



GB2.0 EXERCISE BIKE

USER MANUAL



NOTE!

Read all instructions carefully before using this product. Retain this owner's manual for future reference. The specifications of this product may vary and are subject to change without further notice.



GYMSTICK.COM

BEFORE YOU BEGIN

Thank you for choosing Gymstick training equipment. We take great pride in producing this high-quality product and hope it will make you feel better and enjoy life to the fullest. Please read this manual in its entirety before beginning to use this product.



IMPORTANT

Read all instructions carefully before using this product.
Retain this owner's manual for future reference.



WARNING

Read and follow all safety instructions carefully.
Failure to follow safety instructions could result in serious injury.

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SAFETY INSTRUCTIONS

Basic precautions should always be followed when using this product. In order to ensure safe read and follow all safety instructions included in this user manual. Failure to do so could result in serious injury.

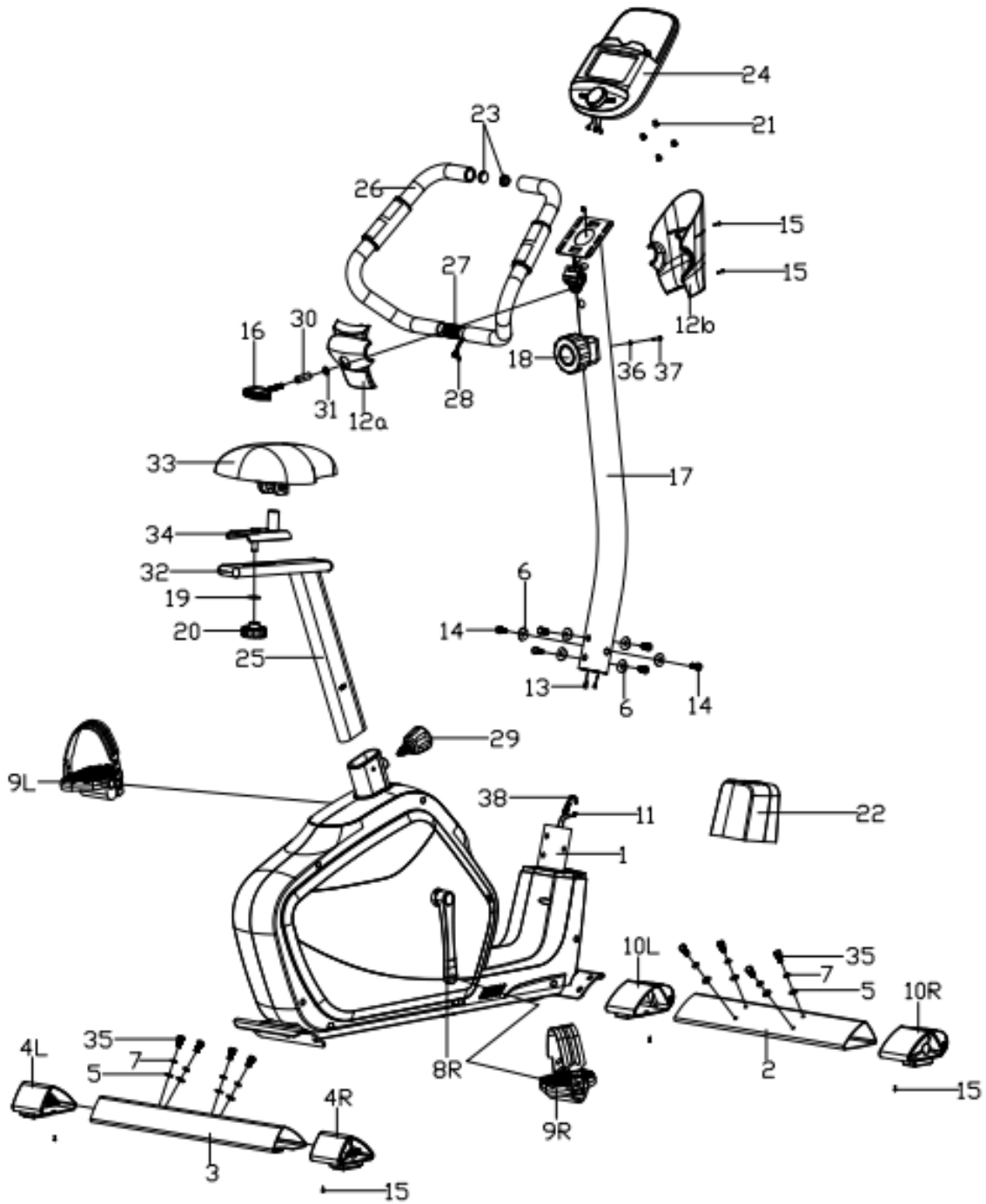


WARNING

Before using this product, consult your physician first. This is especially important for individuals over the age of 35 or persons with pre-existing health problems.

