b>	<b>7-8</b>
<b>Before You Start</b>	<b>9</b>
<b>Accessory List</b>	<b>10</b>
<b>Assembly Instruction</b>	<b>11-18</b>
<b>Part List</b>	<b>19-22</b>
<b>Exploded View</b>	<b>23</b>
<b>Console Instruction</b>	<b>24-26</b>

**(2020 12)**

# **Important Safety Information**

Thank you for purchasing this Erg Cycle !

To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

## **SAFETY PRECAUTIONS AND TIPS**

1. It is the owner's responsibility to ensure that all users of this unit have read the Owner's Manual and are familiar with warnings and safety precautions.
2. This unit has a user maximum capacity of 300 pounds.(136 Kilograms)
3. The bike is NOT equipped with a freewheel system which means that when the flywheel is in motion, the pedals will be in motion. Do not attempt to stop the unit by applying backward pressure to pedals while they are turning as knee injury may occur.
4. Do not attempt to turn the pedal cranks by hand. Do not touch any driving mechanism while it is in motion as possible injury could occur.
5. Keep children, pets and fingers away from pedals. Pedals can cause injury.
6. Do not stand the bike up on end as the bike may tip over .
7. Do not attempt to perform dip movements on handlebars.
8. The unit should only be used on a level surface and is intended for indoor use only. The unit should not be placed in a garage, patio, or near water and should never be used while you are wet. We recommend a mat be placed under the unit to protect floor or carpet and for easier cleaning.
9. Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use the unit with bare feet, sandals, socks or stockings.
10. Always examine your unit before using to ensure all parts are in working order.
11. Allow the unit to fully stop before dismounting.
12. Pets should never be allowed near the unit.
13. Do not leave children unsupervised near or on the unit.
14. Never operate the unit where oxygen is being administered, or where aerosol products are being used.
15. Never insert any object or body parts into any opening.

16. For safety and to prevent damage to your unit, no more than one person should use the unit at a time.
17. Service to your unit should only be performed by an authorized service representative, unless authorized and/or instructed by the manufacturer.
18. Failure to follow these instructions will void the unit warranty.



**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. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.**

# **Machine Maintenance Guide**

## **(1)WORKOUT INTENSITY ADJUSTMENT**

### **User-Controlled Resistance**

- This Erg Cycle offers you two ways of managing the resistance you feel and the resulting intensity of your workout:

The damper setting and your pedaling cadence. An increase in either one will raise the resistance that you feel, and if you increase both, the resistance will go up even more quickly.

- You can cycle as hard or as easily as you wish. This Bike will not force you to work at any set intensity level. As you put more effort into your cycling, you will go faster, produce more watts, and burn more calories. All of these outputs will be measured and displayed by the monitor .

### **Damper Settings on the Flywheel**

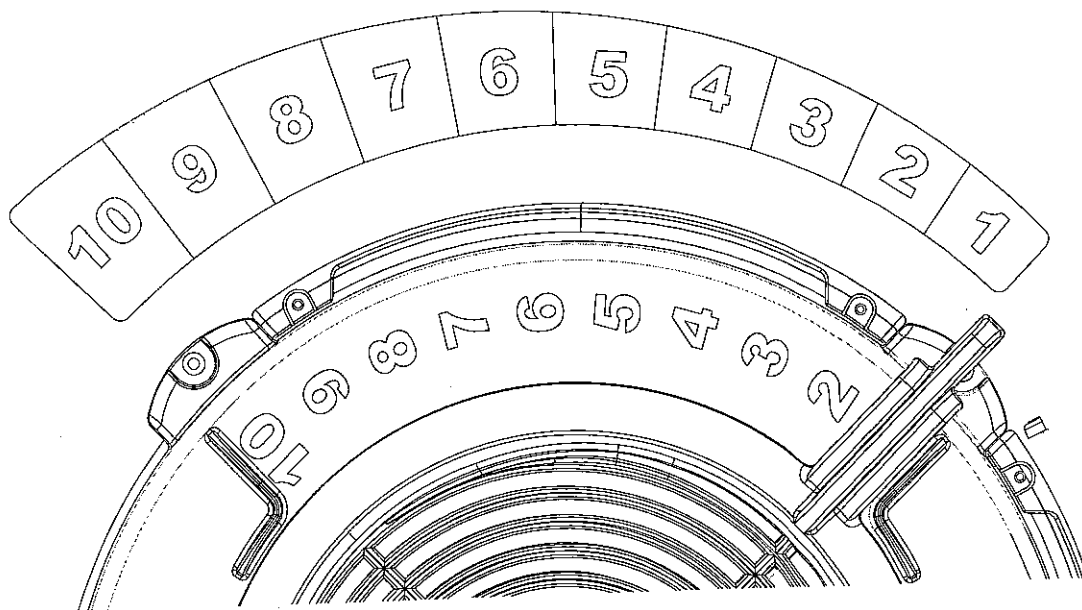
This Bike features a damper with settings from 1 to 10.

Higher numbers feel more like pedaling in a heavier gear. Lower numbers feel like pedaling in a lighter gear.

For general fitness and a good aerobic workout, use a damper setting where you can maintain a cadence in the range of 60 to 80 rpm.

Adjust Up for Heavier

Adjust Down for Lighter



# **Machine Maintenance Guide**

## **(1) Maintenance-RECOMMENDED MAINTENANCE SCHEDULE**

### **A. After first five Hours of Use**

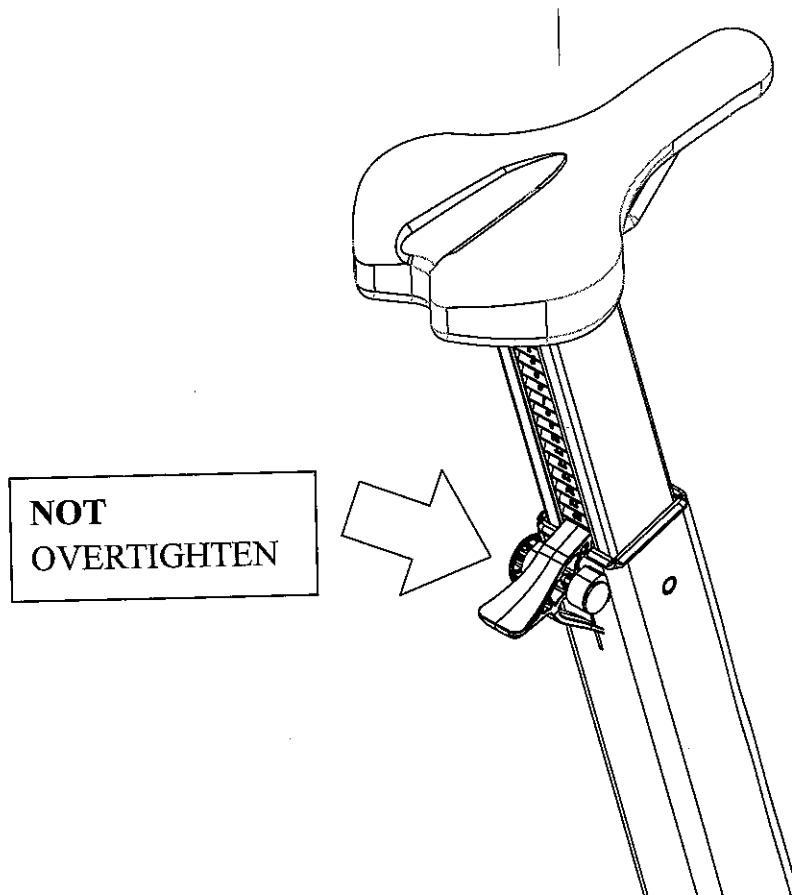
- Check all fasteners for tightness.

#### **Daily**

- Clean saddle, handlebars, step pad and flywheel cover with a cloth and cleaner after use.
- Do not use bleach or coarse abrasives.

### **B. Every 250 Hours of Use**

- Check that the crank arms are tight on the crank axle.
- Check all fasteners for tightness.
- Check for dust inside flywheel with a flashlight. Vacuum if needed.
- Check the fit of the seat post. The seat post should move up and down with only light pressure applied. But not overtighten.



# Safety Using Instruction

Stretching should be included in both your warm up and cool down, and should be performed after 3-5 minutes of low intensity aerobic activity or callisthenic type exercise. Movements should be performed slowly and smoothly, with no bouncing or jerking. Move into the stretch until slight tension, not pain, is felt in the muscle and hold for 20-30 seconds. Breathing should be slow, rhythmical and under control, making sure never to hold your breath.



