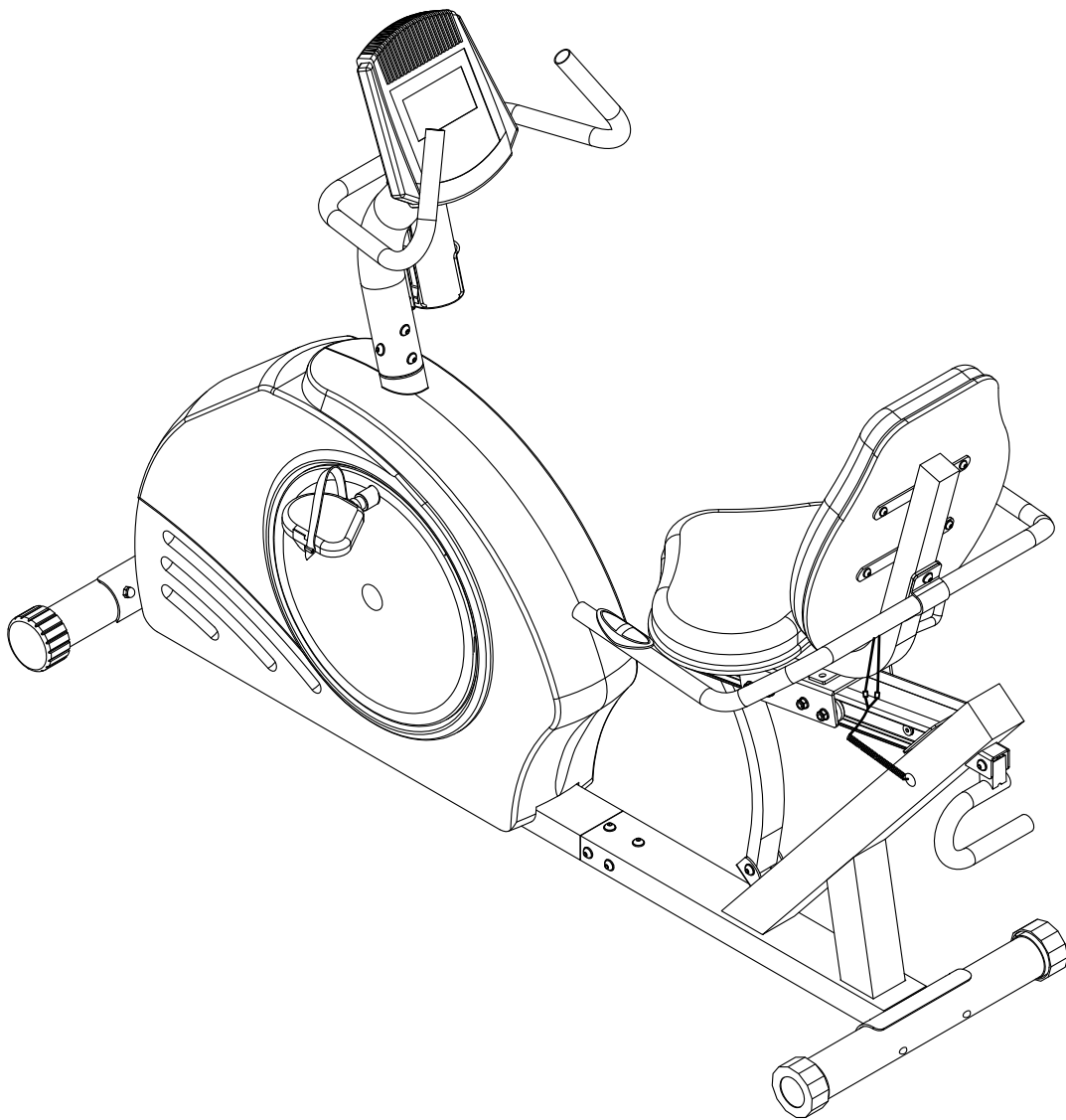




BRB 6000 DELUXE MAGNETIC RECUMBENT BIKE



* This item is for consumer use only and it is not meant for commercial use.

OWNER'S MANUAL

This page intentionally left blank



General Information



Safety

Before you undertake any exercise program, please be sure to consult with your doctor. Frequent strenuous exercise should be approved by your doctor and proper use of your product is essential. Please read this manual carefully before commencing the assembly of your product or starting to exercise.

- Please keep all children away from this item when in use. Do not allow children to climb or play on them when they are not in use.
- Supervise teenagers while they use this unit.
- For your own safety, always ensure that there is at least 3 feet of free space in all directions around your product while you are exercising.
- Regularly check to see that all nuts, bolts and fittings are securely tightened. Periodically check all moving parts for obvious signs of wear or damage.
- Clean only with a damp cloth, do not use solvent cleaners. If you are in any doubt, do not use your product; contact CUSTOMER SUPPORT.
- Before use, always ensure that your product is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of slipping.
- Always wear appropriate clothing and footwear such as training shoes when exercising. Do not wear loose clothing that could become caught in moving parts during exercise.
- Do not use this unit if it is not functioning properly or if it is not fully assembled.
- Do not use this unit for commercial purposes.
- Before use, you must read and understand all instructions & warnings stated in this Owner's Manual as well as posted on the equipment.
- It is the facility owner's responsibility to properly instruct users on the proper operation of the equipment and to warn them of the potential hazards.
- If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your physician.

Assembling Tools

- Ruler with both metric and English measurements
- 2 x Adjustable Wrenches
- 1 x Philips ("Crosshead") Screw Driver

Weight Limit

Your product is suitable for users weighing: 250 pounds or less.

Storage and Use

Your product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems.

Warranty

Body Flex Sports warrants your product for a period of 1 year for the frame and 90 days on all parts if the item is used for the intended purpose, properly maintained and not used commercially. Any alterations or incorrect assembly of the product will void this warranty.

Proof of purchase must be presented for any warranty validation (no exceptions). This warranty applies to the original purchaser only and is not transferable.

This warranty does not cover abuse or defects caused during use, storage or assembly.

During the warranty period, Body Flex Sports reserves the right to:

- a). provide replacement parts to the purchaser in an effort to repair the item.
- b). repair the product returned to our warehouse (at the purchaser's cost).
- c). replace the product if neither of the two previously mentioned actions effect repair.

This warranty does not cover normal wear and tear on upholstery.



Questions

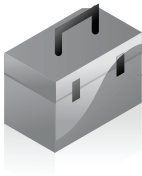
If you have any questions concerning the assembly of your item or if any parts are missing, please **DO NOT RETURN THE ITEM TO THE STORE OR CONTACT THE RETAILER**. Our dedicated customer service staff can help you with any questions you may have regarding the assembly of this unit and can also mail you replacement parts.

Customer Support

Customer Support is open 9:00 a.m. to 5:00 p.m. (Pacific Time) Monday through Friday. Please contact us by any of the following means.

Body Flex Sports, Inc.
21717 Ferrero Parkway, Walnut, CA 91789
Telephone: (888) 266 - 6789
Fax: (909) 598 - 6707
Email: info@bodyflexsports.com

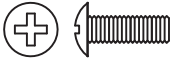




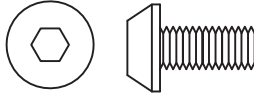
Hardware & Tool List

The following hardware is used to assemble your unit. Please take a moment to familiarize yourself with these items. Please note some of this hardware is already pre-assembled on the machine. Do not be alarmed if you see parts on this page that are not included in your hardware packet

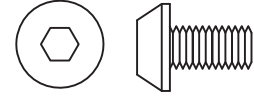
Bolt



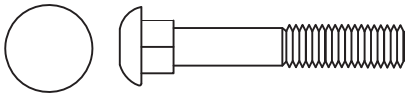
#02. Bolt (M4x12 mm)
[6 Pieces]
Pre-assembled



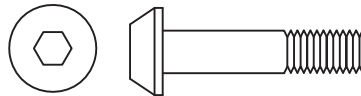
#08. Bolt (M8x20 mm)
[2 Pieces]



#13. Bolt (M8x15 mm)
[24 Pieces]



#22. Carriage Bolt (M8x73 mm)
[4 Pieces]



#33. Bolt (M8x45 mm)
[1 Piece]

Washer



#03. Washer (M4)
[6 Pieces]
Pre-assembled



#07. Arc Washer (M8)
[10 Pieces]



#14. Washer (M8)
[21 Pieces]



#55. Spring Washer (M8)
[4 Pieces]

