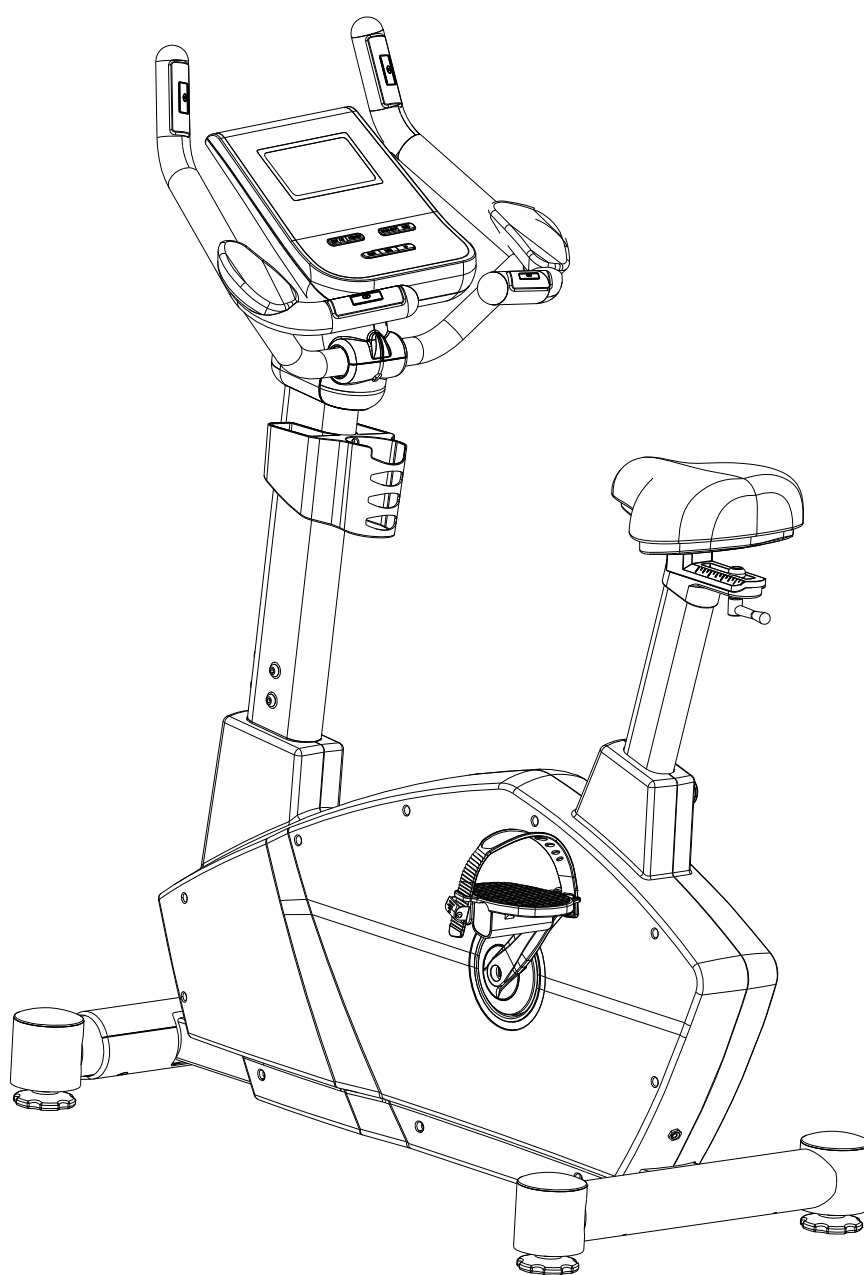# G-FITNESS

TZ-7016

Owner's Manual

01 Assembly

Your bike will require a small amount of assembly.
You will find everything you need included in the box.

02 Get to know your bike

Take time to get to know your new bike – it will help you

01 Assembly

PRECAUTIONS

WARNING: This bicycle has been designed and constructed to provide maximum safety. Nevertheless, certain precautions should be taken when using exercise equipment. Read the whole manual before assembling and using the bicycle. The following safety precautions should also be observed:

1. Before using the exercise bike, please read all instructions in this manual.

2. It is the responsibility of the owner to ensure that all users of the bike are adequately informed of all precautions. Use the exercise bike only as described in this manual.

3. Use the bike indoors on a level surface and keep it away from moisture and dust. Place a mat under the stabilizers to protect the carpet or floor.

4. Inspect and tighten all parts regularly. Replace and worm parts immediately

5. Keep children away from this equipment at all times. DO NOT leave them unsupervised in the room where this bicycle is kept.

6. Wear appropriate exercise clothing when using the bike. Do not wear loose clothing that could become caught in the bike.

7. If you feel pain or dizziness while exercising, stop immediately and cool down.

8. The pulse sensor is not a medical device. Various factors including the user's movement, may affect the accuracy of the heart rate readings. The Pulse sensor is intended only as an exercise aid in determining heart rate rends in general.

