

SPORTS ART COMMERCIAL GRADE 5005 **GENERATOR - UPRIGHT CYCLE**

SAFETY GUIDELINES:

Please read and follow the following safety guidelines:

- . Read this owner's manual and follow the instructions.
- . Assemble and operate the cycle on a solid, level surface.
- . Never allow children on or near the bicycle.
- . Check the bicycle before every use. Make sure all parts are assembled, and all nuts and bolts are tightened. Do not use the bicycle if the unit is disassembled in any way.
- . Keep your hands away from moving parts.
- . Wear proper workout clothing.
- . Don't rock the unit from side to side, and use care when mounting and dismounting the unit.
- . Don't stand on the unit.
- . Do not use any accessories that aren't specifically recommended by the manufacturer--these might cause injuries or cause the unit to fail.
- . Work within your recommended exercise level--do NOT work to exhaustion.
- . If you feel any pain or abnormal sensations, STOP YOUR WORKOUT and consult your physician immediately.

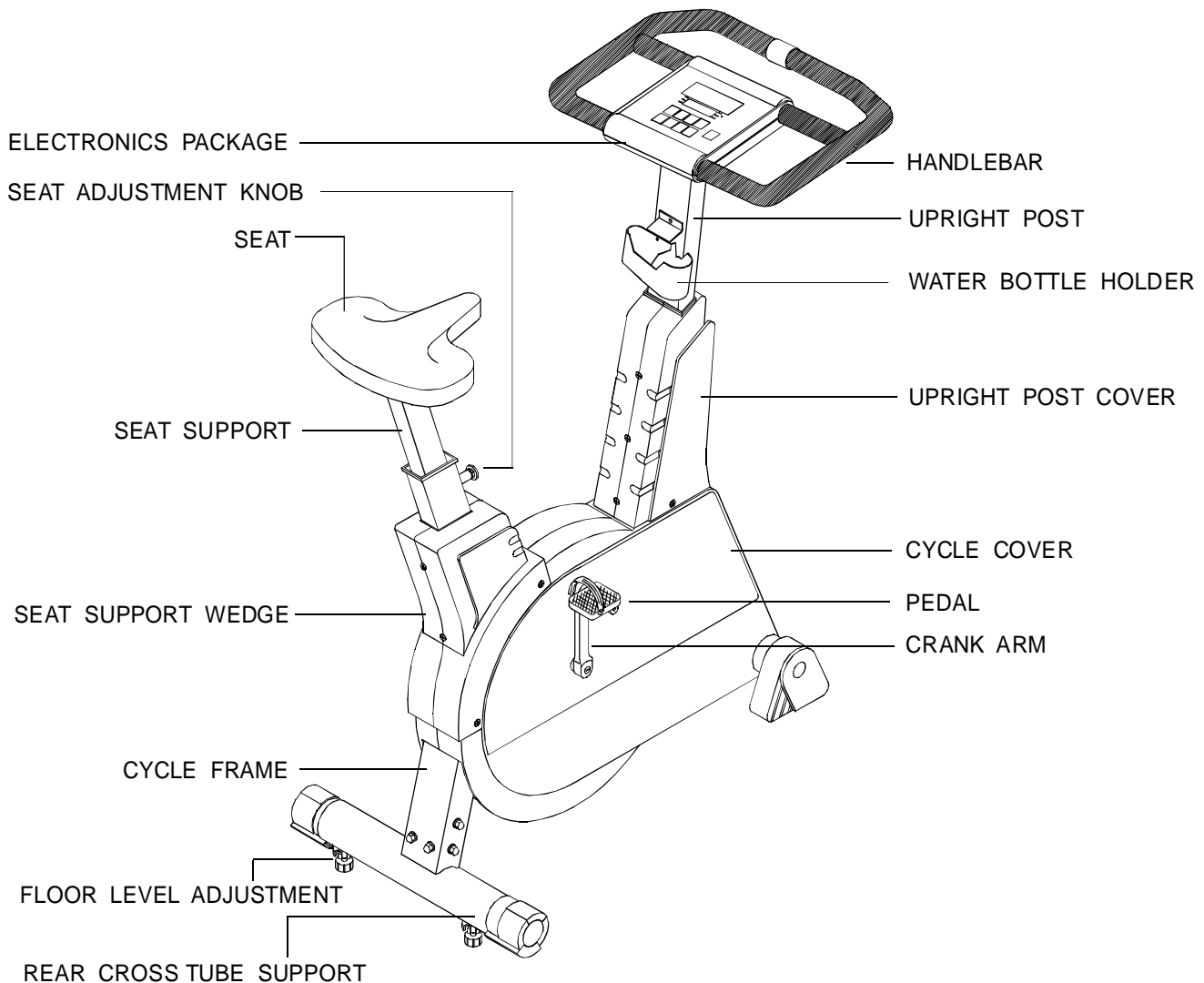
Caution:

Before beginning any exercise program, you should consult with your doctor. It is recommended that you undergo a complete physical examination.

INTRODUCTION

Congratulations on purchasing one of the finest pieces of commercial grade exercise equipment on the market today, the Sports Art 5005. Constructed of high quality materials and designed for years of trouble-free usage, the 5005 series products will be an integral part of your fitness regimen.

Before using your bicycle, we recommend that you familiarize yourself with this Owner's Manual. Whether you are a first time user of an exercise bicycle or a seasoned "pro," understanding the correct use of the equipment will enhance your ability to achieve your exercise goals safely and successfully.



ASSEMBLING YOUR CYCLE

List Of Parts:

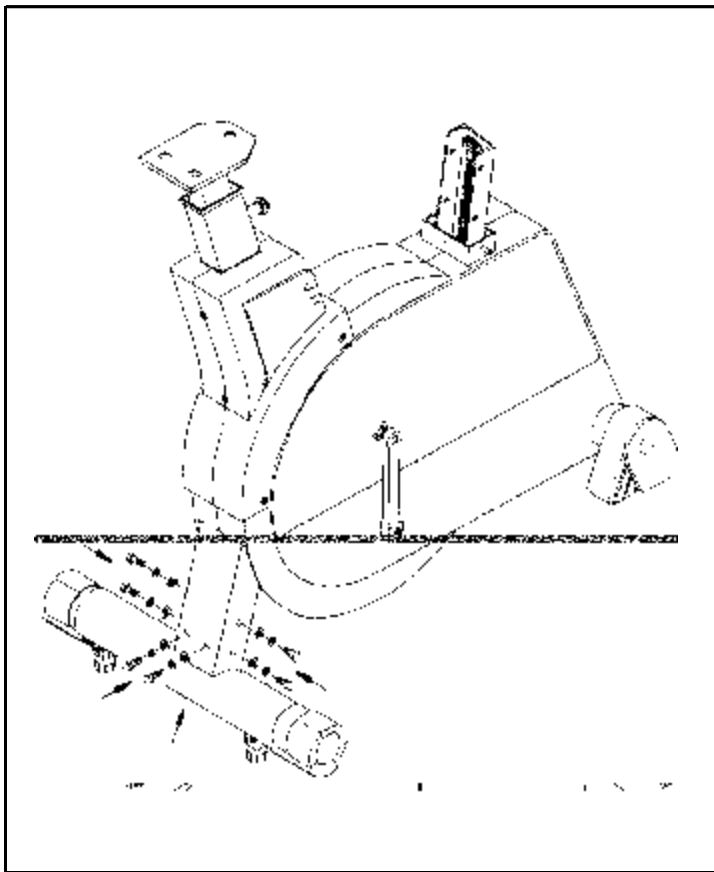
- . Six 5/16"x 3/4" bolts - Rear cross tube support
- . Six 5/16" spring washers - Rear cross tube support
- . Six 5/16" flat washers - Rear cross tube support
- . Six 5/16"x 3/4" bolts - Upright post
- . Six 5/16" spring washers - Upright post
- . Six 5/16" flat washers - Upright post
- . Eight Philip screws - Upright post cover
- . One pair of foot pedals
- . One set of screw drivers
- . One hex allen wrench
- . One combination wrench
- . Two fuses - 3 amp for battery
3 amp for generator system

Step By Step Instructions

Before assembling your cycle, make sure that you have all the above parts.

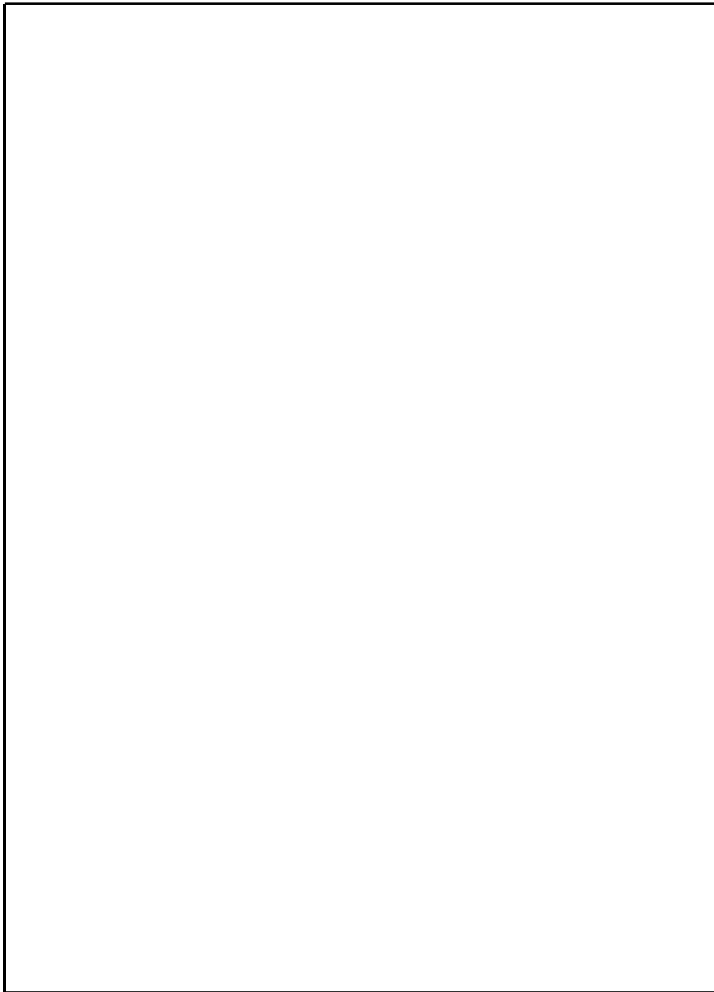
The following steps explain how to assemble your 5005 cycle. Please read every step thoroughly, and follow the directions completely to ensure correct assembly.

1. Make sure all packing materials are removed from the cycle frame.
2. Place the cycle on a level, flat surface.
3. Place the end of the cycle frame over the rear cross tube supports. Attach the cycle frame to the rear cross tube support using two bolts, two spring washers and two flat washers on each side. Make sure that the front and rear legs sit flat on the floor before tightening the bolts securely (see Fig. 1).



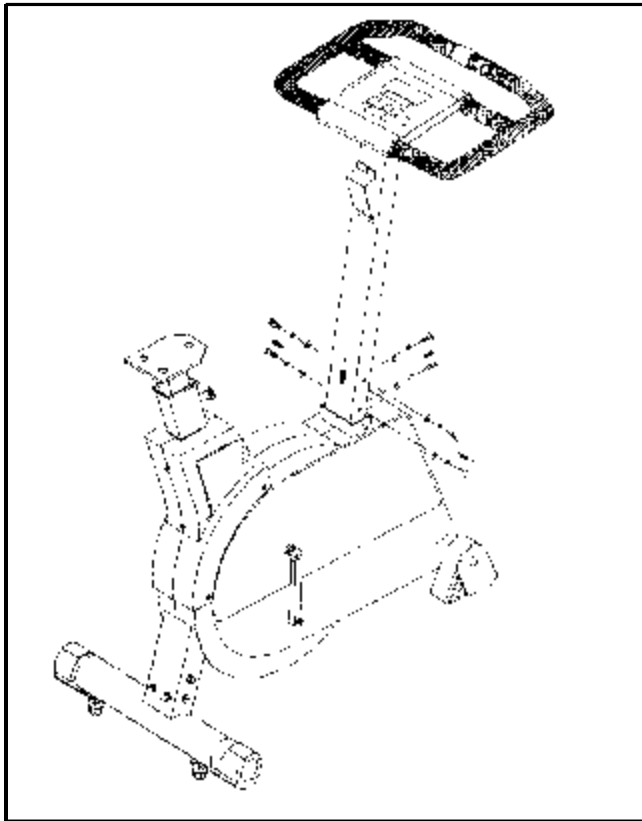
(FIG.1)

4. Locate the 16 pin cable connector inside the lift post and insert it into the socket. Tighten the connector securely by turning both screws pins clockwise (see Fig. 2).