Nut

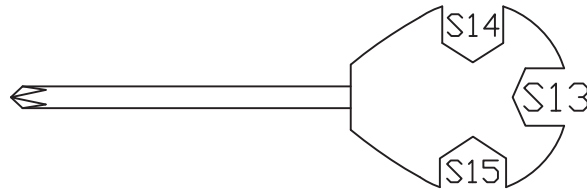


#23. Nylon Nut (M8)
[5 Pieces]

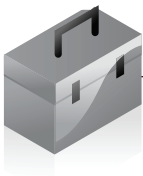
Tool



6mm
[1 Piece]



[1 Piece]



Parts Listing

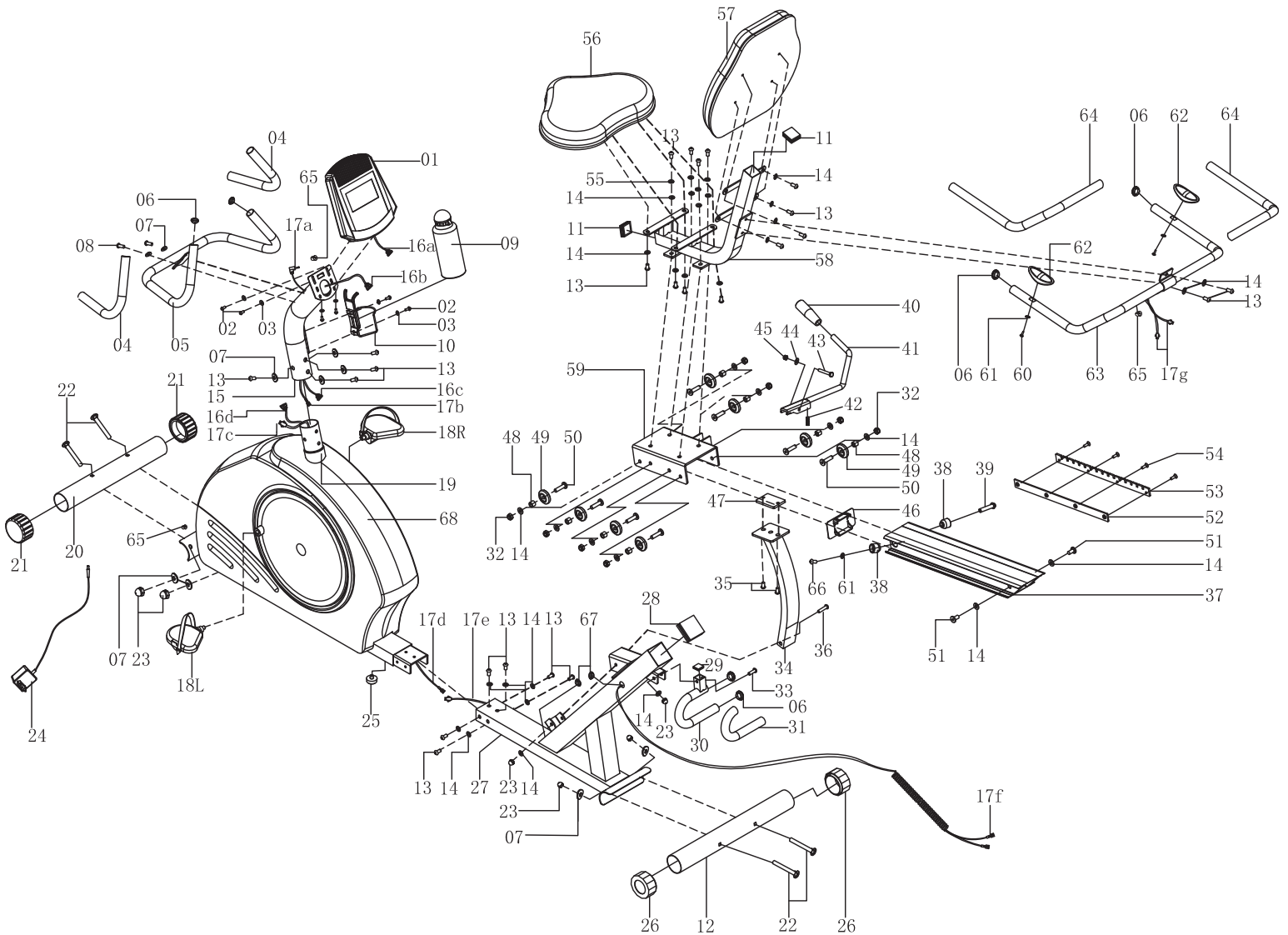
The following parts list describes all of the parts illustrated on the exploded diagram on the following page. Please note, most of these parts are already pre-assembled on your unit.

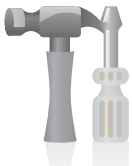
Part#	Description	Part#	Description
01	Monitor	31	Foam Grip
02	Bolt (M4x12 mm)	32	Nylon Nut (M8)
03	Washer (M4)	33	Bolt (M8x45 mm)
04	Foam Grip	34	Seat Support
05	Front Handle Bar	35	Bolt (M8x15 mm)
06	Round Inner Plug (φ25 mm)	36	Bolt (M8x60 mm)
07	Arc Washer (M8)	37	Aluminum Track
08	Bolt (M8x20 mm)	38	Block
09	Aluminum Water Bottle	39	Axle (Φ10.9x77 mm)
10	Water Bottle Holder	40	Cap of Pin
11	Square Inner Plug (38 mm)	41	Seat Adjustment Lever
12	Rear Stabilizer	42	Spring
13	Bolt (M8x15 mm)	43	Hex Bolt (M6x40 mm)
14	Washer (M8)	44	Washer (M6)
15	Front Post	45	Nylon Nut (M6)
16a	Monitor Wire a	46	Cover
16b	Monitor Wire b	47	Reinforcement Plate
16c	Monitor Wire c	48	Spacer (Φ12.5xΦ8.2x10 mm)
16d	Monitor Wire d	49	Wheel (Φ36xΦ8x11 mm)
17a	Sensor Wire a	50	Bolt (M8x30 mm)
17b	Sensor Wire b	51	Bolt (M8x15 mm)
17c	Sensor Wire c	52	Rack Stator
17d	Sensor Wire d	53	Rack
17e	Sensor Wire e	54	Screw (M5x15 mm)
17f	Sensor Wire f	55	Spring Washer (M8)
17g	Sensor Wire g	56	Seat Cushion
18L	Left Pedal	57	Backrest Cushion
18R	Right Pedal	58	Seat Cushion Frame
19	Front Main Frame	59	Cushion Frame Base
20	Front Stabilizer	60	Bolt (M4x19 mm)
21	End Cap for Front Stabilizer	61	Washer (M6)
22	Carriage Bolt (M8x73 mm)	62	Pluse Sensor
23	Nut (M8)	63	Rear Handle Bar
24	AC Adapter	64	Foam Grip
25	Bumper	65	Wire Cover
26	End Cap for Rear Stabilizer	66	Bolt (M6x15 mm)
27	Rear Main Frame	67	Wire Plug
28	Square Inner Plug (60 mm)	68	Main Shroud
29	Square Inner Plug (25 mm)		
30	Transportation Handle Bar		



Exploded Diagram

The following diagram is provided to help you familiarize yourself with the parts and hardware that will be used during the assembly process. Please note that not all of the parts and hardware you see here will be used while you are assembling the machine because some of these items are already pre-installed. Please continue to the next page to begin the assembly process and use this page only as a reference guide for parts and hardware.





Assembly Instructions

Assembly Step 1

A.) Front Stabilizer & Pedal Assembly

Attach the **Front Stabilizer (#20)** to the bracket on the **Front Main Frame (#19)** (as shown in Figure A) using two **Carriage Bolts (#22)**, two **Arc Washers (#07)** and two **Nuts (#23)**.

Please note: **Front Stabilizer (#20)** is the one with end caps that spin. The **End Caps for Front Stabilizer (#21)** are used for transporting and moving your unit.

