



# GYMSTICK™

## FTR INDOOR RACER USER MANUAL



**IMPORTANT:** Read all instructions carefully before using this product. Retain this owner's manual for future reference. The specifications of this product may vary from this photo, subject to change without notice.



[GYMSTICK.COM](http://GYMSTICK.COM)

Thank you for choosing the Gymstick FTR Indoor Racer. We take great pride in producing this quality product and hope it will provide many hours of effective exercise to make you feel better, look better and enjoy life to its fullest.

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**NOTIFICATION!**

READ AND FOLLOW THE SAFETY INSTRUCTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS INJURY.

**Basic precautions should always be followed, including the following safety instructions when using this equipment: Read all instructions before using this equipment.**

1. Keep children and pets away from the machine at all times. DO NOT leave unattended children in the same room with the machine.
2. Handicapped or disabled persons should not use the machine without the presence of a qualified health professional or physician.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Before beginning training, remove all within a radius of 2 meters from the machine. DO NOT place any sharp objects around the machine.
5. Position the machine on a clear, level surface away from water and moisture. Place mat under the unit to help keep the machine stable and to protect the floor.
6. Use the machine only for its intended use as described in this manual. DO NOT use any other accessories not recommended by the manufacturer.
7. Assemble the machine exactly as the descriptions in the instruction manual.
8. Check all bolts and other connections before using the machine for the first time and ensure that the trainer is in the safe condition.
9. Hold a routine inspection of the equipment. Pay special attention to components which are the most susceptible to wear off, i.e. connecting points and wheels. The defective components should be replaced immediately. The safety level of this equipment can only be maintained by doing so. Please don't use the machine until it is repaired well.
10. NEVER operate the machine if it is not functioning properly.
11. This machine can be used for only one person's training at a time.
12. Do not use abrasive cleaning articles to clean the machine. Remove drops of sweat from the machine immediately after finishing training.
13. Always wear appropriate workout clothing when exercising. Running or aerobic shoes are also required.
14. Before exercising, always do stretching first.
15. The power of the machine increases with increasing the speed, and the reverse. The machine is equipped with adjustable knob, which can adjust the resistance.
16. The maximum weight capacity for this product is **125 kg**.



## **WARNING!**

BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN FIRST. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS.



# PARTS LIST

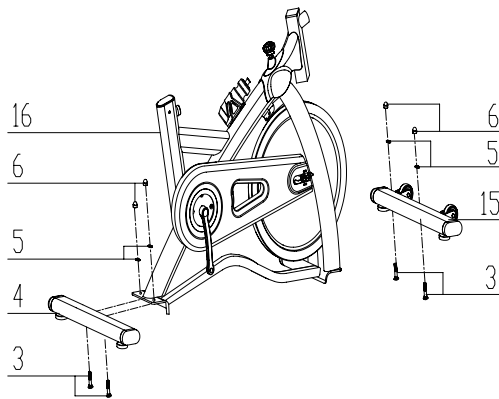
NO	NAME	QUANTITY	SPEC
1	PEDAL	1	JD-301 (9/16") ,
2	END CAP1	4	80*40*1.5
3	CARRIAGE BOLT	4	GB/T 12-1988 M8*52
4	REAR STABILIZER	1	WELDING
5	FLAT WASHER	4	GB/T 95-2002 8
6	DOMED NUT	4	GB/T 802-1988 M8 (H=16mm)
7	SPRING ADJUSTMENT KNOB	2	φ57*62 (M16*1.5)
8	PLASTIC SLEEVE 1	1	70*30*1.5
9	KNOB COVER	1	177*142*187
10	VERTICAL SEAT POST	1	WELDING
11	END CAP 2	2	70*30*1.5
12	SEAT POST	1	WELDING
13	SEAT	1	DD-6619
14	STOPPER	4	φ32*37/(M8X25)
15	FRONT STABILIZER	1	WELDING
16	MAIN FRAME	1	WELDING
17	HANDLEBAR POST	1	WELDING
18	HANDLE BAR	1	WELDING
19	L SHAPE KNOB	1	M10*25
20	FLAT WASHER 1	1	φ45*φ10.5*4
21	PLASTIC SLEEVE 2	1	38*38*1.5
22	B0TTLE HOLDER	1	117*85*90
23	kettle	1	XS-003
24	END CAP 3	1	38*38*1.5
25	FIXING SHAFT	1	φ22*23
26	FIXING NUT	1	Q235/32*12
27	BOLT	4	GB/T 70.2-2000 M8*16
28	FIXING NUT 1	2	GB/T 6177.2-2000 M10*1.25
29	CRANK END CAP	2	φ23*7.5
30	BRAKE KNOB	1	φ60*43
31	LOCK NUT	6	GB/T 889.1-2000 M8
32	BUSHING	1	φ18*φ10*10
33	LEFT CRANK	1	170*27
34	CRANK COVER	1	φ56*28
35	BEARING	2	6004ZZ
36	RIGHT CRANK	1	170*27
37	SPRING 1	1	δ1.8X40
38	FIXING NUT 2	2	GB/T 802-1988 M12X1.25 (H=16mm)
39	FIXING BOLT	2	M6*54
40	NUT	2	GB/T 889.1-2000 M6
41	SCREW 1	11	GB/T 845-1985 ST4.2*19
42	SCREW 2	4	GB/T 15856.1-2002 ST4.2X19
43	SCREW 3	3	GB/845-85 ST4.8X13
44	OUTER CHAIN COVER	1	654*263*49 (507g)
45	LITTLE CHAIN COVER	1	108*37*3 (7g)

