

HOME TRAINER



MODEL: **U60**

SPORTTOP®

Owner's Operating Manual

ENGLISH

PARTS LIST

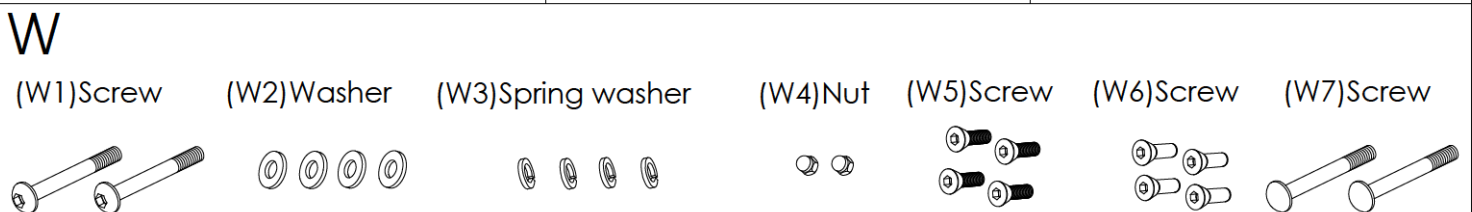
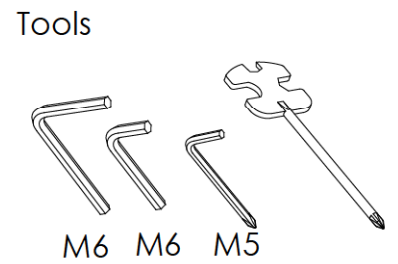
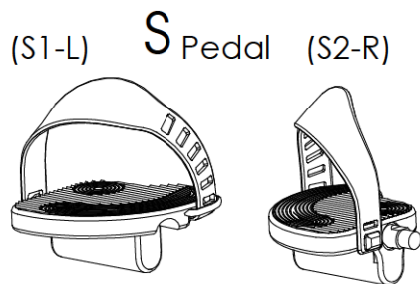
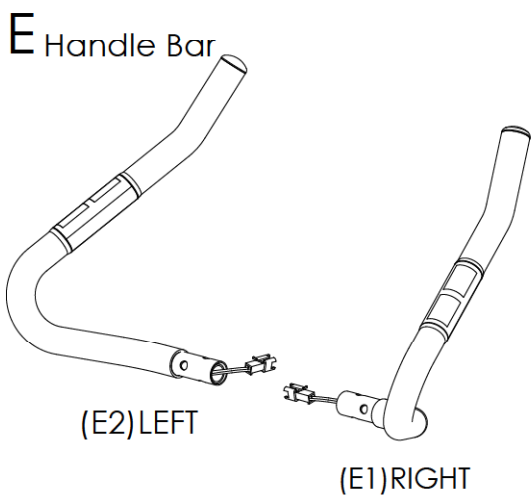
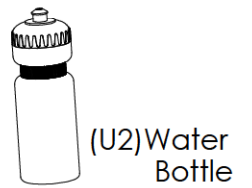
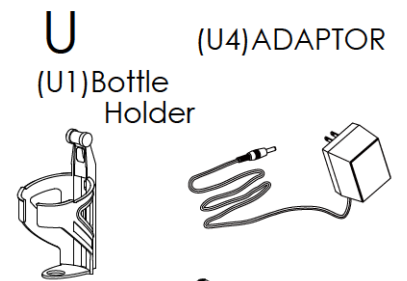
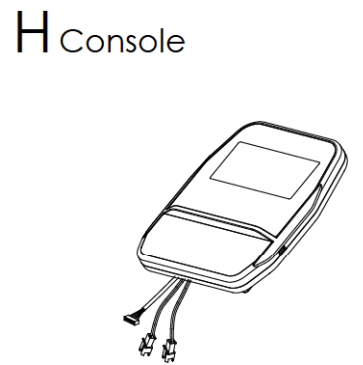
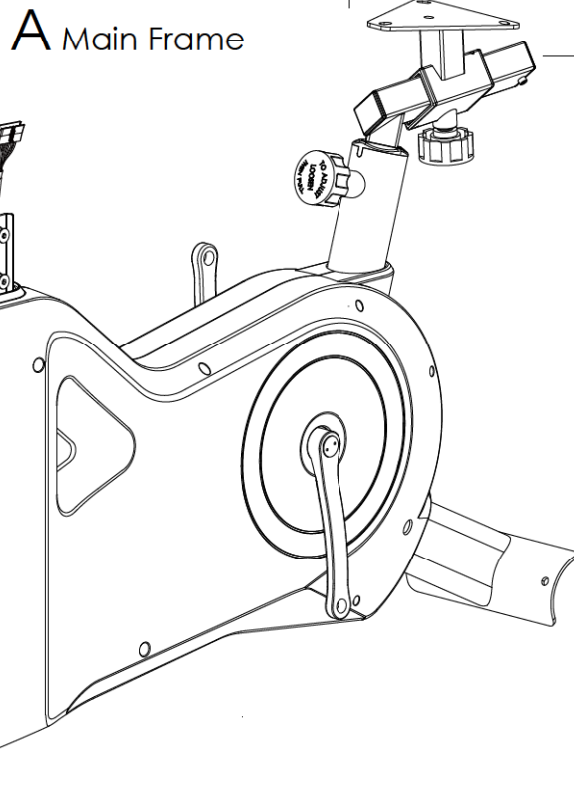
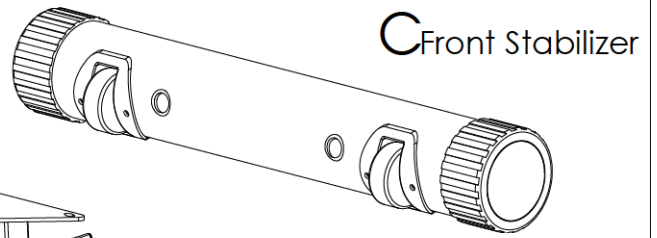
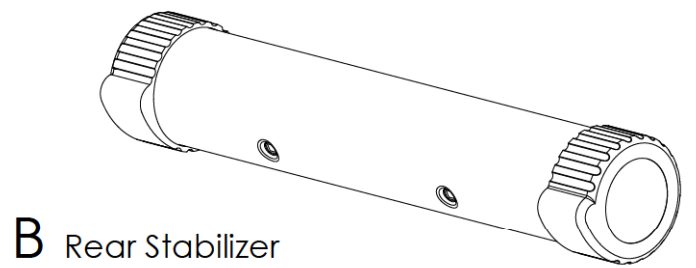
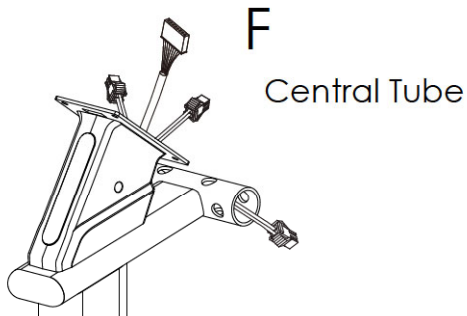


FIGURE 1

FIGURE 1

ASSEMBLY FOR FRONT STABILIZER

Attach the front stabilizer(C) to the bracket at the front of the main frame(A). Insert 2pcs bolt(W1) and 2pcs washer(W2), 2pcs spring washer(W3) through the front stabilizer(C) to attach with the main frame(A). Then, fix the bolts tightly.

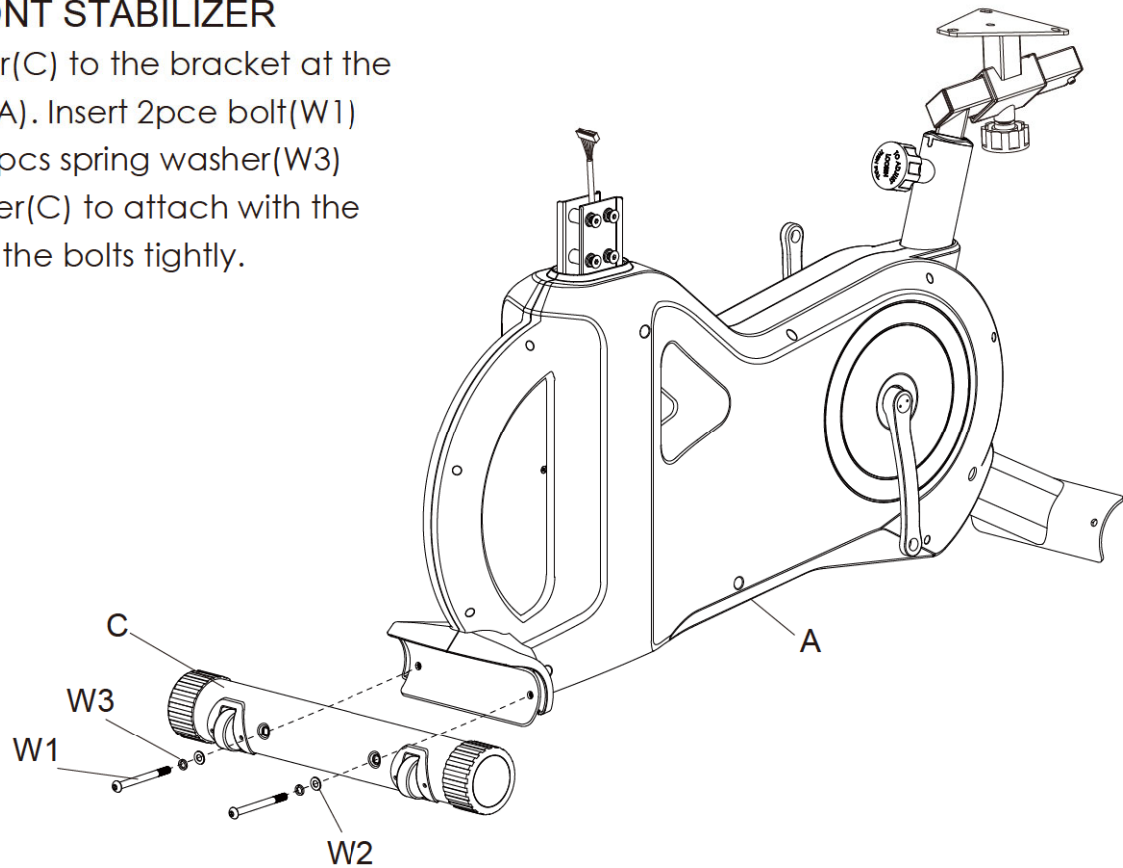


FIGURE 2

FIGURE 2

ASSEMBLY FOR REAR STABILIZER

Attach the rear stabilizer(B) to the bracket at the front of the main frame (A). Insert 2pcs bolt(W7) and 2pcs washer(W2), 2pcs spring washer(W3) 2pcs nut(W4) though the rear stabilizer(B) to attach with the main frame(A). Then, fix the bolts tightly.

