

HOME TRAINER



MODEL: **B800P PLUS**

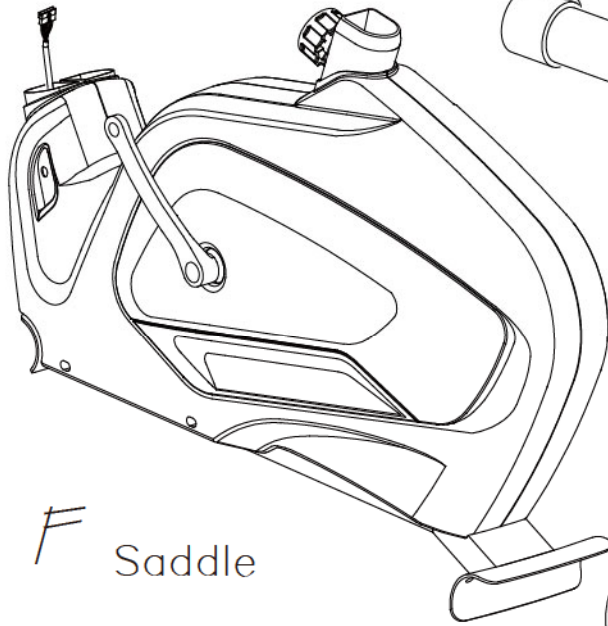
SPORTOP®

Owner's Operating Manual

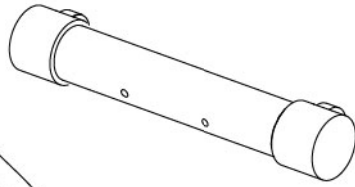
ENGLISH

Parts List

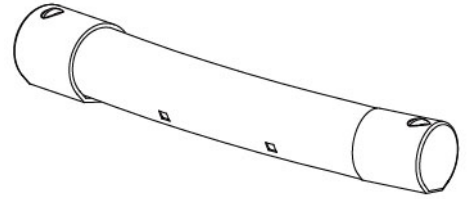
A Main frame



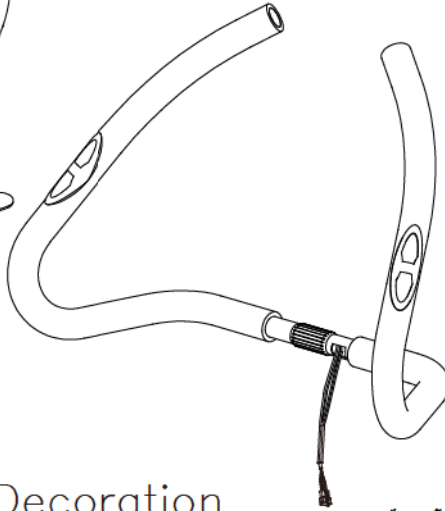
B Front stabilizer



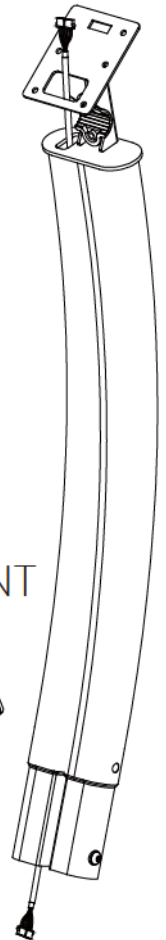
C Rear stabilizer



E Handlebar



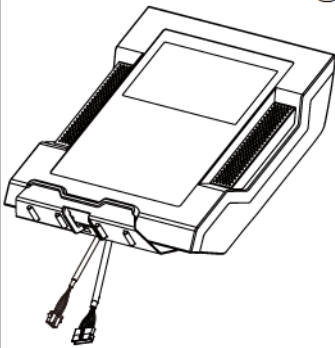
D Central support tube



F Saddle



H Console



G Saddle tube



J Decoration cover

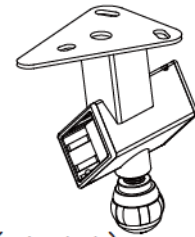


J1 Rear

J2 Front



M MOVING BASEMENT



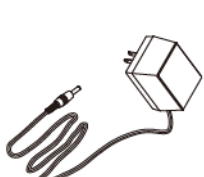
K1 Pedal(left) K2 Pedal(right)



Tools



N1 ADAPTOR



L1 Screw L2 Screw L3 Washer L4 Nut L5 Screw L6 Spring



L7 Washer L8 Clip L10 Screw L11 Bush



L12 E TYPE KNOB



FIGURE 1

FIGURE_1 ASSEMBLY FOR FRONT STABILIZER

Step1. Secure the front stabilizer(B) to the main frame(A), using screw(L1), washer(L3).

