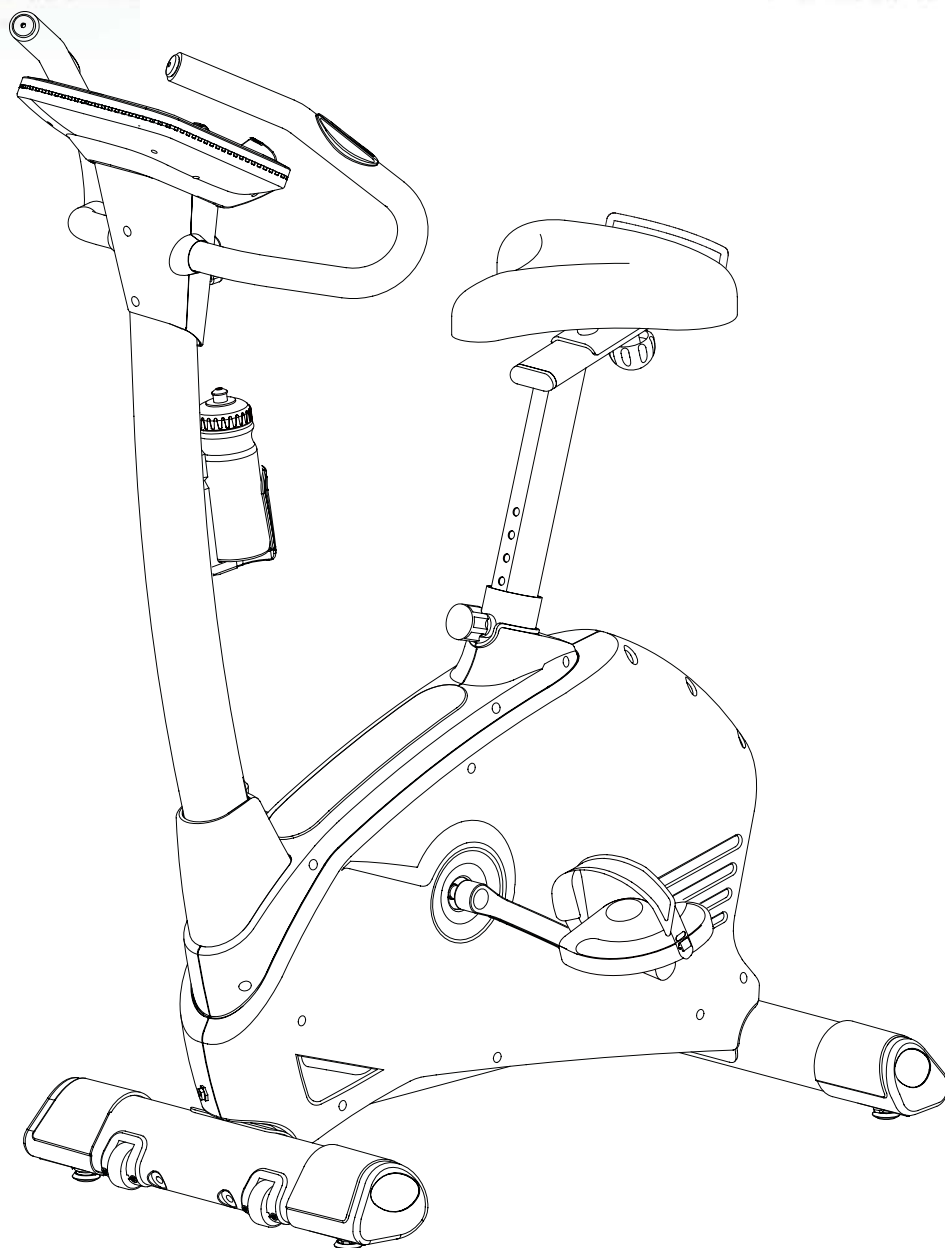




# **Healthstream**

*Make it happen*

## **HS6.0B**



# *User's Manual*

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

Free call number 1300 796 636

[www.healthstreamfitness.com.au](http://www.healthstreamfitness.com.au)

# 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 exercises 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.**