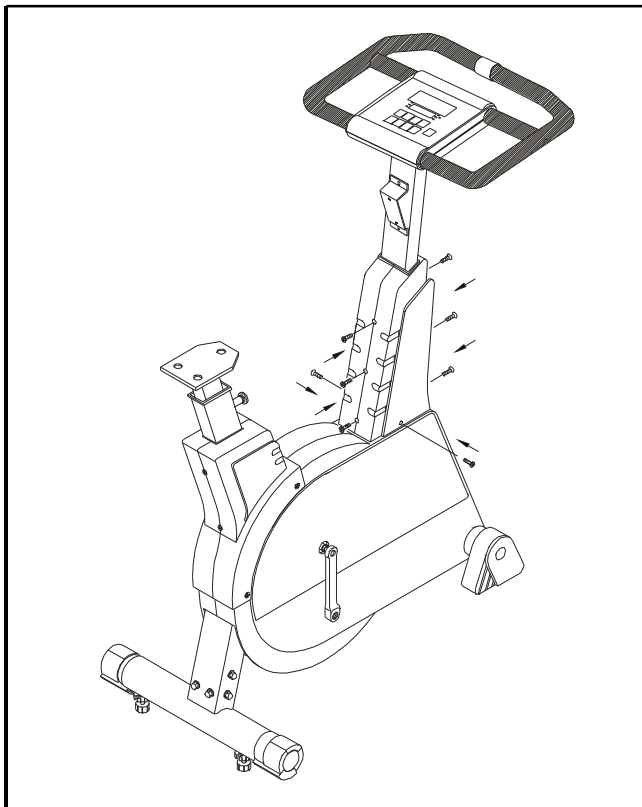
(FIG.2)

5. Insert the upright post into the cycle frame, using two bolts, two spring washers, two flat washers on each side. Then tighten the bolts securely (see Fig. 3).



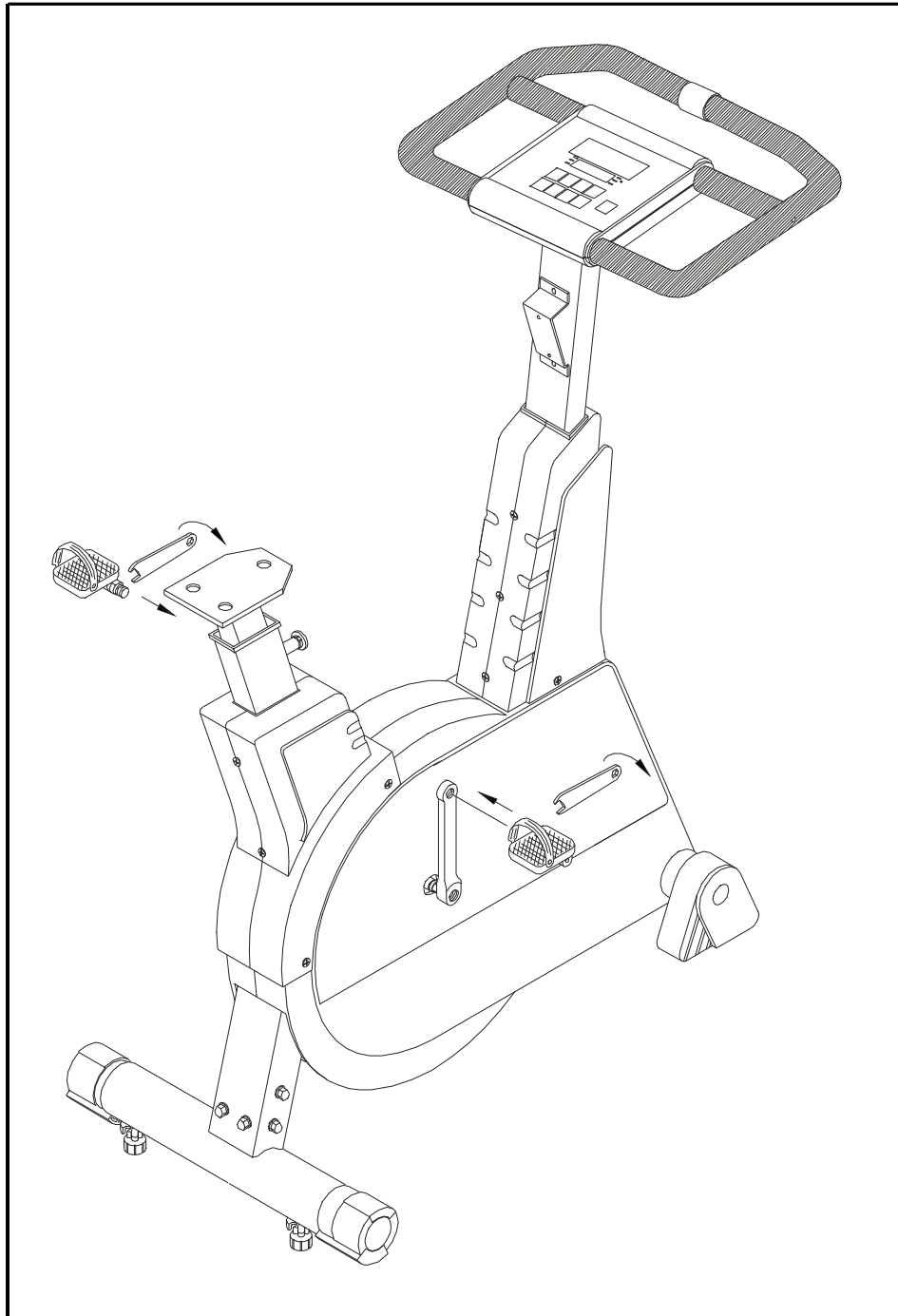
(FIG.3)

6. Attach the upright post cover to the front of cycle, using 8 screws, three screws in the front, three in the back, and one for each left and right side. (see Fig. 4).