HOW TO KEEP THE MACHINE STABLE

After completing Figure 2, if the floor/equipment is not even, turn the adjustable-end cap to the desired level in order to balance the frame.

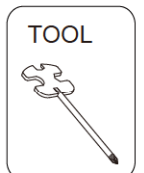
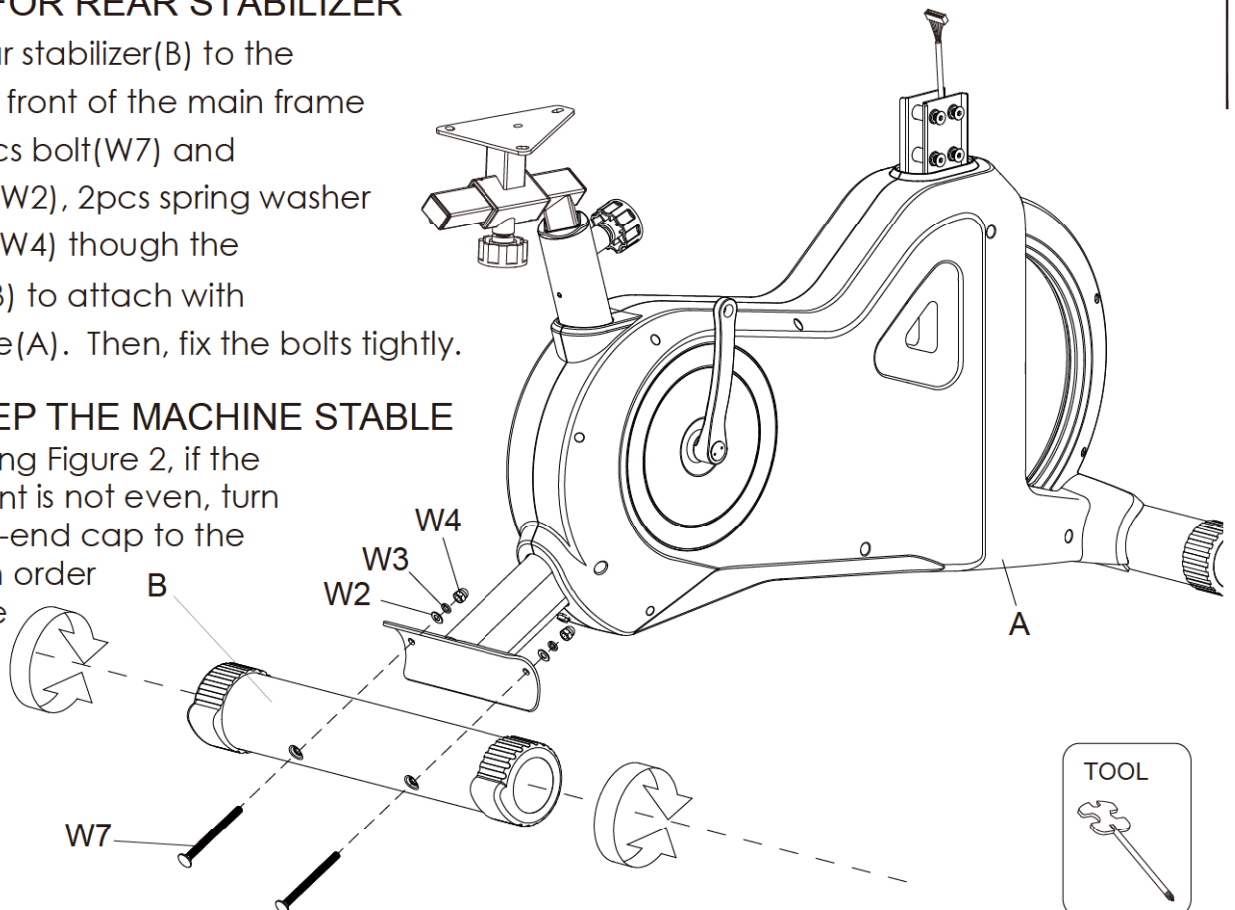


FIGURE 3

FIGURE 3

ASSEMBLY FOR CENTRAL SUPPORT TUBE

STEP 1. Take off the bolt(A1), from the main frame(A) before assembly.

STEP 2. Connect the sensor wire(N1) and the console cable(N2).

STEP 3. Assembly support tube(F) with the main frame(A) by bolts(A1)

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

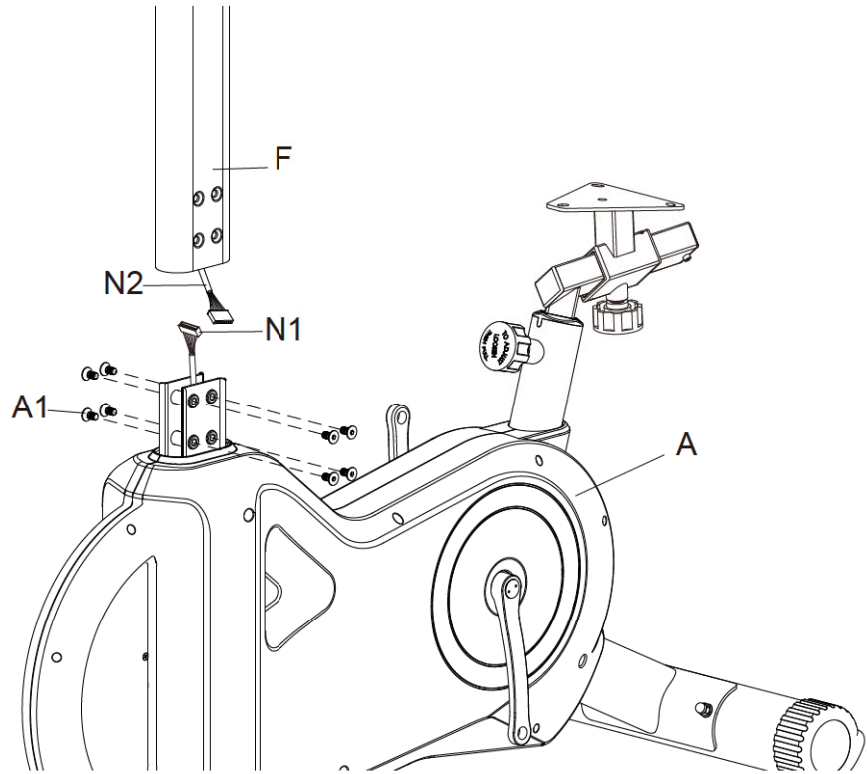
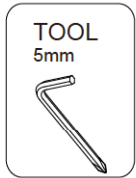


FIGURE 4

FIGURE 4

ASSEMBLY FOR HANDLE BAR

Put the handle bar(E1&E2) into the handle bar housing and secure it by screw(W5&W6)

NOTE: Be careful not to pinch the wires while assembling.

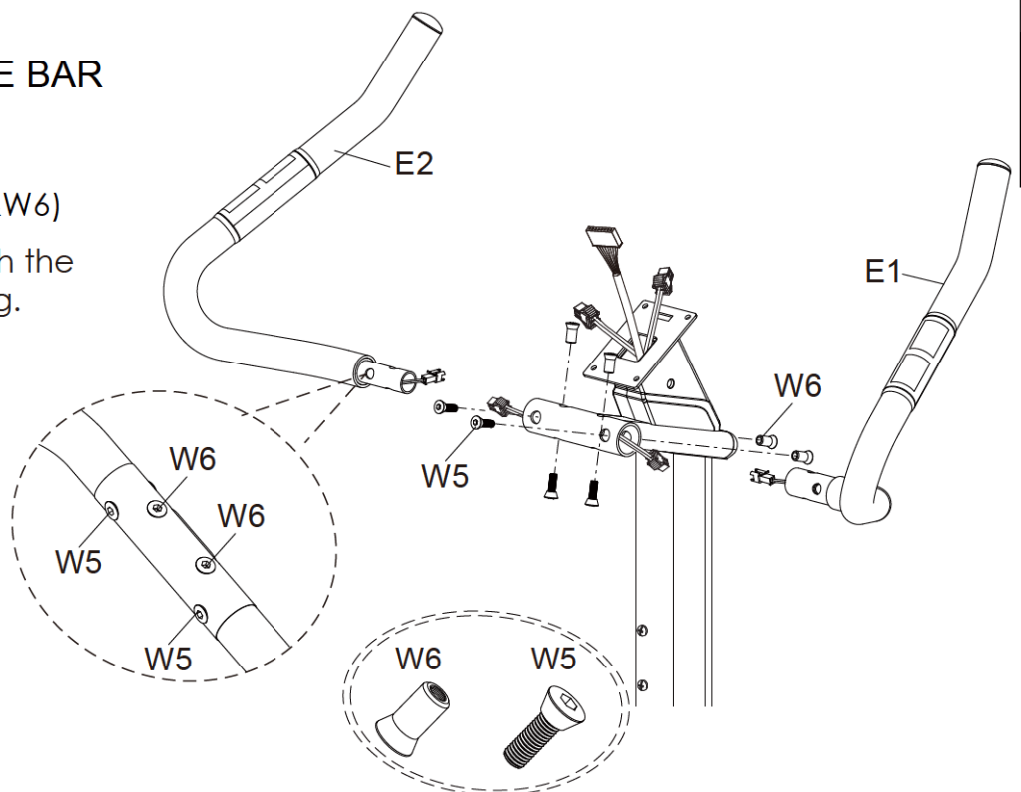
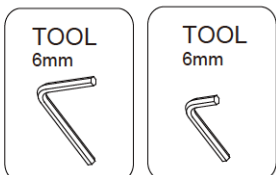


FIGURE 5

ASSEMBLY THE CONSOLE

Remove the nut (H1) from the back side of console(H). Connect the sensor wire(R3 & F1) with console wires and put the console on the console housing. Then secure the console on the console housing by screw(H1).

NOTE: The console angle can be adjusted according to user's demand to have the best view.