NO	NAME	QUANTITY	SPEC
46	AXIS	1	φ20*162
47	LONG FIXING TUBE	1	φ25*φ20.2*41.2
48	SHORT FIXING TUBE	1	φ25*φ20.5*12
49	INNER CHAIN COVER	1	451*260*2 (250g)
50	BELT	1	5PK53
51	BELT WHEEL	1	φ200*24
52	FIXING NUT 2	1	16X16X5 (M10)
53	SPRING 2	1	φ1.0X55
54	SHORT FIXING TUBE	1	φ14*φ10.2*25.5
55	BOLT	2	GB/T 5780-2000 M8*40
56	PU WHEEL	2	φ50*23
57	FIXING TUBE	1	φ16*φ12.2*56.5
58	FIXING NUT 2	2	M12X1.25 H=6
59	FIXING TUBE	1	φ16*φ12.1*35
60	BEARING	2	6001ZZ
61	FLYWHEEL	1	φ453*72
62	FLYWHEEL SHAFT	1	φ12*160
63	FLAT WASHER 1	1	GB/T 95-2002 6
64	DOMED NUT 1	1	GB/T 802-1988 M6
65	COMPUTER	1	ST-6504
66	FIXING NUT	1	M20*1.0
67	FLYWHEEL COVER	1	φ59*35
68	SPRING COVER	1	32*23*2
69	SPRING 3	1	φ2.2
70	PLASTIC FRAME	1	116*φ30*32
71	LITTLE PLASTIC	1	14*9*14
72	SENSOR	1	SR-202
73	WOOLLY BLOCK	1	113*25*8
74	BOLT 1	2	GB/T 5780-2000 M5*30
75	SPRING BRAKE	1	δ1.0
76	LOCK NUT	2	GB/T 889.1-2000 M5
77	SPRING WASHER 1	3	GB/T 859-1987 5
78	BOLT 2	2	GB/T 5780-2000 M5*10
79	L SHAPE KNOB	1	M16*25
80	BRAKE KNOB ROD	1	M10*203
81	SIX HEXAGON NUT C	1	GB/T 41-2000 M10
82	FLAT WASHER 1	2	GB/T 95-2002 12
83	PLASTIC SLEEVE 2	2	70*30*1.5
84	SCREW 6	1	GB/845-85 ST4.8X13
85	SCREW 4	2	GB/845-85 ST4.8X19
86	FLAT WASHER	1	Φ16*Φ10.2*1.5
87	PLASTIC RING	1	φ20*φ9*3
88	WASHER	2	φ16*φ10*φ1.5
89	FLAT WASHER2	1	35*20*2.0
90	END CAP1	2	φ14*14
91	SCREW 3	4	GB/T 5780-2000 M5*8

## PREPARATION

- A. Before assembling make sure that you will have enough space around the item.
- B. Use the present tooling for assembling.
- C. Before assembling please check whether all needed parts are available (at the above of this instruction sheet you will find an explosion drawing with all single parts (marked with numbers) which this item consists of.

