

ITSU
御手の物®



IS0127 User Manual

Version: 2018/11/13

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Thank you for purchasing the IS0127.
Before operating this unit, please read this manual carefully to ensure optimum performance and safety.
This manual should be kept available for future reference.

REMARK:

For product improvement, the company reserves the right to change the design and specification at any time without prior notice.
Pictures are for reference use only and may differ from the actual product.

Safety Instructions

Caution

Read this user manual carefully before use.

Follow the assembly instructions carefully.

It is important to read the entire manual before assembling and using the equipment. Safe and efficient use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

1. Before starting any exercise program you should consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety, or prevent you from using the equipment properly.

Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.

2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: Pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, feeling light headed, dizzy or nauseous. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.

3. Keep children and pets away from the equipment. The equipment is designed for adult use only.

4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. For safety, the equipment should have at least 0.5 meter of free space all around it.

5. Before using the equipment, check the nuts and bolts are securely tightened. Some parts like pedals, etc.

6. The safety level of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.

7. Always use the equipment as indicated. If you find any defective components whilst assembling or checking the equipment, or if you hear any unusual noise coming from the equipment during use, stop. Do not use the equipment until the problem has been rectified.

8. Wear suitable clothing whilst using the equipment. Avoid wearing loose clothing which may get caught in the equipment or that may restrict or prevent

Safety Instructions

movement. Please run it slowly in the beginning. Please hold the handlebar tightly and do not let your body leave the seat when exercise.

9. The equipment has been tested and under class H.C. Suitable for domestic, home use only. Maximum weight of user, 100kg. Breaking is speed independent. Keep clothes, jewelry or loose items away from moving parts.

10. The equipment is not suitable for therapeutic use.

11. Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or use assistance.



Please note:

Maximum weight capacity for the ITSU IS0127 is 100 kg.



WARNING

BEFORE BEGINNING ANY EXERCISE PROGRAM CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS WITH PEE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING THIS FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.



This marking indicates that this product should not be disposed with other household wastes throughout the EU. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material resources.



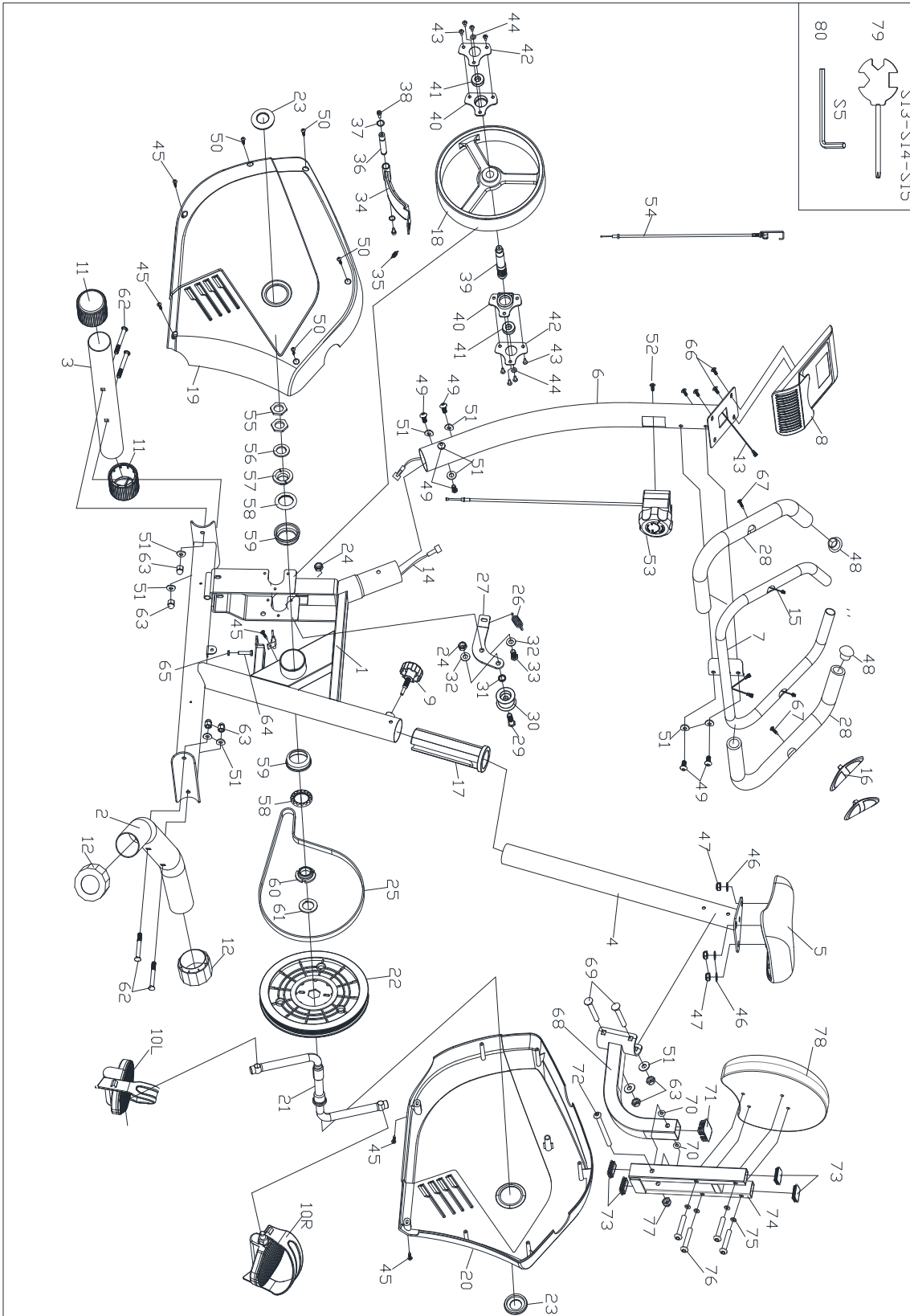
Caution: Read this user manual carefully before use.

