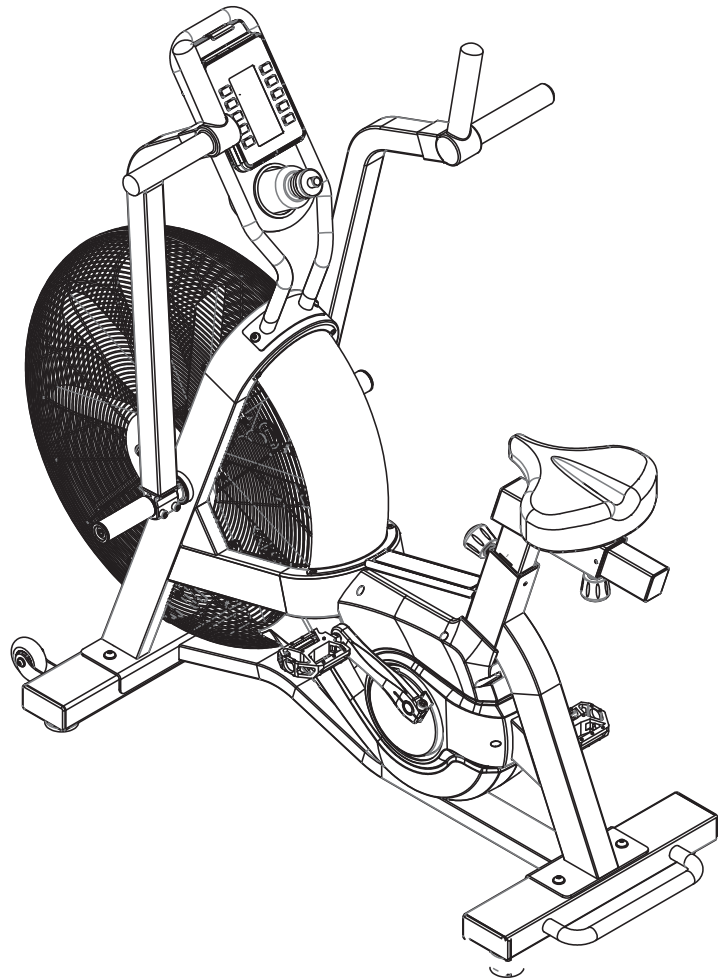


H Δ L F | H U M Δ N



AIR BIKE HH30009

INSTALLATION STANDARD GUIDE

OWNER'S MANUAL

Before using this Air Bike read this manual and follow all its safety Rules and Operating Instructions.

# CONTENTS

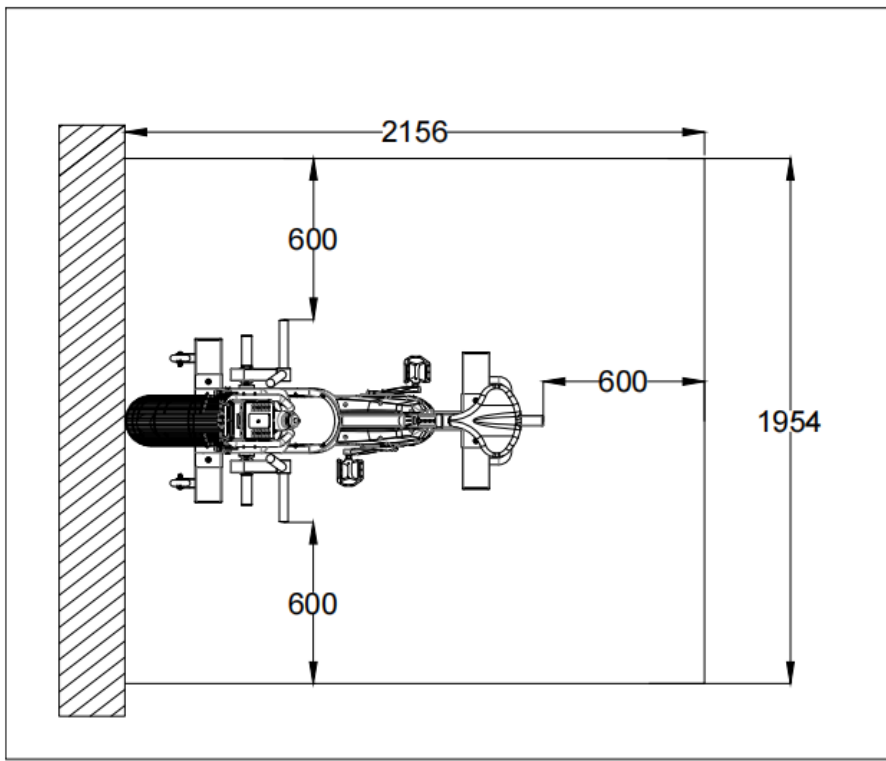
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# EQUIPMENT INFORMATION

Total Surface Area (e.g. foot print) of Equipment



## Total Weight of Equipment

- N.W.: 68.2kg
- G.W.: 79.5kg

## Field of Application

- Commercial Use
- Indoor Use
- Class S

## ADDITIONAL INSTRUCTIONS FOR USE

In addition to the general instructions for use in ISO 20957-1, the manufacturer shall give instructions for the safe use with at least the following information:

- information on the risk caused by spinning pedals and/or exposed flywheel with the absence of a freewheel system;
- instructions of the method required to operate the emergency brake;
- instructions describing the method required to stop the rotation of the pedals and flywheel, and end the training;
- instructions describing the operation of the locking mechanism for class H;
- instructions to explain that class S training equipment shall always be used in a supervised environment;
- instructions describing the requirement to use the foot positioning system described in 5\*5;
- for designs that do not ensure a minimum insertion depth of the handlebar and the seat, instructions to explain the importance of adjusting the handlebar and the seat to suit the user: "This adjustment shall not exceed the mark indicating the minimum insertion depth."

# S A F E T Y I N S T R U C T I O N S

## **WARNING!**

**Consult your physician before starting this or any exercise program. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any health problem. Failure to follow all warnings and instructions could result in serious injury or death.**

## **WARNING!**

**To reduce the risk of serious injury, read the following Safety Instructions before using the Air Bike.**

1. Save these instructions and ensure that other exercisers read this manual prior to using the Air Bike for the first time.
2. Read all warnings and cautions posted on the
3. The Air Bike should only be used after a thorough review of the Owner's Manual. Make sure that it is properly assembled and tightened before use.
4. We recommend that two people be available for assembly of this product.
5. Keep children away from the Air Bike. Do not allow children to use or play on the Air Bike. Keep children and pets away from the Air Bike at all times.
6. The Air Bike is not a freewheeling exercise bike; therefore, pedal speed should be reduced in a controlled manner to prevent injury from spinning pedals.
7. It is recommended that you place this product on an equipment mat.
8. Set up and operate the Air Bike on a solid level surface. Do not position the Air Bike on loose rugs or uneven surfaces.
9. Make sure that adequate space is available for access to and around the Air Bike.
10. Adjust the STANDS on the rear stabilizer so that the bike sits on the floor without rocking.
11. Before using, inspect the Air Bike for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
12. Before using, always make sure the SEAT is securing tightened with the CAM HANDLE (76).
13. Each user should adjust the seat per instructions on page 12.
14. Do not attempt to adjust the seat while you are on the
15. Consult your physician before using this product. If you feel faint, dizzy, or experience pain during use, stop immediately and consult with your physician.
16. Choose the intensity that fits your strength and flexibility level. Know your body's limits and use this product within them. Use common sense when using this product.
17. Do not wear loose or dangling clothing while using the Air Bike.
18. Never exercise in bare feet or socks; always wear proper footwear such as running, walking, or cross training shoes that fit well, provide foot support, and feature non-skid rubber soles.
19. Be careful to maintain your balance while using, mounting, dismounting, or assembling the Air Bike, loss of balance may result in a fall and serious bodily injury.
20. The Air Bike should not be used by persons weighing over 350 pounds.
21. The Air Bike should be used by only one person at a time.
22. The Air Bike is for consumer use only. It is not for use in public or semipublic facilities.