- ▲ This product is not a toy. Keep children and pets away from the machine at all times. Do not leave unattended children in the same room with the machine.
- ▲ Handicapped or disabled persons should not use the machine without the presence of a qualified health care professional or physician.
- ▲ If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, stop the workout at once. Consult a physician immediately.
- ▲ Before beginning training, remove all objects within a radius of 1 meters from the machine. Do not place any sharp objects around the machine.
- ▲ Position the machine on a clear, level surface away from water and moisture. It is suggested to place a mat under the unit to help keep the machine stable and to protect the floor.
- ▲ Only use the machine for its intended purpose as described in this manual. Do not use any other accessories than the ones recommended by the manufacturer.
- ▲ Assemble the machine exactly as in the description in this instruction manual.
- ▲ Check all bolts and other connections before using the machine for the first time and ensure that the machine is in good and safe condition.
- ▲ Hold a routine inspection of the equipment. Pay special attention to components which are the most susceptible for wear and tear. Any defective components should be replaced immediately before using the machine in order to maintain the safety level.
- ▲ Never operate the machine if it is not functioning properly.
- ▲ This machine can be used for only one person's training at a time.
- ▲ Do not use abrasive cleaning articles to clean the machine. Wipe drops of sweat from the machine immediately after finishing training.
- ▲ Always wear appropriate workout clothing when exercising. Training shoes are also required.
- ▲ Keep hands away from all moving parts.
- ▲ Before exercising, always warm-up your body thoroughly by dynamic stretching.
- ▲ This machine must be assembled by adults.
- ▲ It is the responsibility of the owner to ensure that all users are properly informed as how to use this product safely.
- ▲ This device is intended for indoor use only.
- ▲ This device is intended for home use.
- ▲ Maximum user weight: 120 kg.

EXPLODED DRAWING



PARTS LIST

NO.	PART DESCRIPTION	QTY.
1	Main frame	1
2	Front Stabilizer	1
3	Rear Stabilizer	1
4L/R	Rear End Cap	1 pr
5	Flat washer D8*Φ16*1.5	8
6	Arc WasherD8xΦ25x1.5xR25	6
7	Spring pad D8	8
8L/R	Crank	1 pr
9L/R	Pedal	1 pr
10L/R	Front End Cap	1 pr
11	Sensor wire	1
12a/b	Computer cover	1 pr
13	Extension Wire	1
14	Hex screwM8x16	6
15	Screw ST4.2×18	24
16	T-Handle knob	1
17	Handlebar Post	1
18	Tension control	1
19	Flat washer	1
20	Plum knob	1
21	Pan head screw	4
22	Handlebar post cover	1
23	Round end cap	2
24	Computer	1
25	Saddle post	1
26	Foam grip	2
27	Handlebar	1
28	Handle pulse wire	2
29	Pop-pin knob	1
30	Spacer	1

NO.	PART DESCRIPTION	QTY.
31	Flat washer	1
32	End cap	2
33	Saddle	1
34	Saddle slider	1
35	Outer hexagon bolt M8*20	8
36	Curved washer	1
37	Phillips pan head screw M5	1
38	Tension cable	1
39	Snap ring	2
40	Bearing	2
41	Wave washer	1
42L/R	Cover	1 pr
43	Hex flat round head screw	4
44	Belt tray	1
45	Middle axle	1
46	Spring washer D6	6
47	Nylon nut M6	4
48	Bush	1
49	Sealing ring	1
50	Nylon nut M10	1
51	Idler	1
52	Idler connect	1
53	Nylon nut M8	1
54	Crank seal	2
55	Alloy sleeve	1
56	Outer hexagon bolt M8*20	1
57	Tension sprin	1
58	Flange nut M10*1.25	2
59	Hex bolt M5X60	1
60	Nut M5	2

PARTS LIST

NO.	PART DESCRIPTION	QTY.	NO.	PART DESCRIPTION	QTY.
61	Hex bolt M6X15	2	71	Flywheel axle	1
62	Flat washer D6	2	72	Flywheel	1
63	Snap ring	2	73	Belt	1
64	Magnetic board axle	1	74	Belt pulley	1
65	Magnetic board	1	75	Cone nut M10	2
66	Magnet	8	76	Hex nut M10	1
67	Tension spring	1	77	Self-tapping screw ST3*15	2
68	Adjustable bolt	2	78L/R	Chain cover	1 pr
69	U-shape washer	2	79	Hexagon nut M10	1
70	Nylon nut M6	2			



IMPORTANT

Before assembly, please ensure all parts are included in the package. In case any parts are missing, contact our customer service to resolve the issue.



WARNING

Only adults are allowed to lift and assemble this equipment to avoid risk of injury.







