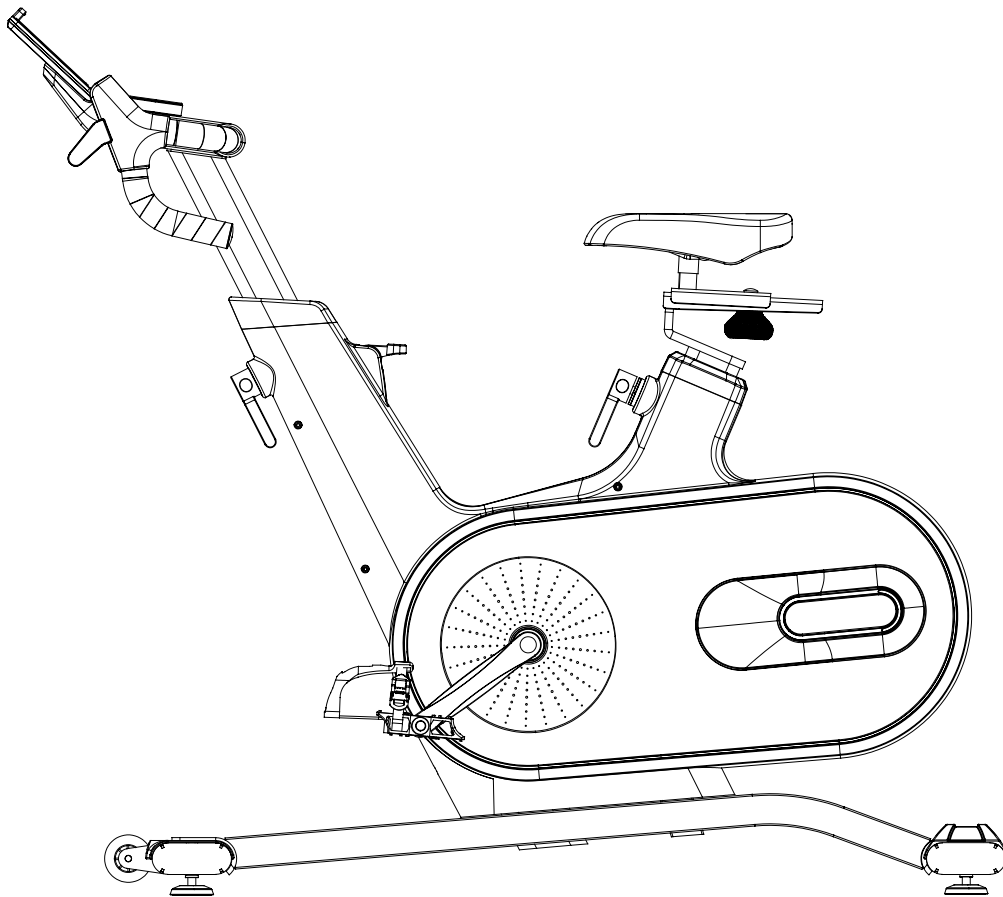




# RACER BIKE

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## 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 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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### IMPORTANT

The specifications of this product may vary and are subject to change without further notice.

## 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.

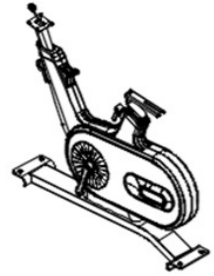
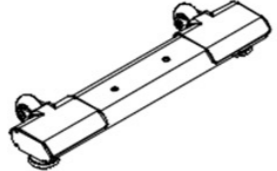
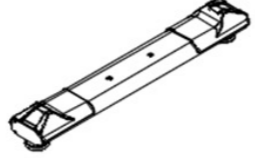


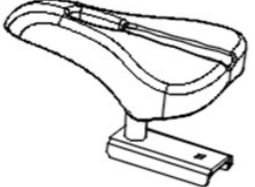







### WARNING

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.

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.
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 warm-up your body thoroughly by dynamic stretching.
15. This device must be assembled by adults.
16. It is the responsibility of the owner to ensure that all users are properly informed as how to use this product safely.
17. This device is intended for indoor home use.
18. The maximum weight capacity for this product is 150 kg.

## HARDWARE PACKING LIST

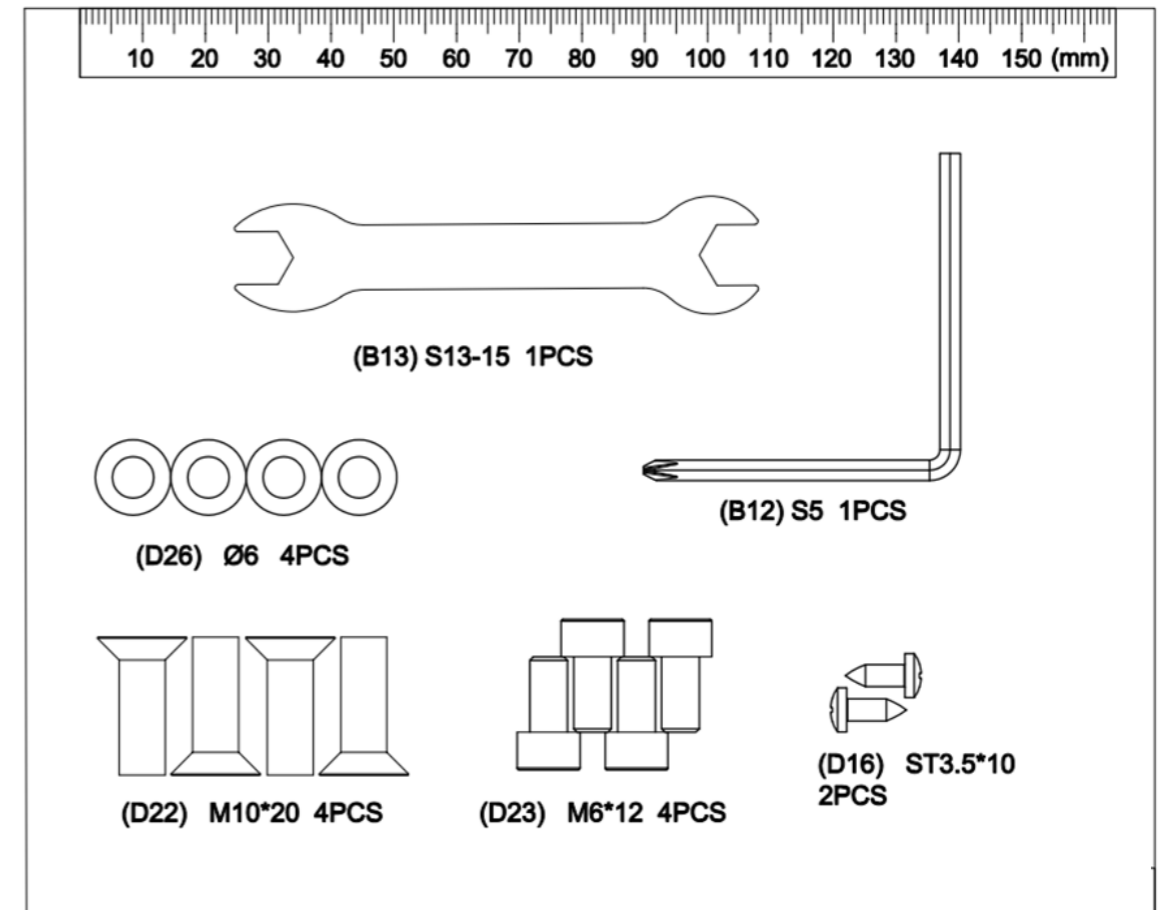
 A	 B	 C
 D	 E	 F
 C21	 D02	 C42
 C43	 E08	