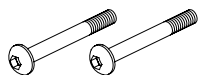
*HS6.0B - Ver.A*



## ASSEMBLY PACK CHECK LIST

### FIGURE 1

J2 SCREW M8X105L



J4 SPRING M8

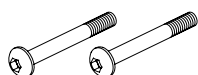


J5 WASHER M8X16X1.2T



### FIGURE 2

J2 SCREW M8X105L



J4 SPRING M8



J5 WASHER M8X16X1.2T



### FIGURE 5-2

J1 SCREW M4X20L



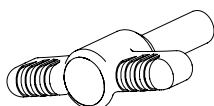
### FIGURE 5-3

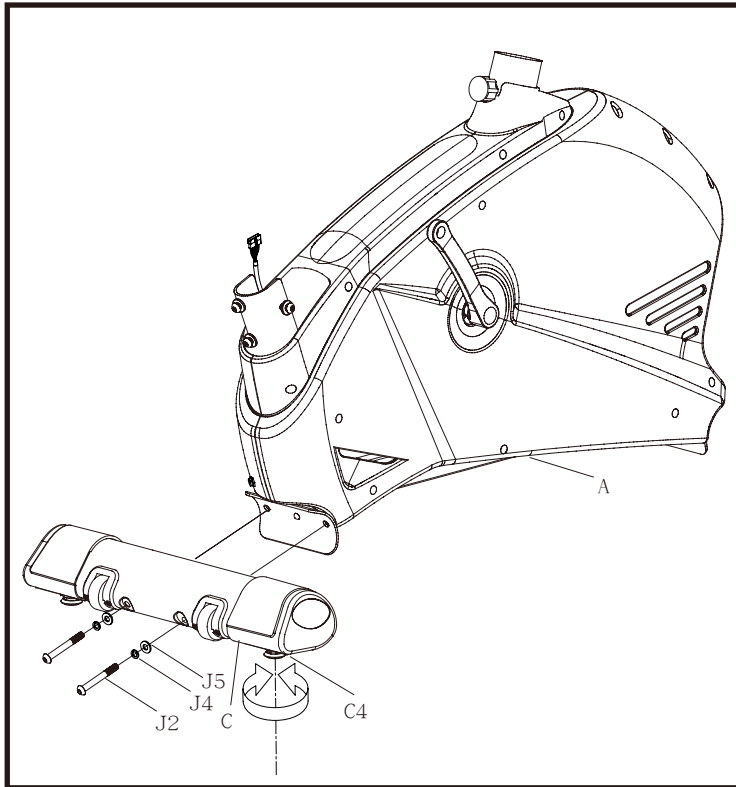
J1 SCREW M4X20L



### FIGURE 6

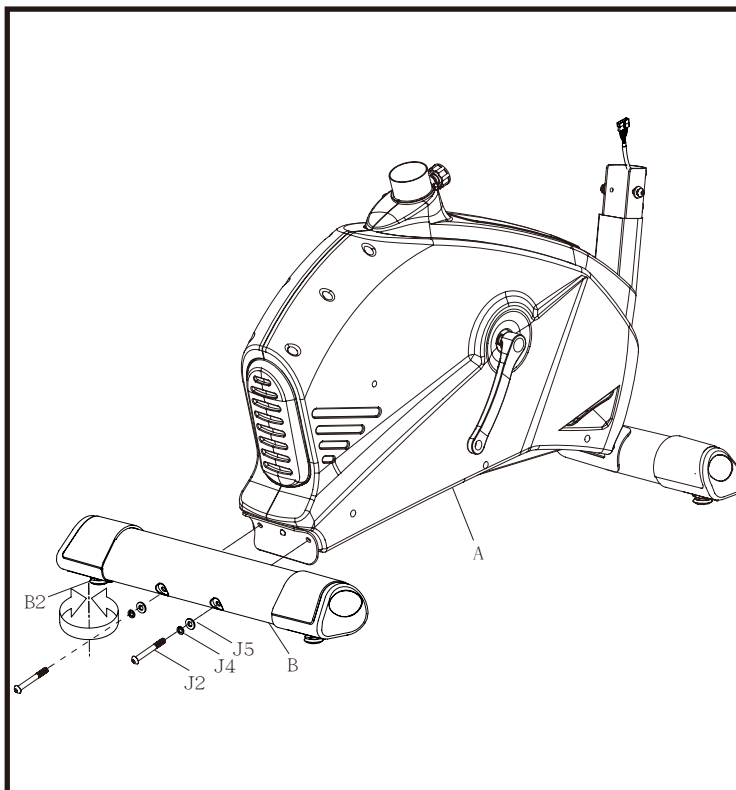
J3 KNOB





FIGURE\_1 ASSEMBLY FOR FRONT STABILIZER

Attach the front stabilizer(C) to the bracket at the front of the mainframe(A). Insert 2pcs bolts(J2),2pcs spring(J4) and 2pcs washer(J5) through the front stabilizer(C) to attach with the mainframe(A). Then, fix the bolts tightly.

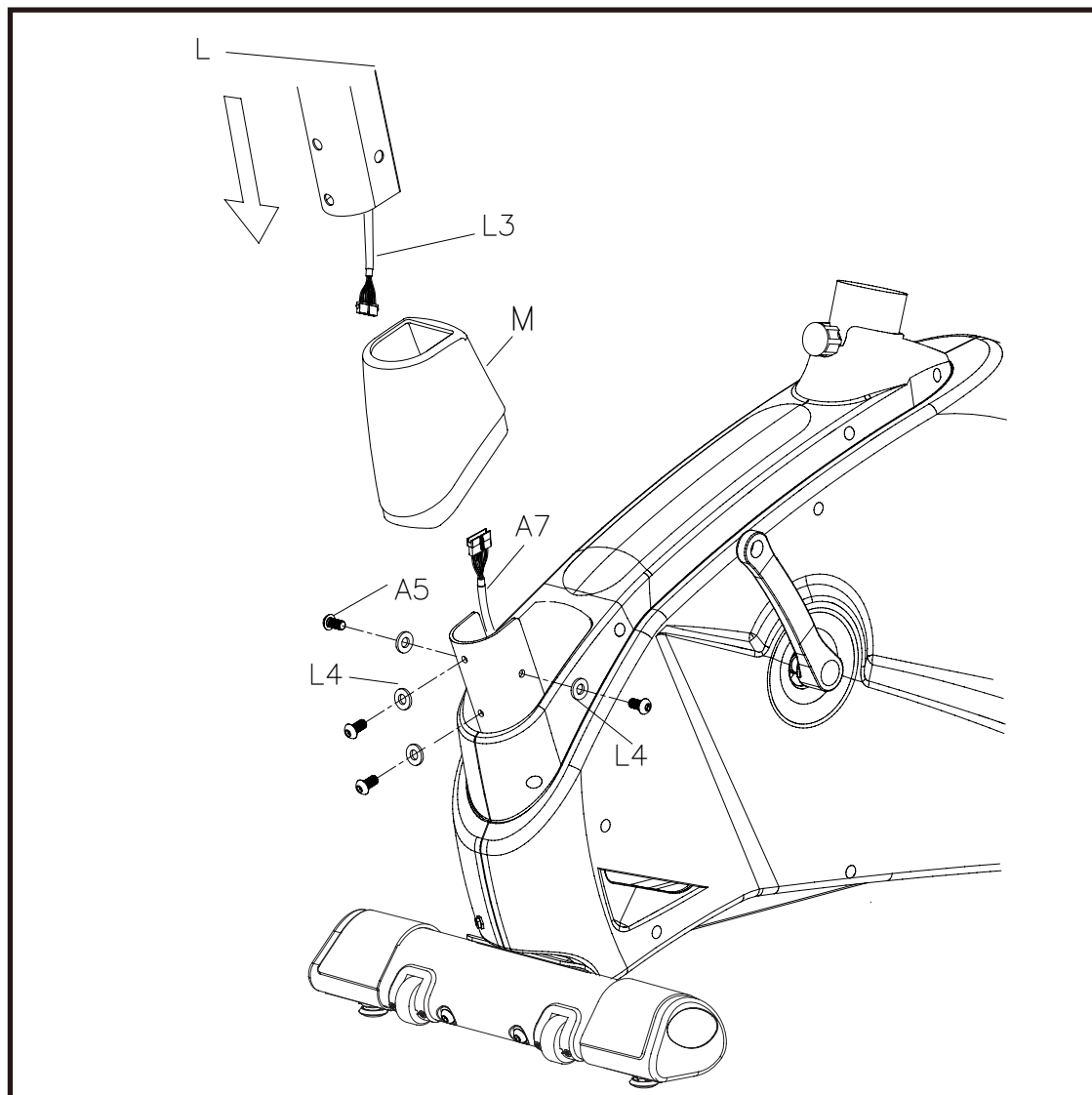


FIGURE\_2 ASSEMBLY FOR REAR STABILIZER

Attach the rear stabilizer(B) to the bracket at the front of the main frame(A). Insert 2pcs bolts(J2) ,2pcs spring(J4) and 2pcs washer(J5) through the rear stabilizer(B) to attach with the main frame(A). Then, fix the bolts tightly.

#### HOW TO KEEP THE MACHINE STABLE

\*\* After you finish assembly (Figure 1 & Figure 2), if the machine can't be stand stable, you can use adjusted-end(B2,C4) to adjust the machine.



FIGURE\_3 ASSEMBLY FOR CENTRAL  
SUPPORT TUBE

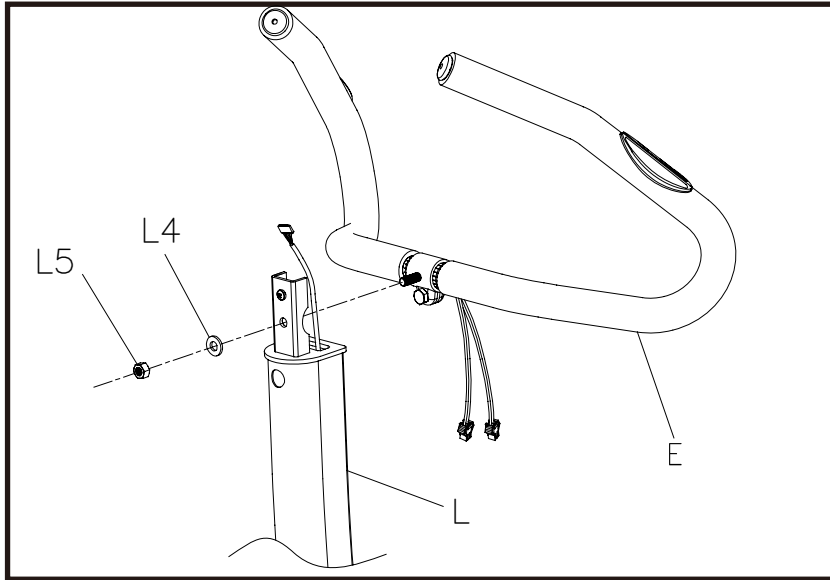
STEP 1.TAKE OFF THE BOLT(A5),  
WASHER(L4),  
FROM THE MAIN FRAME(A)  
BEFORE ASSEMBLY.

