

HUDSON UBE OWNER'S MANUAL

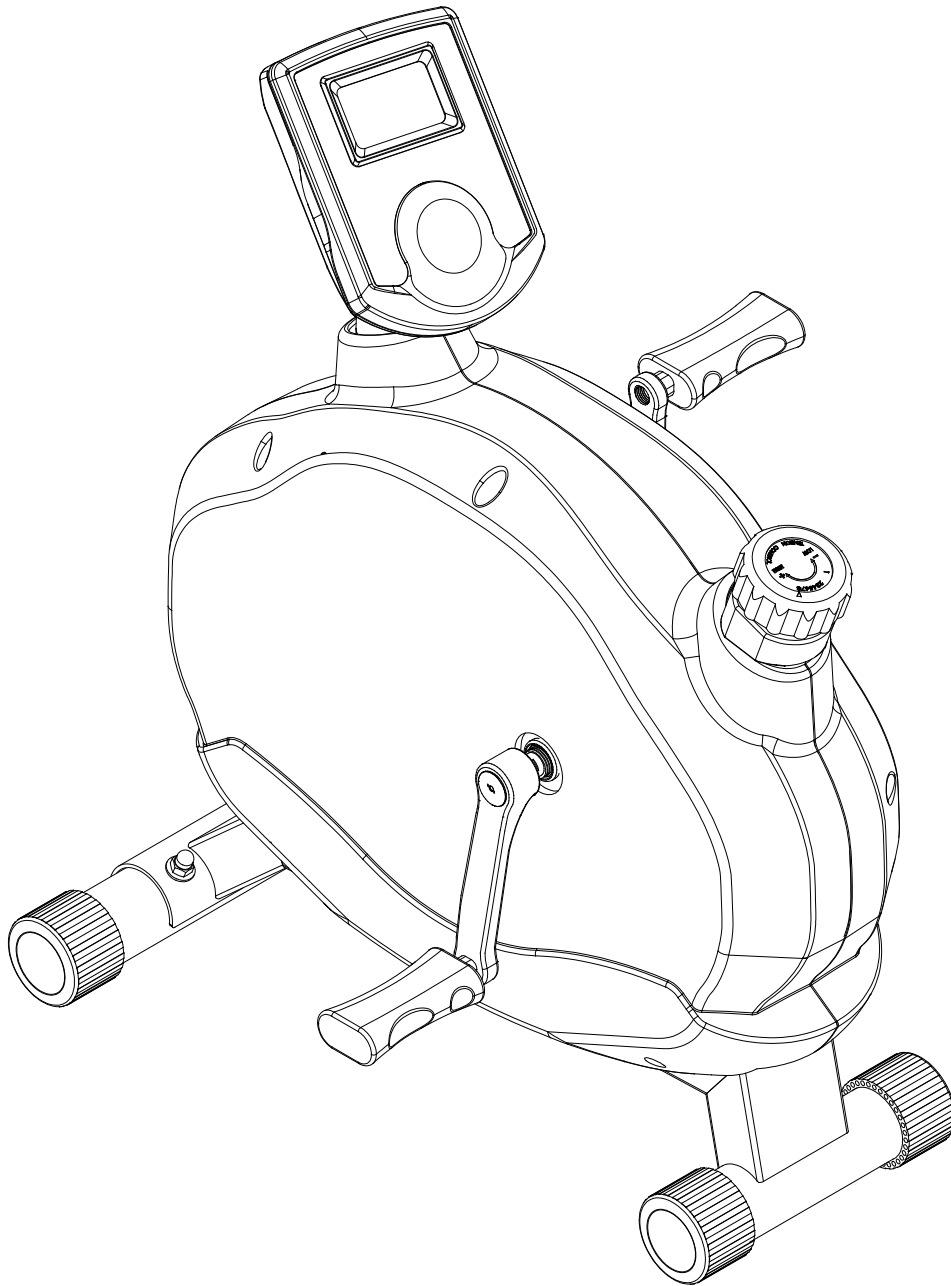


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Important Safety Information

WARNING! Before using this unit or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and/or persons with pre-existing health conditions. The manufacturer or distributor assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

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 all warnings and safety precautions.
2. 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.
3. We recommend not wearing loose clothing or jewelry.
4. Always examine your unit before using to ensure all parts are in working order.
5. Allow the unit to fully stop before dismounting.
6. Pets should never be allowed near the unit.
7. Do not leave children unsupervised near or on the unit.
8. Never operate the unit where aerosol products are being used.
9. Never insert any object or body parts into any opening.
10. For safety and to prevent damage to your unit, no more than one person should use the unit at a time.
11. Service to your unit should only be performed by an authorized service representative, unless authorized and/or instructed by the manufacturer.
12. Failure to follow these instructions will void the unit warranty.

