# Healthstream
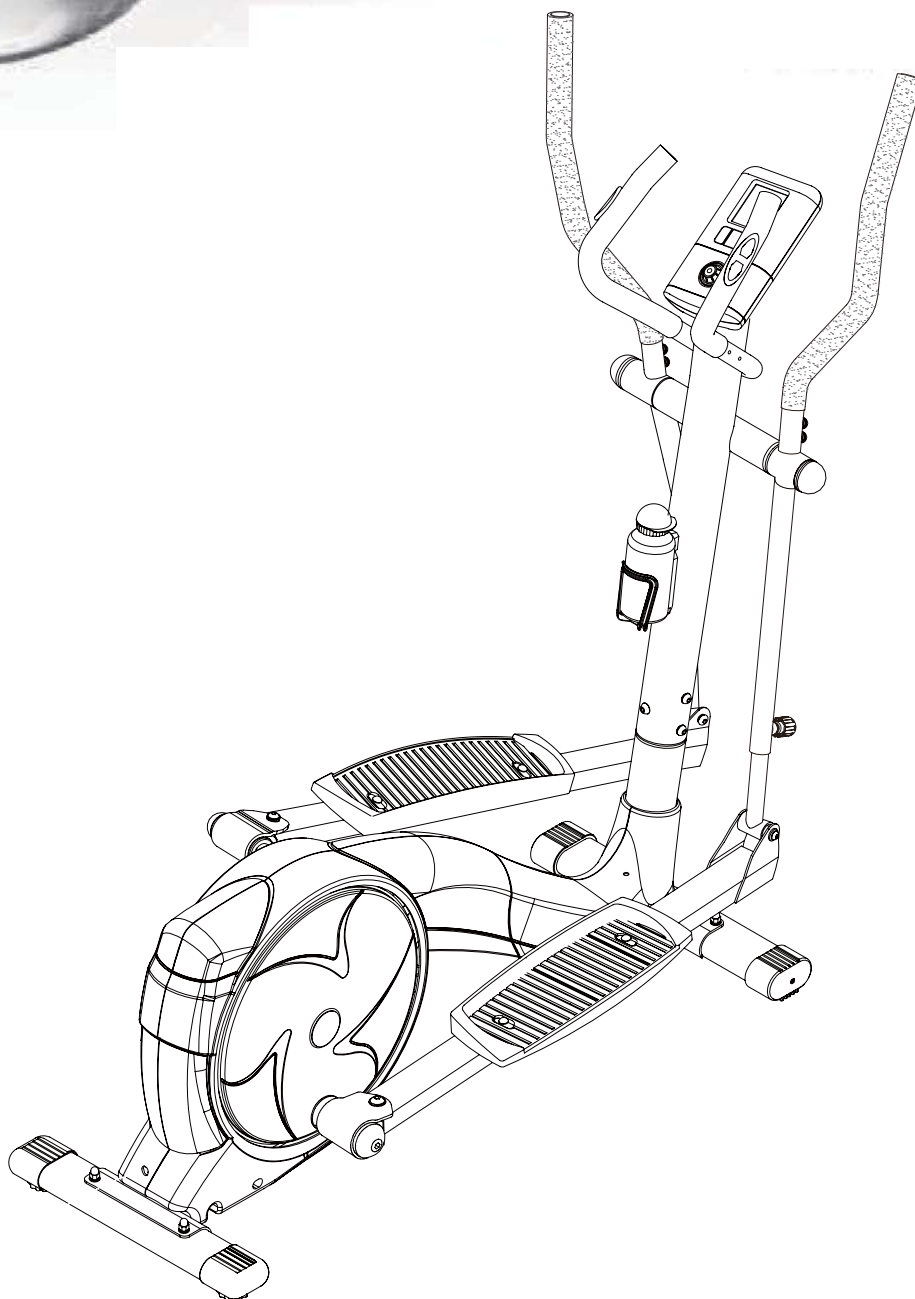
*Make it happen*

## HS2.0E

# User's Manual

If you have any questions , please contact The Fitness Generation, +61 (03) 9765 9999.

Free call number 1300 796 636

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# SAFETY HINTS

## *WARNING* - Read all instructions before using this appliance.

■ Do not operate machine on deeply padded, plush or shag carpet. Damage to both carpet and machine may result.

■ Keep children away from the machine. There are obvious pinch points and other caution areas that can cause harm.

■ Keep hands away from all moving parts.

■ Never operate the machine if it has a damaged cord or plug. If the machine is not working properly, call your dealer.

■ Keep the cord away from heated surfaces.

■ Never drop or insert any object into any openings.

■ Do not use outdoors.

■ The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.

■ Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your machine. Quality athletic shoes are recommended to avoid leg fatigue.

■ Instructions for assembly, including correct fitting of guards and other safety devices, and warning about the likely injuries to young children if exercies cycles are operated in their vicinity without properly fitted guards.

■ Instructions for maintenance, including regular checking of the integrity of guards and safety devices.

■ Instructions for the correct adjustment of the seat.

## SAVE THESE INSTRUCTIONS - THINK SAFETY!

**CAUTION!! Please be careful when opening this unit.**                    *HS2.0E - Ver.A*

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HANDLE BAR

COMPUTER

CENTRAL TUBE

WATER BOTTLE

REAR STABILIZER

POP PIN

PEDAL

FRONT STABILIZER

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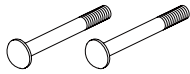
ASSEMBLY PACK CHECK LIST

FIGURE 1

4  SCREW          7  NUT          5  WASHER          6  SPRING
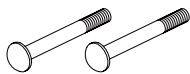
FIGURE 2

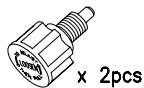4  SCREW          7  NUT          5  WASHER          6  SPRING

FIGURE 3

5  WASHER          6  SPRING          12  SCREW

FIGURE 4

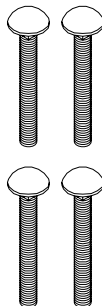84  KNOB          16  WASHER          6  SPRING          23  SCREW          45  END CAP

x 2pcs

61  END CAP

FIGURE 5
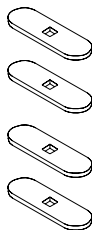
30  SCREW          29  SPACER          33  KNOB          32  SPRING          31  WASHER

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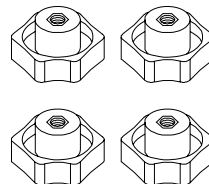
ASSEMBLY PACK CHECK LIST