Warranty Claims

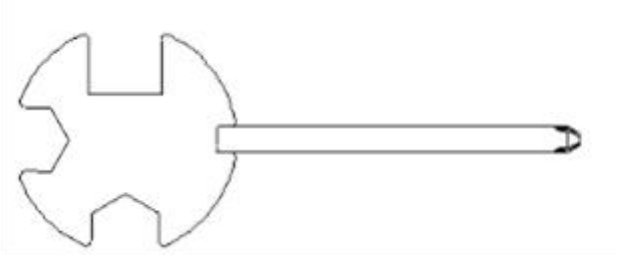
1. Warranty is not transferable.
2. This warranty is effective only if the product is purchased from ITSU or its authorized dealers.
3. Proof of purchase (original receipt) is required for all warranty repairs.
4. All implied warranties, including but not limited to these implied warranties of fitness and merchant ability, are limited to one (1) year from the date of purchase.
5. Damage due to misuse, improper treatment and unauthorized modification and repairs are not covered by this warranty.
6. Warranty does not cover accessories and add-ons, which do not belong to this product.
10. Warranty is not effective to rental, business, commercial, institutional, or other non-residential users.
11. All services covered by this warranty must be approved by ITSU and repaired by authorized technicians only.
12. If replacement parts for defective materials are not available, ITSU reserves the right to make substitutions in lieu of repair or replacement.

Main unit & Accessories

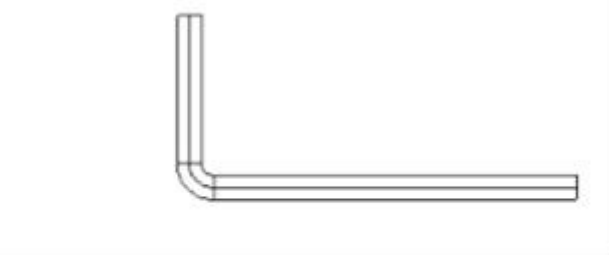
Before you begin assembly, please take a moment to review the Hardware and Parts List on the following pages. Each part has been illustrated and numbered for easy identification.