Before You Start

Thank you for purchasing this new Hudson UBE. 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.

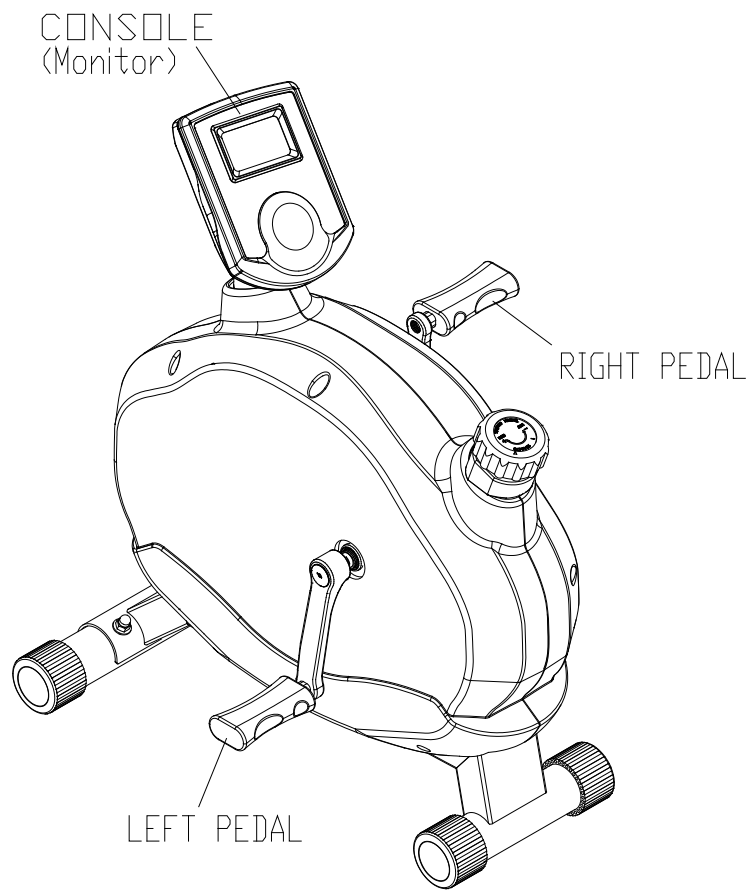
Remember to take the time to perform the stretching exercises provided to avoid injury.

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

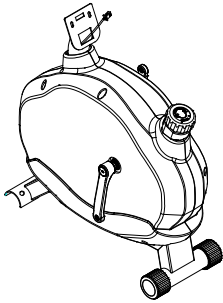
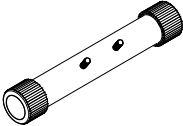
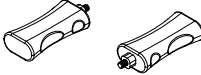
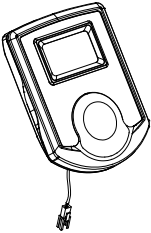
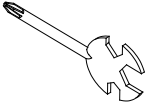

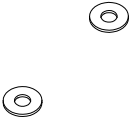
If you have heart problems, you are not active, and/or are over the age of 35, do not use the pre-set programs or start an exercise program without first contacting and receiving approval from your physician.

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.



ASSEMBLY PART LIST

		MAIN FRAME (1)
	Rear Foot Tube (44)	
		PEDAL(R,L) (38,39)
	MONITOR (3)	
		PEDAL WRENCH/SCREW DRIVER
		M8 Acorn Nut (45)
		ø8*ø19*1.0t Washer(Silver)(46)