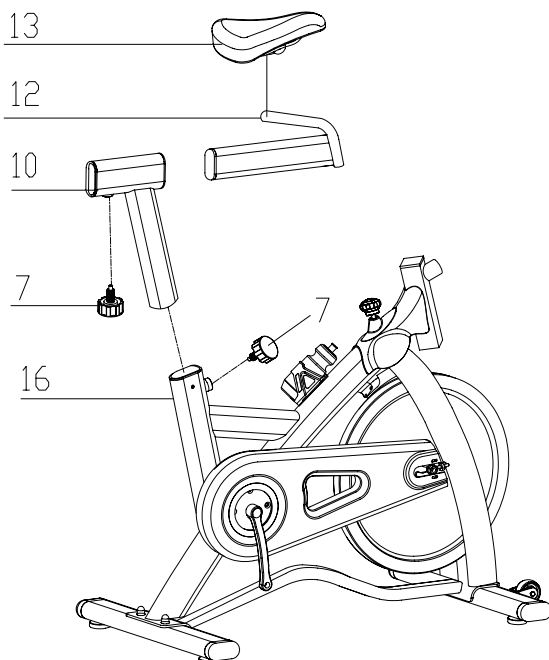
## STEP 1



Attach the Front Stabilizer (pt.15) to the Main Frame (pt.16) using two sets of Ø8 Flat Washers (pt.5), M8 Domed Nut (pt.6) and M8\*52 Carriage bolt (3).

Attach the Rear Stabilizer (pt.4) to the Main Frame (pt.16) using two sets of Ø8 Flat Washers (pt.5), M8 Domed Nut (pt.6) and M8\*52 Carriage bolt (3).

## STEP 2



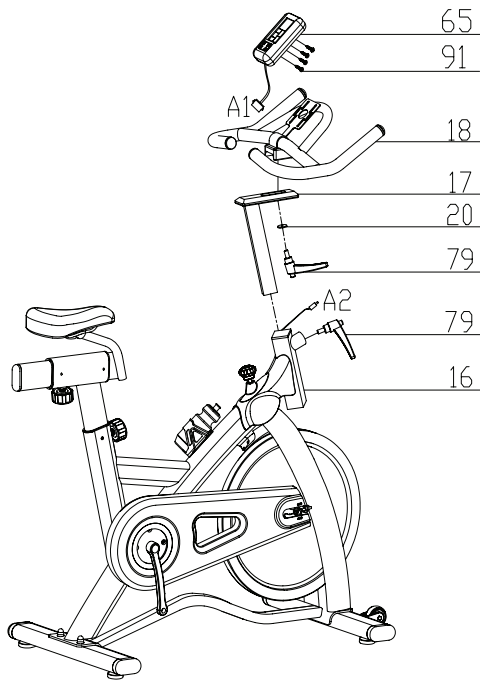
Slide the seat post (12) into the vertical Seat post (10) and, at the desired position, align holes and fix in place with the Spring Adjustment Knob (pt.7).

Now fix the Seat (13) to the seat post (12) as shown.

Insert the vertical Seat Post (10) into the main frame (16) and line up the holes. Secure the saddle in position with the Adjustment Knob (7).

The correct height for the seat can be adjusted after the bike is fully assembled.

### STEP 3



Slide the Handlebar Post (pt.17) into the handlebar post housing on the main frame (pt.16).

You will have to slacken the knurled section of the L Shape Knob (pt.79) and pull the knob back and then select the desired height.