IMPORTANT

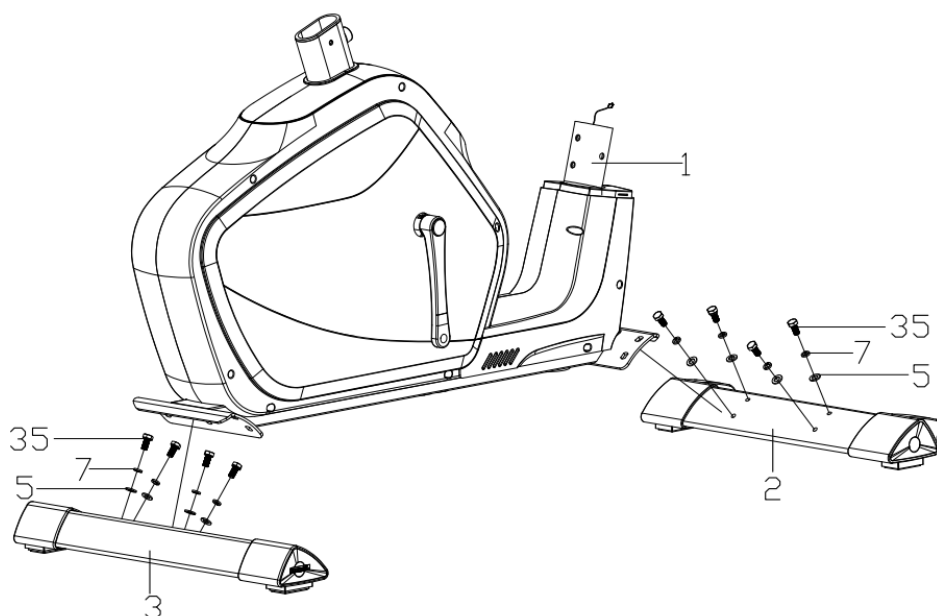
Complete each assembly stage completely before advancing on to the next. Assemble with nuts and bolts loose at first. Tighten only after completing assembly step.

ASSEMBLY INSTRUCTIONS

STEP 1.

Attach the front stabilizer (2) and rear stabilizer (3) to the main frame (1) with the outer hexagon bolt M8*20 (35), spring washer (7) and washer (5) as shown.

- | | |
|---|--------------------|
|  | #35 M8X20 8PCS |
|  | #7 D8 8PCS |
|  | #5 D8XΦ16X1.5 8PCS |
|  | a S13, S14 1PC |