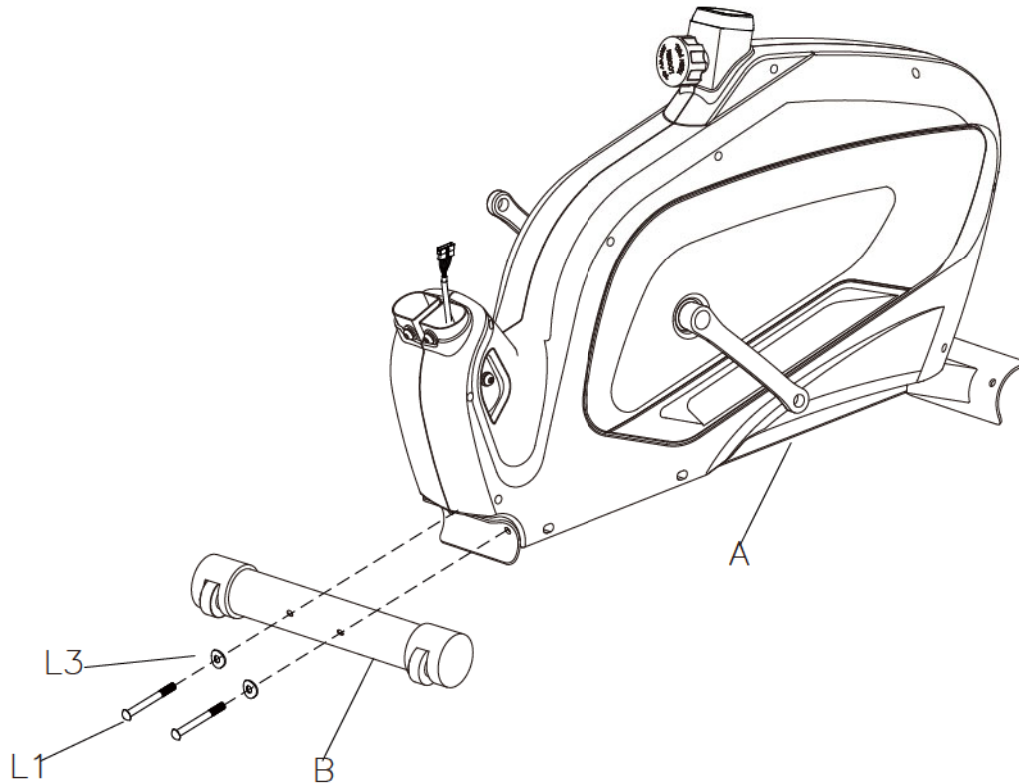


FIGURE 2

FIGURE_2 ASSEMBLY FOR REAR STABILIZER

Fix the rear stabilizer(C) with the main frame (A) by bolts(L2), washers(L3) & nuts(L4).

HOW TO KEEP THE MACHINE STABLE

** After you finish assembly (Figure 1 & Figure 2), if the machine is NOT stable, please adjust the knob of (C1).

if you turn "+" direction, the position will be up.
if you turn "-" direction, the position will be down.

