CELSIUS C2 BIKE
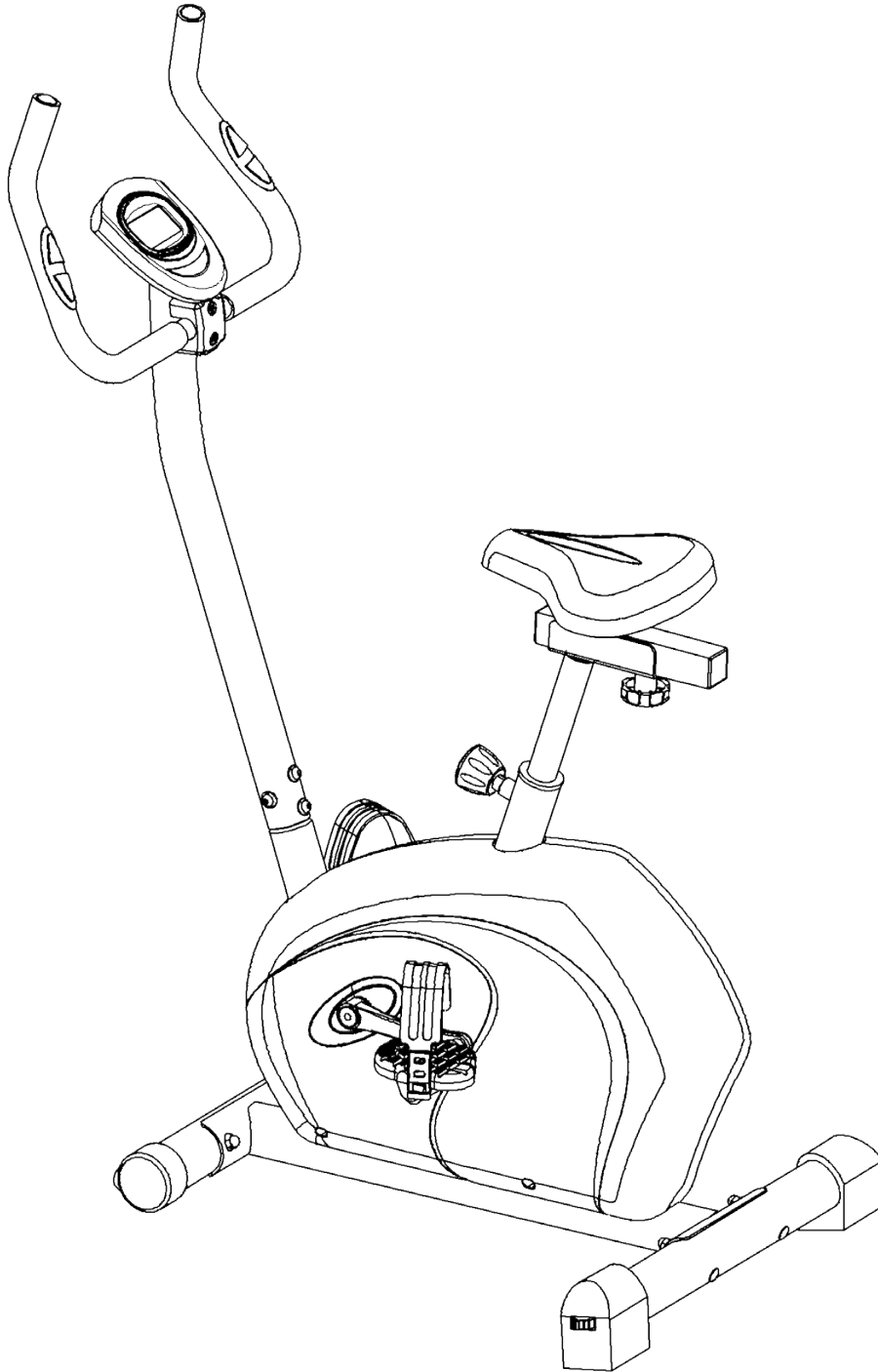
IMPORTANT: Please read all instructions carefully before using this product. Retain this manual for future reference.

