

BODYFIT

by **SPORTS AUTHORITY™**

STATIONARY BIKE

Owner's Manual

Model No. BDEX1996.0

SKU No. 20181608

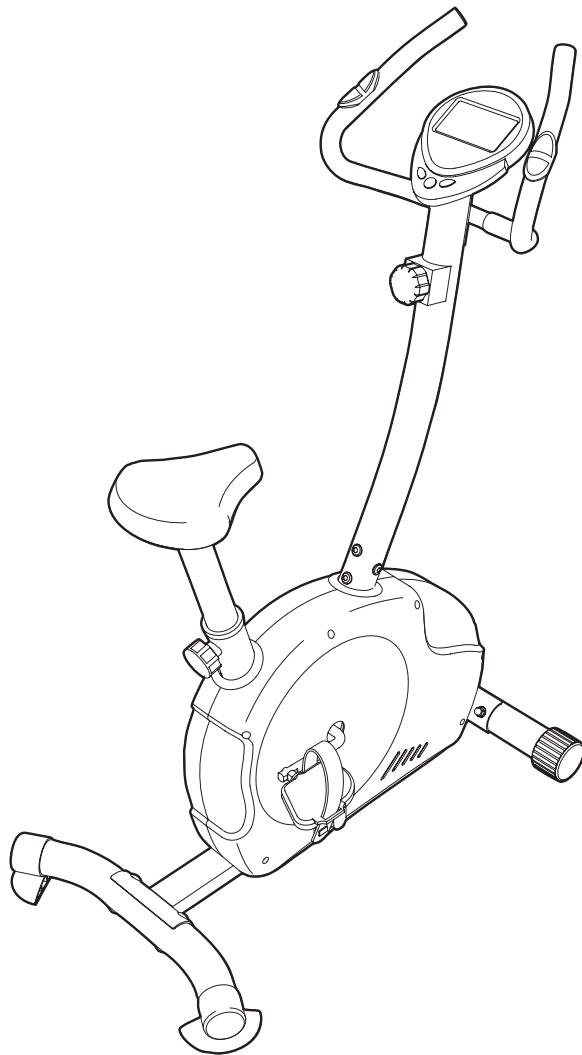


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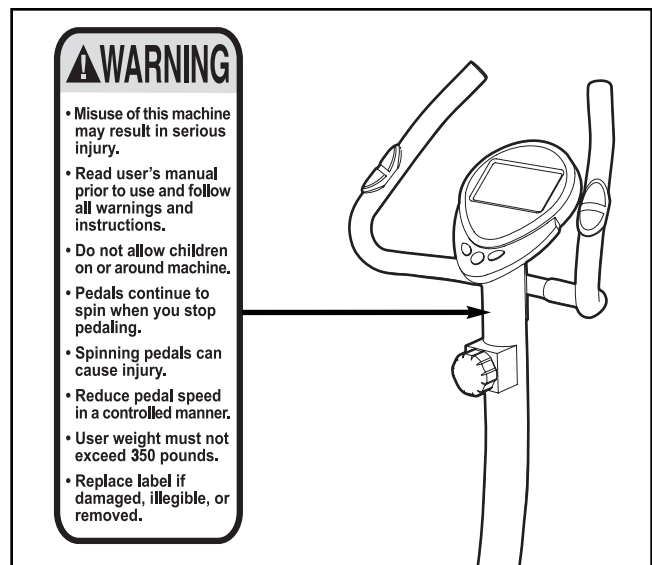
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BEFORE YOU BEGIN

- A flat area of 5' x 4' will be required to assemble and properly use the BF Stationary Bike.
- For your benefit, read this manual carefully before using the BF Stationary Bike. Please review the exploded diagram and familiarize yourself with the parts that are labeled.
- Before beginning assembly, make sure to read the information on this page. This brief introduction will help you with assembly and save you time.
- **Assembly Requires Two Persons.** For your convenience and safety, assemble the BF Stationary Bike with the help of another person.
- **Set Aside Enough Time.** The BF Stationary Bike has many features, so the assembly process will take approximately 30 to 60 minutes. Assembly will go smoothly if you set aside plenty of time and decide to make the task enjoyable.
- **Select A Location.** Because of its weight and size, the BF Stationary Bike should be assembled in the location where it will be used. Make sure that there is enough room to walk around the BF Stationary Bike as you assemble it.
- **How to Unpack the Box.** Place all parts of the BF Stationary Bike in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. *Note: The assembly hardware for the BF Stationary Bike can be found in the carton.*
- **Tools Required For Assembly.** Assembly will require a Phillips screwdriver and an adjustable wrench.
- **How to Identify Parts.** Remove all the parts from the carton and carefully place them on the floor. To help you identify the small parts used in assembly, we have included a PARTS LIST in this manual. Place the list on the floor and use it to easily identify parts during each assembly step. *Note: Some small parts may have been preattached. If a part is not in the parts bag, check to see if it has been preattached.*
- **Tightening Parts.** Tighten all parts as you assemble them, unless instructed to do otherwise.
- **The decal shown at the right has been placed on the stationary bike. If the decal is missing or illegible, call the toll-free telephone number on the back cover of this manual and order a free replacement decal. Apply the decal in the location shown.**