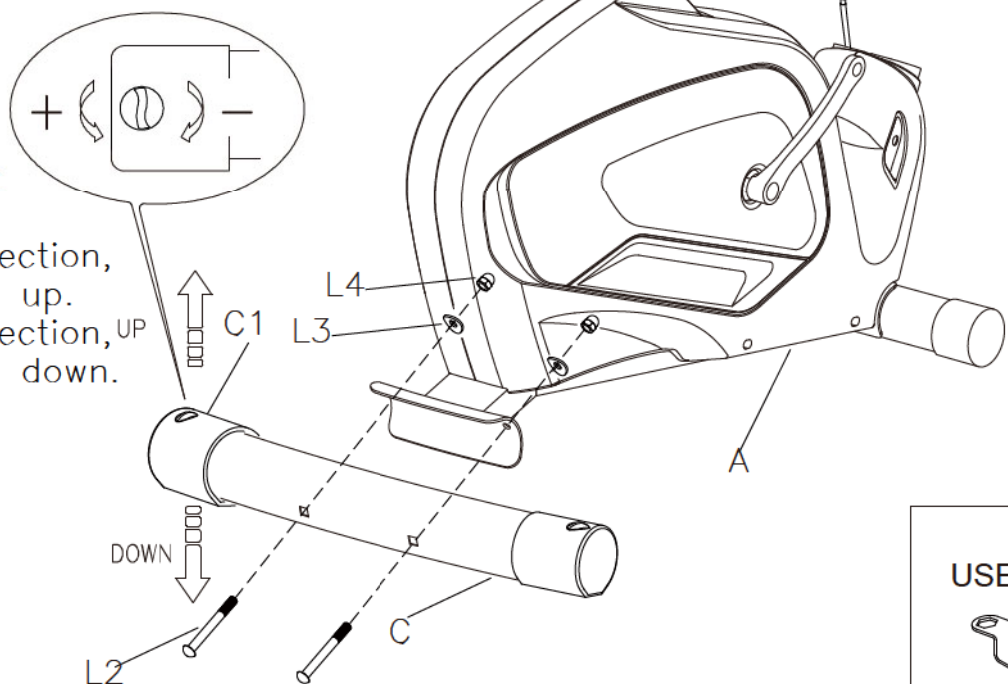
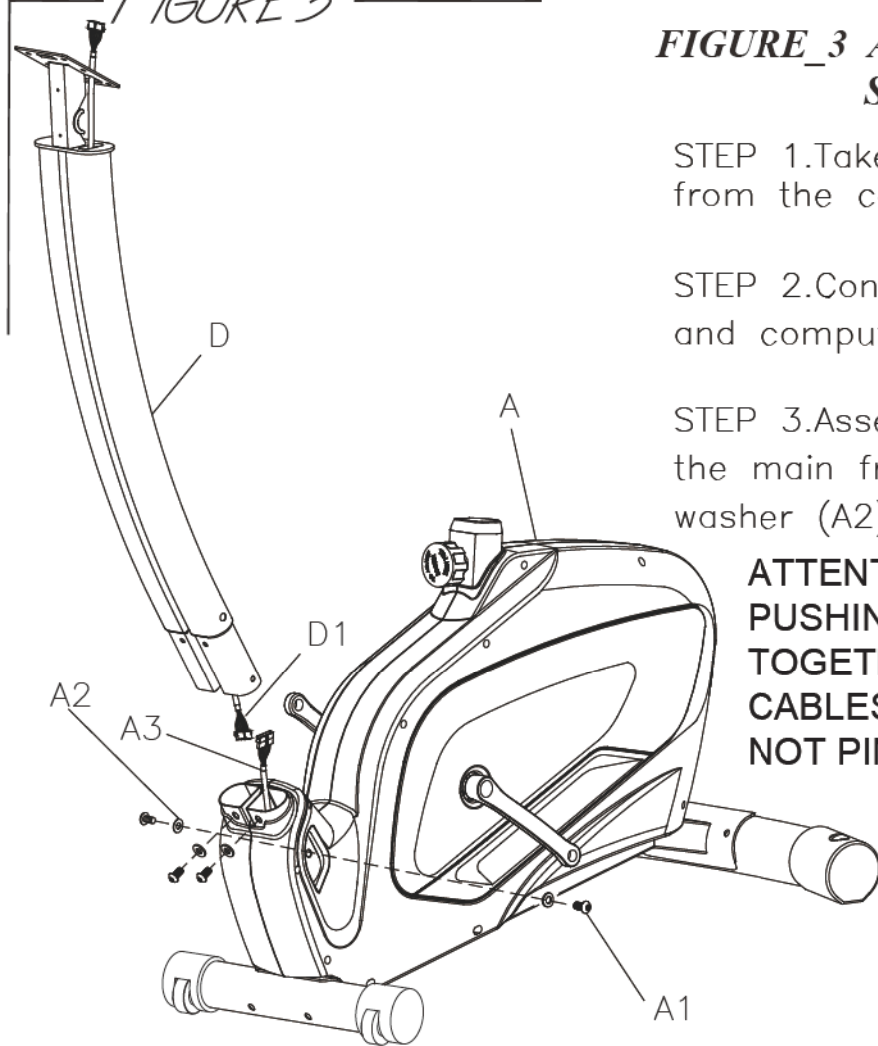


FIGURE 3



FIGURE_3 ASSEMBLY FOR CENTRAL SUPPORT TUBE

STEP 1. Take off the bolt (A1), washer (A2) from the central tube (D) before assembly.

STEP 2. Connected well the sensor wire (A3) and computer wire (D1).

STEP 3. Assemble support tube (D) with the main frame (A) by bolts (A1) and washer (A2).

ATTENTION: TAKE CARE WHEN PUSHING THE TUBES TOGETHER THAT THE CABLES AND WIRES ARE NOT PINCHED.

USE TOOL



FIGURE 4

FIGURE_4 ASSEMBLY SADDLE SUPPORT TUBE & SADDLE WITH MAIN FRAME

STEP 1. Remove nuts (G4) and washes (G3) on the back of the seat (F).

STEP 2. Position seat (F) onto the seat basement (M) and tighten it using nuts (G4) and washes (G3).