## Head rolls

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



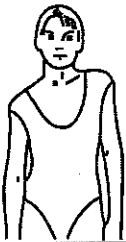
## Toe touches

Slowly bend forward from your waist, letting your back and shoulder relax as you stretch toward your toes. Reach down as far as you can and hold for 15 seconds.



## Shoulder lifts

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



## Quadriceps stretch

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot up.



## Side stretches

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.



## Hamstring stretches

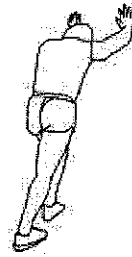
Sit with your right leg straight in front of you. Straighten your leg out while trying to hold on to your outstretched leg with your hand. Starting up with your back straight. Slowly exhale and try to bring your chest to the knee of your outstretched leg. Hold, then repeat on the other side for 15 seconds.





**Inner thigh stretch**

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.



**calf/ Achilles stretch**

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 seconds.



## **Before You Start**

Thank you for purchasing this new **Erg Cycle !!** This quality product you have chosen was designed to meet your needs for cardiovascular exercise. Before you start, please read the Owner's Manual and become familiar with the operation of your new unit.

**Proper installation and regular maintenance are required to ensure user's safety. Maintenance is the sole responsibility of the owner.**

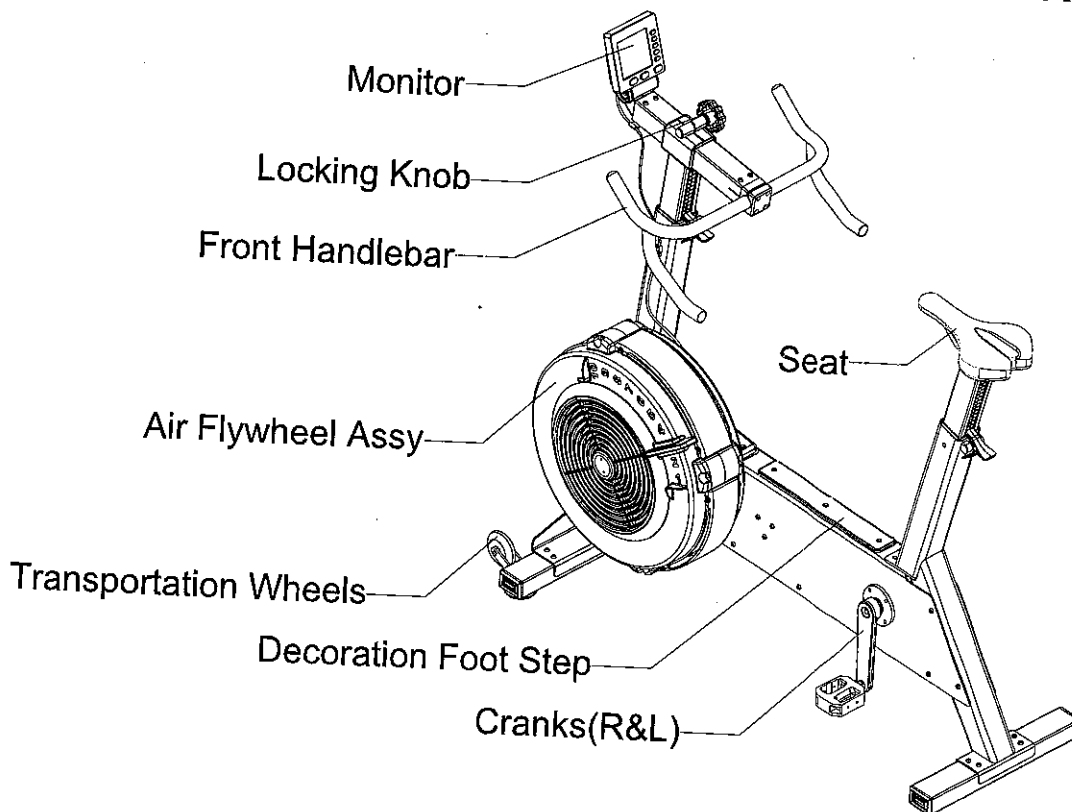
**Remember to take the time to perform the stretching exercises provided to avoid injury.**

If you are taking medication, consult your physician to see if the medication will affect your exercise heart rate.

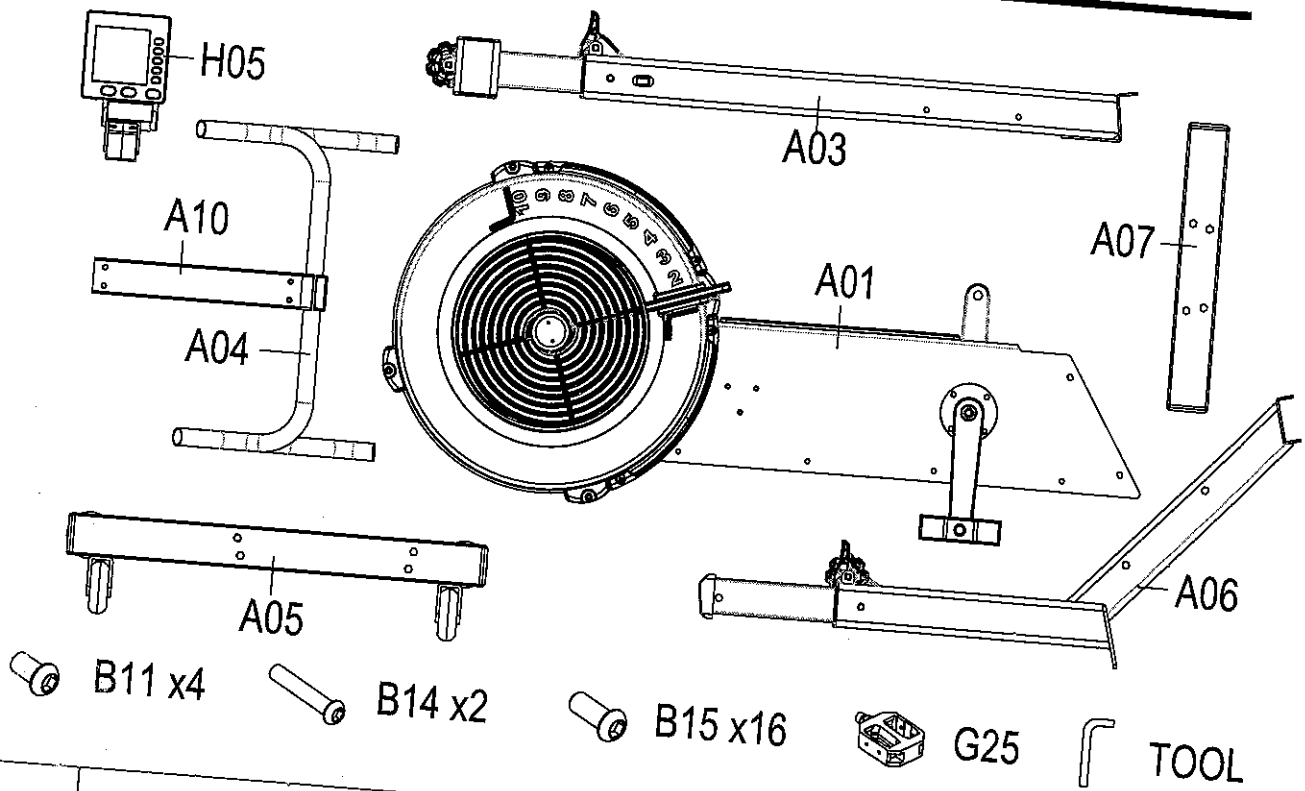
If you have heart problems, you are not active, and/or are over the age of 35 years, do not use the pre-set programs or start an exercise program without first contacting and receiving approval from your physician.

To avoid the risk of electrical shock, always keep the console dry. Do not spill liquids on the console. We recommend a sealed water bottle for beverages consumed while using the unit.