SAFETY & PRECAUTIONS

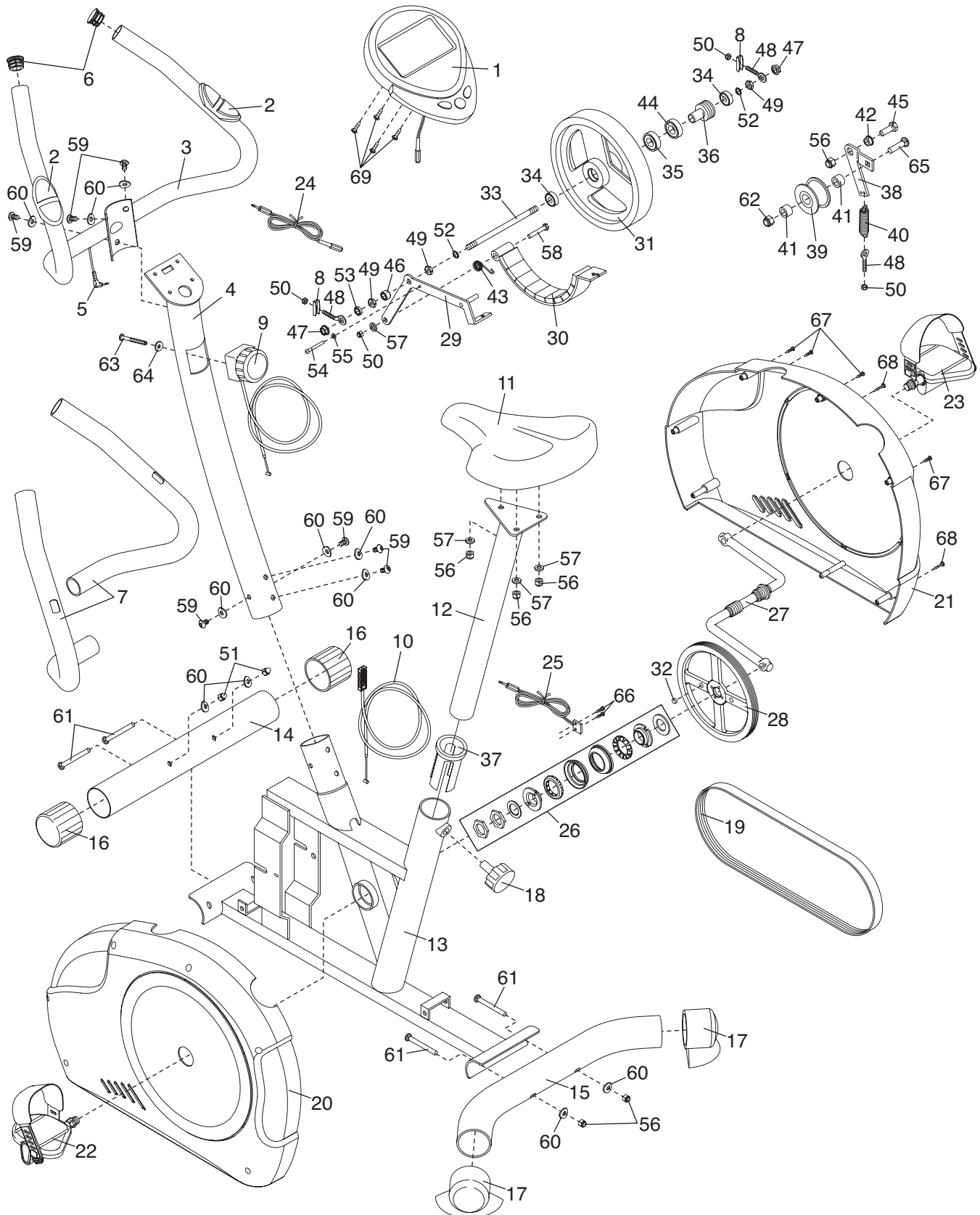
IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference.