FIGURE 6

5  WASHER          6  SPRING          105  SCREW

FIGURE 8

109  SCREW

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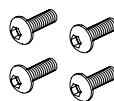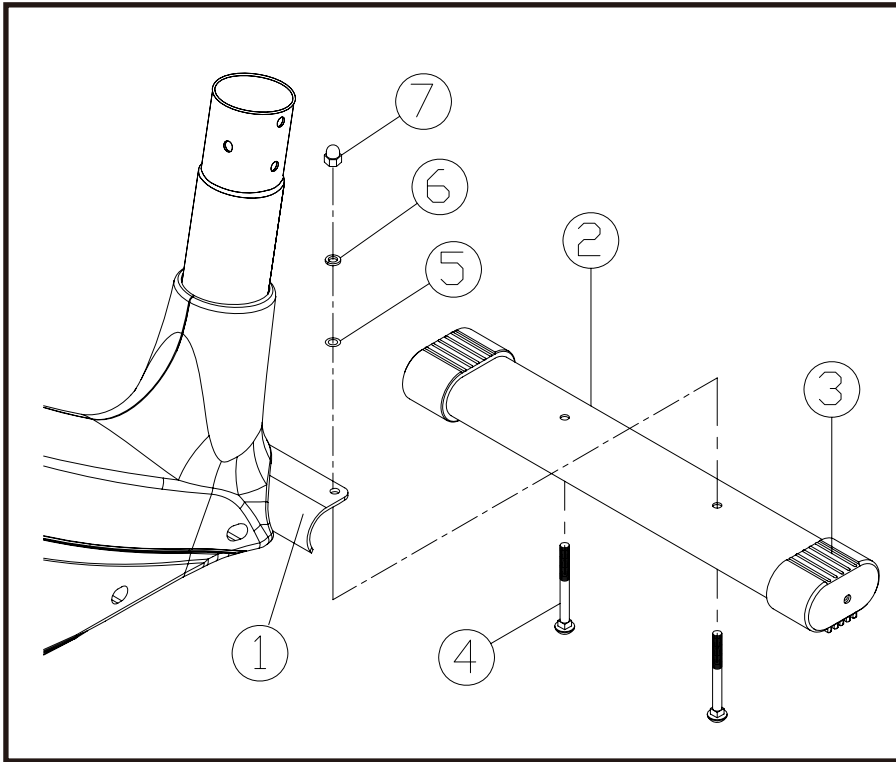
Identify the Front Foot [2], which has a
Front Foot Cover [3] on the end.
Attach the Front Foot with 2[4], 2[5], 2[6]and 2[7], by the wrench.



Attach the Rear Foot [8] to the rear of the Base Frame [1] as the procedure (see above).

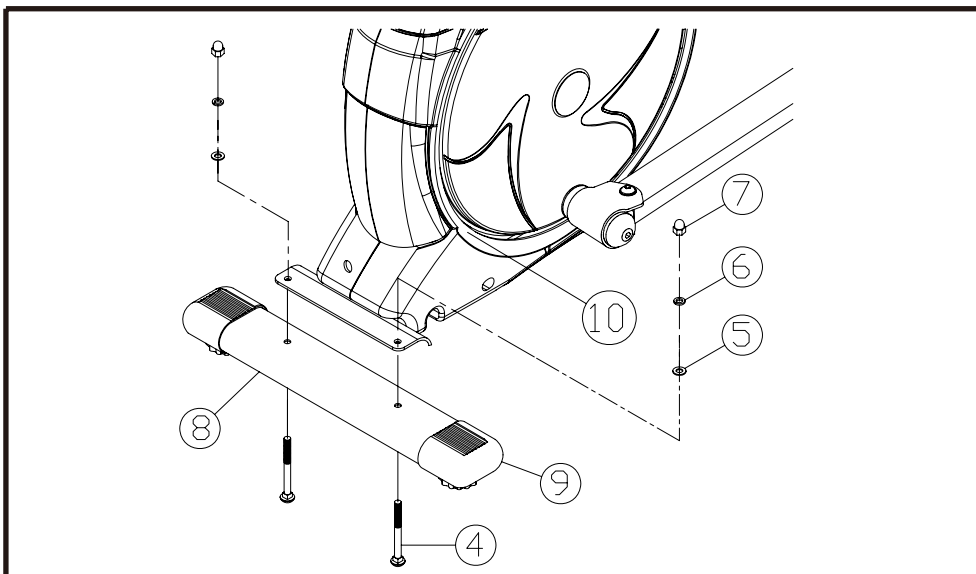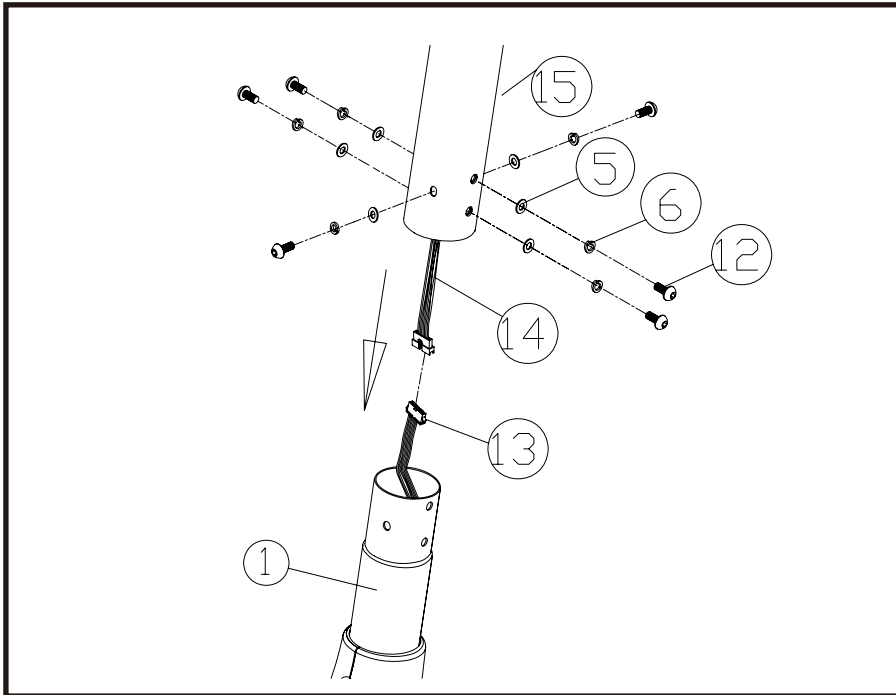If you have any questions , please contact The Fitness Generation, +61 (03) 9765 9999.

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Hold the Handlebar Post against the main frame [1].
Connect the two ends of the computer cable [13] and [14]
projecting from [1] and [15]. Push one spring washer [6] and
one washer [5] on each of the bolts [12] through the holesin the main frame [1],
screw into the threaded holes of the handlebar post [15] and tighten firmly.