### 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.

## HARDWARE PACKING LIST



## CLEANING & STORAGE

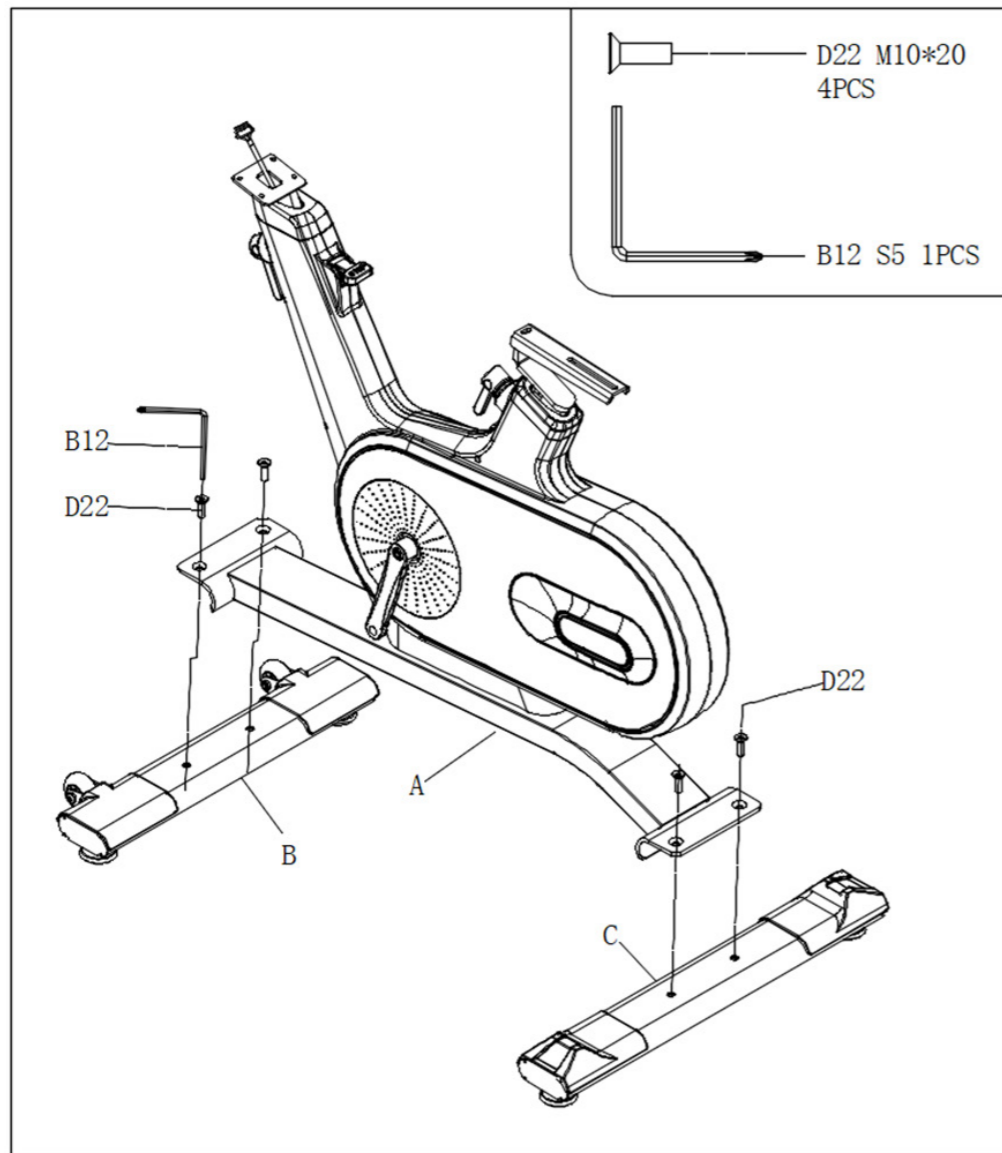
The device can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on any parts. Please wipe your perspiration off the device. Please keep the device out of direct sunlight. Store the device in a clean, warm and dry environment away from children.

# ASSEMBLY

Complete each stage in order before advancing on to the next. Assemble with nuts and bolts loose at first. Tighten all bolts and nuts after completing all assembly steps.