ASSEMBLY TOOLS&NECESSARY PARTS



1.Spanner × 1pcs



2.S5 Allen wrench × 1pcs

Main unit & Accessories

NO.	NAME	QTY	NO.	NAME	QTY
1	Main Frame	1	41	Bearing	2
2	Rear Stabilizer	1	42	Bearing end cover piece	2
3	Front Stabilizer	1	43	cross recess head screw	8
4	Saddle Support Post	1	44	Washer	2
5	Seat	1	45	cross recess head self-tapping drilling screw	4
6	Front Post	1	46	Washer	3
7	Handle Bar	1	47	Nylon nut	3
8	Console	1	48	Tube plug of handle bar	2
9	Adjusting Knob	1	49	mushroom head allen screw	6
10L	Pedal(L)	1	50	cross recess head self-tapping screw	9
10R	Pedal(R)	1	51	Waved washer	12
11	Front Stabilizer Tube Plug	2	52	cross recess head screw	1
12	Rear Stabilizer Tube Plug	2	53	Resistance adjuster wire (top)	1
13	Console Wire(top)	1	54	Resistance adjuster wire (bottom)	1
14	Console Wire(bottom)	1	55	Hex nut	2
15	Pulse Sensor Wire	1	56	Locking washer	1
16	Handle Pulse Sensor	1	57	Ball race(L)	1
17	Tube Bushing	1	58	Ball	2
18	Flywheel	1	59	Ball retainer	2
19	Left Cover	2	60	Ball race(R)	1
20	Right Cover	2	61	Washer	1
21	Crank	1	62	Bolt	4
22	Belt Pulley	1	63	Domed nut	6
23	Crank cover	1	64	Hex screw	1
24	Nylon nut	1	65	Hex nut	1
25	Pulley	1	66	Cross recess head screw	4
26	Tension spring	1	67	cross recess head self-tapping screw	2
27	U bracket	1	68	Backrest support tube	1
28	Foam	1	69	Bolt	2
29	Screw	2	70	Nylon washer	2
30	Guide pulley	1	71	Tube plug	1
31	Idler shaft bushing	2	72	Bolt	1
32	Washer	2	73	Tube plug	4
33	Screw	1	74	Backrest fixed set	1
34	Magnet board	1	75	Spring washer	4
35	Tension spring	1	76	Bolt	4
36	Axle of rotation	1	77	Lock nut	1

37	Circlip	2	78	Backrest	1
38	mushroom head allen screw	2	79	spanner	1
39	Flywheel axle	1	80	Hex wrench	1
40	Bearing seat	2			

NOTE:

Most of the listed assembly hardware has been packaged separately, but some hardware items have been preinstalled in the identified assembly parts. In these instances, simply remove and reinstall the hardware as assembly is required.

Please reference the individual assembly steps and make note of all preinstalled hardware.

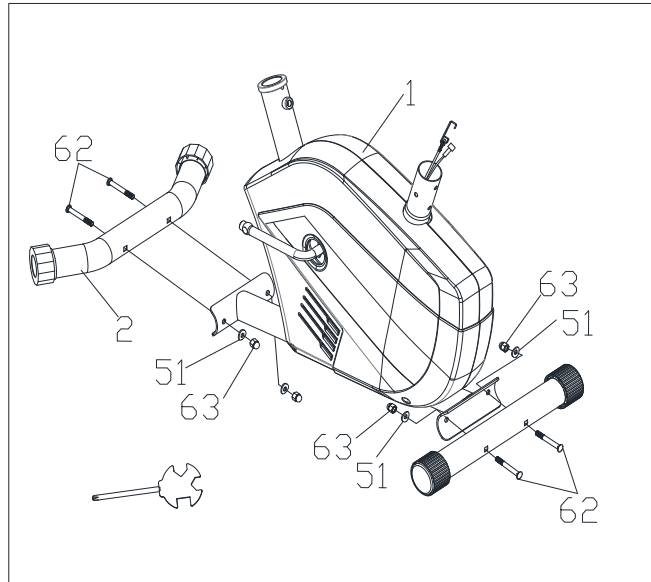
PREPARATION:

Before assembling, make sure that you will have enough space around the item; Use the present tooling for assembling; before assembling please check whether all needed parts are available.