- Thank you for purchasing our product. Even though we make great efforts to ensure the quality of each product we produce, occasional errors and/or omissions do occur. If you should find this product to have either a defective part or a missing part, please contact us for a replacement.
- This product has been designed for home use only. Product liability and guarantee conditions will not apply to products being subjected to professional use or to products being used in a gym center.
- This exercise equipment was designed and built for optimum safety. However, certain precautions apply whenever you operate exercise equipment. Make sure to read the entire manual before assembling and operating this machine. Also, please note the following safety precautions:
 1. Keep children and pets away from this equipment at all times.
 2. Only one person at a time should use this equipment.
 3. If you experience dizziness, nausea, chest pains, or any other abnormal symptoms while using this equipment, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
 4. Always use this equipment on a clear and level surface. Do not use it outdoors or near water.
 5. Keep hands and feet away from any moving parts.
 6. Do not insert any object into any openings.
 7. Read all instructions before assembly and operation.
 8. Before using this equipment to exercise, always perform stretching exercises to properly warm up.
 9. Use this equipment only for its intended use as described in this manual.
 10. Always wear appropriate workout clothing and shoes when exercising; do not wear robes or other clothing that could become caught in the equipment.
- Weight on this product should not exceed 250 pounds.
- Exercise of a strenuous nature, as is customarily done on this equipment, should not be undertaken without first consulting a physician. No specific health claims are made or implied as they relate to the equipment. Measurements made by the equipment are believed to be accurate, but only the measurements of your physician should be relied upon.

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

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EXPLODED DIAGRAM



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PARTS LIST

#	Description	Qty	#	Description	Qty
1.	Console	1	26.	Crank bearing set	1
2.	Handgrip pulse sensors	2	27.	Crank	1
3.	Handlebar	1	28.	Crank pulley	1
4.	Handlebar upright	1	29.	Flywheel bracket	1
5.	Pulse wire	1	30.	"C" magnet	1
6.	Handlebar endcaps	2	31.	Flywheel	1
7.	Foam grips	2	32.	Magnet	1
8.	"U" brackets	2	33.	Flywheel axle	1
9.	Resistance control and cable	1	34.	6000Z bearings	2
10.	Lower cable	1	35.	Flywheel clutch bearing	1
11.	Seat	1	36.	Flywheel pulley	1
12.	Seat post	1	37.	Seat post sleeve	1
13.	Frame	1	38.	Idler arm	1
14.	Front stabilizer	1	39.	Idler pulley	1
15.	Rear stabilizer	1	40.	Idler spring	1
16.	Front stabilizer endcaps	2	41.	Idler spacers	2
17.	Rear stabilizer endcaps	2	42.	Idler bushing	1
18.	Seat post knob	1	43.	"C" magnet spring	1
19.	Drive belt	1	44.	6003Z bearing	1
20.	Left side shield	1	45.	M8 x 20mm idler bolt	1
21.	Right side shield	1	46.	M10 x 16mm x 10mm spacer	1
22.	Left pedal with strap	1	47.	3/8" flange nuts	2
23.	Right pedal with strap	1	48.	M6 eye bolts	3
24.	Handlebar upright wire	1	49.	3/8" nuts	3
25.	Reed switch and wire	1	50.	M6 nylon locknuts	4