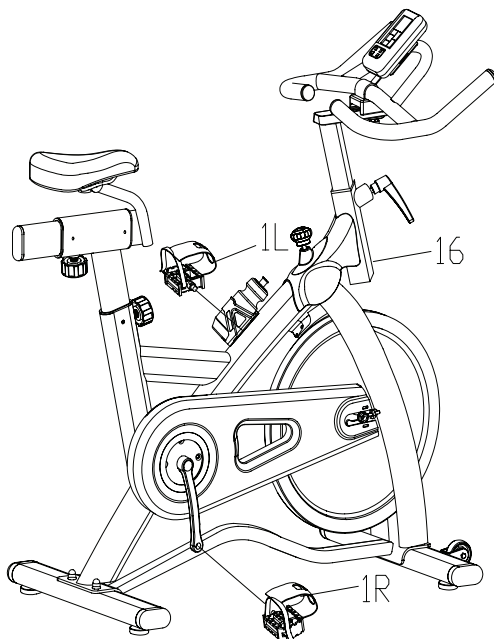
Release the knob and retighten the knurled portion. Then fix the Handlebar (pt.18) with a flat washer 1 (20) and L Shape knob (79).

**NOTE! You should fix the handlebar tightly.**

Attach the Computer (65) to the Handlebar (18) with four Screws (91).

Insert the sensor cable (a) into the bushing located on the backside of the computer (65).

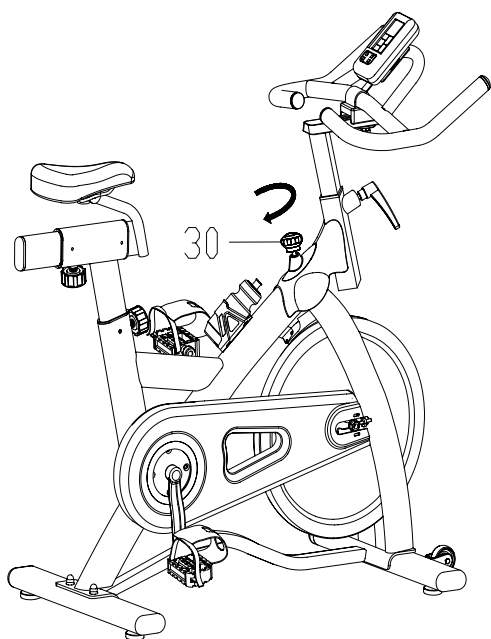
### STEP 4



The Pedals (pt.1 L & pt.1 R) are marked "L" and "R" - Left and Right.

Connect them to their appropriate crank arms. The right crank arm is on the right- hand side of the cycle as you sit on it.

**NOTE:** The Right pedal should be threaded on clockwise and the Left pedal anticlockwise.



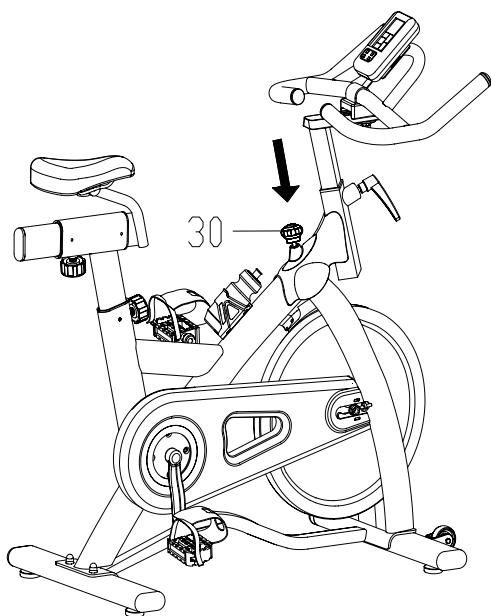
Increasing or decreasing the tension allows you to add variety to your workout sessions by adjusting the resistance level of the bike.

### INCREASE TENSION

To increase tension and increase resistance (requiring more strength to pedal), turn the Emergency Brake & Tension Control Knob (#30) to the right.

