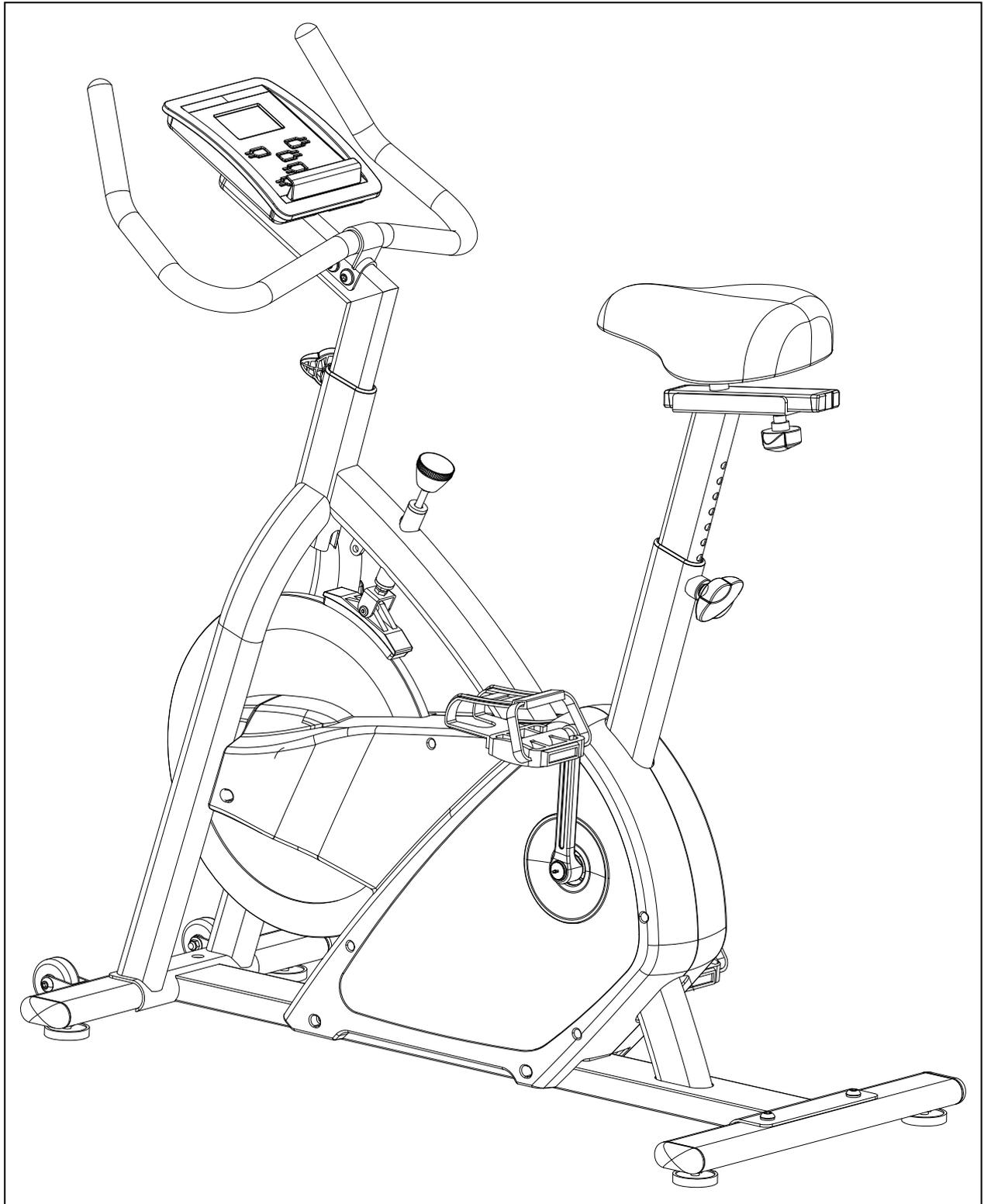
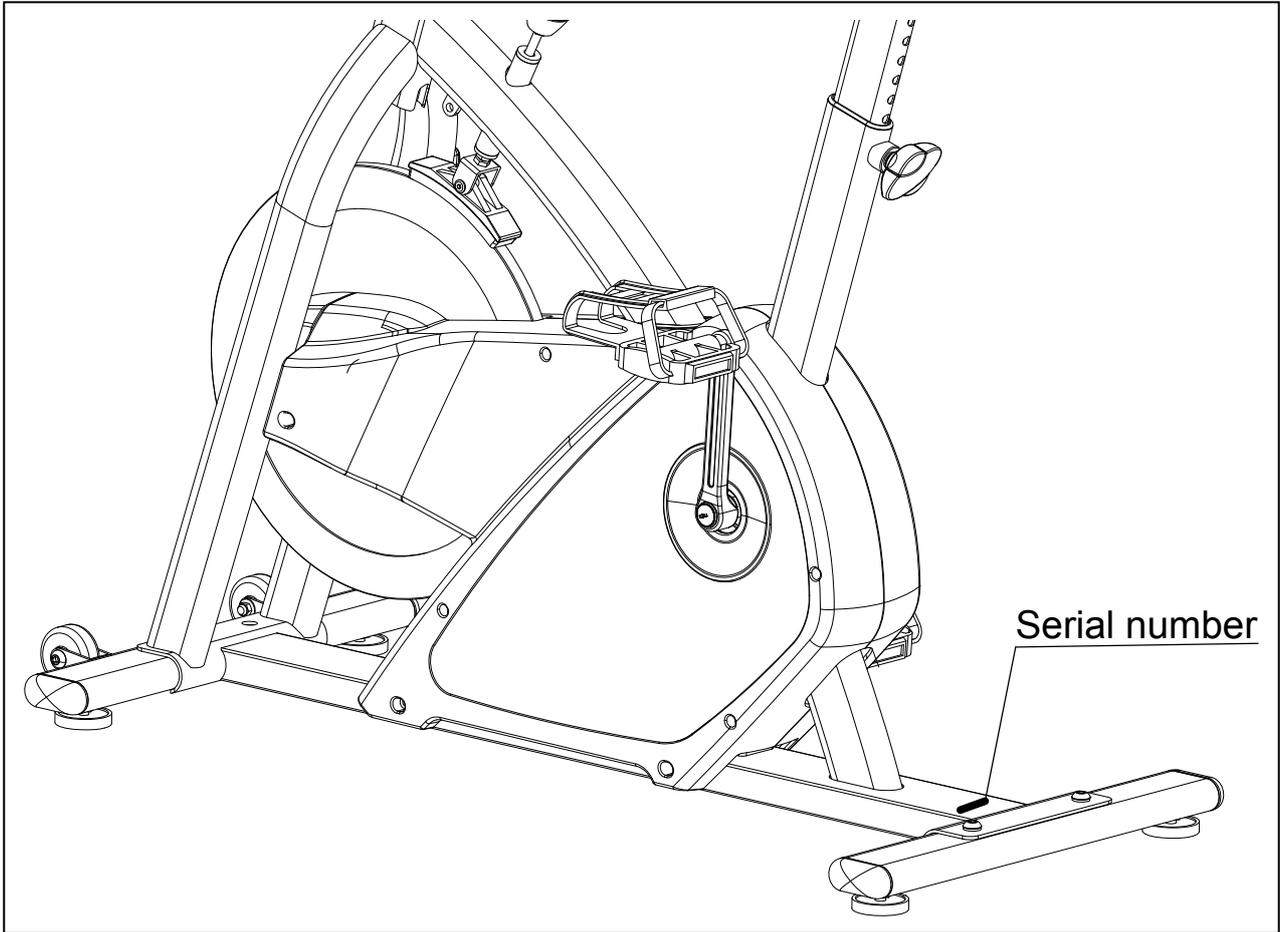


