U10 ASSEMBLY GUIDE

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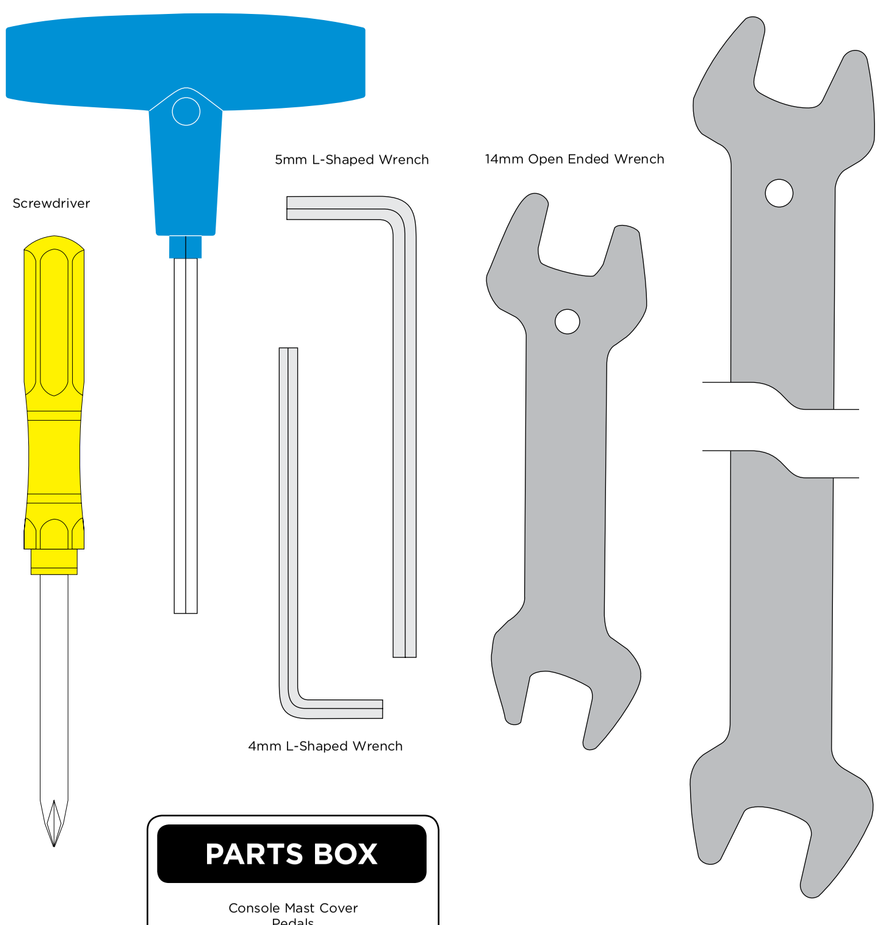
ASSEMBLY GUIDE

U10

Upright Fitness Bike

TOOLS & PARTS INCLUDED

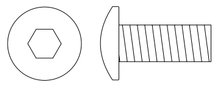


PARTS BOX

Console Mast Cover
Pedals
Power Supply
Water Bottle Cage
Color Coded Hardware Bags
Assembly Guide