It is strongly recommended this machine to be assembled by two or more people to avoid possible injury.

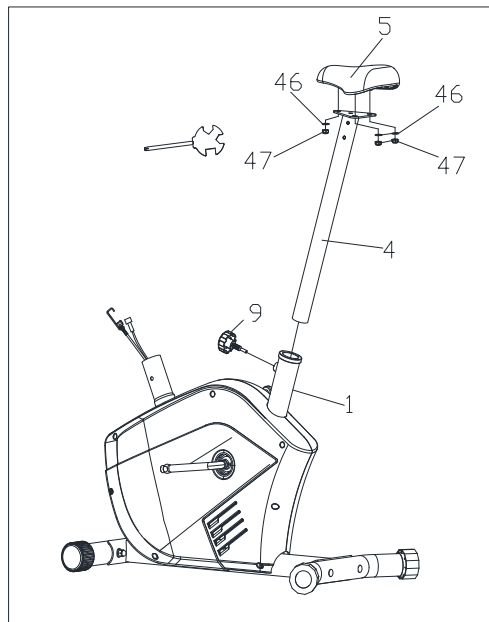
Product Installation

Step1



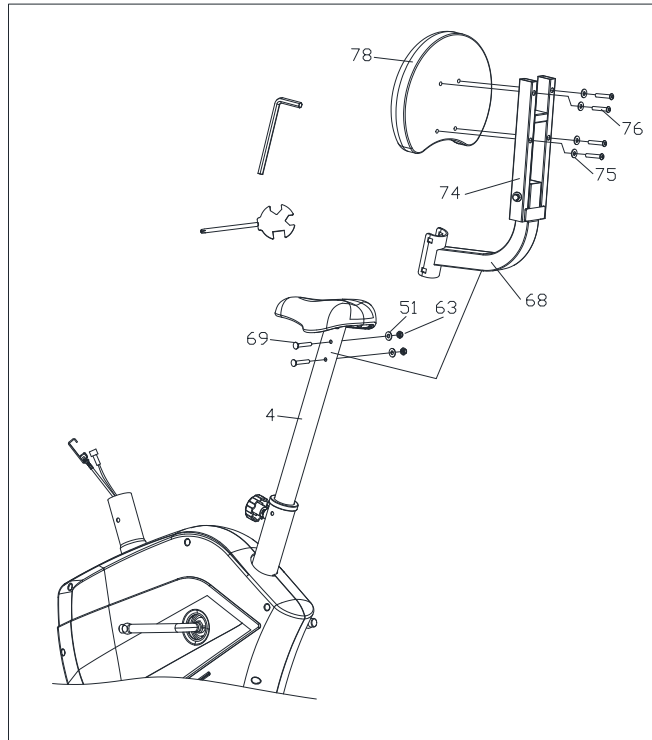
Fix the rear & front stabilizer(2)&(3)on the main frame(1) with four sets of waved washer(51), domed nut(63) & bolt(62) tightly by multi-function spanner.
Note: the front stabilizer is with transport wheels.

Step2



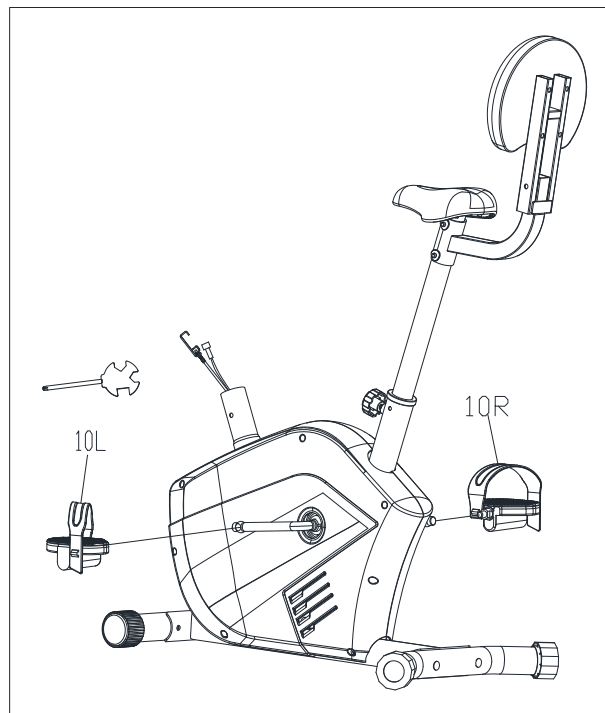
--Loosen the adjusting knob(9) and pull it out first before sliding the seat support post(4) into the seat support post housing on the main frame(1), and align holes for your desired height, then release the adjusting knob and tighten it properly.
--Then fix the seat(5) on the plate of the seat support post (4) properly by multi-function spanner.
Note: Do not exceed the mark "stop".