Assembly & Operating Instructions ***For Infinity Hybrid***

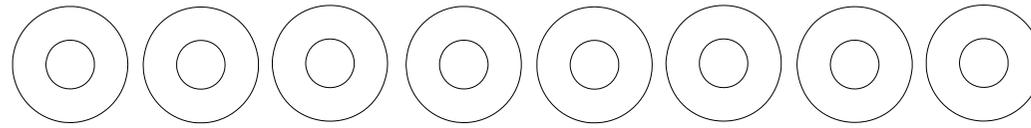


Important: Please locate your serial number and record in the box below for service support purposes.

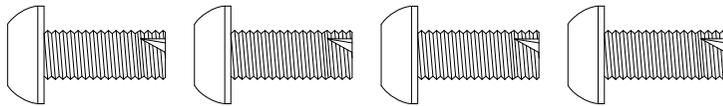


Serial number here:

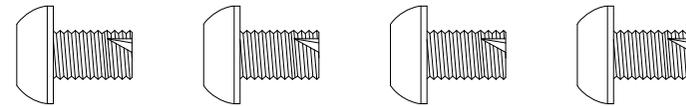
INIFINITY HYBRID



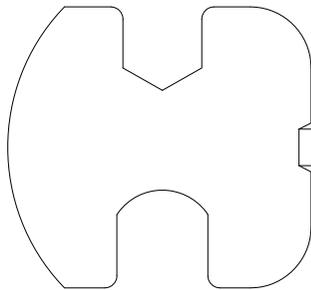
N-1 Flat Washer $\text{Ø}8 \times \text{Ø}19 \times 2t$ (8)



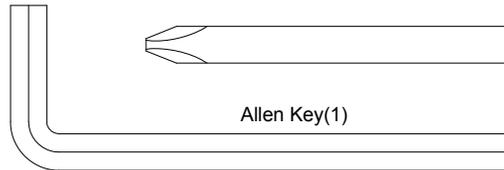
N-3 Allen Bolt M8*P1.25*20mm (4)



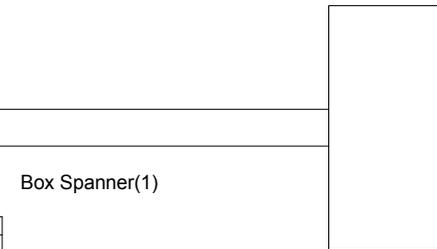
N-2 Allen Bolt M8*P1.25*12mm (4)



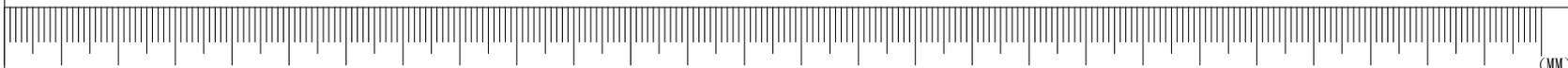
Screwdriver (1)



Allen Key(1)