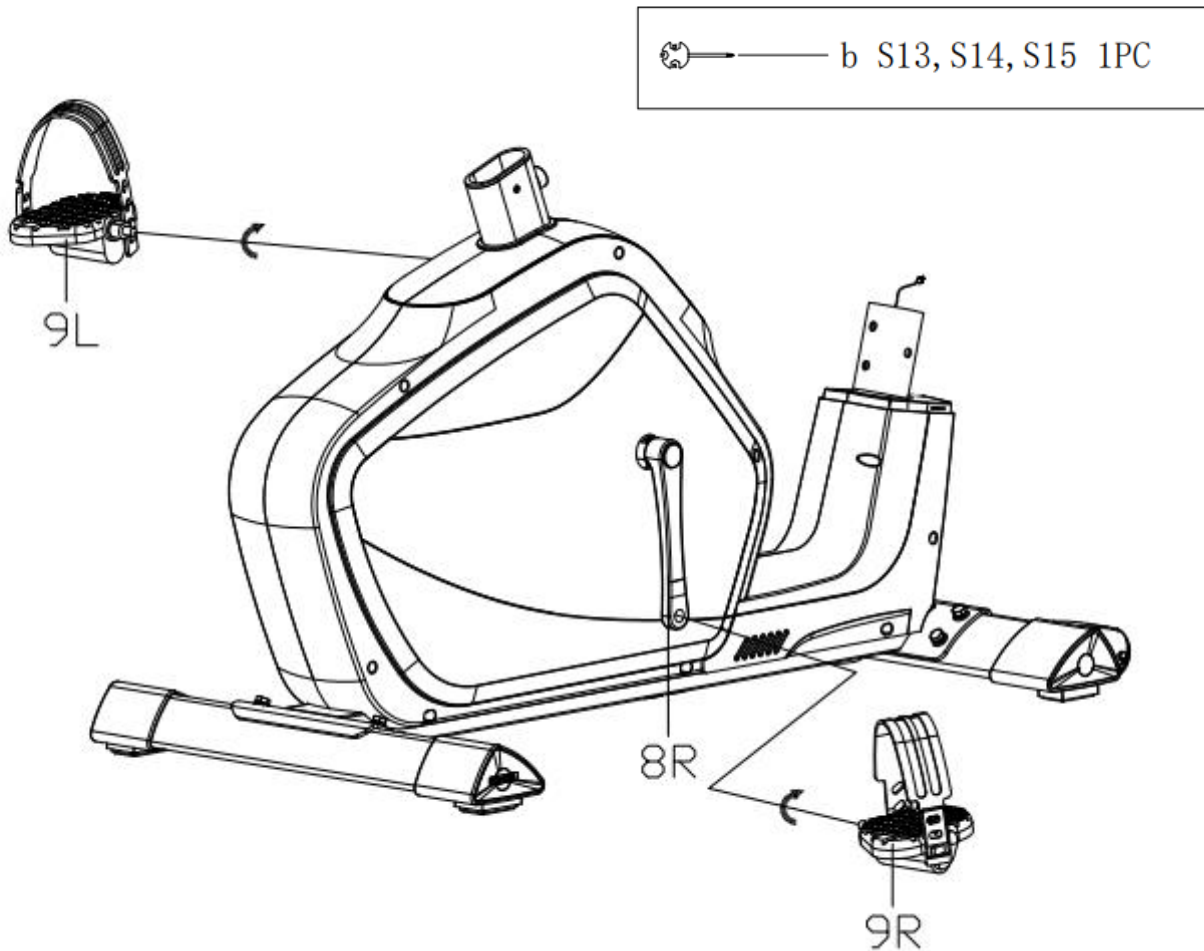
ASSEMBLY INSTRUCTIONS

STEP 2.

Attach the right and left pedals (9L/R) to the crank (8) respectively.

Note! Each pedal is labeled, L FOR LEFT and R FOR RIGHT.

To tighten, turn the left pedal COUNTERCLOCKWISE and the right pedal CLOCKWISE. Always keep the left and right pedal completely tightened when using the bike. Failing to follow the instructions may cause damage to the thread of the pedals.