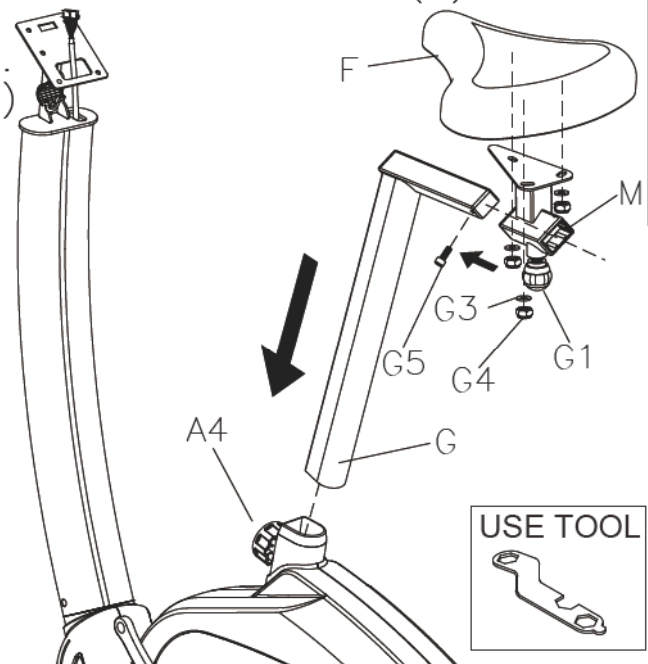
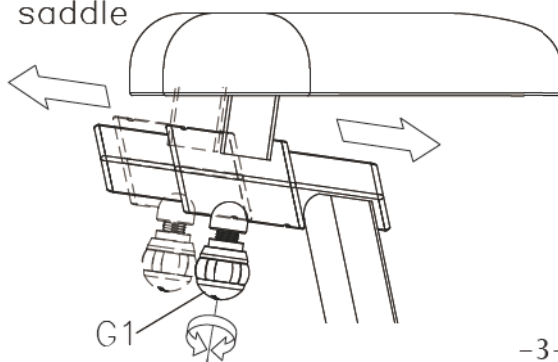
STEP 3. Loosen the knob (A4) on the seat tube receiver and pull on the knob (A4) to allow the seat tube (G) to slide down receiver. Once the seat tube (G) is positioned in the desired location, release the knob (A4) and tighten the knob to secure the seat tube (G).

STEP 4. Remove screw (G5) on the seat tube (G).

STEP 5. Loosen the knob (G1) and gently slide the seat basement (M) onto the seat tube (G). Let the inside styrofoam slide out at the same time. Then screw back the same screw (G5) onto the seat tube (G).

ADJUST THE SADDLE

Loosen the saddle adjustment knob (G1) and move the saddle until it is at a comfortable distance. Tighten the saddle adjustment knob to lock the saddle basement.



USE TOOL



FIGURE 5

FIGURE_5 ASSEMBLY FOR HANDLEBAR & REAR DECORATION COVER WITH CENTRAL SUPPORT TUBE

STEP1. Assemble handlebar(E) with the central support tube(D) by clip(L8), washer(L7), spring(L6), and screw(L5). Then, slide the hand pulse sensors(E1) through the hole of computer housing as shown on ViewA.

STEP2. Assemble the rear decoration cover(J1) with the central support tube(D) by E type knob(L12), bush(L11), spring washer(L6), washer(L7).