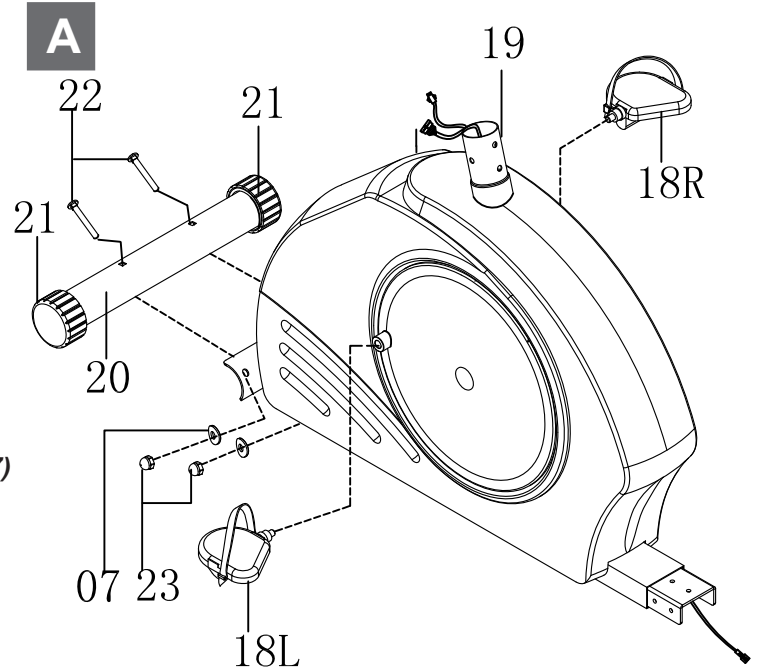
Install the **Left Pedal (#18L)** to the Left Disk Crank Hole and **Right Pedal (#18R)** to the Right Disk Crank Hole as shown in Figure A.

B.) Rear Frame Assembly

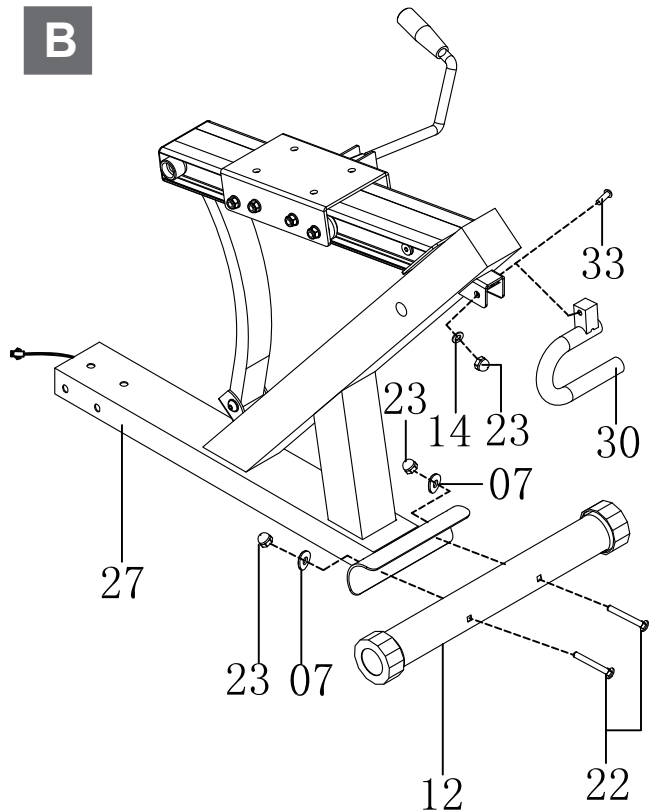
Attach the **Rear Stabilizer (#12)** to the **Rear Main Frame (#27)** using two **Carriage Bolts (#22)**, two **Arc Washers (#07)** and two **Nylon Nuts (#23)** as shown in Figure B.

Attach the **Transportation Handle Bar (#30)** by fitting it into the bracket on the **Rear Main Frame (#27)** and secure it using one **Bolt (#33)**, one **Washer (#14)** and one **Nylon Nut (#23)** (also shown in Figure B).

The **Transportation Handle Bar (#30)** is for ease in transporting and moving your unit. Use the **Transportation Handle Bar (#30)** to lift and roll the two **End Caps for Front Stabilizer (#21)**.

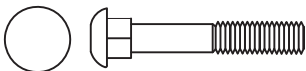


B



Hardware Required

Bolt



#22. Carriage Bolt (M8x73 mm)
[4 Pieces]



#33. Bolt (M8x45 mm)
[1 Piece]

Washer



#07. Arc Washer (M8)
[4 Pieces]



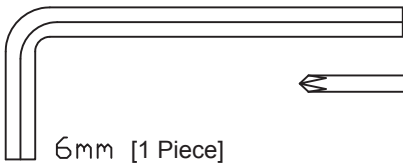
#14. Washer (M8)
[1 Pieces]

Nut

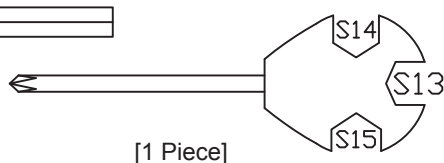


#23. Nylon Nut (M8)
[5 Pieces]

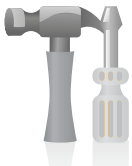
Tool



6mm [1 Piece]



[1 Piece]



Assembly Instructions

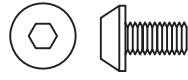
Assembly Step 2

Front & Rear Main Frame Assembly

First, connect **Sensor Wire d (#17d)** to **Sensor Wire e (#17e)** (as seen in circular close-up diagram). Then, slide the **Rear Main Frame (#27)** over the bracket of the **Front Main Frame (#19)** and attach using six **Bolts (#13)** and six **Washers (#14)** as seen in the figure below.

Hardware Required

Bolt



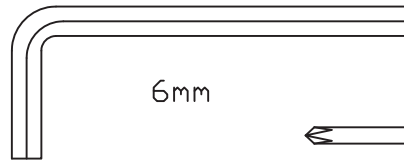
#13. Bolt (M8x15 mm) [6 Pieces]

Washer

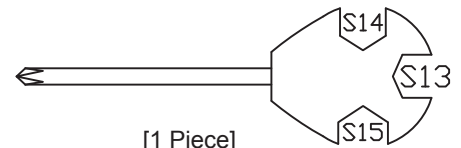


#14. Washer (M8) [6 Pieces]

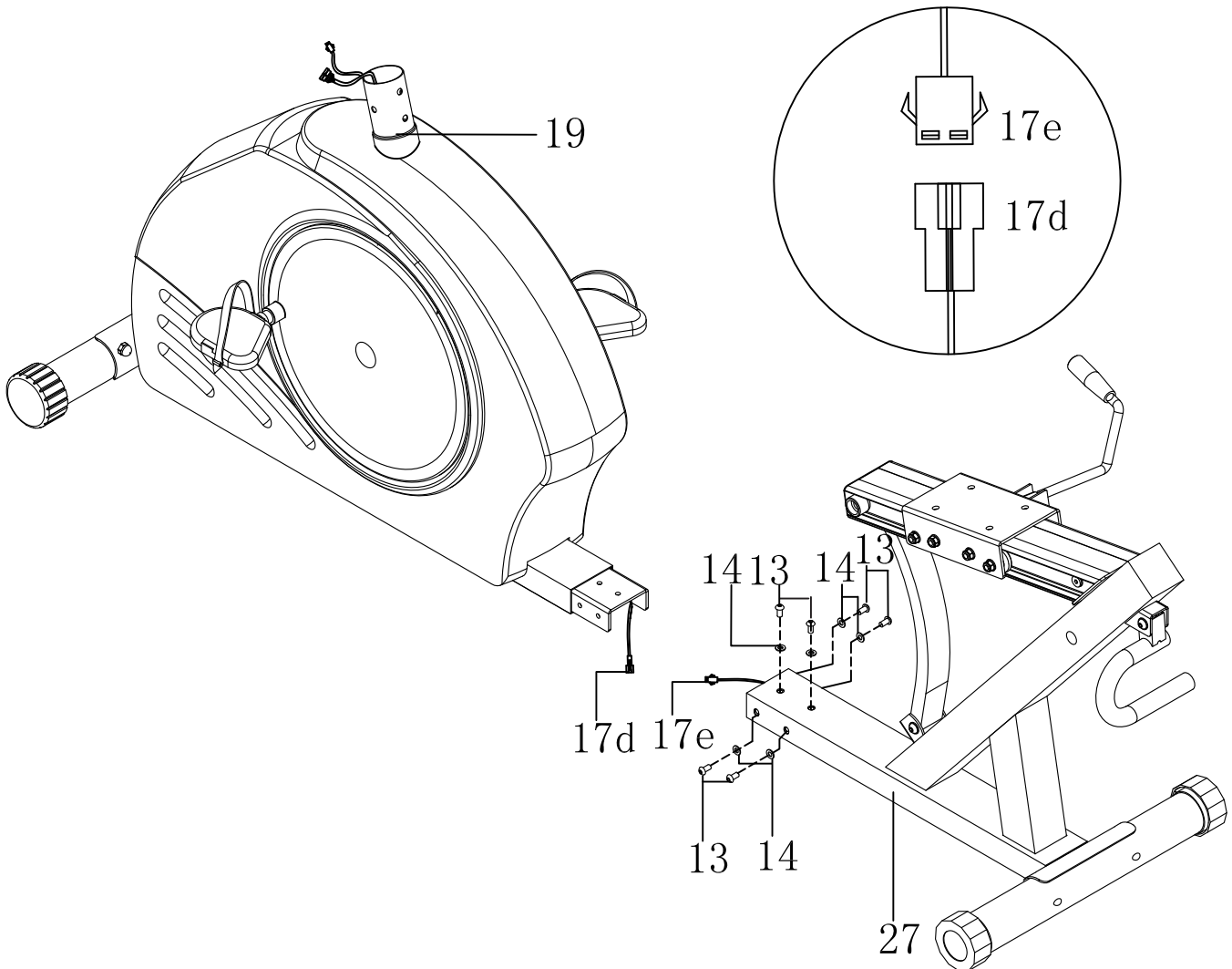
Tool



[1 Piece]