for the (84) assembly position
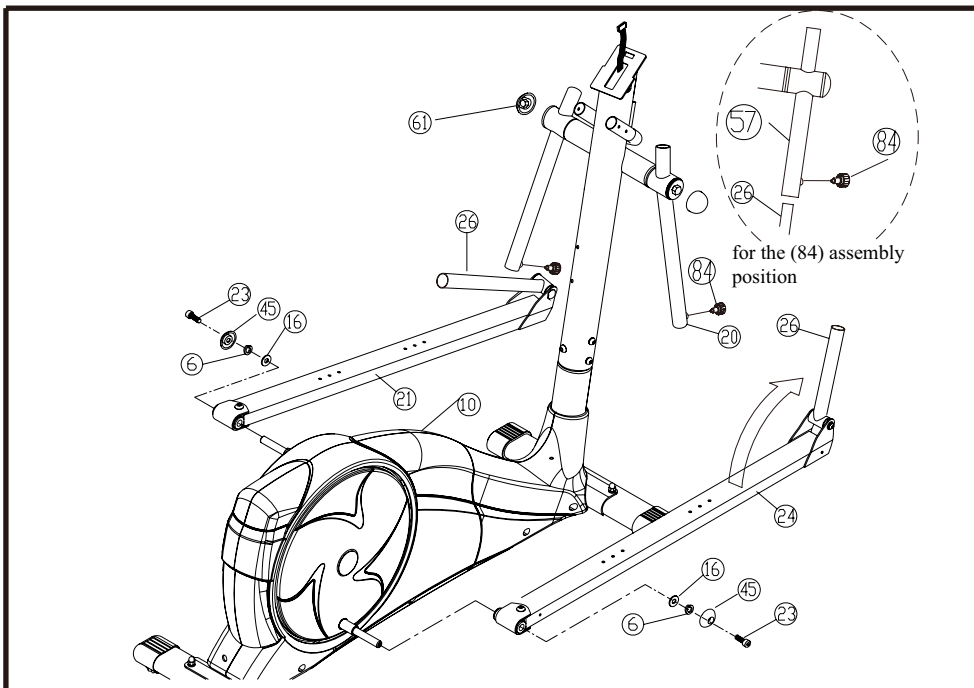
Equip pedal tube weldment(R) [24] and pedal tube weldment(L) [21] onto base frame [1].
Tighten it with Hex Head bolt [23], washer [16] end cap [45] and spring washer[6].
Equip swivl tube [26] onto right and left connect tube [57], using pop- pin[84] to tighten it.
Insert end cap [61] into hexagon screw(L+R) of connect tube.

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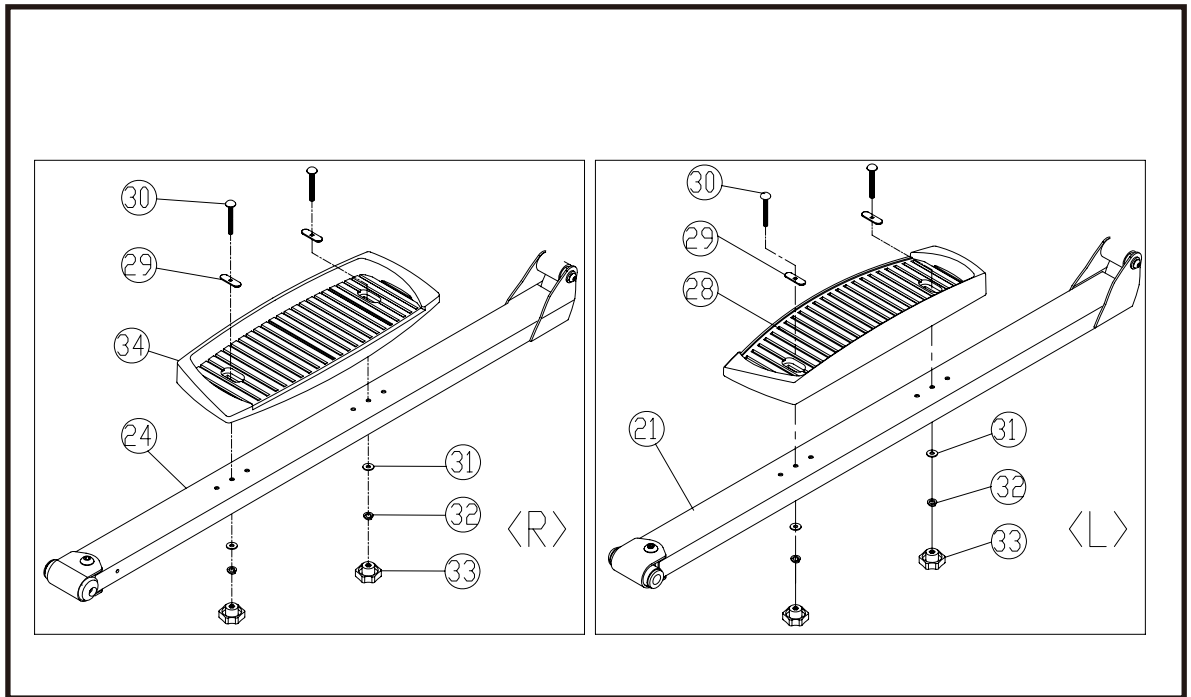
Equip pedal(L) on pedal tube weldment(L) [21] and using washer [29],carriage bolt [30] ,
washer [31], spacer washer[32] and knob dawl [33] to tighten it.
The proper pedal position is at middle hole.
There are 3 holes can be changed when needed .
The same assembly for right pedal.
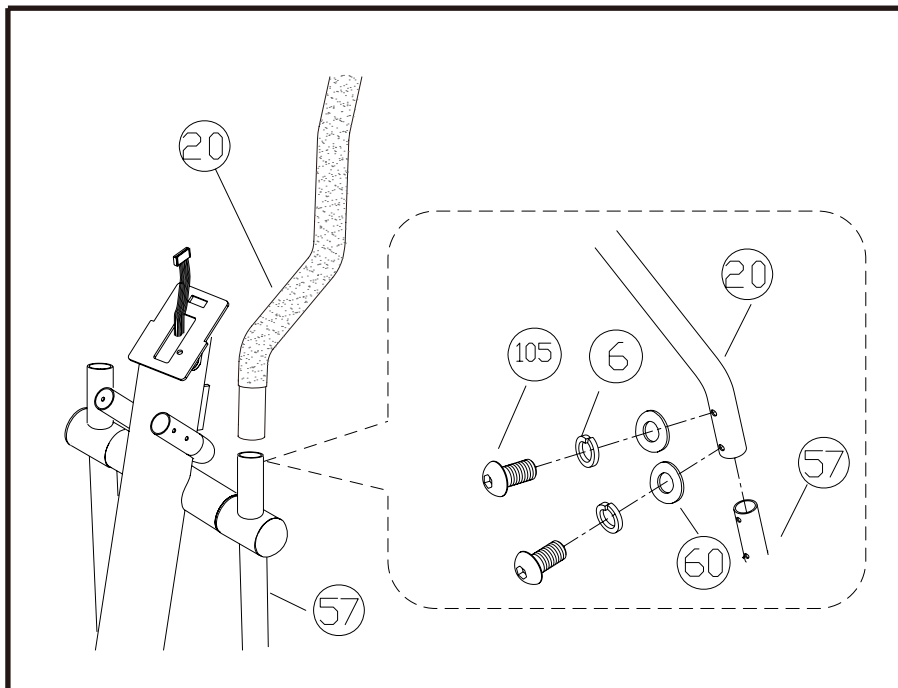


Equip handle bar(R) [20] onto connect tube [57] and using screw [105] ,washer [60]
and spring washer [6] to tighten it .
The same assemble for left side handle bar.