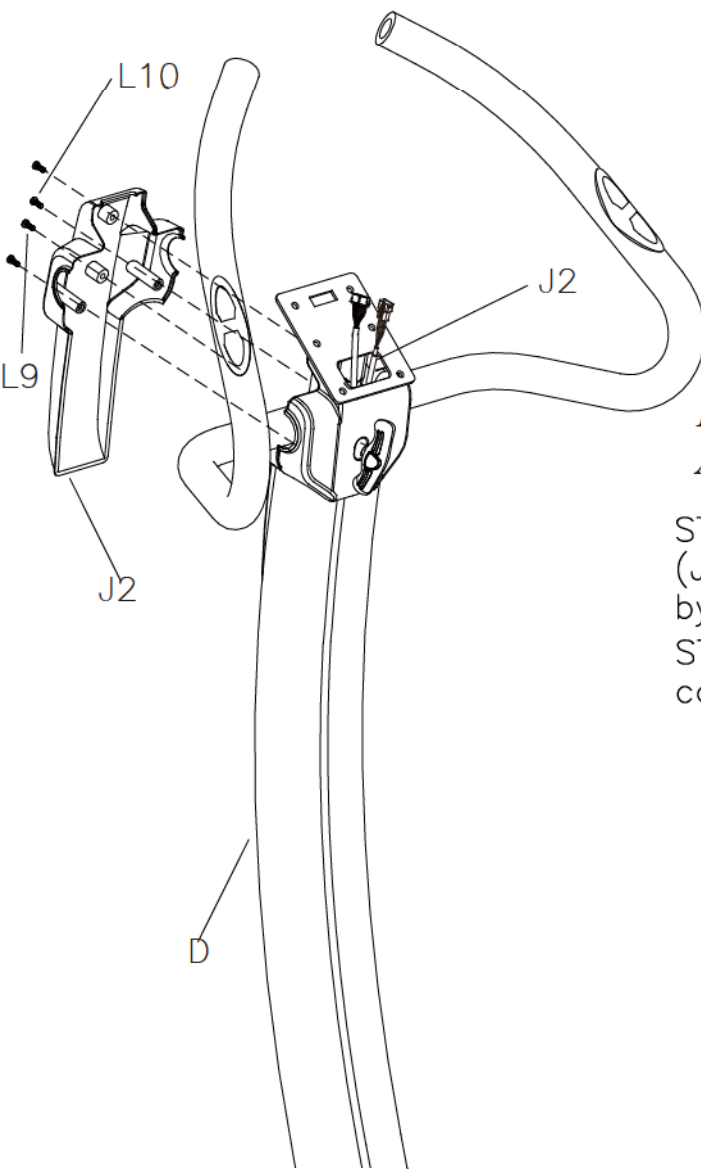
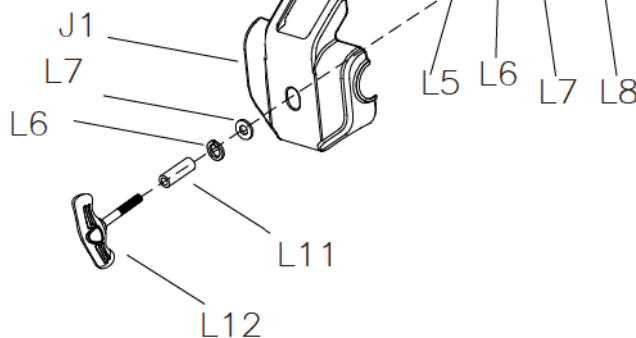
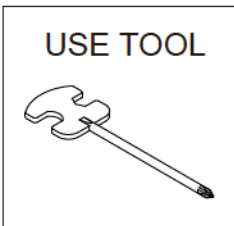
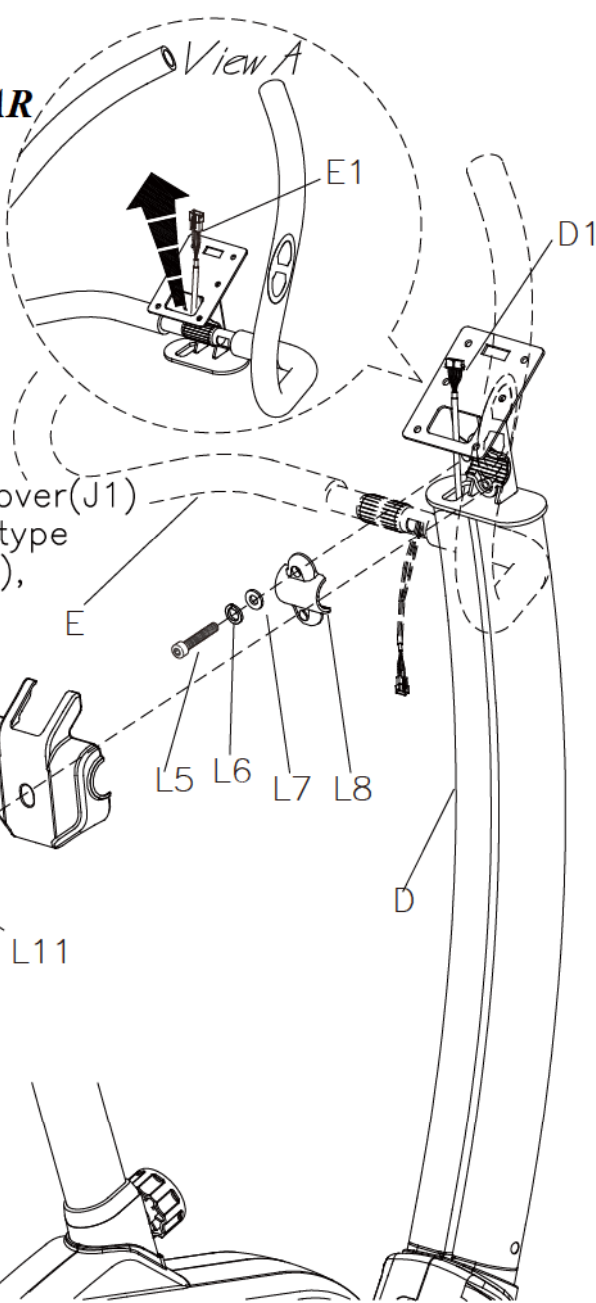
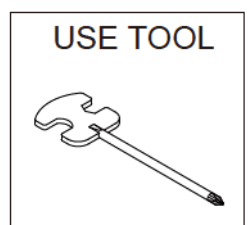