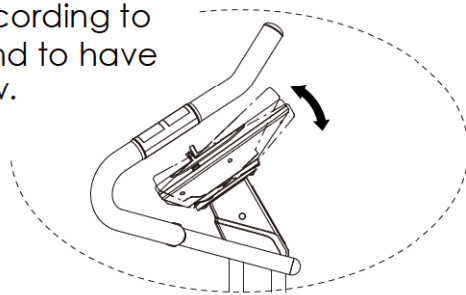


FIGURE 5

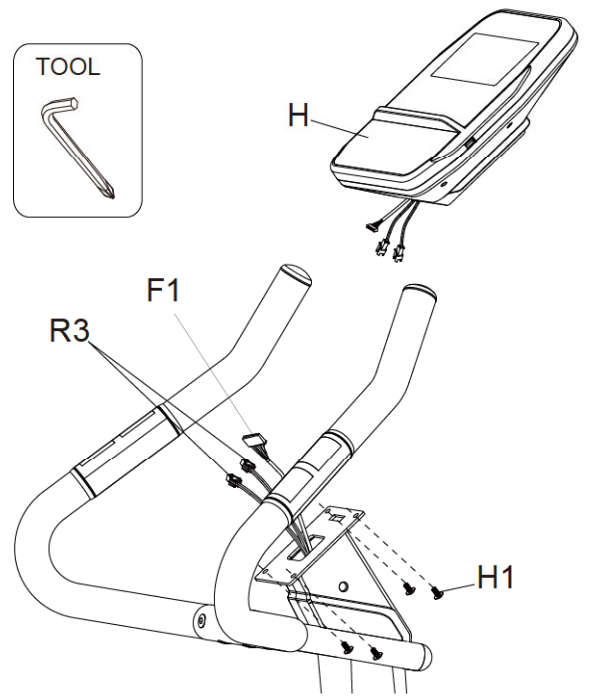


FIGURE 6-1

FIGURE 6-1

ASSEMBLY SADDLE SUPPORT TUBE & SADDLE WITH MAIN FRAME

STEP 1: Loosen the knob(D2) and keep on pulling it. Then, insert the saddle support tube(D) into the main frame(A). Release the knob(A1) after the saddle support tube is equipped appropriately.

Attention:

Please make sure the knob has been equipped exactly into the adjusting hole of the saddle support tube(D).

STEP 2:

Equip the saddle(G) with the seat basement(D1) by the preinstalled nuts(G1) and washer(G2) on the bottom of the saddle (G).

ASSEMBLY FOR BOTTLE HOLDER

Release the screw(U3) from the support tube (F) first, then assembly the water bottle holder (U1) on the support tube(F) and secure it by screw(U3).

Then put the water bottle (U2) into the bottle holder (U1).

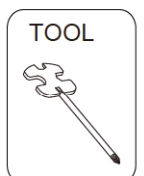
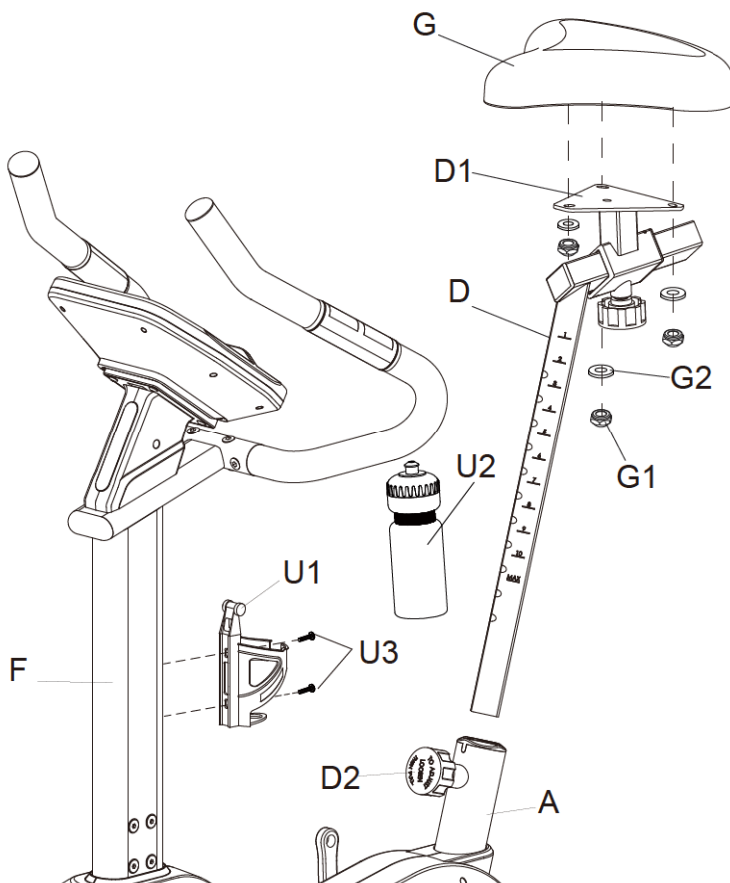


FIGURE 6-2

ADJUST THE SADDLE

Loosen the saddle adjustment knob(D2) and move the saddle until it is at a comfortable distance.

Tighten the saddle adjustment knob to lock the saddle basement.

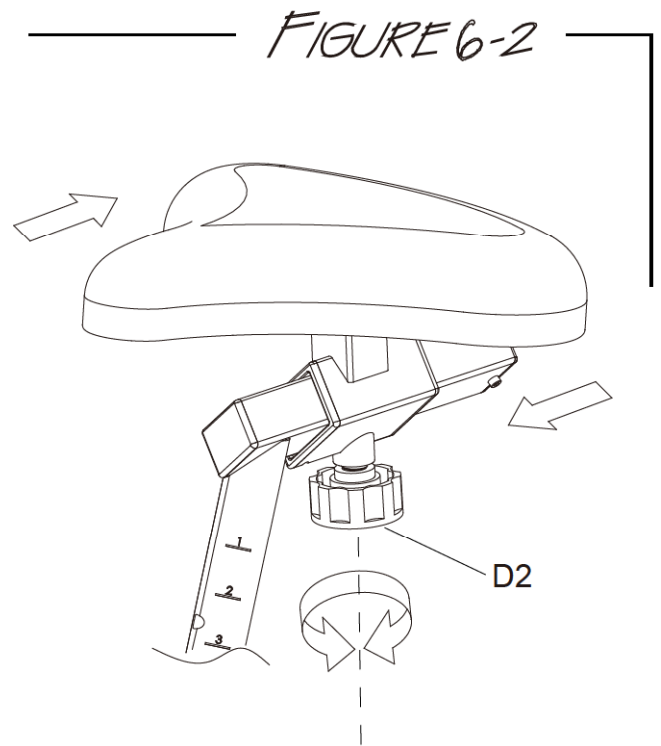


FIGURE 7

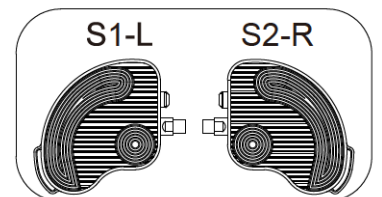
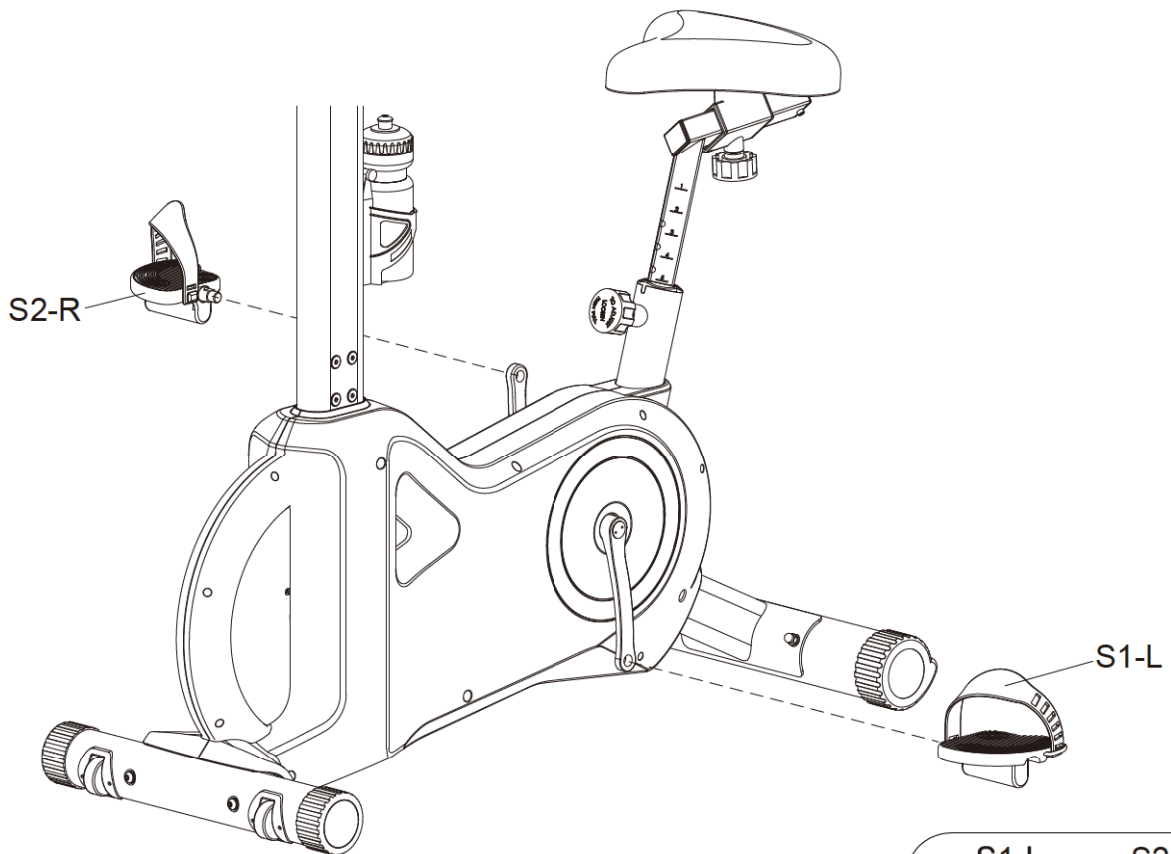
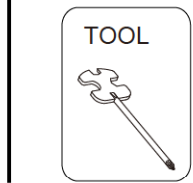


FIGURE 7

ASSEMBLY PEDAL WITH MAIN FRAME

Step 1. Equip the left pedal(S1-L) with the crank by anti-clockwise direction.

Step 2. Equip the right pedal(S2-R) with the crank by clockwise direction.