**Please review the following drawing below to familiarize yourself with the listed parts.**



# Accessory List



1	ALUMINUM MAIN FRAME ASSY (#A01)X 1 SET
2	ALUMINUM MAIN UPRIGHT POST ASSY(#A03) x1 SET
3	FRONT STABILIZER ASSY (A05) X1 SET (WITH TRANSPORTATION WHEELS)
4	REAR SUPPORT POST ASSY (ALUMINUM) ASSY (#A06) X1PC
5	REAR STABILIZER ASSY (#A07) X1SET (WITH FOOT CAPS)
6	MONITOR ADJUSTING SLIDER(#A10) WITH FRONT HANDELAR (#A04) ASSY X1SET
7	1/4-20 * 1/2" BUTTON HEAD SOCKET CAP SCREW(STAINLESS) (#B11) X4PCS
8	1/4-20* 3"BUTTON HEAD SOCKET CAP SCREW(STAINLESS) (#B14) X2PCS
9	1/4-20*3/4"BUTTON HEAD SOCKET CAP SCREW(STAINLESS )(LICOTTED )(#B15) X16 PCS
10	LEFT PEDAL (#G25) X1PC
11	MONITOR (#H05)X1PC
12	TOOL (WRENCH) X1 PC

# Assembly Instruction

**REMOVE ALL SECURITY TAPE AND WRAPPING BEFORE BEGINNING**

## FIGURE 1 Stabilizers Assembly

### STEP 1

Assemble the **Front Main Upright Post Assy ( A03 )** to the **Front Stabilizer ( A05 )** per the followings parts as show on the below **figure 1-1** .

Qty 4 – (B15) 1/4-20\*3/4" Button Head Socket Cap Screw(Stainless)(Licotted )

### STEP 2:

Assemble the **Rear Support Post Assy ( A06 )** to the **Rear Stabilizer ( A07 )** per the followings parts as show on the below **figure 1-2** .

Qty 4 – (B15) 1/4-20\*3/4" Button Head Socket Cap Screw(Stainless)(Licotted )

### Note:

(A) Make sure that the **Front Stabilizer ( A05 )** with **Transportation Wheels ( G02 )** and **Rear Stabilizer ( A07 )** with two **Foot Caps(G18)** are all assembled respectively and securely as below on the below **figure 1-1 & 1-2**

FIGURE 1-1

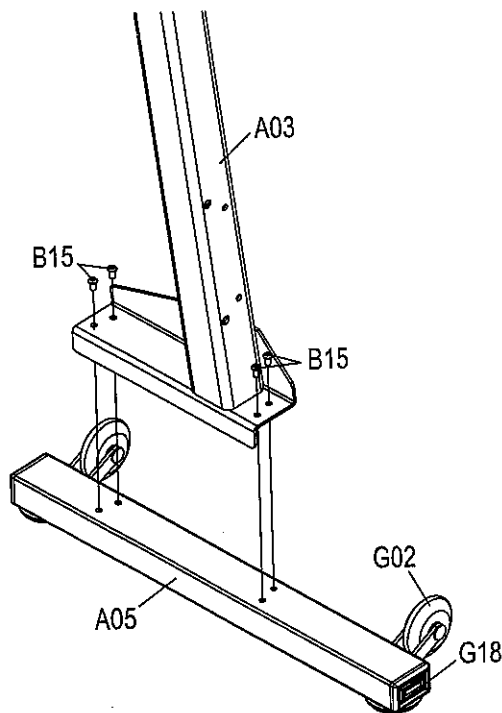
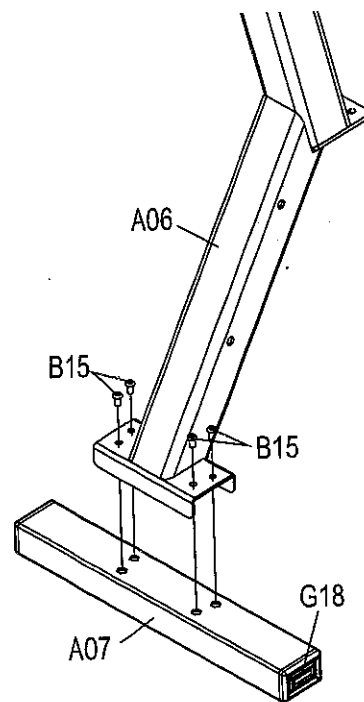


FIGURE 1-2



# Assembly Instruction

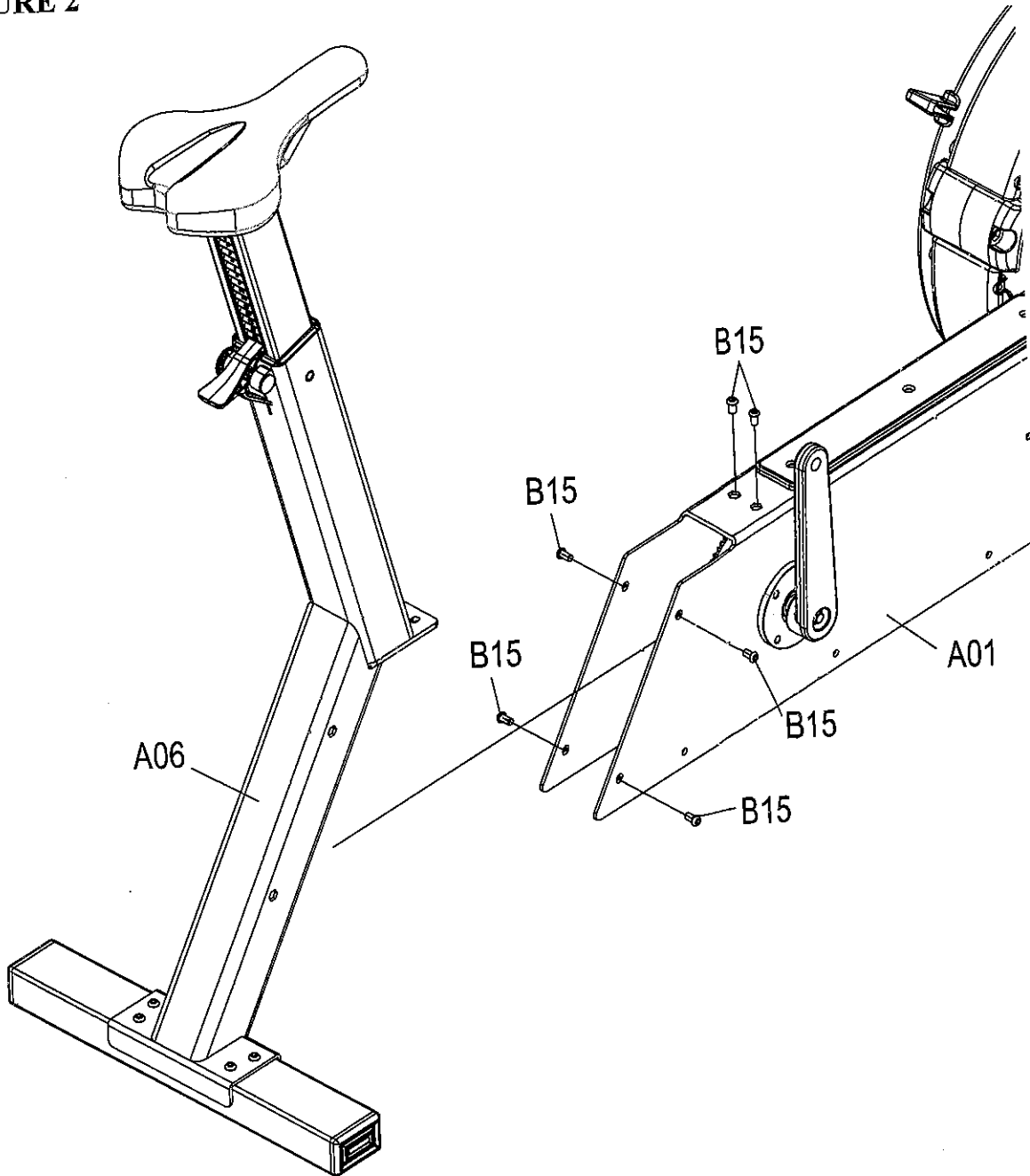
## FIGURE 2 Main Frame & Rear Support Post Assembly

### Step 1

Install the **Rear Support Post Assembly (A06)** onto the **Main Frame Assy (A01)** per the followings parts as show as below drawing .

Qty 6 – (B15) 1/4-20\*3/4" Button Head Socket Cap Screw(Stainless)(Licotted )

FIGURE 2



# **Assembly Instruction**

## **FIGURE 3 Main Frame & Main Upright Post Assembly**

### **.Step 1:**

Lead the **Generator Sensor Wire (H02)** to get through the inside groove of **Generator Top Cover (G16)** till the opening of **Generator Top Cover (G16)** as show as below drawing .