(FIG.4)

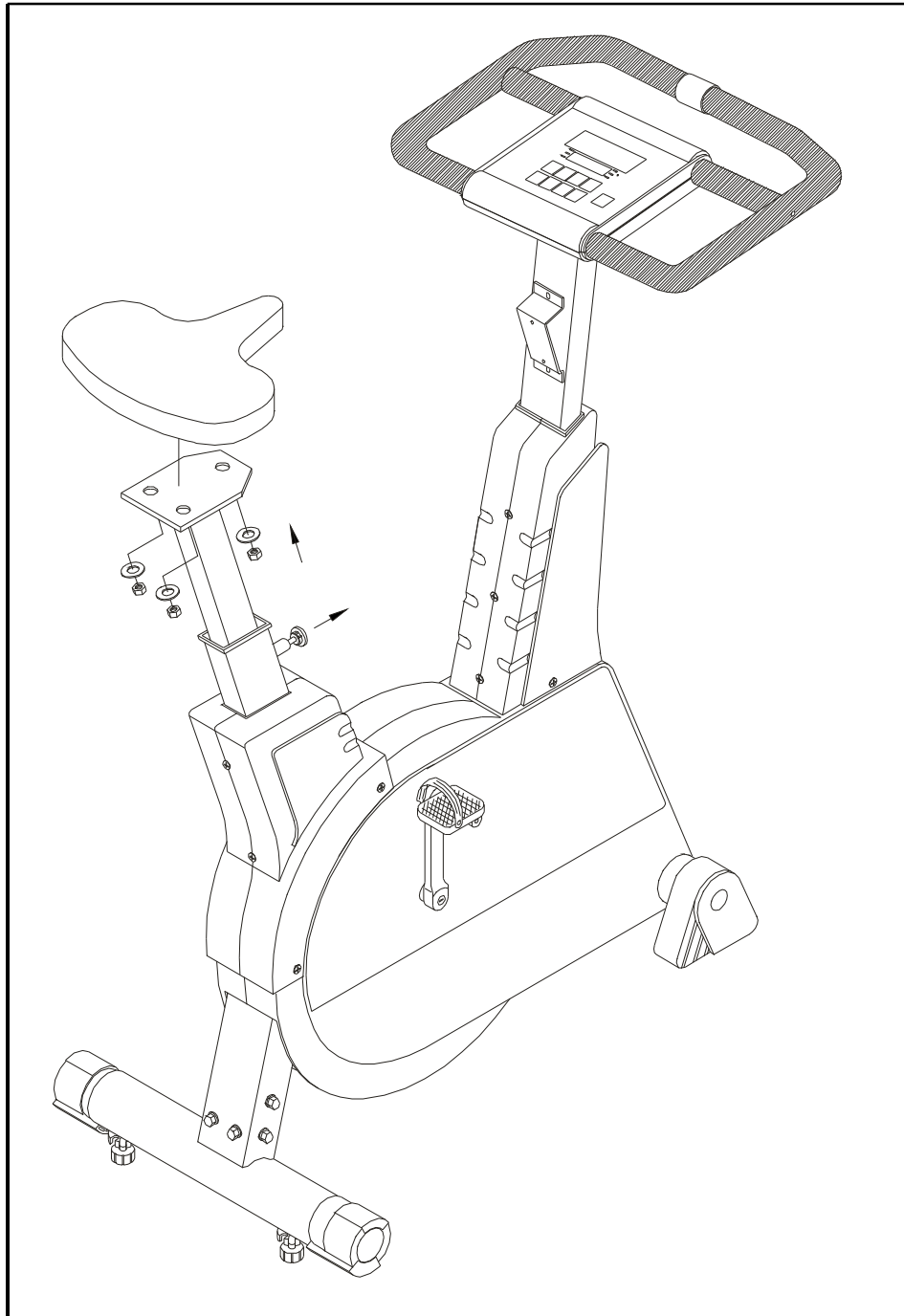
7. Attach the foot pedals to the crank arms on the cycle. Be careful to install the pedals on the correct crank arm. Use a combination wrench to tighten the pedals securely (see Fig. 5).



(FIG.5)

A "R" or "L" on the foot pedal indicates the correct side. Install the pedal marked "R" on the right-hand crank arm (as you stand at the rear of the cycle facing front). When you install the pedal on the left hand crank arm, rotate the pedal counterclockwise to tighten since the pedal has left-hand screw threads.

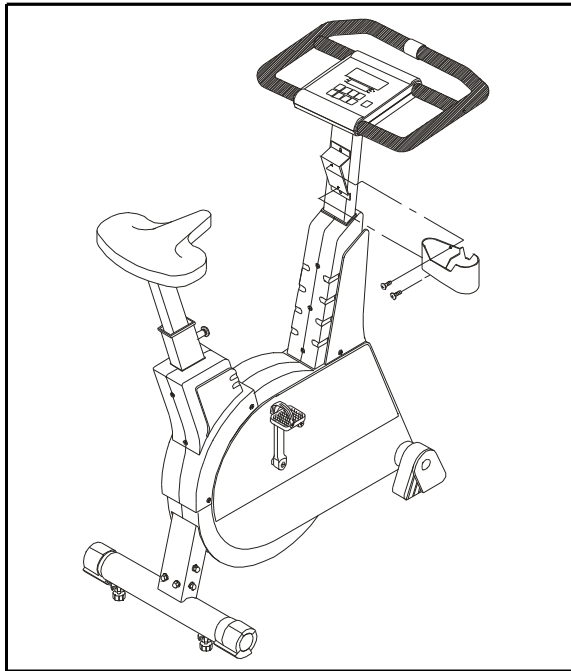
8. Place the cycle seat to the seat support tight with three bolts, three spring washers from underneath the seat (see Fig 6).



(FIG.6)

To move the seat support up or down, pull on the seat adjustment knob for adjusting to your desired position.

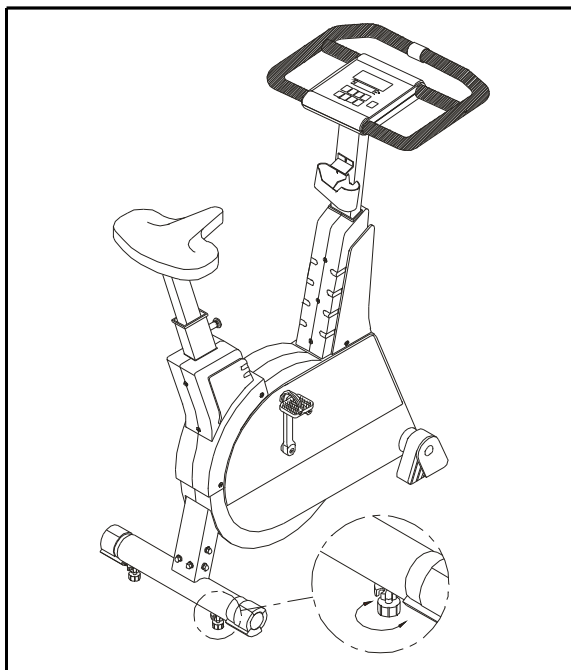
9. Assemble the water bottle/personal stereo holder to the Hight front post using the screws provided. (see Fig.7)



(FIG.7)

Floor Level Adjustment

If the cycle is unsteady on your floor, turn the floor level adjustment located on the rear feet of cycle. Raise or lower the floor level adjustment to steady your cycle (see Fig. 8).