### DECREASE TENSION

To decrease tension and increase resistance (requiring less strength to pedal), turn the Emergency Brake & Tension Control Knob (#30) to the left.



### EMERGENCY BRAKE FUNCTION

The same knob that allows you to adjust the tension of the bike also doubles as the Emergency Brake.

Use this safety feature in any situation where you would need to get off the bike and/or stop the bike's flywheel.

To use the Emergency Brake function in any situation you would need it in, firmly press down on the Emergency Brake & Tension Control Knob (#30).

## SEAT AND HANDLEBAR ADJUSTMENT

### SEAT

To adjust the seat height, slacken the spring knob on the vertical post stem on the main frame and pull back the knob. Position the vertical seat post for the desired height so that holes are aligned, then release the knob and retighten it.

To move the seat forward in the direction of the handlebar or backwards away from it, loosen the adjusting knob and washer and pull the knob back. Slide horizontal seat post into desired position. Align holes and then retighten the adjusting knob.

### HANDLEBAR

To adjust the handlebar height, slacken the spring knob and secondary knob and pull both knobs back. Slide the handlebar post along the housing on the main frame to the desired height and, with the holes aligned correctly, tighten the spring adjusting knob and then the secondary knob.



## BUTTONS

- MODE** To confirm all settings.
- SET** To set up the value of TIME, DISTANCE, CALORIES. You can hold the button to increase the value fast (the computer has to be in stop condition.)
- RESET** To clear the set up value. Press RESET key and hold for 2 seconds to reset all function figures.
- RECOVERY** To test heart rate recovery status.

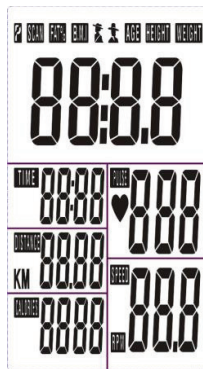
## FUNCTIONS

- SCAN:** Displays all function TIME→DISTANCE→CALORIES→ RPM/SPEED in sequence.
- RPM:** Displays the pedaling Rotation Per Minute. The RPM and SPEED will switch to another display in every 6 seconds after exercise starts.
- SPEED:** Displays the user's exercise speed.
- TIME:** Press SET button to set target time between 0:00 99:00 for count down function. It can be set up by the user or accumulated automatically for count up function.
- DISTANCE:** Press SET button to set target distance between 0:00 to 99: 5 0 for count down function. It can be set up by the user or accumulated automatically for count up function.
- CALORIES:** Press SET button to set target calories between 0 99 9 0 for count down function. It can be set up by the user or accumulated automatically for count up function.
- PULSE** Displays the user's pulse. User may set the target pulse. When pulse value reaches to the target, the computer will alarm with "Biip!" sound.

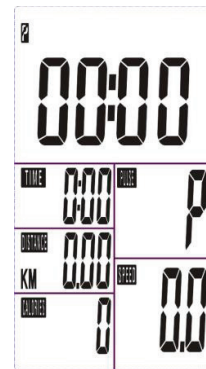
## OPERATION

### INSTALL BATTERY

Installs 2 pieces of 1.5V # 4 batteries, then the screen will display as following “Drawing A” and have “Bi ” sound at the same time. After that, it goes to the next step to the main menu as Drawing B



Drawing A



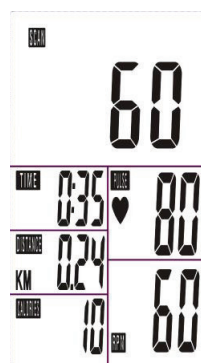
Drawing B

### OPERATION PROCEDURE

Get access to the set up mode of TIME/DISTANCE/CALORIES/PULSE. When you are in each set up mode, for example in the time set up mode, time value is blinking, you can press “SET” button to adjust the value and press MODE for confirmation. The set up of DISTANCE CALORIES & PULSE is the same as TIME.