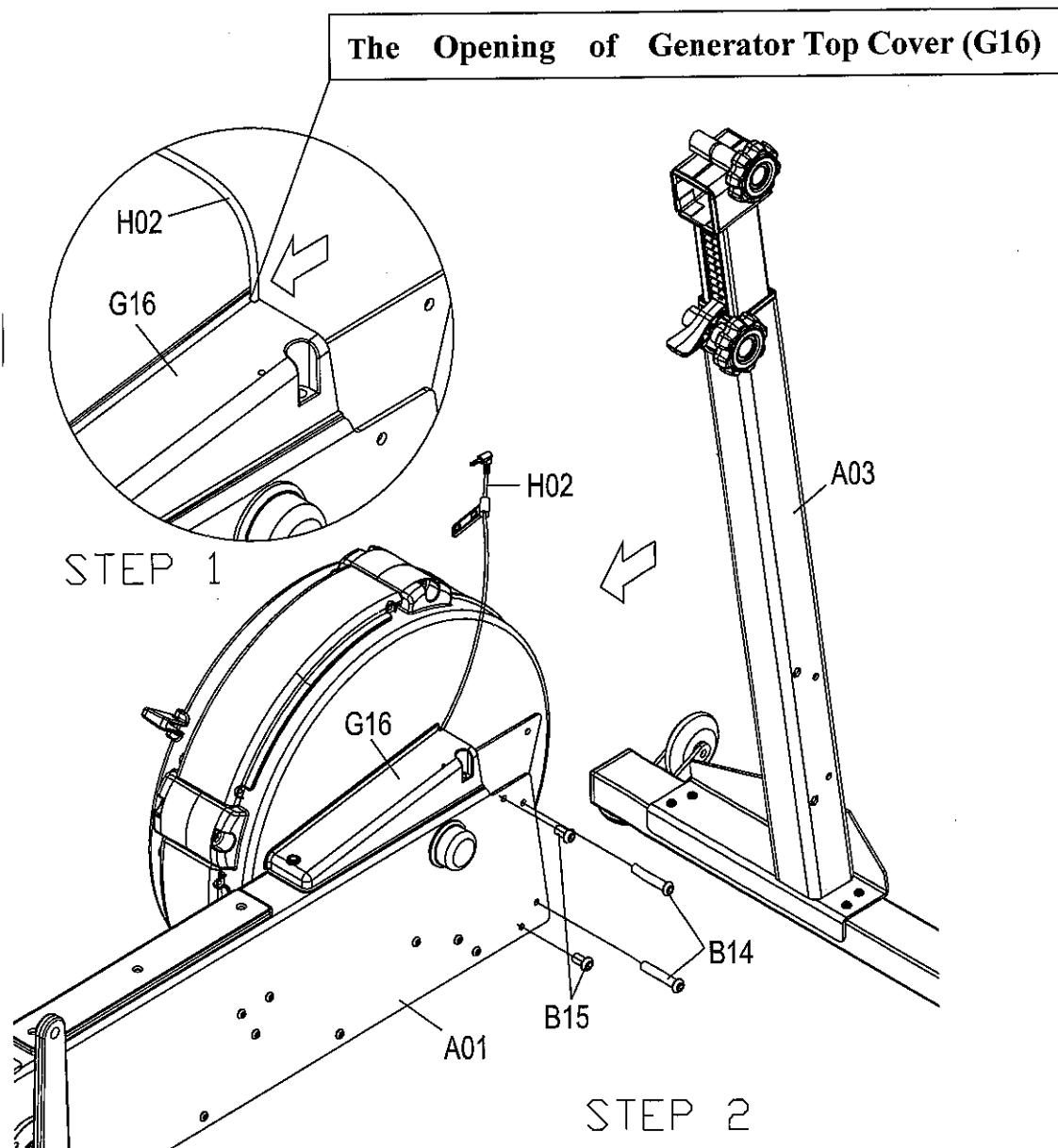
### **Step 2:**

**Secure the Main Upright Post Assy (A03) with the Main Frame Assy (A01)** per the followings parts as show on **figure3** .

Qty 2 – (B14) 1/4-20\* 3"Button Head Socket Cap Screw(Stainless)

Qty 2 – (B15) 1/4-20\*3/4"Button Head Socket Cap Screw(Stainless)(Licotted )

**FIGURE 3**



# **Assembly Instruction**

## **FIGURE 4 Monitor Assembly**

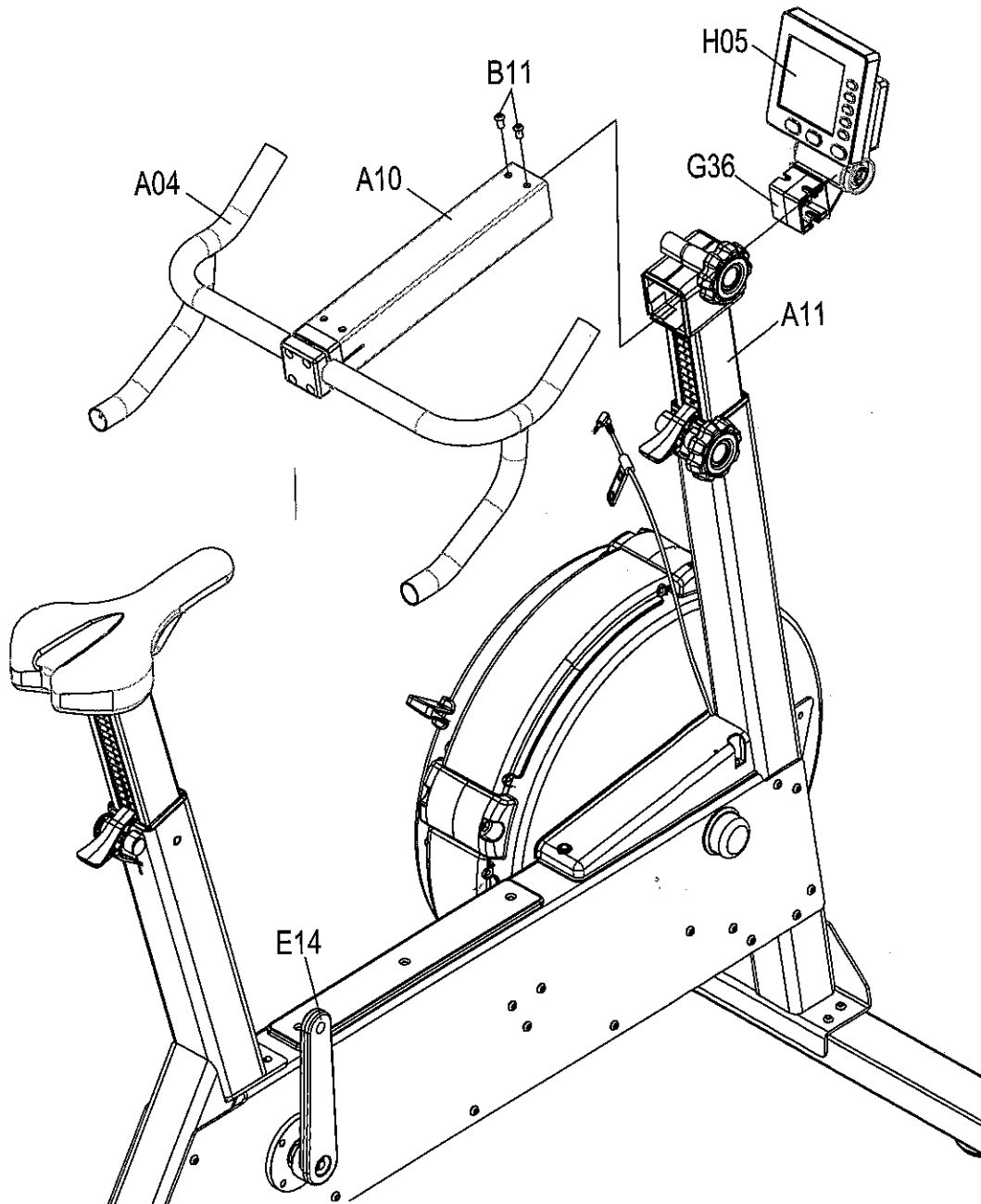
### **Step 1**

Insert **Monitor Adjusting Slider(A10)** with **Front Handlebar (A04) Assy** onto the top opening of **Console Mast (A11)**

### **Step 2**

Fix the **Monitor (H05)** with **Monitor Bracket (G36)** to the **Monitor Adjusting Slider (A10)** per two screws (**B11**) as show as below drawing .