STEP 2.PUT THE UPPER CENTRAL TUBE  
(L) THROUGH DECORATION  
COVER(M) FIRST AND AFTER  
THE CABLE CONNECTED WELL  
POSITION THE COVER(M) UNTILL  
THE BUTTON.

STEP 3.CONNECT THE SENSOR  
WIRE(A7) AND THE  
COMPUTER CABLE(L3).

STEP 4.ASSEMBLE SUPPORT TUBE(L) WITH  
THE MAIN FRAME(A) BY BOLTS(A5),  
WASHERS(A4) AND WASHERS(L4).

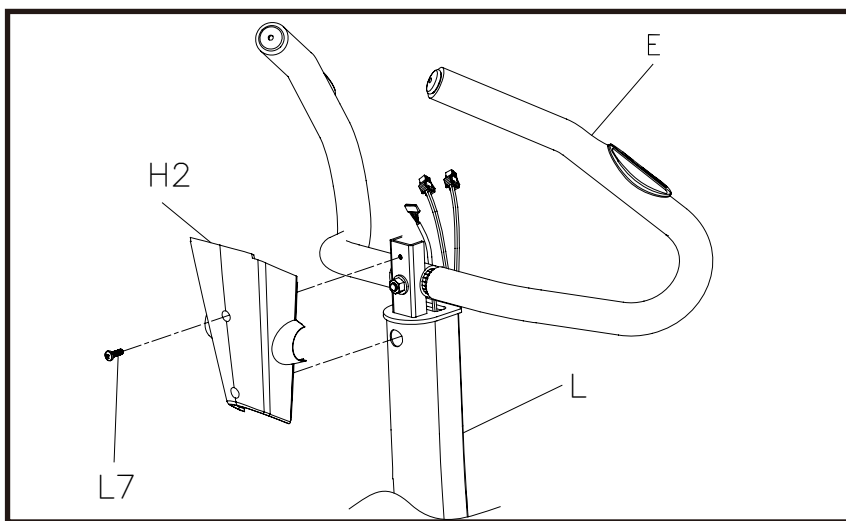
ATTENTION:TAKE CARE WHEN PUSHING  
THE TUBES TOGETHER THAT THE CABLES  
AND WIRES ARE NOT PINCHED.



FIGURE\_4 ASSEMBLY FOR HANDLE BAR

First,remove the washer (L4) and nut(L5)  
from the handle bar(E).

Put the handle bar(E) into the handle bar  
housing and secure it by washer(L4)  
and nut(L5).

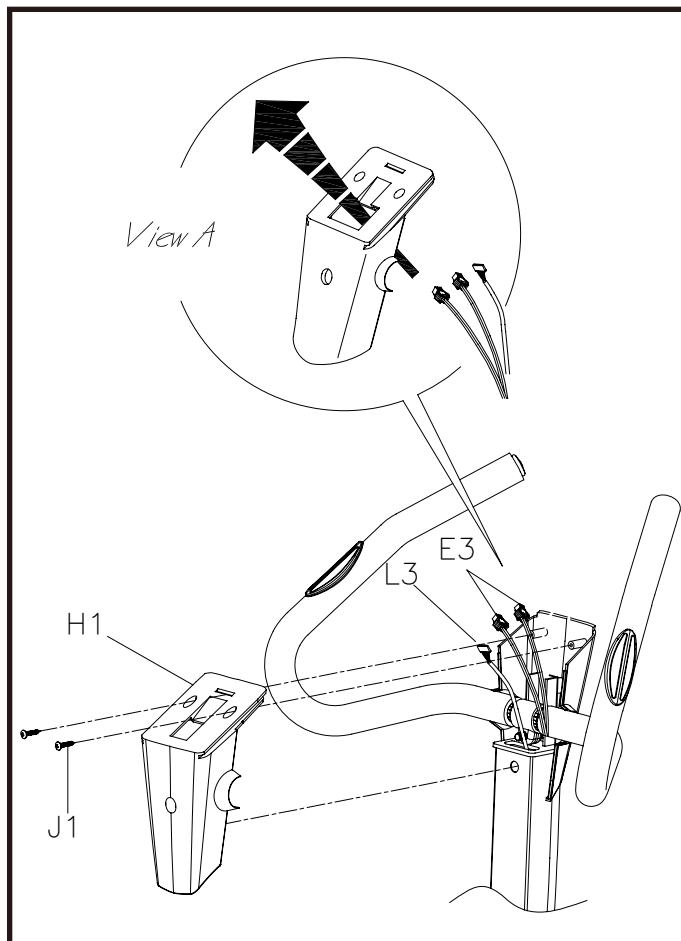


FIGURE\_5-1 ASSEMBLY FOR COMPUTER HOUSING

STEP 1:Take screw(L7) out from  
central tube(L) first.

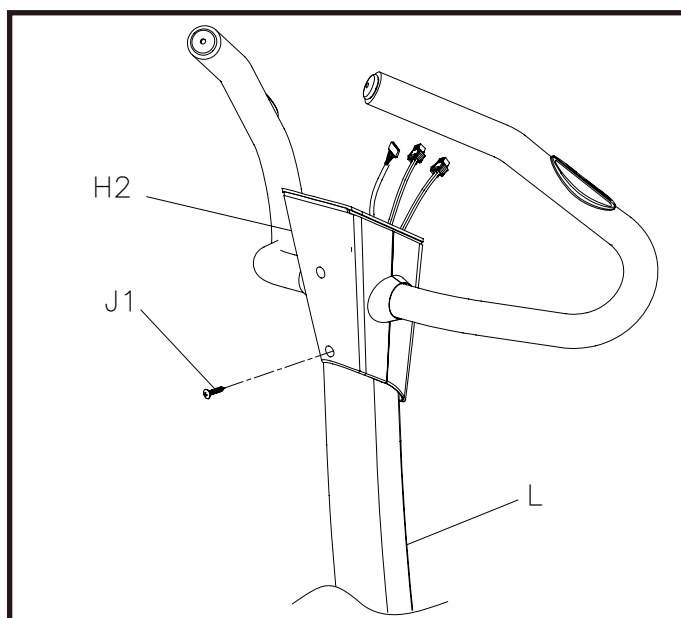
STEP 2:

Put rear computer housing(H2)  
into the central tube (L) and  
secure it by screw(L7).



FIGURE\_5-2 ASSEMBLY FOR COMPUTER HOUSING

STEP 2: Slide the sensor wires(L3 & E3 ) through the monitor front housing(H1) as shown on (view A). Then, connect the monitor rear housing with monitor front housing by screws(J1).