FIGURE 6

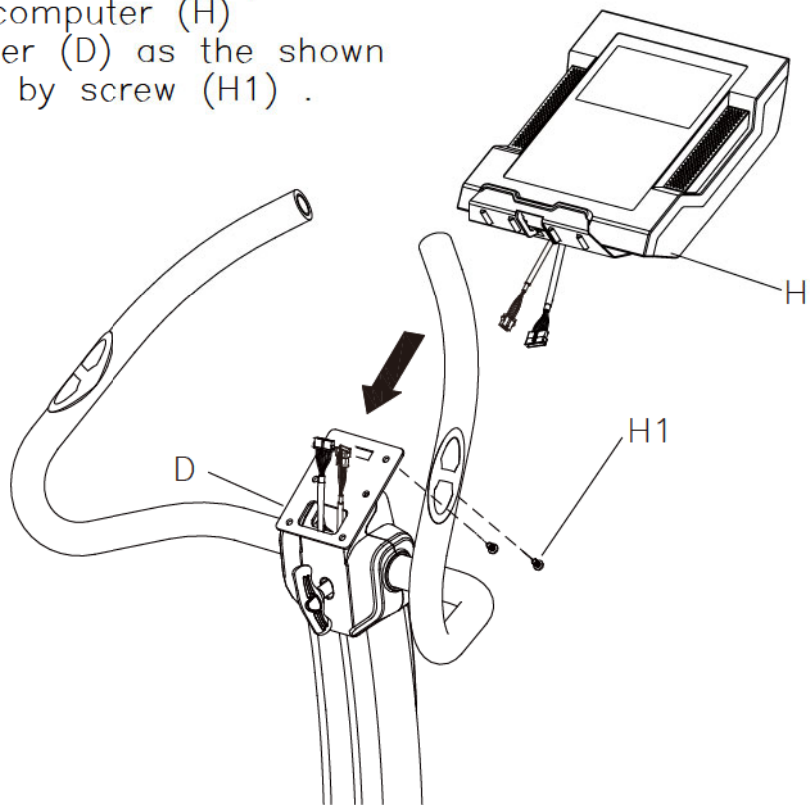
FIGURE_6 ASSEMBLY FOR HANDLE BAR AND FRONT DECORATION COVER

STEP1. Fix the front decoration cover (J2) with the central support tube(D) by screws(L9).
STEP2. Then,fix the front and rear decoration covers(J1&J2) together using screws(L10).



FIGURE_7 ASSEMBLY THE COMPUTER

STEP 1: Connected the sensor wire and computer wire and position the computer (H) into the computer holder (D) as the shown direction and secure it by screw (H1) .



FIGURE_8 ASSEMBLY PEDAL WITH MAIN FRAME

Step1. Equip the left pedal(K1) with the crank by anti-clockwise direction.
Step2. Equip the right pedal(K2) with the crank by clockwise direction.

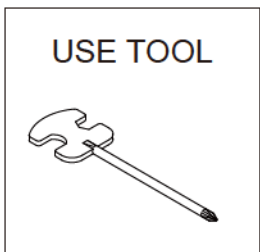
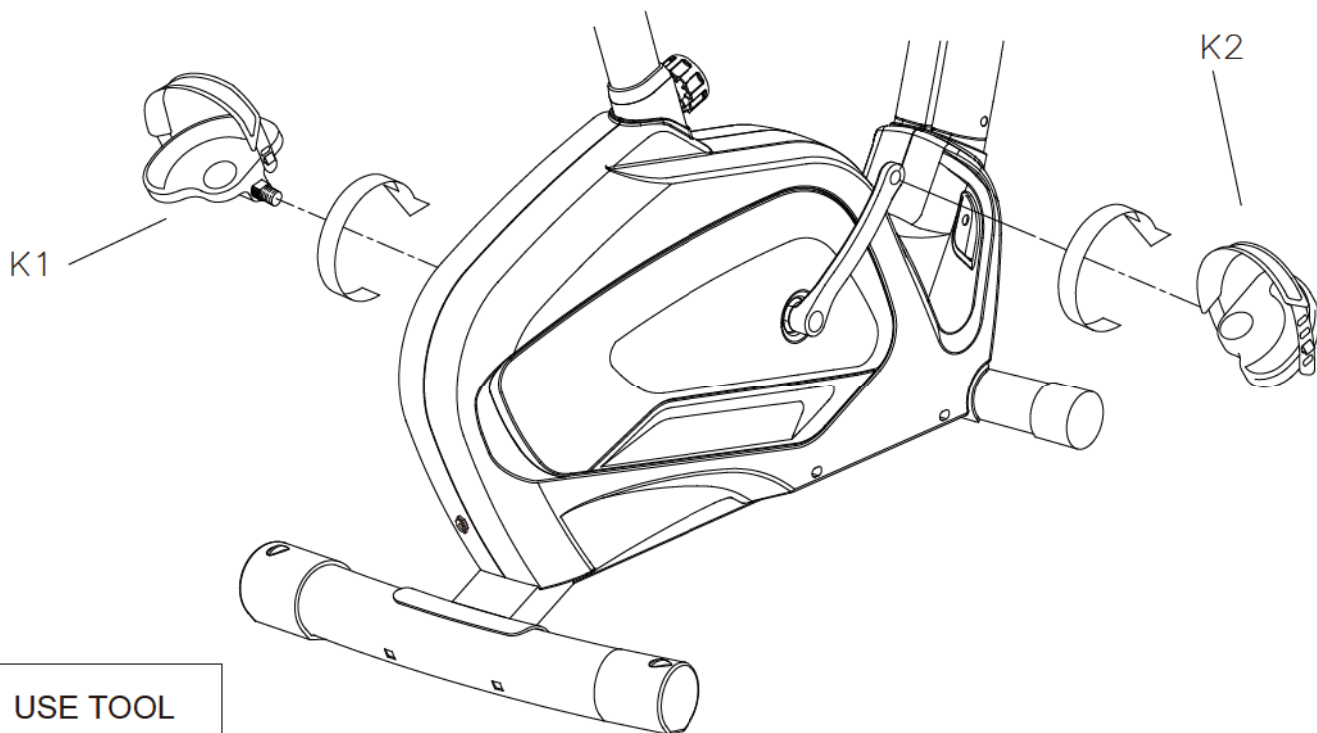


FIGURE 9

FIGURE_9 HOW TO MOVE MACHINE

Step1. Hold the handle bar and push down the handle bar.