[1 Piece]





Assembly Instructions

Assembly Step 3

A

A.) Seat Cushion Frame Assembly

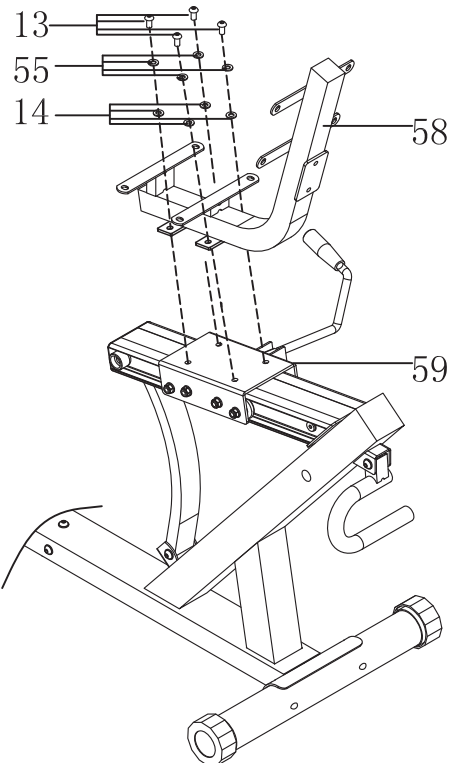
Attach the **Seat Cushion Frame (#58)** to the **Cushion Frame Base (#59)** as seen in Figure A using four **Bolts (#13)**, four **Spring Washers (#55)** followed by four **Washers (#14)**.

PLEASE NOTE: Spring washers should be placed between **Bolts (#13)** and **Washers (#14)**.

B.) Cushion Assembly

Attach the **Backrest Cushion (#57)** to the vertical portion of the **Seat Cushion Frame (#58)** using a total of four **Bolts (#13)** and four **Washers (#14)**. Attach the **Seat Cushion (#56)** to the horizontal portion of the **Seat Cushion Frame (#58)** using a total of four **Bolts (#13)** and four **Washers (#14)**.

Please refer to Figure B.



Hardware Required

B

Bolt



#13. Bolt (M8x15 mm) [12 Pieces]

Washer



#14. Washer (M8) [12 Pieces]



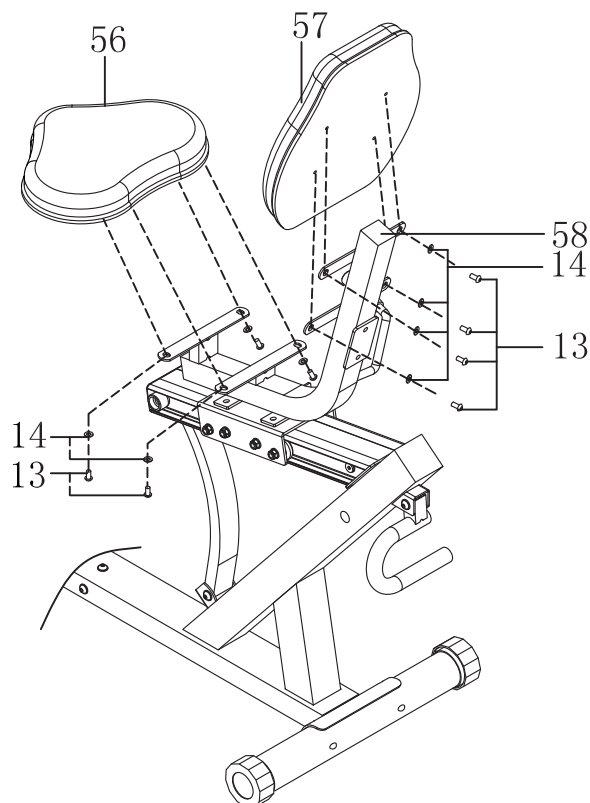
#55. Spring Washer (M8) [4 Pieces]

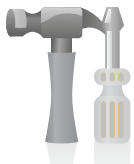
Tool



6mm

[1 Piece]





Assembly Instructions

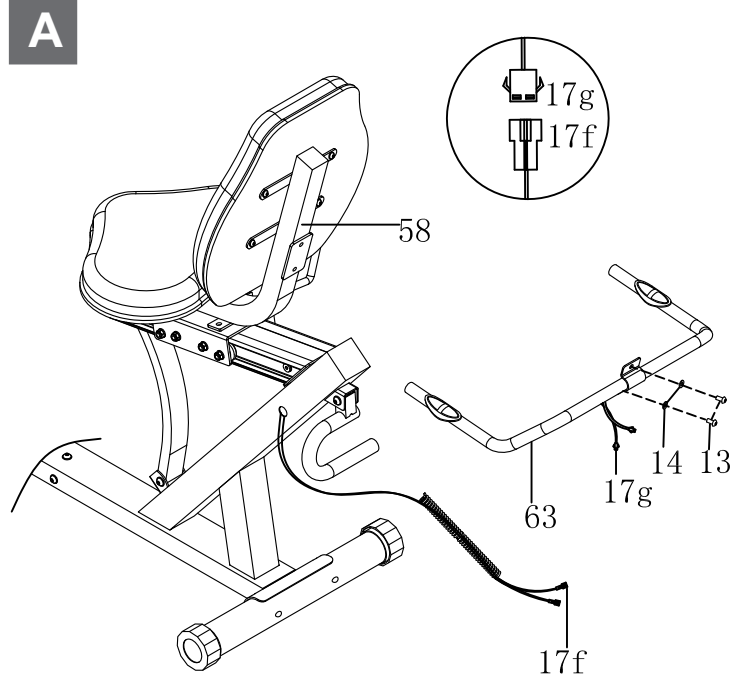
Assembly Step 4

A.) Rear Handle Bar Assembly

Attach the **Rear Handle Bar (#63)** to the back of the vertical portion of the **Seat Cushion Frame (#58)** using two **Bolts (#13)** and two **Washers (#14)** as seen in Figure A. Then, connect the **Sensor Wire f (#17f)** to the **Sensor Wire g (#17g)** as shown in the circular close-up diagram.

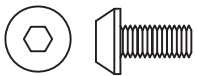
B.) Front Post Assembly

With the help of an assistant to hold the **Front Post (#15)**, connect **Sensor Wire b (#17b)** to **Sensor Wire c (#17c)**, and **Monitor Wire c (#16c)** to **Monitor Wire d (#16d)** as shown in the circular close-up diagram. Slide the **Front Post (#15)** onto the **Front Main Frame (#19)** and then secure it using four **Bolts (#13)** and four **Arc Washers (#07)**. Then, attach the **Front Handle Bar (#05)** to the **Front Post (#15)** using two **Bolts (#08)** and two **Arc Washers (#07)**. Please refer to Figure B.