Step3



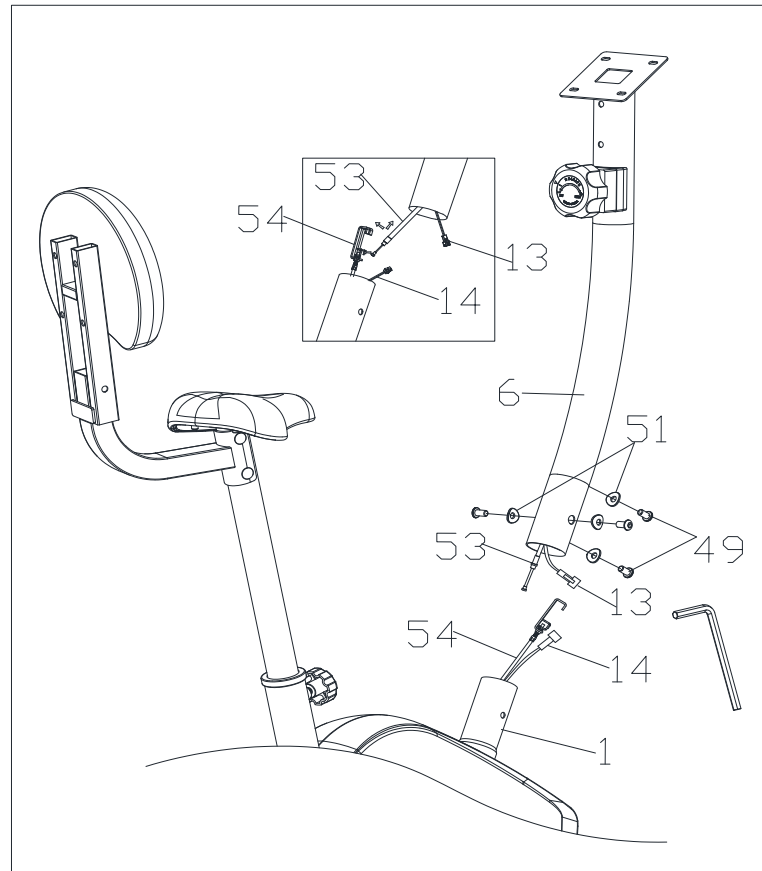
- Fix backrest (78) on the backrest support tube(68) tightly with spring washers (75) and bolts (76) by hex wrench.
- Attach the backrest and rear handler whole set to the saddle post (4), and then fix it tightly with bolts (69), washers (51) & nylon nuts (63) by spanner.