Step2. You can move the machine easily by the transportation wheel on the front stabilizer.

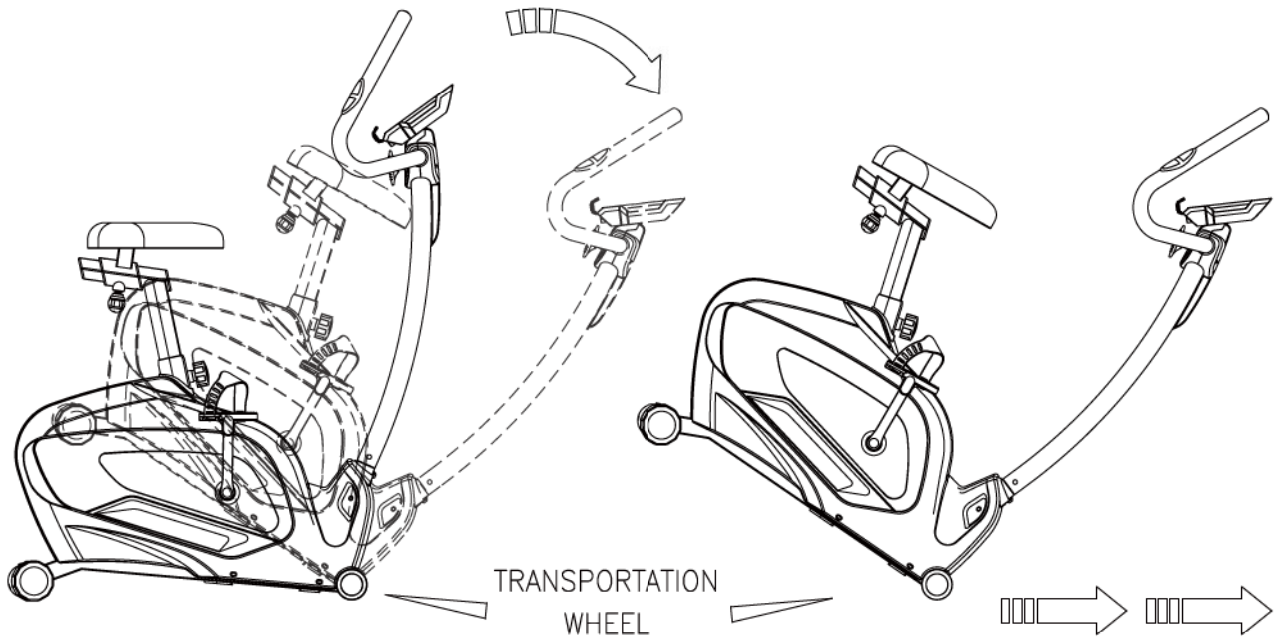
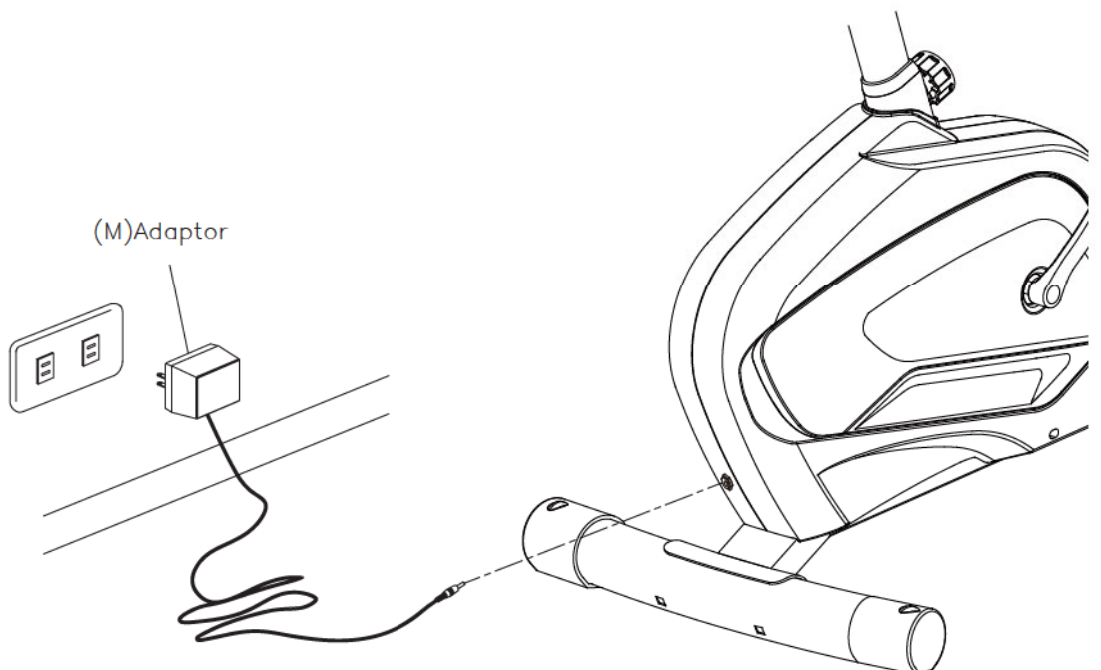


FIGURE 10

FIGURE10 HOW TO USE THE ADAPTOR

Position Machine on consideration for convenience, using the adaptor(M), there is one adaptor hole located at the rear of the machine.