**SAVE THESE INSTRUCTIONS - THINK SAFETY!**

# BEFORE YOU BEGIN

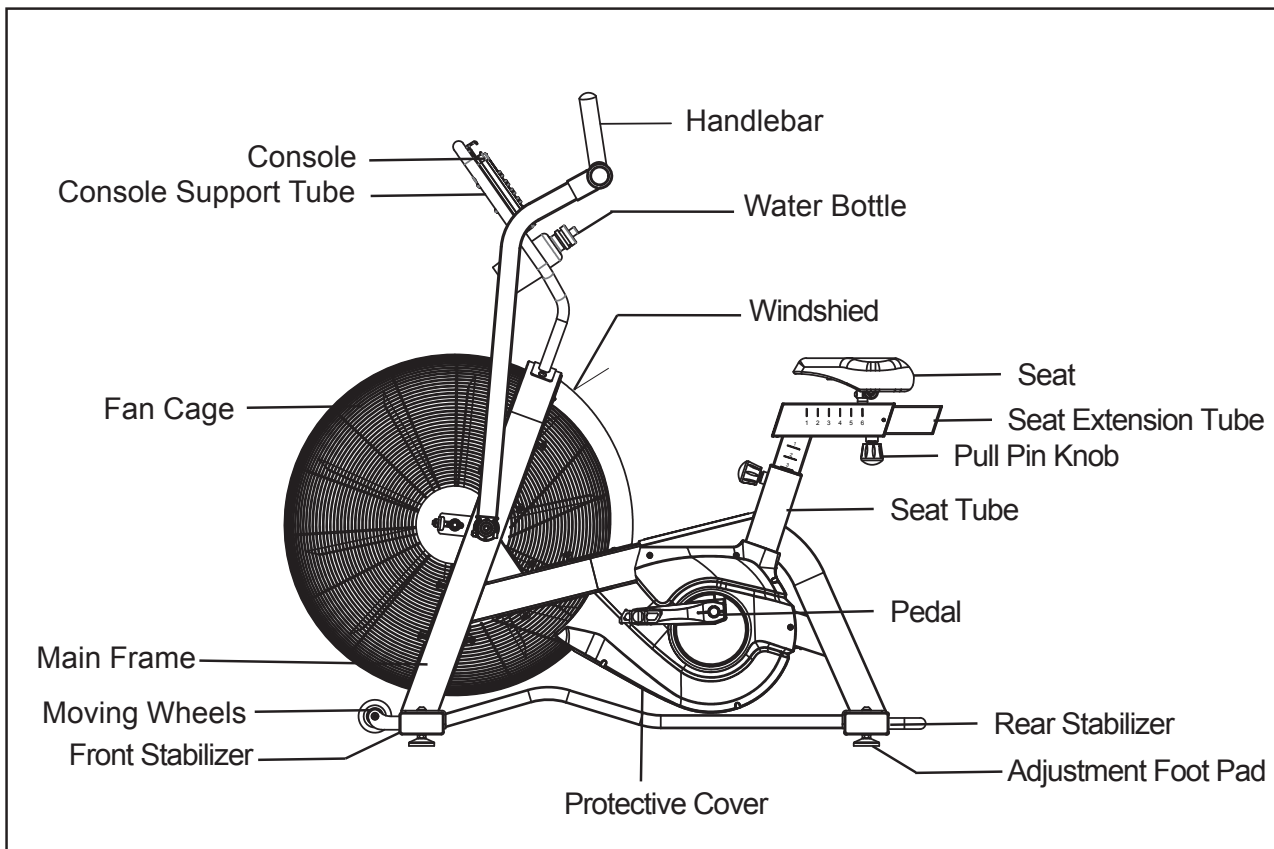
Thank you for choosing the **Air Bike**.

We take great pride in this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest.

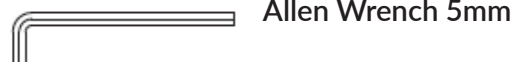
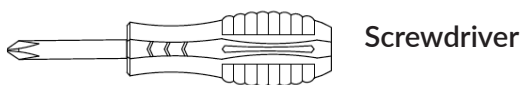
It's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The **Air Bike** provides a convenient and simple method to begin your journey of getting your body in shape and achieving a happier and healthier lifestyle.

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled. Locate the serial decal on the product and write the serial number on the cover of the manual in the space provided. See the next page for an image of the serial decal. Model number and serial number are required when calling for assistance.

Read this manual carefully before using the **Air Bike**.



## THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY



# EQUIPMENT WARNING, CAUTION & NOTICE LABELS

This chart is provided to help identify the warning, caution, and notice labels on the Air Bike. Please take a moment to familiarize yourself with all of the warning, caution, and notice labels.








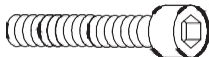

## CAUTION LABEL



1. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
2. Children should be supervised to ensure that they do not play with the appliance.
3. Cleaning and user maintenance shall not be made by children without supervision
4. Care and maintenance  
Care and, if applicable, maintenance advice shall be provided with each piece of equipment. The advice shall include at least:
  - a. a warning notice to the effect that the safety level of the equipment can be maintained only if it is examined regularly for damage and wear, e.g. ropes, pulleys, connection points;
  - b. an advice to replace defective components immediately and/or keep the equipment out of use until repair;
  - c. special attention to components most susceptible to wear
5. WARNING! If any of the adjustment devices are left projecting, they could interfere with the user's movement.
6. WARNING! Heart rate monitoring systems may be inaccurate. Over exercising may result in serious or death. If you feel faint stop exercising immediately"
7. Please only place the rower horizontally after un-install it. Do not place it vertically!

# HARDWARE IDENTIFICATION CHART

After unpacking the unit, open the hardware bag and make sure that you have all the following fasteners. Some fasteners may be already attached to the parts.

	PART#	DESCRIPTION	QTY
	76	Screw for Beam Calipers (M8)	4
	91	Spring Washer M8	4
	27	Flat Washer M8	6
	89	Truss Head Cap Screw M8x15mm	2
	87	Phillips Pan Head Screw M5x12mm	4
	96	Truss Head Cap Screw M10x1.5x15mm	4
	97	Flat Washer M10	4
	75	Socket Head Cap Screw M8x50mm	4
	94	Step Bolt 1/2"x133mm	2

# ASSEMBLY STEPS

**Place all parts from the box in a cleared area and position them on the floor in front of you.**

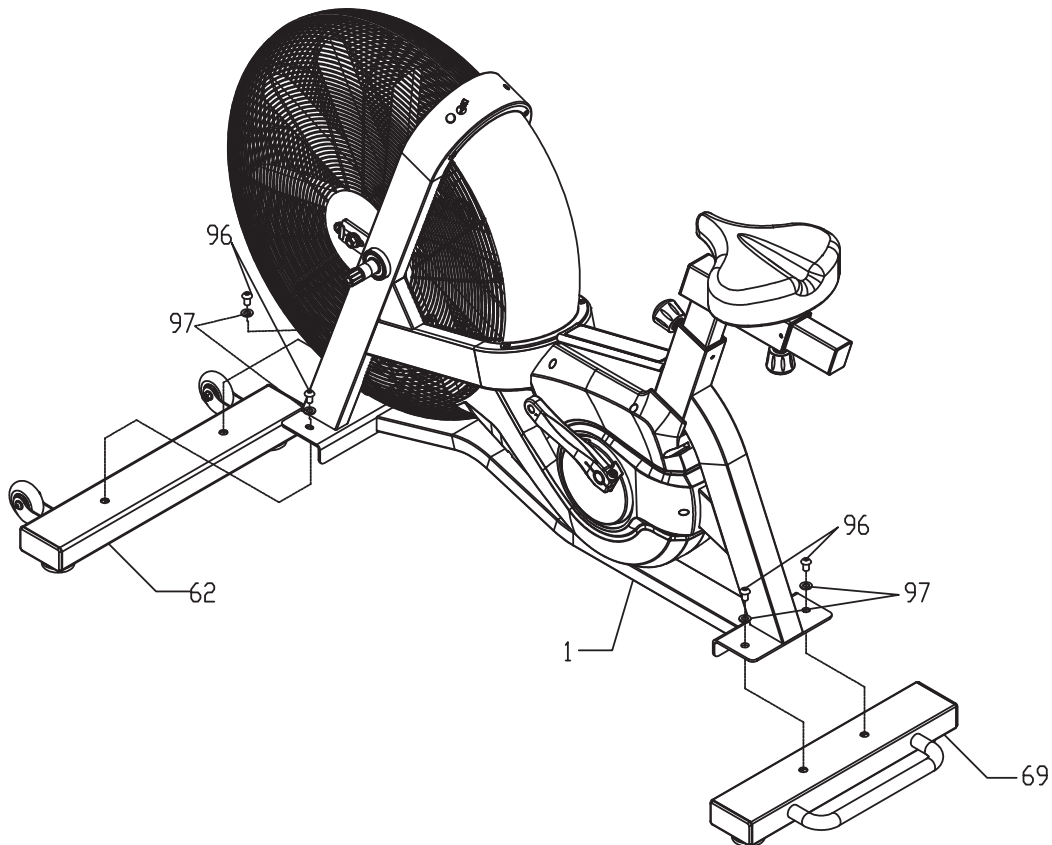
Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning.