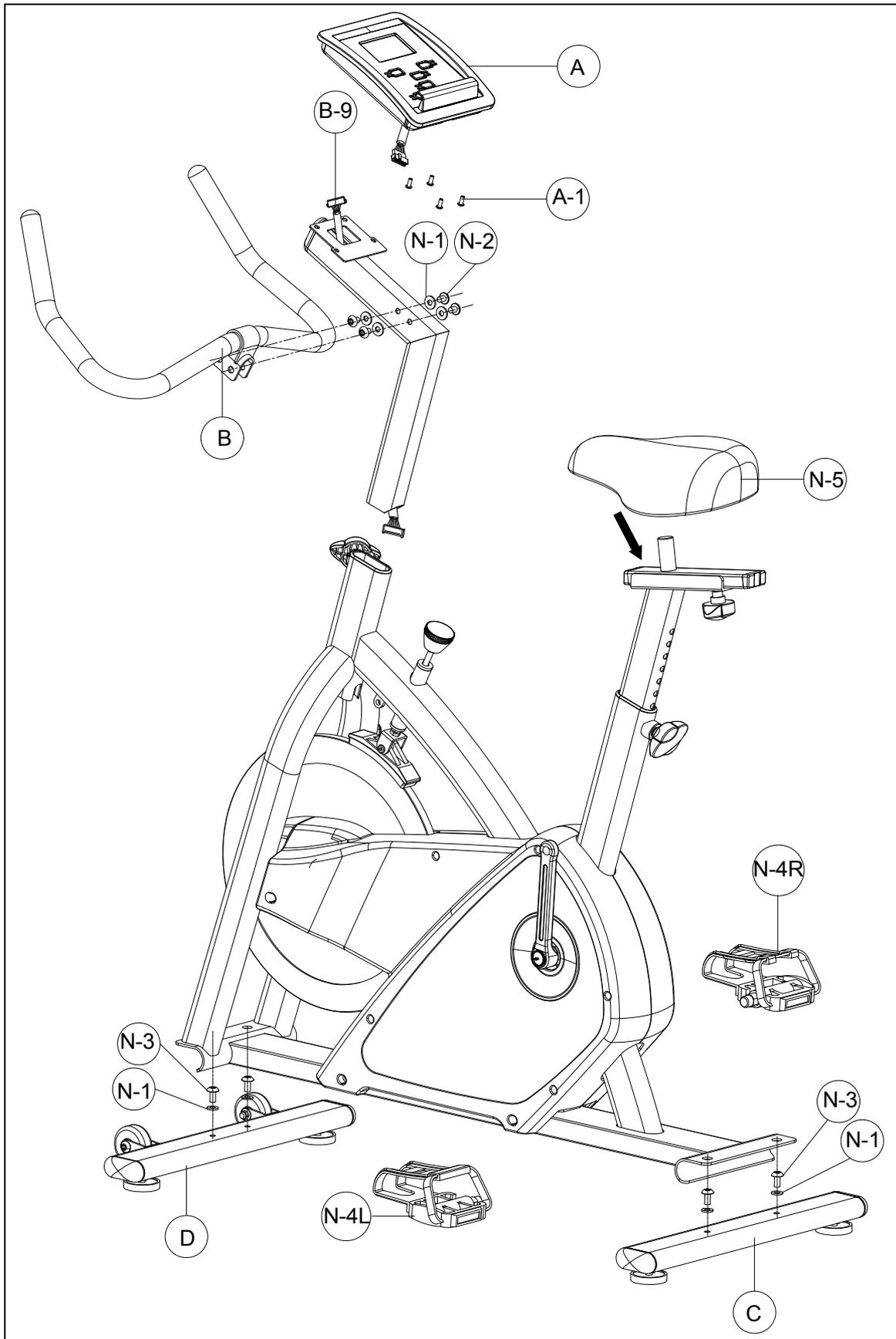


Box Spanner(1)



(MM)

COMPLETE BIKE ASSEMBLY



PARTS LIST

PART NO.	DESCRIPTION	QTY
A, A-1	Computer and Screw	1PC
B	Handlebar	1PC
B-1	Foam grip for handlebar	2PCS
B-2	Cap for handlebar	2PCS
B-3	Handlebar post	1PC
B-4	End cap of handlebar post	1PC
B-5	Screw M3*14	1PC
B-6	Stopper for handlebar	1PC
B-7	Screw M5*12	1PC
B-8	Upper cap for handlebar post	1PC
B-9	Upper cable for computer	1PC
C	Rear stabilizer	1PC
C-1	End cap for rear stabilizer	2PCS
C-2	Adjustor pad for rear stabilizer	2PCS
D	Front stabilizer	1PC
D-1	End cap for front stabilizer	2PCS
D-2	Transportation wheel for front stabilizer	2PCS
D-3	Screw M8xP1.25x40L	2PCS
D-4	Flat washer $\phi 8 \times \phi 19 \times 2t$	2PCS
D-5	Nylon nut M8	2PCS
D-6	Adjustor pad for front stabilizer	2PCS
E	Main frame	1SET
E-1	Adjusting knob for seat post	1PC
E-2	Adjusting knob for handlebar post	1PC
E-3	Screw M4x50L	5PCS
E-4	Sleeve for handlebar post holder	1PC
E-5	Sleeve for seat post holder	1PC
E-6	Screw M5x16L	4PCS
E-7	Left chain cover	1PC
E-8	Right chain cover	1PC
E-9	Front cover - Left	1PC
E-10	Front cover - Right	1PC