(FIG.8)

Your 5005 Exercise Bicycle is assembled and ready to use.

EXERCISING ON YOUR CYCLE

Understanding The Electronics Package

Unlike other generator cycles, where you have to pedal for the unit to start, with the Sports Art 5005, you only have to press the "ON" key to program the unit. This is much easier to accomplish, rather than having to pedal and enter information at the same time.

Manual:

1. Press the Electronics Package "ON" key to start. The cycle will enter the MANUAL MODE immediately.
2. If you do not change the MODE or choose a LEVEL (or WATTS), the display will prompt you to PEDAL TO START. The cycle will remain in the MANUAL MODE. If you do not pedal for over 2 minutes, the electronics package will switch OFF automatically.
3. If you stop in the middle of your workout, you will be prompted to PEDAL TO START. All input information (DIST., CAL., TIME, etc.) will be retained.
4. You can use the MODE button to switch to LEVEL (or WATTS), TIME, DISTANCE, RPM, CAL., SCAN or PULSE. Use the ▲▼ keys to set the desired LEVEL (or WATTS), TIME or DISTANCE.

MODE (What each of these categories means):

LEVEL: There are 14 levels, with Level 1 being the lightest, and LEVEL 14 being the heaviest. Use the ▲▼ keys to chose the desired level.

WATTS: The watts range from 50-320 watts, with the watts 50 being the lightest, and the watts 320 being the heaviest. Use the ▲▼ keys to chose the desired watts.

TIME: Use the ▲▼ keys to set the desired time. The electronics package will beep for 1.5 seconds when your desired time is reached, then will start to count up if your workout continues.

DIST: Use the ▲▼ keys to set the desired distance. Each press of the keys changes the distance by 0.05 miles (0.1 km). If you hold down the keys, the numbers will increase or decrease by 0.5 miles or 1 km every .5 seconds.

RPM: A sensor counts the number of revolutions the flywheel makes in one minute, and this is displayed on the screen.

CAL: This readout gives you the amount of calories burned, based on the weight entered and speed/distance cycled.

SCAN: Pressing the MODE key to "SCAN" mode, will result in the display alternating between Mode readouts every 4 seconds.

SET:

Press the MANUAL/SET key, and "MAN'L" will show in the display. Press the key once again, and "SET" will appear in the display. Press ENTER.

1. You can choose between MILE/KILO, WEIGHT and MALE/FEMALE while in the SET MODE.
2. The read out will display "PRESS ▲▼ TO SELECT MILE/KILO". Press ▲▼ keys to select either MILE or KILO, then press ENTER to save your selection. (Note: choosing MILE will automatically select pounds in the weight calculation, and choosing KILO will automatically select kilograms in the weight calculation.)
3. You will be prompted to choose between "MALE / FEMALE". Use the ▲▼ to select your choice, then press ENTER to record that choice.
4. Next, "PRESS ▲▼ TO INPUT WEIGHT" will scroll across the screen. Then the last weight setting will show on the display. Use the ▲▼ keys to change your desired weight.

Once you have set the desired weight, press "ENTER" to record them. This will allow the unit to calculate caloric expenditure.

Using The INTERVAL Mode:

A. Interval 1:

1. Press the INTERVAL key and you will be in "INTV. 1," press ENTER, the LED will display the message: "PRESS ▲▼ TO SET REST LEVEL (or WATTS)."
2. Adjust the desired load using the ▲▼ keys. Then press ENTER.
3. Next, the LED will display the message: "PRESS ▲▼ TO SET REST TIME". Select the desired REST time (second), then press ENTER.
4. After the REST level have been set, the display will read "PRESS ▲▼ TO SET WORK LEVEL (or WATTS)." Adjust the desired load using the ▲▼ keys, then press enter.

After you have set your desired WORK LEVEL (or WATTS), you will be prompted to input WORK TIME, "PRESS ▲▼ TO SET WORK TIME" scrolls across the screen. If you don't press the "ENTER" key, the display will remind you to press the "ENTER" key.

5. The cycle will automatically adjust the load according to your entered preferences. The lower LED lights indicates the rest load, the height of the LED lights indicates the variations in work load.

The numbers on the right indicate the time remaining for the current segment.

When the REST interval is over, the display will show "GOING TO WORK LOAD", and the machine will adjust to the settings you chose for the work interval. When the WORK time is over, the display will show "GOING TO REST LOAD", and return to the settings you chose for the rest interval.

6. You can change the level (or watts) at any time during the workout.

B. Interval 2 (Custom Program):

Interval 2 allows you to design your own personalized workout program. There are Eight programmable segments in Interval 2. Press the INTV key until you see INTV. 2 in the window, then press ENTER.

You will be prompted to "INPUT LEVEL (or WATTS) & TIME OF SEGMENT 1". Then SEG. 1 will appear on the display. Use the ▲▼ keys to select the desired LEVEL (or WATTS) load, once you have set your desired level, press ENTER. Then, the Mode LED will switch to the TIME, use the ▲▼ keys to select the desired TIME (second), then press ENTER.

After you have set your desired SEG. 1 LEVEL (or WATTS) & TIME, SEG. 2 will appear in the window. For Segments 2-8, please refer to the instructions above. Once all segments are set, press ENTER one last time, and your own personalized program, under INTV. 2 will be recorded. If you only want to set four segments, for example, leave segment 5 TIME with value of zero, and the cycle will use only your desired four segments.

At the end of each segment, the display will read "GOING TO SEGMENT X ". You can change the tension level during your workout.

If you stop in the middle of your workout, you will be prompted to "PEDAL TO START". All input information (TIME, DIST., CAL., etc.) will be retained.

PROGRAM:

The 5005 features a total of twelve (12) professionally designed workout programs. The programs control the level (or watts) of your workout.

1. Press the PROGRAM key to scroll between the 12 Programs. When you have chosen the program you want, press the "ENTER" key. You will be prompted to "PRESS ▲▼ TO SELECT DIST. or TIME". Use the ▲▼ keys to switch between DIST. and TIME, then press ENTER to select your choice.
2. Then the message: "PRESS ▲▼ TO SET DIST. or TIME" scrolls from right to left across the screen. Use the ▲▼ keys to set your desired DISTANCE or TIME, once you have set your desired distance or time, press ENTER. If you don't press ENTER, the display will prompt you to "PRESS ENTER".