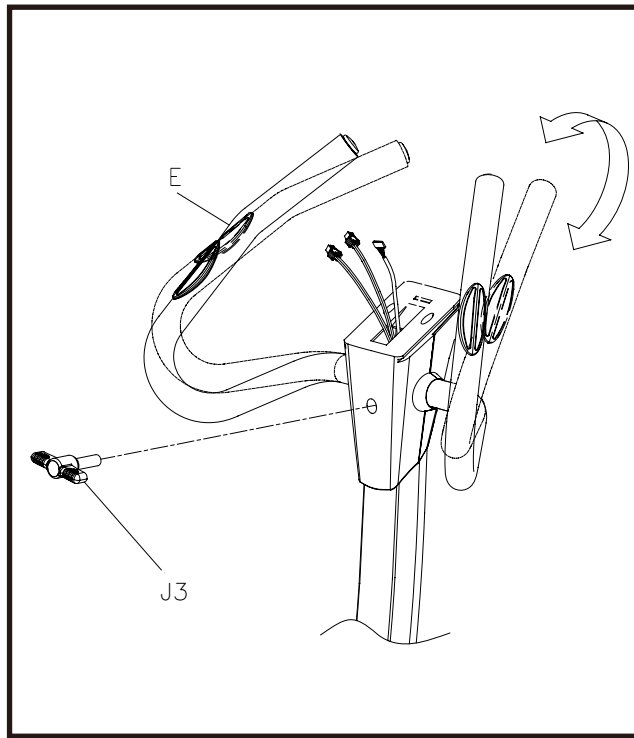


FIGURE\_5-3 FINISH THE ASSEMBLY FOR COMPUTER HOUSING

Attention: Please position all sensors wire outside of the computer housing.

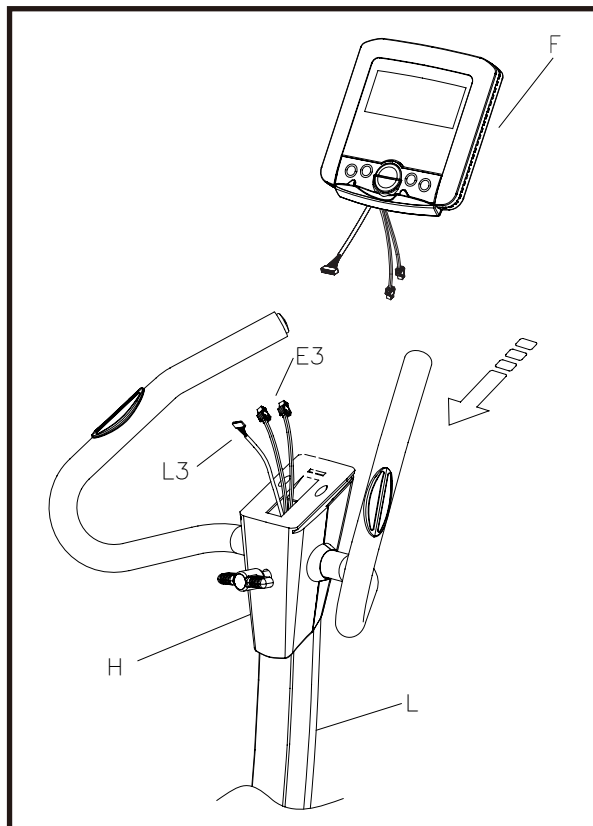
Step3. Finish the assembly is needed to be screwed into the computer housing by screw(J1).





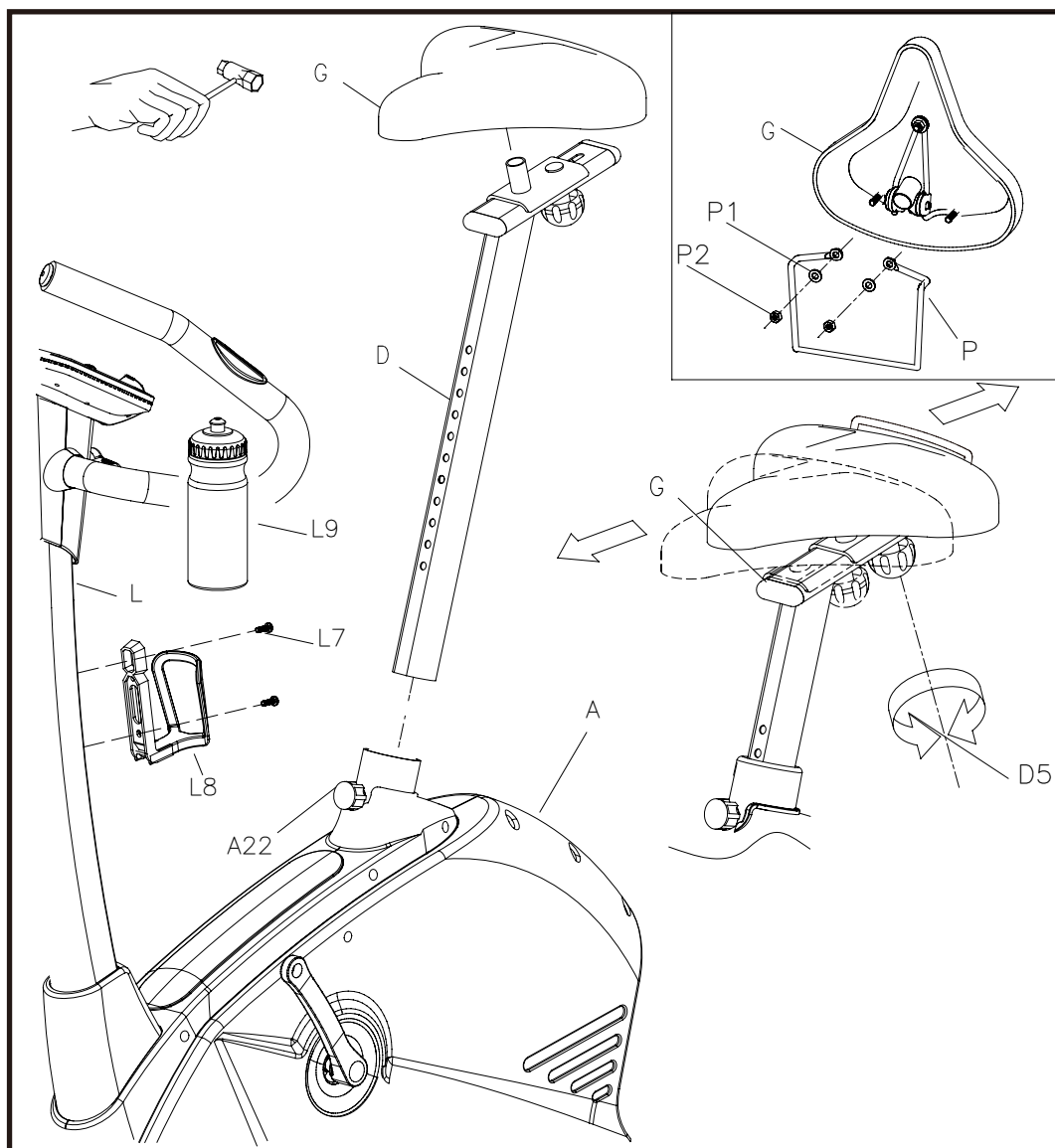
FIGURE\_6 ADJUSTING THE HANDLE BAR

Loose the knob(J3) to the left direction and you can adjust different position what you need.



FIGURE\_7 ASSEMBLY THE COMPUTER

Connect the sensor wires(E3 & L3) with computer wires and put the computer on the computer housing(H).



FIGURE\_8 ASSEMBLY SADDLE SUPPORT TUBE & SADDLE WITH MAIN FRAME & WATER BOTTLE & TOWEL HOUSING

STEP 1: Loosen the knob(A22) and keep on pulling it. Then, insert the saddle support tube(D) into the main frame(A).

Release the knob(A22) after the saddle support tube is equipped appropriately.

STEP 2. Equip plastic bottle holder(L8) at middle position of central support tube(L) and tight it with screw(L7). After then, put water bottle into bottle holder (L8). Take screw(L7) out of from central tube(L) first, take water bottle(L9) out of bottle holder then, lock screw(L7) into central tube(L).