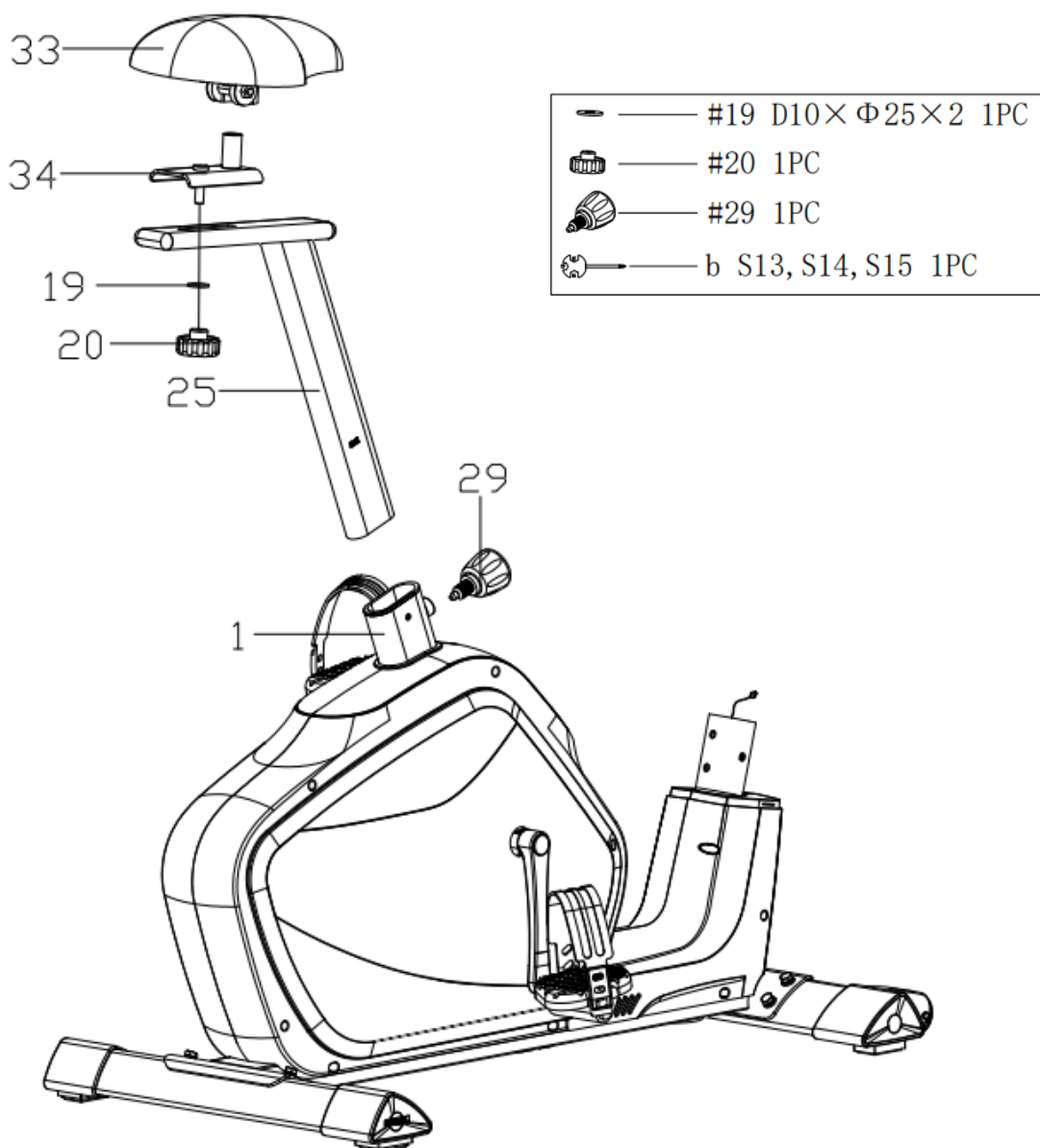
ASSEMBLY INSTRUCTIONS

STEP 3.

1. Attach the saddle (33) to the saddle slider (34), and then attach the saddle slider (34) to the saddle post (25) with the flat washer (19) and plum knob (20).

2. Insert the saddle post (25) into the main frame (1) and fix with the pop-pin knob (29) at a proper height as shown.




Always ensure the saddle has been tightly fastened on the horizontal saddle post before exercise.

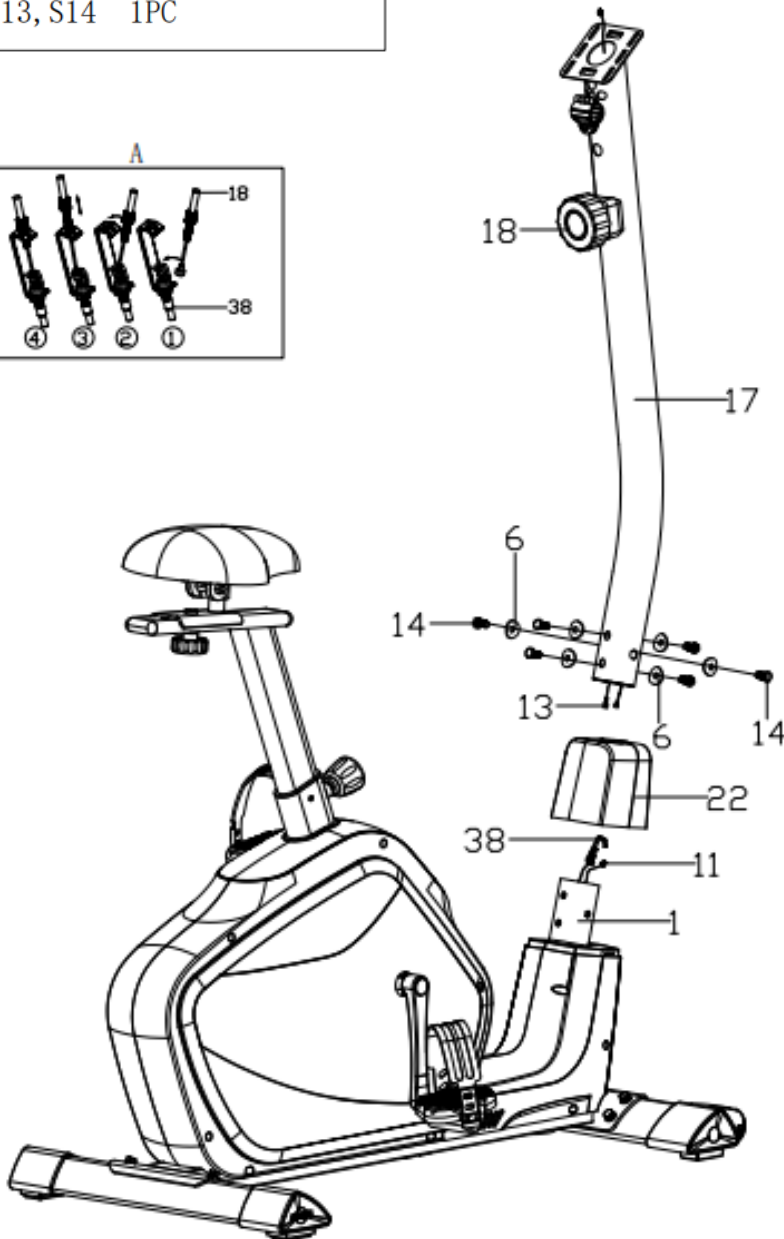
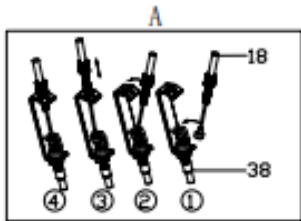


ASSEMBLY INSTRUCTIONS

STEP 4.