Assembly Instruction

REMOVE ALL SECURITY TAPE AND WRAPPING
BEFORE BEGINNING

FIGURE 1

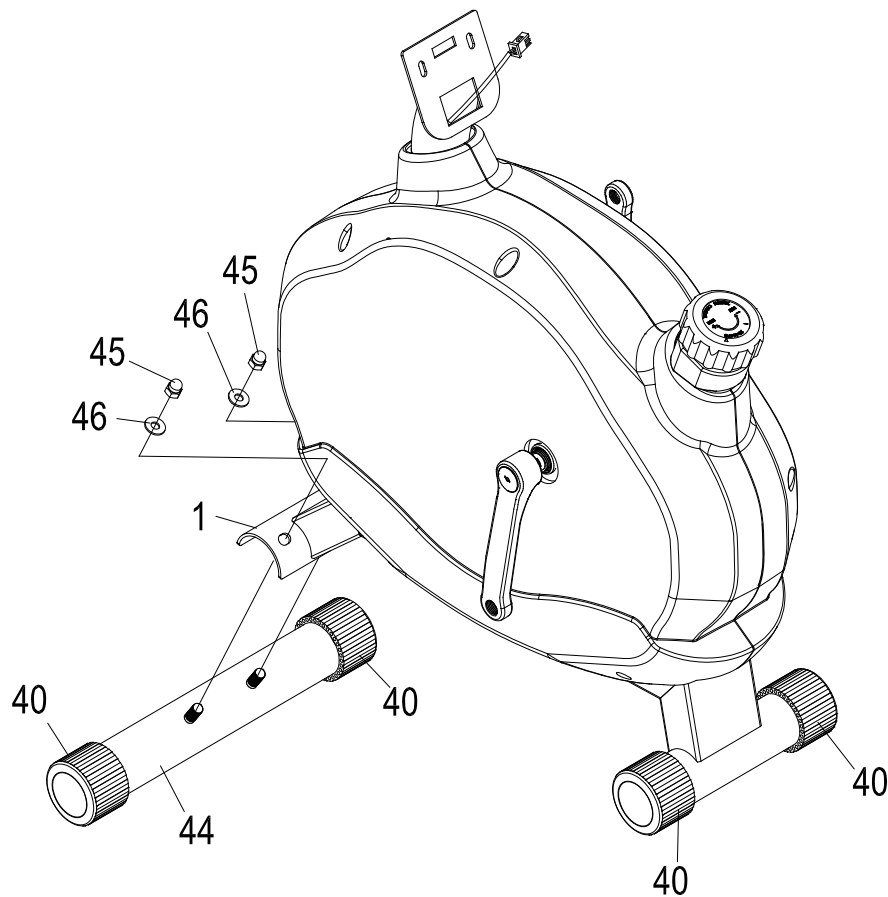
Attach the Rear Foot Tube (44) to Main Frame (1) using :

Qty 2 – (46) M8X19mm Washer

Qty 2 – (45) M8 Acorn Nut

Make sure that the Rear Foot Tube (44) with Foot End Caps (40) are assembled to the rear of Main Frame (1) firmly.

FIGURE 1



Assembly Instruction

FIGURE 2

Step 1:

Thread the Right Pedal (41) into the hole of Right Crank (31). Secure in place by turning it **clockwise** to tighten.

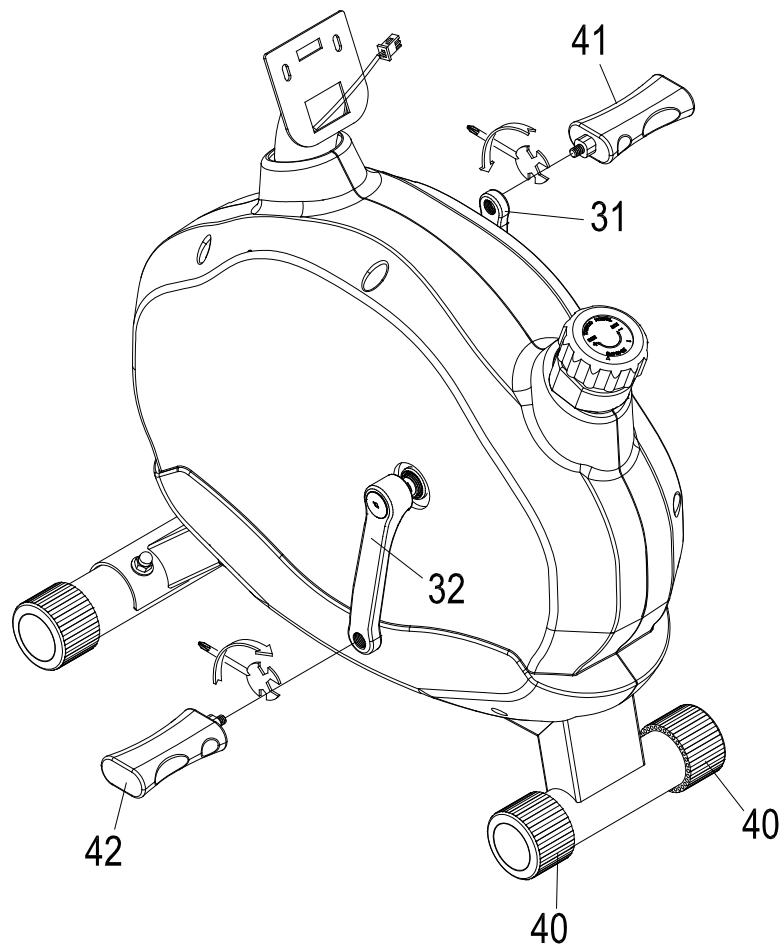
Note: Right Pedal (41) is marked with an “R”.

Step 2:

Thread the Left Pedal (42) into the hole of Left Crank (32). Secure in place by turning it **counter-clockwise** to tighten.