## STEP 1.

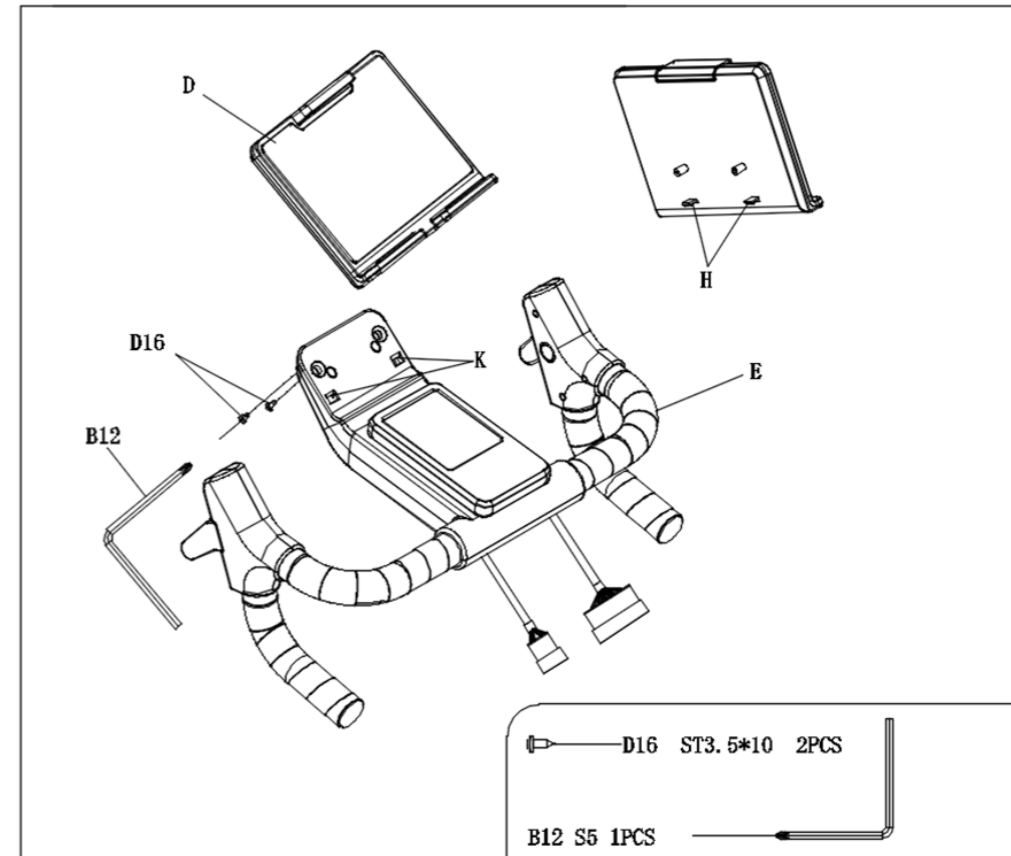
1. Use an Allen wrench (B12) and 3-in-1 screw (D22\*2) to fix the front pin assembly (B) to the main frame assembly (A) and lock it tightly.
2. Use an Allen wrench (B12) and 3-in-1 screw (D22\*2) to fix the rear leg assembly (C) to the main frame assembly (A) and lock.



# ASSEMBLY

## STEP 2.

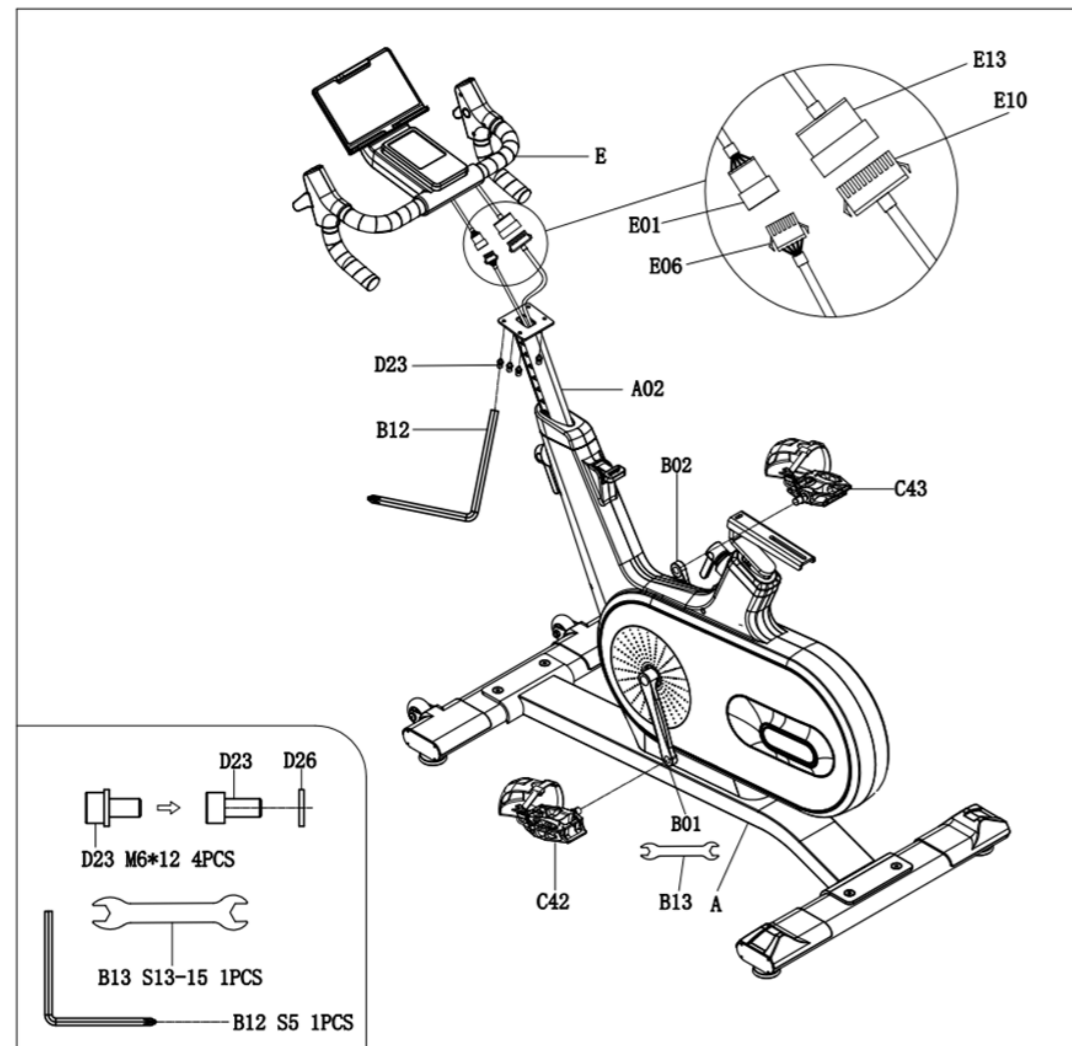
Fasten the buckle (H) on the IPAD holder group (D) into the square hole (K) on the console group (E), and fix the IPAD holder group (D) on the console group (E) with the L-wrench (B12) and the cross pan head self-tapping screw (D16).