**Some product parts are fit tested at the factory to ensure proper fit and alignment. Marks in the paint may be noticeable, but are not an indication of damage.**

**NOTE:** There are some packing parts attached on the Air Bike. Please follow the steps below to remove them before any assembly. These parts are only for packing, do not dispose of the packing materials until assembly is completed.

## STEP 1

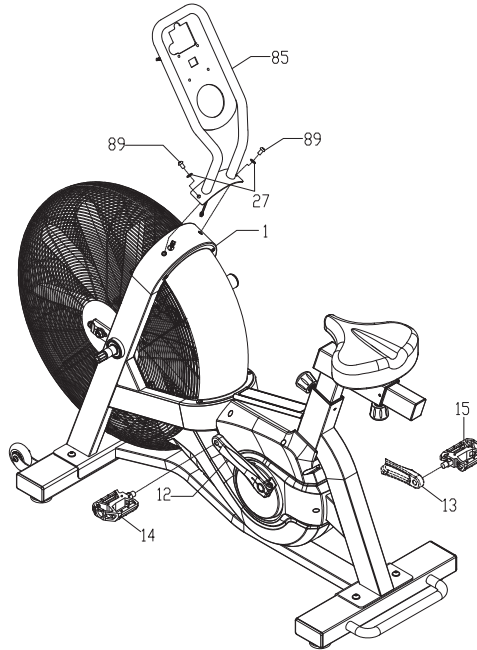
1. Attach the Rear Stabilizer (69) to the Main Frame (1) by using:  
2PCs of Truss Head Cap Screw M10x1.5x15mm (96) and 2PCs Flat Washer M10 (97).
2. Attach the Front Stabilizer (62) to the Main Frame (1) by using:  
2PCs of Truss Head Cap Screw M10x1.5x15mm (96) and 2PCs Flat Washer M10 (97).





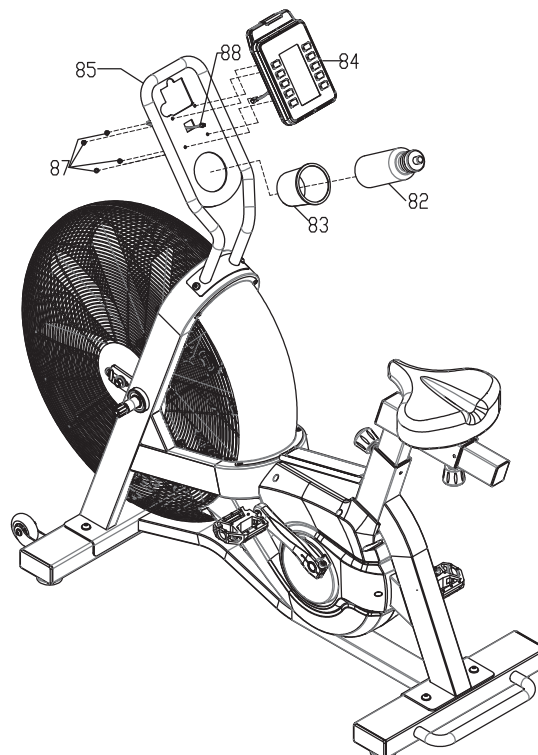
## STEP 2

1. Tighten the Left Pedal (14) by rotating it into Left Crank (12) counterclockwise.
2. Tighten the Right Pedal (15) by rotating it into Right Crank (13) clockwise.
3. Attach the Console Support Tube (85) to the Main Frame (1) by using: 2PCs Truss Head Cap Screw M8x15mm (89) and 2PCs Flat Washer M8 (27).



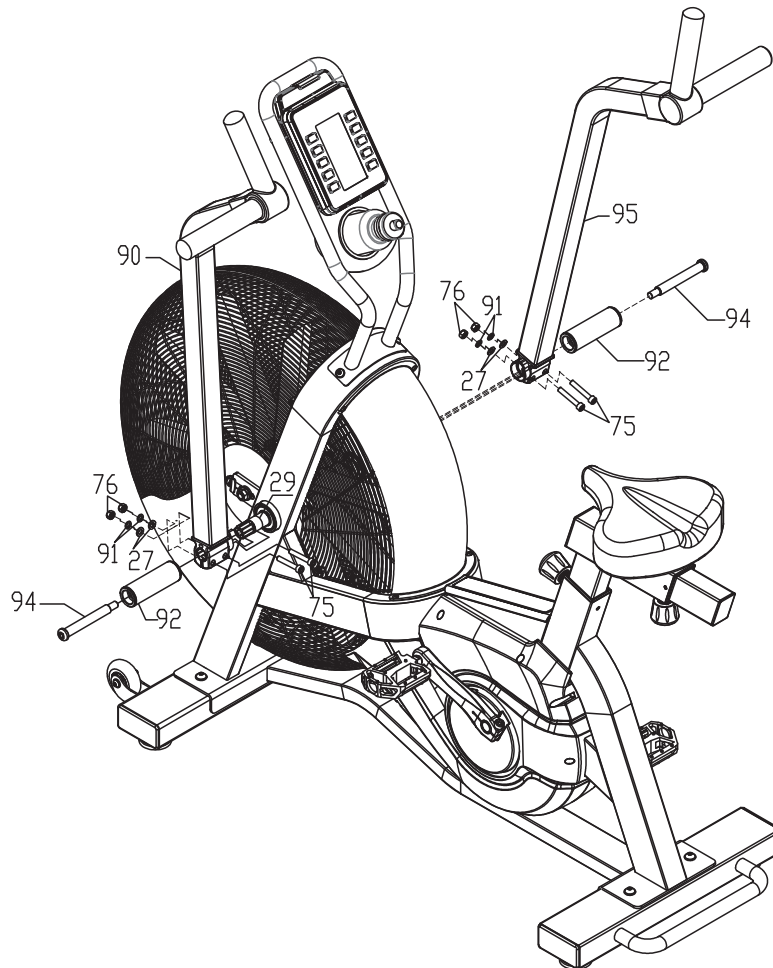
## STEP 3

1. Connect the Sensor Wire (88) to the Console (84), and attach the Console (84) to the Console Support Tube (85) by using: 1PC Phillips Pan Head Screw M5x12mm.
2. Press the Water Bottle Holder (83) into the hole on the Console Support Tube (85), and place the Water Bottle (82) in the Water Bottle Holder (83).



## STEP 4

1. Attach Left Handlebar (90) to the Left Linkage (29) by using: 2PCs of Head Cap Screw M8\*50mm (75), Flat Washer M8 (27), 2PCs of Spring Washer M8 (91) and 2PCs of Hex Nut M8 (76) in sequence.
2. Attach Right Handlebar (95) to the Right Linkage (29) by using: 2PCs Head Cap Screw M8\*50mm (75), Flat Washer M8 (27), 25PCs of Spring Washer M8 (91) and 2PCs of Hex Nut M8 (76) in sequence.
3. Pass through the Footrest 038 (92) with Step Bolt 1/2"x133mm (94), and tighten on the Short Linkage (29).