Note: Left Pedal (32) is marked with an “L”

FIGURE 2

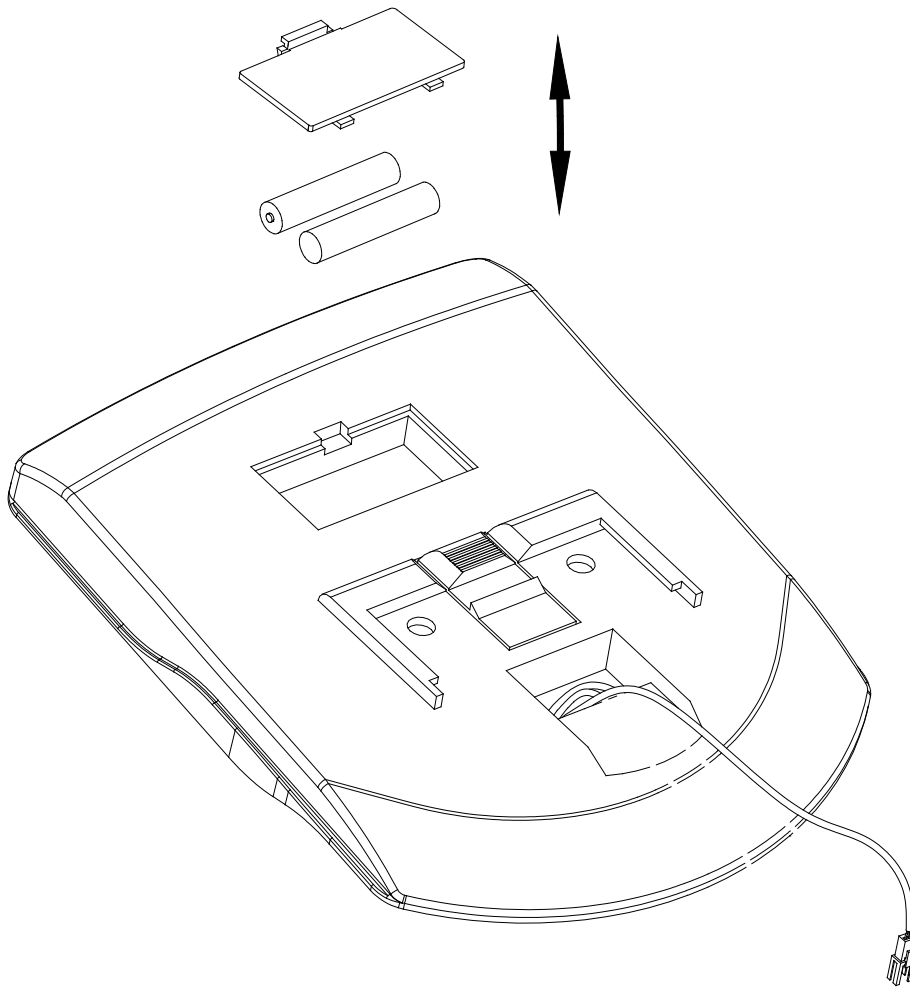


Assembly Instruction

FIGURE 3

NOTE:

Insert the batteries provided into the back of Monitor (3).