Pre-assembly notes

OPEN THE BOXES

Make sure to inventory all the parts that are included in the boxes. Check The Hardware Chart for a full count of the number of parts included for proper assembly.
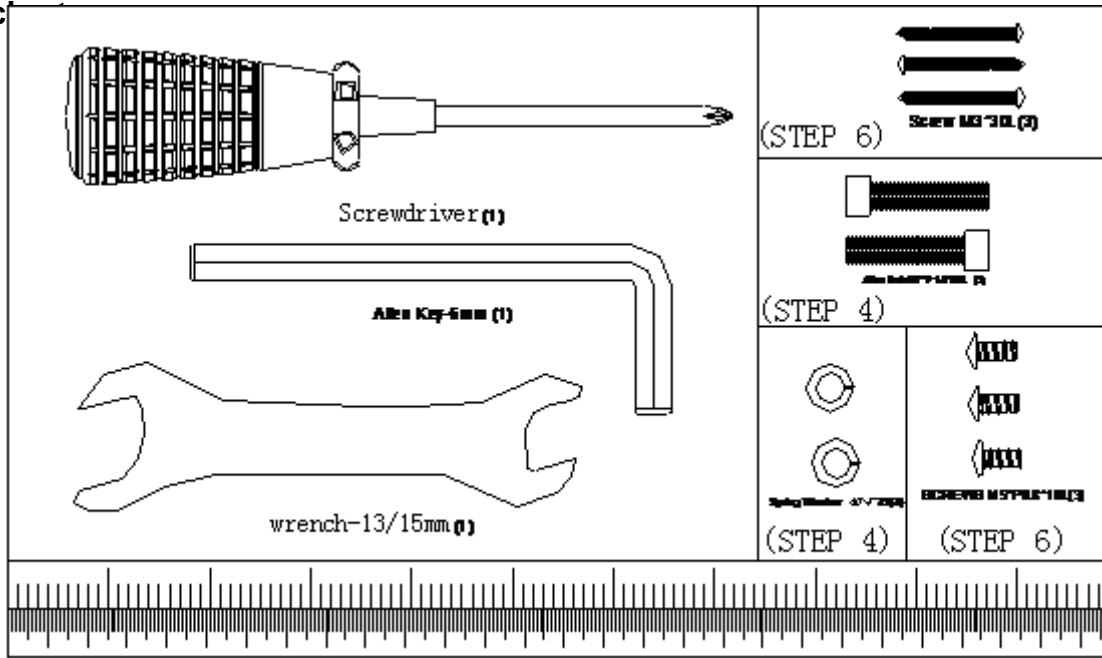
GATHER YOUR TOOLS

Before starting the assembly of your unit, gather the necessary tools. Having all of the equipment at hand will save time and make the assembly quick and hassle-free.

CLEAR YOUR WORK AREA

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure the space is free from anything that may cause injury during assembly. After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation.

Hardware check

Screwdriver(1)

Allen Key-6mm (1)

wrench-13/15mm(1)

(STEP 6) Screw M3*30L (3)

(STEP 4) Allen bolt 3*16L (3)

(STEP 4) Spring Washer Φ7 (2pcs)

(STEP 6) SCREWS M5*PUL*16L(3)

01 Assembly

part list

NO	DESCRIPTION	QTY		BOM NUMBRE
A	COMPUTER	1	PCS	PE-SR66000010706
A-1	ADJUSTABLE COMPUTER BRACKET	1	PCS	PH-T-PB-326-1000
A-2	SCREW (M5*10L)	10	PCS	PD-SWM20514-1082
B	FRONT HANDLEBAR (φ 31.8*2T*602L)	1	SET	PH-T-PB-426-1000

B-1	HAND PULSE SET HOLDER	8	PCS	PE-P-PB3428-1000
B-2	HAND PULSE WIRE (WITHOUT BODY FAT)	1	PCS	PE-B23-1060-1002
B-3	SCREW (M3*P0.5*12L)	8	PCS	PD-SGM20312-1041
B-4	HAND PULSE SENSOR HOLDER UPPER (WITHOUT BODYFAT)	2	PCS	PL-T-PB-446-1080
B-5	HAND PULSE SENSOR HOLDER LOWER	4	PCS	PL-T-PB-447-1080
B-6	HAND PULSE SENSOR HOLDER UPPER (WITH BODY FAT)	2	PCS	PL-T-PB-445-1080
B-7	HAND PULSE WIRE WITH BODY FAT	2	PCS	PE-B06-0850-1002
C	HANDLE BAR POST	1	PCS	AAEB1000FA039000
C-1	LEFT PROTECT COVER FOR COMPUTER	1	PCS	PLEB1000-10-1080
C-2	RIGHT PROTECT COVER FOR COMPUTER	1	PCS	PLEB1000-11-1080
C-3	UPPER PROTECT COVER FOR COMPUTER	1	PCS	PLEB1000-12-1080
C-4	HEXANGULAR SCREW (M8*p1.25*16L)	6	PCS	PD-SRM30816-1182
C-5	SEMI WASHER (φ 8*φ19*2t)	2	PCS	PD-WA220819-1082
C-6	FLAT WASHER (φ 8*φ19*2t)	4	PCS	PD-WN230819-1082
C-7	UPPER COMPUTER CABLE	1	PCS	PE-C52-0920-1000
C-8	WATER BOTTLE CAGE (432U ABS)	1	PCS	PLEB1000-13-1080
C-9	CONE CROSS SCREW (M5*P0.8*14L)	2	PCS	PD-SWM20514-1141
C-10	2 PIN CONNECTING CABLE UPPER	1	PCS	PE-E-0D0920-1002
D	FRAME	1	PCS	MTEB2000FW017005
D-1	SET POST BUSHING (ABS 129g)	1	PCS	PLEB1000-03-1002
D-2	UPPER COVER OFTRANSPORTATION WHEEL(432U ABS 240g)	1	PCS	PLEB1000-05-1080
D-3	BELLOW COVER OF TRANSPORTAITON WHEEL(432U ABS 210g)	1	PCS	PLEB1000-06-1080
D-4	HEXANGULAR NUT(M16*P1.5)	2	PCS	PD-NHI21600-1082
D-5	ADJUSTABLE REAR CAP(φ 80*30L PVC)	4	PCS	PLEB1000-08-1002
D-6	END CAP(432U PVC 67g)	4	PCS	PLEB1000-04-1080
D-7	BEARING (6004RS)	2	PCS	PH-BA2-6004-1005
D-8	FLAT WASHER (φ 20.3*φ30*1t)	1	PCS	PD-WN222030-1002
D-9	WAVE WASHER (φ 20*φ30*0.3t)	1	PCS	PD-WD062030-1002
D-10	SEAT POST KNOB	1	PCS	PD-P-PB2750-1180
D-11	C TYPE RING(φ 20)	1	PCS	PD-KCO12000-1002
D-12L	LEFT COVER (ABS 2200g)	1	PCS	PLEB2000-01-10D0
D-12R	RIGHT COVER (ABS 2200g)	1	PCS	PLEB2000-02-10D0
D-13	CONE CROSS SCREW (M4*50L)	8	PCS	PD-SBM20450-1041
D-14L	LEFT CRANK ARM WITH COVER	1	PCS	PH-T-PB-279-1000
D-14R	RIGHT CRANK ARM WITH COVER	1	PCS	PH-T-PB-280-1000
D-15	CONE CROSS SCREW M5xP0.8x14L	8	PCS	PD-SWM20514-1141
D-16	NYLOK SCREW (M8*P1.0*20L)	2	PCS	PD-SEM10820-7601
D-17	COMPUTER CABLE (BELLOW)	1	PCS	PE-C53-1400-1000
D-19	CONTROL BOARD	1	PCS	PE-T-PB-357-1000
D-20	COVER	2	PCS	PLEB2000-03-1080
D-21	CROSS SCREW (M5*14L)	2	PCS	PD-SWM20514-1082
D-22	SCREW M3x14L	2	PCS	PD-SGM20341-1042
D-23	SCREW M4x10L	2	PCS	PD-SDM60410-1042
D-24	HOLDER FOR BATTERY	1	PCS	PH-T-PB-455-1000
D-25	UPPER COVER	1	PCS	PL-P-PB4201-10R1
D-26	BATTRY 6V 4AH	1	PCS	PE-T-PB-453-1000
D-27	UPPER COVER FOR BATTERY	1	PCS	PL-P-PB4200-10R1
D-28	2 PIN CONNECTING CABLE	1	PCS	PE-0D1400-1002
D-29	DC WIRE	1	PCS	