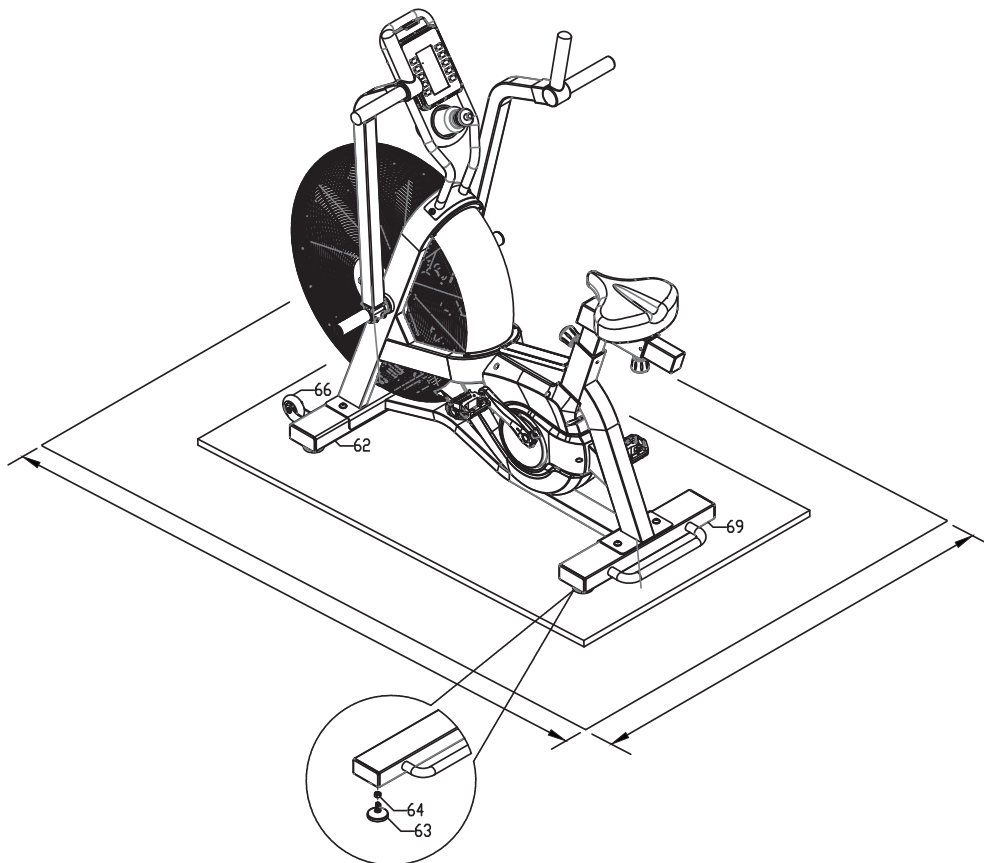


## SET UP INSTRUCTIONS

Place the Air Bike in the area where it will be used. It is recommended that the Air Bike be placed on an equipment mat. Make sure that adequate space is available for access to and passage around the Air Bike.

**LEVELING:** Adjust the Stand (63) under the Rear Stabilizer (69) so that the Air Bike sits on the floor without rocking. Refer to the instructions below.

**MOVING:** The Air Bike has a pair of Moving Wheels (66) on the Front Stabilizer (62). Lift up from the handle at the back of the Air Bike to move.



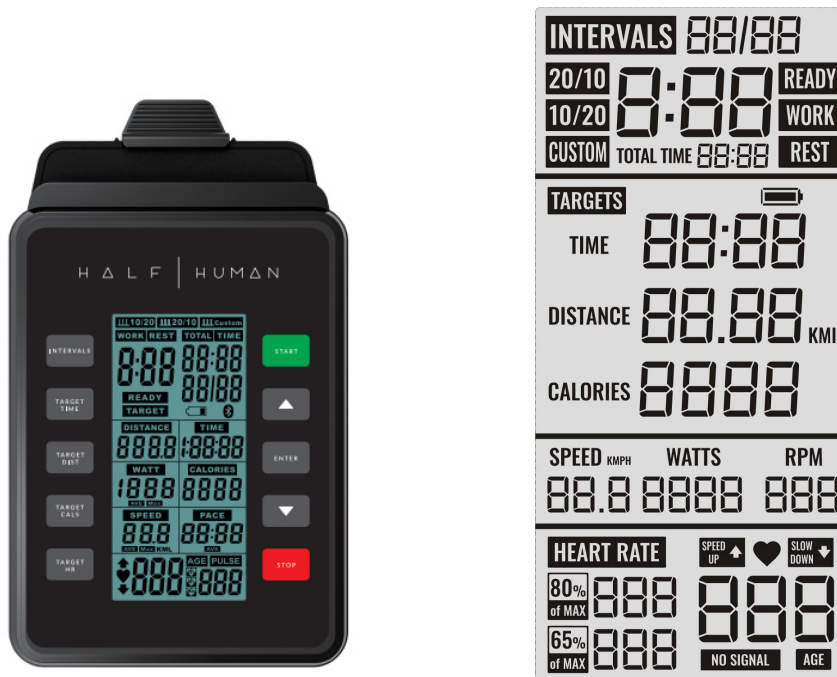
### **FUNCTION INSPECTION:**

Visually inspect the Air Bike to verify that assembly is as shown in the above illustration. Check the function of the Air Bike by turning the crank slowly through one complete revolution to verify that the drive train functions properly.

**CAUTION:** Locate and read the Caution Labels on the Air Bike.  
Make sure that all users read the Caution Labels before using.

# COMPUTER INSTRUCTIONS

1. After installing battery (POWER ON), LCD will display all data for 2 seconds (Figure 1), and beep twice within 0.5s to enter the IDLE mode.



(Figure 1)

## 2. QUICK START

- a. In IDLE mode, if RPM signal is higher than 15, the monitor will beep once and enter "QUICK START". Or pressing START button to enter "QUICK START".
- b. When heartbeat is inputting, the "HEART RATE" sign will last. The heartbeat sign "♥" will also flash and display the instant heartbeat data (Figure 2); when there is no heartbeat inputting, "HEART RATE" sign will not display. "NO SIGNAL" and heartbeat sign "♥" will still display, but the Heartbeat will display "---".
- c. When doing the workout, all key are invalid except "START", "STOP", "ENTER".
- d. Press START to enter the Pause Mode while doing the workout, the monitor will only display TIME, DISTANCE, CALORIES (Figure 3). Displaying 0.5 second and un-display 0.5 second.  
If there is continuous RPM signal inputting, the monitor will have Beep sound for twice last for 5 minutes and enter IDLE mode.  
If there is no RPM signal inputting for 5 minutes, the monitor will enter sleep mode.  
In pause mode, press ENTER KEY for 3 seconds to switch on/off the Bluetooth function. Press START to continue the exercise and STOP to end the exercise.
- e. While exercising, if there is no button pressing and RPM signal, but there is heartbeat signal inputting for 5 minutes, the monitor will end the exercise.
- f. While the workout finished, monitor display: TIME (display exercise time), DISTANCE (display exercise distance), CALORIES (display exercise calories burned) (Figure 4)
- g. When the workout is finished and there is no RPM signal input for 5 minutes, the monitor will enter the sleep mode.

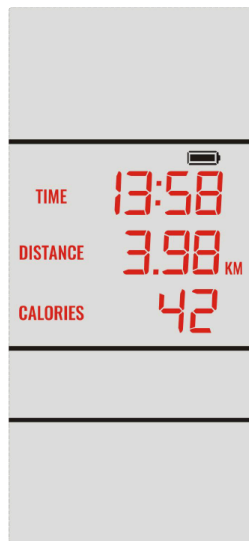
If RPM signal data is higher than 15 and last for 6 seconds, the computer will enter “QUICK START”.

If RPM signal data is less than 15 and last for 5 minutes, the monitor will BIBI and enter IDLE MODE.

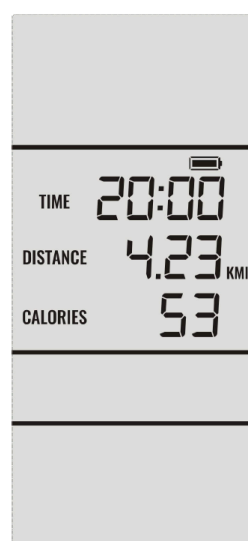
- h. When workout finished, if you have press any PROGRAM button to do the related action, press START to enter QUICK START, press STOP button to enter IDLE MODE after BIBI sound.