**FIGURE 4**



# **Assembly Instruction**

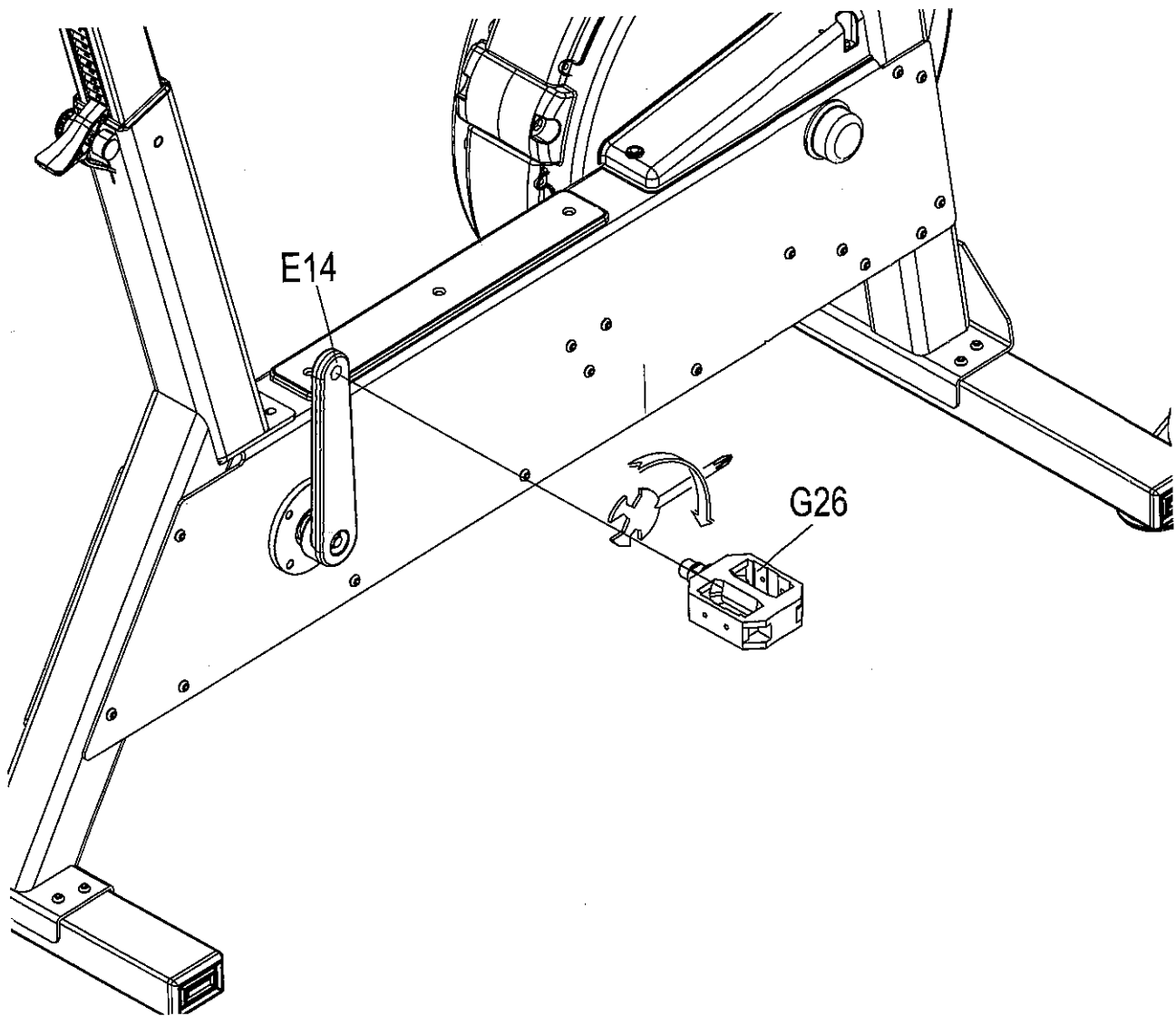
**FIGURE 5** Pedals Assembly

## **Step 1**

Thread the **Right Pedal (G26)** into the hole of **Right Crank (E14)**. Secure in place by turning it **clockwise** to tighten.

**Note:** Right Pedal (G26) is marked with an "R".

*( Important : Make sure that the Left Crank ( E13) with Left Pedal(G25) is assembled to the machine when you remove it from the box )*



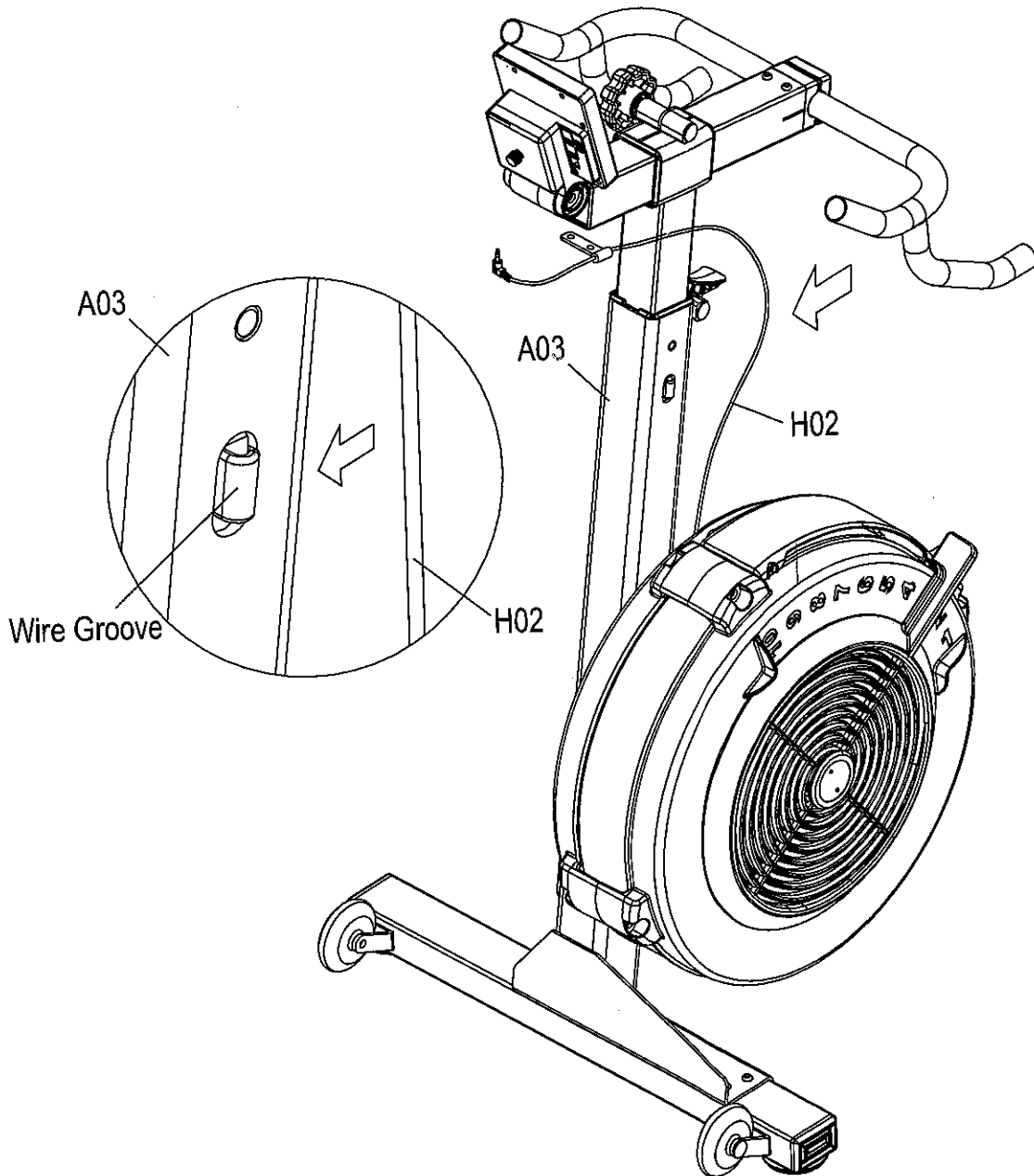
# Assembly Instruction

## FIGURE 6 Generator Sensor Wire Assembly

### Step 1:

Attach the **Generator Sensor Wire (H02)** onto the wire groove sits on the side of the **Main Upright Post (A03)** as show on the below drawing ..