Assembly Instruction

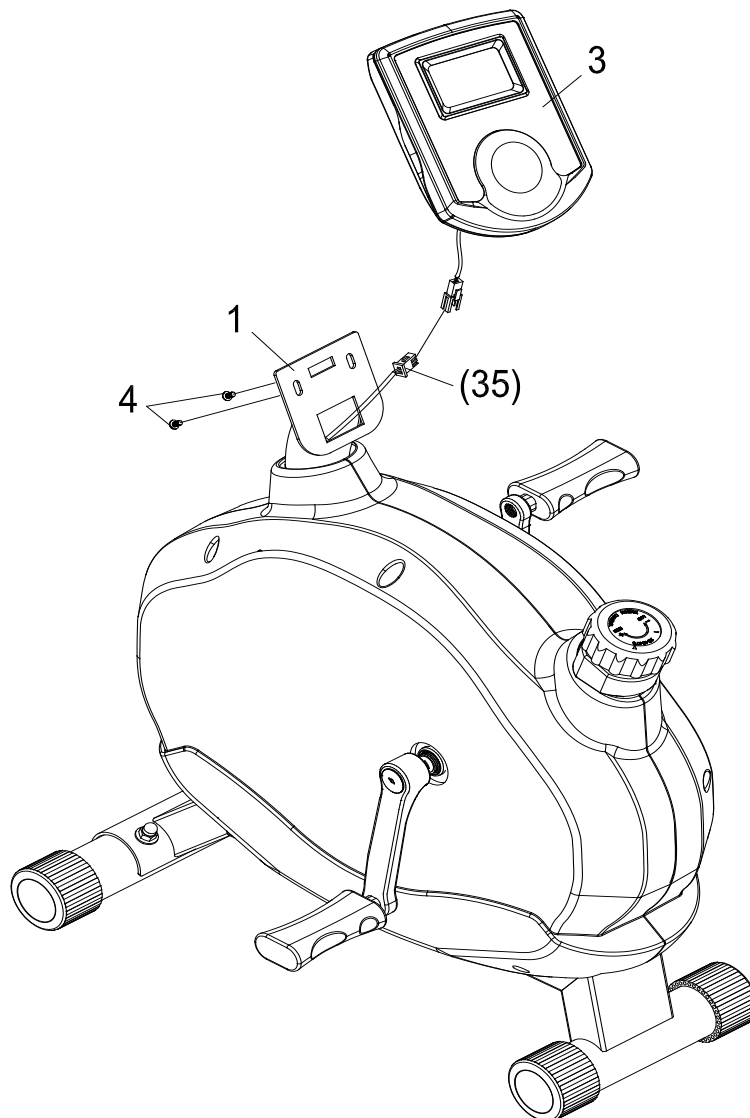
FIGURE 4

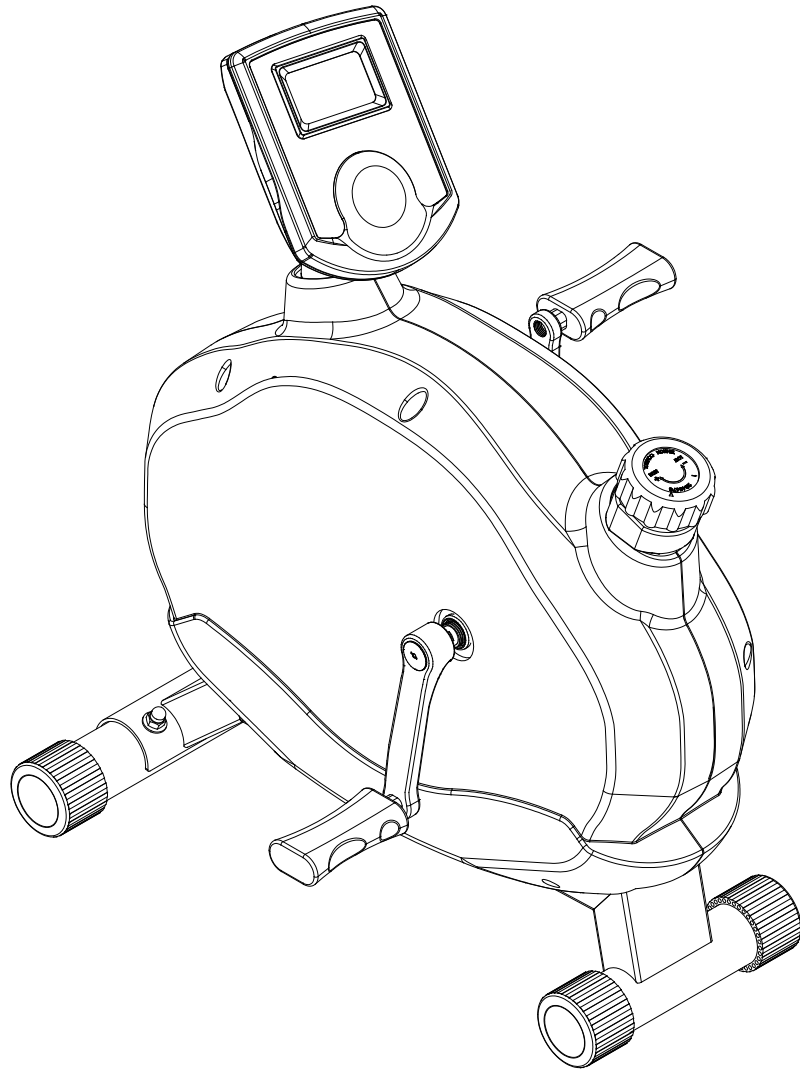
Step 1:

Connect the Sensor Wire (35) to the wire out from Monitor (3). Next secure the Monitor (3) to the monitor bracket (which is welded on the opening section of the Frame (1)) by using the provided screws (4).

Note: The Screws(4) will already be installed into the back of Monitor (3) when you remove it from the box.

FIGURE 4





Congratulations!