CONTENTS

PRECAUTIONS

1) Read all the instructions in this manual and do warm up exercises before using this equipment.
2) This upright bike is home stationary fitness equipment, and also aerobic training equipment that can help you to develop your cardiovascular function.
3) Please make sure all parts are not damaged and fixed well before use. The equipment should be placed on a flat surface when using. Using a carpet or other covering material on the ground is recommended.
4) Please wear proper clothes and shoes when using this magnetic upright bike; do not wear clothes that might catch any part of the equipment; remember to tighten the pedaling straps.
5) Consult your physician and make a suitable exercise schedule before exercise. This is particularly important to people who are over 35 years old or who have prior medical history. In order to attain the ideal exercise result, besides executing a suitable amount of exercise, it is also very important to insist on doing exercise every day.
6) Before exercise, in order to avoid injuring the muscle, warm-up exercise of every position of the body is necessary. Refer to Warm Up Exercises. After exercise, relaxation of the body is suggested for cool-down.
7) Keep children and pets away from the equipment while operating the equipment. This machine is designed for adults only. The minimum free space required for safe operation is not less than two meters.
8) Do not use this equipment one hour before or after dinner.
9) If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
10) The maximum weight capacity of the user is 100kgs.

Warning: It will be harmful if you disobey the above-mentioned precautions.

OPERATING INSTRUCTION

1. Operate according to your own condition.
2. Adjustment of the seat post: Turn the seat post knob on the counterclockwise direction and pull it to adjust the height of seat cushion on your suitable position until the seat post knob "pops" down into the locked position. For added safety, turn the seat post knob on the clockwise direction to tighten the seat post knob after adjustment.
3. Sitting pose: sit on the seat cushion when exercising, please tighten the pedaling straps and hold the handlebar with hands, adjust your posture according to your exercise speed and intensity.
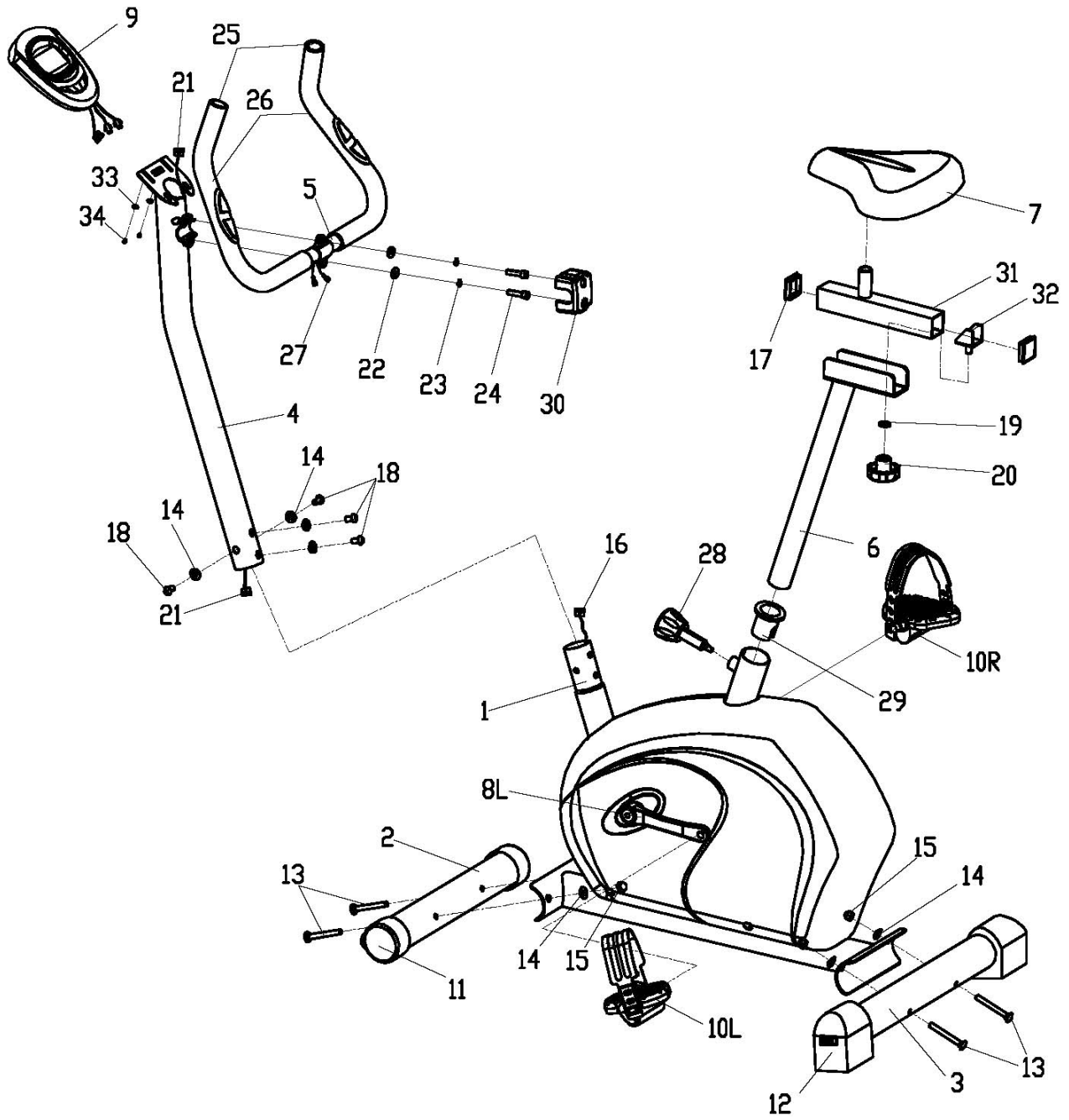
PARTS LIST

| NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
1	Main frame	1	18	Screw M8×15	4
2	Front stabilizer	1	19	Flat washer D10	1
3	Rear stabilizer	1	20	Plum knob M10	1
4	Handlebar post	1	21	Upper sensor wire	1
5	Handlebar	1	22	Flat washer	2
6	Saddle post	1	23	Spring washer	2
7	Saddle	1	24	Bolt	2
8L/R	Crank	2	25	End cap	2
9	Computer	1	26	Foam grip	2
10L/R	Pedal	2	27	Pulse sensor wire	2
11	Front end cap	2	28	Knob bolt	1
12	Rear end cap	2	29	Saddle bushing	1
13	Carriage bolt	4	30	Handlebar chuck cover	1
14	Arc washer	8	31	Saddle slide	1
15	Cap nut	4	32	U shape bracket	1
16	Sensor wire	1	33	Flat washer	2
17	Square end cap	2	34	Cross head screw M4X12	2

ASSEMBLY INSTRUCTIONS

Attention:
Please follow these assembly instructions step by step to assemble this upright bike.

### 1. Install the Front and Rear Stabilizers
Attach the front stabilizer (2) and rear stabilizer (3) onto the curve plates of main frame (1) with carriage bolt (13), arc washer (14) and cap nut (15).
After assembly, the bike can be adjusted to slightly uneven ground by adjusting the height of the foot caps at the rear stabilizer.
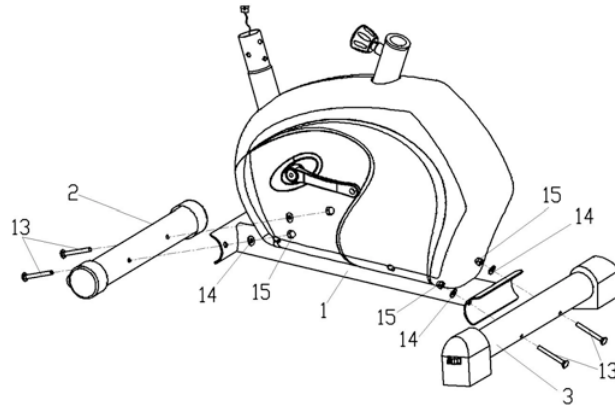
2.Install the Handlebar Post
Connect the sensor wire (16) from the main frame (1) to the upper sensor wire (21) from the handlebar post (4). And then insert the handlebar post (4) to the main frame (1) and secure with the screw (18) and arc washer (14).
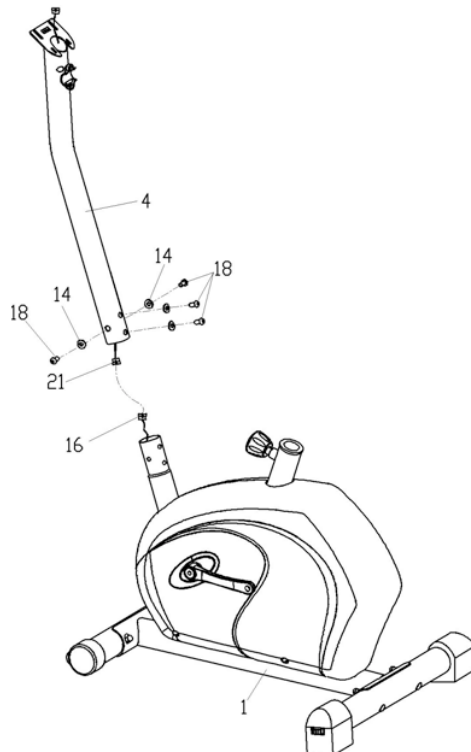
3. Install the Handlebar