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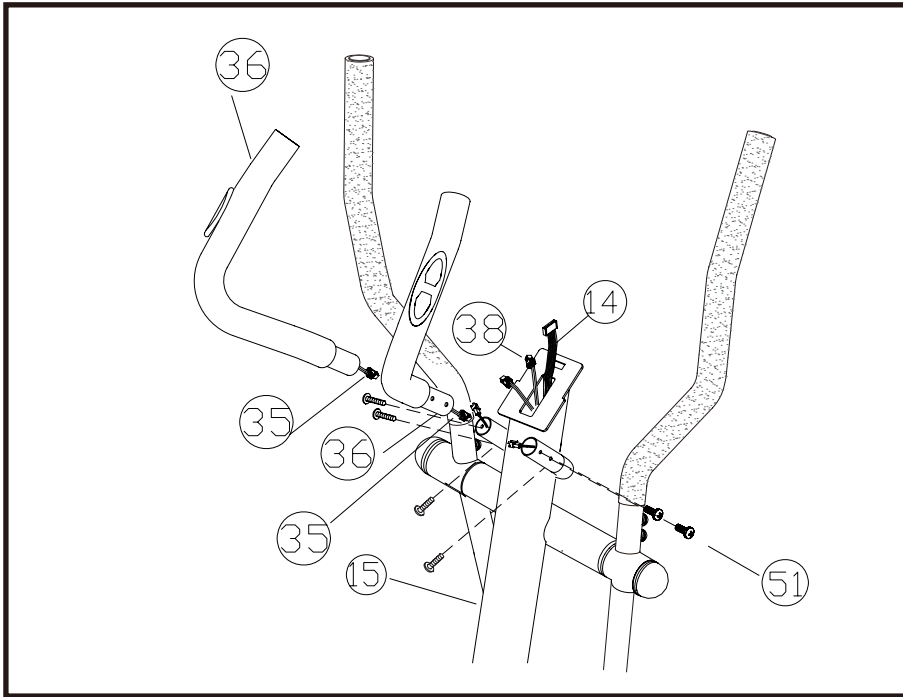
Connect handle pulse wire [35] & [38], then equip small bar
[36] onto handle bar post [15] and using screw [51] to tighten it.
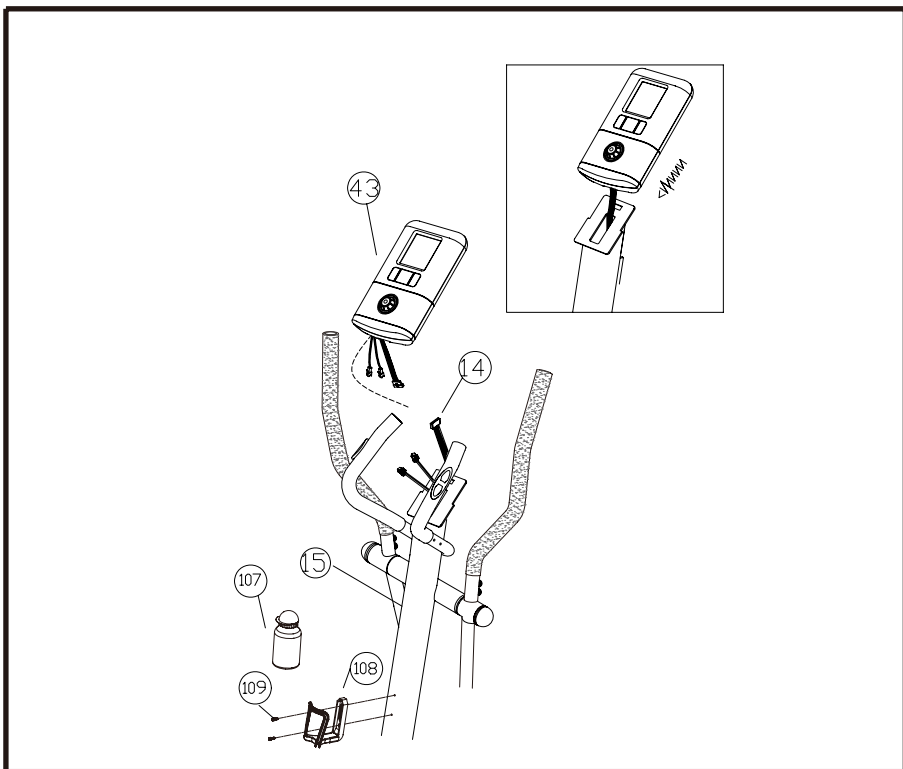