Step4



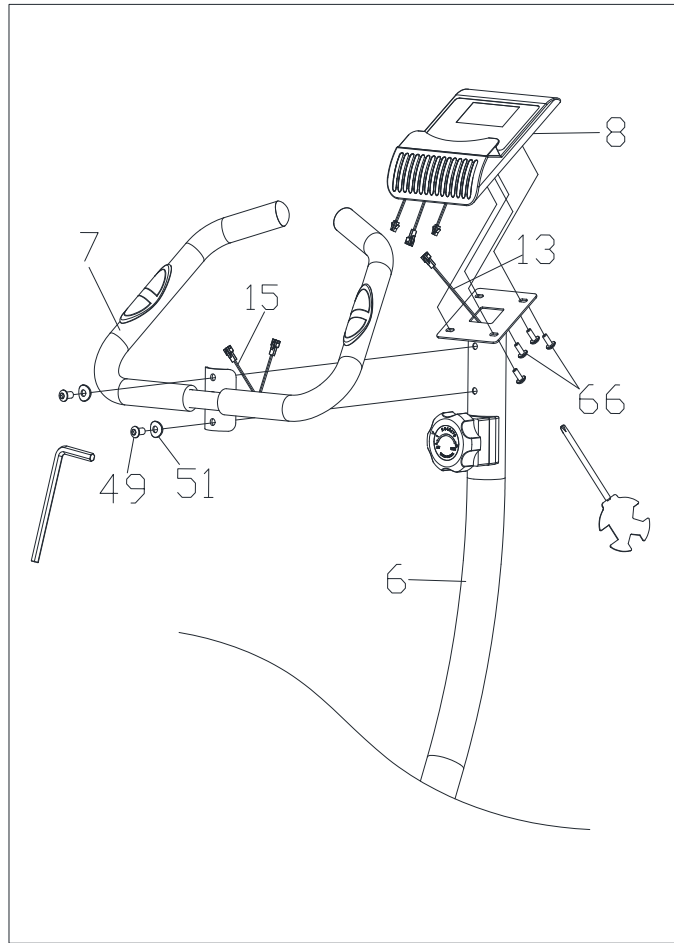
Fix the pedal(10L) which is marked "L" on the crank(21) marked "L" tightly by multi-function spanner in anticlockwise, then fix the pedal (10R) which is marked "R" on the crank(21) marked "R" tightly by multi-function spanner in clockwise.

Step5



- Connect the resistance adjuster wire (53)with (54) properly as well the console wire (13)with (14).please do it carefully following the assembly photo as attached.
- Fix the front post (6) on the main frame with four sets of mushroom head allen screw (49)& waved washer(51) tightly by allen spanner.

Step6



--insert the pulse sensor wires (15) of the handle bar(7) into the hole that on the front post(6) and pull it out.

--Fix the handle bar(7) on the handle bar fixing socket with two sets of mushroom head allen screw(49) &waved washer(51) properly and tighten it by allen spanner.

--Screw out the cross recess head screw(66) from the console(8), and connect the console wires properly, then align the console(8) with the plate welded on the front post(6), then fix the console(8) with the cross recess head screw(66) tightly by multi-function spanner.

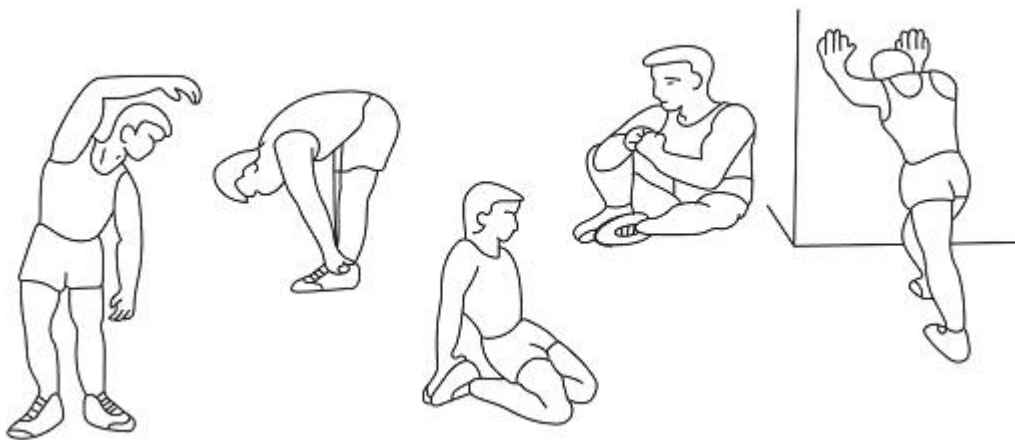
Caution: Now the equipment is completed assembled, if you find it not leveled on the floor, you can adjust it by the adjusting rear stabilizer tube plug(12). Make sure you have tightened all the screws and nuts well before beginning your workout.