01 Assembly

part list

| NO.	DESCRIPTION	QTY		BOM NUMBRE
E	SEAT POST ASSEMBLING (40*80*2T)	1	SET	AAEB1000FA049000
F-LR	PEDAL(L/R)	1	SET	PS-T-PB-433-1080
G	GEM FLYWHEEL (φ240*45W(11kg))	1	PCS	PH-FDX24045-1002
G-1	C TYPE RIGN (φ17)	2	PCS	PD-KCO11700-1002
G-2	COIL FOR GENERATOR (900L)	1	PCS	PH-T-PB-417-1000
G-3	BEARING (6203RS)	3	PCS	PH-BA2-6203-1005
G-4	BEARING (6203RS)	1	PCS	PH-BA2-6203-1005
G-5	ONE WAY BEARING	1	PCS	PH-P-PB3485-1000
G-6	PROTECT COVER (φ78*φ35*12.5W)	1	PCS	PH-P-PB2943-1100
G-7	PULLEY WITH AXLE (J8*φ30)	1	PCS	PH-P-PB3254-1000
G-8	ALUMINUM SUPPORT FOR EMS	1	PCS	PH-P-PB3397-1000
G-9	ELECTRIC MAGNETIC (600mm)	1	PCS	PE-P-PB3549-1000
G-10	ROUND HEXANGULAR SCREW (M10*P1.5*20L)	4	PCS	PD-SOM21020-1041
G-11	SPRING WASHER (φ10)	4	PCS	PD-WS221000-1041
G-12	SCREW (M5*P0.8*80L)	3	PCS	PD-P-PB3257-1041
G-13	HEXANGULAR NUT (M5)	6	PCS	PD-NHM20500-1041
H	SHAFT FOR IDLE WHEEL	1	PCS	MTEB1000FW047005
H-1	SPRING CLAMPING (ODΦ16*Φ2.0*35T)	1	PCS	PH-P-PB1226-1000
H-2	IDLER CLAMPING (Φ24*Φ37*20.5mmL)	1	PCS	PH-P-PB3851-1000
H-3	FLAT WASHER (Φ8*Φ19*2t)	1	PCS	PD-WN220819-1041
H-4	HEXANGULAR SCREW (M8*P1.25*25L*3t)	1	PCS	PD-SHM10825-1141
I	PULLEY (Φ260*6)	1	PCS	PH-PJ6A2601-1100
I-1	AXLE (Φ20*153)	1	PCS	PR-P-PW5427-1000
I-2	HEXANGULAR SCREW (M8*P1.25*12L*5t)	3	PCS	PD-SHM20812-1102
I-3	BELT (J6 1126m/m)	1	PCS	PH-LJ6M1126-1000
J	SADDLE	1	PCS	PS-T-PB-325-1080
J-1	ROUND NUT (M10)	1	PCS	PH-T-PB-269-1000
J-2	SEAT SLIDER (45#)	1	PCS	PR-P-PW5429-1000
J-3	KNOB FOR SEAT SLIDER (M10*30)	1	PCS	PH-T-PB-286-1000
J-4	SCREW (φ8*φ16*2t)	1	PCS	PD-WN210816-1041
J-5	SCREW SET	1	PCS	PH-P-PB3418-1000
J-6	SCREW FOR SEAT STABLE (M8*P1.25*35L 6m/m)	1	PCS	PD-SOM20835-1041
J-7	SPRING WASHER (φ8)	1	PCS	PD-WS220800-1041
K	ROUND HEXANGULAR SCREW (M7*P1.0*30I 30#)	2	PCS	PD-SOM30730-1082
K-1	SPRING WASHER (Φ7*2t 65Mn)	2	PCS	PD-WS310700-1082
K-2	CONE CROSS SCREW (M3*30L)	3	PCS	PD-SBM30330-1082
K-3	CONE CROSS SCREW (M5*10L 30#)	3	PCS	PD-SWM20514-1082
L	POWER SUPPLY 6V 1A	1	PCS	PE-P-PB4386-1100