FIGURE 8

FIGURE 8

HOW TO MOVE THE 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.

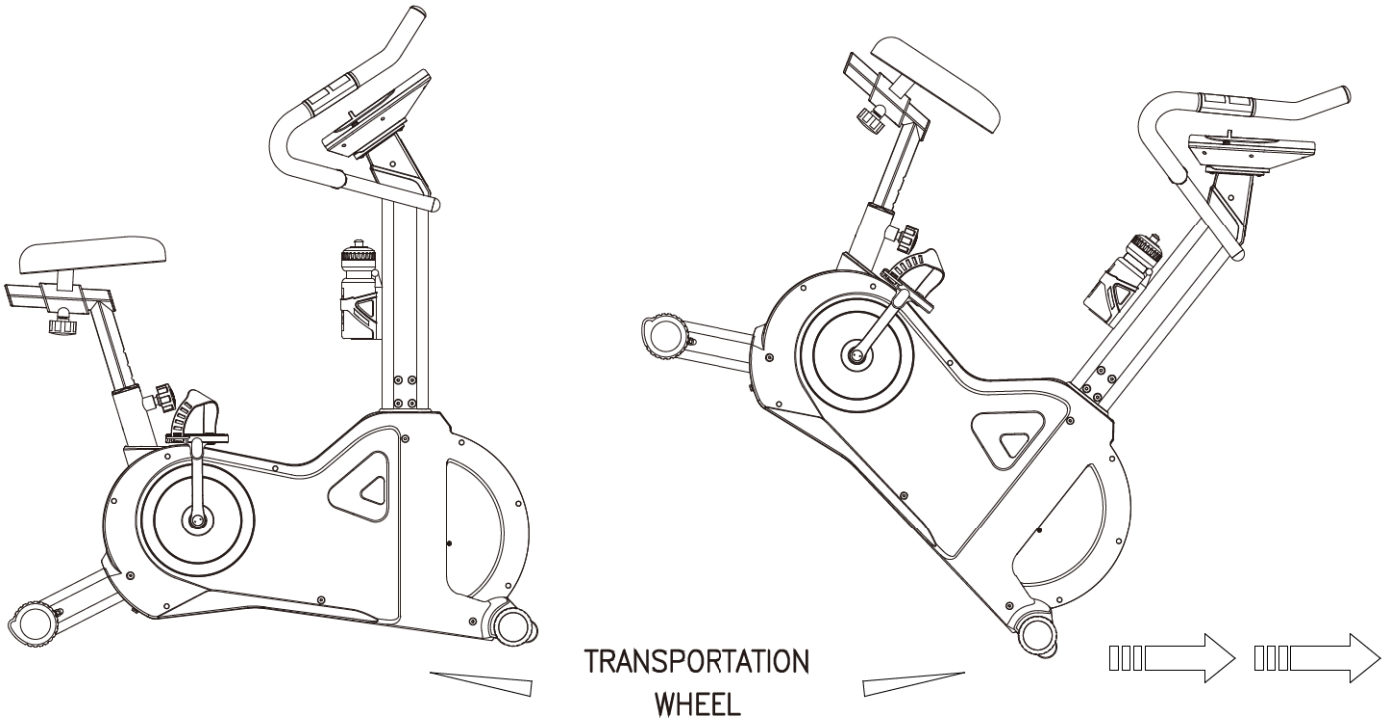
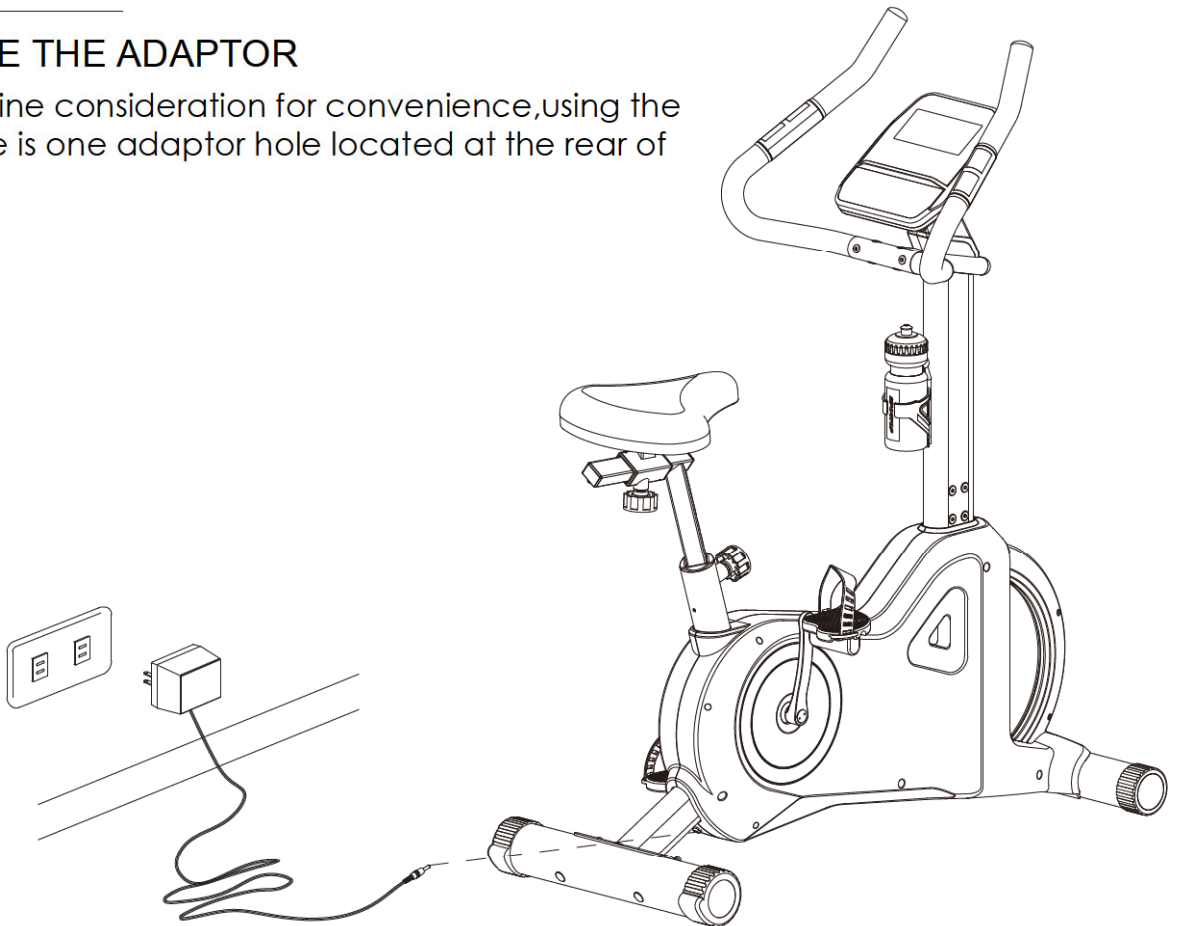
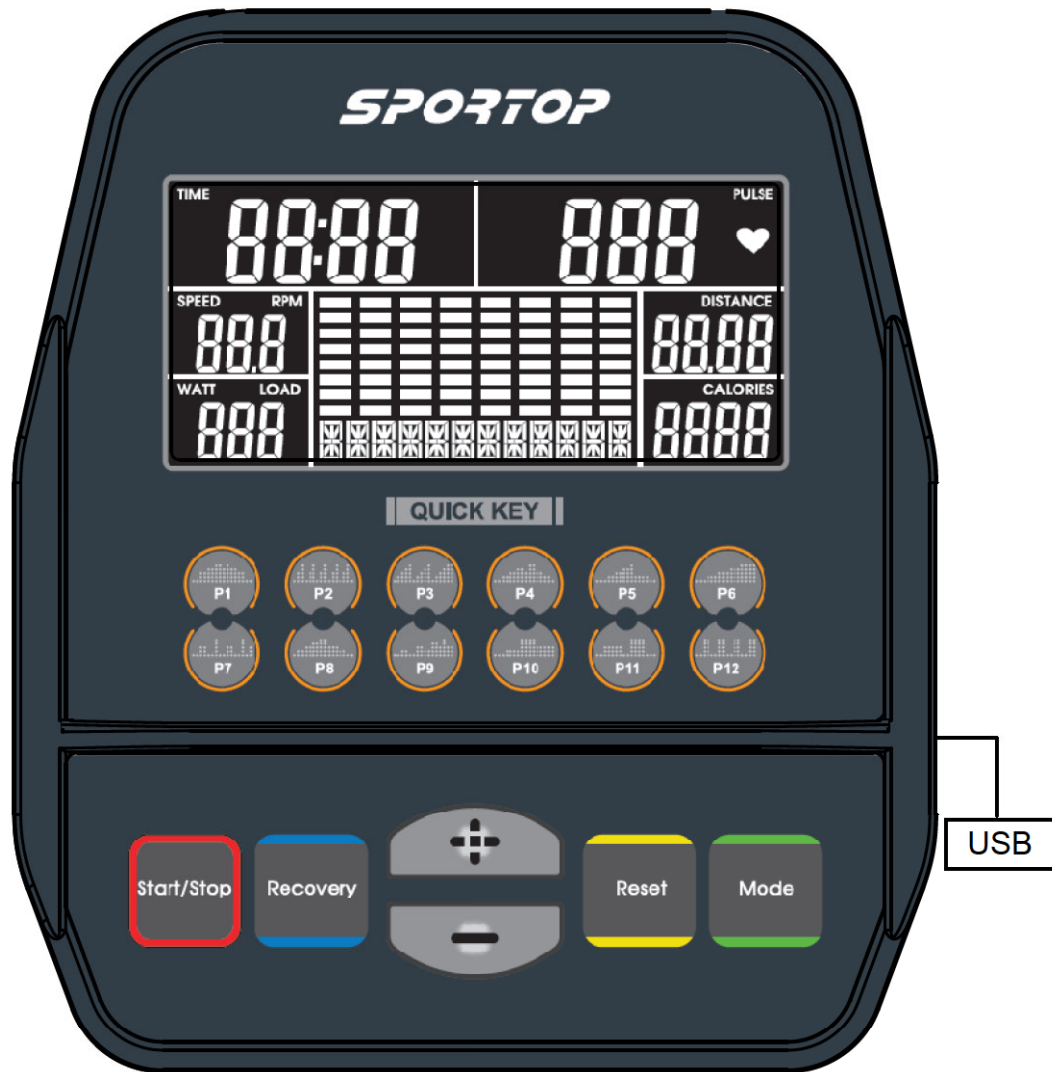


FIGURE 9

HOW TO USE THE ADAPTOR

Position machine consideration for convenience, using the adaptor, there is one adaptor hole located at the rear of the machine.