Put the pulse sensor wires (27) through the hole of the handlebar post (4) then pull the pulse sensor wires (27) out from the top of handlebar post (4).Fix the handlebar (5) on the handlebar post (4) with the hex bolt (24) the spring washer (23) and flat washer (22), then put the handlebar chuck cover (30) on it.
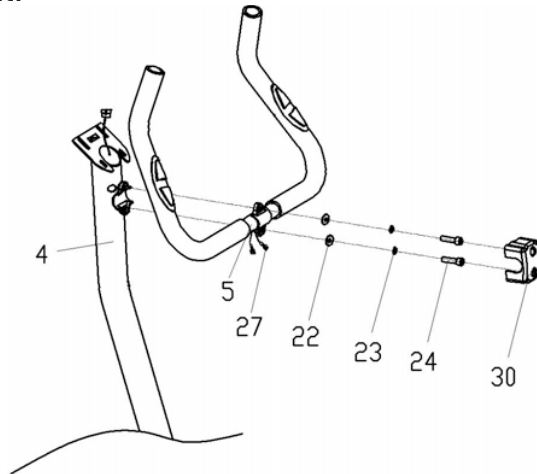
4. Install the Saddle Post

a. Push the saddle (7) with saddle bracket into the saddle slide (31) and tight it up in desired position.

b. Place the saddle slide (31) into the holder of saddle post (6), set it at the desired horizontally position and screw it onto the saddle post (6) by flat washer (19) and plum nut (20).

c. Push the saddle post (6) into the matching locator in the main frame (1), set it at the desired position and lock it by inserting the knob bolt (28) with the quick release in place and doing it up tight.

Attention: Ensure before every exercising that the saddle is tightened firmly.
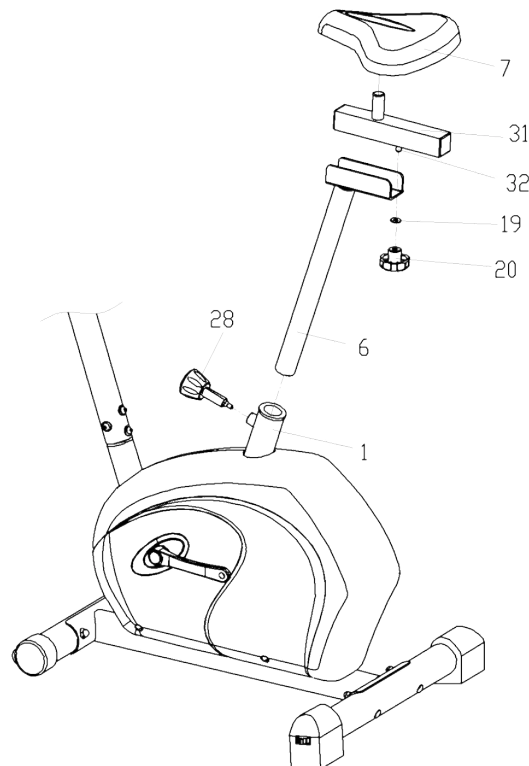
5. Install the Right and Left Pedals

Attach the right and left pedals (10L/R) to the crank (8L/R). The right pedal (10R) should be threaded on clockwise direction. The left pedal (10L) should be threaded on counter-clockwise direction.

NOTE: The right and left pedals (10L/R) and crank (8L/R) are marked with "**R**" & "**L**".
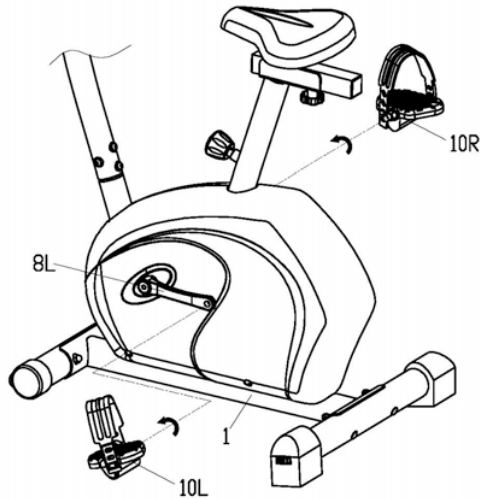
6. Install the Computer