Connect wires of computer [43] and attach it on handle bar post [15]
,then using screw to tighten it.
Attach water bottle housing [108] onto to handle bar post [15] and
using screw [109] to fix it.
Put water bottle on.
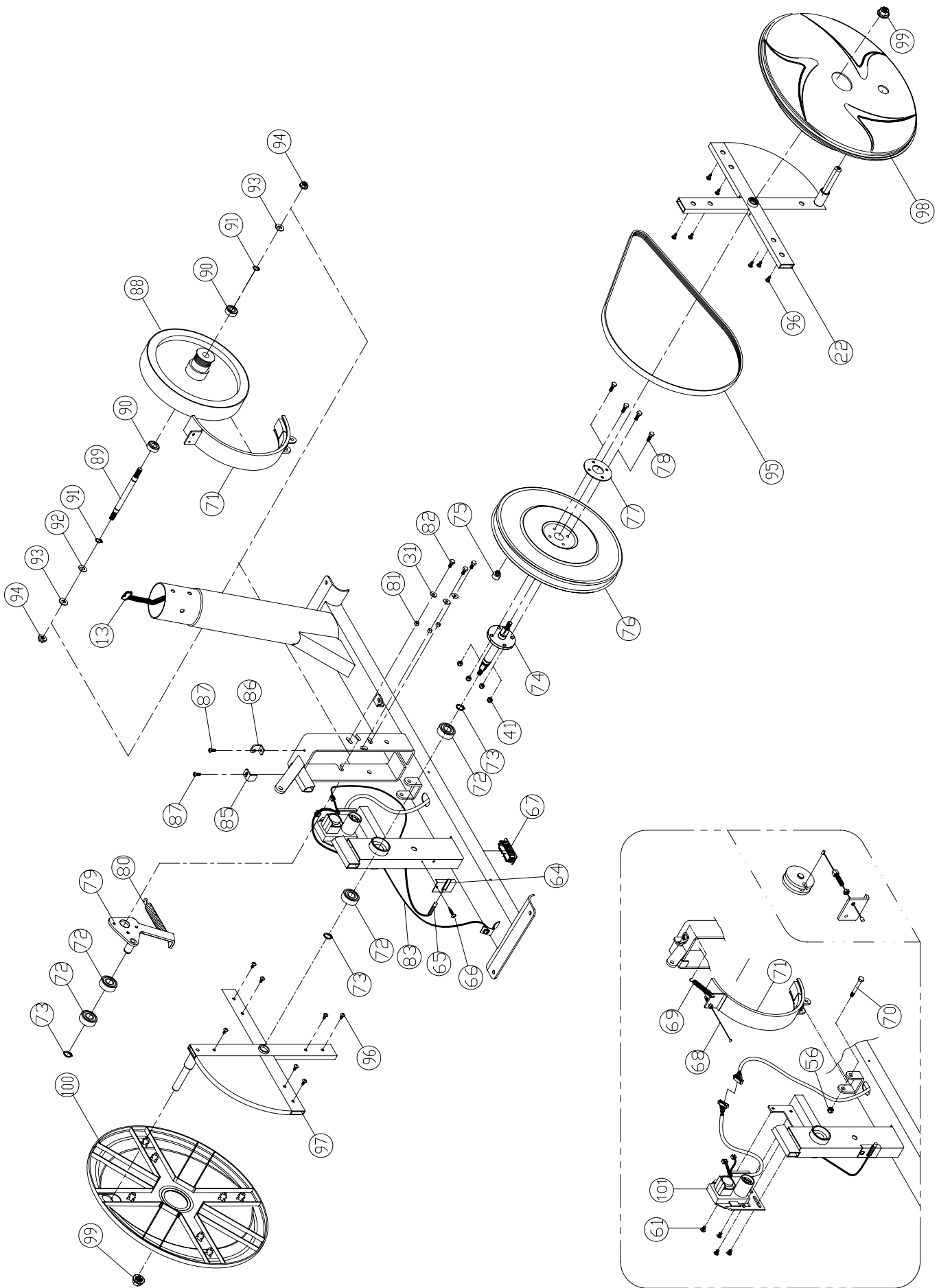
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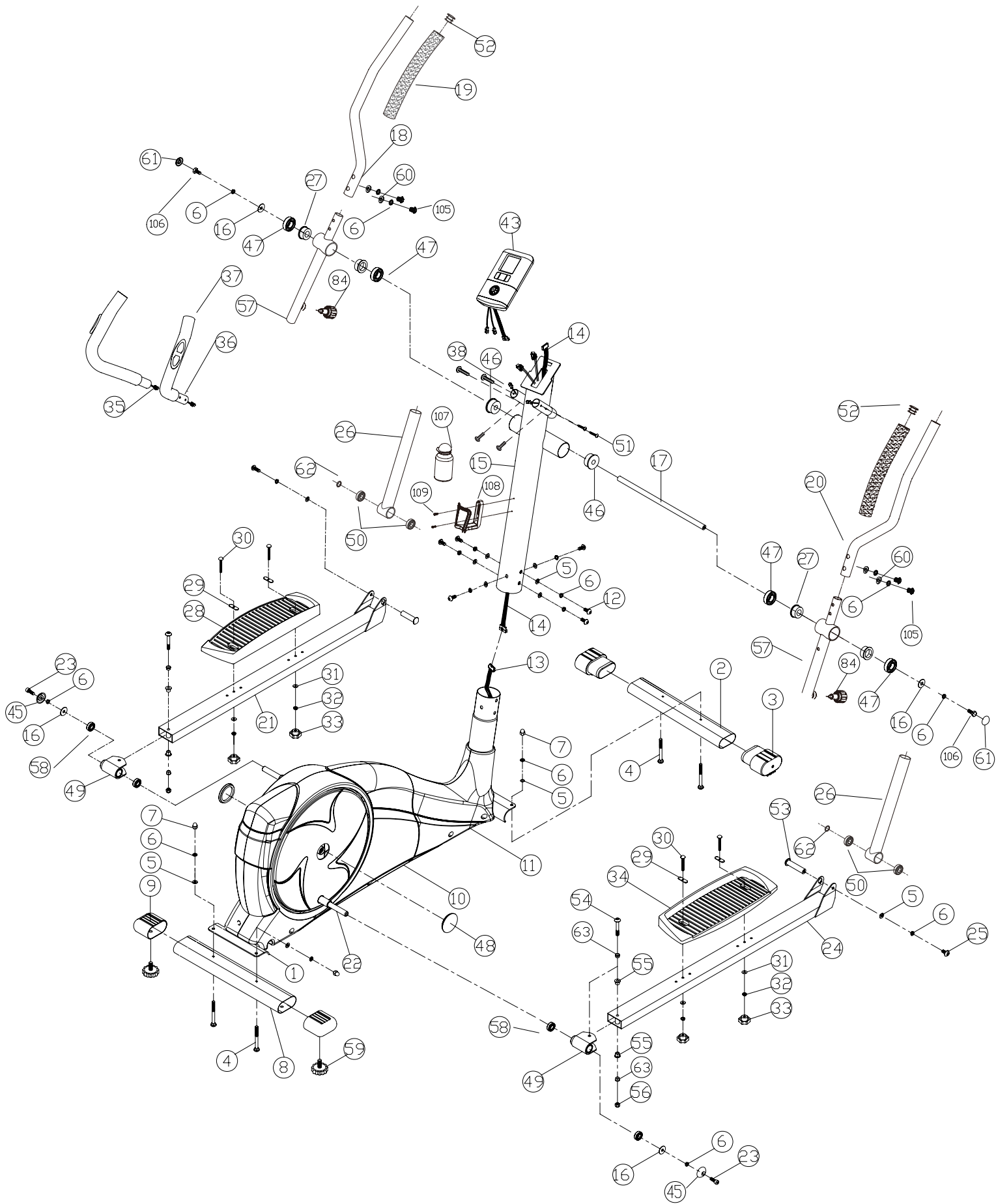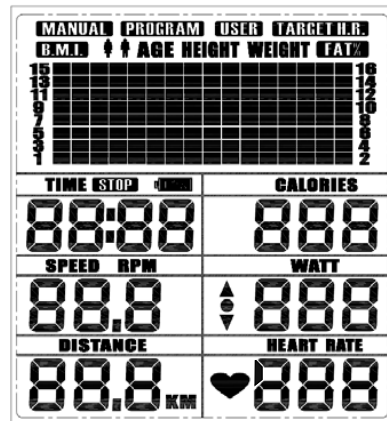| NO. | DESCRIPTION | Q'TY | NO. | DESCRIPTION | Q'TY |
|---|---|---|---|---|---|
| 1 | BASE FRAME | 1 | 54 | ALLEN HEAD BOLT M8 * 50 mm | 2 |
| 2 | FRONT FOOT | 1 | 55 | PLASTIC PAD | 4 |
| 3 | FRONT FOOT COVER (L&R) | 2 | 56 | M8 NYLOCK NUT | 3 |
| 4 | M8*52mm CARRIAGE BOLT | 4 | 57 | CONNECT TUBE | 2 |
| 5 | M8 WASHER (t=1.2) | 10 | 58 | BEARING | 4 |
| 6 | M8 SPRING WASHER | 18 | 59 | ROUND SCREW FOR ADJHEIGH | 2 |
| 7 | M8 CAP NUT | 4 | 60 | WASHER | 4 |
| 8 | REAR FOOT | 1 | 61 | END CAP | 2 |
| 9 | REAR FOOT COVER | 2 | 62 | WASHER | 2 |
| 10 | CHAIN COVER (L&R) | 2 | 63 | M6*10mm SCREW | 2 |
| 11 | FRONT CHAIN COVER (L&R) | 2 | 64 | SENSOR BRACKET | 1 |
| 12 | M8*15mm ALLEN HEAD SCREW | 6 | 65 | SENSOR | 1 |
| 13 | COMPUTER LOWER CABLE | 1 | 66 | #6-32 12mm SCREW | 1 |
| 14 | COMPUTER UPPER CABLE | 1 | 67 | END CAP | 1 |
| 15 | HANDLEBAR POST | 1 | 68 | WIRE ROD | 1 |
| 16 | WASHER M8 OD 28mm | 4 | 69 | SMALL SPRING | 1 |
| 17 | AXLE SUPPORT | 1 | 70 | M8*52MM HEX HEAD BOLT | 1 |
| 18 | HANDLE BAR (L) | 1 | 71 | MAGNETIC HOLDER | 1 |
| 19 | HANDLEBAR FOAM GRIPS | 2 | 72 | BEARING <6203ZZ> | 4 |
| 20 | HANDLE BAR (R) | 1 | 73 | CLIP C17 <ID 15.7mm> | 3 |
| 21 | PEDAL TUBE WELDMENT (L) | 1 | 74 | AXLE FOR PULLEY | 1 |
| 22 | CROSS FRAME(R) | 1 | 75 | MAGNET | 1 |
| 23 | M8*20mm HEX HEAD BOLT | 2 | 76 | PULLEY | 1 |
| 24 | PEDAL TUBE WELDMENT (R) | 2 | 77 | SAFE BRACKET | 1 |
| 25 | M8*25mm HEX HEAD BOLT | 2 | 78 | M6*18mm SCREW | 4 |
| 26 | SWIVL TUBE | 2 | 79 | SPACER SLEEVE | 1 |
| 27 | END CAP | 4 | 80 | LARGE SPRING | 1 |
| 28 | PEDAL (L) | 1 | 81 | SPACER SLEEVE | 3 |
| 29 | WASHER FOR PEDAL | 4 | 82 | M6*14mm HEX HEAD SCREW | 3 |
| 30 | M6*55mm CARRIAGE BOLT | 4 | 83 | MAGNETIC HOLDER BRACKET | 1 |
| 31 | M6 WASHER (t=1.5) | 4 | 84 | POP PIN | 2 |
| 32 | SPRING WASHER | 4 | 85 | BRACKET | 1 |
| 33 | KNOB DAWL | 4 | 86 | SPRING BRACKET | 1 |
| 34 | PEDAL (R) | 1 | 87 | M6*15mm SCREW | 1 |
| 35 | HAND PULSE | 2 | 88 | FLYWHEEL | 1 |
| 36 | SMALL HANDLEBAR | 1 | 89 | FLYWHEEL AXLE | 1 |
| 37 | FOAM GRIP | 2 | 90 | BEARING <6001ZZ> | 2 |
| 38 | HAND PULSE | 2 | 91 | CLIP C12<ID 11.1mm> | 2 |
| 39 | SMALL HANDLEBAR BRACKET | 1 | 92 | M10 WASHER (t=1.0) | 1 |
| 41 | M6 NYLOCK NUT | 4 | 93 | M10 WASHER (t=1.5) | 2 |
| 43 | COMPUTER | 1 | 94 | 3/8" WH NUT | 2 |
| 44 | M5*12mm SCREW | 4 | 95 | BELT | 1 |
| 45 | END CAP | 2 | 96 | SCREW M5 * 12 mm | 14 |
| 46 | PLUG AXLE SUPPORT ( Φ48.4mm) | 2 | 97 | CROSS FRAME(L) | 1 |
| 47 | BEARING | 4 | 98 | TURNING PEDAL (R) | 1 |
| 48 | TURNING PLATE COVER | 2 | 99 | CLIP C5 <ID Φ4.7 mm> | 1 |
| 49 | PEDAL FIX BKT | 2 | 100 | DRIVE WIRE ROD WHEEL | 1 |
| 50 | BEARING | 4 | 101 | SERVO MOTOR | 1 |
| 51 | SCREW | 6 | 102 | M8 * 25 mm SCREW | 2 |
| 52 | HANDLEBAR END CAP | 2 | 103 | TURNING PEDAL (L) | 1 |
| 53 | PEDAL TUBE WELDMENT SHAFT | 2 | 104 | SAFE COVER | 2 |
|  |  |  | 105 | SCREW | 4 |
|  |  |  | 106 | SCREW | 2 |