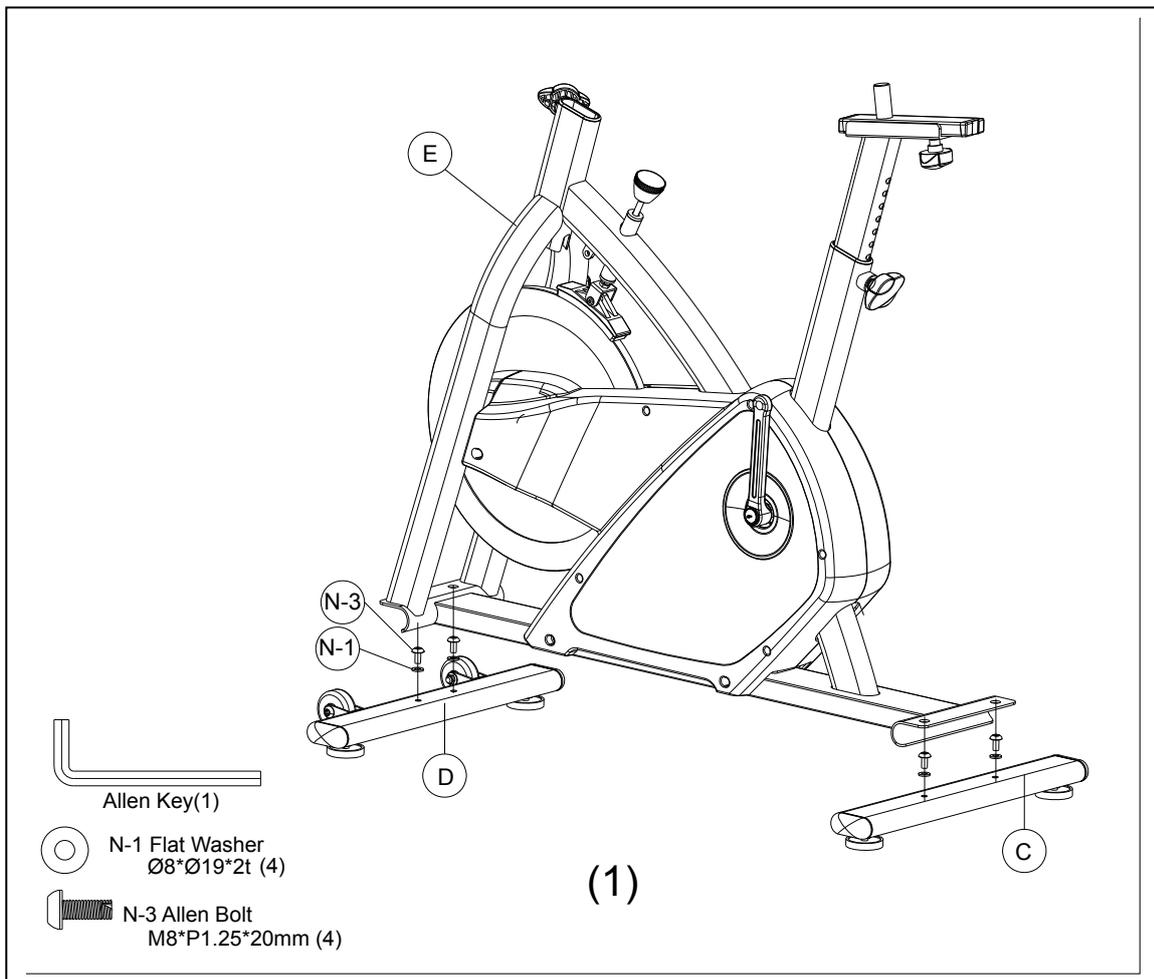
E-11	Screw M5x14L	4PCS
E-12	Bushing for chain cover	1PC
E-13	Belts 1320m/m	1PC
E-14	Belts 813m/m	1PC
E-15	Bearing 6004RS	2PCS
E-16	Nut M20*P1.0	1PC
E-17	Flat washer ϕ 20.3x ϕ 30x1t	1PC
E-18	Sensor holder	1PC
E-19	Sensor box	1PC
E-20	Screw M4x10L for sensor holder	1PC
E-21	DC cable	1PC
E-22	Cap for hand post holder	1PC
E-23,E-28	Gear box set	1SET
E-25	Support bar for gear box	1PC
E-26	Screw M4x12L	1PC
E-27	Hex screw M4	1PC
E-29	Left crank	1PC
E-30	Right crank	1PC
E-31	Nut M10xP1.25x10T	2PCS
E-33	Hex nut M3	1PC
E-34	Bushing for chain cover	1PC
F~F-3	Magnetic set	1SET
G	Shaft	1PC
G-1	Big pulley	1PC
G-2	Hex screw M8*P1.25*12L	3PCS
G-3	Bushing ϕ 20* ϕ 28*9.5L	1PC
H~H-8	Big flywheel set	1SET
J~J-7	Small flywheel set	1SET
K-1~K-9	Idler wheel set	1SET
L	Seat post	1PC
L-1~L-5	Slider set for seat post	1SET
M-1	Brake knob for Brake	1PC
M-2	Hex screw M8 for Brake	1PC
M-3	Plastic bushing ϕ 10x ϕ 22.2x15t	1PC
M-4	Brake bar for Brake	1PC

M-5	Pressing spring for Brake	1PC
M-6	U holder for Brake	1PC
M-7	Brake piece for Brake	1PC
M-8	Bushing φ 9x18L for Brake	1PC
M-9	Flat washer φ 10x φ 14x1t for Brake	2PCS
M-10	Screw M5x8 for Brake	2PCS
N-1~N-3	Bolts & nuts pack	1SET
N-4	Pedal	1SET
N-5	Seat	1PC
N-6	Adaptor	1PC

STEP 1

1. Attach the front stabilizer (D) to the main frame (E) using two flat washer (N-1) and allen bolt (N-3).
2. Attach the rear stabilizer (C) to the main frame (E) using two flat washer (N-1) and allen bolt (N-3)