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PARTS LIST

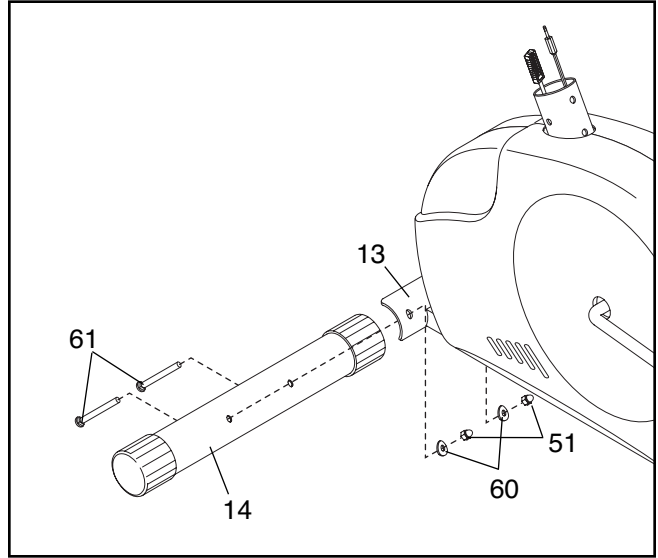
#	Description	Qty	#	Description	Qty
51.	M8 acorn nuts	2	61.	M8 x 70mm carriage bolts	4
52.	M10 x 14mm washers	2	62.	M10 nylon locknut	1
53.	M10 x 16mm x 2.5mm spacer	1	63.	M5 x 50mm button bolt	1
54.	M5 x 30mm round head screw	1	64.	M5 curved washer	1
55.	M5 x 15mm washer	1	65.	M10 x 35mm carriage bolt	1
56.	M8 nylon locknuts	6	66.	M3 x 10mm screws	2
57.	M8 x 15mm washers	4	67.	M4 x 25mm screws	4
58.	M6 x 45mm bolt	1	68.	M4 x 50mm screws	2
59.	M8 x 16mm upright screws	7	69.	M4 x 8mm screws	4
60.	M8 curved washers	11			

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ASSEMBLY INSTRUCTIONS

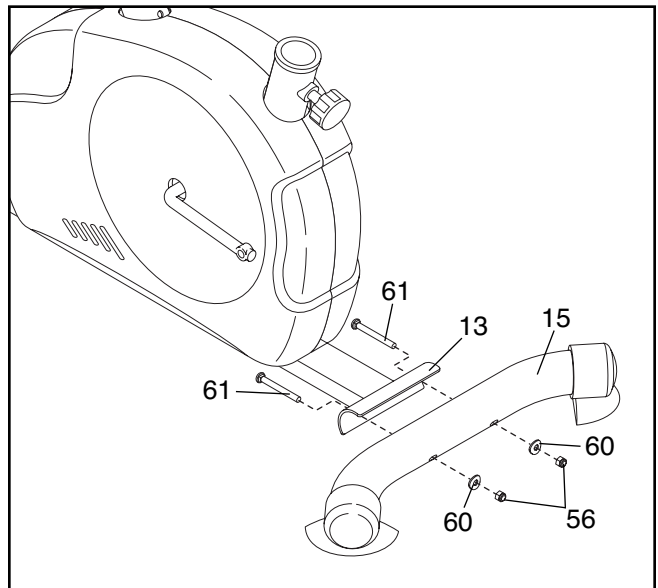
STEP 1

While another person lifts the front of the Frame (13) slightly, attach the Front Stabilizer (14) with two M8 x 70mm Carriage Bolts (61), two M8 Curved Washers, and two Acorn Nuts (51).



STEP 2

While another person lifts the rear of the Frame (13) slightly, attach the Rear Stabilizer (15) with two M8 x 70mm Carriage Bolts (61), two M8 Curved Washers, and two M8 Nylon Locknuts (56).

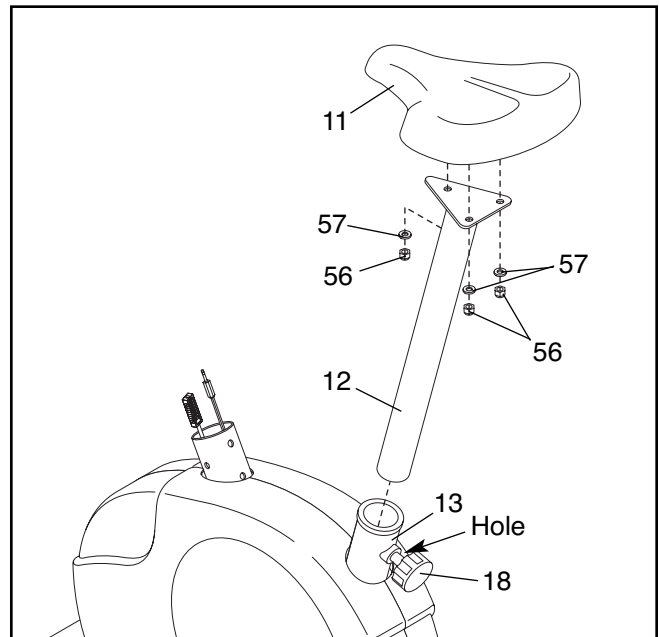


ASSEMBLY INSTRUCTIONS

STEP 3

Insert the Seat Post (12) into the Frame (13), and align one of the adjustment holes in the Seat Post with the indicated hole in the Frame. Next, insert the Seat Post Knob (18) into the Frame and the Seat Post, and turn the Seat Post Knob clockwise until it is tight. **Make sure that the Seat Post Knob is inserted into one of the adjustment holes in the Seat Post.**

Then, attach the Seat (11) to the Seat Post (12) with three M8 x 15mm Washers (57) and three M8 Nylon Locknuts (56). Note: The Washers and Nylon Locknuts may be preattached to the underside of the Seat.