FUNCTION BUTTONS:

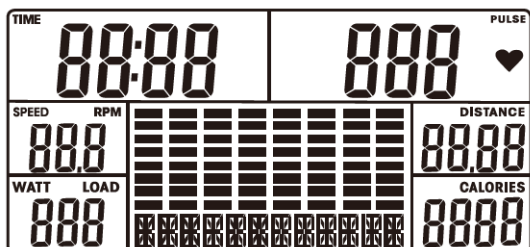
- START/STOP To start or stop training
- RECOVERY To test the heart rate recovery status
- + (PLUS) To select training mode or adjust function value up
- (MINUS) To select training mode or adjust function value down
- RESET In stop mode, press the button back to main menu
- QUICK KEY To quickly select preferred settled programs (12 program)
- MODE To start workout.
- USB Only use your phone or tablet charge (please with the individual's USB charging cable).

POWER ON

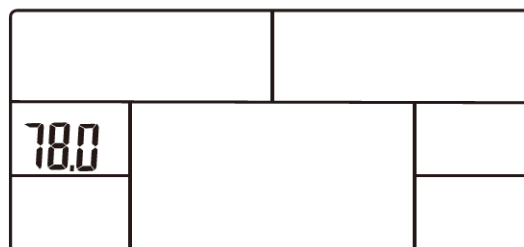
1. Connect power supply to the monitor or press the RESET button for 3 seconds, the LCD will display all segment with a long-beep sound for 1 second and display 78.0 in below (FIGURE 1 & 2).

2. User may turn the +/- joggle wheel to select User 0~4 and press MODE for confirmation (FIGURE 3~4).

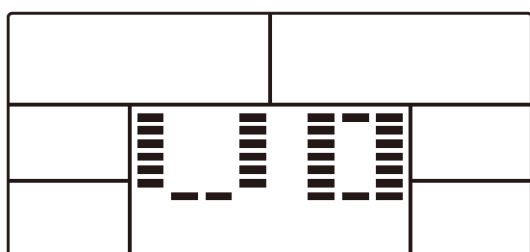
And then preset user information for SEX, AGE, HEIGHT WEIGHT, pressing +/- to adjust the value (FIGURE 5~8).



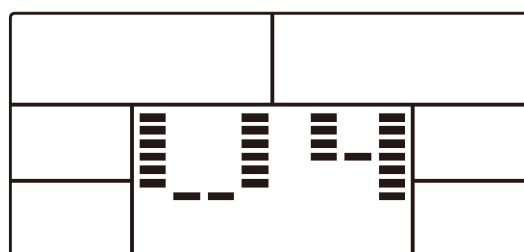
(FIGURE 1)



(FIGURE 2)



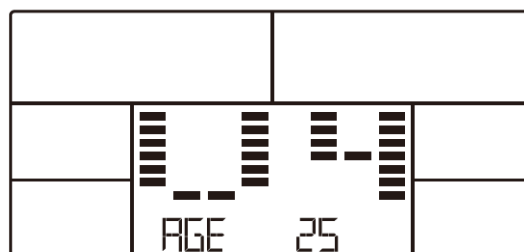
(FIGURE 3)



(FIGURE 4)



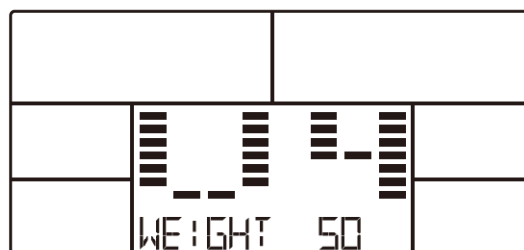
(FIGURE 5)



(FIGURE 6)



(FIGURE 7)



(FIGURE 8)

Range of User's data

Item/Description	Range
SEX	Male / Female
AGE	10~99
HEIGHT	100~200
WEIGHT	20~150

MODE

After setting user's data, press Mode button for operation, pressing +/- to choose mode: MANUAL → PROGRAM → FITNESS → WATT → USER PROGRAM → HRC

Item	Range
TIME	0:00~99:00
SPEED	0.0~99.9
DISTANCE	0.00~99.95
CALORIES	0~990
PULSE	60~220
RPM	15~999
WATT	10~350
LOAD	1~16

MANUAL MODE

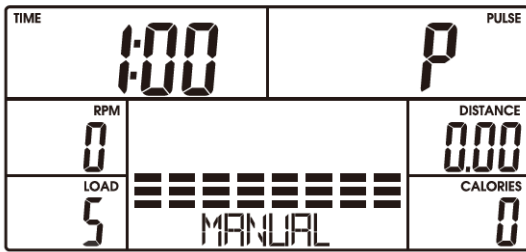
- (1) Press and hold the Reset button for 3 seconds, choosing User and setting data.
or, press Reset only.
- (2) Select MANUAL mode by +/- buttons, and press Mode button for settling.(FIGURE 8)
- (3) Set load level and press Mode button for confirmation.(FIGURE 9)
- (4) Pre-set the value of TIME, DISTANCE, CALORIES, and target PULSE.(FIGURE 10~13)
- (5) Press Start button to start training. You may press +/- to adjust load level.(FIGURE 14)
- (6) Press Stop button to pause training. Press Reset button to go back to chosen mode;
or press and hold Reset button for 3 seconds to go back to main menu.(FIGURE 15)



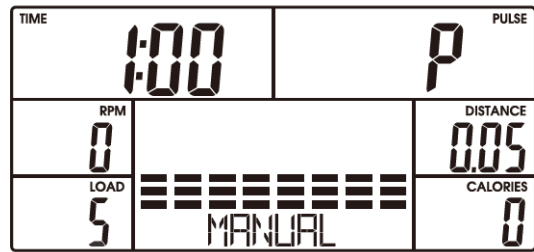
(FIGURE 8)



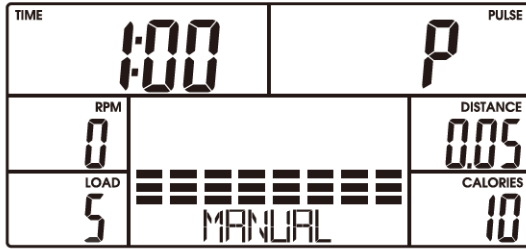
(FIGURE 9)



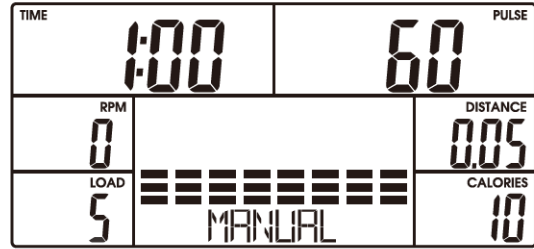
(FIGURE 10)



(FIGURE 11)



(FIGURE 12)



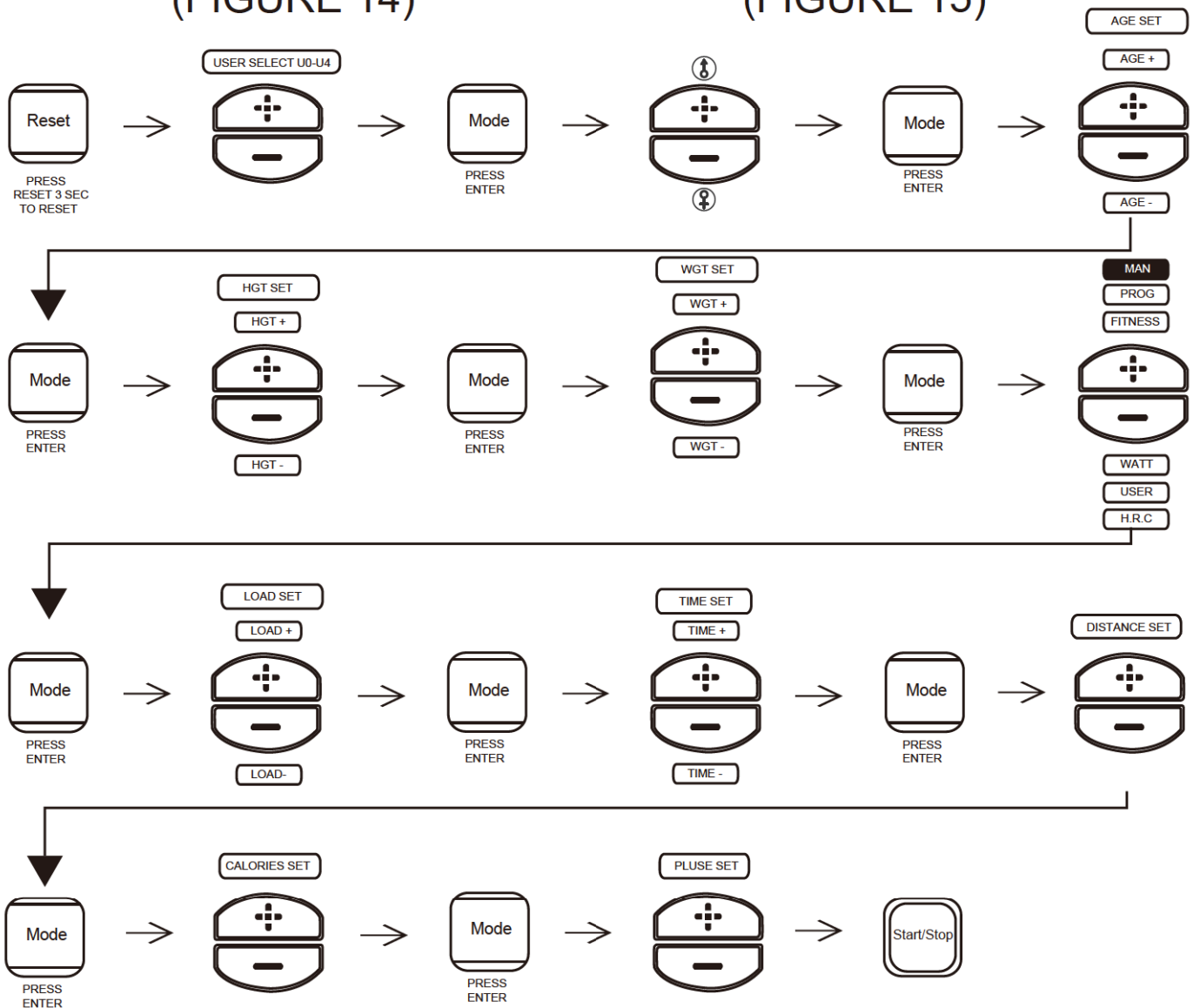
(FIGURE 13)



(FIGURE 14)



(FIGURE 15)



PROGRAM MODE

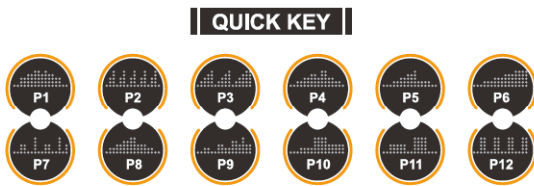
- (1) Press and hold the Reset button for 3 seconds, and select User and set the data; or only press Reset to main menu.
- (2) Select PROGRAM mode by +/- buttons, and press Mode button to confirm.(FIGURE 16)
Press +/- button to select program 1~program 12(FIGURE 17); or press quick keys "P1"~"P12" for quick selection.(FIGURE 18)
- (3) You may adjust load level by +/- button, and press Mode button to confirm.(FIGURE 19)
- (4) Set up TIME, DISTANCE, CALORIES, and target PULSE.(FIGURE 20 ~ 23)
- (5) Press Start button to start training. You may adjust load level by +/- buttons.
- (6) Press Stop to pause training. Press Reset button back to main menu, or hold it for 3 seconds to standby mode.