STEP 3: Take washer(P1), nut(P2) out from saddle (G) and equip towel housing(P) on saddle and using washer(P1) and nut(P2) to tight it.

STEP 4: Equip the saddle (G) with the moving basement. Then ,fix it by tool at the each side of the saddle .

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

#### ADJUST THE SADDLE

Loosen the saddle adjustment knob(D5) and move the saddle until it is at a comfortable distance. Tighten the saddle adjustment knob to lock the saddle basement.

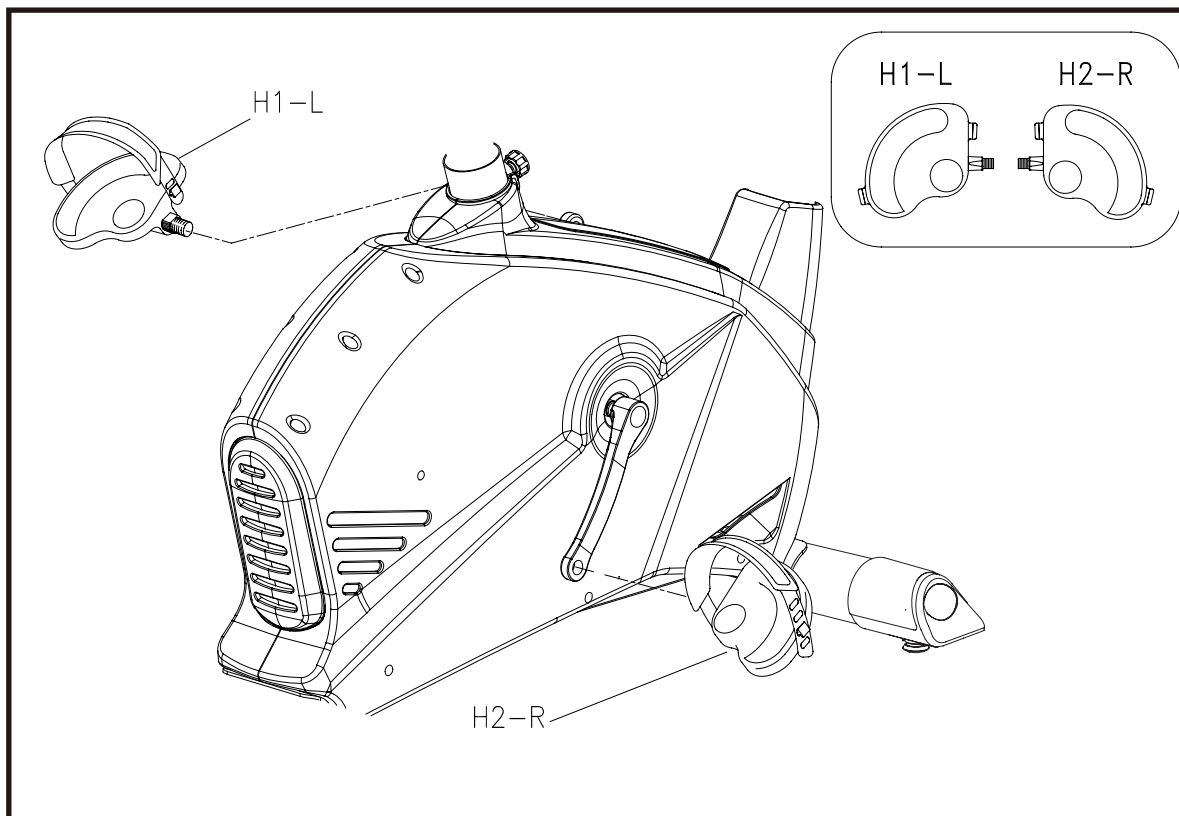


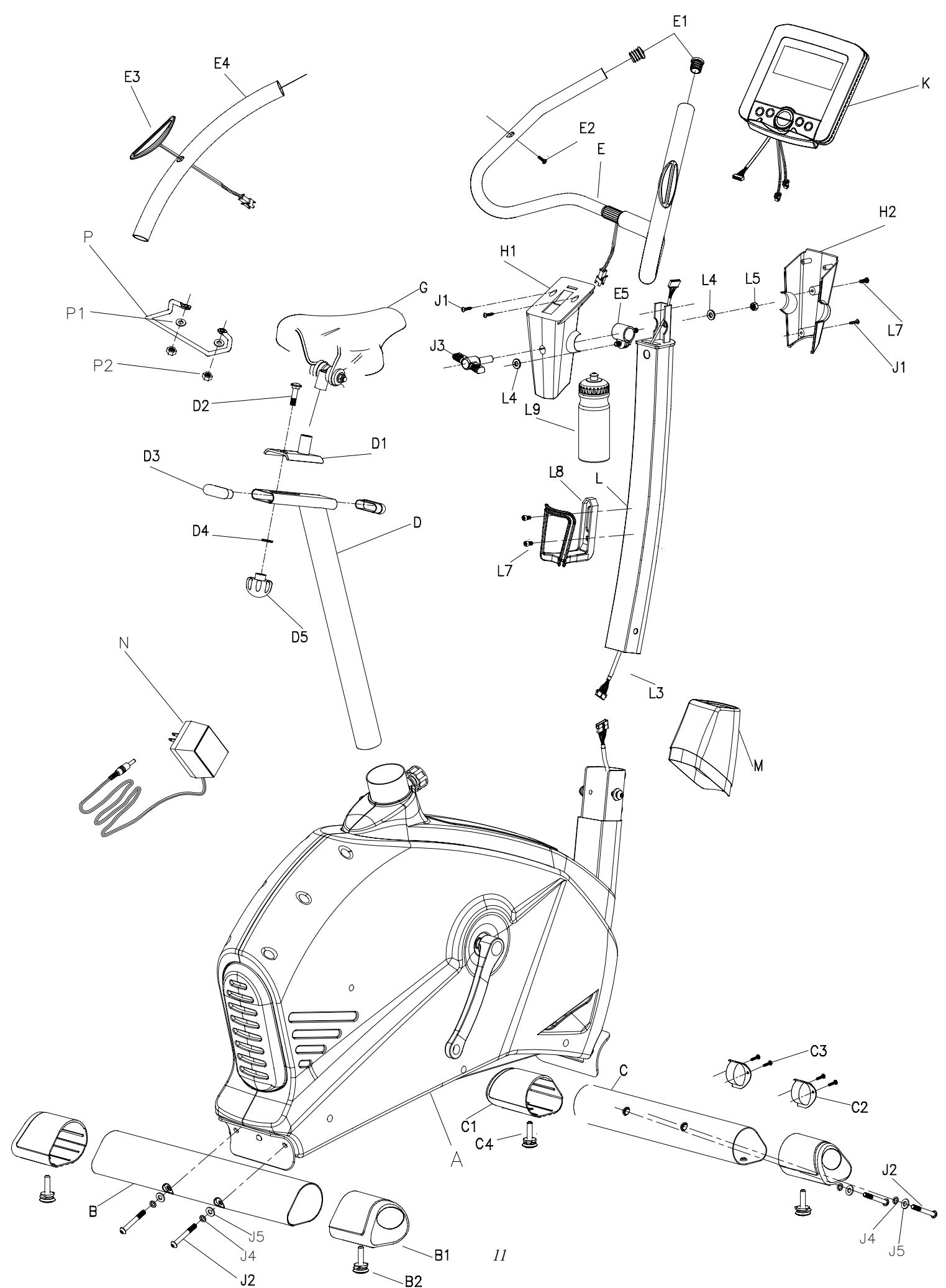
FIGURE 9

#### ASSEMBLY PEDAL WITH MAIN FRAME

Install the right strap on right pedal and the left strap on left pedal.