Connect the pulse sensor wires (27) and upper sensor wire (21) to the wires that come from the computer (9).Then fix the computer (9) on the handlebar post (4) with flat washer (33) and cross head screw (34).
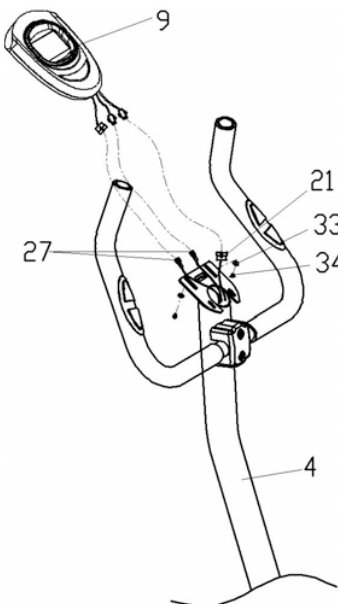
MONITOR INSTRUCTION MANUAL

Function:

1. Program: 11 programs as following
   A: 1 Manual Program P1

   B: 6 Auto Program P2 ~ P7

P2: ROLLING   P3:VALLEY   P4: FATBURN

P5:RAMP   P6:MOUNTAIN   P7: INTERVAL

   C: 4 Heart Rate Control Program P8 ~ P11

P8   P9   P10   P11

2. Record the user's target heart rate value and age setting data even cut off the power.
3. Display Program, Speed (RPM), TIME, DIST., CAL., WATT, PULSE, at the same time in different window.
4. The computer will turn off automatically if there is no operation, speed signal or pulse signal over 4 minutes. Meanwhile, it will store your current exercise data and turn the loading resistance to the minimum. Once you press any button or in motion, the computer will turn on automatically.

Buttons:

1.ENTER
- In "stop" mode(display STOP), press ENTER button to enter into program selection and setting value which flash in related window.
  A: When you choose the program, press Enter to confirm the one you like.
  B: When in setting, press ENTER to confirm the value that you would like to preset.
- During the start mode(display START), press ENTER to choose display the speed or RPM, or switch automatically.
- During any mode, hold down this button for 2 seconds to totally reset the computer.

2.ST/SP:
- Press ST/SP button to start or stop the programs.
- During any mode, hold down this button for 2 seconds to totally reset the computer.

3. UP:
- In stop mode and the program window character flash, press this button to select the program up. If the related window value flash, press this button to increase the value.
- During the start mode (display START), press this button to increase the training resistance.

4. DOWN:
- In stop mode and the program window character flash, press this button to select the program down. If the related window value flash, press this button to decrease the value.
- During the start mode (display START), press this button to decrease the training resistance.

5. PULSE RECOVERY:
- First test your current heart rate and show your heart rate value, press this button to enter into pulse recovery testing.
- When you are in pulse recovery mode, press this button to exit.

OPERATION

1. Turn on the computer
Plug in one end of the adaptor to the AC electrical source and connect the other end to the computer. The computer will beep and enter into initial mode.

2. Program select and value setting
- Manual Program P1 and Preset Program P2~P7
  A. Press UP, DOWN button to select the program that you like.
  B. Press ENTER button to confirm the selected program and enter time setting window.
  C. The time will flash, and then press UP, DOWN button to set up your desired time. Press ENTER to confirm the value.
  D. The distance will flash, and then press UP, DOWN to set up the desired distance value. Press ENTER to confirm the value.
  E. The calories will flash, and then press UP, DOWN to set up the desired calories to be consumed. Press ENTER to confirm the value.
  F. Press ST/ SP to begin exercise.
- HEART RATE CONTROL PROGRAM P8
  User can set the target heart rate to do healthy exercise within the training zone.
  A. Press UP, DOWN to choose the heart rate control program P8

B. Press ENTER to confirm the heart rate control program, and enter into time setting window.

C. The time will flash, and then press UP, DOWN button to set up the desired time. Press ENTER to confirm the value.

D. The distance will flash, and then press UP, DOWN to set up the desired distance value. Press ENTER to confirm the value.

E. The calories will flash, and then press UP, DOWN to set up the desired calories to be consumed. Press ENTER to confirm the value.

F. When the target heart rate control program flash, and then press UP, DOWN to set up the target heart rate. Press ENTER to confirm the value.

G. Press ST/ SP to begin exercise.

> **NOTE:** During exercise, the user's heart rate value depends on resistance level and speed. The heart rate control program is to ensure your heart rate within the preset value. When the computer detect your current heart rate is higher than preset, it will decrease the resistance level automatically or you may slow down exercise. If your current heart rate is lower than preset, it will increase resistance and you may speed up.