Drawing for assembly'
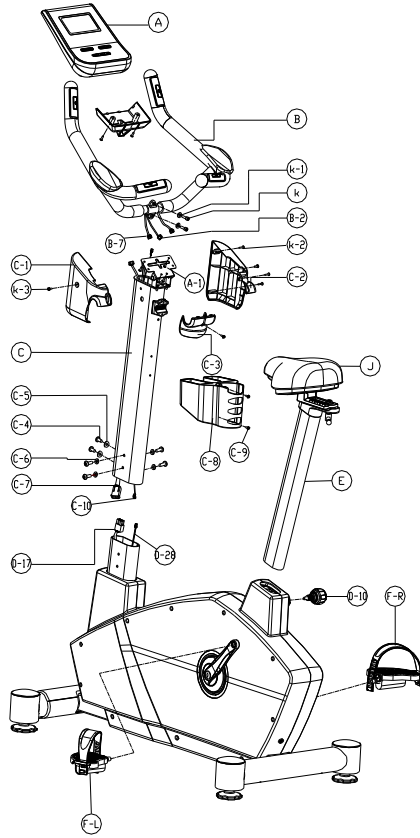
exploration drawing
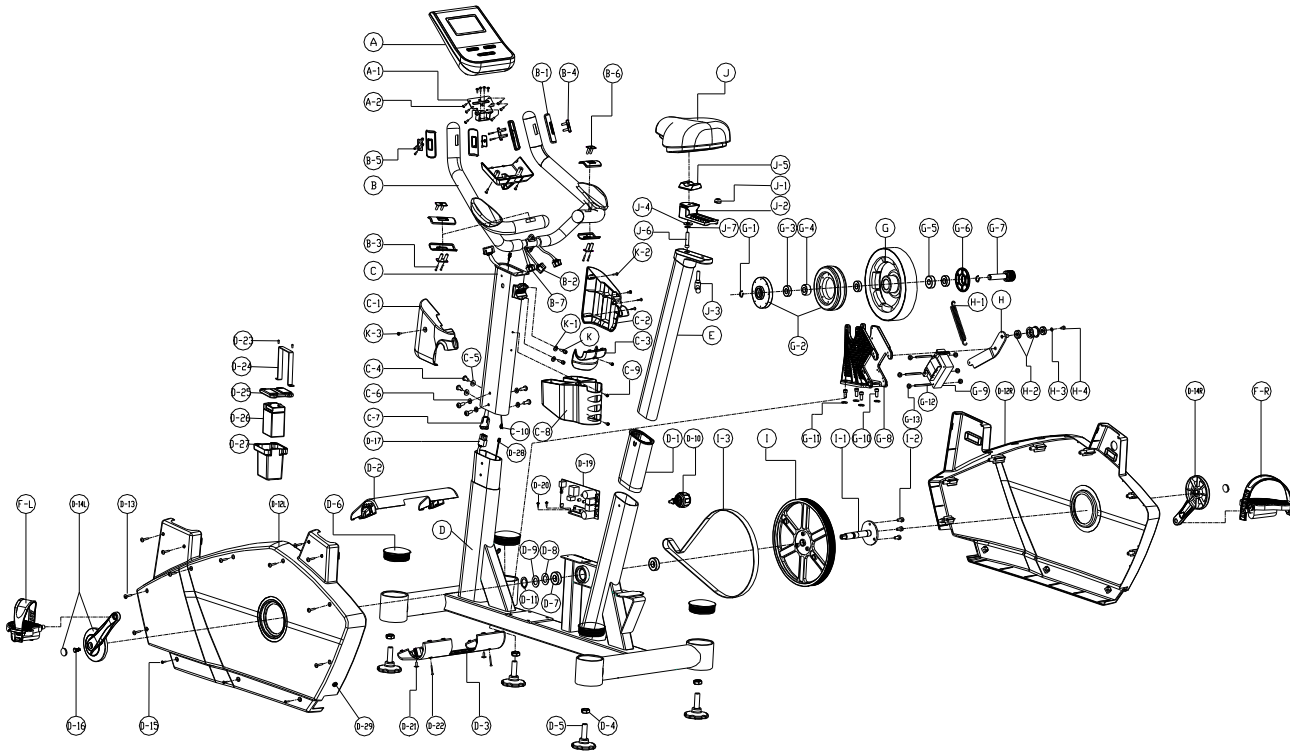

STEP 1 – Install Pedals
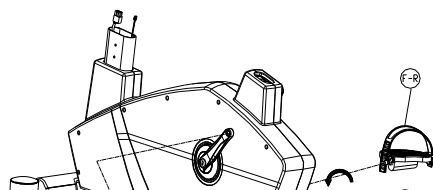
Insert the Right Pedal (F-R) into the right arm of the Crank assembly (D-14R) and finger tighten in a clockwise direction until the thread is fully inserted in the crank.

Repeat for the Left Pedal (F-L) finger tighten in an anticlockwise direction to the crank assembly (D-14L). Tighten both with the wrench.

STEP 2 – Install Seat and Seat Post

You can adjust the position of seat back and forward by knob for seat slider (J-3). Slide the seat post (E) into the main frame by seat post knob (D-10). Pull the seat post knob and you can adjust the height of seat post..
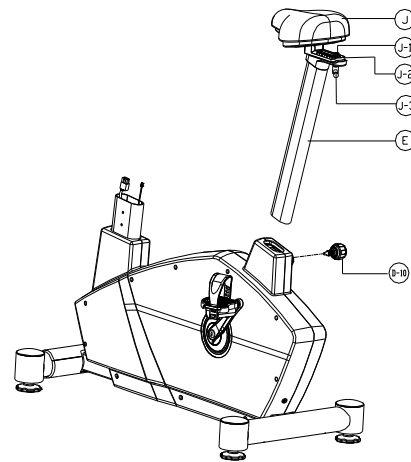
STEP 3 - Attach the Bottle Cage