Step 1. Equip the left pedal(H1) with the crank by anti-clockwise direction.

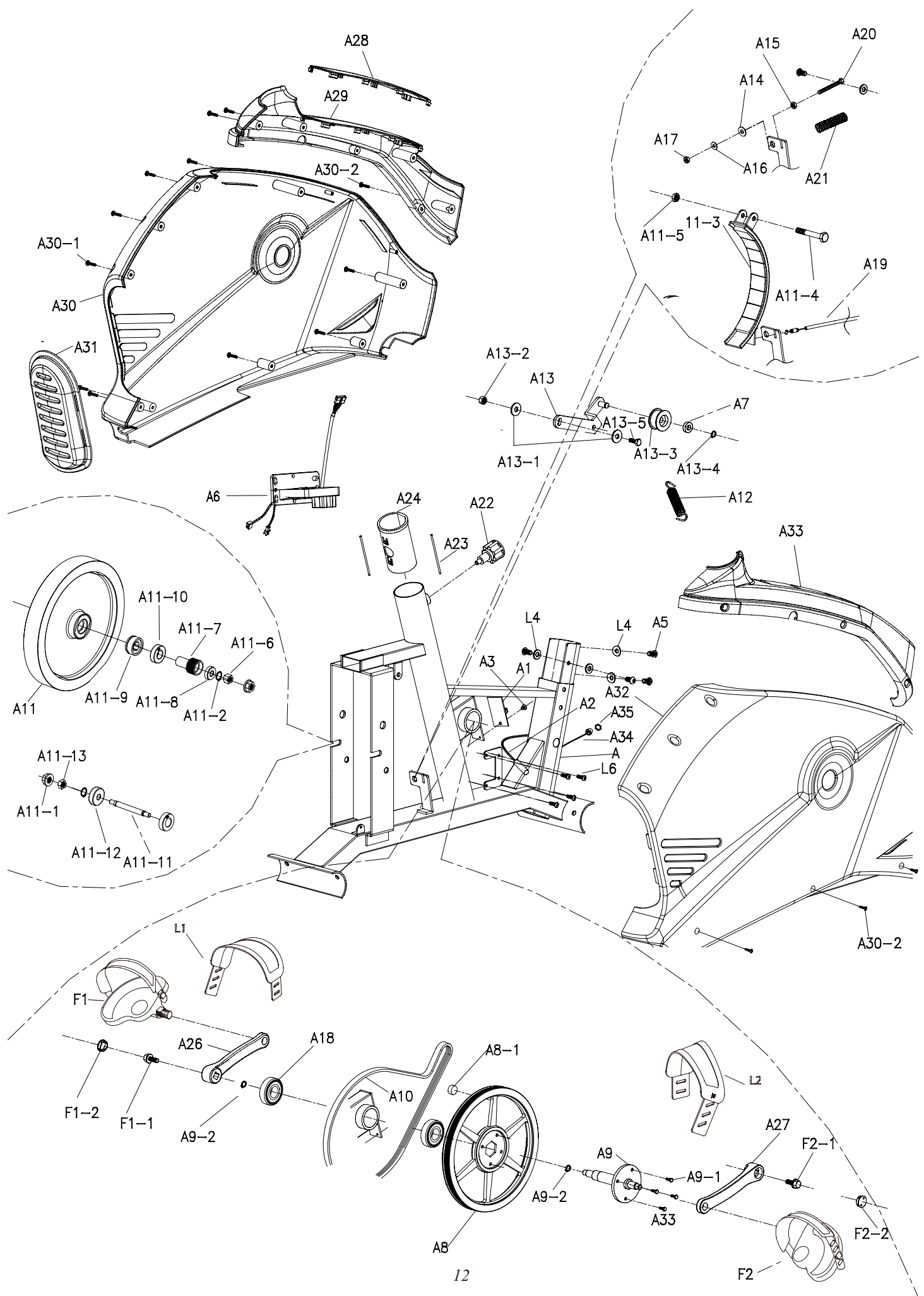
Step 2. Equip the right pedal(H2) with the crank by clockwise direction.



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P/N	Part	DESCRIPTION	Q'TY	P/N	Part	DESCRIPTION	Q'TY
A		Main Frame	1	A18		Bearing 6203ZZ	2
A1		Sensor Housing	1	A19		Tension Cable	1
A2		Sensor	1	A20		Screw M6*65L	1
A3		Screw #6-32*12L	1	A21		Spring	1
A5		Screw M8*15	4	A22		Knob	1
A6		Motor	1	A23		Iron Strip	2
A7		Bearing 6001ZZ	1	A24		Plastic Pipe	1
A8		Driving Wheel	1	A26		Crank(L)	1
A8-1		Magnet	1	A27		Crank(R)	1
A9		Alxe	1	A28		Upper Cover	1
A9-1		Screw M6*16	4	A30		Chain Cover(L)	1
A9-2		C Type Buckle C17	2	A30-1		Screw M3*10L	6
A10		Driving Belt	1	A30-2		Screw 4*20	10
A11		Magnetic Wheel	1	A31		Rear Side Cover	1
A11-1		Nut 3/8**26*7MM	2	A32		Chain Cover(R)	1
A11-2		C Type Buckle C10	2	A33		Upper Side Cover(R)	1
A11-3		Magnetic Housing	1	A34		Power cord	1
A11-4		Bolt M8*52	1	A35		Nut	1
A11-5		Nut M8	1	B		Rear Stabilizer	1
A11-6		Nut 3/8**0.5T	1	B1		End Cap	2
A11-7		One Way Bearing	1	B2		Adjusted end	2
A11-8		Bearing 6000ZZ	1	C		Front Stabilizer	1
A11-9		Pully	1	C1		End Cap	2
A11-10		Bearing 6300ZZ	2	C2		Transportation Wheel	2
A11-11		Axle 10*120L	1	C3		Screw #8*32*5/8"L	4
A11-12		Bearing 6003ZZ	1	C4		Adjusted end	2
A11-13		Nut 3/8**26*3MM	1	D		Saddle Support Tube	1
A12		Spring	1	D1		Seat Basement	1
A13		Pressing Plate	1	D2		Bolt 3/8**38L	1
A13-1		Washer 10*24*0.3T	2	D3		End Cap	2
A13-2		Nut M8	1	D4		Washer M10*30*2	1
A13-3		Pressing Wheel	1	D5		Knob	1
A13-4		C Type Buckle C12	1	E		Handle Bar	1
A13-5		Screw M8*25	1	E1		End Cap	2
A14		Washer M6*22*T1	1	E2		Screw M4*15L	2
A15		Nut M6	1	E3		Hand Pulse Sensor	2
A16		Washer M6*19*T1.5	1	E4		Foam Grip	2
A17		Nut M6	1	E5		Clip	1
				F1		Pedal(L)	1

F1-1		Screw M 8*20	1	K		Computer	1
F1-2		Crank Cap	1	L		Central	1
F2		Pedal(R)	1	L1		Strap(L)	1
F2-1		Screw M 8*20	1	L2		Strap(R)	1
F2-2		Crank Cap	1	L3		Sensor	1
G		Saddle	1	L4		Washer8*16*1.2T	6
H1		Monitor Housing (Front)	1	L5		Nut M 8	1
H2		Monitor Housing (Rear)	1	L6		Screw M 5*10L	4
J1		Screw M 4*20L	3	L7		Screw M 5*10L	3
J2		Screw M 8*105	4	L8		Water holder	1
J3		Knob	1	L9		Water bottle	1
J4		Spring M8	4	M		Plastic Cover	1
J5		Washer M8*16*1.2T	4	N		Adaptor	1
				P		Towel housing	1
				P1		Washer	2
				P2		Nut	2