# ASSEMBLY

## STEP 3.

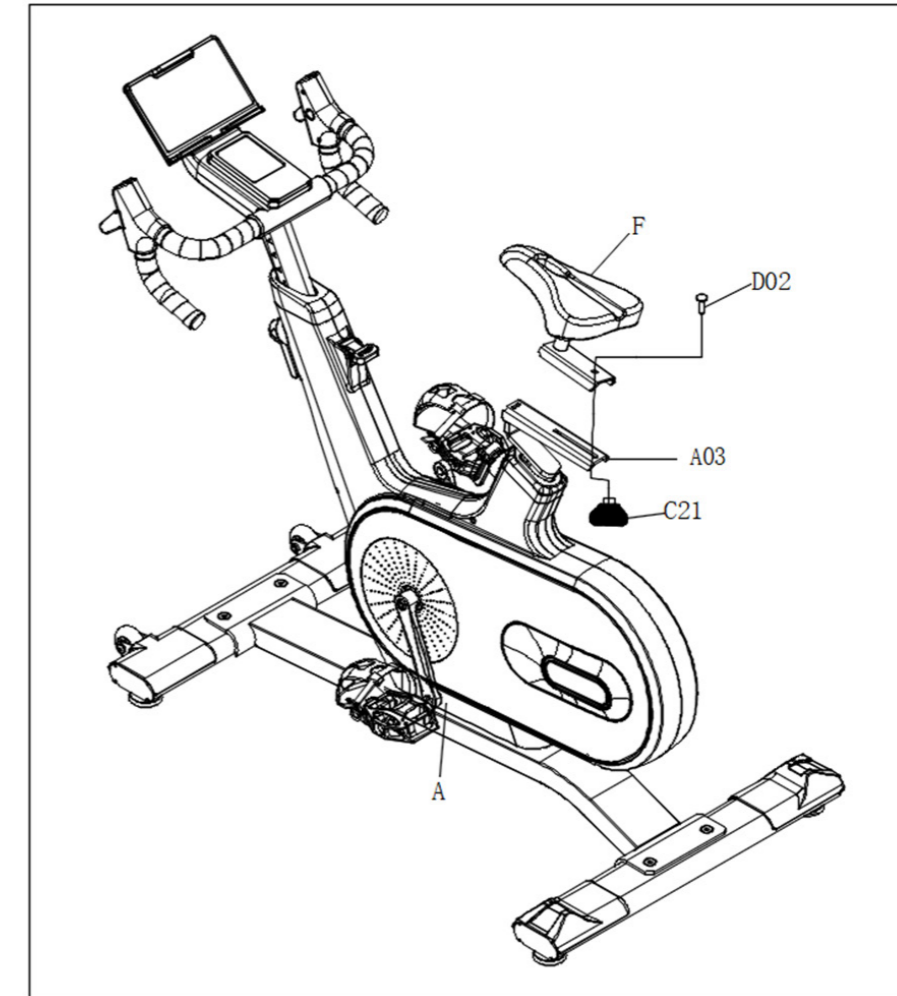
1. Fasten the upper segment line (E01) and the lower segment line (E06), and the upper segment line (E13) and the lower segment line (E10) as shown in the figure.
2. Use the hex wrench (B12) 2-in-1 screw (D23\*4) to fix the console group (E) on the instrument tube group (A02) and lock it tightly. **Be careful not to clip the wire!**
3. Use the open wrench (B13) with the left pedal (C42) to fix it on the left crank (B01) and lock it.
4. Use the open wrench (B13) with the right pedal (C43) to fix it on the right crank (B02) and lock it. Pay special attention to L/R must distinguish clearly!



# ASSEMBLY

## STEP 4.

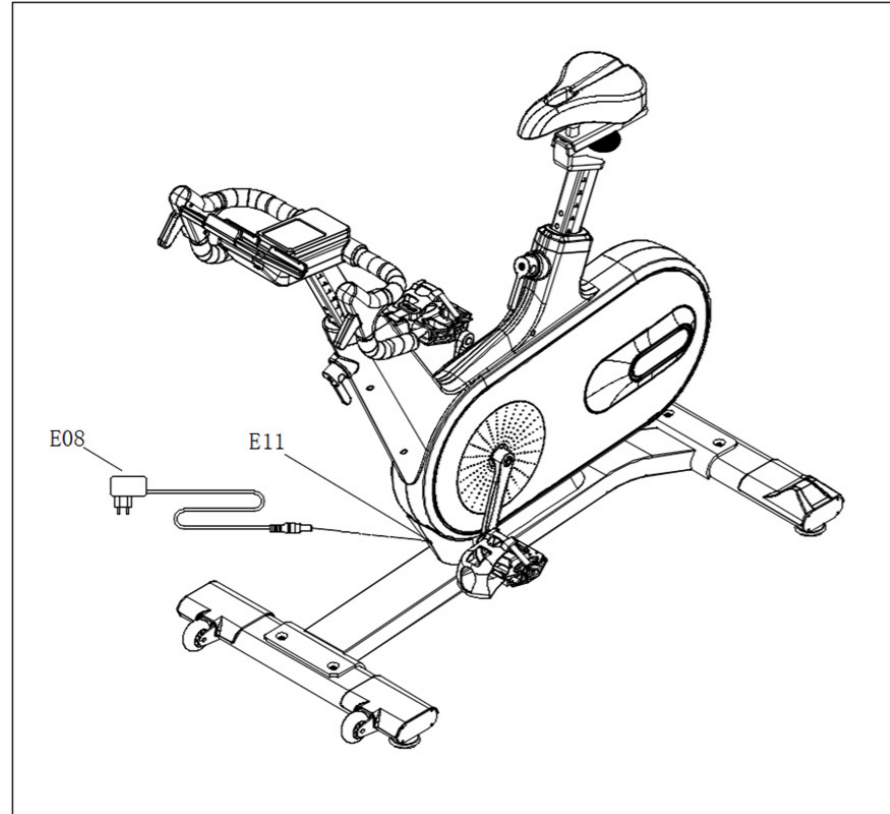
Place the saddle (F) on saddle support (A03) and tighten with conical twist (C21) with square stiffener bolt (D02) seat pack (F).



