



Bi-Directional UBE
OWNER'S MANUAL V2



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SAFETY PRECAUTIONS

This exercise equipment was designed and built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before assembly and operation of this machine.

Also, please note the following **safety precautions**:

1. Read all instructions carefully before using the machine.
2. Consult your physician or other health care professional before beginning this or any type of exercise program.
3. Always wear proper exercise apparel when using the machine.
4. If at any time you feel faint, light-headed or dizzy while operating the machine, stop exercise immediately. You should also stop exercising if you are experiencing pain or pressure.
5. Keep children and pets away from the machine while in use.
6. Only one person can use the machine at a time.
7. Make sure your machine is correctly assembled before you use it. Be sure all screws, nuts, and bolts are tightened prior to use and retighten periodically.
8. Do not operate this or any exercise equipment if it is damaged.
9. Keep hands and feet away from any moving parts. Do not insert any objects into any openings.
10. Keep clothes, jewelry, or loose items away from moving parts.



WARNING

BEFORE BEGINNING ANY EXERCISE PROGRAM CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PEOPLE WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING THIS FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

Dear Valued Customer,

Thank you for your recent purchase of the **PhysioTrainer** Bi-Directional UBE from HCI Fitness. We believe that you have purchased one of the highest quality and UBEs on the market today. Prior to using your new **PhysioTrainer** please review the owner's manual and product tips to maximize your workout experience.

Wishing you the best of luck in reaching your health and fitness goals!

HealthCare International is a leading supplier and distributor of innovative products for Health, Wellness, Fitness & Active Aging. Visit our website – www.HCIFitness.com for information on all of our products.

Warranty Information

(Your Serial Number is found on a white sticker at the rear base of the unit, the front of the user manual, and on the box)

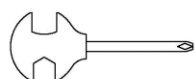
Serial #:_____ Purchase Date:_____

2 Year Belt Warranty, 1 Year Parts, Lifetime Main Frame

NOTE

Before you start to assemble this unit, please note that some of the parts and screws needed for assembly are already in place on the unit.

Tool Set



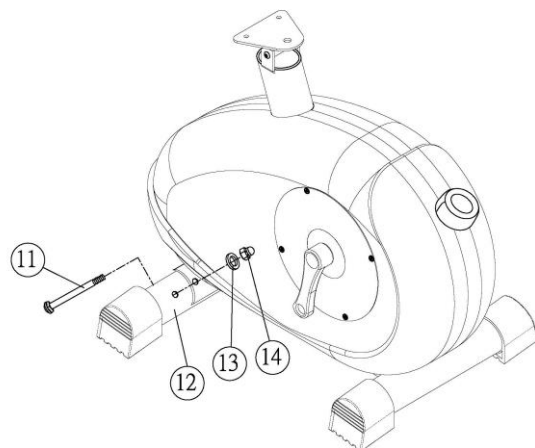
(46)Screwdriver 1pcs



(47) 4mm Allen Key 1pcs

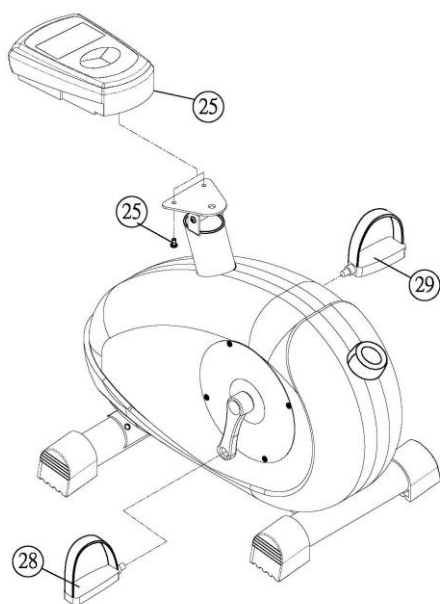
ASSEMBLY

Step 1



1. Attach the rear support tube (No. 12) to the frame using the Allen key and bolt M8*65 (No. 11) .

Step 2 + 3



2. Attach the display (No.25) to the meter stand using the screws. Plug the display in by feeding the wire through the center hole. Extra wire can be stored in the back of the display. Then add 2 AA batteries.
3. Pedal Assembly: Use (No.28) for Left side and (No.29) for Right side. Each pedal crank is marked with either an L or R. To tighten the L pedal screw to the left. To tighten the R pedal tighten to the right.