BUTTON FUNCTION:

START/STOP	To start or stop the system.
ENTER	In stop mode, confirm all exercise data setting(Time, DST,CAL, Pulse, etc), and enter into program.
RESET	Reset: In stop mode, press the button to back to main menu and clear all set value. Total Reset: At any time, hold the RESET key for 2 seconds, LCD full display 2s and then back to home page.
RECOVERY	If no pulse input, no use to press the mode. When pulse is displayed, press it to recovery. Display F1~F6 after 1minute, press it again to check out.
UP	To select training mode and increase the function or value up.
DOWN	To select training mode and decrease function or value down.

DISPLAY FUNCTION

TIME	Display range 0:00~99:59 ; Setting range 0:00~99:00 minutes
PULSE	Display range 30~230 ; Setting range 0-30~230
SPEED	0.0~99.9km/H
DISTANCE	Display range 0.00~99.9 ; Setting range 0.00~99.9km
WATT	Setting range 10~350
CALORIES	Display range 0~999 ; Setting range 0~990 Cl
H.R.C.	Display range 0~60°C
RPM	0~999

OPERATING PROCEDURE

1.POWER ON

When power on, buzzer sound for 1 second. At the same time, LCD full display 2 seconds and then wheel diameter. After that, enter into normal training mode to select.

2. USER PROFILE SETTING

When selecting USER U1~U4, SEX will flashing to be set. Press UP or DOWN to choose and ENTER to confirm. Press ENTER again , AGE/HEIGHT/WEIGHT will display in turn. Press UP or DOWN button to choose value.

(Note: If press UP or DOWN key for 1.5s, the value will increase/decrease 8 levels.)

3.SELECT TRAINING MODE

When enter into training mde, Press UP or DOWN to choose: MANUAL→PROGRAM→User program→H.R.C→WATT. Press ENTER/MODE to enter the mode. If press START without selection, directly enter into MANUAL MODE and start.

4.WORKOUT SELECTING

4.1.MANUAL MODE

In START mode, user can press UP or DOWN button to adjust LOAD level. And LOAD will be display in the window, no press for 3s, it quit to WATT. Press UP or DOWN button one time, the value will increase/decrease 1 level; Hold UP or DOWN button for 1.5s, the value will increase/decrease 2 levels per second.

4.2.PROGRAM MODE

In PROGRAM mode, user could press UP or DOWN button to choose Program1~Program12. After select the program, LOAD window will flash in the window. No press for 3s, it quit to WATT. Choose the LOAD level by pressing UP or DOWN button(UP to max.16, DOWN to min.1.).

4.3.User Program

User can press UP or DOWN button to create personal program profile with 20 segments and confirm by pressing ENTER. When coming to the 9th step, it scroll and shift to left and so on. Then press START/STOP to start exercise. To pause workout halfway, hold ENTER for 2s. The unset timer shift will save last time value.

4.4.H.R.C. MODE

In H.R.C mode, need set age first and confirm by ENTER. It will display preset value in PULSE area according to age. If select TARGET, it will display 100 and flash in PULSE area. Use UP and DOWN button to adjust the target value and it can be circulated.

4.5.WATT MODE

When entering, the WATT value is flashing to be set(preset value=120). User press UP or DOWN to set WATT value. After Starting, it will adjust automatically according to the WATT value user inserted and exercise status.

5.RECOVERY MODE

After exercising for a period of time, keep holding on handgrips and press “RECOVERY” button. All function display will stop except “TIME” that will start counting down from 00:60 to 00:00. Screen will display your heart rate recovery status with the F1, F2....to F6.F1 is the best, F6 is the worst.

(Press the RECOVERY button again to return the main display.)

During the recovery time, re-press “RECOVERY” and console will go back to previous page.

Remarks:

1. During MANUAL mode, user can press UP and DOWN button to adjust TIME/DISTANCE/CALORIES/PULSE value.
2. In PROGRAM/User Program/H.R.C./WATT mode, user can only set TIME value.
3. Every time press UP or DOWN button, the value will increase/decrease 1 level; If hold for 1.5s, the value will increase/decrease 8 levels per second and stop when releasing.
4. No signal(SENSOR, KEYBOARD, PULSE value display) input over 4 minutes, system will enter SLEEP MODE. All set and calculated value will be saved. When power on and start next time, it will go on with the calculated value.
5. LCD display E-2: Inspect the console and connecting cable for peeling off and poor contact.