1. Slip the Handlebar Post Cover (22) onto the Handlebar Post (17), then connect the wires of the tension cable (38) and the tension control (18) wire according to Figure A , and connect the Sensor Wire (11) to the Extension Sensor Wire (13);
2. Attach the Handlebar Post (17) to the Main Frame (1) with the hex head bolt (14) and Arc Washer (6) as shown. Slip down Handlebar Post Cover (22) and fit in the place.

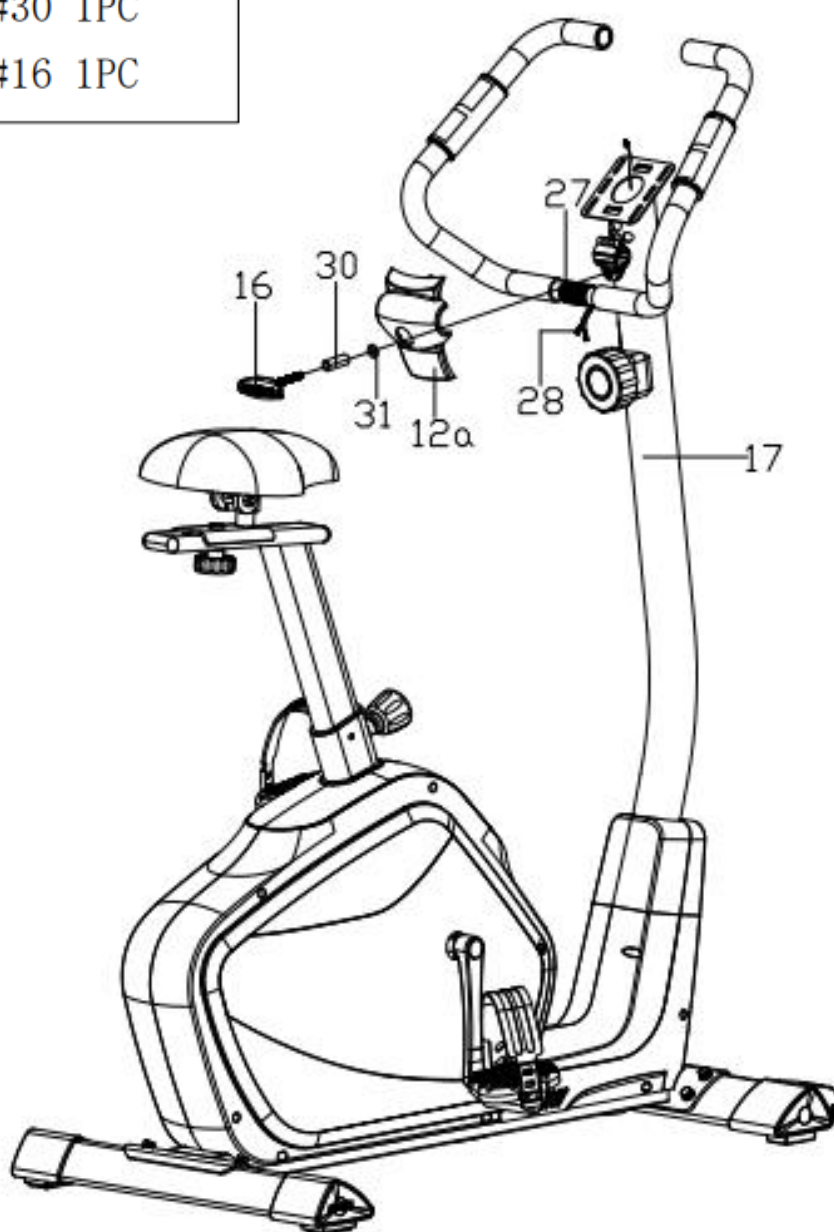
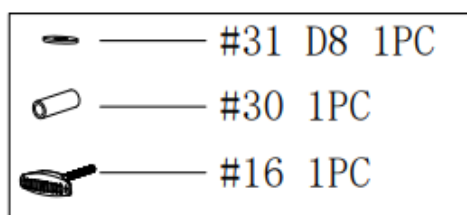
	#14 M8×16 6PCS
	#6 D8×Φ25×1.5×R25 6PCS
	a S13, S14 1PC



ASSEMBLY INSTRUCTIONS

STEP 5.




1. Feed the Pulse Wires (28) through the computer bracket on the top of Handlebar Post (17). Attach the Handlebar (27) to the Handlebar Post (17) with the T-Handle knob (16), Spacer (30), Computer cover (12a) and flat washer (31) as shown.