# ASSEMBLY

## STEP 5.

Move the machine to the position with power supply, ensure that there is a space distance of 2 meters around, and then plug the power adapter (E08) into the power interface (E11) as shown in the figure.

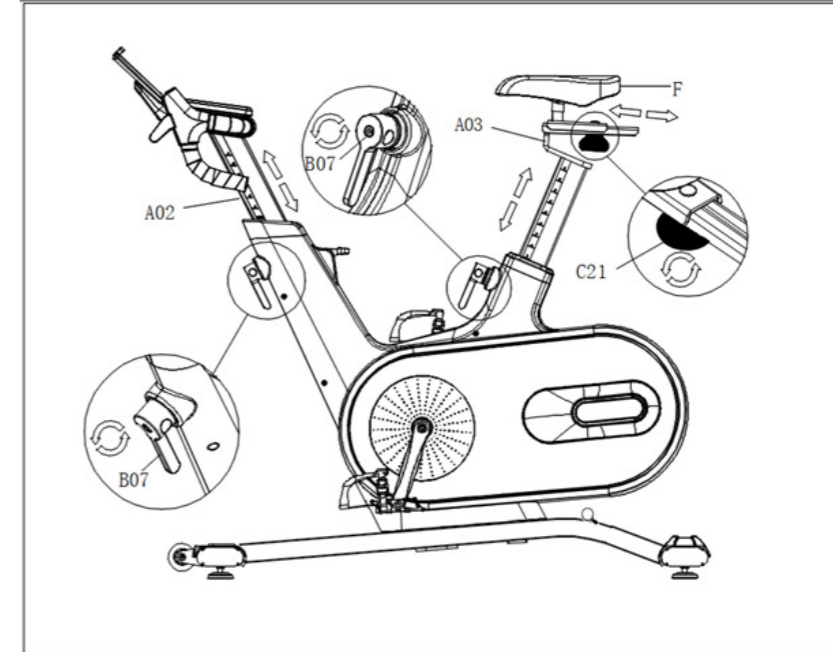


### IMPORTANT

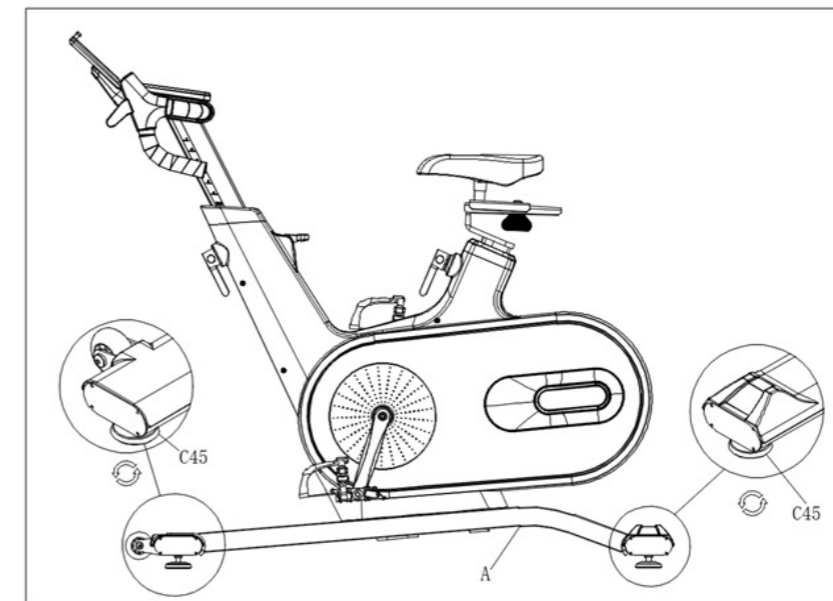
Now go back over and tight all nuts and bolts!

# ADJUSTMENT INSTRUCTION

1. To adjust the height of instrument tube group (A02)/cushion tube group (A03), first loosen the L-shaped spring pin (B07) by rotating it counterclockwise, and then rotate it clockwise to lock it. When operating, face the L-shaped spring pin (B07) to distinguish the direction.
2. Use the cushion conical twist (C21), first turn counterclockwise to loosen, and then adjust the cushion (F) to move forward and back, after the adjustment, rotate clockwise to lock.

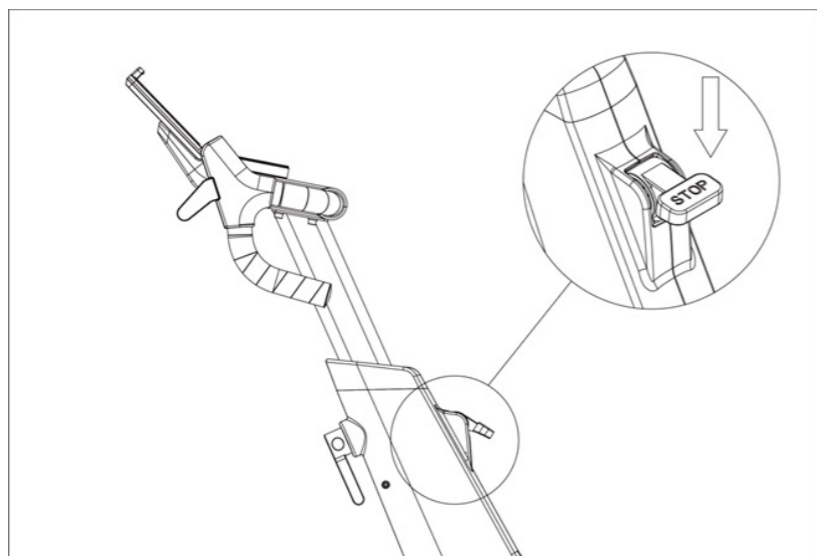


When the machine shakes due to uneven floor, please adjust the adjustable foot mat (C45) counterclockwise or clockwise to balance the machine according to the actual situation.