Figure 2)



(Figure 3)



(Figure 4)

### 3. INTERVAL 20-10

- a. In IDLE MODE, press INTERVALS once and the sign will last. 20/10 sign will display 0.5 second and un-display 0.5second. Press ENTER to confirm the selection and enter the mode. TOTAL TIME display 04:00 and the loops display 0/8 (Figure 5). Press START to start the workout directly.
- b. Press ENTER or START key to launch this function.
- c. After counting down for 3 seconds, WORK will start counting down 20 seconds. TOTAL TIME will start counting and TIME will also start the 4 minutes counting down. SPEED - WATTS - RPM - DISTANCE - CALORIES start counting according to the data and the loop will shows 1/8.(Figure 6)



(Figure 5)



(Figure 6)

## 4. INTERVAL 10-20

- a. In IDLE MODE, press INTERVALS twice and the sign will last. 10/20 sign will display 0.5 second and un-display 0.5 second. Press ENTER to confirm the selection and enter the mode. TOTAL TIME display 04:00 and the loops display 0/8 (Figure 7). Press START to start the workout directly.
- b. Press ENTER or START key to launch this function
- c. After counting down for 3 seconds, WORK will start counting down 20 seconds. TOTAL TIME will start counting and TIME will also start the 4 minutes counting down. SPEED - WATTS - RPM - DISTANCE - CALORIES start counting according to the data and the loop will shows 1/8 (Figure 8).



(Figure 7)



(Figure 8)

## 5. INTERVAL CUSTOM

- a. In IDLE MODE, press INTERVALS third and the sign will last. CUSTOM sign will display 0.5 second and un-display 0.5 second (Figure 9). Press ENTER to confirm the selection and enter the mode. TOTAL TIME display the default time 06:40 and the loops display 0/8. The setting range for loop is 1~99. Press START to start the workout with current setting.
- b. In CUSTOM setting mode: Press UP or DOWN to adjust the number of loops and TOTAL TIME will be changed accordingly. Press ENTER to enter into next setting ( WORK→REST→CYCLES→WORK). Press STOP to enter IDLE MODE and START to enter WORKOUT MODE.
- c. After the LOOP setting is done, press ENTER will enter the time setting of WORK and the loop's data will keep displaying. The default time of WORK is 0:30 (Figure 10), press UP/DOWN to adjust the time of WORK. The range of WORK time setting is 0:01~9:59, TOTAL TIME will be changed according to WORK time setting. While setting, press ENTER to confirm and enter the next setting (REST→LOOP→WORK→REST).
- d. After WORK time setting has been settled, press ENTER to enter the RESET time setting, the LOOP's display will keep displaying as 0/N. The default time for REST is 0:20 (Figure 11), press UP/ DOWN to adjust the time of RESET and the setting range is 0:01~9:59. TOTAL TIME will be changed according to RESET time setting. While setting, press ENTER to confirm and enter the next setting ( LOOP→WORK→REST→LOOP)

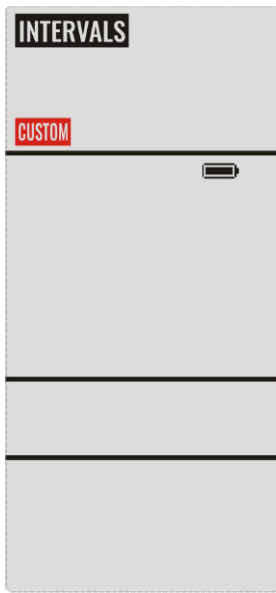
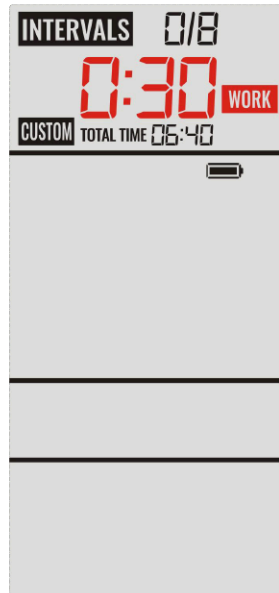
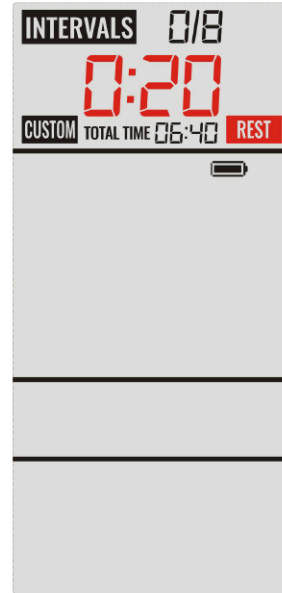


Figure 9)



(Figure 10)



(Figure 11)

## 6. TARGET TIME

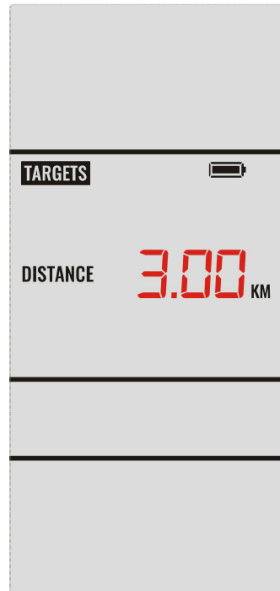
- a. In IDLE MODE, press TARGET TIME to enter the setting mode. TARGETS and TIME signs will keep displaying and flashing the default time setting 10:00 (Figure 11). Press START to start the workout directly.
- b. In the setting mode of TARGET TIME, press UP/DOWN to adjust the time and the time setting range of TARGET TIME is 1:00-99:00.



(Figure 11)

## 7. TARGET DISTANCE

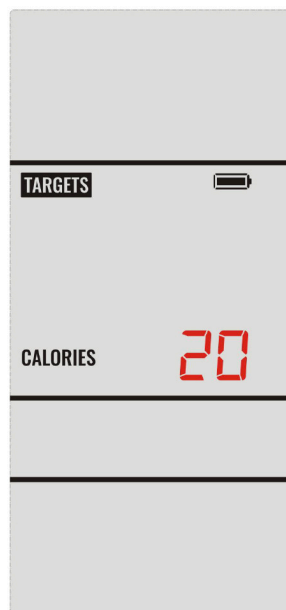
- a. In IDLE MODE, press TARGET DIST KEY to enter the setting mode. TARGETS and DISTANCE signs will keep displaying and flashing the default distance setting 3.00 (Figure 12). Press START to start the workout directly.
- b. In the setting mode of TARGET DISTANCE, press UP/DOWN to adjust the distance and the time setting range of TARGET DISTANCE is 0.50-99.00.



(Figure 12)

## 8. TARGET CALORIES



- a. In IDLE MODE, press TARGET CALS KEY to enter the setting mode. TARGETS and CALORIES signs will keep displaying and flashing the default calories setting 20 cal (Figure 13). Press START to start the workout directly.
- b. In the setting mode of TARGET CALORIES, press UP/DOWN to adjust the CALORIES and the time setting range of TARGET CALORIES is 1-999.



(Figure 13)

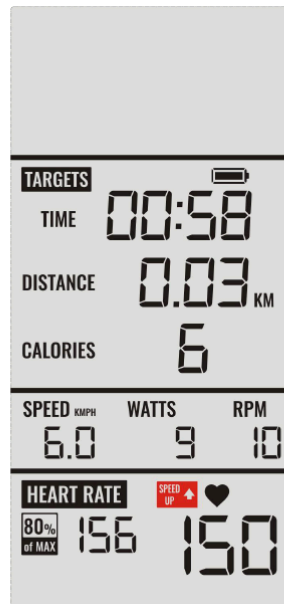


## 9. TARGET HEART RATE 80%

- In IDLE MODE, press TARGET HR button once, TARGETS and HEART RATE sign keep displaying. Press ENTER button to confirm the selection and enter the setting mode of TARGET heart rate 80%. TARGETS, HEART RATE and 80% sign will keep displaying. The window of 80% display default age which convert by the heart rate data of 80%. AGE sign flashing and displaying preset age 24 (Figure 14). Press START to start the workout directly.
- In the setting mode of TARGET heart rate 80%, press UP/DOWN to adjust the AGE and the heart rate of 80% will adjust accordingly. The range of AGE setting is 10-120.
- While doing the workout, if the heart rate is less than the heart rate data of 80% about 5, the monitor will flash and show the sign of  (Figure 15).
- While doing the workout, if the heart rate is higher than the heart rate data of 80% about 5, the monitor will flash and show the sign of  (Figure 16).
- While doing the workout, if the heart rate maintain the heart rate data of 80% within 5, the monitor will display the current data (Figure 17).