(FIGURE 16)



(FIGURE 17)



(FIGURE 18)



(FIGURE 19)



(FIGURE 20)



(FIGURE 21)

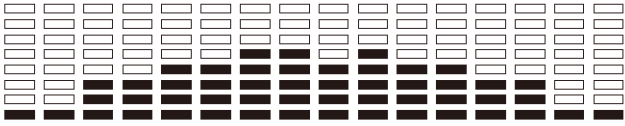


(FIGURE 23)

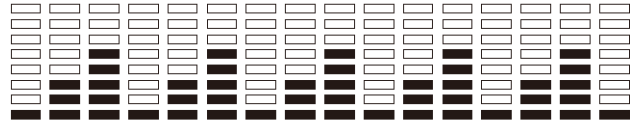


(FIGURE 23)

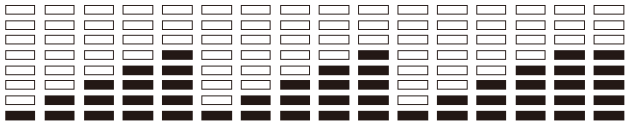
P1



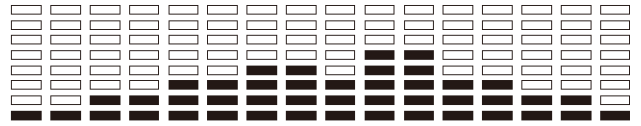
P2



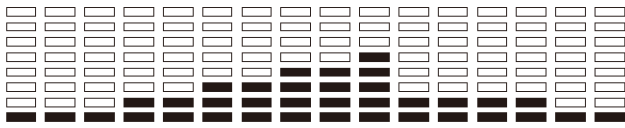
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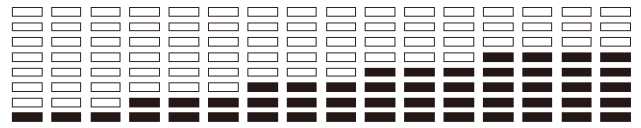
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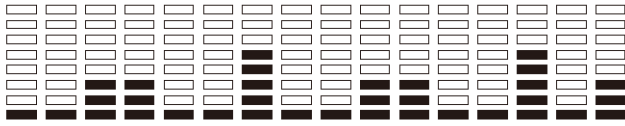
P5



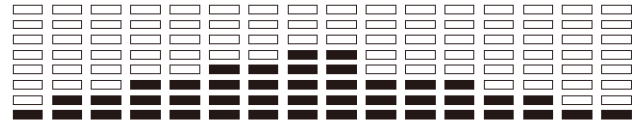
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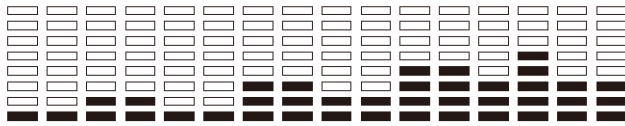
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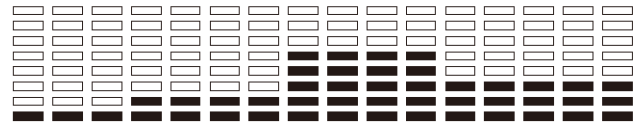
P8