Install the Handlebar Post

STEP 2

First, screw one M5 screw (upper) out of the handlebar post (C) with screwdriver and insert bottle cage on it. Then screw it back (upper screw) and screw another one tight. Take screws and washers (C-4/C-5/C-6) off from handlebar post. Connect computer cable (C-7/D-17) (C-10& D-28) between main frame and handlebar post together then screw the handlebar post carefully into main frame. Pay attention, do not to bend or press the cable.
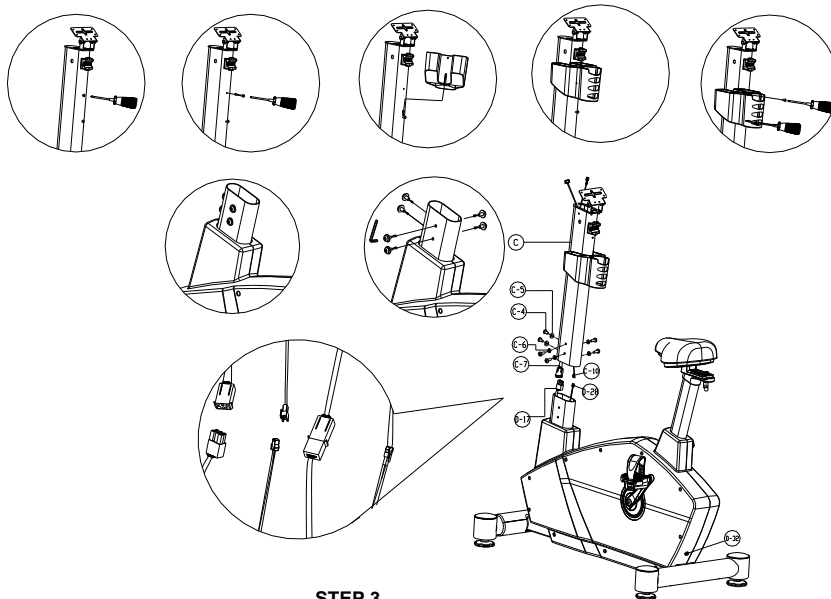
STEP 3

STEP 4 - Insert the Handlebar

Insert Hand pulse wire with body fat (B-7) into left hole of upper handlebar post then insert hand pulse wire without body fat (B-2) into right hole of upper handlebar post (C) and pull them out. Install handlebar (B) on handlebar post by clamp (C-4). Use two M7*30L screw (K).
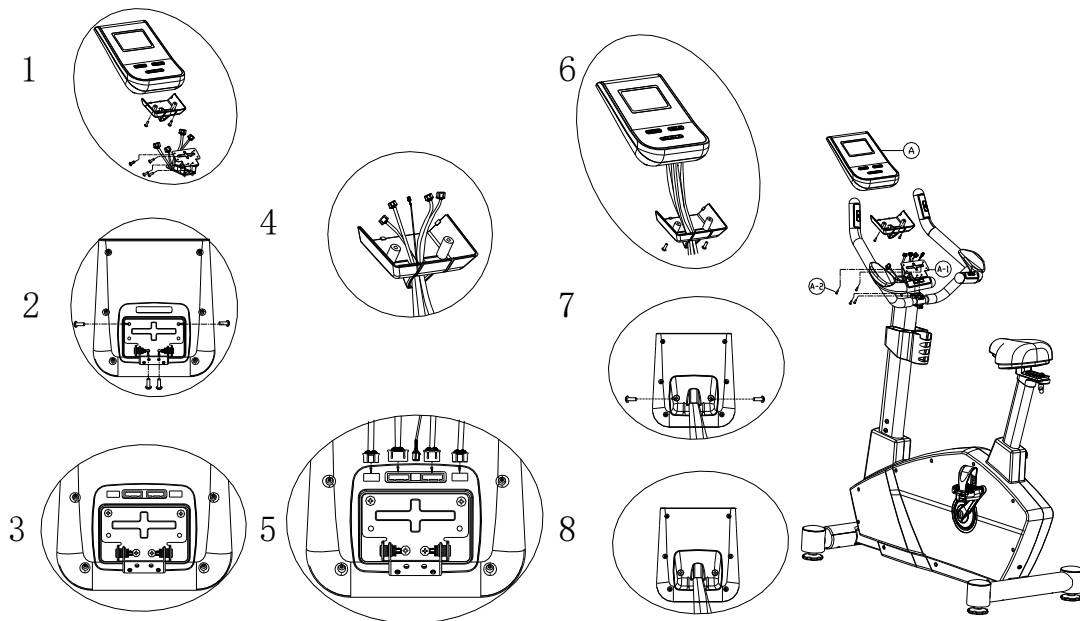
and two ⌀7*2t spring washer (K-1)

STEP 4

2 ✳ M7✳30L ⌀7✳2T
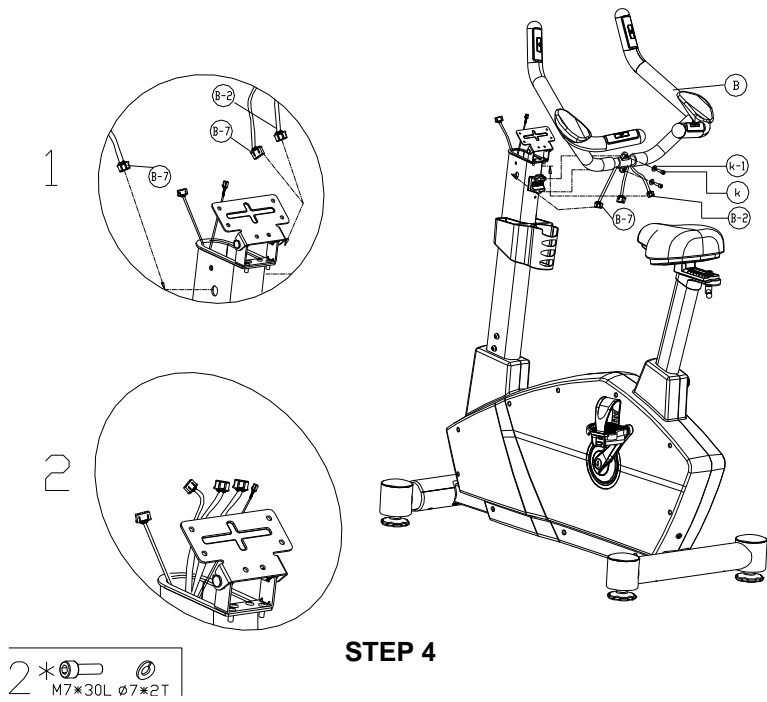
Step 5 – Install Computer