(Figure 14)



(Figure 15)





(Figure 16)



(Figure 17)

## 10. TARGET HEART RATE 65%

- In IDLE MODE, press TARGET HR KEY twice, TARGETS and HEART RATE sign keep displaying. Press ENTER button to confirm the selection and enter the setting mode of TARGET heart rate 65%. TARGETS, HEART RATE and 65% sign will keep displaying. The window of 65% display default age which convert by the heart rate data of 65%. AGE sign flashing and displaying preset age 24 (Figure 18). Press START to start the workout directly.
- In the setting mode of TARGET heart rate 65%, press UP/DOWN to adjust the AGE and the heart rate of 65% will adjust accordingly. The range of AGE setting is 10-120.
- While doing the workout, if the heart rate is less than the heart rate data of 65% about 5, the monitor will flash and show the sign of  (Figure 19).
- While doing the workout, if the heart rate is higher than the heart rate data of 65% about 5, the monitor will flash and show the sign of  (Figure 20).
- While doing the workout, if the heart rate maintain the heart rate data of 80% within 5, the monitor will display the current data (Figure 21).



(Figure 18)



(Figure 19)



(Figure 20)

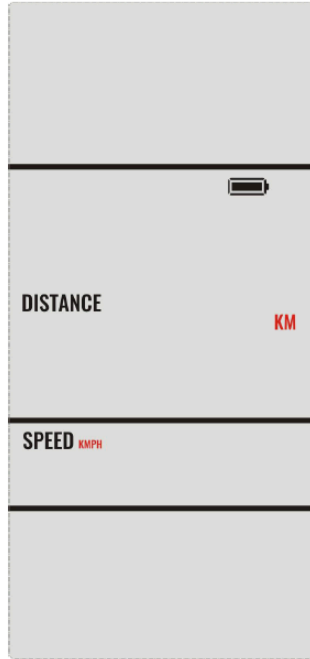


(Figure 21)

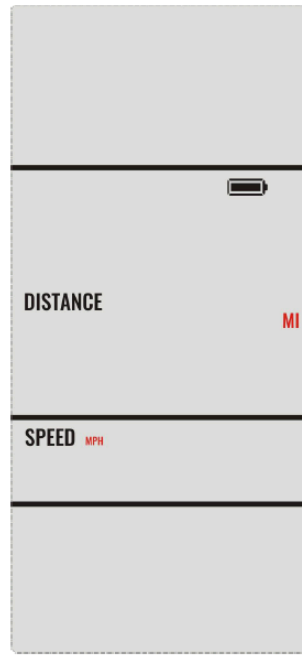
# 11. SPECIAL FUNCTION INSTRUCTION

## KM/MI SETTING

- a. In IDLE MODE: Press UP , DOWN at the same time for 3 seconds and set up KM /MI directly. The monitor will display the unit after setting changed. SPEED and DISTANCE sign will last. KM, KMPH (Figure 22) or MI, MPH (Figure 23) will flash for 3 seconds and enter the IDLE MODE.



(Figure 22)



(Figure 23)

- b. The monitor doesn't have memory function. So, when the battery been removed and put it back again, the monitor will return to the default setting.

## BLUETOOTH FUNCTION

- a. In IDLE MODE, WORKOUT MODE OR PAUSE MODE, press ENTER for 3 seconds to switch on/off Bluetooth function.
- b. After the Bluetooth function is on, the APP can be connected to the monitor.
- c. After the console been connected to the APP, the display will turn off but shows the Bluetooth sign and keeps flashing
- d. The Bluetooth can be connected to APP and chest belt at the same time.

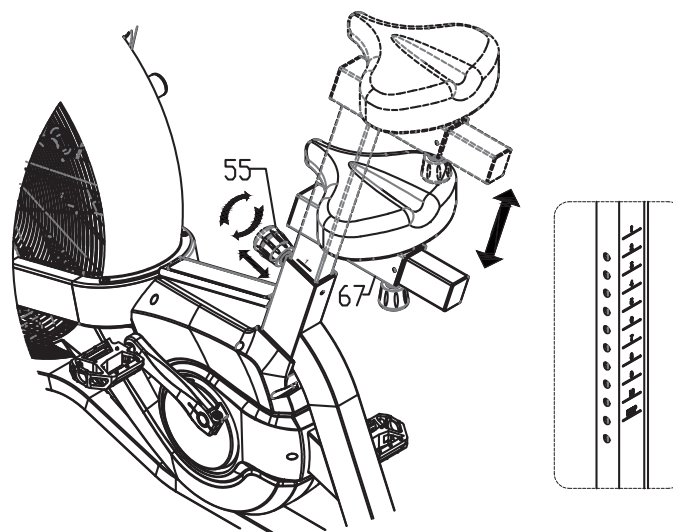
# OPERATIONAL INSTRUCTIONS

## SEAT HEIGHT ADJUSTMENT

Proper seat height is important for efficient exercise. To determine proper seat height, sit on the bike and center the ball of your foot on the pedal in the down position. Your leg should be slightly bent and relaxed as shown. If your leg is too straight or your foot cannot touch the pedal, you need to lower the seat. If your leg is bent too much you will need to raise the seat.

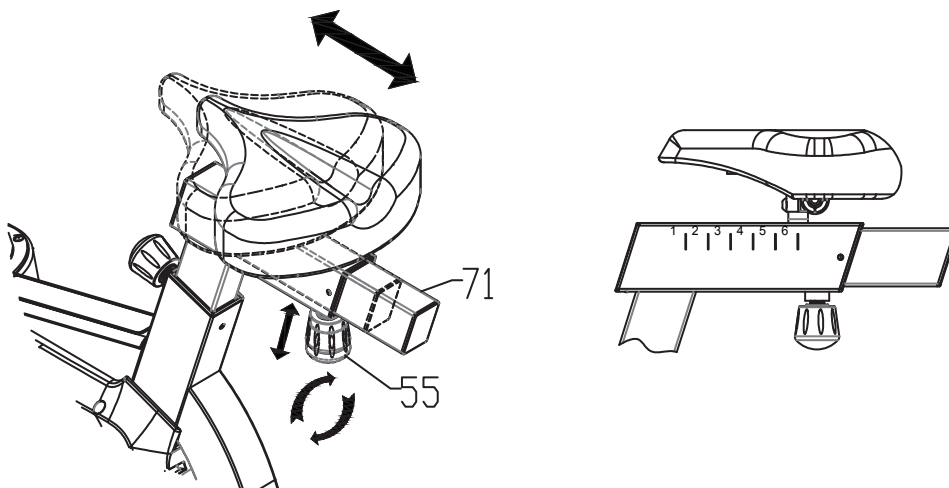
Unlock the Pull Pin Knob (55) by turning it counterclockwise. Pull out the Pull Pin Knob (55) to adjust Seat Tube (67) to a desired height.