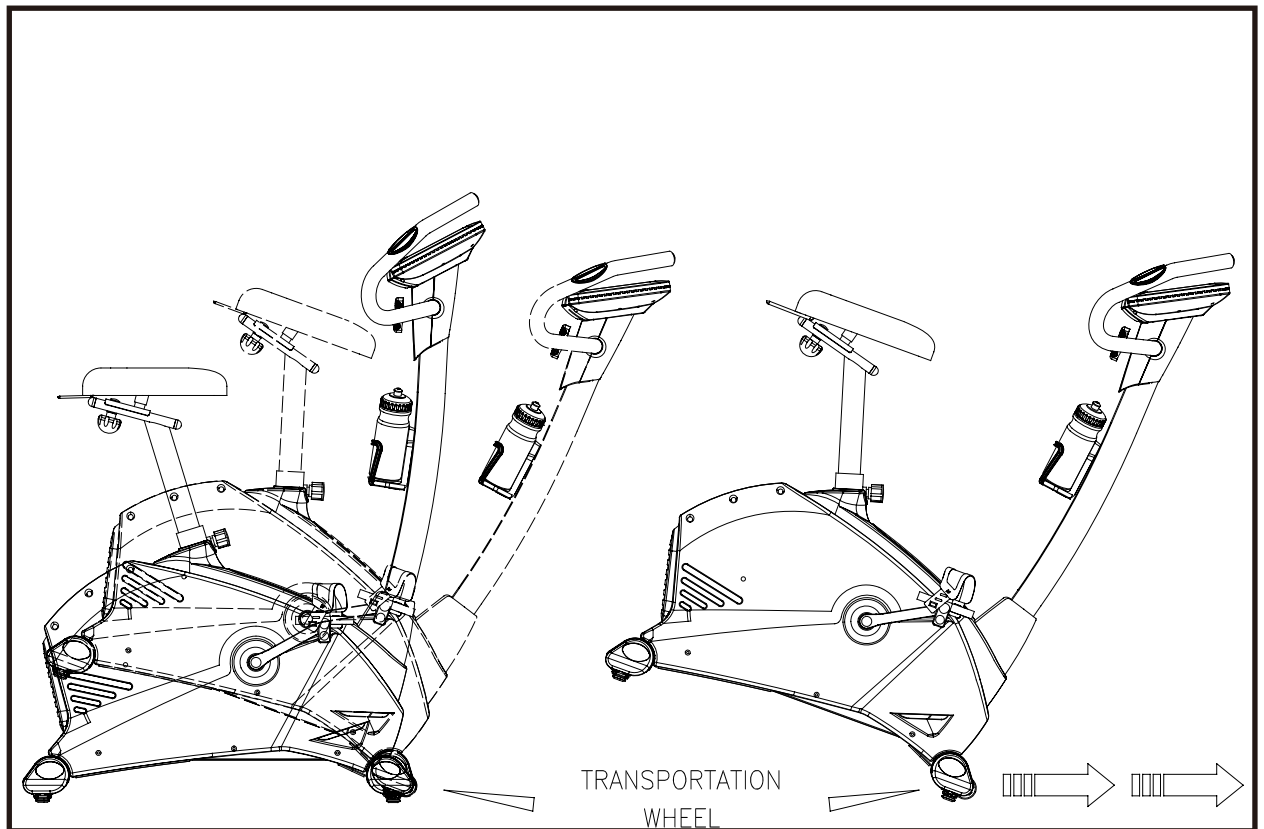


FIGURE 10

#### HOW TO MOVE THE MACHINE

Step1. Hold the handle bar and push down the handle bar.

Step2. You can move the machine easily by the transportation wheel on the front stabilizer.



## 1. FUNCTION IDENTIFICATION

### BAR GRAPH DISPLAY

Profiles Programs as listed here

16 x Rows = 16 Load resistance

Levels

16x Column = time intervals

### 12 Program Profiles Graph Key

Quick key of press 12 Program

Profiles by pressing panel.

### FUNCTION DISPLAY

During your workout you can select

what is shown in the Mode BAR

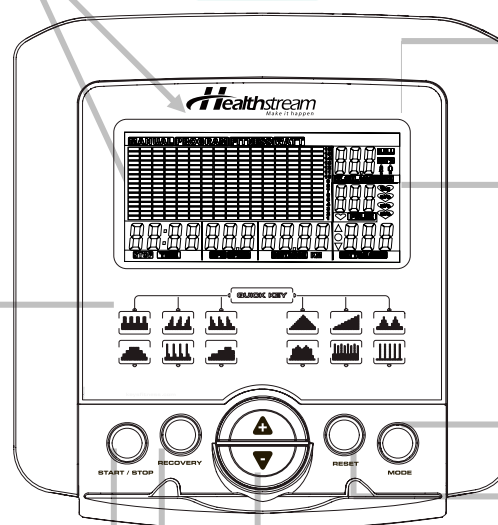
Display.

The flashing text indicates what is

being shown in the Mode Display.

### START / STOP Key

START & STOP KEY.



### MODE CONTROL LIST

MANUAL-PROGRAM - WATT  
-PERSONAL-H.R.C.

### USER DATA Display

There are total 5 user Data  
(.U0-U4) including Gender, Age,  
H.t ( Height) and W.t. ( Weight)

### MODE Key

Confirm your selection.

### RESET Key

Reset default function value..

### UP (+) and DOWN (-) Key

Adjust function value by  
pressing two keys.

### RECOVERY Key

The RECOVERY PROGRAM  
automatically evaluate your  
Fitness Level.

## 2. MODEL FUNCTION DESCRIPTION

TIME	: 0:00~99:59.
SPD	: 0.0~99.9 KMH
RPM	: 0~15~999
WATT DISPLAY	: 0~999
DISTANCE	: 0.00~99.99 KM.
CALORIES	: 0~9999.
TEMPERATURE	: 0~60°C / 32~99°F
GENDOR	: GIRL / BOY
AGE	: 10-25-99
HEIGHT	: 100-160-200 (CM) / 40-60-80 (INCH)
WEIGHT	: 20-50-150 (KG) / 40-100-350 (LB)
PULSE	: P~30~240
HEART SYMBOL	: ON/OFF blinks
MANUAL	: 1~16 levels
PROGRAMM	: P1~P12
WATT CONSTANT:	10~350 WATTS
PERSONAL	: U1~U4
H.R.C	: 55%、75%、90%、IND (TARGET)
USER DATA	: U0 ~U4 (U1 ~ U4 memorized user data)

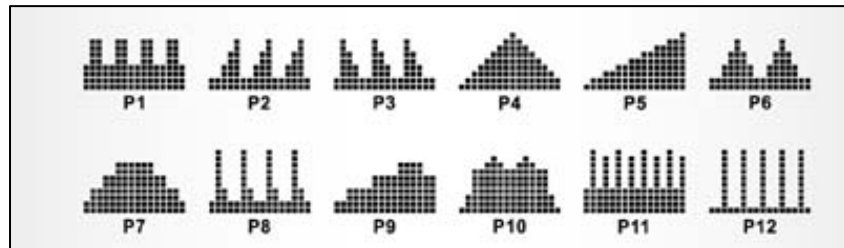
### 3. POWER ON

1. Plug in 6V 1A power Adaptor to right country socket and connect the I / L PIN to Fitness equipment.
2. When stay in U0~U4, only there is pulse input, then PULSE symbol on the right in window will operate to display automatically as per H.R.C.: If pulse maximum value is set, then the function cancel automatically.
3. Recovery : To test user's heart recovery extent in fixed time, time will be 1 minute.
4. User Data : 5 groups for user setting U0~U4, every user can set gender 、 age 、 height and weight, however when power off or TOTAL RESET,U0 setting files will be cleaned and reset and U1-U4 setting values will be saved permanently.
5. USER SETTING VALUE MEMORY: setting files memory (TIME 、 DISTANCE 、 CALORIES 、 PULSE setting value)&the function setting value(set value which used last time or changed manual load set value: or PROGRAM PX(1-12)...Etc. it can only remember one of them. For instance: WATT CONSTANT SET VALUE: or PERSONAL program), U1~U4 fours groups altogether.