Take off back cover of computer and four M5 screw apart from computer. Screw computer (A) to adjustable computer bracket with four M5 screw (A-2). Make four cables through the computer back cover. Connect four computer cables with computer. Screw computer back cover to computer with two screws.
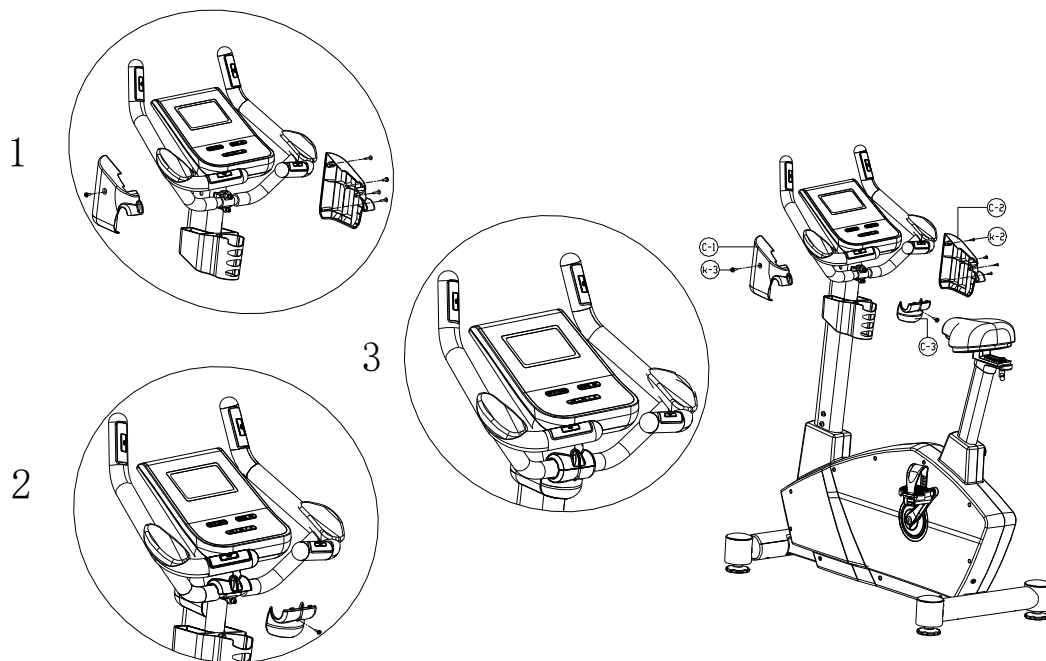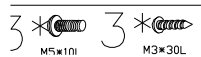

STEP 5

Step 6 – Install Protect Cover

Screw left and right protect cover (C-1/C-2) together to handlebar post by three 3M cone cross screw (C-6) and two 5M

cross screw (C-3). Screw upper protect cover (C-5) to handlebar post by one 5M cross screw (C-3)

1

2

3

STEP 6

$3 \times$ M5×10l $3 \times$ M3×30L

Well done !
Your bike is now ready for use. Please go to the computer operation section in this manual for instructions on how to operate your console.

COMPUTER INSTRUCTION

Before operating computer, you must riding the machine for at least 5 minutes to save the

power Of operating the computer

1. Power on, LCD will display segment for 2 seconds with long beep sound. (drawing1), and display wheel diameter (drawing2) then personal data setting mode.

2. During personal data setting, user may keep on peddling in above 15RPM. After 30 seconds without RPM signal input, backlight will off ; after 90 seconds without RPM signal input, computer will enter into sleep mode automatically.
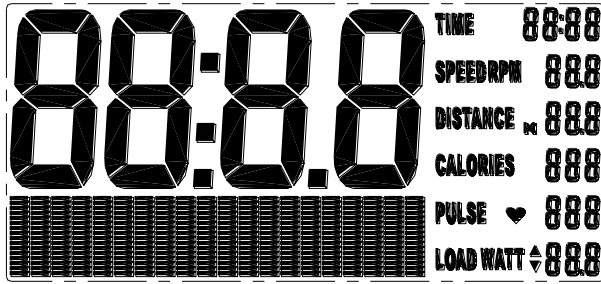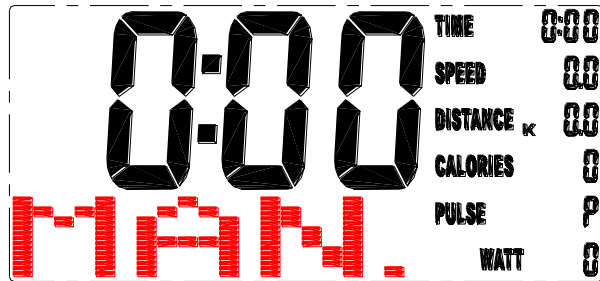
drawing 1   drawing 2

3. USER personal data setting (U1 – U9):

3-1 U1 is glittering, user may press UP and DOWN button to select user 1, user 2 to user 9.