**FIGURE 6**





# **Assembly Instruction**

## **FIGURE 7 Generator Sensor Wire Assembly**

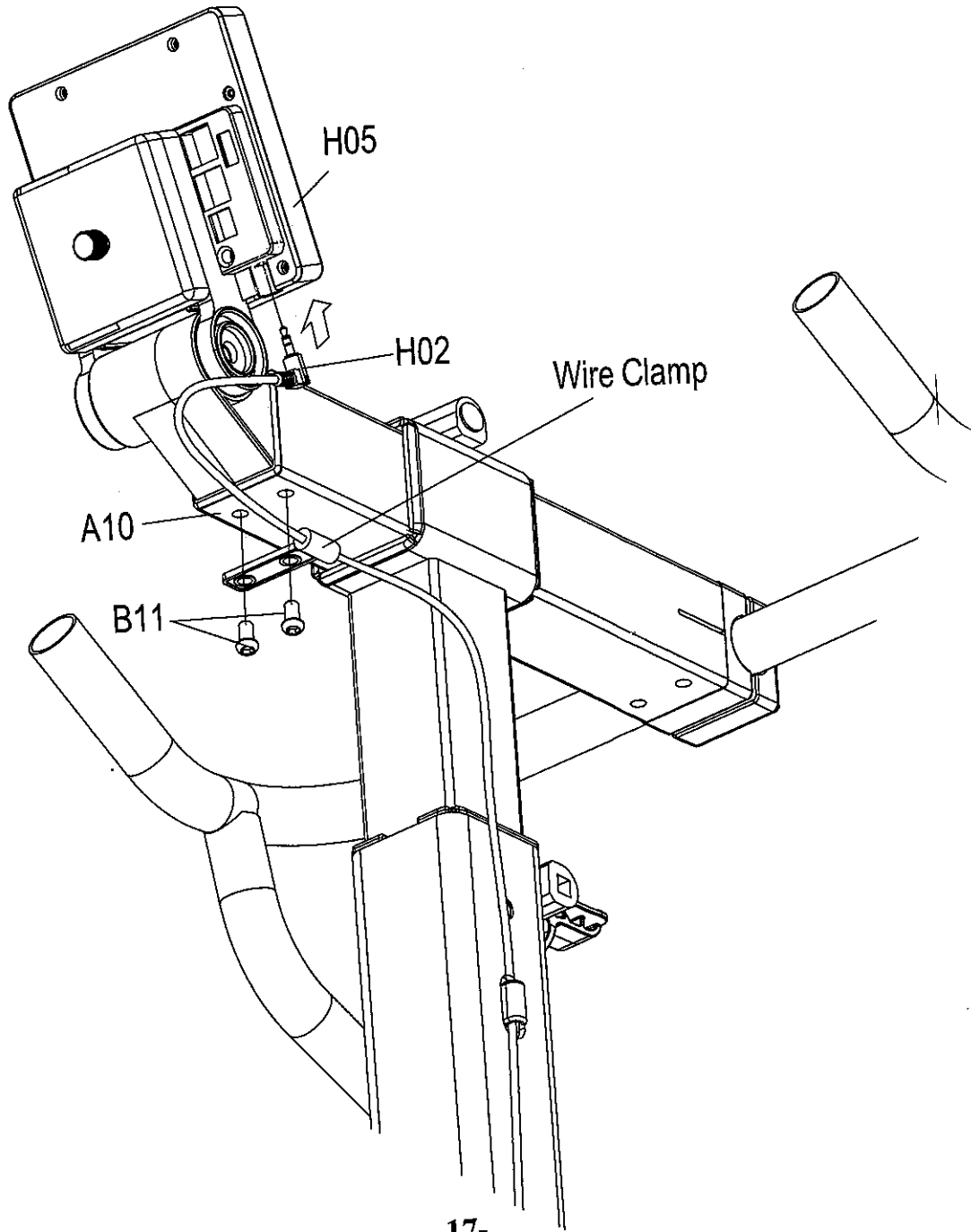
### **Step 1:**

Fasten the **Generator Sensor Wire ( H02)** with **Wire Clamp** to the **Monitor Adjusting Slider(A10)** per two screws ( **B11**) as show as below drawing .

### **Step 2:**

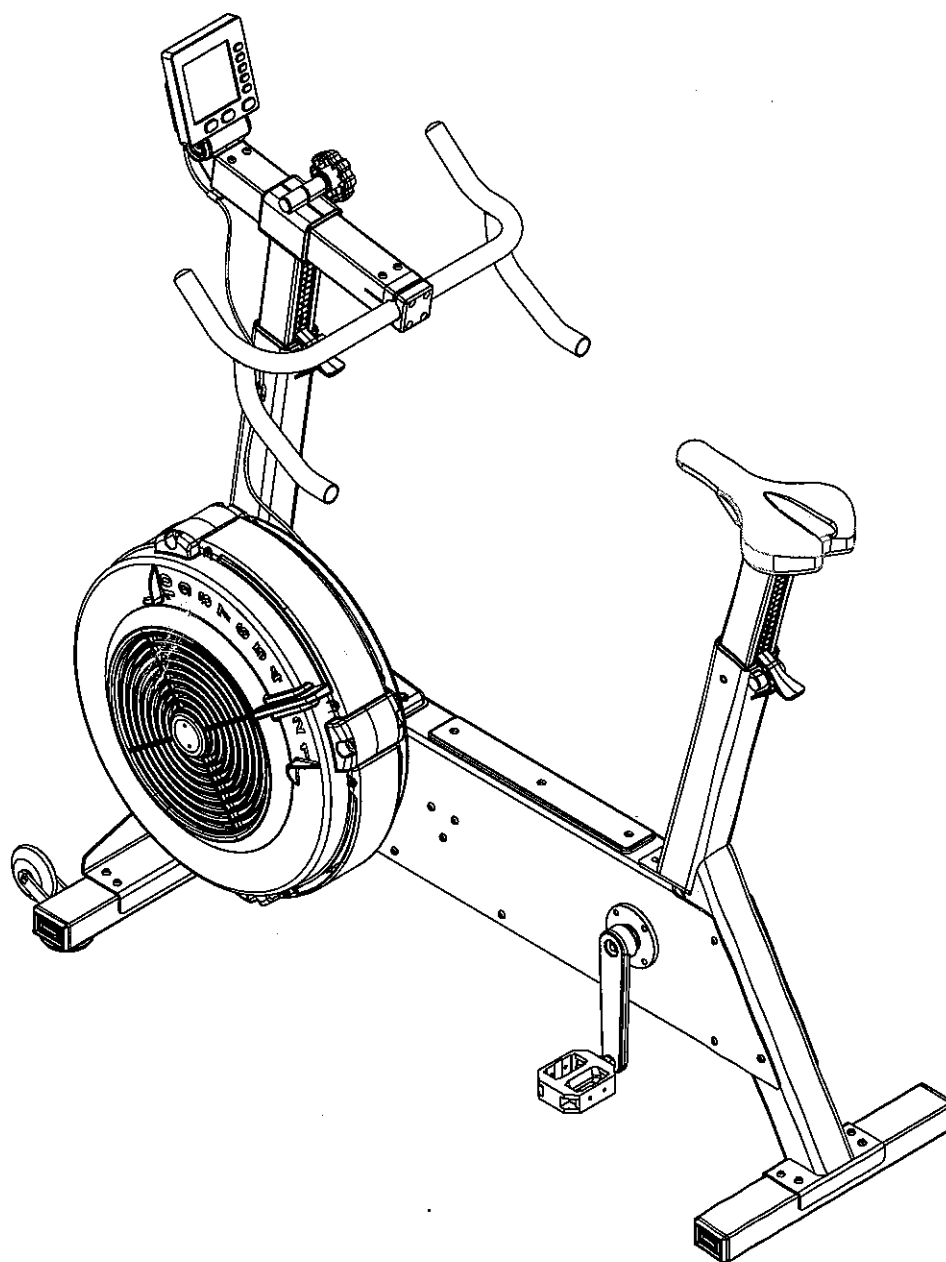
Plug the **Generator Sensor Wire ( H02)** connector end into the jack sits on the backside of the **Monitor ( H05)** as show as below drawing