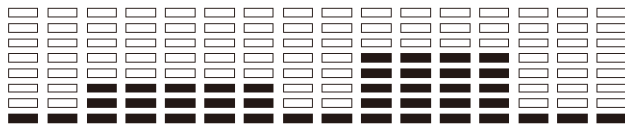
P9



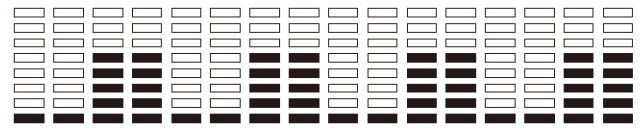
P10

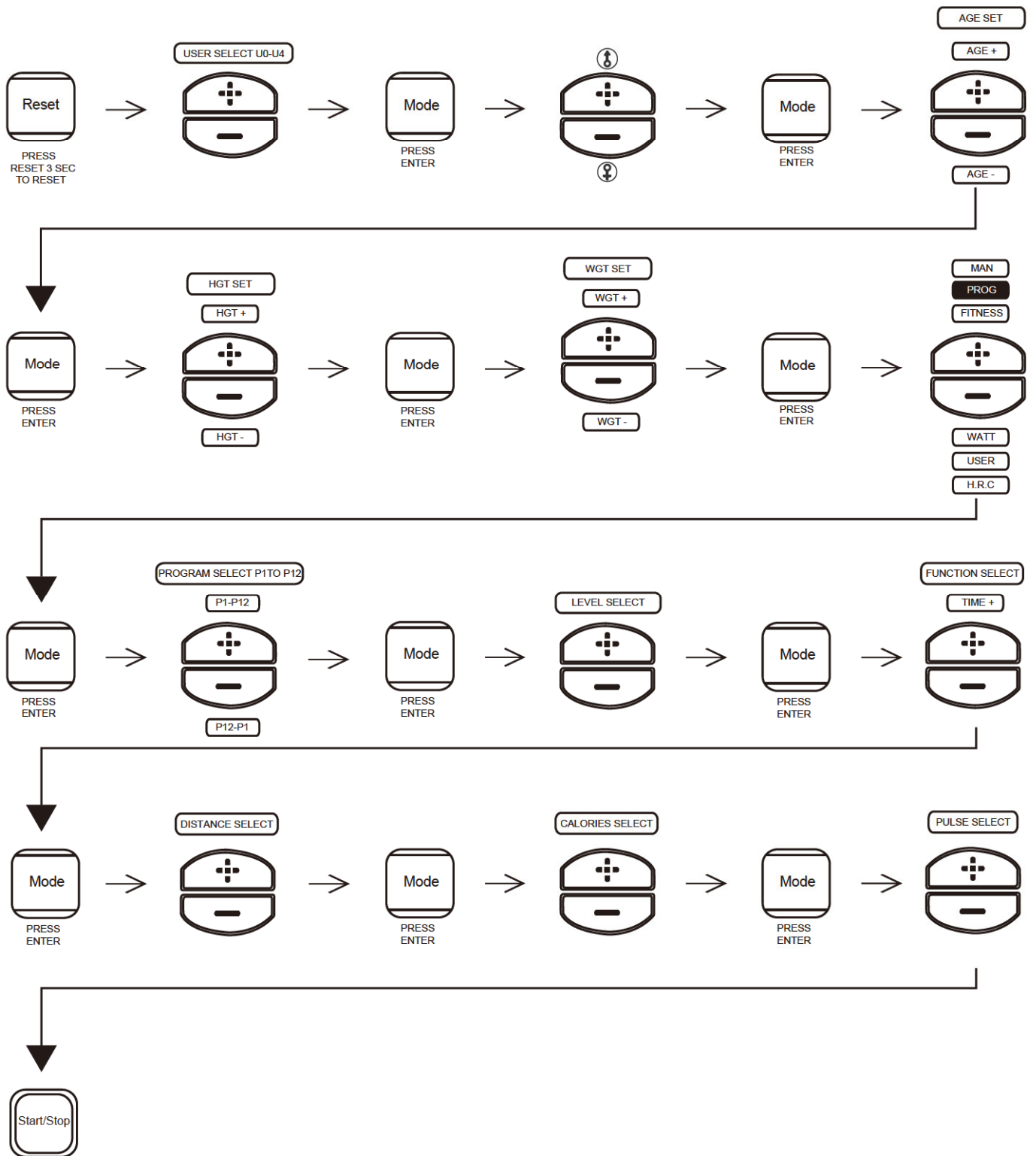


P11



P12





FITNESS MODE

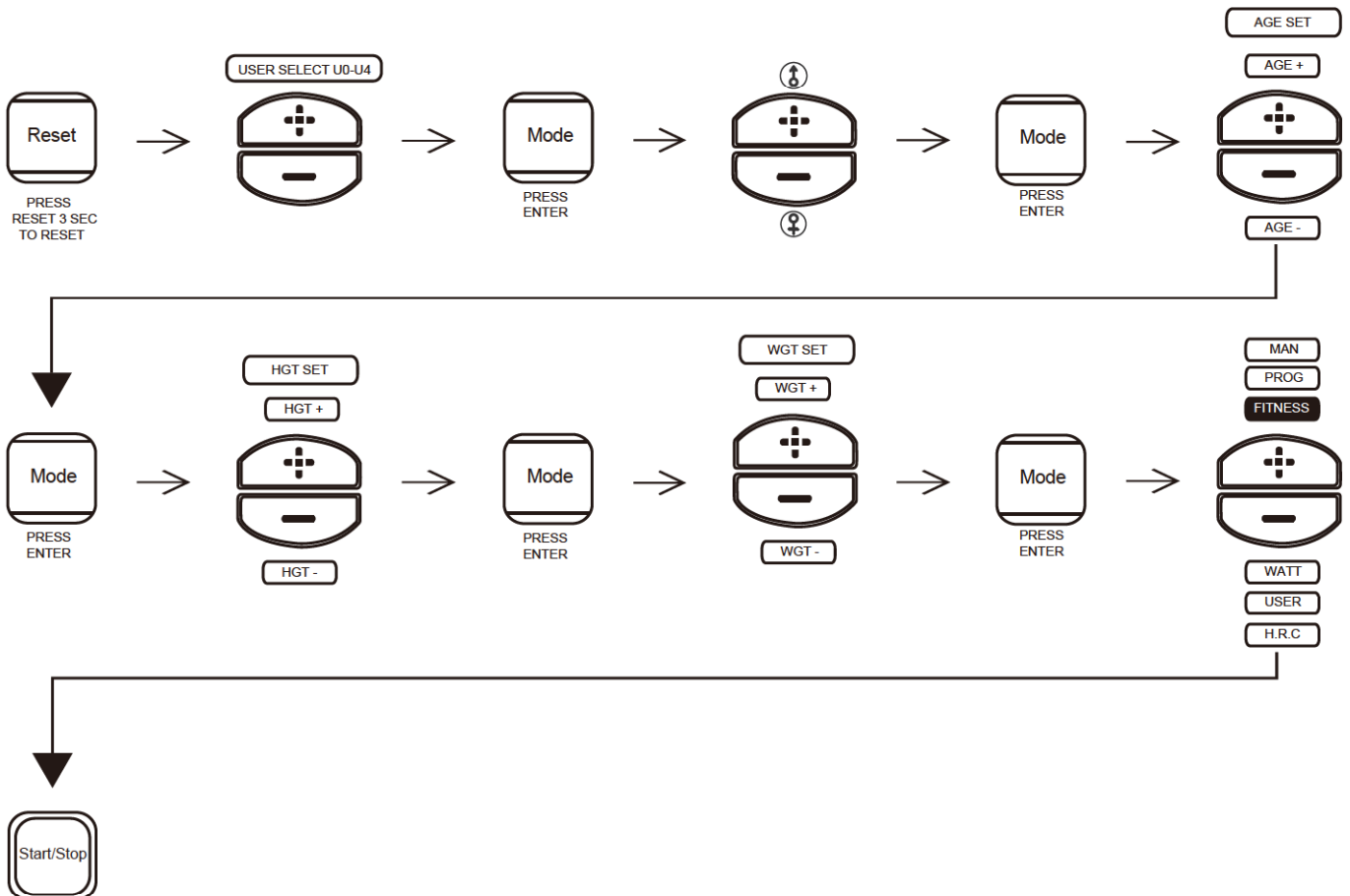
- (1) Press and hold Reset button for 3 seconds, selecting User and set up the data;
or, press Reset to back to main menu.
- (2) Select FITNESS mode by +/- buttons, and press Mode button to confirm.(FIGURE 24~25)
- (3) Press Start to start training. You may adjust load level by +/- buttons.
- (4) After 12 minutes, the display will automatically show the workout result.
- (5) Press Stop to pause training. Press Reset button back to main menu, or hold it for 3 seconds to standby mode.



(FIGURE 24)



(FIGURE 25)

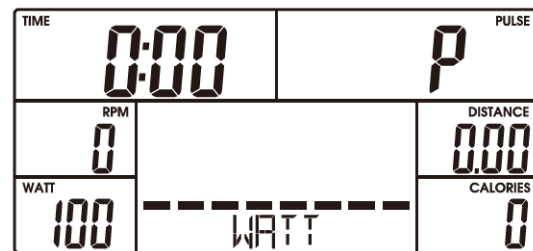


WATT MODE

- (1) Press and hold Reset button for 3 seconds, selecting User and set up the data; or, press Reset to back to main menu.
- (2) Select WATT mode by +/- buttons, and press Mode button to confirm.(FIGURE 26)
- (3) Set up your target value of watt but +/- button, and press Mode button to confirm. (FIGURE 27)
- (4) Set up TIME, DISTANCE, CALORIES, and target PULSE value.(FIGURE 28~31)
- (5) Press Start button to start training. You may adjust watt by +/- buttons.
- (6) Press Stop to pause training. Press Reset button back to main menu, or hold it for 3 seconds to standby mode.



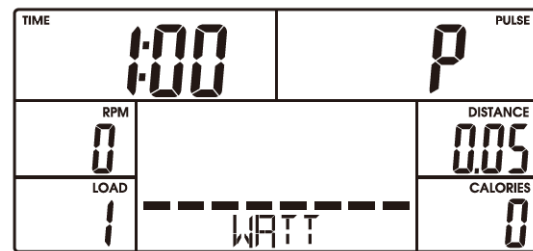
(FIGURE 26)



(FIGURE 27)



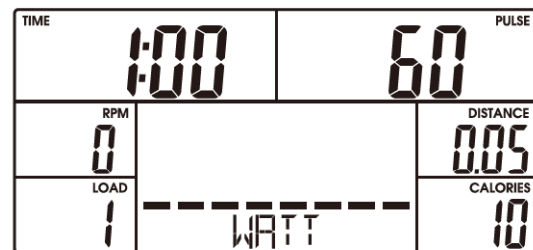
(FIGURE 28)



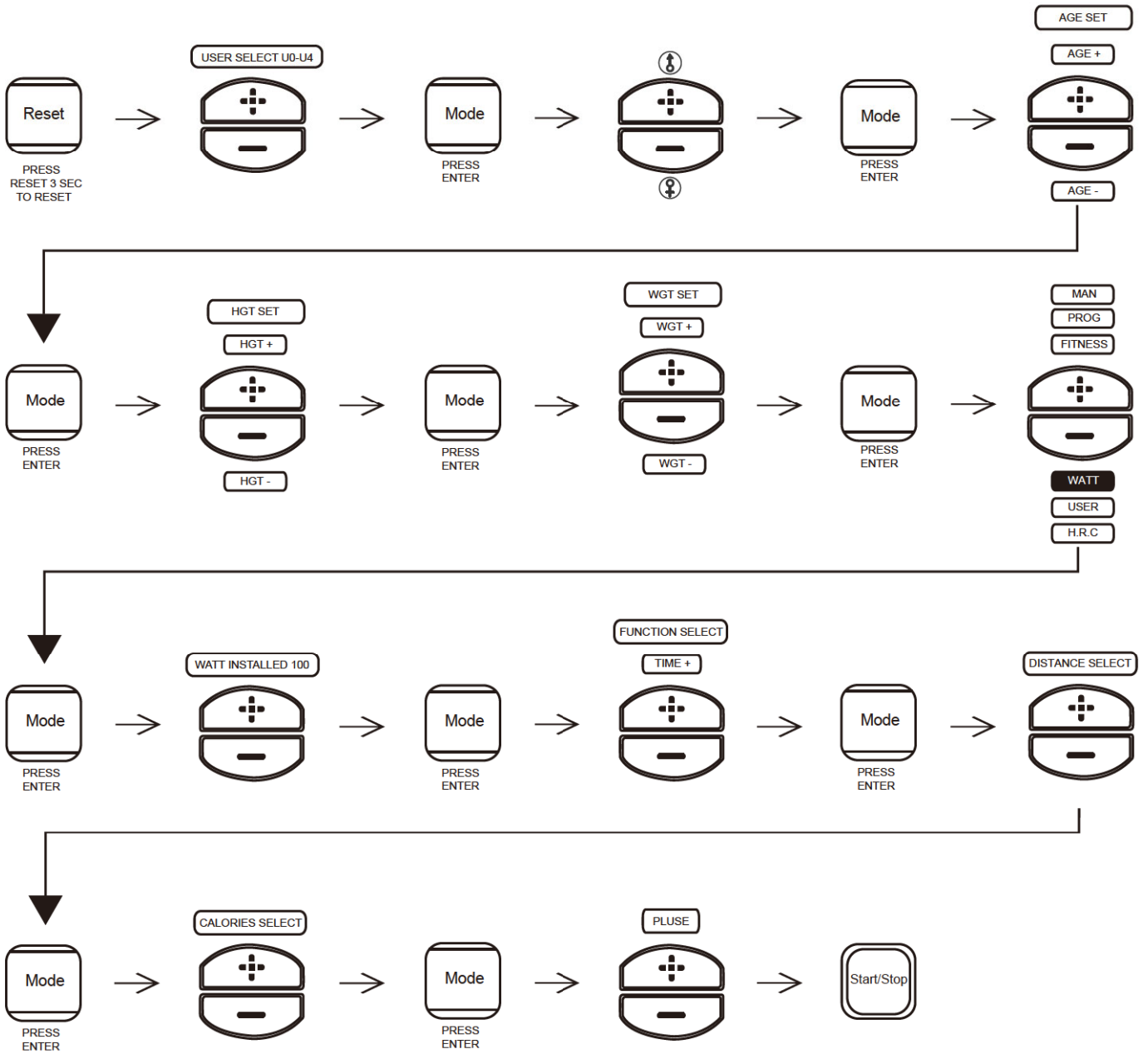
(FIGURE 29)



(FIGURE 30)

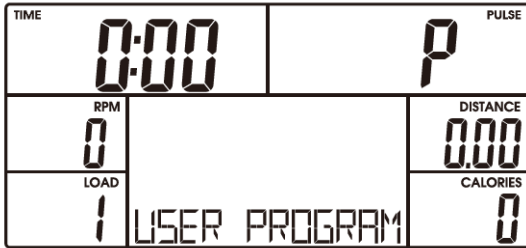


(FIGURE 31)



USER MODE

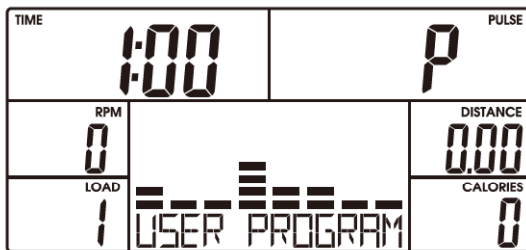
- (1) Press and hold Reset button for 3 seconds, selecting User and set up the data;
or, press Reset to back to main menu.
- (2) Select USER mode by +/- buttons, and press Mode button to confirm.(FIGURE 32)
- (3) Set up each column of load level by +/- buttons. Press Mode button to switch to next column.(FIGURE 33)
When done, press and hold Mode button for 3 seconds to confirm.
- (4) Set up TIME, DISTANCE, CALORIES, and target PULSE.(FIGURE 34~37)
- (5) Press Start button to start training. You may adjust load level by +/- buttons.
- (6) Press Stop to pause training. Press Reset button back to main menu, or hold it for 3 seconds to standby mode.