You have completed the assembly of your new Hudson UBE

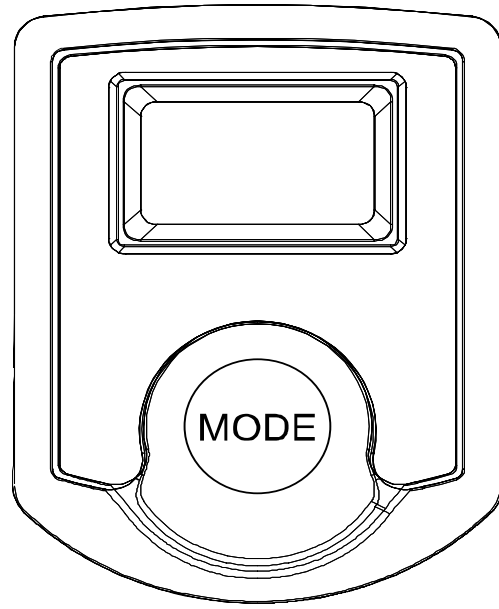
Console Overview

Auto On/Off

When the user starts to exercise, the Display will show the workout value automatically. Once the user stops exercising for over 4 min, the Display will turn off. But the workout value of odometer will be stored. When user starts exercise again, workout value of odometer will accumulate continuously.

Auto Scan

Once the monitor is powered on the LCD will display all functions values from Time - Speed - Distance - Calorie - Odometer- RPM . Each value will be held for 6 seconds.



Display Modes

Time: Display the workout time from 00:00 to 99:59. The user can also press the Mode key to display the workout time value.

Speed: Display the current training speed from 0.0 to 99.9 KPH or MPH. The user can also press the Mode key to display the workout time value.

Distance: Display the trip distance from 0.0 to 999.9 Km or Mile. The user can also press the Mode key to display the workout distance value.

Calories: Display the calories consumption during training from 0.0 to 999.9. The user can also press the Mode key to display the workout calorie count value.

Odometer: Display the total accumulated distance from 0.0 to 999.0. The user can also press the Mode key to display the workout odometer value.

To Reset

Press Mode key for 2 seconds, all the function value except Odometer will be reset to zero.

Note:

1. If the computer displays abnormally, please re-install the battery and try again.
2. Battery Spec: 1.5V UM-3 or AA (2PCS).
3. The batteries must be removed from the console before it is scrapped and that they are disposed safely.

Monitoring Your Heart Rate

Monitoring Your Heart Rate

To obtain the greatest cardiovascular benefits from your exercise workout, it is important to work within your target heart rate zone. The American Heart Association (AHA) defines this target as 60%-75% percent of your maximum heart rate.

Your maximum heart rate may be roughly calculated by subtracting your age from 220. Your maximum heart rate and aerobic capacity naturally decreases as you age. This may vary from one person to another, but use this number to find your approximate effective target zone. For example, the maximum heart rate for an average 40 year-old is 180 bpm. The target heart rate zone is 60%-75% of 180 or 108-135 bpm.

See *Fitness Safety on page 13*.

Before beginning your workout, check your normal resting heart rate. Place your fingers lightly against your neck, or against your wrist over the main artery. After finding your pulse, count the number of beats in 10 seconds. Multiply the number of beats by six to determine your pulse rate per minute. We recommend taking your heart rate at these times; at rest, after warming up, during your workout and two minutes into your cool down, to accurately track your progress as it relates to better fitness.

During your first several months of exercising, the AHA recommends aiming for the lower part of the target heart rate zone-60%, then gradually progressing up to 75%. According to the AHA, exercising above 75% of your maximum heart rate may be too strenuous unless you are in top physical condition. Exercising below 60% of your maximum will result in minimal cardiovascular conditioning.

Check your pulse recovery rate – If your pulse is over 100 bpm five minutes after you stop exercising, or if it's higher than normal the morning after exercising, your exertion may have been too strenuous for your current fitness level. Rest and reduce the intensity next time.

Monitoring Your Heart Rate

Fitness Safety *The target heart rate chart indicates average heart rate zones for different ages. A variety of different factors (including medication, emotional state, temperature and other conditions) can affect the target heart rate zone that is best for you. Your physician or health care professional can help you determine the exercise intensity that is appropriate for your age and condition.*

(MHR) = Maximum Heart Rate

(THR) = Target Heart Rate

220 - age = maximum heart rate (MHR)

MHR x .60 = 60% of your maximum heart rate.

MHR x .75 = 75% of your maximum heart rate.

For example, if you are 30 years old, your calculations will be as follows:

$$220 - 30 = 190$$

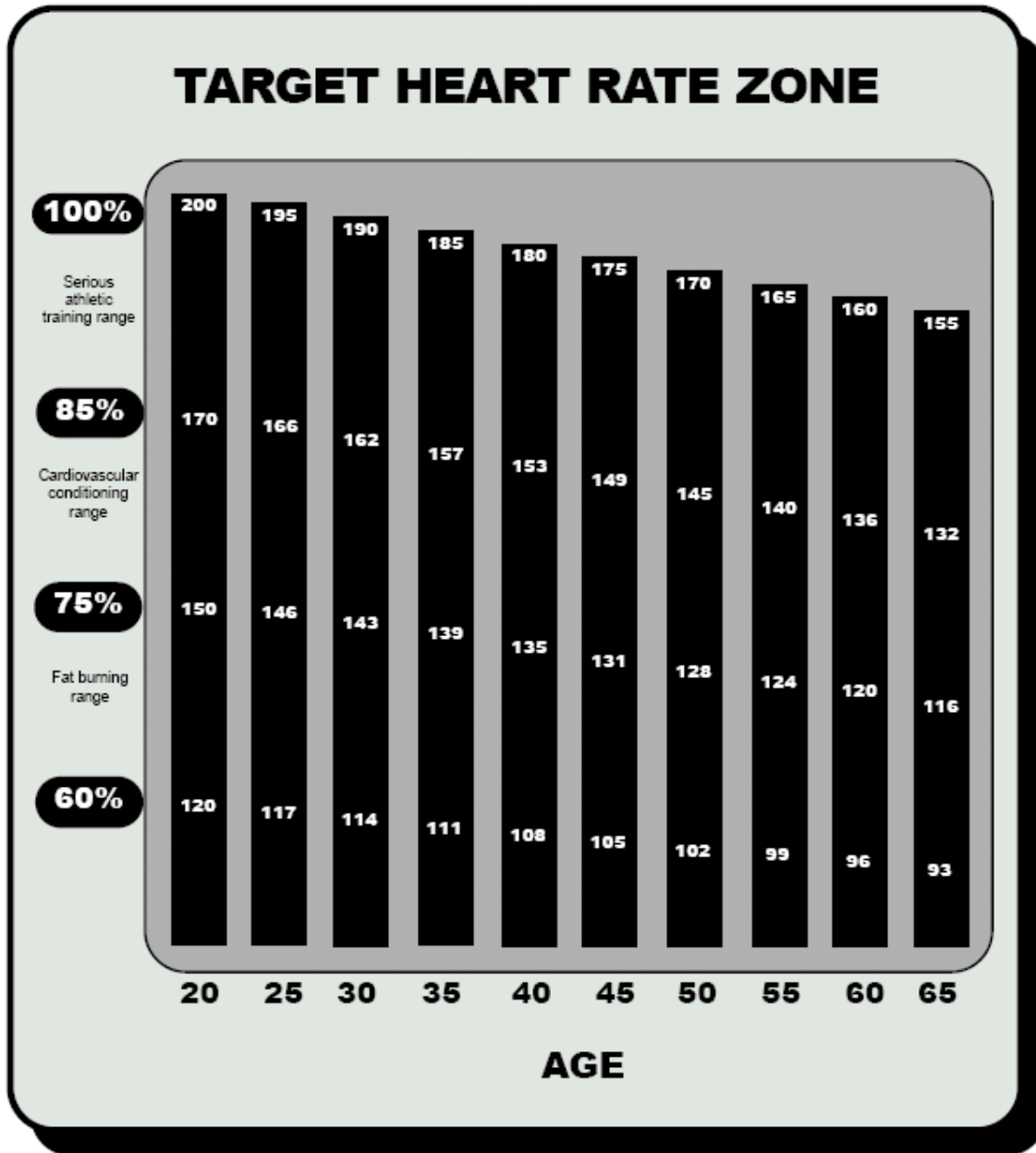
$$190 \times .60 = 114 \text{ (low end or 60\% of MHR)}$$

