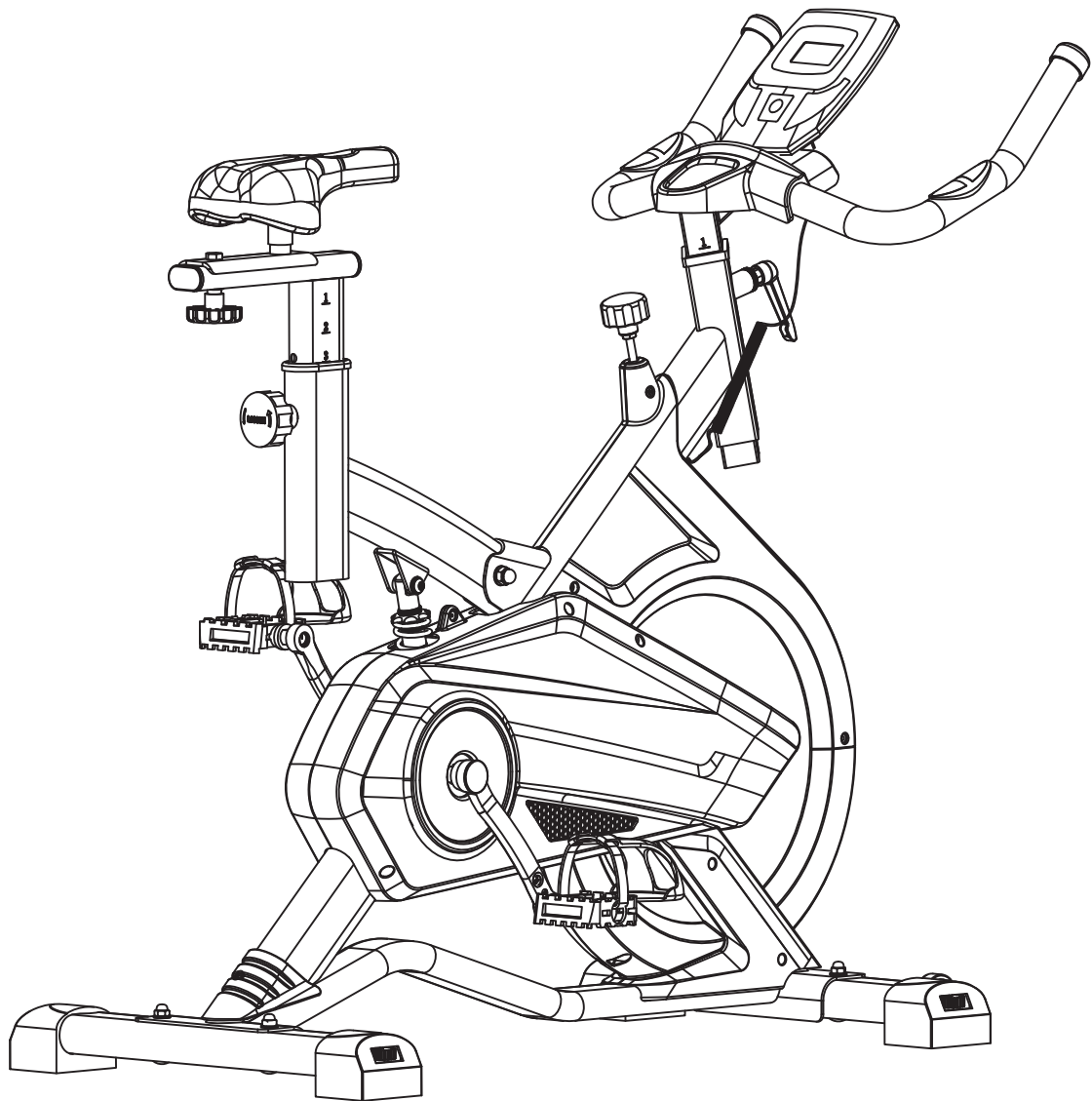


# GORILLA SPORTS

## Indoor Cycling Bike Profi Computer (100962)



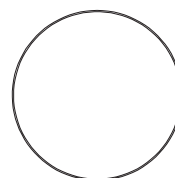
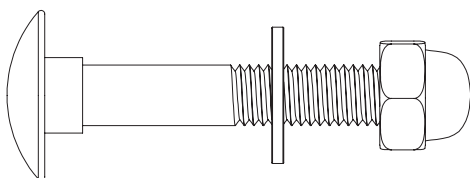
Before operating this unit, please read these instructions completely and save them for future use.