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## I. To operate the monitor

A. To have power supply connected to the monitor.


Drawing A
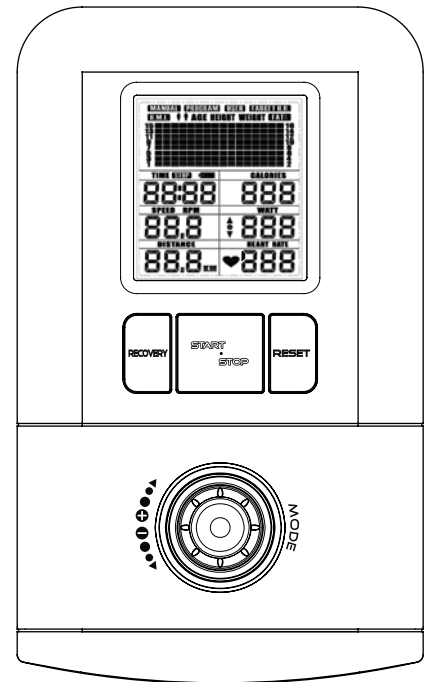
A-1. You may select different training mode of MANUAL, PROGRAM, USER or TARGET H.R. by pressing UP, DOWN buttons . Press MODE to confirm. Or, you may press ST/STOP button to start training directly. (In this case, the training mode is in MANUAL automatically. In a fresh monitor, if you start in this mode, all function datas start counting up from zero once the training starts. If you have ever preset any function target, once you start training, the monitor will count from your last preset target down.

A-3. During training, you may adjust resistance by pressing UP, DOWN buttons.

B. Training in MANUAL mode - press UP button to select MANUAL show up on the upper line, press MODE to confirm.
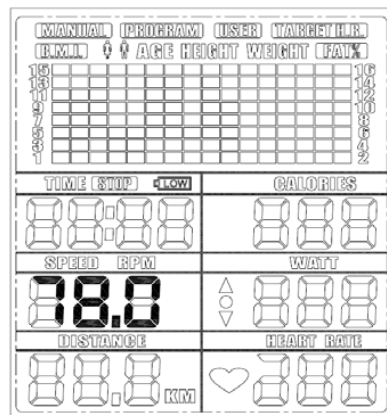

Drawing  B
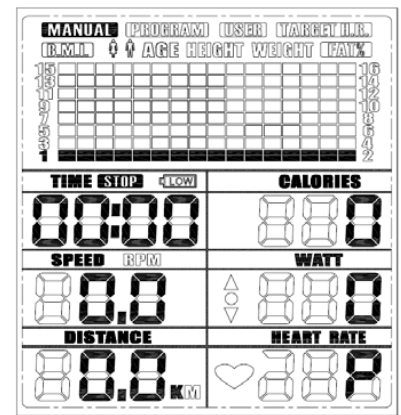

Drawing C

B-1 You may press ST/STOP button to start training directly(b2), or you may press UP, DOWN buttons to adjust resistance level (b3). During adjustment, you will see the display changes when you press UP or DOWN  buttons twice. You may also adjust training resistance during training.
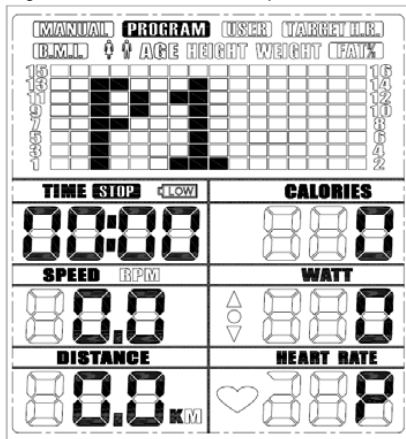
B-2 After adjustment of the training resistance, you may set each function data target by pressing UP,DOWN, and MODE buttons. The functions preset available are:Time,Distance,Calories, and Pulse in MANUAL mode.