With any signal been transmitted into the monitor, the value of TIME, DISTANCE, CALORIES start to count up as Drawing C. When there is any function has been preset the target (TIME or DISTANCE or CALORIES) the function will be counting down from the preset to zero while the training starts. Once the target is achieved to zero, the monitor start to beep for 8 seconds, and the function will be counting up from zero directly if the training is going. Press “MODE” button for confirmation and skip to next set up.

In SCAN mode shown as “Drawing C”. RPM/SPEED/TM/DIST/CAL/PULSE will skip to display in every 6 seconds. The order is as follows.



Drawing C

You can also press “MODE” button to select single function display except RPM & SPEED function. The RPM & SPEED function will switch display.

RECOVERY

When the user presses “RECOVERY” button, the RECOVERY function is active. At this time only PULSE and TIME is working, other functions will not be displayed, and the Sensor Input is not available. TIME starts to count down from “0:60”, Pulse signal will be blinking according user’s heart rate BPM. When Time counts down to “0”, it will show F1~F6. (F1 is the best, F6 is the worst).

LCD display as follows: (RECOVERY start condition & end condition).



If the count down action to 0:00 is not completed and there is no pulse signal, the count down action has to be done and shown F6.

If you press the RECOVERY button prior to count down to 0:00, it will be end and return to the main menu.

NOTE!

Stop training for 4 minutes, the computer will enter to Sleep mode. You may press any button to have the computer restart working, the original value will retain. (If reinstall batteries, the original value will remove.)

If the computer displays abnormally, please reinstall batteries and try again.

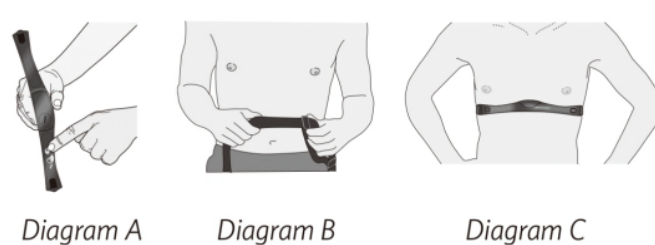
Battery Spec: AAA (2pcs).

HEART RATE SENSOR

This product is compatible with standard 5.3Khz wearable heart rate detector. During a workout, the heart rate features appear on the display when you wear a chest strap. After you put on the chest strap, face the display console for a minimum of 15 seconds. This allows the receiver in the console to recognize the signal from the chest strap.

- A. Carefully dampen the back of the strap with tap water.
- B. Adjust the strap and fasten it around your chest. The strap should feel snug, not restrictive.
- C. Make sure that the chest strap is right side up, lies horizontally across your chest, and is centered in the middle of your chest.

**Note!** If the heart rate is not displayed, make sure that the heart rate transmitter is switched on and that the batteries are OK.



A good exercise program consists of a warm-up, aerobic exercise, and a cool down. 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.

**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.



## 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.



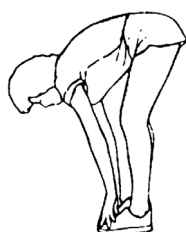
### QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks 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 STRETCHES

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.

The importer of this product assures that this device is manufactured with high quality materials.

The prerequisite for the implied warranty is the proper setup in accordance with the operating instructions. Improper use and /or incorrect transportation can void the warranty.

The implied warranty for wear parts is valid for 1 year and for frame 2 years, beginning from the date of purchase. For eventual defects please contact the dealer of this product within the guarantee period.

The warranty applies to the following parts (as far as included in the scope of delivery): frame, electronic devices, wheels, foot straps and pedals.

### **The guarantee does not cover:**

- Damage effected by outer force
- Intervention by unauthorized parties
- Incorrect handling of the product
- Non-compliance of the operating instructions

Note: Wear parts and expendable parts are also not covered.

The device is intended for home use.

Manufactured for:  
Gymstick International Oy  
Ratavartijankatu 11  
15170 Lahti, FINLAND

### **DISCLAIMER:**

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

For your own safety be sure that you read all the instructions in this manual before using this product!



Devices marked with this symbol 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 information on the matter.