$$190 \times .75 = 142 \text{ (high end or 75\% of MHR)}$$

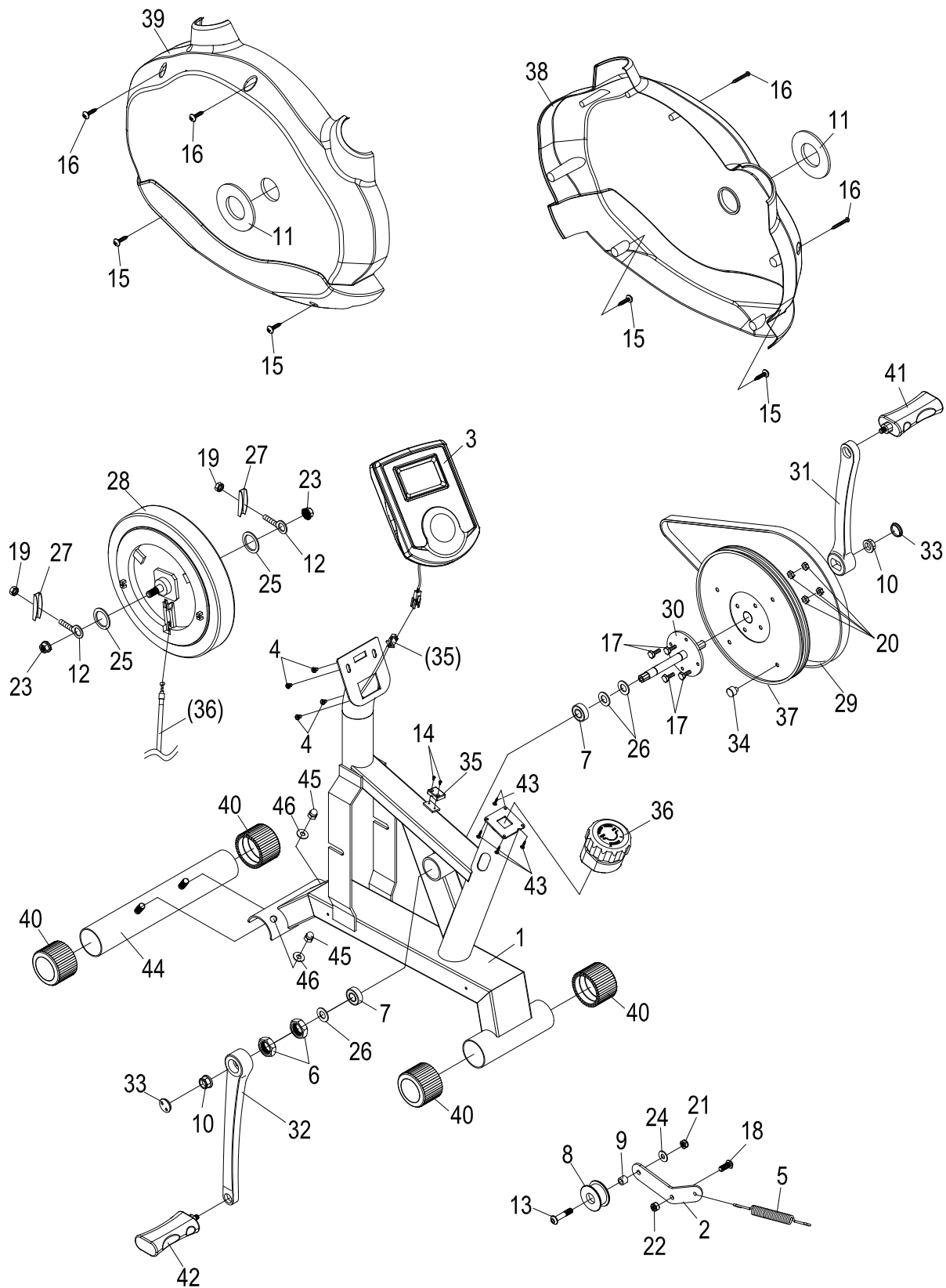
30 year-old (THR) Target Heart Rate would be 114-142

See Heart Rate Table (on next page) for additional calculations.

Monitoring Your Heart Rate



Exploded View



Parts List

ITEM	Q'TY	PART NAME	ITEM	Q'TY	PART NAME
1	1	Frame	37	1	Pulley
2	1	Belt Tension Bracket	38	1	Bottom Right Housing
3	1	Monitor	39	1	Bottom Left Housing
4	2	M5X10mm Screw	40	4	Foot End Cap
5	1	Spring Ø2.8*93m/m	41	1	Right Pedal
6	2	Crank Shaft Nut	42	1	Left Pedal
7	2	#6003 Precise Bearing	43	4	3.5 x15mm L Screw
8	1	Idler Pulley	44	1	Rear Foot Tube
9	1	M8x12.5x14.9L Spacer	45	2	M8 Acorn Nut (Silver)
10	2	M10x P1.25R Cap Nut	46	2	ψ 8 xψ 19x1.0T mm Washer(Silver)
11	2	Round End Cap			
12	2	Eyebolt 6x40mm			
13	1	M8x38mm Hex Head Screw			
14	2	TP3x8mm Screw			
15	4	TP4x16mm Screw			
16	4	TP4x25mm Screw			
17	4	M6x16mm Hex Head Screw			
18	1	M8x20mm Hex Head Screw			
19	2	6mm Hex Nut (Silver)			
20	4	6mm Locknut (Silver)			
21	1	M8 Sliver Locknut (Thin)(Black)			
22	1	M8 Sliver Locknut (Thick)(Black)			
23	2	3/8"x26mm Cap Nut (Silver)			
24	1	ψ 8 xψ 19x1.0T mm Washer(Black)			
25	2	ψ 10 xψ 19x2.0T mm Washer(Black)			
26	3	ψ 17 xψ 22x1.0T mm Washer(Silver)			
27	2	Adjustment Channel			
28	1	Mag Mrake			
29	1	V-Belt-370J5(940m/m)			
30	1	Pulley Axle with Plate			
31	1	Right Crank			
32	1	Left Crank			
33	2	Crank Central Cap			
34	1	Magnet			
35	1	Sensor Wire With Sensor			
36	1	Tension Knob			