**NOTE:** Do not pull the seat post out too far, the maximum is indicated on the seat post.

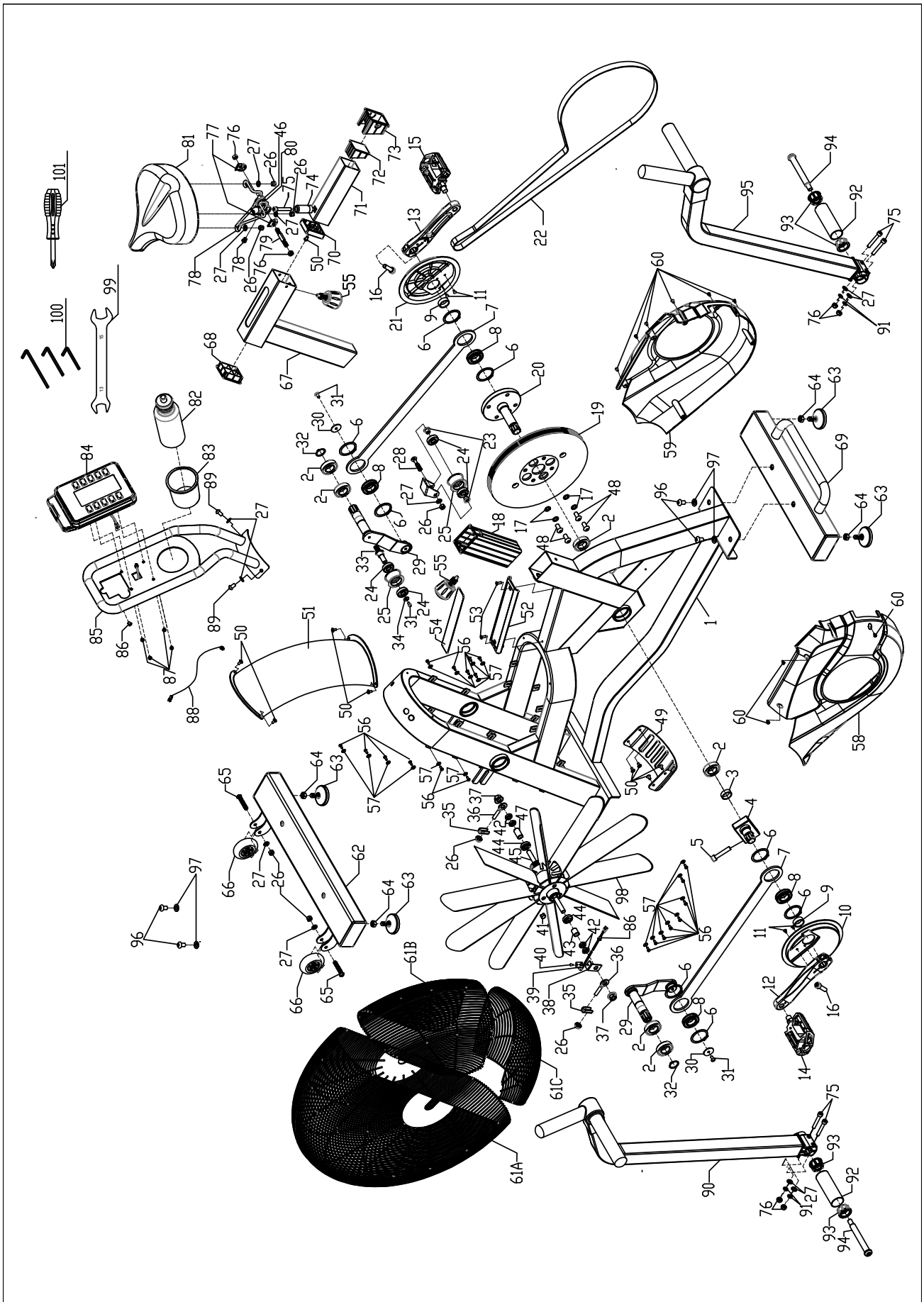


## FORWARD/AFT POSITION OF SEAT

Unlock the Pull Pin Knob (55) by turning it counterclockwise. Pull out the Pull Pin Knob (55) to adjust the Seat Extension Tube (71) to a desired position.



# EXPLODED DRAWING



# PARTS LIST

PART#	DESCRIPTION	Q' TY	PART#	DESCRIPTION	Q' TY
1	Main Frame	1	42	Hex Nut M12x1.25mm	4
2	Bearing 6005z	6	43	Sleeve Ø15*Ø13*15.5mm	1
3	Spacer Ø30*Ø25.2*9.8mm	1	44	Bearing 6001Z	2
4	Square Crank	1	45	Fan Axis	1
5	Socket Head Cap Screw M10x1.5x50mm	1	46	Inner Beam Calipers	2
6	Circlips Ø47mm	8	47	Sleeve Ø15*Ø13*27mm	1
7	Left / Right Linkage	2	48	Truss Head Cap Screw M10x20mm	4
8	Bearing 6005z for circlip	4	49	Lower Protective Cover	1
9	Spacer Ø30*Ø25.2*10.5mm	2	50	Phillips Pan Head Screw M5x10mm	9
10	Left Disc	1	51	Windshield	1
11	Phillips Pan Head Screw M4x10mm	4	52	Pedal Tray	1
12	Left Crank	1	53	Phillips Flat Head Screw M5x10mm	2
13	Right Crank	1	54	Pedal	1
14	Left Pedal	1	55	Pull Pin Knob	2
15	Right Pedal	1	56	Phillips Pan Head Self-Tapping Screw ST4.2*15mm	20
16	Socket Head Cap Screw M10x-1.25x35mm	2	57	Flat Washer Ø5.3*Ø15mm	20
17	Spring Washer M10	4	58	Left Protective Cover	1
18	Hollow Seat Tube Set	1	59	Right Protective Cover	1
19	Belt Pulley	1	60	Phillips Pan Head Self-Tapping Screw ST4.0*12	9
20	Cranksaft	1	61A	Front Fan Cage	1
21	Right Disc	1	61B	Upper Fan Cage	1
22	Belt	1	61C	Lower Fan Cage	1
23	Idle Gear Ø18*Ø8.1*12mm	2	62	Front Stabilizer	1
24	Bearing 6201z	4	63	Adjustment Foot Pad	4
25	Idler Pulley Ø48*25mm	2	64	Hex Nut M10x1.5mm	4
26	Hex Nut M8	8	65	Truss Head Cap Screw M8x45mm	2
27	Flat Washer Ø9*Ø16mm	12	66	Moving Wheel	2
28	Carriage Screw M8*45mm	1	67	Seat Tube	1
29	Left / Right Short Linkage	2	68	Square Inner Pulg	1
30	Flat Washer Ø6.2*Ø30mm	2	69	Rear Stabilizer	1
31	Truss Head Cap Screw M6x12mm	3	70	Square Outer Plug	1
32	Circlips Ø25mm	2	71	Seat Extension Tube	1
33	Idler Pulley Holder	1	72	Square Inner Pulg 38.1x63.5mm	1
34	Flat Washer Ø6.2*Ø16mm	1	73	Hollow Plug	1
35	Buckle	2	74	Seat Mounting Post	1
36	Cat Eye Screw M8x40mm	2	75	Socket Head Cap Screw M8x50mm	5
37	Flange Nut M12x1.25mm	2	76	Hex Nut M8	6
38	Sensor Clip Holder	1	77	Outer Beam Calipers	2
39	Sensor Clip	1	78	Truss Head Cap Screw M8x7mm	1
40	Phillips Pan Head Self-Tapping Screw ST3.5x10mm	1	79	Screw for Beam Calipers (M8)	1
41	Magnet	1	80	Seat Mounting Post Holder	1



# BEGINNER'S GUIDE TO EXERCISE

The following guidelines will help you to plan your workout program and exercise safely. Remember that proper nutrition and adequate rest are essential for successful results.

**WARNING: Before beginning this or any other exercise program consult your doctor. This is especially important for pregnant women and new mothers, all people over the age of 35, and those with medical problems such as heart disease, high or low blood pressure, injuries, joint problems, obesity and asthma.**

## WHY EXERCISE?

Exercise has been proven essential for good health and general wellbeing. Regular exercise will:

- Relieve tension and stress
- Provide enjoyment and fun
- Stimulate the mind
- Help maintain stable weight
- Control appetite
- Boost self-image
- Improve muscle tone and strength
- Improve flexibility
- Lower blood pressure
- Relieve insomnia

## BEFORE YOU START

If you're beginning an exercise program for the first time or starting a new exercise routine, you must check with your doctor that you are fit to do so particularly if:

- You have been diagnosed with heart problems, high blood pressure or other medical conditions
- You have not exercised for over a year
- You are over 35 and do not currently exercise
- You are pregnant or are a new mother
- You have diabetes
- You have chest pain, or experience dizziness or fainting spells
- You are recovering from an injury or illness

## TARGET HEART RATE

To train effectively you should aim to work in the heart rate zone appropriate to your age as stipulated below. Please note this is a guide and your heart rate at rest and during training is determined by your fitness level and other lifestyle factors as well as your age. If you reach the recommended beats per minute below and feel you're over-exerting yourself stop, rest and when you feel recovered return to exercise at a lower intensity.