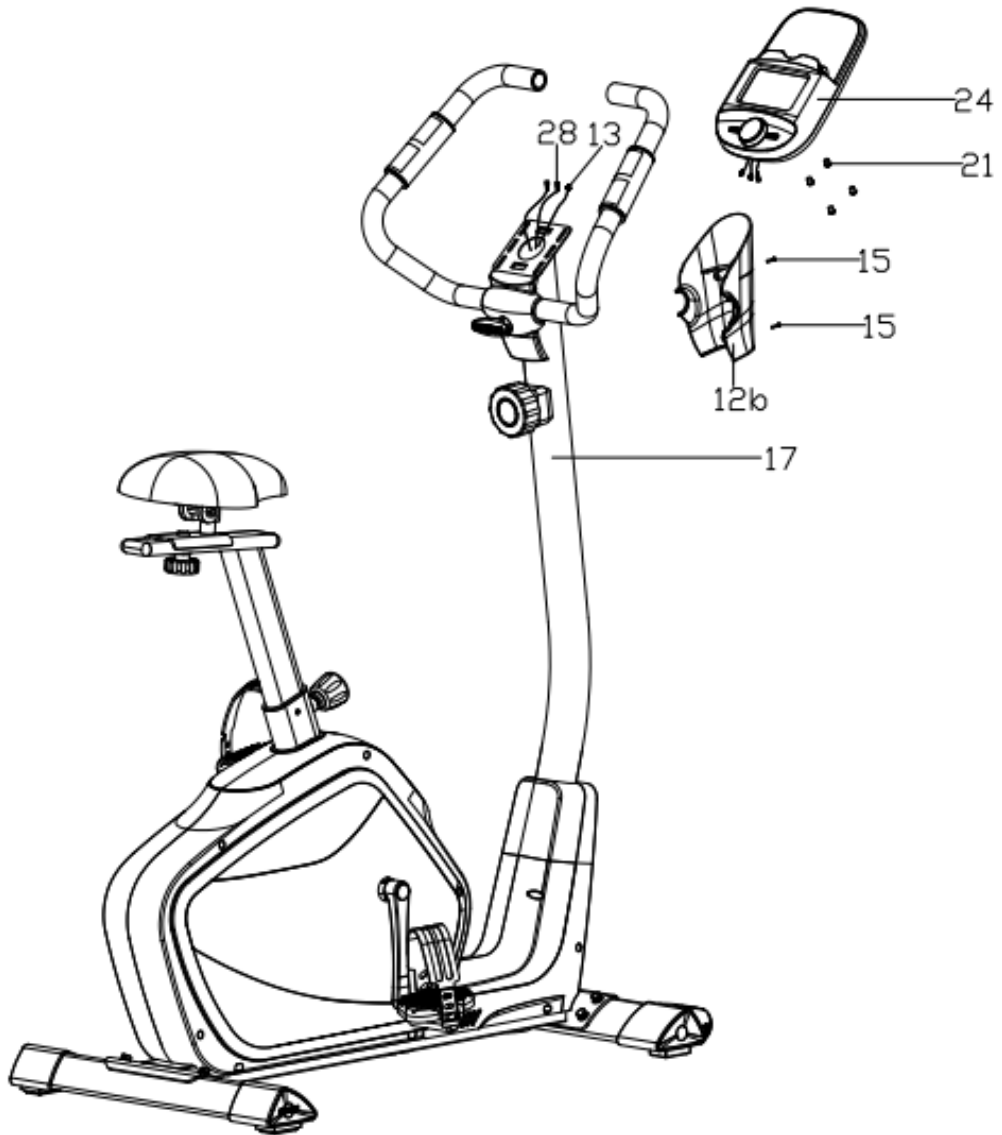


ASSEMBLY INSTRUCTIONS

STEP 6.

1. Connect the pulse wires (28) and extension wire (13) to the wires coming out from the computer (24) respectively. Then attach the computer (24) onto the bracket of handlebar post (17) tightly with the cross pan head screw (21) as shown.
2. Attach the Computer cover (12b) to the handlebar post (17) with the Cross pan head tapping screw (15).

	— #21 M5×10 4PCS
	— #15 ST4.2×18 2PCS
	— b S13, S14, S15 1PC



CONSOLE OPERATION INSTRUCTIONS



Please note! Bottom black buttons are without function.

DISPLAY FUNCTIONS

Display	Description	Range
TIME	The total duration of your workout.	0:00 - 99:59 (M:S)
SPEED	Your current cycling speed.	0.0 - 99.9 KM/H or MPH
DISTANCE	The total distance traveled during your session.	00.00 - 99.99 KM or MILES
RPM	Revolutions per minute — how fast you're pedaling.	0 - 999 RPM
CALORIE	An estimate of the calories burned during your workout.	0 - 9999 CAL
PULSE	Your heart rate, measured in beats per minute.	0, 30 - 240 BPM

BUTTON FUNCTIONS

Button	Description
MODE	Confirm a setting or selection. Press and hold for 1.5 seconds to enter the computer settings menu. Press and hold for 3 seconds to reboot the computer. Press and hold for 5 seconds to switch between metric and imperial units (if manual switching is supported).
UP (clockwise rotation)	Increase settings and change options.
DOWN (counter-clockwise rotation)	Decrease settings and change options.