Hardware Required

Bolt



#08. Bolt (M8x20 mm)
[2 Pieces]



#13. Bolt (M8x15 mm)
[6 Pieces]

Washer

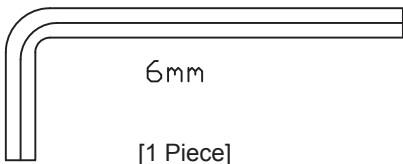


#07. Arc Washer (M8)
[6 Pieces]



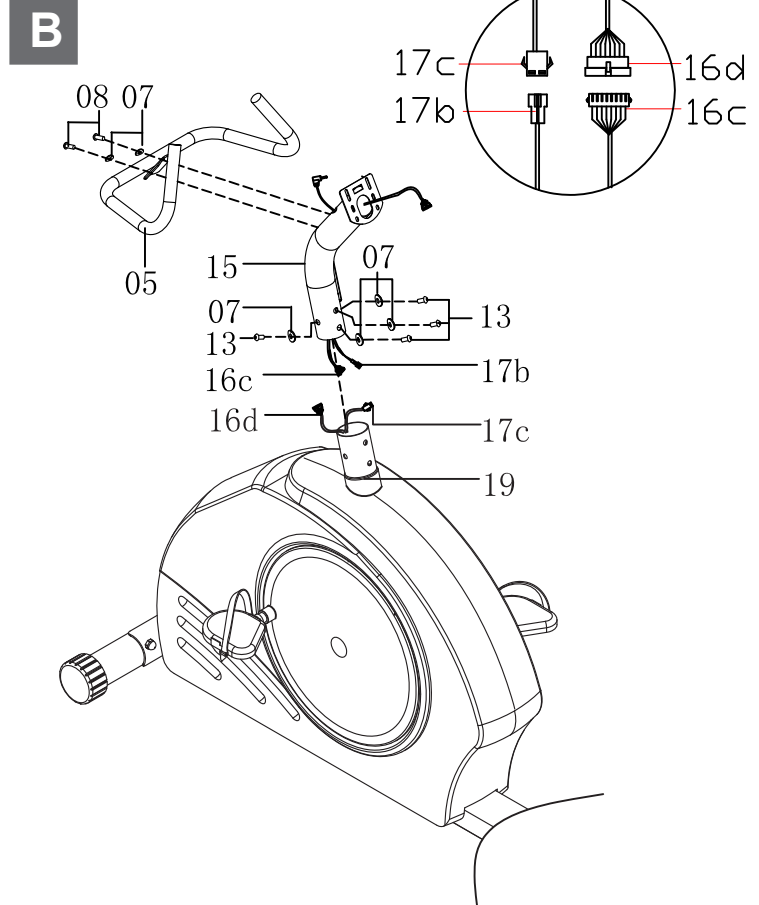
#14. Washer (M8)
[2 Pieces]

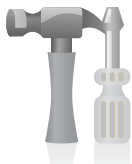
Tool



6mm

[1 Piece]





Assembly Instructions

Assembly Step 5

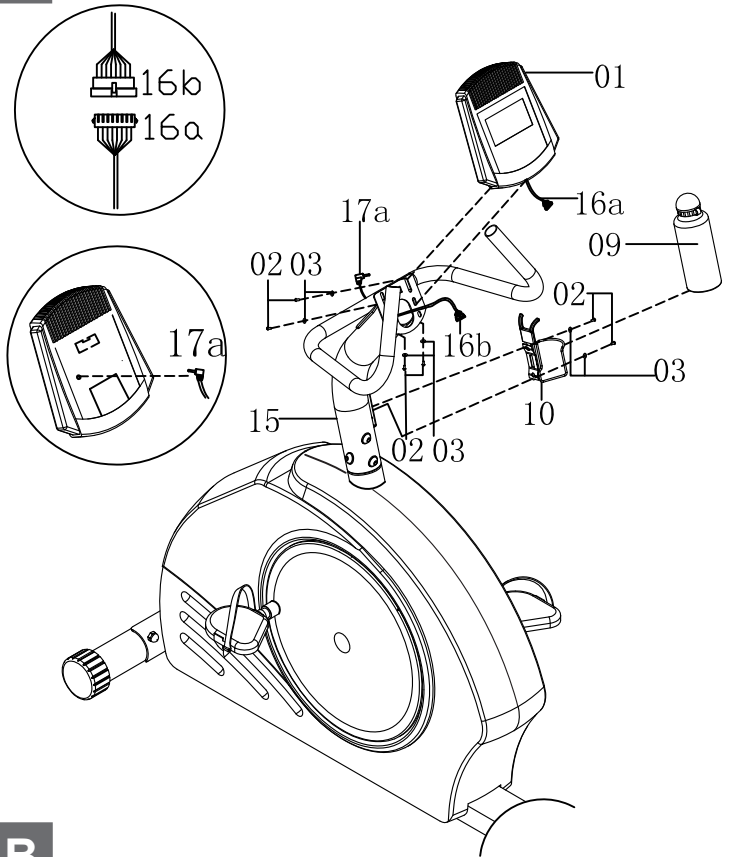
A.) Monitor & Water Bottle Holder Assembly

Remove the four **Bolts (#02)** and four **Washers (#03)** that are pre-assembled on the back of the **Monitor (#01)**. First, connect **Monitor Wire a (#16a)** to **Monitor Wire b (#16b)** as shown in the circular close-up diagram. Then, use the four **Bolt (#02)** and four **Washers (#03)** that were previously removed to mount the **Monitor (#01)** to the **Front Post (#15)**. Plug in **Sensor Wire a (17a)** into the corresponding hole on the back of the **Monitor (#01)**. Please refer to Figure A.

Remove the two **Bolts (#02)** and two **Washers (#03)** that are pre-assembled on the **Front Post (#15)** and set them aside. Attach the **Water Bottle Holder (#10)** to the **Front Post (#15)** using the previously removed two **Bolts (#02)** and two **Washers (#03)**. Insert the **Aluminum Water Bottle (#09)** into the **Water Bottle Holder (#10)**.

B.) AC Adaptor Assembly

Please double check that all wires are connected properly now. Plug in the **AC Adaptor (#24)** male plug into the female socket located at the front of the **Main Shroud (#68)**.

A

Hardware Required

B

Bolt



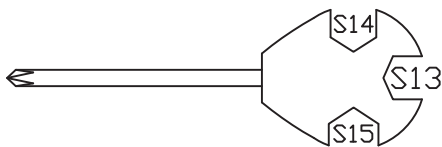
#02. Bolt (M4x12 mm) [6 Pieces]

Washer

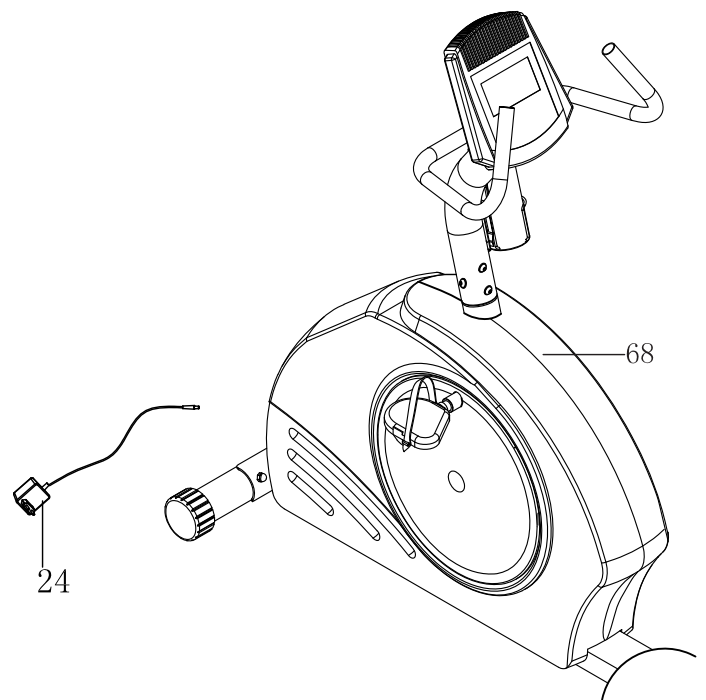


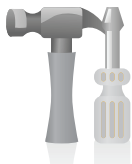
#03. Washer (M4) [6 Pieces]

Tool



[1 Piece]





Assembly Instructions

Seat Adjustment

The **Seat Adjustment Lever (#41)** will allow you to adjust the seat of your unit to a comfortable position for your workout sessions.