B-3 After all setting is done, press ST/STOP button to start training. You will see each preset function data counts down from target as soon as training starts.

B-4 Once each function target data is achieved (counts down to zero), the monitor will stop (P appears on the left-upper corner) all functions and beep for 8 times to remind you.

B-5 You may press ST/STOP button to start training again. The function which has achieved to zero will start from previous set data counting down, and other set function datas will keep counting up or down from previous records.

*12*

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B-6 During all training period, you may press ST/STOP to stop monitor counting anytime.

C. Training in PROGRAM mode - press UP button to select PROGRAM show up on the upper line, press MODE to confirm.



Drawing D

C-1 The initial set program profile is P1. There are 12 profiles for training. You may press UP/DOWN button to select training profile.(Drawing E)



Drawing E

C-2 You may press ST/STOP button to start training directly, or you may press UP, DOWN buttons to adjust resistance level . During adjustment, you will see the display changes when you press UP or DOWN button twice.

C-3 After adjustment of the training resistance, you may set each function datas target by pressing UP,DOWN, and MODE buttons. The functions preset available are: Time, Distance, Calories, Pulse in PROGRAM mode .

C-4 After all setting is done, press ST/STOP button to start training. You will see each preset function data counts down from target as soon as training starts.

C-5 Once each function target data is achieved (counts down to zero), the monitor will stop (P appears on the left-upper corner) all functions and beep for 8 times to remind you.
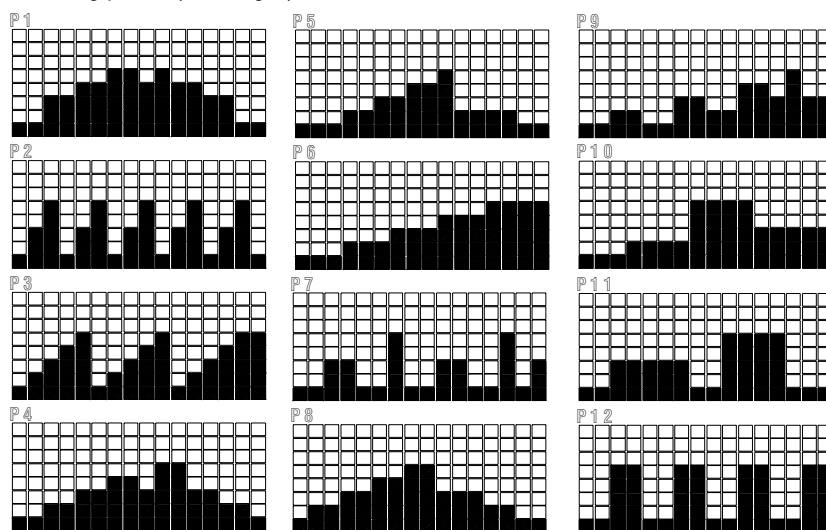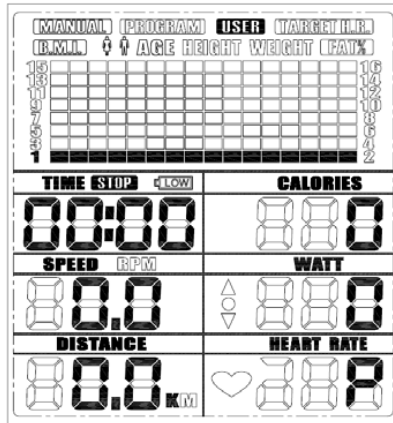
C-6 You may press ST/STOP button to start training again. The function which has achieved to zero will start from previous set data counting down, and other set function datas will keep counting up or down from previous records.

C-7 During all training period, you may press ST/STOP to stop monitor counting anytime.

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D. Training in USER mode - press UP button to select USER show up on the upper line, press MODE to confirm. (Drawing F)



Drawing F

D-1 You may press ST/STOP button to start training directly, or you may press UP, DOWN buttons to adjust resistance level of profile unit. During adjustment, you will see the display changes when you press UP or DOWN buttons twice. You may also adjust resistance during training.

D-2 After adjustment of the training resistance, you may set each function datas target by pressing UP,DOWN, and ENTER buttons. The functions preset available are: Time, Distance, Calories, Pulse in USER mode.

D-3 After all setting is done, press ST/STOP button to start training. You will see each preset function data counts down from target as soon as training starts.

D-4 Once each function target data is achieved (counts down to zero), the monitor will stop (P appears on the left-upper corner) all functions and beep for 8 times to remind you.

D-5 You may press ST/STOP button to start training again. The function which has achieved to zero will start from previous set data counting down, and other set function datas will keep counting up or down from previous records.

D-6 During all training period, you may press ST/STOP to stop monitor counting anytime.

E. Training in TARGET H.R. mode - press UP button to select TARGET H.R. show up on the upper line, press MODE to confirm. (The monitor will first display initial set AGE 20. Please input your age by pressing UP, DOWN, and ENTER button. The monitor will display initial target heart rate percentage 55%(Drawing G) . You may press UP button to select 75%, 90% or THR f further selection. The right lower field of the display will show a target heart rate figure which is calculated according to your agd and selected heart rate percentage by the monitor automatically. You may follow this target heart rate figure to track your heart rate status during training. If you select THR, the initial monitor set target heart rate figure is 100 shown on the right lower field of the display. You may press MODE button and use UP, DOWN buttons to set your target, the setting range could be 30 to 240 bpm.
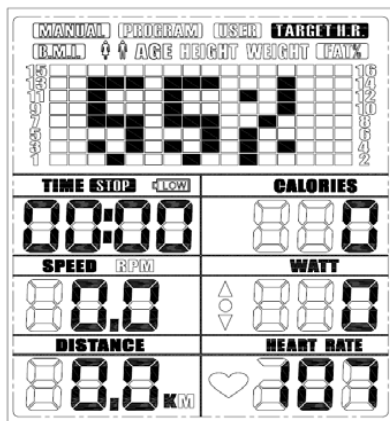


Drawing G

E-1 You may press ST/STOP button to start training directly. Or,you may set each function datas target by pressing

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UP, DOWN, and MODE buttons. The functions preset available are : Time, Distance, Calories in TARGET H.R. mode.

E-2 After all setting is done, press ST/STOP button to start training. You will see each preset function data counts down from target as soon as training starts. Once you are training in TARGET H.R. mode, the training resistance will be auto-adjusted depends on your current heart beat. If your heart beat is very high compare to the preset target, the training resistance will decrease immediately one level, and keep decreasing one level per 15 seconds by monitoring your current heart beat change. Once the training resistance is dropped to level one but your heart beat is still high, the monitor will stop all functions automatically as a protect action. If your heart beat is very low compare to the preset target, the training resistance will increase one level per 30 seconds till level 16. You could not adjust training resistance by yourself when you are training in Target H.R. mode.

E-3 Once each function target data is achieved (counts down to zero), the monitor will stop (P appears on the left-upper corner) all functions and beep for 8 times to remind you.

E-4 You may press ST/STOP button to start training again. The function which has achieved to zero will start from previous set data counting down, and other set function datas will keep counting up or down from previous records.

E-5 During all training period, you may press ST/STOP to stop monitor counting anytime.