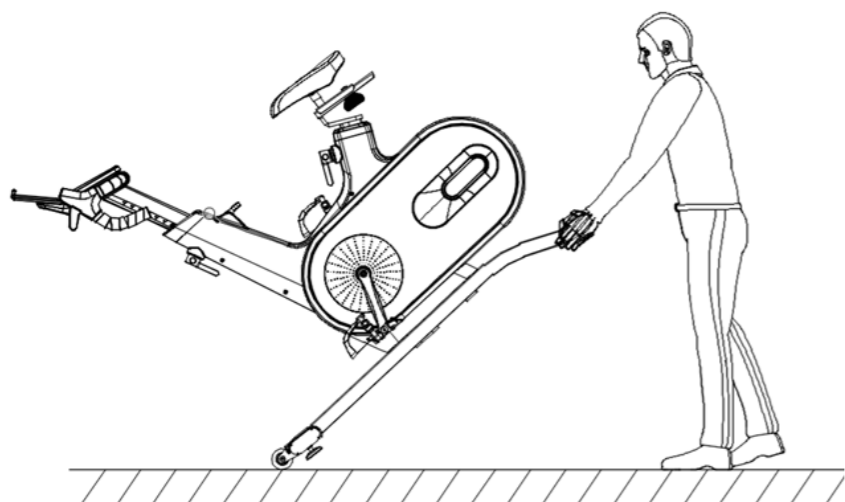
## EMERGENCY BRAKE

Press the brake button down to make an emergency brake.

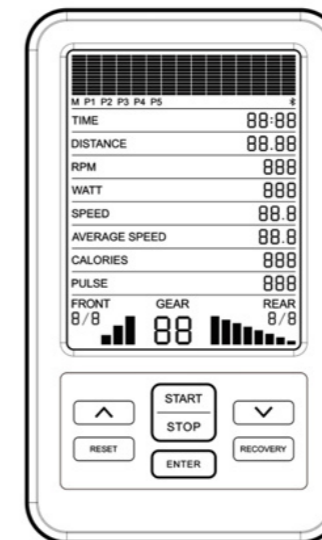


## HOW TO MOVE THE BIKE

Two hands hold the left and right rear foot tube, lift the machine about 45 degrees Angle, so that the front two moving wheels on the ground, can not only push the machine forward or pull back.



## CONSOLE OPERATION INSTRUCTIONS



### DISPLAY FUNCTIONS

Description	Specification	Range
TIME	Current time for exercise	0m:00s ~ 99m:00s
SPEED	Movement speed during exercise	0.0 ~ 99.9 km/h
DISTANCE	Current distance for exercise	0.00 ~ 99.99 km
AVERAGE SPEED	Average speed during whole exercise	0.0 ~ 99.9 km/h
CALORIES	Estimated calories burned during the exercise	0 ~ 999 kcal
PULSE	Heart rate during the exercise	40 - 240 bpm
RPM	Rotating speeds	0 ~ 999 rpm
WATT	Power	0 ~ 899 W
GEAR	24 level resistance	
FRONT	Front gear	1 - 3
REAR	Rear gear	1 - 8

### PROGRAMS & ADDITIONAL FUNCTIONS

Function	Description
MANUAL	Manual program. Resistance adjusted by manual.
PROGRAM	P1 (climb mode) / P2 (mountain mode) / P3 (highway mode) / P4 (interval mode) / P5 (relax mode) / P6 (track mode)
BODY FAT	Test body fat percentage, body mass index and basal metabolic rate.
HRC	Resistance equivalent controlled by heartbeat frequency.
USER PROGRAM	U1/U2/U3/U4: resistance equivalent defined by the user.
Bluetooth & App	Support application via Bluetooth control.
Wireless pulse	Support standard 5.3 KHZ wireless heart rate chest strap.

# CONSOLE OPERATION INSTRUCTIONS

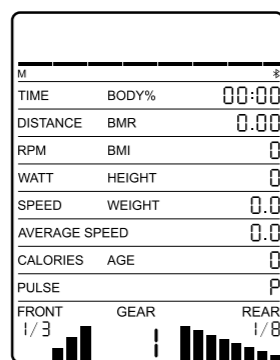
## BUTTON FUNCTIONS

Button	Description
UP	Select function mode upwards, adjust upwards during setting, and increase LEVEL value during exercise.
DOWN	Select function mode downwards, adjust downwards during setting, and lower LEVEL value during exercise.
RESET	Return to Manual in any mode (except for U1-U4, FAT, heart rate customized); the rest data will be cleared.
RECOVERY	Test heartbeat recovery ability.
ENTER	During Stop mode, switch each setting item.
START / STOP	Start or stop exercise

## DISPLAY UNITS

Height	Weight	Pulse	CAL	Distance	Speed	RPM	WATT
cm/ft	kg/lbs	beat/minute	kcal	km/mile	kmh/mph	revolutions per minute	w