CONSOLE OPERATION INSTRUCTIONS

OPERATION

Power On

When the power is turned on, the LCD will fully light up for 0.5 seconds and a long beep will sound. The console will then enter standby mode.

Reset

At any time, press and hold the MODE button for 3 seconds to reset all data. The computer will then reboot automatically.

Setting Target Parameters

While the bike is not in motion, press and hold the MODE button for 1.5 seconds to enter the settings menu.

- Press the MODE button to cycle through the different settings (TIME, DISTANCE, CALORIES, etc.).
- When a setting is selected, its value will flash on the display.
- Turn the knob clockwise to increase the value or counterclockwise to decrease it.

Checking Exercise Data

While not in the settings mode, press the MODE button to scroll through the main data displays: TIME, SPEED, DISTANCE, RPM, CALORIES, PULSE or SCAN mode, which automatically cycles through all values.

Auto On/Off & Auto Start/Stop

If no activity is detected for 4 minutes, the monitor will turn off automatically to save power. The monitor will turn on again automatically when the bike is in motion or a button is pressed.

BATTERY REPLACEMENT

If the display becomes dim or flashes while using the buttons, the batteries are running low. Remove the battery cover. Replace the old batteries with two new 1.5V AA (UM-3) batteries. (If your console has a backlight, use four new 1.5V AA (UM-3) batteries instead.) Make sure the batteries are installed with the correct polarity (+ and -). Close the battery cover securely after replacing the batteries.

MAINTENANCE & CARE

General cleaning will help prolong the life and performance of your machine. Keep the unit clean and maintained by dusting the components on a regular basis.

- ▲ Clean with a soft cloth and mild detergent. Do not use abrasives or solvents on plastic parts.
- ▲ Please wipe your perspiration off the unit after each use. Be careful not get excessive moisture on the computer display panel as this might cause an electrical hazard or electronics to fail.
- ▲ Please inspect all assembly bolts and pedals on the machine for proper tightness every week.

STORAGE

- ▲ Keep the unit, especially the computer console, out of direct sunlight to prevent screen damage.
- ▲ Store the device in a clean, warm and dry environment, away from children.
- ▲ Allowed storage temperatures 5-40°C.

WARM-UP & COOL DOWN

Exercise in any form is one of the best things you can do for your overall health. A good exercise program consists of a warm-up, actual workout and a cool down.

AEROBIC EXERCISE is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart. Aerobic fitness is promoted by any activity that uses your large muscles eg: legs, arms and buttocks. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

The WARM-UP is an important part of any workout. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

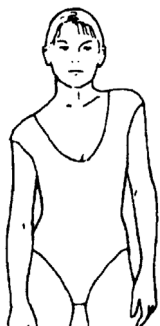
COOL DOWN at the end of your workout, repeat these exercises to reduce soreness in tired muscles.

Do the entire program at least two to three times a week, resting for a day between workouts. After several months you can increase your workouts to four or five times per week.



HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch up the left side of your neck, then 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, then drop your head to your chest for one count.



SHOULDER LIFTS

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



SIDE STRETCHES

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

WARM-UP & COOL DOWN



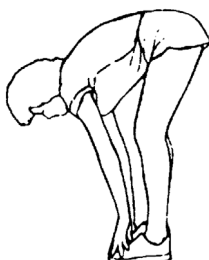
QUADRICEPS STRETCH

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



INNER THIGH STRETCH

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



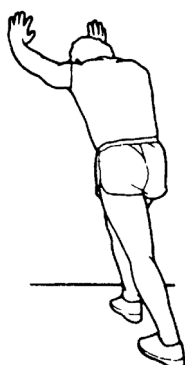
TOE TOUCHES

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



HAMSTRING STRETCH

Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg.



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 counts.

IMPLIED WARRANTY

The importer of this product assures that this device is manufactured with high quality materials. The implied warranty is valid for 2 (two) years, beginning from the date of purchase. The warranty is valid in home use.

The warranty applies to the following parts:

- Frame
- All parts included in the original delivery

The warranty does not apply to the following parts:

- Wearing parts (e.g. cushions, bearings, cables, pulleys, etc.)

The warranty does not cover:

- Incorrect installation
- Damage caused externally
- Use of unauthorised service partners
- Failure to carry out regular maintenance and servicing
- Improper use and handling of the equipment
- Improper storage of the equipment
- Non-compliance of the operating instructions

MANUFACTURED FOR

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DISCLAIMER

The manufacturer and its associates and partners have no liability, obligation or responsibility to any person or entity for any loss, damages or adverse consequence alleges to have happened directly or indirectly as a consequent of this product.



Products marked with these symbols must be disposed of separately from your household waste, as they contain valuable materials which can be recycled. Proper disposal protects the environment and human health. Your local authority or retailer can provide more information on the matter.