(FIGURE 32)



(FIGURE 33)



(FIGURE 34)



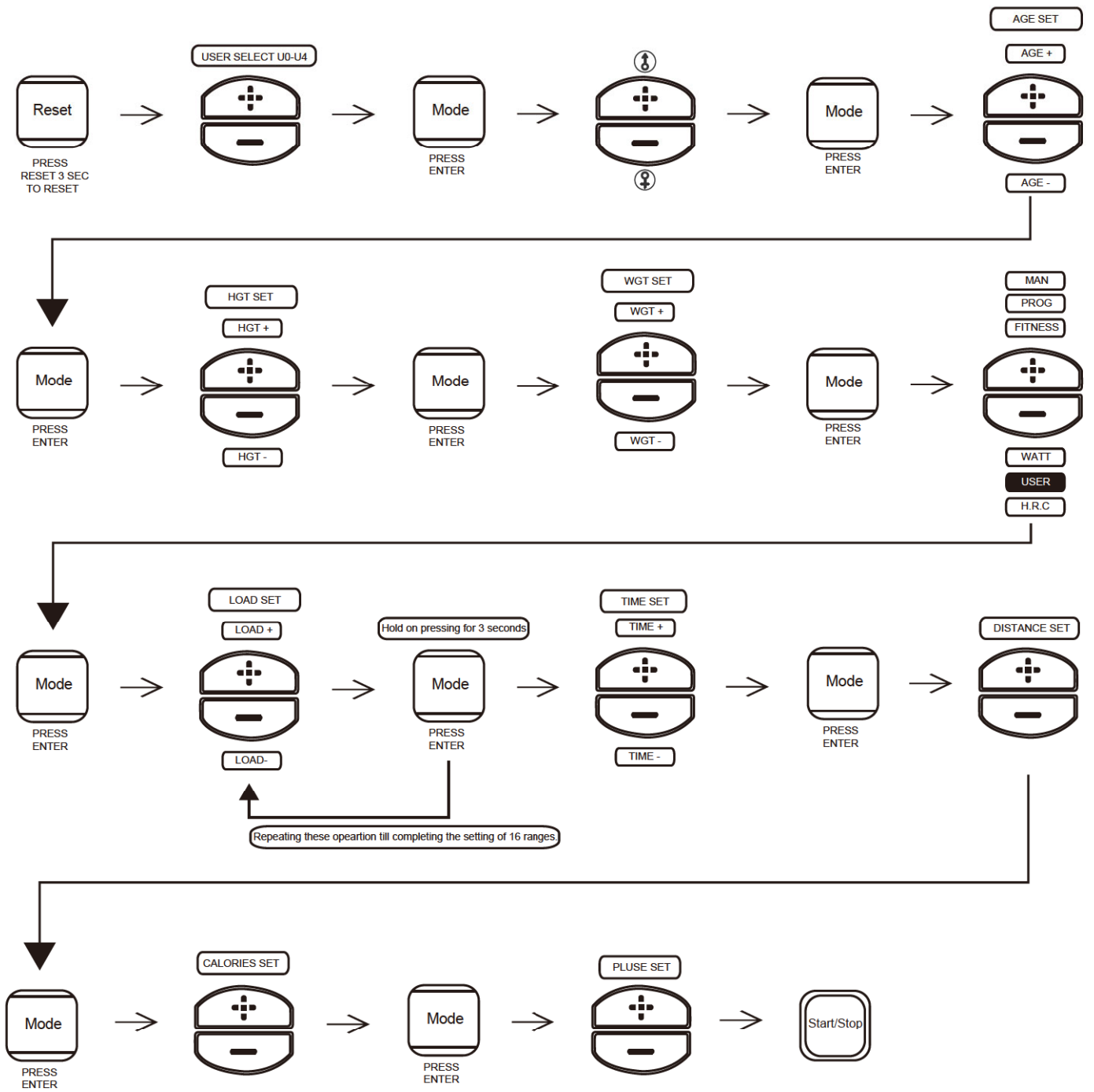
(FIGURE 35)



(FIGURE 36)



(FIGURE 37)



HRC

- (1) Press and hold Reset button for 3 seconds, selecting User and set up the data; or, press Reset to back to main menu.
- (2) Select HRC mode by +/- buttons, and press Mode button to confirm.(FIGURE 38)
- (3) Select different heart rate from 55% / 75% / 90% or Target by +/- buttons.
(FIGURE 39~42) The gear rate value will be different depending on the setting of age.
- (4) If choosing Target, you may set up your target heart rate by pressing +/- buttons.
- (5) Set up TIME, DISTANCE, CALORIES, and target PULSE value.(FIGURE 43~45)
- (6) Press Start button to start training. The load level will adjust according to your current heart rate.
- (7) Press Stop to pause training. Press Reset button back to main menu, or hold it for 3 seconds to standby mode.



(FIGURE 38)



(FIGURE 39)



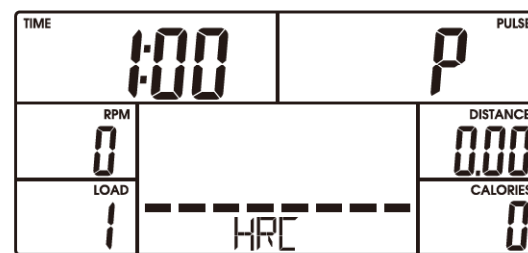
(FIGURE 40)



(FIGURE 41)



(FIGURE 42)



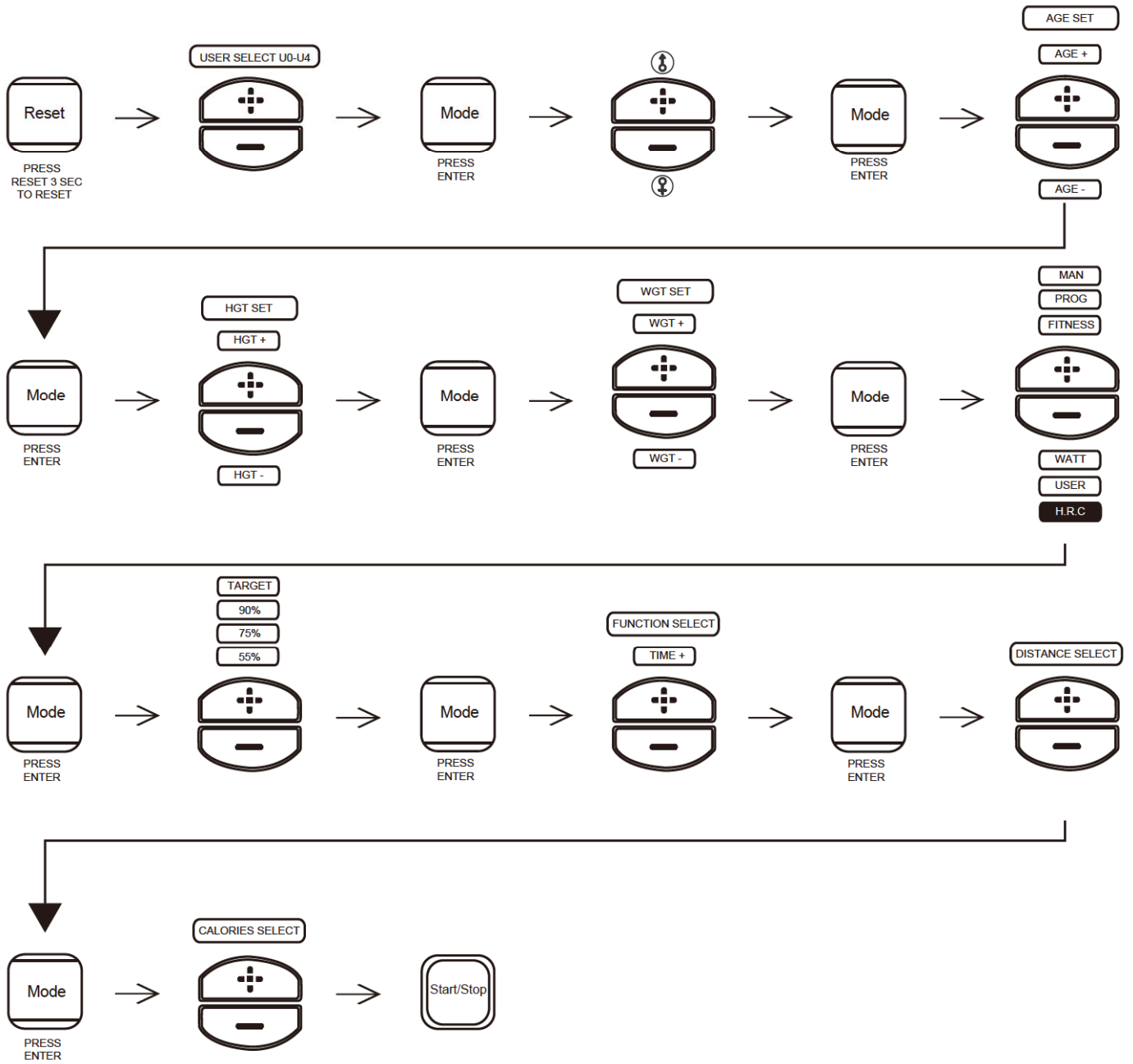
(FIGURE 43)



(FIGURE 44)



(FIGURE 45)

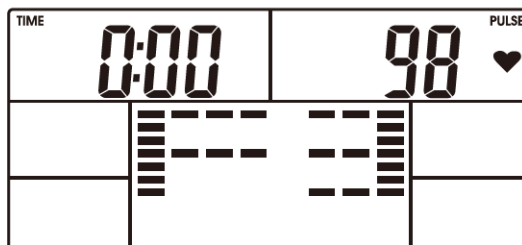


RECOVERY

After exercising for a period of time, keep holding on handgrips and press “RECOVERY” button. All function display will stop except “TIME” starts 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. User may keep exercising to improve the heart rate recovery status. (Press the RECOVERY button again to return the main display.)



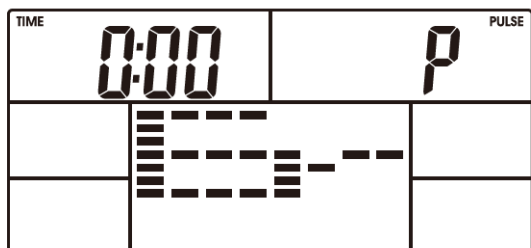
(FIGURE 46)



(FIGURE 47)

NOTE:

If the heart rate is undetected or shown intermittently, the display will show out “Er”(error). (FIGURE 48)



(FIGURE 48)