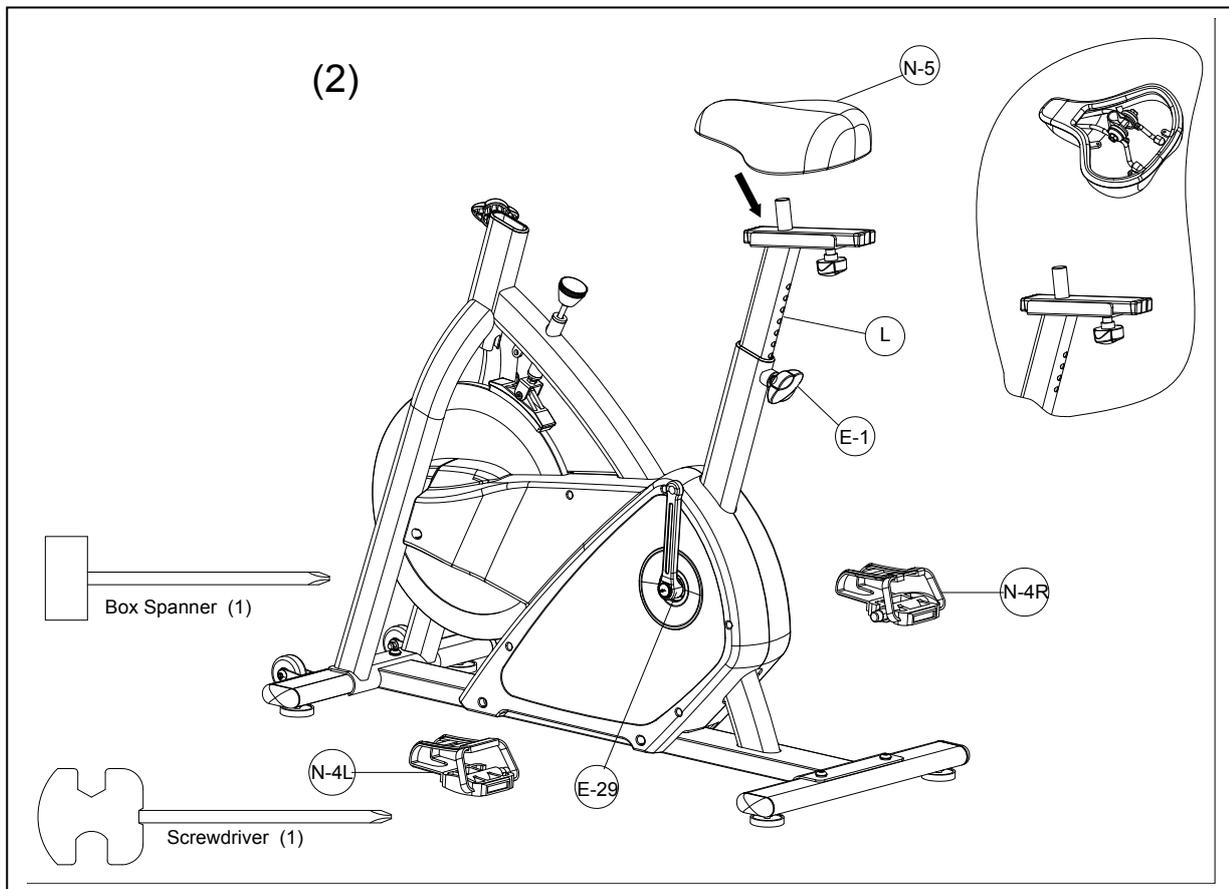
After assembly, the Trainer can be adjusted to slightly uneven ground by adjusting the height of the foot caps at the front and back. The pre-assembled transportation wheels in the front allow easy moving of the Elliptical and therefore during assembly, need to be pointing down at the front (45°).



STEP 2

1. Assemble the left pedal (N-4L) to the left crank (E-29) and the right pedal (N-4R) to right crank (E-30).
2. Assemble the seat (N-5) to the seat post (L).
3. Then choose the desired position and tighten the knob (E-1). Be sure the knob is always tightened.

Remarks: When you have chosen a desired position, tighten the Seat Post Knob until you hear a “click”.



STEP 3

3.1 : Please remove the adjusting knob (E-2) from the main frame (E).

3.2 : Release the screw from the lower sleeve and take of the sleeve from the handlebar post but do not take the sleeve off the lower cable.

3.3 : Insert the handlebar post (B-3) into the main frame (E), then choose the desired position and tighten the adjusting knob (E-2). Be sure the knob is always tightened.

3.4 : Attach the handlebar (B) to the handlebar post (B-3) using the four flat washers (N-1) and four allen bolt (N-2) in each side.

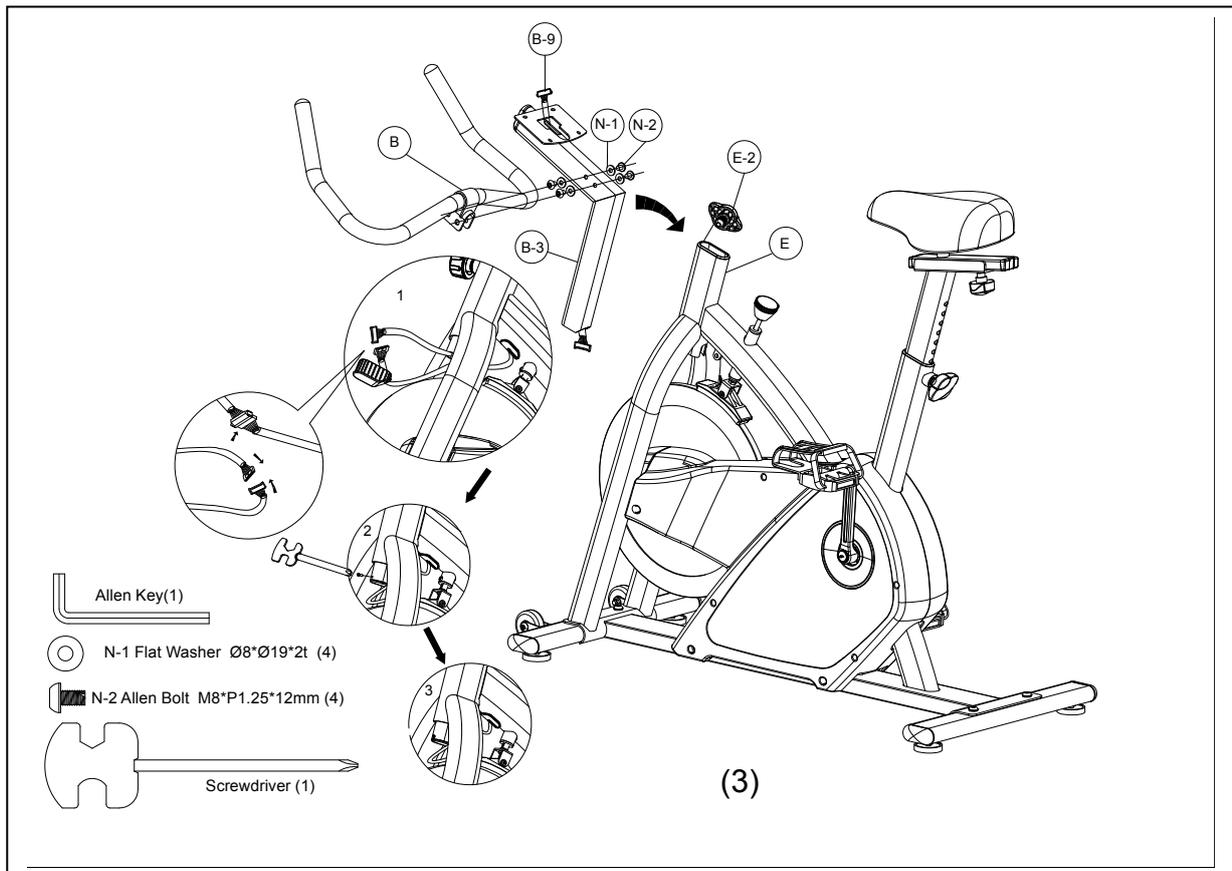
3.5 : Connect the lower cable (E-28) and the upper cable (B-9) in the handlebar post.