***Left Pedal has a Reverse Thread!
Do Not Strip Left Pedal.***



Display Console



SETUP WORKOUT PROGRAMS

Quick Start

1. Begin pedaling and the display will start your workout counting upward.
2. Press the **MODE** key to see different workout feedbacks.
3. **Scan Mode** will cycle through all the workout feedbacks.

Exercise for Time:

4. Press the **MODE** key to until the Time Function is indicated.
5. Press the **SET** key to add time to your workout.
6. Wait 5 seconds to set your workout time.
7. Begin pedaling to start the count down.

*Press the **Reset** key to clear the workout time.*

Exercise for Distance:

1. Press the **MODE** key to until the Distance Function is indicated.
2. Press the **SET** key to add distance to your workout.
3. Wait 5 seconds to set your workout distance.
4. Begin pedaling to start the count down.

*Press the **Reset** key to clear the workout distance.*

Exercise for Distance:

1. Press the **MODE** key to until the Distance Function is indicated.
2. Press the **SET** key to add time to your workout.
3. Wait 5 seconds to set your workout time.
4. Begin pedaling to start the count down.

*Press the **Reset** key to clear the workout distance.*

Heart-Rate Controlled Exercise:

For use with optional heartrate chest strap.

1. Check that the Heart symbol is on the top right of the display.
2. Press the **MODE** key to until Pulse Set is indicated.
3. Press the **SET** key to increase maximum heartrate.
4. Wait 5 seconds to set your max heartrate.
5. Begin pedaling to start.
6. Once the max heartrate is reached, the monitor will beep.
7. Reduce speed and resistance to maintain max heartrate
8. Press **Set** key to increase max heartrate.

*Press the **Reset** key to clear the set heartrate workout.*

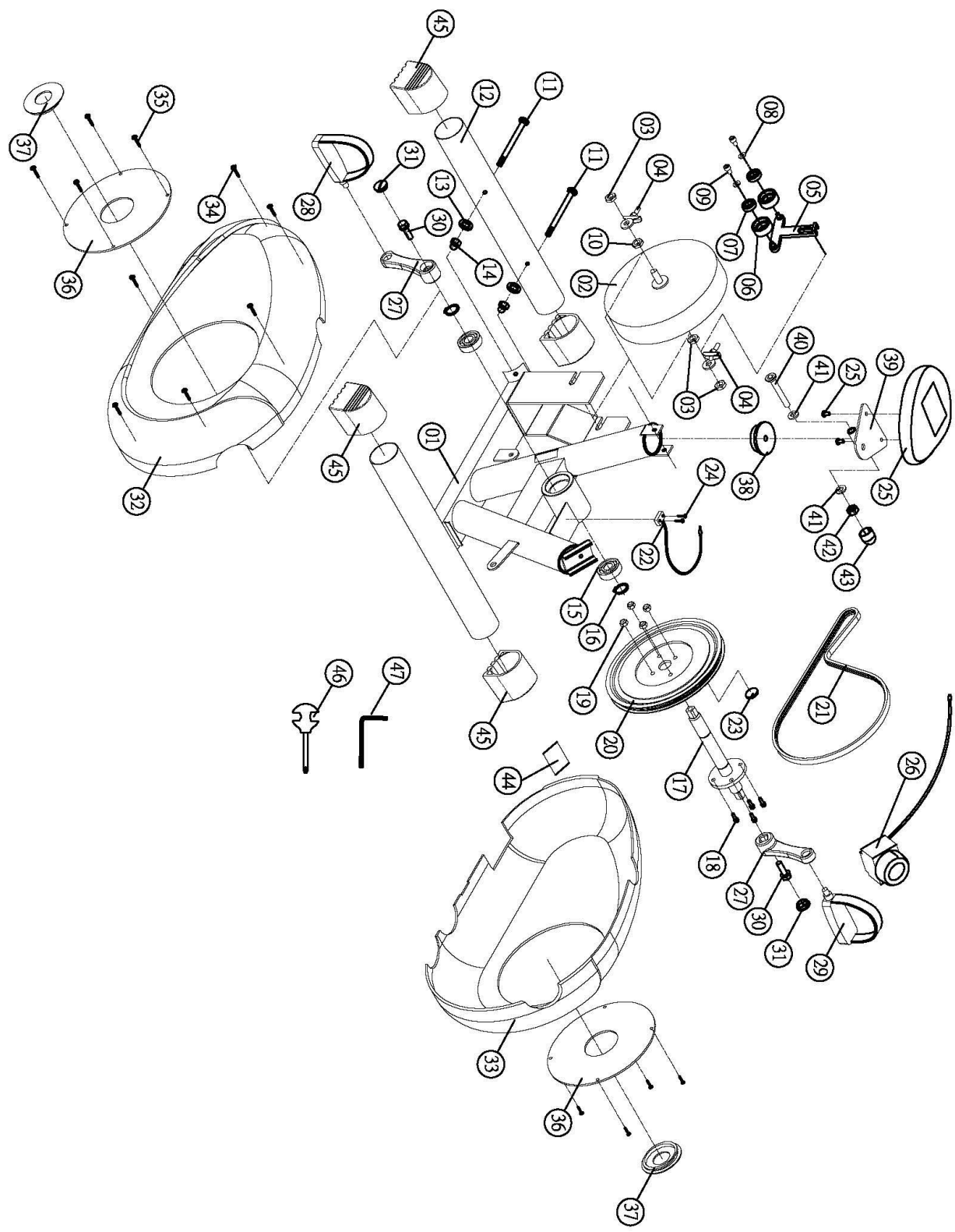
Change Units:

1. Hold the **MODE** key for 2 seconds.
2. Press the **SET** key to change units. ML = Miles / KM = Kilometers
3. Press the **MODE** key to set the units.

General Maintenance

1. Cleaning - Use soap and warm water or antibacterial wipes to clean your unit and pedals.
2. Tightening - Periodically inspect your unit to insure that all screws, nuts, and bolts are tightened and retighten if necessary. Do not over tighten.

EXPLODED DIAGRAM



PARTS LIST

No.	Description	Qty	No.	Description	Qty
1	Frame	1	25	Computer	1
2	Magnetic Flywheel	1	26	Tension Knob	1
3	Flange Nut 3/8* 5T	3	27	Crank	2
4	Adjustment Bolt	2	28	Pedal L-H	1
5	Idler Support	1	29	Pedal R-H	1
6	Idler (A)	2	30	Hex Bolt M8*25L	2
7	Bearing 6000ZZ	3	31	Crank Cap	2
8	Washer D6.6*D16	2	32	Chain Cover (L)	1
9	Self Drill Screw (M6*10L)	3	33	Chain Cover (R)	1
10	Locking Nut 3/8*3T	1	34	"+" Screw 3/16 *30L	6
11	Allen Key Bolt M8*65L	2	35	"+" Screw M5*10L	8
12	Rear Support Tube	1	36	Acrylic Cover	2
13	Bolt M8*65L	2	37	Plastic Cover	2
14	Bolt M8*65L	2	38	Round End Cap	1
15	Bearing 6004ZZ	2	39	Computer Plate	1
16	C-Ring For Shaft	2	40	Hex Bolt M8*70L	1
17	Shaft	1	41	R-Ring	2
18	Hex Screw M6*15L	4	42	Nut M8	1
19	Nut M6	4	43	Nut Cap	1
20	Pully	1	44	California Warning Label	1
21	Belt(6J-340)	1	45	Stabilizer End Cap	4
22	Sensor	1	46	Screw Driver	1
23	Magnetic Flywheel	1	47	4mm Allen Key	1
24	Self Drill Screw ST3*10L	2			



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PhysioTrainer!*

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