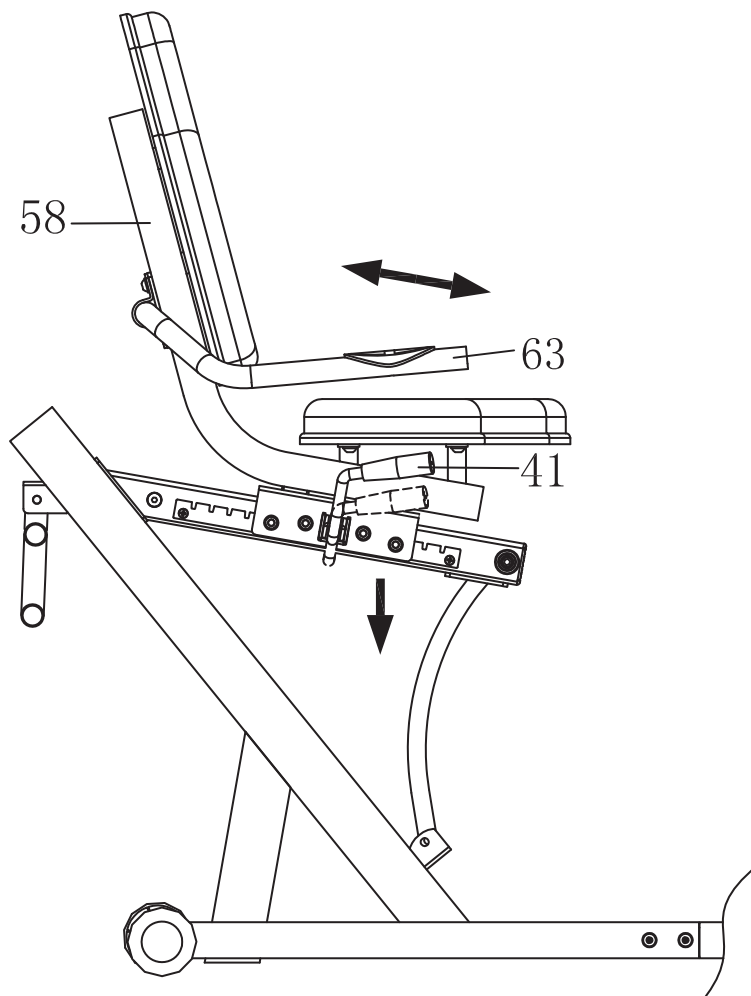
Before you start the adjustment, PLEASE NOTE:

- Ensure that your fingers are not on the seat rail or its path to avoid injury.
- Excessive force should not be necessary when pressing or releasing the **Seat Adjustment Lever (#41)**.

Seat Adjustment Steps:

- Step 1. **PRESS TO RELEASE:** To release the seat-locking mechanism, press the **Seat Adjustment Lever (#41)** downward toward the ground until you feel the lever spring depress, and the seat can engage in movement.
- Step 2. **ADJUST:** With one hand on the **Rear Handle Bar (#63)** and one hand still pressing downward on the **Seat Adjustment Lever (#41)**, slide the seat to the desired position of your maximum comfort.
- Step 3. **LOCK & SECURE:** Then, release the **Seat Adjustment Lever (#41)** so the lever spring naturally goes upward. Use your lower body to shift slightly back and forth on the seat to secure the adjustment notch in place.

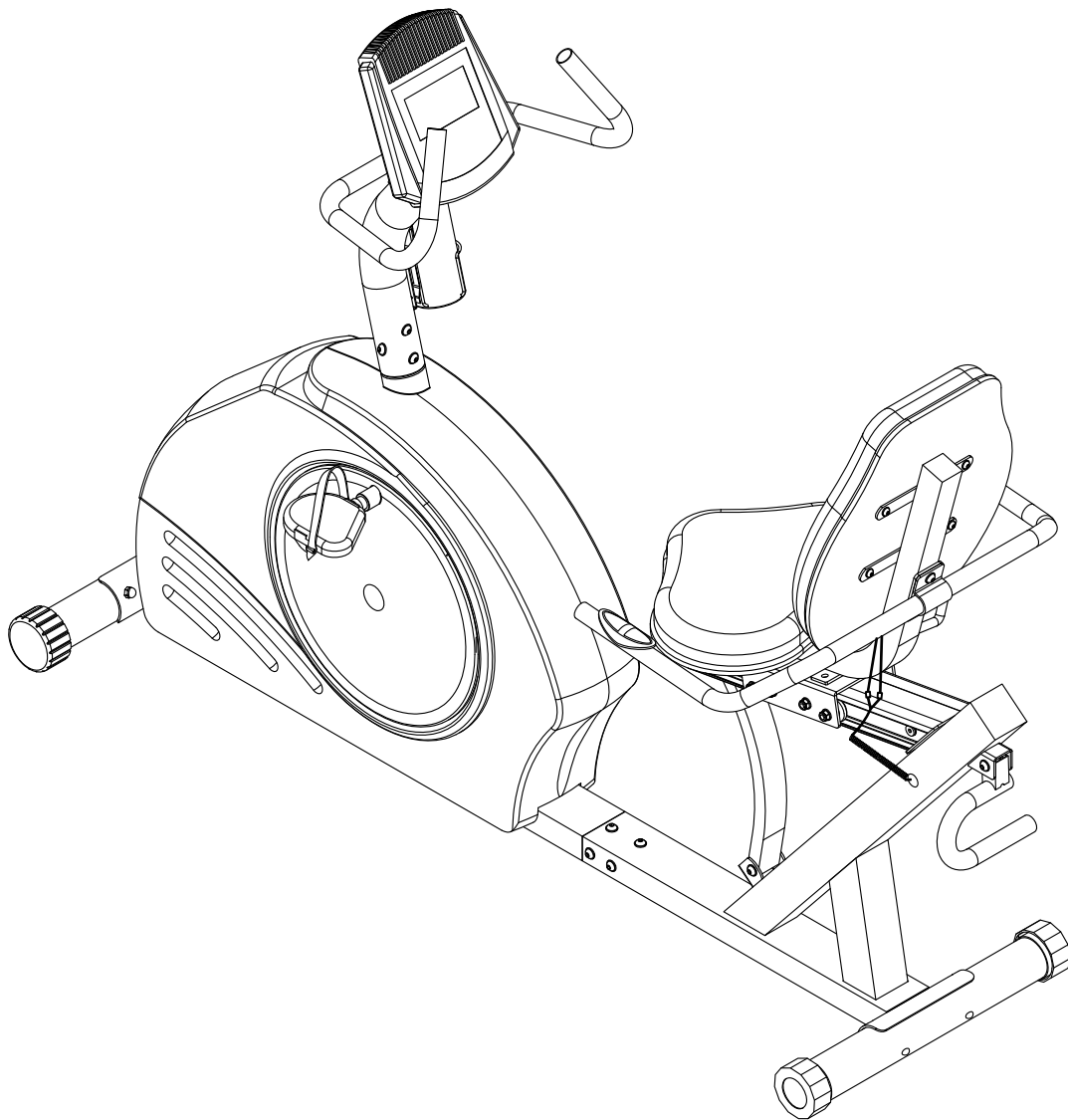
If you find your seat position not quite to your liking, you may adjust it again.





Safety Instructions


- Make sure all bolts are tightened.
- Check for loose parts and components
- Check to see if there are any tears or bends in the welding or metal.
- Be sure that all adjustment locking devices and safety devices are properly engaged prior to use!


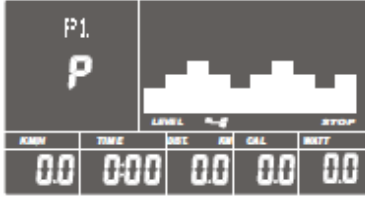

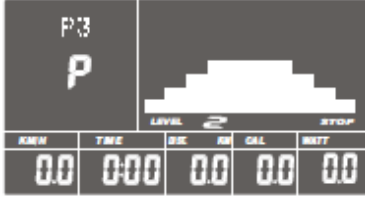
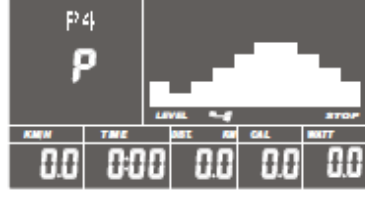


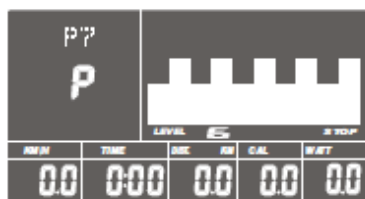
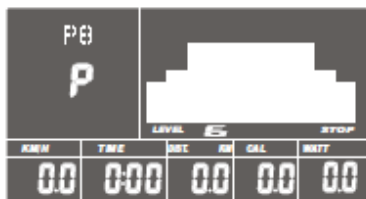
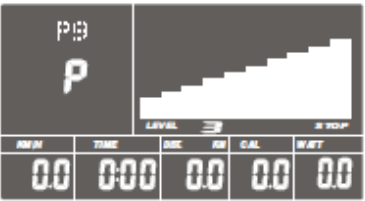






Computer Operation

I. Computer Features

- 21 Fitness Training Programs to choose from (shown below).
- The GENDER, HEIGHT, WEIGHT and AGE data entered by user will remain in system even if the monitor is powered-off.
- Easy-to-read 'Dot Matrix' interface that displays your current status. CUSTOM4
- Heart Rate Measurement through Simulative ECG Technology 
- Simultaneously displays: speed (RPM), TIME, DIST., CAL., WATT, PULSE, and LEVEL on the same screen.
- The program computer will turn off automatically if there is no speed signal, pulse signal, or usage over 4 minutes. However, the computer will store your current exercise data and turn the resistance level to the minimum. Once you press any button or it detects peddling motion on the unit, the computer will turn on automatically.
- Audio Speaker—Plug in your audio device to the "Audio" hole to enjoy your music amplified
- Seamless Touch-Sensor Buttons—light up when touch is detected