3. The program profile will be displayed in the LED window, and will begin when you start the unit by pedaling. If you do not begin pedaling immediately, you will be prompted to "PEDAL TO START".
4. During these programs, the unit will automatically switch between levels, giving you the feeling of riding on hills or level ground.
5. When your desired DIST. or TIME is reached, a beep tone will sound for 1.5 seconds, after which the machine will begin to count up.

The Course Profiles For Each PROGRAM Are As Follows:

The programs of pre-programmed load, you can increase load during your workout.

If you stop in the middle of your workout, you will be prompted to "PEDAL TO START". All input information (DIST. or TIME, CAL., etc.) will be retained.

RESET:

After you input your desired data for MAN'L, SET, INTV., PROGRAM and MODE, if you change your mind, press the RESET key, and this information will be cleared.

GENERAL:

If you pedal the cycle faster, the tension will lighter, conversely, pedaling slower will increase the tension.

MAINTAINING THE 5005 CYCLE

This cycle requires little maintenance. The cycle's low friction operation is dependent on keeping the unit as clean as possible. See "Cleaning the cycle" for more information.

Cleaning The Cycle

CAUTION: Turn off unit and disconnect AC cord before cleaning.

Regular cleaning is recommended to keep your cycle at peak performance.

Before your workout, use a dry cloth to clean the surface of the electronics package.

Note: NEVER POUR LIQUIDS ON THE ELECTRONICS PACKAGE.

Should water, for some reason, get on the electronics package, immediately blow dry the electronics package.

To clean the plastic parts, use a mild detergent and make sure the unit is completely dry before operating. It is recommended that you keep all liquids away from the unit during operation. Spillage of liquids onto or into the machine will void the warranty.

TROUBLE SHOOTING:

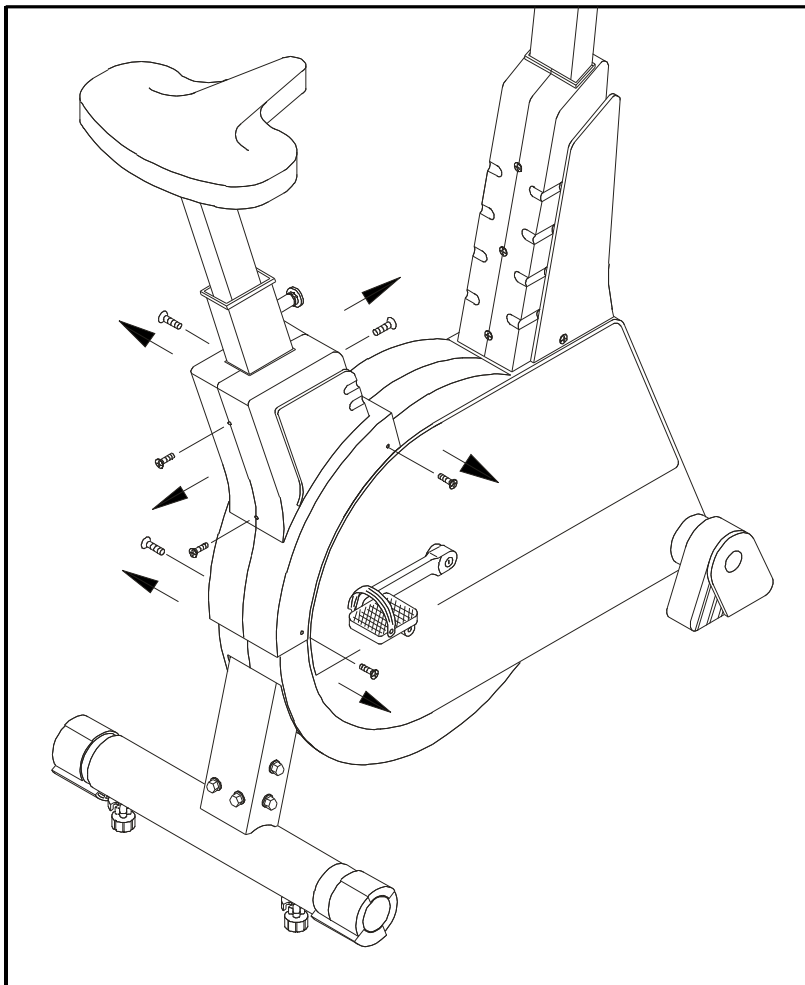
There are two ways to turn on the cycle, either by pressing the "ON" key or simply by starting to pedal:

If You Press "ON" And There Is No Display:

- A. Please pedal at a normal pace, approximately 50 RPM for more than 10 minutes, then stop pedaling and try pressing the "ON" key again.
- B. If there is still no display after completing the above step, make sure all the connectors to the driver board are securely in place.
- C. Remove and replace the RED WIRE of 3A fuse.

To Remove:

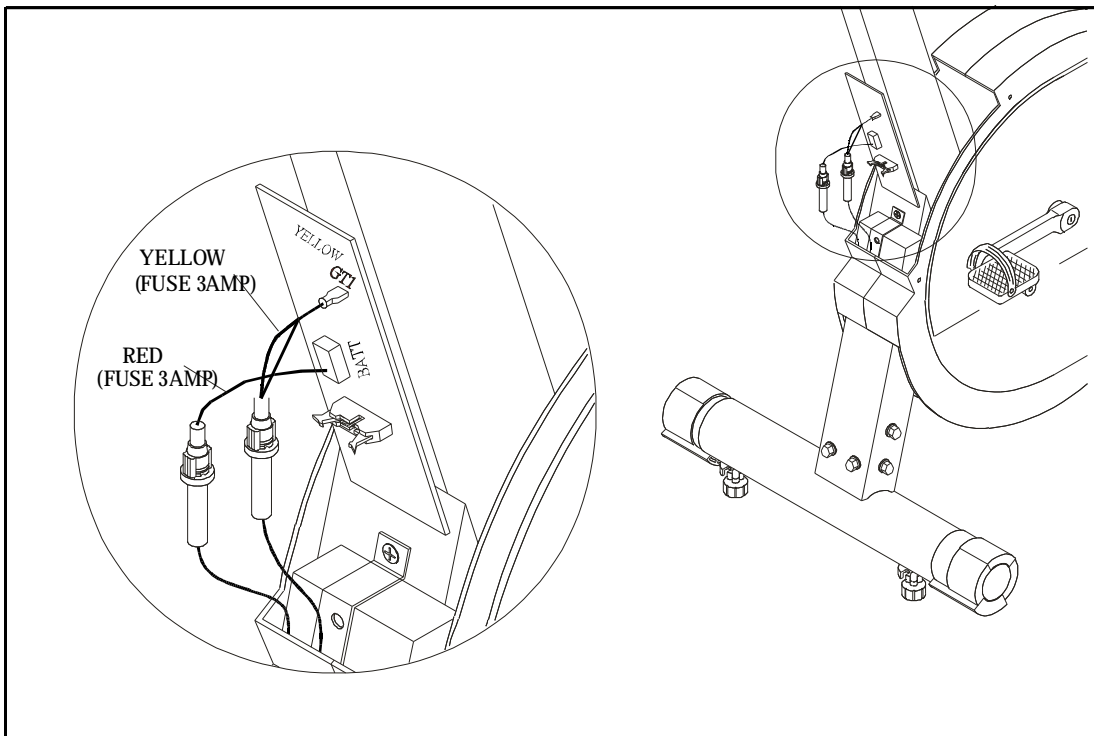
1. Remove the electronics package (see Fig. 9).