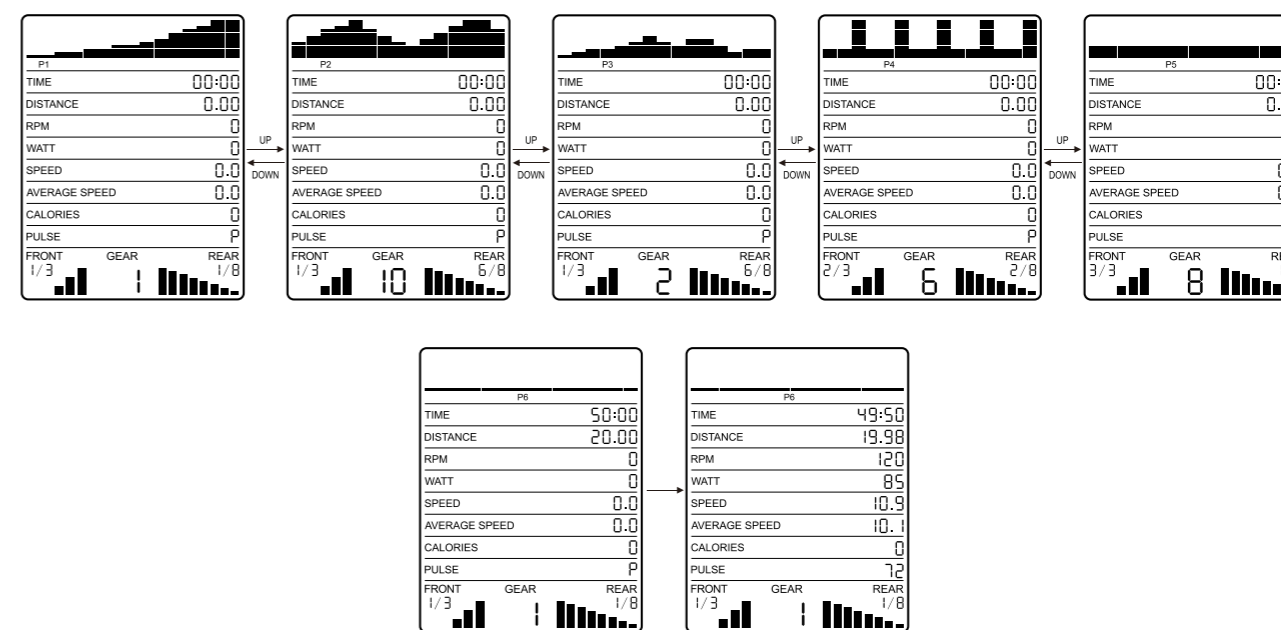
## MANUAL PROGRAM (M)



1. Press the START/STOP -key to start exercise.
2. At set state, press the ENTER -key to select the set items in sequence, and the selected items (time, distance, calories, age) will flash.
3. Press the UP or DOWN -key to adjust upwards or downwards, and press the ENTER -key to select the next item.
4. After all selections are completed, it will automatically exit the set state, or you can directly press the START/STOP -key to start at set state.
5. At exercise state, the resistance value will be adjusted automatically according to the set program, or you can use the UP or DOWN -key to increase or decrease the value.
6. If any time, distance or calories is set, at exercise state, this item is displayed as a countdown. When the countdown reaches 0, the exercise will automatically stop with a "DI DI" sound prompt.
7. At exercise state, press the START/STOP -key to stop the device from running.

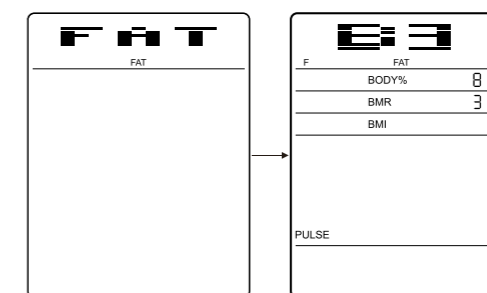
# CONSOLE OPERATION INSTRUCTIONS

## PROGRAMS (P1-P6)



1. Press the UP or DOWN -key to select different program mode: P1 climb mode, P2 mountain mode, P3 highway mode, P4 interval mode, P5 relax mode, P6 track mode.
2. Press the START/STOP -key to start exercise, or press ENTER -key to enter into setting mode.
3. At set state, press the ENTER -key to select the set items in sequence, and the selected items (time, distance, calories, age) will flash (P1-P5), (time, distance) P6.
4. Press the UP or DOWN -key to adjust upwards or downwards, and press the ENTER -key to select the next item.
5. After all selections are completed, it will automatically exit the set state, or you can directly press the START / STOP -key to start at set state.
6. At exercise state, the resistance value will be adjusted automatically according to the set program, or you can use the UP or DOWN -key to increase or decrease the value.
7. If any time, distance or calories is set, at exercise state, this item is displayed as a countdown. When the countdown reaches 0, the exercise will automatically stop with a "DI DI" sound prompt.
8. At exercise state, press the START/STOP -key to stop the device from running.

## BODYFAT



1. Press the ENTER -key to enter the setting mode.

## CONSOLE OPERATION INSTRUCTIONS

- At the set state, the setting sequence is: gender → height → weight → age. Press UP or DOWN -key to increase or decrease the value.
- M stands for male; F stands for female.
- After pressing the START/STOP -key to start the test for 8 seconds, the display shows BMI-body mass index, FAT%-body fat percentage, and BMR-basal metabolic rate.

**Note!** Before testing, press the heart rate sensor and keep the heart rate normal in the display.

5. The test should be performed when the body is relaxed and the heart rate is calm.

6. **BMI** (body mass index):

Gender/Age	Thin	Normal	Slightly fat	Fat	Obese
Male ≤ 30	< 14	14 ~ 20	20.1 ~ 25	25.1 ~ 35	> 35
Male > 30	< 17	17 ~ 23	23.1 ~ 28	28.1 ~ 38	> 38
Female ≤ 30	< 17	17 ~ 24	24.1 ~ 30	30.1 ~ 40	> 40
Female > 30	< 20	20 ~ 27	27.1 ~ 33	33.1 ~ 43	> 43

7. **Body Fat** (body fat percentage):

Gender	Low	Medium	Medium/high	High
Male	< 13%	13% - 25.9%	26% - 30%	> 30%
Female	< 15%	23% - 35.9%	36% - 40%	> 40%

BMR (basic metabolic rate, which is the average calories consumed to maintain basic survival status on a daily basis). Reference value: 1300 ± 100 (22-40 years old).