Exercise Guide

Using your EXERCISE CYCLE will provide you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with calorie controlled diet help you lose weight.

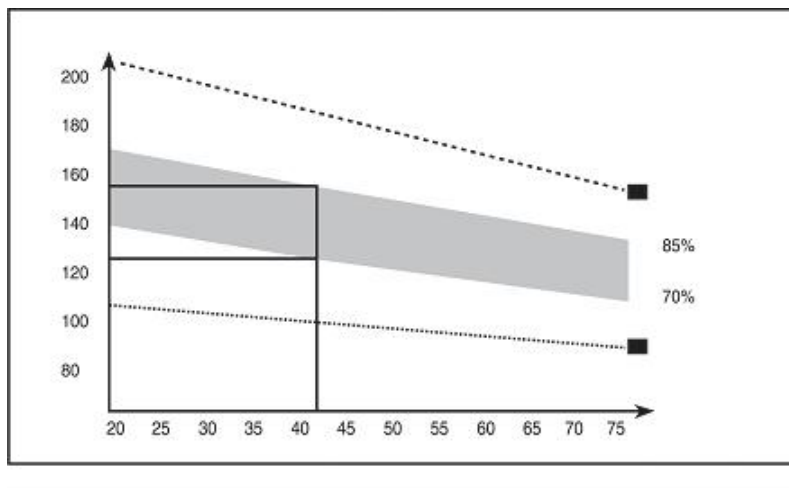
1. The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP.



2. The Exercise Phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work to your own pace but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes though most people start at about 15-20minutes

Exercise Guide

3. The Cool Down Phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch. As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

4. Fault Finder

If you do not receive numbers appearing on your computer, please ensure all connections are correct.

Muscle Toning

To tone muscle while on your EXERCISE BIKE you will need to have the resistance set quite high. This will put more strain on your leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance making your legs work harder. You will have to reduce your speed to keep your heart rate in the target zone.

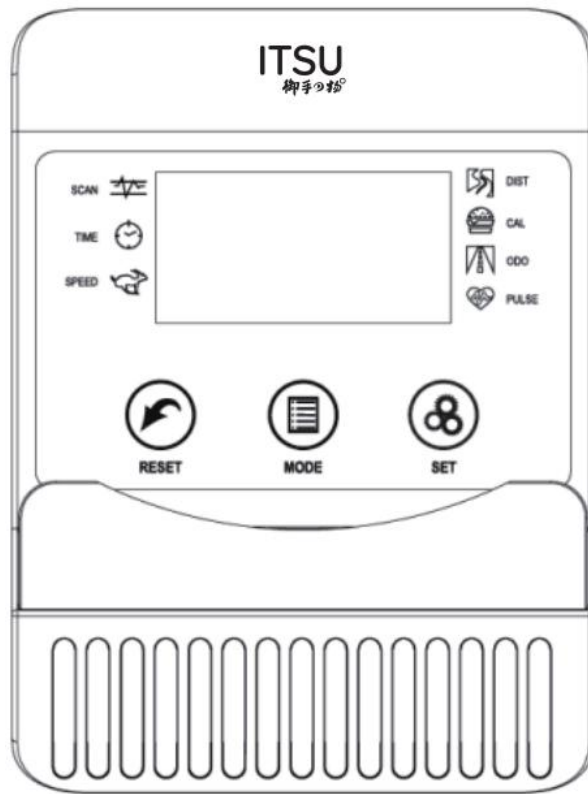
Weight Loss

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

Use

The seat height can be adjusted by removing the adjustment knob and raising or lowering the seat. There are 7 holes in the seat post allowing for a range of heights. Once the correct height has been chosen, refit the adjustment knob and tighten. The tension control knob allows you to alter the resistance of the pedals. A high resistance makes it more difficult to pedal, a low resistance makes it easier. For the best results set the tension while the bike is in use.