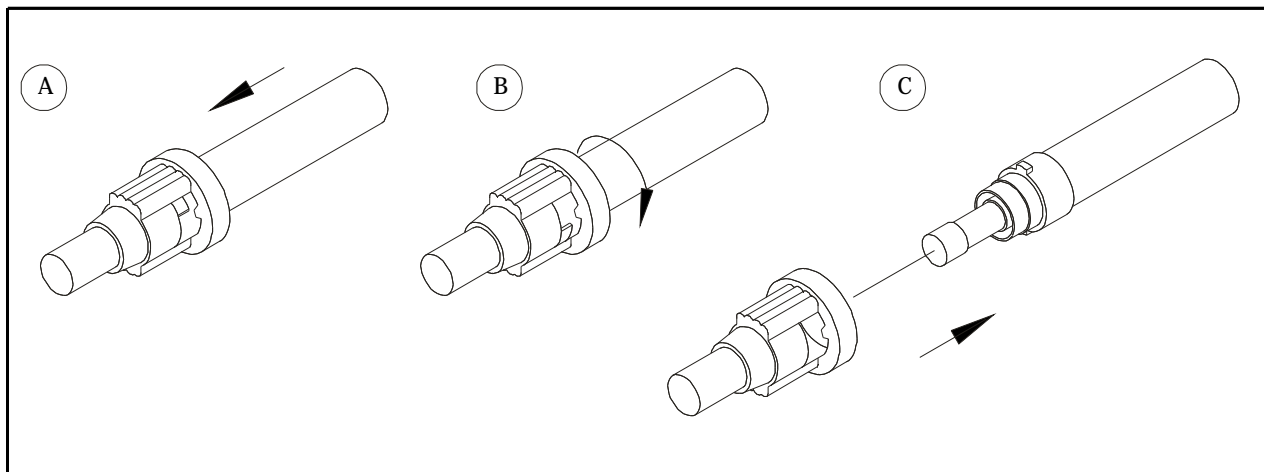
(FIG.9)

2. There are two fuse holders near the driver board. Find the RED WIRE of 3A fuse holder (see Fig. 10). Push the fuse holder in and then turn the holder counterclockwise to remove the damaged fuse (see Fig. 11).

Note: Be careful not to let the fuse drop into the inside of the bike.



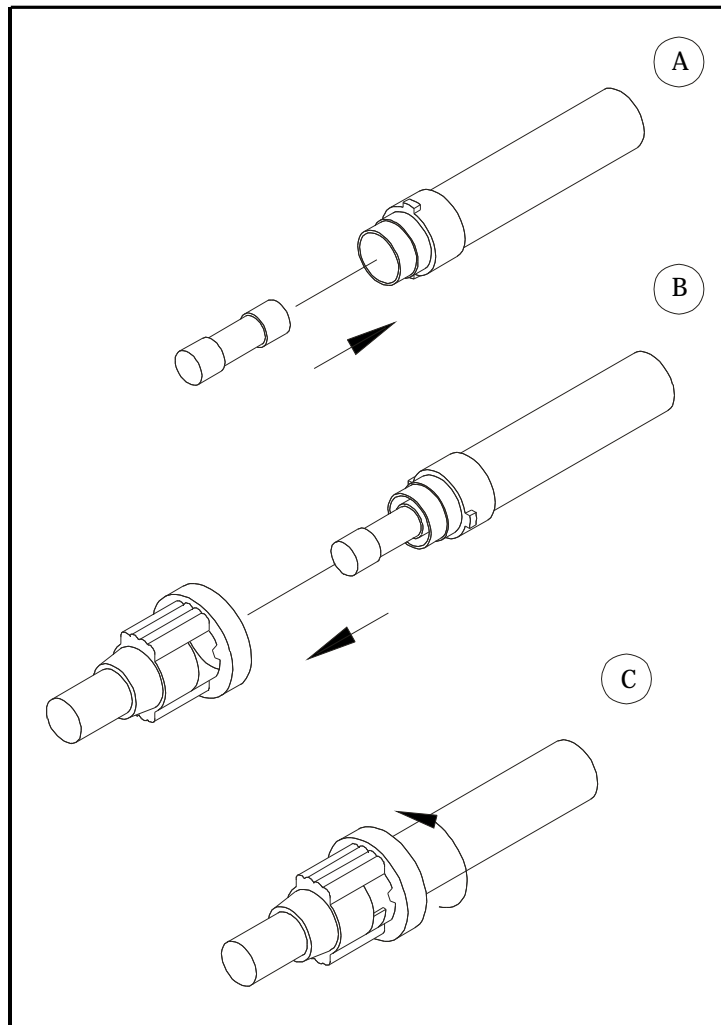
(FIG.10)



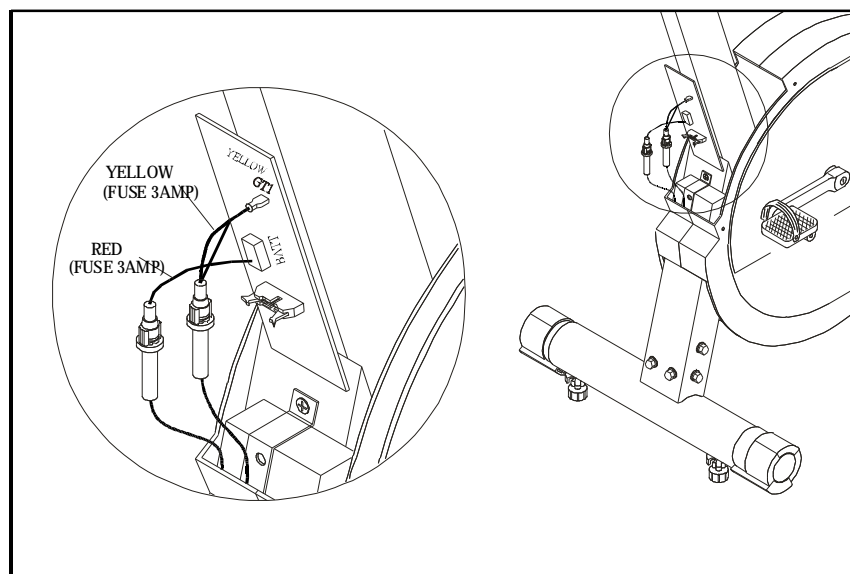
(FIG.11)

To Replace:

1. Insert a new 3A fuse in the holder. Push the fuse and holder in, then turn clockwise to secure the fuse holder (see Fig. 12).