3.6 : Double check the cables are OK to connection.

3.7 : Put the sleeve into the handlebar post.

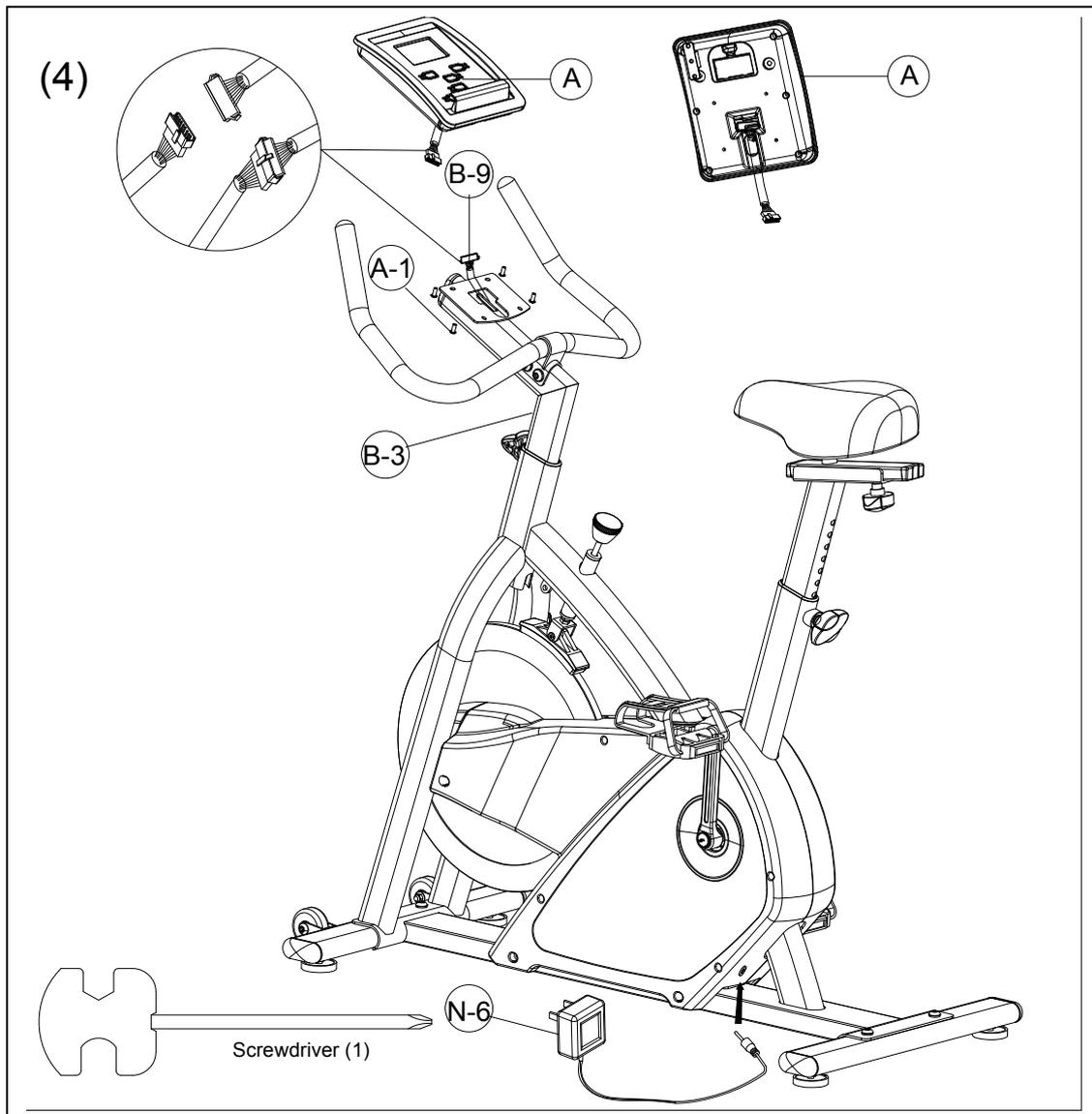
3.8 : Set up the screw for the sleeve

Remarks: When you have chosen a desired position, tighten the handlebar post knob until you hear a “click”.