Computer Operation Guide



EXERCISE MONITOR INSTRUCTION MANUAL

SPECIFICATIONS

TIME.....	00:00-99:59
SPEED(SPD).....	0.0-99.9KM/H (ML/H)
DISTANCE.....	0.00-9999KM (ML)
CALORIES.....	0.0-9999KCAL
※ODOMETER(ODO).....	0.0-9999KM (ML)
※PULSE (PUL)	0, 40~240BPM

KEY FUNCTIONS:

MODE: This key lets you to select and lock on to a particular function you want.

※**SET:**Can to proceed the data establish for “TIME” “DISTANCE” “CALORIES” “PULSE”.

CLEAR(RESET):The key to reset the value to zero by pressing the key.

※**ON/OFF(START/STOP):**The key to pause the signal input by pressing the key.

OPERATION PROCEDURES:

1. AUTO ON/OFF

The system turns on when any key is pressed or when it sensor an input from the speed sensor. The system turns off automatically when the speed has no signal input or no key are pressed for approximately 4 minutes.

2. RESET

The unit can be reset by either changing battery or pressing the MODE key for 3 seconds.

3. MODE

To choose the SCAN or LOCK if you do not want the scan mode, press the MODE key when the pointer on the function you want which begins blinking.

FUNCTIONS:

1. **TIME:** Press the MODE key until pointer lock on to TIME. The total working time will be shown when starting exercise.

2.

2.SPEED: Press the MODE key until the pointer advance to SPEED. The current speed will be shown.

3.DISTANCE: Press the MODE key until the pointer advance to DISTANCE. The distance of each workout will be displayed.

4.CALORIE: Press the MODE key until pointer lock on to CALORIE. The calorie burned will be displayed when starting exercise.

5.ODOMETER(IF HAVE): Press the MODE key until the pointer advance to ODOMETER.The total accumulated distance will be shown.

6.PULSE(IF HAVE): Press the MODE key until the pointer advance to PULSE .User's current heart rate will be displayed in beats per minute. Place the palms of your hands on both of the contact pads(or put ear-clip to ear),and wait for 30 seconds for the most accurate reading.

SCAN: Automatically display changes every 4 seconds.

BATTERY:If improper display on monitor, please reinstall the batteries to have a good result.

TROUBLE SHOOTING

Trouble	Reasons	Solution	Remark
Without sensor	Sensor wire didn't connected well or broken	re-connected the sensor wire or replace with new sensor wire	
Computer without display	Computer battery runs out or battery negative and positive in reverse	Replace new battery or check the battery negative and positive side correct or not	
Noisy	Moving parts is loose or lack of lubricating oil	Tighten the loose parts or wipe lubricating oil	

PRODUCT MAINTENANCE

- 1. When you don't use the exercise bike for a long time, please take out the computer battery to avoid running out of battery.**
- 2. Often clean the exercise bike with clean cloth to keep the clean appearance.**
- 3. Please pay attention to the connection parts, screws, nuts loose or not, frayed or not, broken or not. And often wipe the oil to improve the flexibility of bike.**
- 4. Please set up bike in a dry level place and keep it away from moisture and water. When you finished exercise, please don't forget to wipe the sweat from bike to avoid the appearance rusting.**

Product Specification

Model	IS0127
Packing dimension (cm)	76L x 25W x57H
Product dimension (cm)	90L x 50W x 122H
Net weight	20kg
Gross weight	23kg
Max load	100kg
Colour	Black
Material	Steel, ABS, PP

Contact Us



ITSU WORLD SDN. BHD.
No. 13, Lorong Technology B, Nouvelle Industrial Park,
Taman Sains SG1 Kota Damansara,. PJU 5,
47810 Petaling Jaya,
Malaysia
Tel:+603 67323722



ITSU WORLD(HK)Limited
Workshop D1,28/F,TML Tower
No.3 Hoi Shing Road,Tsuen Wan,N.T.
Tel:+852 36112228



PT Healthy World
Lodan Center Block O No 20
Jalan Lodan Raya No 2
Jakarta Utara 14430
Tel:+62 21-69831123



User Manual
All information is correct at the time of print