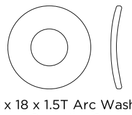
HARDWARE INCLUDED

ORANGE BAG



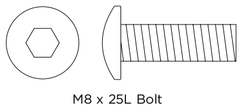
M8 x 20L Bolt
Quantity: 2

SW8 Lock Washer
Quantity: 2



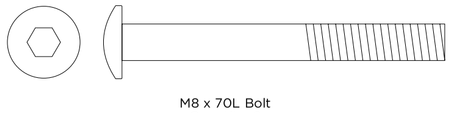
M8 x 18 x 1.5T Arc Washer
Quantity: 2

BLUE BAG



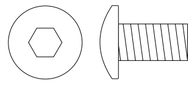
M8 x 25L Bolt
Quantity: 2

SW8 Lock Washer
Quantity: 4



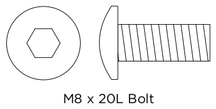
M8 x 70L Bolt
Quantity: 2

PINK BAG

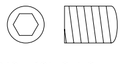


M8 x 15L Bolt
Quantity: 6

SW8 Lock Washer
Quantity: 8



M8 x 20L Bolt
Quantity: 2



M8 x 10L Set Screw
Quantity: 1

Assembly Guide

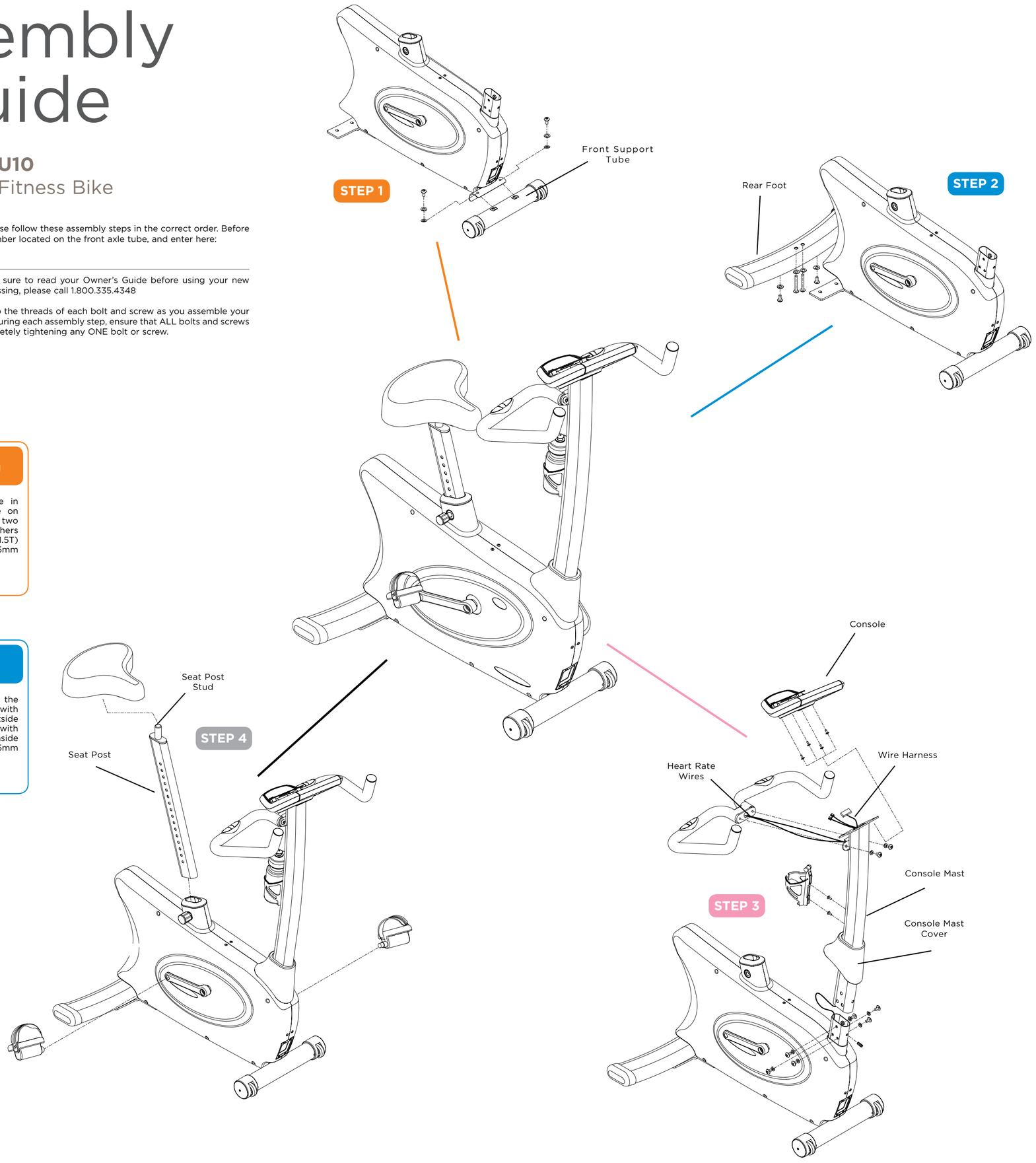
U10
Upright Fitness Bike

To avoid possible damage to this Fitness Bike, please follow these assembly steps in the correct order. Before proceeding, find your new Fitness Bike's serial number located on the front axle tube, and enter here:

_____

Refer to this number when calling for service. Be sure to read your Owner's Guide before using your new Fitness Bike. If any parts, hardware or tools are missing, please call 1.800.335.4348

NOTE: It is recommended that you apply grease to the threads of each bolt and screw as you assemble your Fitness Bike to prevent loosening and noise. Also, during each assembly step, ensure that ALL bolts and screws are in place and partially threaded in before completely tightening any ONE bolt or screw.



STEP 1 ORANGE BAG

- Position the front support tube in place under the mounting plate on the front side of the bike. Insert two bolts (M8x20L) with lock washers (SW8) and arc washers (M8x18x1.5T) into the holes. Tighten with the 5mm L-shaped wrench.

STEP 2 BLUE BAG

- Slide the rear foot into place on the frame. Insert two bolts (M8x25L) with two lock washers (SW8) to the outside holes. Insert two bolts (M8x70L) with two lock washers (SW8) to the inside holes. Tighten all bolts with the 5mm T-Shaped wrench.

STEP 3 PINK BAG

- Slide the console mast cover onto the console mast.
- Wrap the wire tie that exits the bottom of the console mast around the end of the console cable that is resting in the console mast mounting bracket. Pull the wire tie with the wire harness up through the console mast. Slide the console mast over the console mast mounting bracket. Insert three bolts (M8x15L) with three lock washers (SW8) to each side of the mast. Insert a set screw (M8x10L) to the front side of the mast and tighten with the 4mm L-Shaped wrench. Tighten all other bolts with the 5mm T-Shaped wrench. Slide the console mast cover down so that it sits in place on the bike.
- Slide the heart rate wires from the handlebar through the hole in the handlebar mounting bracket on the console mast. Pull the wires completely through the hole and set the handlebars into place on the bracket. Secure the handlebars in place with the two bolts (M8x20L) and two lock washers (SW8). Tighten with the 5mm T-Shaped wrench.
- Remove the four bolts from the back side of the console. Plug the console cable and heart rate wires into the back side of the console. Place the console onto the mounting plate of the console mast and re-insert the four mounting bolt. Tighten with the screwdriver.
- Remove the two bolts from the backside of the console mast. Attach the water bottle cage to the mast with these two bolts. Tighten with the screwdriver. Insert water bottle.

STEP 4 SEAT & PEDALS

- Slide the seat onto the seat post stud. Tighten the 14mm nuts on the bottom side of the seat to secure in place.
- Slide the seat post into the frame seat post bracket.
- Pull the seat height adjustment knob outward while sliding the seat post tube into the bike frame. (NOTE: It may be necessary to turn the seat adjustment knob to the left to allow the seat post tube to slide into the bike frame.) Secure by turning seat adjustment knob to the right.
- Attach left and right pedal straps to left and right pedals.
- Attach left and right pedals to left and right crank arms. NOTE: both pedals and crank arms should be labeled left or right. Tighten with the included pedal wrench.
- Plug in power supply to power socket on the front side of the bike.

STEP 5 CONSOLE

- Refer to **Product Selection and Model Configuration** decal on console or follow these steps.
- Once the product is plugged in turn on the console
- Select bike (**BK**) using the resistance arrow keys. Press ENTER to select.
- Select model (**U10**) using the RESISTANCE arrow keys. Press ENTER to select. Console will reset to start-up screen.
- The product selection and model configuration is now complete.