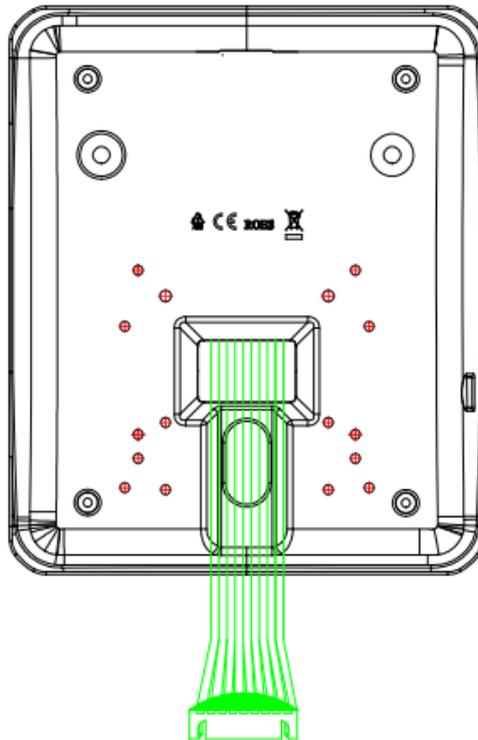
STEP 4

1. Connect the upper cables (B-9) then attach the computer (A) to the computer bracket with the enclosed Screws (A-1)
2. Connect the adaptor (N-6) to the DC hole (located on the back of the chain cover).



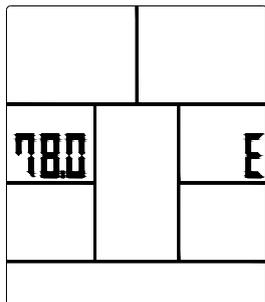
SM3728-64 INSTRUCTIONAL MANUAL

!!! For simple exercise, it is not always necessary to select a training program or manually set the TIME, DISTANCE or other values. You can simply start pedaling.



System plug connection socket

As soon as the computer is connected with power supply, an acoustic signal sounds and all of the displays are shown on LCD for 2 seconds, then showing wheel diameter.



If no button are pressed and the pedals have not been moved for approx. 4 minutes, the computer will switch to power saving mode.

DISPLAY & BUTTON FUNCTIONS

Training Values	Display Range	Description/ Setting Range
RPM	0~999	-Revolution per minute
TIME	0.0 ~ 99:99min.	-User exercising time displaying; -Setting range 0:00~99:00.
SPEED	0~99.9km	-User exercising speed.
DISTANCE	0~99.99m	-User exercising distance. - Setting range 0.00~99.90km
CALORIES	0 ~ 9999 Cal.	-Burned calories during exercising. -Setting range 0~9990
WATT	0~999	-Power consumption during exercising. -Setting range 10~350
PULSE	30-240 BPM	-User current Heart Rate value. -Setting range 0-30~240Bpm.

BUTTON	FUNCTION
UP	- Increase resistance level - Function selection
DOWN	- Decrease resistance level - Function selection
MODE	- Confirm setting or selection.
Reset	- Hold on pressing for 2 seconds, computer will reboot. - Reset all values to zero. - Reverse to main menu after finishing a workout.
Start/ Stop	- Start or Stop rowing training.
Recovery	- Track user Heart rate in recovery phase.

Acoustic Signals

All settings made with the computer are confirmed with an acoustic signal:

1 shot beep = setting confirmed

2 shot beeps =It is impossible to make any settings

Training Data

The computer calculates and displays all values automatically according to user exercising status (see table).

Take note:

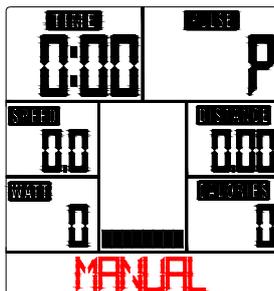
- * If only a "P" is shown instead of pulse value, it is impossible to measure the HR. Wear the chest belt properly so that computer can detect your hear rate.
- * The profile displayed in the center field depends on the type of exercise that has been set. The computer provides a number of ways to vary the exercise session and make it more motivating.

The following exercising are available:

- Manual Training (training without programs)
- Training with Programs (there are 12 programs preset, P01~P12)
- Training with the Heart Rate program (H.R.C)
- Training with USER program (set your own desired profile)
- Training with WATT program (Power consumption)

Starting exercise immediately (MANUAL)

Then MANUAL is flashing with 1Hz. Press UP or DOWN to choose MANUAL and confirm by pressing ENTER. If you have previously selected a program or started your workout, press RESET to return to the starting display.



- Press START/STOP button to start workout immediately without entering further settings.
- Press UP and DOWN keys to input your personal settings and press MODE to confirm. The following fields will flash in turn:
 - . Resistance level (1~16)
 - . TIME
 - . DISTANCE
 - . CALORIES
 - . PULSE

Use UP & DOWN to set values and confirm your selection by MODE button.

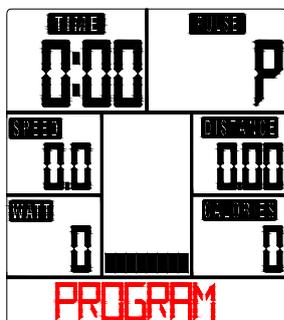
Press START/STOP to start workout.

As soon as one of the set values reach the preset Target, the computer will alarm with Bi-bi sound and stop.

- You can adjust the level of resistance on the paddles while exercising by pressing UP and DOWN keys. The newly set level value will be shown in the profile(default value is Level 1).
- Press START/STOP to end exercising. All exercising value will remain.
- Press RESET to reverse to workout selection menu.

Selecting a Program to do training (PROGRAM)

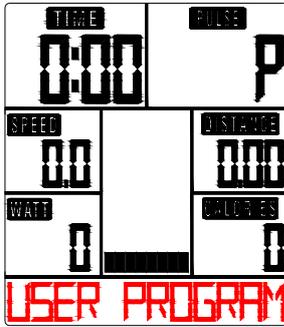
- Press UP and DOWN keys to scan MANUAL→PROGRAM →USER PROGRAM→HRC→WATT.
- Choose PROGRAM and press MODE to confirm. The programs are preset with 12 profiles. Press UP and DOWN to select one from the 12 preset profiles. Set the desired session value and confirm by MODE:
 - . Resistance level (1~16)
 - . TIME
- Press STATR/STOP to start workout.