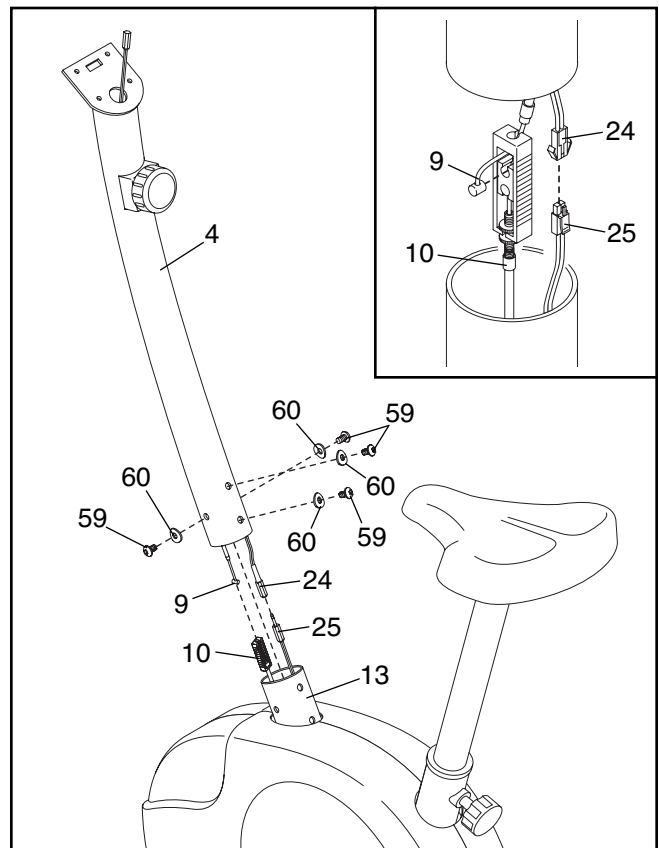


STEP 4

While another person holds the Handlebar Upright (4) as shown, connect the Reed Switch Wire (25) to the Handlebar Upright Wire (24) (see the inset drawing). Next, connect the Resistance Cable (9) to the plastic connector on the Lower Resistance Cable (10) in the following way:

- Insert the end of the Resistance Cable (9) through the connector from the side shown. Next, press the small cylinder on the end of the Resistance Cable into the indicated hole in the connector.
- Pull the Resistance Cable (9) upward and insert it into the hole in the top of the connector.
- Remove the metal clip (not shown) from the bottom of the connector.

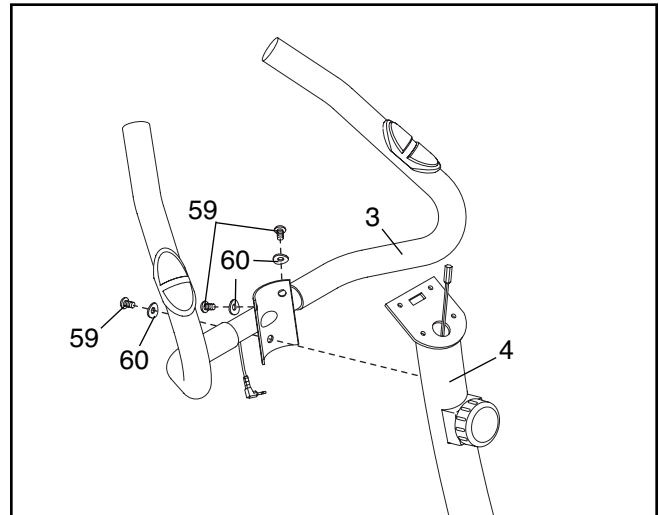
Insert the Handlebar Upright (4) into the Frame (13). **Be careful to avoid pinching the wires and the cables.** Attach the Handlebar Upright with four M8 x 16mm Upright Screws (59) and four M8 Curved Washers (60).



ASSEMBLY INSTRUCTIONS

STEP 5

Orient the Handlebar (3) as shown. Attach the Handlebar to the Handlebar Upright (4) with three M8 x 16mm Upright Screws (59) and three M8 Curved Washers (60).