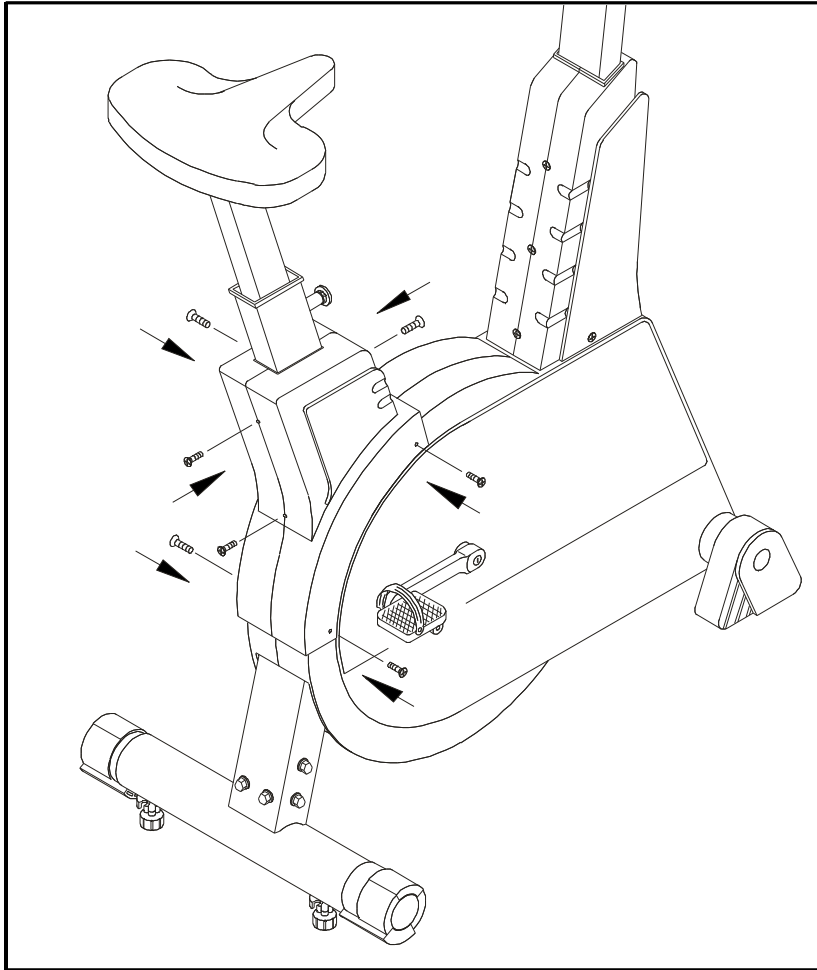


(FIG.12)



(FIG.13)

2. Replace the electronics package to its place (see Fig. 13 & 14).



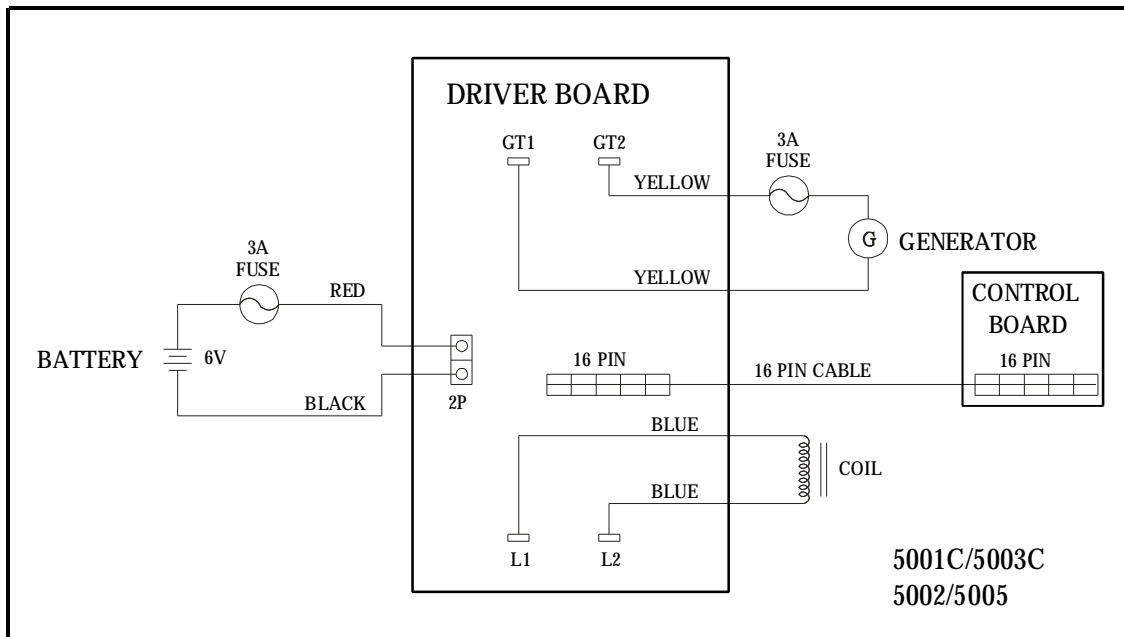
(FIG.14)

D. If there is still no display after the fuse has been replaced, the battery could be defective, or the expected life of the generator system battery has expired. Please check with your distributor for a battery recharge kit, or for the purchase of a replacement battery.

If You Have Pedaled At A Normal Pace For More Than 3 Seconds, And There Is No Display.

- a. Make sure all the connectors to the driver board are in place.
- b. Remove and replace the YELLOW WIRE of 3A fuse. Please refer to the instructions as above (see Fig. 9 -14).
- c. If the unit still doesn't function properly, please contact your dealer.

Wiring Schematic:



Your Authorized SPORTS ART Distributor

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