8. **Body Type** (composite figure)

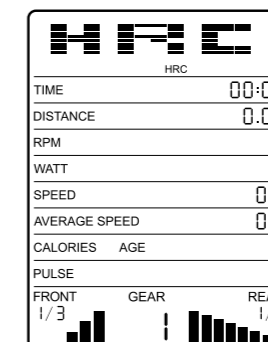
B1	B2	B3	B4	B5	B6	B7	B8	B9
Extremely thin	Thin	Relatively thin	Below normal	Normal	Above normal	Over-weight	Obese	Extremely obese

### HRC

- Press the ENTER -key to enter the setting mode. At set state, the setting sequence is: time → distance → calories → target heart rate.
- Press UP or DOWN -key to increase or decrease the value.
- Press the START/STOP -key to start exercise. The resistance is automatically adjusted according to the target value of the heart rate at exercise state.
- If any time, distance or calories is set, at exercise state, this item is displayed as a countdown. When the countdown reaches 0, the exercise will automatically stop with a "DI DI" sound prompt.

## CONSOLE OPERATION INSTRUCTIONS

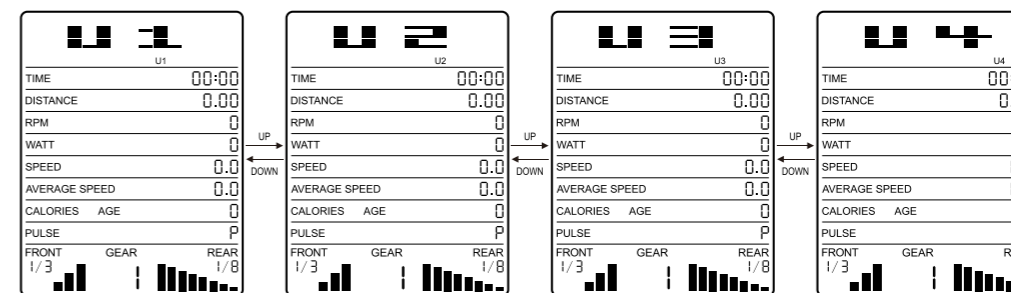
5. At exercise state, press the START/STOP -key to stop the device from running.



### Note!

During exercise, for better user experience of the HRC function, it is recommended that the device be equipped with a wireless heart rate receiver, and the users should wear a wireless chest strap. If the display does not detect the heartbeat value, the resistance will not change automatically, but the exercise can still continue.

### USER PROGRAM



- Press UP or DOWN -key to select mode U1 - U4.
- Press START/STOP to begin exercise, or press ENTER -key to enter setting mode.
- At set state, the setting sequence is: time → distance → calories → resistance value of each column.
- Press UP or DOWN -key to increase or decrease value, and press ENTER to the next item.
- Press the START/STOP -key to start exercise. During exercise press UP or DOWN -key to increase or decrease resistance level.
- If any time, distance or calories is set, at exercise state, this item is displayed as a countdown. When the countdown reaches 0, the exercise will automatically stop with a "DI DI" sound prompt.
- At exercise state, press the START/STOP -key to stop the device from running.

### RECOVERY

- When the display displays the heartbeat value at exercise state, press the RECOVERY -key and keep the heart beat monitoring.
- TIME displays "0:60" (seconds), countdown starts at 60 seconds, and the system starts testing.
- When the TIME display counts down to "0:00", the main window of the display shows F1 ~ F6, indicating the level of heartbeat recovery ability.
- It is recommended to test the heart rate value within the range of aerobic heart rate value during exercise, so as not to affect the test result if the value is too high or too low.

## CONSOLE OPERATION INSTRUCTIONS

F1 = 1.0	Optimum
1.0 < F2 < 2.0	Good
2.0 < F3 < 2.9	Relatively good
3.0 < F4 < 3.9	Normal
4.0 < F5 < 5.9	Relatively poor
F6 = 6.0	Poor

### BLUETOOTH APP

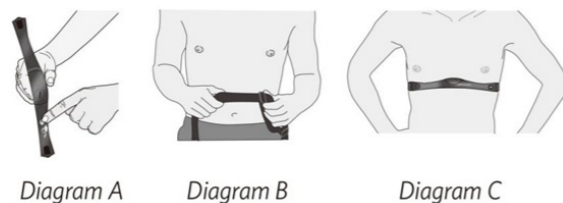
This device is equipped with an integrated Bluetooth® connectivity which allows it to work with interactive Bluetooth® applications such as Kinomap.



- Download Kinomap APP from AppStore (iOS) or Google Play (Android).
- Enable Bluetooth from your phone or tablet settings.
- Run the Kinomap APP.
- Go to the "My Equipment" menu and tap on the "+" button.
- Follow the instructions on the APP to complete the connection.

### HEART RATE CHEST BELT (not included)

- Put on your Heart rate chest belt.



- If equipped, press the ON/OFF button to activate the belt. The console searches automatically for devices nearby, and will connect to the belt when in range.
- Your heart rate will be seen on the pulse window. You are ready to workout.

## TROUBLESHOOTING

Error Code	Possible causes	Check	Solution
E1	The motor is not working properly	The motor wiring plug is correctly inserted into the terminal or not	Connect the plug or replace the motor
	Cable failure inside the machine	Examine the cable for defects	Replace the cable
	The display has no corresponding control signal output to the motor		Change the electronic display
E2	After starting the test in the mode of body fat test, the heart rate detector is not held by hand as soon as possible		Please hold the heart rate detector by hand within 3 seconds after the test is started
	The display cannot display the heart rate value	Whether there is a heart rate value display in other modes	If there is still no heart rate value display in other modes, replace the display; if there is still no value displayed, replace the heart rate connecting cable

### POWER ADAPTER

- This display needs to be equipped with a 15V/1.5A power adapter (input: 220~230V).
- When the display displays abnormally, please pull out the power plug and plug it again.
- Without any operation, the product will enter standby mode after five minutes.

## 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 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.

## **IMPLIED WARRANTY**

The importer of this product assures that this device is manufactured with high quality materials. The implied warranty is valid for 1 (one) year, beginning from the date of purchase. The guarantee is valid for home use.

### **The warranty applies to the following parts:**

- Frame
- All parts included in the original delivery

### **The warranty does not cover:**

- Incorrect installation
- Damage caused externally
- 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
- Wear parts and expendable parts

## **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 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.