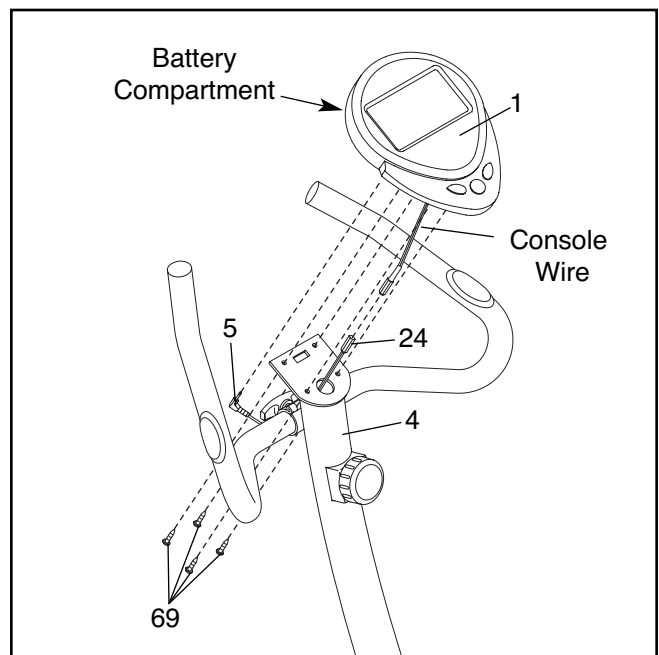
STEP 6

The Console (1) requires two 1.5 V “AA” batteries (not included). Remove the battery cover from the Console, and insert two batteries into the battery compartment. **Make sure that the batteries are oriented as shown by the diagram inside the battery compartment.** Then, reattach the battery cover.

While a second person holds the Console (1) near the Handlebar Upright (4), connect the console wire to the Handlebar Upright Wire (24). Insert the excess wire into the Handlebar Upright.

Next, attach the Console (1) to the Handlebar Upright (4) with four M4 x 8mm Screws (69). **Be careful to avoid pinching the wires.**

Then, plug the Pulse Wire (5) into the back of the Console (1).

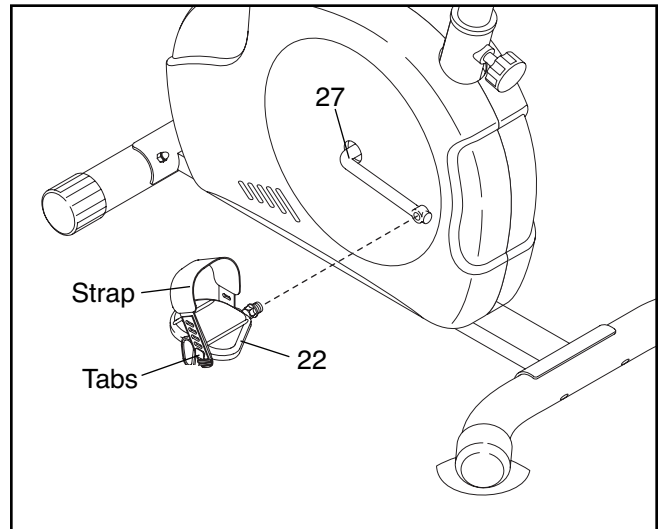


ASSEMBLY INSTRUCTIONS

STEP 7

Identify the Left Pedal (22), which is marked with a sticker. Using the included wrench, firmly tighten the Left Pedal *counterclockwise* into the left arm of the Crank (27). Tighten the Right Pedal (not shown) *clockwise* into the right arm of the Crank. **Important: Tighten both Pedals as firmly as possible. After using the exercise cycle for one week, retighten the Pedals. For best performance, the Pedals must be kept tightened.**