3-2 Preset personal data (incl. AGE, WEIGHT, HEIGHT, SEX). And press MODE button for confirmation.
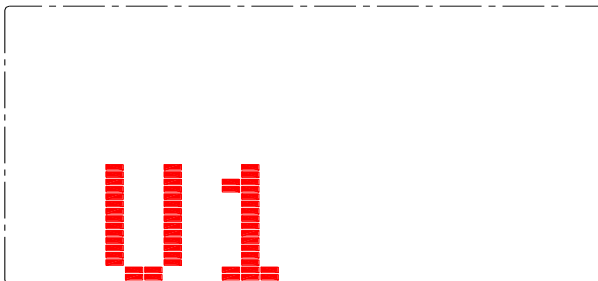
drawing 3   drawing 4
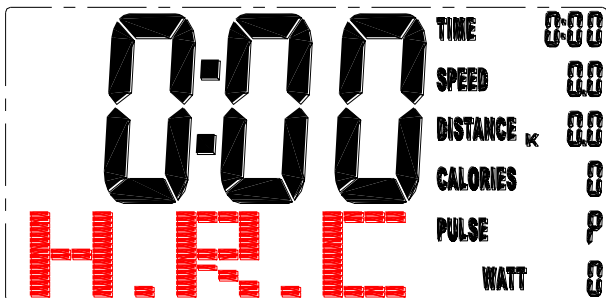
4. Manual is glittering in the sleep mode, (drawing 4)，you may press UP and DOWN to select training mode MANUAL / PROGRAM / USER PROGRAM / H.R.C. / WATT (drawing 5 ~8)and press MODE for confirmation. The monitor will enter MANUAL mode for training without selection.
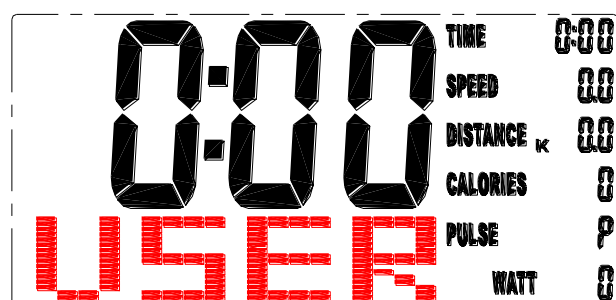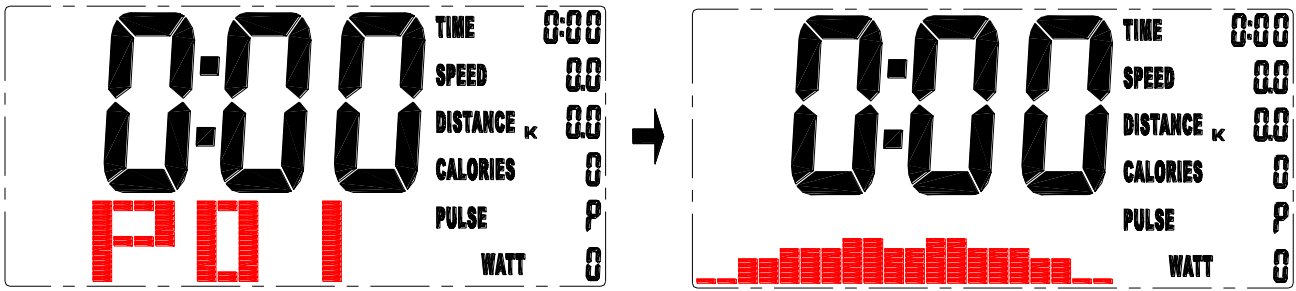
drawing 5   drawing 6

drawing 7   drawing 8

5. Training in PROGRAM mode :

4-1 In the PROGRAM mode, you may press UP/DOWN button to select program

P01,P02,P03..~P12, the selected program will be show on screen for 2 seconds then display

program profile accordingly. (drawing 9).

drawing 9

4-2 LOAD 1 (preset value) is glittering after training program selected, you may turn UP/DOWN

button to select level from 1 to 8 and MODE button for confirmation. (drawing 10)

Load level can be adjusted during training.

6. **Training in MANUAL mode**

5-1 In the MANUAL mode, you may turn UP/DOWN button to select load level from 1 to 16, the

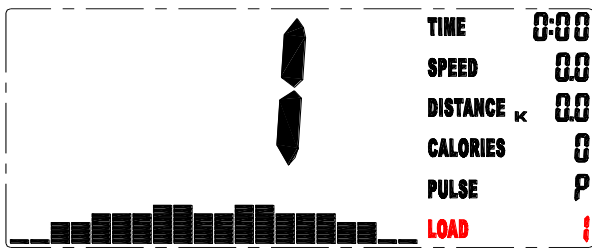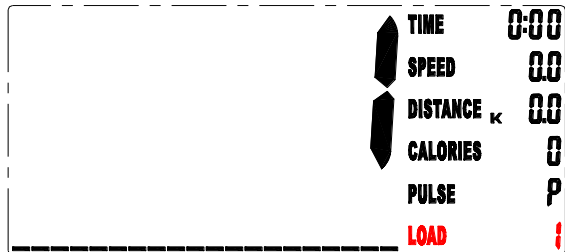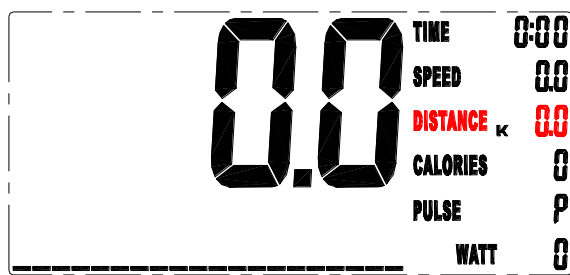preset level is 1. (drawing 11)。