	<b>TRAINING ZONE</b>
<b>AGE</b>	<b>MIN/MAX (BPM)</b>
20	133-167
25	132-166
30	130-164
35	129-162
40	127-161
45	125-159
50	124-156
55	122-155
60	121-153
65	119-151
70	118-150
75	117-147
80	115-146
85	114-144

## WORKOUT TIPS

- Always perform a warm-up and stretching exercises before your workout and a cool-down and stretching exercises at the end.
- Start slowly and build up your time, speed and resistance gradually; doing too much too soon can lead to injuries.
- If you are sore or tired, give yourself a few extra days to recover.

## HOW TO BEGIN

- Start with two or three 15-minute sessions per week with a rest day between workouts.
- Warm up for 5 to 10 minutes with gentle movements incorporating the whole body such as walking while swinging your arms in a circle and then stretch the muscles you'll use during your workout.
- Increase the pace and resistance to slightly harder than comfortable and exercise for as long as you can. You may only be able to exercise for a few minutes at a time, but that will change quickly when you exercise regularly.
- End each workout with a 5-minute cool-down with the resistance set to a low level. You should then stretch the muscles you've just worked to develop flexibility, reduce muscle soreness and prevent injury.
- Increase your workout time by a few minutes each week until you can work continuously for 30 minutes per session.
- Don't worry about distance or pace for the first few weeks, focus on endurance and conditioning.

## HOW HARD SHOULD YOU WORK?

When exercising, you should try to stay within your target heart rate (THR) zone. The table on the previous page will tell you the THR for your age. Always be aware of how you feel when you exercise. If you feel dizzy or light-headed, stop immediately and rest.

# STRETCHING GUIDE

## TIPS FOR STRETCHING

- Begin with small mobility exercises of all the joints e.g. simply rotate your ankles, bend your knees and roll your hips. Gradually make the movements larger and faster. This will allow the body's natural lubrication (synovial fluid) to protect the surface of your bones at these joints.
- Always warm up the body before stretching as this increases blood flow around the body, creating warmth which makes the muscles suppler.
- Start with your legs, and steadily work up the body.
- Each stretch should be held for at least 10 seconds (working up to 20 to 30 seconds) and usually repeated about 2 or 3 times.
- Do not stretch until it hurts. If there's any pain, ease off.
- Don't bounce. Stretching should be gradual and relaxed.
- Don't hold your breath during a stretch.
- Stretch after exercising to prevent muscles from tightening up.
- Stretch at least three times a week to maintain flexibility.

## WARM-UP AND COOL-DOWN

A successful cardio-vascular exercise program consists of a full-body warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably 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.

### WARM - U P

The purpose of warming up is to prepare your body for exercise and to minimise injuries. Warm up for five minutes before strength-training or exercising aerobically. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running on the spot. Try to incorporate

moves that take the joints through their full range of motion.

## STRETCHING

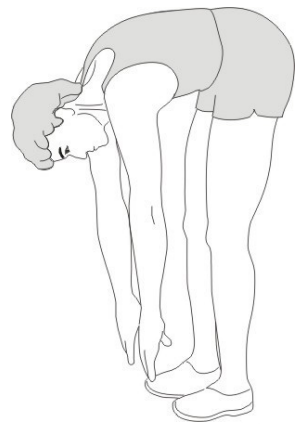
Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretching develops flexibility and reduces muscles soreness.

Stretches should be held for 15 to 30 seconds.

**Do not bounce or over- stretch.** Take your time on each stretch. Gradually take each stretch a little deeper on every out breath to your personal maximum.



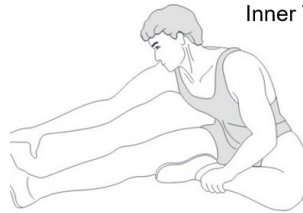
Side Stretch



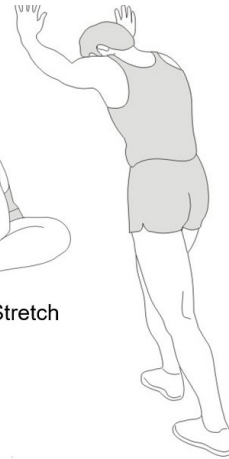
Toe Touch



Inner Thigh Stretch



Hamstring Stretch



Calf-Achilles Stretch

Always remember to check with your physician before starting any exercise program.

## COOL-DOWN

The purpose of cooling down is to return the body to its normal, or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate, allows blood to return to the heart and helps prevent muscle soreness caused by the build-up of lactic acid in the muscles.



## TRAINING SAFETY WARNINGS

Consult a physician before starting an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before using the equipment again. Choose your training intensity according to the training difficulty, training time, etc. For more training moves, check out professional exercise manuals, books, and videos or consult a personal trainer to learn the correct posture, technique, and methods.

# CUSTOMER SUPPORT

## CONTACT INFORMATION

Should you require any assistance regarding this product please gather the following information and contact us using the details below:

- Serial No – this can be found on the label on the product.
- Original purchase date
- Place of purchase
- Precise details of the issue of defect
- Information about the place and conditions of use

Important- please retain your sales receipt, Half Human customer care may request proof of purchase to validate eligibility for warranty service. Warranty cover starts from the date shown on the proof of purchase.






The best way to contact us is via the website:

[www.wearehalfhuman.com](http://www.wearehalfhuman.com)

Email: [support@halfhuman.com](mailto:support@halfhuman.com)

## ADDRESS

Sweatband.com  
Unit 5 Mill Square  
Feathersone road,  
Wolverton Mill, Milton Keynes,  
MK12 5ZD

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			CLASS: S	 MAX USER WEIGHT = TBCKG
WEAREHALFHUMAN.COM		AIR BIKE		
	EN/ISO 20957	SN:		
UNIT 5 - MILL SQUARE, FEATHERSTONE ROAD VOLVERTON MILL, MILTON KEYNES MK12 5ZD				

# MANUFACTURERS WARRANTY

Half Human warrants this product to be free of defects of material and workmanship, under normal use and conditions, for a period of 24 months from the date of the original purchase.

Warranty extensions may apply to this product subject to registering this product with Half Human. To qualify for this please complete the warranty registration form on the Half Human website [www.wearehalfhuman.com](http://www.wearehalfhuman.com). Full details of warranty extensions and the Half Human manufacturer's warranty are available online at [www.wearehalfhuman.com](http://www.wearehalfhuman.com)

## TERMS

This warranty extends only to the original purchaser and is not transferable.

The warranty does not cover:

- 01 Normal wear and tear.
- 02 Any changes to the upgrade this products from its normal state or use other than as described in the user manual.
- 03 Damage resulting from:
  - a. Transport
  - b. Abuse, misuse, failure to follow instructions or improper or abnormal use.
  - c. Non-home use - including commercial, professional or rental purposes.
  - d. Repairs not provided by Half Human
  - e. Accidents, lightning, water, fire or any other causes beyond the control of Half Human.
  - f. Improper location including but not limited to, garden sheds, uninsulated garages, humid, damp, cold, hot, dusty, or outdoor environments, or near water e.g. swimming pool.

Half Human is not responsible or liable for direct or indirect, or consequential losses arising out of or in connection with the use of this product or damages with respect to any loss of property, revenue, profits, enjoyment or use, nor for any costs of removal or installation of this product.

This warranty covers products purchased as new inside the United Kingdom.

In the event of the product requiring a repair, this may need to be performed at a Half Human authorised repair centre.

This warranty is in addition to and does not in any way affect your statutory rights.

The best way to contact us is via the website:

[www.wearehalfhuman.com](http://www.wearehalfhuman.com)

or e-mail: [support@wearehalfhuman.com](mailto:support@wearehalfhuman.com)

Half Human  
Unit 5 - Mill Square,  
Featherstone Road,  
Wolverton Mill,  
Milton Keynes,  
MK12 5ZD