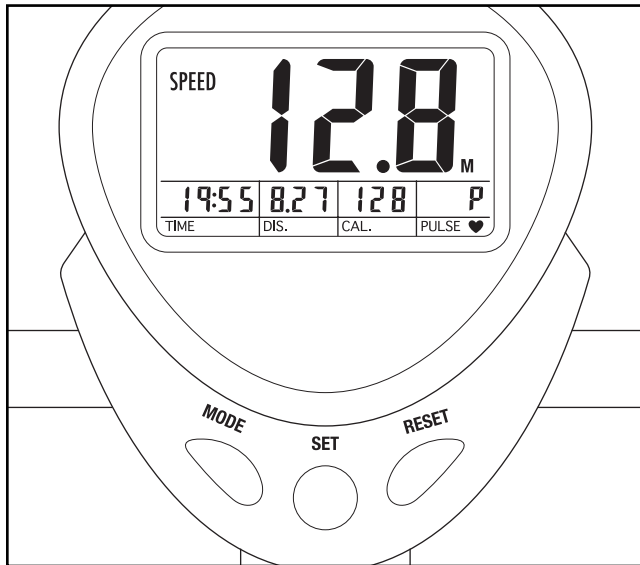
Adjust the strap on the Left Pedal (22) to the desired position, and press the end of the strap onto the tabs to secure it. **Adjust the Right Pedal strap (not shown) in the same way.**



CONSOLE INSTRUCTIONS

FEATURES OF THE CONSOLE

The easy-to-use console features five displays that provide instant exercise feedback during your workouts. The displays are described below.



Speed—This display shows your pedaling speed, in miles or kilometers per hour.

Time —This display shows the elapsed time. Note: If you set a time goal (see step 2), this mode will display the time remaining in your workout.

Distance—This display shows the distance you have pedaled during your workout, in miles or kilometers. Note: If you set a distance goal (see step 2), this display will show the distance remaining in your workout.

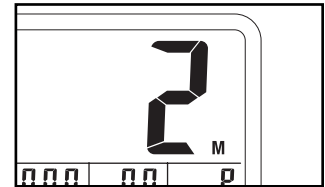
Calories—This display shows the approximate number of calories you have burned during your workout. Note: If you set a calorie-burning goal (see step 2), this display will show the number of calories still to be burned in your workout.

Pulse—This display shows your heart rate in beats per minute when the console detects your pulse. When no pulse is detected, a “P” will appear in the display.

HOW TO USE THE CONSOLE

Make sure that the console has batteries (see assembly step 6 on page 10). If there is a sheet of clear plastic on the face of the console, remove it.

Note: You can set the console to display speed and distance in either kilometers or miles. When you insert batteries into the console, a “1” will begin to flash in the Speed display. While the “1” is flashing, you can press the MODE button repeatedly to switch between “1” (kilometers) and “2” (miles). A few seconds after you have selected “1” or “2,” the unit of measurement will be set.



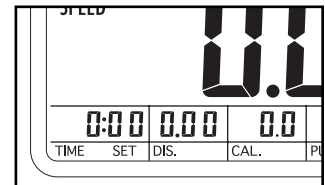
Follow the steps below to operate the console.

1. Turn on the console.

To turn on the console, press any button on the console or simply begin pedaling.

2. Set a workout goal, if desired.

To set a time, distance, or calorie-burning goal for your workout, press the MODE button repeatedly until the word SET begins to flash in the Time, Distance, or Calories display.



Next, press the SET button repeatedly to set a goal. To set a goal quickly, hold down the SET button. To reset the goal, press the RESET button while the word SET is flashing in the display.

CONSOLE INSTRUCTIONS

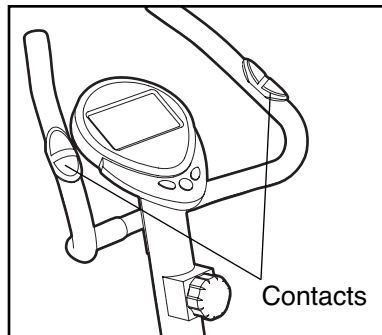
3. Begin pedaling and follow your progress with the displays.

As you exercise, the console will provide instant feedback about your workout. If you have set a workout goal, a tone will sound for several seconds when you reach your goal; if you continue to exercise, the display will begin to count upward.

4. Measure your heart rate, if desired.

If there are sheets of clear plastic on the metal contacts of the handgrip pulse sensor, peel off the plastic.

Place your hands on the handgrip pulse sensor, with your palms on the contacts. **Avoid moving your hands.** When your pulse is detected, your heart rate will be shown.



For the most accurate heart rate reading, continue to hold the handgrips for about 30 seconds.

If your heart rate is not shown, make sure that your hands are positioned as described. Avoid moving your hands excessively or squeezing the metal contacts too tightly. For optimal performance, periodically clean the metal contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

5. When you are finished exercising, the console will automatically turn off.

If the pedals do not move for a few seconds, the console displays will pause.

The console has an "auto-off" feature. If the pedals do not move and the console buttons are not pressed for a few minutes, the power will turn off automatically to save the batteries.