**FIGURE 7**



# **Assembly Instruction**

---



**Congratulations!**

**You have completed the assembly of your new ERG CYCLE !**

**Make sure all bolts, pedals, pop pin knobs are tightened for exercise!**

# PART LIST

ITEM	QTY	PART NAME
A01	1	Main Frame
A02	1	Seat Post
A03	1	Front Main Upright Post
A04	1	Front Handlebar
A05	1	Front Stabilizer
A06	1	Rear Support Post
A07	1	Rear Stabilizer
A08	1	Fan Steel Wheel
A09	1	Seat Fixed Plate
A10	1	Monitor Adjusting Slider
A11	1	Console Mast
A12	1	Main Frame Support Plate
B01	9	10*1 1/2 Phillips Self –Taping Screw (Stainless) (DIA 8mm)
B02	2	10* 7/8 Phillips Self –Taping Screw (Stainless) (DIA 8mm)
B03	1	M3*8mm Phillips Self –Taping Screw (Stainless) (DIA 5mm)
B04	1	#6-32*2 Round Head Phillips Screw(Stainless)
B05	1	TP3x16L Phillips Screw (Black Silver)
B06	9	M4*P0.7*6L Phillips Screw (Silver)
B07	8	M5x8L Phillips Screw (Licotted )(Black)
B08	1	3/8- 16*3 Hex Screw(Stainless)
B09	2	M10*P1.5*40L Hex Screw (Silver)
B10	4	M6x20 Hex Screw (Stainless )
B11	22	1/4-20 * 1/2" Button Head Socket Cap Screw(Stainless) (Licotted)
B12	2	1/4-20 * 1 1/4" Button Head Socket Cap Screw(Stainless)
B13	1	1/4-20 *2 1/2" Button Head Socket Cap Screw(Stainless)
B14	3	1/4-20* 3"Button Head Socket Cap Screw(Stainless)
B15	27	1/4-20*3/4"Button Head Socket Cap Screw(Stainless)(Licotted)
B16	2	1/4-20*7/8"Button Head Socket Cap Screw(Stainless)
B17	3	M4*P0.7*10L Hex Screw (Stainless)(Licotted)
B18	2	3.5X8L Flat Head Phillips Screw (Stainless)
B19	5	1/4 X 5/8" Flat Head Hex Screw (Stainless)
B20	1	3/8 -16*1* 1-1/2"(Ø9.7) Screw(Stainless)
B21	2	5/16 -18* 1-3/4" Carriage Bolt (Stainless)
B22	1	5/16 -18* 2 -1/4" Carriage Bolt (Stainless)
B23	2	5/16 -18* 3 -1/2" Carriage Bolt (Stainless)
B24	4	1/4*1" Round Head Hex Screw (DIA 9.7mm) (Stainless) (Licotted)
B25	4	#10-24*3 Round Head Hex Screw (DIA 9.3mm) (Stainless)
B26	1	M5x86mm Phillips Screw (Stainless)

B27	2	3*16 Phillips Self -Taping Screw (Black Silver ) (DIA 5mm)
B28	10	1/4-20*5/8"Button Head Socket Cap Screw(Stainless)(Licotted)
C01	4	#10 HEX NUT(Ø9.3 mm ACROSS FLAT)(3.15t)(Stainless)
C02	1	#6 HEX NUT(Ø8.0 mm ACROSS FLAT)(3.0t)(Stainless)
C03	5	1/4-20 Hex Nylon Nut(1/4"t)(Stainless)
C04	2	1/4-20 Hex Nylon Nut(5/16"t)(Stainless)
C05	4	1/4-20 Square Nut(Ø11.00mm ACROSS FLAT)(Stainless)
C06	1	3/8-16 Hex Nylon Nut (Stainless)
C07	1	3/8-16 Hex Nut (Stainless)
C08	3	5/16-18 Hex Nylon Nut(Stainless)
C09	2	5/16-18 Hex Nut(Stainless)
C10	2	M10*8T Nut (Silver)
C11	2	M10*P1.25*10t Nylon Nut (Black )
C12	2	Crank Nut (M10*P1.25R ) (Licotted)
C13	4	M6 Hex Nylon Nut(Stainless)
C14	1	M5 Hex Nut(Stainless)
D01	4	Ø 6-1t Spring Washer (Black)
D02	1	Ø 18x Ø 12.8x0.5t Washer (Stainless)
D03	1	Ø40.6XØ50.8X0.5T Wave Washer (Black)
D04	3	Ø30x Ø 6.5x1.5t Flat Washer (Black)
D05	1	Ø34.7x Ø 20.1x0.5t Washer (Stainless)
D06	2	Ø10x Ø 35x2.0t Flat Washer (Silver)
D07	3	Ø 18x Ø 19.0x2.0t Washer (Black)
E01	1	R-29 Retaining Ring
E02	1	R-32 Retaining Ring
E03	1	R-35 Retaining Ring
E04	1	Ø10x Ø6.5x11t Spacer (POM)
E05	1	Ø10x Ø6.5x25t Spacer (POM)
E06	2	Foot Adjuster
E07	1	Flywheel Outlet Sheet
E08	1	Axle Shaft (Ø20x 127)(Ø28*149)M10
E09	2	Axle Flange Sleeve (Ø42x Ø85x 13.5)
E10	1	Rear Chain Wheel(Ø144.7x30)(70T*2.6T)
E11	1	Pulley (40*18.6)(PJ7)
E12	1	Axle Shaft Spacer (Ø45x 54)
E13	1	Left Crank
E14	1	Right Crank
E15	1	Seat Fixed Holder
E16	1	Torsion Spring (Ø 3.2( Ø19.6)

E17	1	Handlebar Fixed Plate (Upper)
E18	1	Handlebar Fixed Plate (Lower)
E19	1	Flange Pulley (Ø 140*14.6)(PJ7)
E20	1	Hollow Spring Pin Ø3.5(3.8*16)
E21	1	Eyelet Spindle(Ø 9.4*49.9)1/4"
E22	1	Flywheel Axle (Ø 17*148.5)( Ø 20*174.1)M10
E23	2	#6000 Precise Bearing
E24	1	#6003 Precise Bearing
E25	2	#6004 Precise Bearing
E26	4	#608 Precise Bearing
E27	1	#6804 Precise Bearing
E28	1	#HF2016 Clutch Bearing
E29	2	#R8 ZZ Precise Bearing
E30	2	Locking Knob
E31	2	Idler Pulley
E32	1	Transmission Shaft
E33	2	Transmission Shaft Flange Sleeve (Ø65*9.5)
E34	1	Steel Chain
E35	1	Sprocket Bush(Ø21)(14t*2.7)
G01	1	V-Belt
G02	2	Transportation Wheel
G03	1	Decoration Foot Step
G04	1	Bearing Housing
G05	1	Console Mast Bushing
G06	1	28mm Bearing Rubber Cap
G07	1	Sprocket Washer (Ø20* Ø16*2.7t)
G08	3	Seat Post Bushing
G09	1	Flywheel Front Cover
G10	1	Flywheel Back Cover
G11	1	Seat
G12	1	Central Cap
G13	1	Indler Pulley Support Base (L)
G14	1	Indler Pulley Support Base (R)
G15	1	Turbo Wheel
G16	1	Generator Top Cover
G17	1	Generator Base Cover
G18	4	Foot Cap
G19	1	Reed Switch Wire Cap
G20	1	Connecor Nut Side
G21	1	Connecctor Screw Side
G22	1	Flywheel Balanced Assy

G23	1	Shaft Cap
G24	2	Foot Round Pad
G25	1	Left Pedal
G26	1	Right Pedal
G27	1	Battery Cap Grommet
G28	1	Battery Cap
G29	1	Wheel Cap
G30	1	Flywheel Damper
G31	1	Flywheel Damper Spacer (Ø44* Ø 54*.5.3T)
G32	2	Saddle Adjusting Lever
G33	2	Saddle Adjusting Level Switch
G34	2	Wind Shield
G35	2	Monitor Adjusting Slider Bushing
G36	1	Monitor Bracket
G37	1	Monitor Top Cover (Optional)
H01	1	Generator
H02	1	Generator Wire
H03	1	Reed Switch
H04	1	Reed Switch Wire
H05	1	Monitor
H06	1	Magnet
H07	1	Ø 6*2.5mm MAGNETIC SENSOR



# Console Instruction

## OVERVIEW OF THE PERFORMANCE MONITOR (V2)

For Dynamic Indoor Air Rower, and the Air Skier.

### Getting Started:

#### General Operation

- The V2 will automatically displays your workout data as you start your workout on the machine , or press the MENU button/Any buttons to power up the V2 monitor .
- Press MENU button to go back to the previous display .
- Use the MENU button to access all features.



This Bike will be without a pre-set distance or time. The V2 will begin recording your workout data when you take your first ride . Your results will be saved if you row/ski longer than one minute and press MENU.

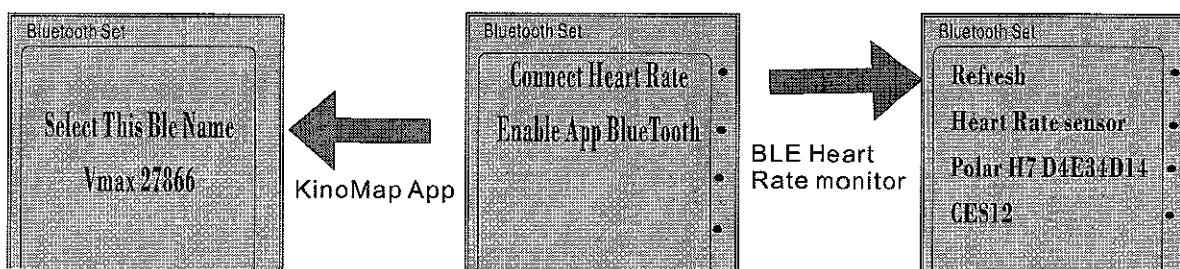
Choose from a selection of pre-programmed standard

Set your own time, distance or calories ---etc different workouts .you can try to have more fun workouts.