- You can adjust the level of resistance on the paddles while exercising by pressing UP and DOWN keys. The newly set level value will be shown in the profile(default value is Level 1).
- Program intensity:
 - Interval programs P2- P3- P7- P12
 - Increasing resistance level programs P6- P9- P11
 - Increasing and decreasing resistance level programs P1- P4- P5- P8 -P10The stored training programs are designed especially to enhance aerobic base fitness.
 - . As a beginner you should start with those programs slowly and set a low paddle resistance.
 - . You should only graduate to Interval programs once you have exercised for several times.
- Press START/STOP to end exercising. All exercising value will remain.
- Press RESET to reverse to workout selection menu.

User-defined profile (USER PROGRAM)

- Here you can design your own profile with bars just like the preset program profiles.
- Press UP & DOWN to select USER PROGRAM and press MODE to confirm. The first bar will be displayed.
 - Press UP & DOWN to set resistance level and confirm by MODE button. The next bar will be displayed.
 - Continue this process till set up 20 bars. The max. resistance level is 16. To finish your setting or quit setting, hold on pressing ENTER button.
 - Set the desired session TIME with UP & DOWN buttons and press MODE to confirm.
 - Press STATR/STOP to start workout.



- During the program profile setting, user may press MODE to finish or holding it for 2s to quit setting.
- You can adjust the level of resistance on the paddles while exercising by pressing UP and DOWN keys. The newly set level value will be shown in the profile(default value is Level 1).
- As soon as one of the set values reach the preset Target, the computer will alarm with Bi-bi sound and stop.
- Press START/STOP to end exercising. All exercising value will remain.
- Press RESET to reverse to workout selection menu.

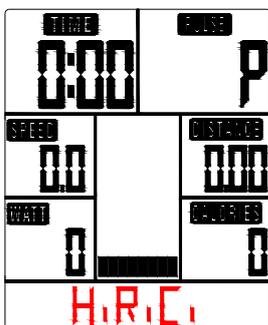
Set program according to heart rate (H.R.C.)

In this program, the console reacts to your pulse as measured by the chest belt.

This program allows you to exercise efficiently and safely within your required heart rate zone.

In addition, simple graphics also show you whether you need to need to increase or decrease your stress Level. You can choose between:

- HRC55 Here you are exercising in the very efficient range of 55%, ideal for beginners and for general fat Burning.
- HRC75 This range of 75% of the maximum pulse rate is suitable for experienced users and athletes.
- HRC90 The anaerobic range of 90% of the maximum pulse rate is only suitable for competitive athletes and short sprint exercises.
- TAG The computer uses your Age to calculate a target pulse rate, which you can change as per your willing. Never select a target pulse that is higher than your age-determined maximum pulse rate.



- Press UP & DOWN to select H.R.C. and enter by pressing MODE. Choose HRC55-->HRC75 -->HRC90-> TARGET. With HRC55, HRC75,HRC90, the max. Heart rate will be calculated by the computer automatically.
- With the TARGET program, the preset value 100 will be shown. Press UP & DOWN buttons to set a value between 30~240 and confirm by MODE. The program has been saved.
- Set the desired session TIME with UP & DOWN buttons and press MODE button to confirm.

-Press STATR/STOP to start workout.

-For this program, it is necessary to wear the chest belt so that computer can detect and display your heart rate value.

-Program sequence:

The computer sets a paddle resistance that keeps you exercising constantly within your target pulse rate.

.If you are exercising and go below your preset pulse rate, the paddle resistance will automatically rise by one stress level every 30 seconds.

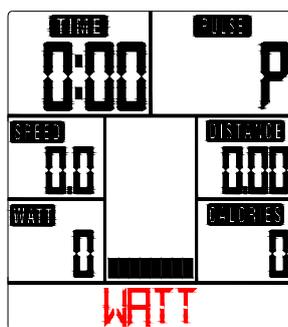
.If you are exercising and go above your preset pulse rate, the paddle resistance will automatically decrease by one stress level every 15 seconds. If you have already reached the lowest level "1" and your pulse rate is still higher than your preset value, then after about 30 seconds an acoustic signal will alarm and computer program will end automatically.

Training with WATT program

In this program, you will notice the power consumption. The preset value 120 is flashing on screen.

-Press UP & DOWN to select set desired value with range from 10 to 350.

-Press STATR/STOP to start workout.



-Press START/STOP to end exercising. All exercising value will remain.

-Press RESET to reverse to workout selection menu.

Recovery phase

It is recommended to end an intensive exercising session with a recovery phase. During this phase you should be able to relax and paddle without strong resistance until your pulse slows close to its usual rate.

-Press RECOVERY button and wear chest belt again. Then only TIME is showing with counting down from 60 seconds to 0, all other functions are not available.

Once the 60 seconds recovery phase is over, an evaluation of the achieved heart rate will be shown.

1.0	OUTSTANDING
1.0 < F < 2.0	EXCELLENT
2.0 < F < 2.9	GOOD
3.0 < F < 3.9	FAIR
4.0 < F < 5.9	BELOW AVERAGE
6.0	POOR

-If your heart rate is still very high after 60s (F is between 4 and 6), you could restart the recovery program to gradually slow your heart rate further.

Trouble shooting:

E-2 : Motor stroke over the normal range. Plug the adaptor again. Re-power on the console and the motor will back to the normal range.

E-7 : Check if cables were well connected or damaged.

Attention! All preset data will be lost when unplug the power (adaptor) from the "machine".