TRAINING INSTRUCTIONS

EXERCISE SPECIFICATIONS

To achieve a considerable improvement of your physical fitness and health, take note of the following information and recommendations. To avoid health risks, especially if you have not been physically active for a long period of time, you should consult your general physician before starting to exercise.

INTENSITY

To achieve maximum results, you need to choose the right exercise intensity. Use your pulse rate as a guide during your workouts. As a rule of thumb, use the following formula: Maximum pulse rate = $220 - \text{Age}$.

While exercising, your pulse rate should always be between 60% and 85% of your maximum pulse rate.

When starting to exercise, you should keep your pulse rate at 60% of your maximum pulse rate during the first couple of weeks. As your fitness improves, slowly increase your pulse rate to 85% of your maximum pulse rate.

FAT BURNING

The body starts to burn fat at approximately 60% of the maximum pulse rate.

To reach an optimum burning rate, it is advisable to keep your pulse rate between 60% and 70% of your maximum pulse rate.

The optimum training consists of three workouts of 30 minutes each per week.

Example:

- *You are 52 years old and would like to start exercising.*
- *Maximum pulse rate = $220 - 52 \text{ (age)} = 168$ pulse/min*
- *Minimum pulse rate = $168 \times 0.6 = 101$ pulse/min*
- *Highest pulse rate = $168 \times 0.7 = 117$ pulse/min*
- *During the first weeks it is advisable to start with a pulse rate of 101, later increasing to a pulse rate of 117.*

As your fitness improves, you can increase your exercise intensity to 70% to 85% of your maximum pulse rate.

You can increase your exercise intensity by adjusting the resistance on the equipment, by exercising more frequently, or by increasing the length of your training periods.

WARM UP

Before every training period, you should warm up for 5 to 10 minutes by performing low-resistance stretching.

TRAINING PERIOD

During your actual training period, try to achieve a pulse rate that is 70% to 85% of your maximum pulse rate.

Calculate the length of your training session with the following rule of thumb:

- *Daily training session: approximately 10 minutes per unit*
- *2–3 times per week: approximately 30 minutes per unit*
- *1–2 times per week: approximately 60 minutes per unit*

COOL DOWN

For an effective cool-down of your muscles and metabolism, reduce your exercise intensity during the last 5 to 10 minutes of your training period.

Stretching is also helpful for preventing muscle aches.

SUCCESS

Even after a short period of regular exercises, you will notice that you constantly have to increase the equipment resistance to reach your optimum pulse rate. Exercising will become easier and you will feel a lot fitter in your everyday life.

LIMITED WARRANTY

- Make sure to consult with your physician before starting any exercise program.
- To minimize injury, make sure to fully stretch your muscles before and after exercising.
- To avoid dehydration while exercising, make sure to drink plenty of water.
- Wear appropriate athletic shoes and clothing while exercising. Do not wear loose clothing that could interfere with your workout by becoming caught in the equipment.
- Always check your equipment to make sure that it is in good working order prior to beginning your workout.
- This product is not a toy; please keep it away from children when not in use.
- Maximum weight capacity: 250 pounds.

WARRANTY INFORMATION

Sports Authority warrants that this product will be free from defects in materials and workmanship for a period of 90 days from date of purchase. This warranty applies only to the original purchaser when purchase of the product is from an authorized retailer and is for personal or household use, but not when the sale is for commercial use. This warranty is not transferable.

EXCEPT FOR THE LIMITED EXPRESS WARRANTY STATED HEREIN, SPORTS AUTHORITY DISCLAIMS ALL OTHER EXPRESS OR IMPLIED WARRANTIES, INCLUDING BUT NOT LIMITED TO IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS, SO THE ABOVE LIMITATIONS MAY NOT APPLY TO YOU. Sports Authority will not be liable for any loss or damage, including incidental or consequential damages of any kind, whether based upon warranty, contract or negligence, and arising in connection with the sale, use or repair of the product. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATION OR EXCLUSION MAY NOT APPLY TO YOU. THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS AND YOU MAY HAVE OTHER RIGHTS THAT VARY FROM STATE TO STATE.

In the event of failure of this product to conform to this warranty during the warranty period, please call Sports Authority Customer Service at 1-877-872-6970 for assistance in the repair or replacement of the product or any covered part. Sports Authority will repair or replace, at its own option, the product or any covered part, except that this warranty does not cover damage caused by accident (including in transit), or repairs or attempted repairs by any person not authorized by Sports Authority, or by vandalism, misuse, abuse, or alteration.

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