 <p>Manual Program</p>	 <p>Program 1: Rolling</p>	 <p>Program 2: Valley</p>
 <p>Program 3: Fat Burn</p>	 <p>Program 4: Ramp</p>	 <p>Program 5: Mountain</p>
 <p>Program 6: Interval</p>	 <p>Program 7: Cardio</p>	 <p>Program 8: Endurance</p>
 <p>Program 9: Slope</p>	 <p>Program 10: Rally</p>	 <p>Watt Control Program</p>



Computer Operation

<p>55% Heart Rate Program</p>	<p>75% Heart Rate Program</p>	<p>90% Heart Rate Program</p>
<p>Target Heart Rate Program</p>	<p>Custom1 User Program</p>	<p>Custom2 User Program</p>
<p>Custom3 User Program</p>	<p>Custom 4 User Program</p>	<p>Body Fat Measuring Program</p>



Computer Operation

II. BUTTONS

NOTE: It is suggested to cover your finger within the marked region to select functions in case of any wrong action

1. ENTER

- In "stop" mode (display STOP), press **ENTER** button to enter into program selection and setting value that will flash in related window.
 - A. When you choose the program, press **ENTER** to confirm the one you like.
 - B. When in setting, press **ENTER** to confirm the value that you would like to preset.
- During the start mode (display START), press **ENTER** to choose display the speed or RPM, or switch automatically.
- During any mode, hold down this button for 2 seconds to totally reset the computer.

2. ST./SP. (Start/Stop)

- Press **ST./SP.** button to start or stop the programs.
- During any mode, hold down this button for 2 seconds to totally reset the computer.

3. UP

- In stop mode and the dot matrix character flash, press this button to select the program up. If the related window value flash, press this button to increase the value.
- During the start mode (display START), press this button to increase the training resistance.

4. DOWN

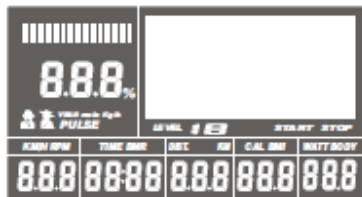
- In stop mode and the dot matrix character flash, press this button to select the program down. If the related window value flash, press this button to decrease the value.
- During the start mode (display START), press this button to decrease the training resistance.

5. RECOVERY (Pulse Recovery)

- First test your current heart rate and show your heart rate value, press this button to enter into pulse recovery testing.
- When you are in pulse recovery mode, press this button to exit.

III. OPERATION

1. Turn on the computer



Connect the AC cord to the computer then plug in the adaptor to the AC electrical source. The computer will beep and enter into initial mode as shown on the image to the left.

2. Program select and value setting



Computer Operation



fig. 1

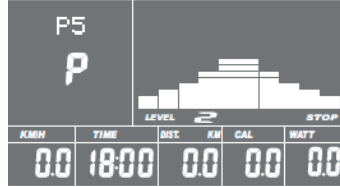


fig. 2



fig. 3



fig. 4

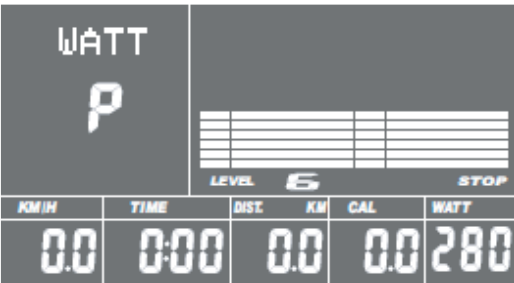


fig. 6

NOTE: The WATT value is decided by the TORQUE and RPM. In this program, the WATT value will keep at constant value. It means that if you peddle quickly, the load resistance will decrease and if you peddle slowly, the load resistance will increase to ensure you at the same watt value.

2-1. Manual Program and Preset Program P1 – P10

- A. Press **UP** or **DOWN** button to select the program that you like. (See fig. 1)
- B. Press **ENTER** button to confirm the selected program and enter time setting window.
- C. When you see the time flashing, press **UP** or **DOWN** button to set up your desired time. Press **ENTER** to confirm the value. (See fig. 2)
- D. Next you will see the distance flashing, press **UP** or **DOWN** to set up the desired distance value. Press **ENTER** to confirm the value. (See fig. 3)
- E. The calories will then flash, press **UP** or **DOWN** to set up the desired calories to be consumed. Press **ENTER** to confirm the value. (See fig. 4)
- F. Press **ST./SP.** to begin exercise.

2-2. Watt Control Program

- A. Press **UP** or **DOWN** to select the watt control program
- B. Press **ENTER** to confirm the selected watt control program, and enter into time setting window.
- C. When you see the time flashing, press **UP** or **DOWN** button to set up your desired time. Press **ENTER** to confirm the value.
- D. Next you will see the distance flashing, press **UP** or **DOWN** to set up the desired distance value. Press **ENTER** to confirm the value.
- E. Now the calories will flash, press **UP** or **DOWN** to set up the desired calories to be consumed. Press **ENTER** to confirm the value.
- F. Lastly the watt display will flash, press **UP** or **DOWN** to set up the watt to do the exercise. Press **ENTER** to confirm the value. (See fig. 6)
- G. Press **ST./SP.** to begin exercise.



Computer Operation

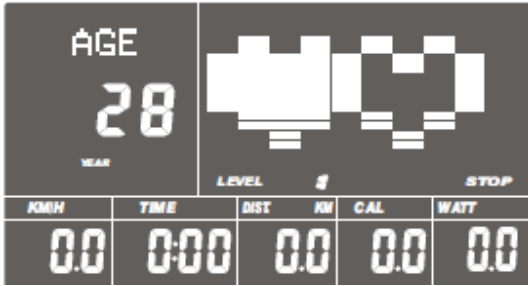


fig. 7

NOTE: The maximum heart rate depends on different age and this program will ensure you do the healthy exercise within maximum heart rate.

2-3. HEART RATE CONTROL PROGRAM: 55% H.R, 75% H.R and 90% H.R

- A. Press **UP** or **DOWN** to choose the heart rate control program
- B. Press **ENTER** to confirm the heart rate control program, and enter into time setting window.
- C. When you see the time flashing, press **UP** or **DOWN** button to set up your desired time. Press **ENTER** to confirm the value.
- D. Next you will see the distance flashing, press **UP** or **DOWN** to set up the desired distance value. Press **ENTER** to confirm the value.
- E. Now the calories will flash, press **UP** or **DOWN** to set up the desired calories to be consumed. Press **ENTER** to confirm the value.
- F. Lastly the age will flash, press **UP** or **DOWN** to set the user's age. Press **ENTER** to confirm the value. (See fig 7)
- G. When the target heart rate control program flash, the computer will display the user's target heart rate according to user's age.
- H. Press **ST./SP.** to begin exercise.

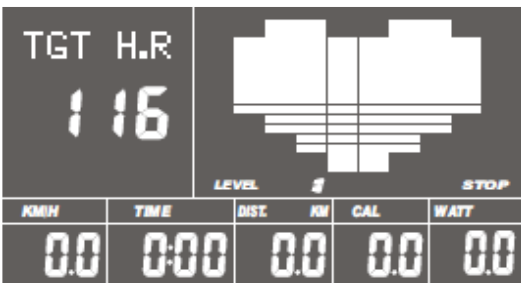


fig. 8

NOTE: During exercise, the user's heart rate value depends on resistance level and speed. The heart rate control program is to ensure your heart rate within the preset value. When the computer detect your current heart rate is higher than preset, it will decrease the resistance level automatically or you may slow down exercise. If your current heart rate is lower than preset, it will increase resistance and you may speed up.

2-4. HEART RATE CONTROL PROGRAM: TARGET HEART

RATE (The user can set any target heart rate to do the exercise.)

- A. Press **UP** or **DOWN** to select TARGET HEART RATE program.
- B. Press **ENTER** to confirm your choice and enter time setting window.
- C. When you see the time flashing, press **UP** or **DOWN** button to set up your desired time. Press **ENTER** to confirm the value.
- D. Next you will see the distance flashing, press **UP** or **DOWN** to set up the desired distance value. Press **ENTER** to confirm the value.
- E. Now the calories will flash, press **UP** or **DOWN** to set up the desired calories to be consumed. Press **ENTER** to confirm the value.
- F. Lastly the target heart rate will flash, press **UP** or **DOWN** to set up your target heart rate. Press **ENTER** to confirm the value. (See fig. 8)
- G. Press **ST./SP.** to begin exercise.