Use this button to open and set Bluetooth, you can use it to connect to Kinomap APP, or Bluetooth Heart Rate monitor device

Access additional functions and information

## Bluetooth Device Pairing & Select.



**BLE Heart Monitor Connection:** use Bluetooth Set at Menu, Once enter Bluetooth Set display will shows Connect Heart Rate and Enable App Bluetooth, select Connect Heart Rate, V2 will find all the BLE heart rate monitor and showing on the display, please select device you have. Then it will connect each together, if you can not find your device, please use Refresh to re-find all BLE device.

**KinoMap APP connection:** Turn your Bluetooth of smart phone, the use system setting to finding Vmax XXXXX(BLE SERIAL NUMBER), Once VmaxXXXXX (BLE SERIAL NUMBER) is found on smart phone, please connect it, then you can work it on your phone.



Memory Workout: from Kinomap all of your workout can be saved in your workout database. You can review it any time.

**Firmware :** Firmware is the internal software that runs your Performance Monitor(V2). Your V2 comes pre-installed with the latest firmware, however, new and improved versions are offered regularly. The free V2 software makes posted regularly. The free V2 Utility Software makes it easy to update your software with the latest firmware version at any time. When V2 detect flash drive (USB) with newest version software, it will automatic update software,

Caution: don't unplug flash drive (USB )until update finished.

## V2 Menu Map

**Total elapsed time.**

**Total meters ride**

**Average pace (in time) per 1000m.** This is the average for your entire workout

**Split meters.** The number of meters ride in a given distance or time. In Just ride splits are five minutes long.

**Units:** Push at any time to change units between Meters(m), Pace (time/1000m), Watts and Calories

**Display**  
Push to change display between All Data, Force Curve, Pace Ride , Bar Chart, and Large Print.

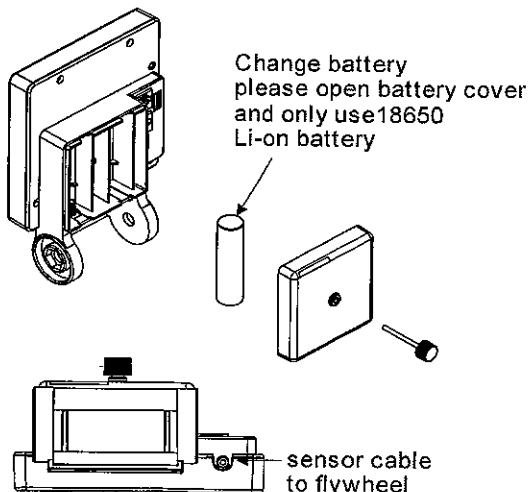
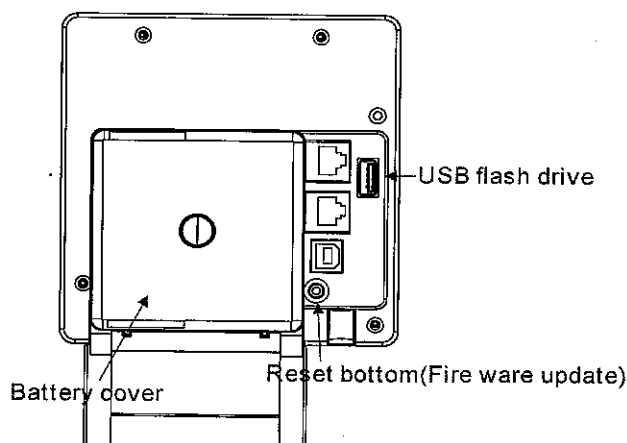
**RPM .**

**Pace (In time) per 1000m (calculated each ride).** Your pace is the amount of time it takes to ride Or ski 1000m. A smaller time is faster.

**Heart rate (Optional. Requires additional chest belt.)**

**Projected meters in 30 minutes if the current average pace is maintained.**

**MENU**  
Push to power up the PM, display the previous Menu or save workout results.



**POLAR.**



## MAINTENANCE REMINDER FUNCTION :

After a long period time workout when the accumulated workout distance is over **1000 KM ( 1,000,000 METERS)** --the Monitor screen will be coming up with **MAINTENANCE** on the top right of the screen automatically , this signal will remind you to proceed the general maintenance on the machine as below :

### \* General Maintenance :

#### Daily

Wipe the monorail with a cloth or non-abrasive scouring pad after use. You can use soap and water or any glass cleaner. Do not use mineral acids, bleach, or coarse abrasives.

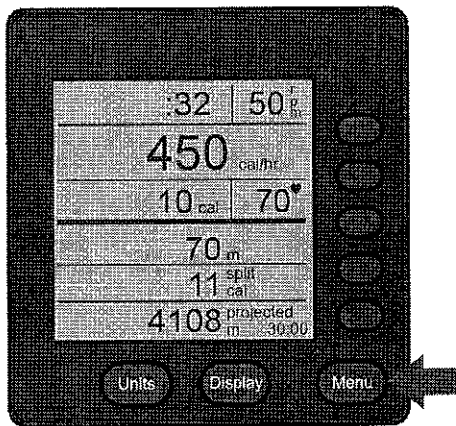
#### Every 500 KM, Weekly for Institutional Users

Lubricate the chain with a teaspoon of purified mineral oil, 3-IN-ONE® oil, or 20W motor oil. Apply oil to a paper towel, and rub the paper towel along entire length of chain. Wipe off the excess. Repeat if needed. Do not clean the chain with any kind of cleaner or solvent, e.g. WD-40®.

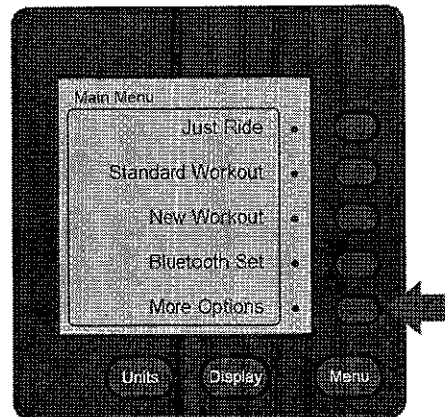
#### Every 2500 KM, Monthly for Institutional Users

1. Inspect the chain for stiff links. If stiff links are found, and if thorough lubrication does not help, replace the chain.
2. Inspect the chain-handle connection for wear. If the hole has become elongated, or the U-bolt is worn halfway through, replace the entire connection.
3. Tighten the shock cord if the handle does not return all the way to the fan enclosure.
4. Check screws for tightness, including those used for assembly.
5. Loosen or tighten the nuts on the Performance Monitor arm joints as necessary..
6. Check for dust inside flywheel with a flashlight. Vacuum if needed.

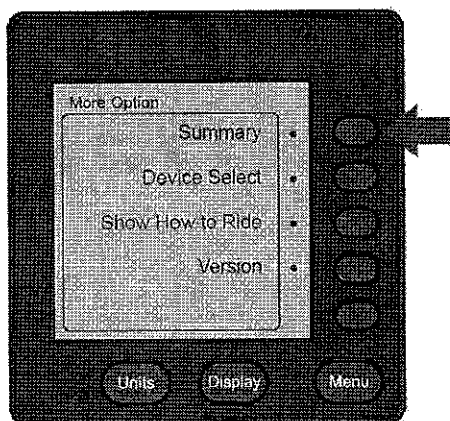
After proceeding the General Maintenance on the machine ,you can follow up the below monitor operation Steps to remove the "MAINTENANCE " reminder words from the screen .



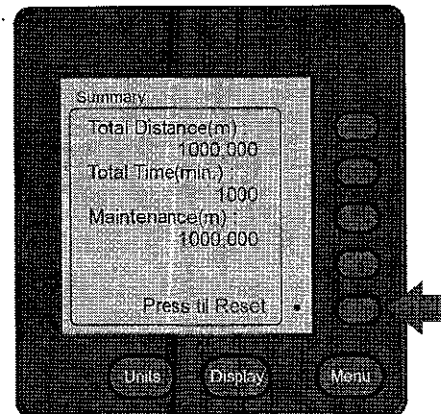
STEP 1.  
When the main screen appears Maintenance . Press Menu to enter the Main Menu



STEP 2.  
Press to enter More Options



STEP 3.  
Press to enter Summary



STEP 4.  
Press and hold Press til Reset for more than 3 seconds to reset the Maintenance value to zero