3. Pulse Measurement

Please place both your palms on the contact pads and the computer will show your current heart beat rate in beats per minute (BPM) on the LCD after 3~4 seconds. During the measurement, heart icon will flash when detect the heart rate signal. Remark: During the process of pulse measurement, because of the contact jamming, the measurement value may not be stable when start, then it will return to normal level. The measurement value cannot be regarded as the basis of medical treatment.

4. Pulse Recovery Test

The pulse recovery test is to compare your heart rate before and after exercise. It is target to determine your heart strength via the measuring. Please do the test as below:

A. Both your hands hold the pulse sensor to test the pulse, the computer will display your current pulse value.

B. Press RECOVERY to enter the pulse recovery test and the computer program will enter the stop status.

C. Keep pulse detecting.

D. Time will count down from 60 seconds to 0 second.

E. When time reaches 0, the test result (F1.0-F6.0) appears on the display.
   F1.0=Excellent F2.0=Good F3.0=Fair F4.0=below average F5.0= No Good F6.0= Poor

F. If the computer does not detect your current heart rate first, pressing RECOVERY will not enter into pulse recovery test. During the pulse recovery test, press RECOVERY to exit the test and return to the stop status.

SPECIFICATIONS

Speed KM/H (M/H): showing your current speed. Range: 0.0~99.9 M/H (MILE/H).

RPM: showing the current rotate per minute. Range: 0~999.

TIME: the accumulative exercise time, range: 0:00~99M59S.
Preset time range is 5:00~99:00. The computer will start to count down from preset time to 0:00 with average time for each resistance level. When it reaches to zero, the program will stop and computer alarm. If you do not preset the time, it will run with one minute decrement each resistance level.

DIST: the exercise accumulative distance. Range: 0.0~99.9~999KM (MILE)

The preset distance range: 1.0~99.0~999.
If the preset value is not zero, the distance will count down and when it reaches 0, the program will stop and the computer will alarm.
If you don't preset the value, the distance will count up.

CALORIE: the exercise accumulative calories burnt. Range: 0.0~99.9~999

The preset calories range: 10.0~90.0~990.
If the preset value is not zero, the calorie will count down and when it reaches 0, the program will stop and the computer will alarm.
If you don't preset the value, the calorie will count up.

PULSE: showing the exercise heart rate value. Range: 30~240BPM (beat per minute)

RESISTANCE LEVEL: showing resistance level. Range: 1~8 with 8 segments

WATT: showing the exercise watt. Rang: 0~999

AGE(A): showing the user age when in heart rate control program and the range is 10~100.

BREAKDOWN DISPLAY

When the computer displays ERROR1, please check if the motor is good and if the motor wires connect well.

ADAPTOR

INPUT: 100-240V ~ 50/60Hz
OUTPUT: 9VDC 500mA

WARRANTY INFORMATION

This product is guaranteed to be free from quality and manufacturing defects for a period of one (1) year.

If your product becomes defective during this period, Rebel Sport Limited will offer you either a replacement, credit or refund where a product is faulty; wrongly described; different from the sample shown to you or does not do what it is supposed to do.

This warranty will not cover substantially modified product; misuse or abuse of the product contrary to user instructions or packaging label; change of mind and normal wear and tear.

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and failure does not amount to a major failure.

To claim the warranty, take the product to the front Service Desk of the brand you purchased it from (Amart Sports or Rebel). Visit our websites at www.amartsports.com.au or www.rebelsport.com.au for all store locations. You will need to show receipt or other proof of purchase. Additional information may be required to process your claim. Should you not be able to provide proof of purchase with a receipt or bank statement, identification showing name, address and signature may be required to process your claim.

Any expenses relating to the return of your product to the store will normally have to be paid by you. For online store purchases, Amart Sports or Rebel will pay for the return freight for any product assessed as having a major failure. Contact our online Customer Service teams first, before arranging for couriers, as we may have additional options to suggest to you.

The benefits to the customer given by this warranty are in addition to other rights and remedies of the Australian Consumer Law in relation to the goods or services to which this warranty relates.

This warranty is provided by Rebel Sport Limited A.C.N. 003 283 823, IBC Business Estate, Level 1, 29-33 Carter St., Lidcombe, NSW 2141, Australia. Rebel - Phone: 1300 654 502. Email: orders@rebelsport.com.au; Amart Sports - Phone: 1300 001 229. Email: orders@amartsports.com.au.