## II. Button Functions

| | |
|---|---|
| UP | To make upward adjustment to each function datas or increase training resistance or select personal data setting. |
| DOWN | To make backward adjustment to each function datas or decrease training resistance or select personal data setting. |
| MODE | To enter functions or datas input. |
| RECOVERY | To act heart rate recovery function. |
| RESET | To reset current setting and have the monitor switch to initial training mode for selection. |
| START/STOP | To start or stop training. |

## III. Functions

| | |
|---|---|
| SCAN | When you start training, RPM and SPEED will scan display to each other on the lower field. |
| SPEED | Displays current training SPEED from 0.0 to maximum 99.9 km or ml. |
| RPM | Displays current training rotation per minute. |
| TIME | Count up - No preset target, Time will count up from 00:00 to maximum 99:59 with each increment is 1 second. Count down - If training with preset Time, Time will cound down from preset to 00:00.Each preset increment or decrement is 1 minute between 1:00 to 99:00. |
| DISTANCE | Count up - No preset target, Distance will count up from 0.00 to maximum 99.90 with each increment 0.1 KM Count down - If training with preset target, Distance will cound down from preset to 0.00. Each preset increment or decrement is 0.1 KM (or ML) between 0.00 to 99.90. |
| CALORIES | Count up - No preset target, Calories will count up from 0 to maximum 999 with each 1 cal increment. Count down - If training with preset target, Calories will count down from preset to 0. Each preset increment or decrement is 10 cal from 0 to 990 cal. |
| PULSE | To display your current heart beat figures as soon as the pulse sensor has been touched. The monitor will detect your heart beat through handgrip sensors once you hold on both hands. Once you have preset target pulse when training in Manual, Program, User mode, the monitor starts to beep when your current heart beat is achieved to the preset target. You may also select Target Heart Rate training mode for training. Please refer above "Training in Target Heart Rate " mode. To ensure the heart rate readout is stable, please hold both hands on the handgrip sensors during training. |
| 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-- 00:59 - 00:58 - to 00:00. As soon as 00:00 is reached, the bottom area of display will show your heart rate recovery status with the grade F1, F2,... F6. F1 is the best, and F6 is the worst. You may keep exercising to improve the heart rate recovery status day by day from F6 up to F1. <br> ** Press the RECOVERY button again to return the main display. |

## IV. Note

1. The monitor will shut off automatically if you stop training or buttons operationg for 4 - 5 minutes. All training datas will be kept and appear when you press any button again.
2. The monitor power on with an AC adaptor (DC 9V, 500mA)

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## AEROBIC EXERCISE

Aerobic exercise is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise fitness is promoted by any activity that uses your large muscle -arms, legs, or buttock, for example. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.
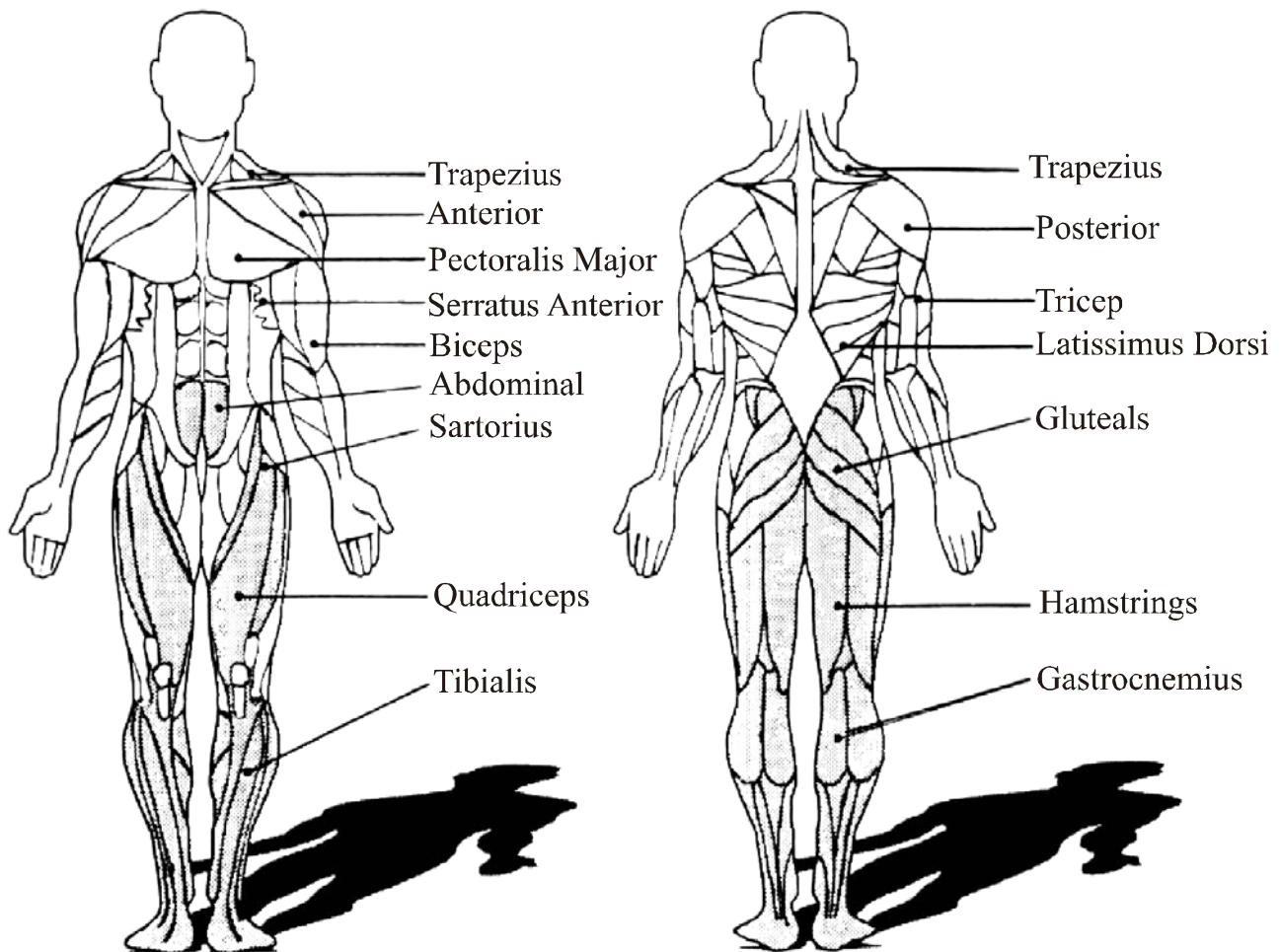
## WEIGHT TRAINING

Along with aerobic exercising which helps get rid of and keep off the excess fat that our bodies can store, weight training is an essential part of the exercise routine process. Weight training helps tone, build and strengthen muscle. If you are working above your target zone, you may want to do a less amount of reps. And as always ,consult your physician before beginning any exercise program.

## MUSCLE CHART

### CYCLE

The exercise routine that is performed on the cycle will develop the lower body muscle group as well as condition the circulatory system and provide a good aerobic workout . These muscle groups are highlighted on the muscle chart below.

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## Quadriceps Stretch

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot up.

## Inner Thigh Stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 10 counts

## Toe Touches

Slowly bend forward from your waist, letting you back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.

## Hamstring Stretches

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts Relax and then repeat with left leg extended.

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