Computer Operation

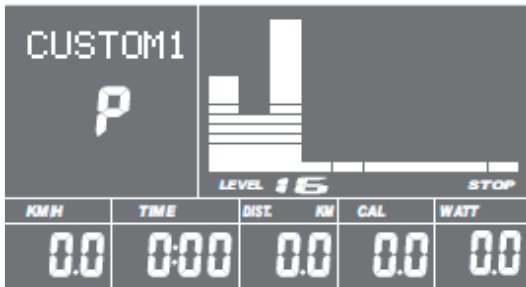


fig. 9

NOTE: The User Profile Program allows you to set your own desired training program profiles. You can set up to four of your own Custom Programs. There are 10 profiles units that you can set the desired resistance level (1 to 16) for each profile unit to create your own training program.

2-5. User Profile Programs: CUSTOM1 – CUSTOM4

- Press **UP** or **DOWN** to select the user
- Press **ENTER** to confirm your choice, and enter into time setting window.
- When you see the time flashing, press **UP** or **DOWN** button to set up your desired time. Press **ENTER** to confirm the value.
- Next you will see the distance flashing, press **UP** or **DOWN** to set up the desired distance value. Press **ENTER** to confirm the value.
- Now the calories will flash, press **UP** or **DOWN** to set up the desired calories to be consumed. Press **ENTER** to confirm the value.
- The first resistance level will flash, press **UP** or **DOWN** to set the desired load resistance. Press **ENTER** to confirm. Then repeat above operation to set the resistance from 2 to 10. (See fig. 9)
- Press **ST./SP.** to begin exercise.



fig. 10



fig. 11

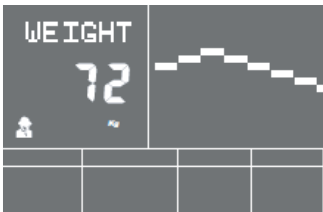


fig. 12

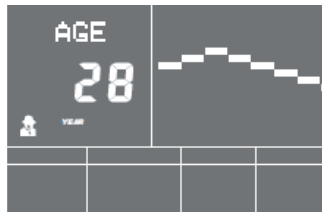


fig. 13



fig. 14



fig. 15



fig. 16

2-6. Body Fat Measurement Program

- Press **UP** or **DOWN** to select BODY FAT TEST program (See fig. 16)
- Press **ENTER** to confirm your choice, and enter into height setting mode
- The height display will flash, press **UP** or **DOWN** to set up your height. Press **ENTER** to confirm the value. (See fig. 11) *NOTE: Height measured in inches.*
- The weight display will flash, press **UP** or **DOWN** to set up your weight. Press **ENTER** to confirm the value. (See fig. 12) *NOTE: Weight measured in LBS.*
- The age display will flash, press **UP** or **DOWN** to set up your age. Press **ENTER** to confirm the value. (See fig. 13)
- The gender display will flash, press **UP** or **DOWN** to set up your gender. Press **ENTER** to confirm. (See fig. 14)
- Press **ST./SP.** to begin testing your body fat. (See fig. 15)



Computer Operation

NOTE:

1. During the body fat measurement, place both your palms on the contact pads.
The test results are: FAT%, BMR (Basal Metabolic Rate), BMI (Body Mass Index), BODY and body shape. (See fig 16)

FAT%: The total body fat in our body measured by percentage.

BMR: Basal Metabolic Rate (metabolism) is the energy (measured in calories) expended by the body at rest to maintain normal bodily function.

BMI: means Body Mass Index, which is used for body shape building

2. During the body fat measurement, if your palms do not contact the pulse sensor well, the computer cannot receive any signal and it will display ERROR2. Press START/STOP to try again.
3. During the test, you cannot exit the test when press any button. After the test finish, press UP, DOWN to exit the body fat measurement program and switch to other program.
4. Comparison sheet of Body fat and Obese

Age/ Gender	Body Shape				
	Slim	Healthy	Fleshy	Over WT	Obese
FAT%	BODY1	BODY2	BODY3	BODY4	BODY5
Male/≤30 years old	<14%	14%~20%	20.1%~25%	25.1%~35%	>35%
Male/>30 years old	<17%	17%~23%	23.1%~28%	28.1%~38%	>38%
Female/≤30 years old	<17%	17%~24%	24.1%~30%	30.1%~40%	>40%
Female/>30 years old	<20%	20%~27%	27.1%~33%	33.1%~43%	>43%

3. Pulse Recovery Test

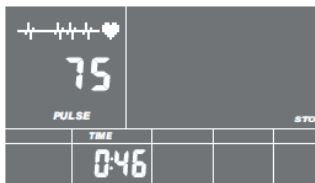


fig. 17

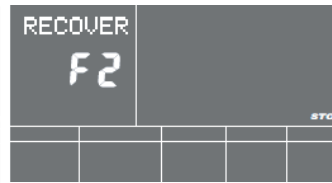


fig. 18

***Notes:**

1. The computer must first detect your current heart rate (you will see your current pulse value and the ECG pulse line moving) before you press **RECOVERY** to enter into Pulse Recovery Test mode. If no heart rate is detected, you will not be able to enter into the mode.
2. During the pulse recovery test, you may press **RECOVERY** at any time to exit the test and return to the stopped mode. Then press the **ST./SP.** button to resume your workout.

The pulse recovery test is to compare your heart rate before and after exercise. It is target to determine your heart strength via the measuring. Please do the test as below:

1. Using both your hands to hold the pulse sensor, the computer will display your current pulse value.
2. Press **RECOVERY** to enter the pulse recovery test and the computer program will enter the stop status. (See fig. 17)
3. Keep pulse detecting.
4. Time will count down from 60 seconds to 0 second.
5. When time reaches 0, the test result (F1-F6) appears on the display.

F1=Excellent	F2=Good
F3=Fair	F4=Below average
F5=No Good	F6=Poor (See fig. 18)



Computer Operation

4. Pulse Measurement

Please place both your palms on the contact pads and the computer will show your current heart beat rate in beats per minute (BPM) on the LCD after 3-4 seconds. During the measurement, heart icon will flash with simulative ECG showing. Remark: During the process of pulse measurement, because of the contact jamming, the measurement value may not be stable when start, then it will return to normal level. The measurement value cannot be regarded as the basis of medical treatment.

5. Audio Speaker

- 5-1. Plug in your audio playing device into the “Audio” connection hole (not limited to MP3 players, CD players, Computers).
- 5-2. Slide the Audio switch to the “On” position.

Please note: All volume settings and controls must be done from your audio player. The Audio Speaker simply amplifies your music out loud so you can enjoy your personal collection during your workout sessions.

IV. SPECIFICATIONS

- 1 Speed M/H: showing your current speed. Range: 0.0 - 99.9 M/H.
- 2 RPM: showing the current rotate per minute. Range: 0 - 999.
- 3 TIME: the accumulative exercise time, range: 0:00 - 99M59S.
- 4 Preset time range is 5:00 - 99M00S. The computer will start to count down from preset time to 0:00 with average time for each resistance level. When it reaches to zero, the program will stop and computer alarm. If you do not preset the time, it will run with one-minute decrement each resistance level.
- 5 DIST: the exercise accumulative distance. Range: 0.0 - 99.9 – 999 MILE the preset distance range: 1.0 - 99.9 - 999. When the distance reaches 0, the program will stop and the computer will alarm.
- 6 CALORIE: the exercise accumulative calories burnt. Range: 0.0 - 99.9 - 999 the preset calories range: 10.0 - 90.0 - 990. When the calorie reaches 0, the program will stop and the computer will alarm.
- 7 PULSE: showing the exercise heart rate value. Range: 30 - 240BPM (beat per minute)
- 8 RESISTANCE LEVEL: showing resistance level. Range: 1 - 16
- 9 WATT: show the exercise watt

V. ERROR CODES

- 1 When the computer displays ERROR1, please check if the motor is functioning normally and the motor wires are connected properly.
- 2 When the computer displays ERROR2, this means there is no pulse signal detected. Please make sure your hands are in proper contact with the pulse sensors.



Proof of purchase

Thanks for choosing



Model Number BRB 6000

Please fill in the information below and keep this manual along with your sales receipt as proof of purchase.

Serial Number:

Date of Purchase:

Store Name:

Body Flex Sports Inc.
21717 Ferrero Parkway
Walnut, CA 91789

Phone: (888) 266-6789
Fax: (909) 598-6707
Email: info@bodyflexsports.com