### 4. CONTROL MODE DESCRIPTION

A. MANUAL Set the resistance level by using the dot matrix display then (if required) to set function value. TIME/DISTANCE / CALORIES / PULSE; the function value will be counting down from pre-setting number to 0. And then press ST/STOP to START manual program at anytime to start your workout.

B. PROGRAM 12 automatic adjusting programs with control exercise program profiles (P1~P12), Resistance level can be adjusted by knobbing ENTER (UP/DOWN) during the program.



### C. WATTS CONSTANT

User can default WATTS value at his/her desire 10-350 watts between 10~350 watts by using the UP / DOWN knob. To fix WATTS constant value and then press ST/STOP key. Use WATTS control mode to train yourself in different WATTS's constant.

### D. PERSONAL

Create your own Program profile through U1~U4 by setting the resistance level for each individual segment. Then the Program will be automatically saved for future use. U0 ENTER can be set the same as U1~U4 but this Program cannot be saved.

### E. H.R.C

HEART RATE CONTROL- Select your own target Heart Rate by choosing from one of the preset programs 55%, 75%, or 90%. Please ENTER your age into the User Data to ensure that your target heart rate is set correctly. The PULSE display will flash when you have reached your target heart rate according to the Program you have chosen.

- i. 55% -- DIET PROGRAM
- ii. 75% -- HEALTH PROGRAM
- iii. 90% -- SPORTS PROGRAM
- iv. TARGET—USER SET TARGET HEART RATE

#### F. RECOVERY

When you have finished your workout, press RECOVERY. For RECOVERY to function correctly, it needs your Heart Rate input. TIME will count down from 1 minute and then your fitness level from F1 to F6 will be displayed. NOTE: during RECOVERY, no other displays will operate.

F 1 ~ F6 = RECOVERY HEART RATE LEVEL

Operating ENTERS:

1. User press H.R.C key to start the H.R.C.
2. Get the result from F1 - F6.

Condition	Score	Heart Rate
<b>Excellent</b>	F1	Above 50
<b>Good</b>	F2	40 ~ 49
<b>Average</b>	F3	30 ~ 39
<b>Fair</b>	F4	20 ~ 29
<b>Poor</b>	F5	10 ~ 19
<b>Very Poor</b>	F6	Under 10

#### G. USER DATA :

U0~U4 are user's Personal Programs (refer Personal). Users should ENTER their gender, age, height and weight. Only data for U1 to U4 will be saved. U0 is for casual users.

#### TIPS

1. Option: Plug in AC Adaptor (**6 VOLT, 1 A**).
2. Keep moisture away from computer.

## 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.

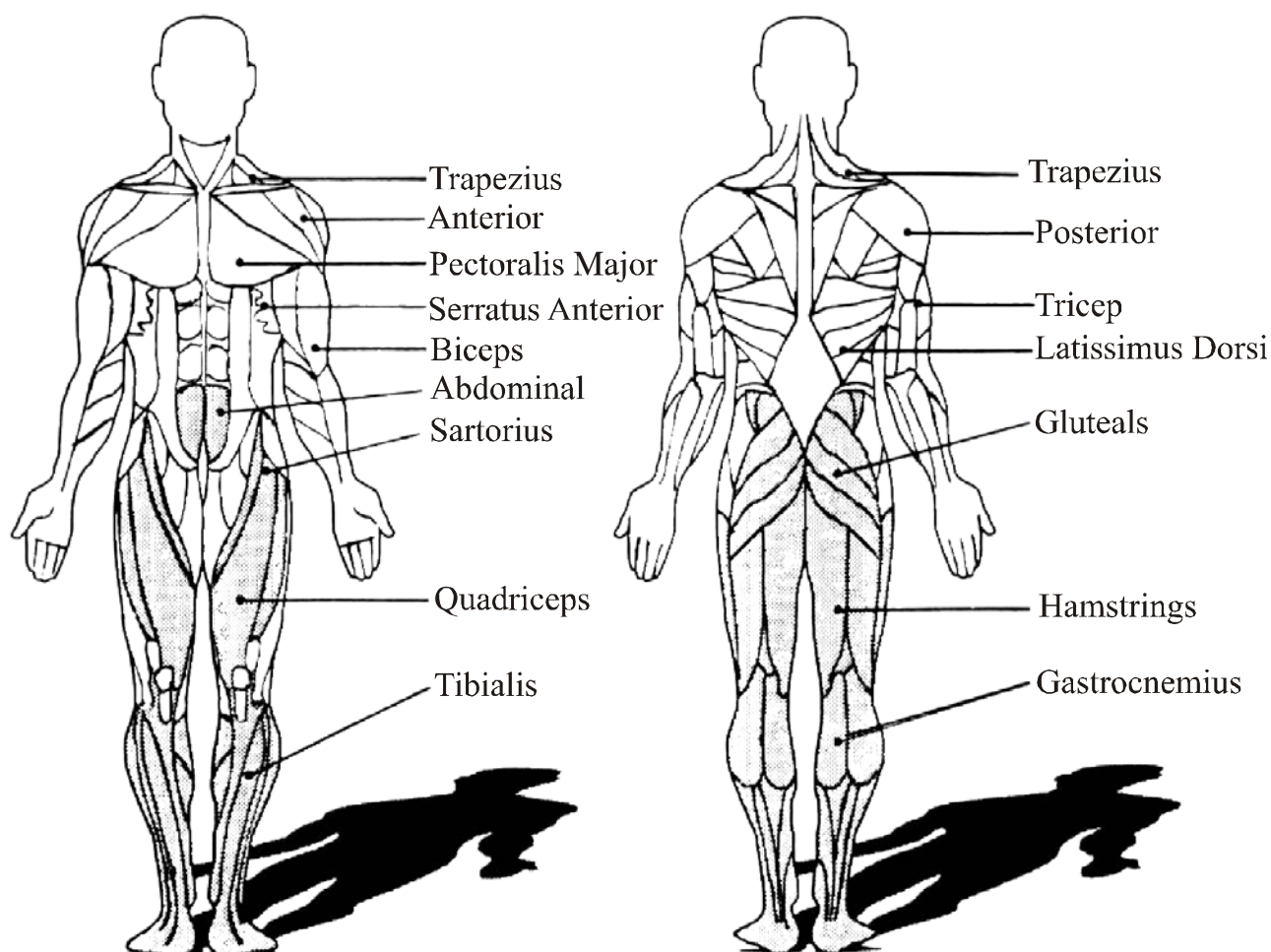
## WEIGHT TRAINING

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.



### **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 your 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.

## *WARM UP*