圖 10

圖 11

5-2 After load level selected, you may preset function values for TIME, DISTANCE, CALORIES,

and PULSE by turning UP/DOWN button and press MODE confirmation. (drawing 12~15)
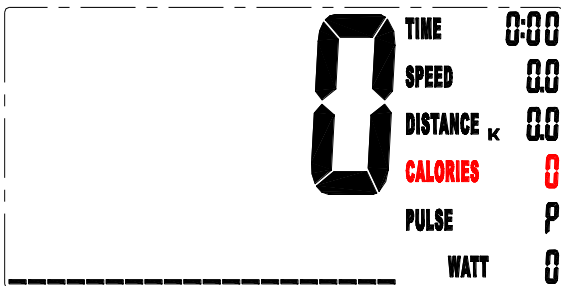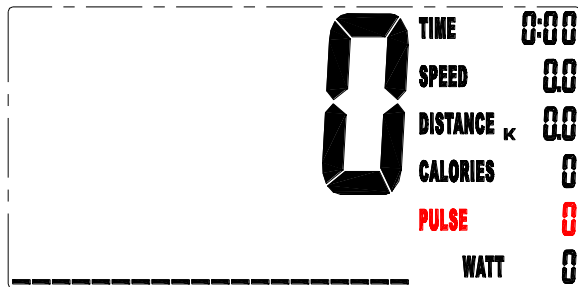
5-3 Pressing START button to start training.

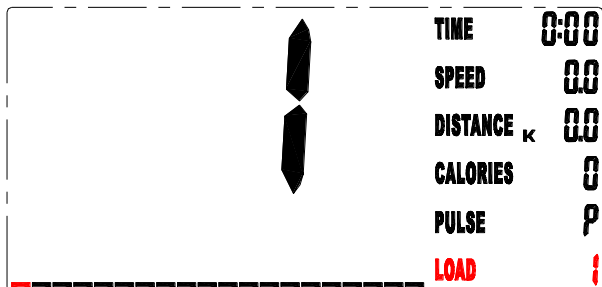drawing 12

drawing 13

drawing 14

drawing 15

7. **Training in USER PROGRAM：**

6-1 After USER PROGRAM selected, you may set prefer program profile by turning UP, DOWN and MODE button for each flashing column.

There are 20 segments for setting, if you want to quit during setting, you may hold on MODE button for 2 seconds to quit, the previous setting

profile will be saved for unfinished segment.

8. Training in H.R.C. mode：

AGE 25 is flashing after enter H.R.C. mode, you may set your age by turning UP/DOWN/MODE button. The monitor will calculate preset heart rate value automatically according to your age setting. Screen will show heart rate percentage 55%, 75%, 90% and TARGET. You may select heart rate percentage by UP/DOWN/MODE button for training. (drawing 17)
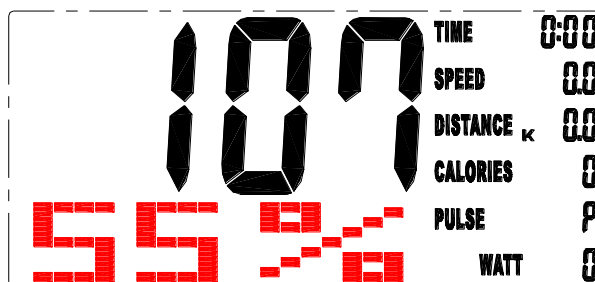
| drawing 16 | drawing 17 |

9. Training in WATT mode :

The preset watt value 120 is flashing on screen in WATT setting mode, select UP/DOWN/MODE to set target value from 10 to 350. Pressing START button to start training.

10. BODY FAT

10-1 Press the BODY FAT button to start measure the selected user's body fat.

10-2 During measuring, user has to hold both hands on the handgrip. And the LCD will display "--" "--" for 8

seconds until computer finish measuring.

10-3 LCD will display BODY FAT advice symbol, BODY FAT percentage, and BMI for 30 seconds.

<REFERENCE>

B.M.I. (Body mass index) integrated

B.M.I SCALE	LOW	LOW/MED	MEDIUM	MED/HIGH
RANGE	<20	20-24	24.1-26.5	>26.5

*** B.M.I. (Body Mass Index)***
BMI is to determine whether the user is fatness, but it is not 100% correct.
For it can not tell user's body fat percentage.
BODY FAT <European>:

SYMBOL	—	+	▲	◆
FAT% SEX	LOW	LOW/MED	MEDIUM	MED/HIGH
MALE	<13%	13%-25.9%	26%-30%	>30%
FEMALE	<23%	23%-35.9%	36%-40%	>40%

Button Functions

MODE : To set function value for TIME, DIST, CAL, PULSE in sleep mode.

RESET : Return to main function mode in STOP mode and clean all preset function
values at zero.

START/STOP : To start or stop training

RECOVERY : To test hear rate recovery status.

BODY FAT: For body fat measurement.

UP : To select training mode and adjust function value up.

DOWN : To select training mode and adjust function value down.

FUNCTIONS :

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 count down from preset to 00:00.Each preset

Increment or decrement is 1 minute between 1:00 to 99:00.

SPEED : Display current training speed from 0.0 to maximum 99.9 km or ml.

RPM : Display current training rotation per minute.

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 count 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 990 with each 1 cal

increment.

Count down - If training with preset target, Calories will count down from preset time to 0.

Each preset increment or decrement is 10 cal from 0 to 990 cal.

PULSE : The user may have heart rate figures display after holding both hands on handgrip sensors and chest belt

transmitter is priority.

WATT : Display current training watt figures.

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 to 00:00.

Screen will display your heart rate recovery status with the F1,F2….to F6. F1 is the best, F6

F6 is the worst. User may keep exercising to improve the heart rate recovery status.

(Press the RECOVERY button again to return the main display.)

Note :
1. **Please make sure you are still continuing to riding to produce the power for personal data when you operated the computer in the beginning.**

2. **The black light computer will be shut off when you stop pedaling and the letter on the screen still can be kept for 15 seconds for operation.**