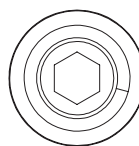
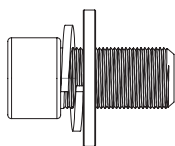
# GORILLA SPORTS

**CARRIGE BOLT : (M8\*53)**



4X

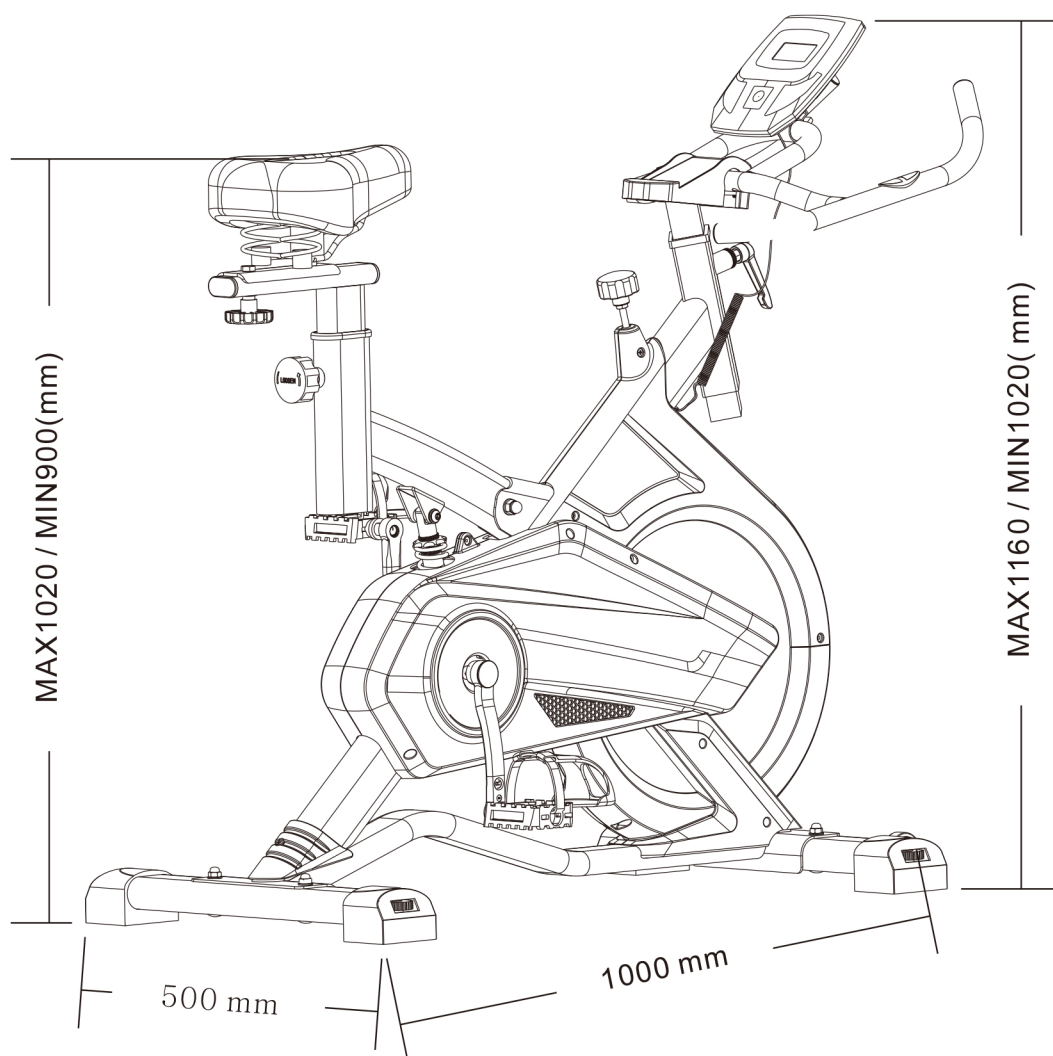
**SCREW : (M8\*15)**



3X



# GORILLA SPORTS



**Maximum load: 120KG**

# 1. IMPORTANT SAFETY INSTRUCTIONS

**WARNING - Read** all instructions before using this machine.

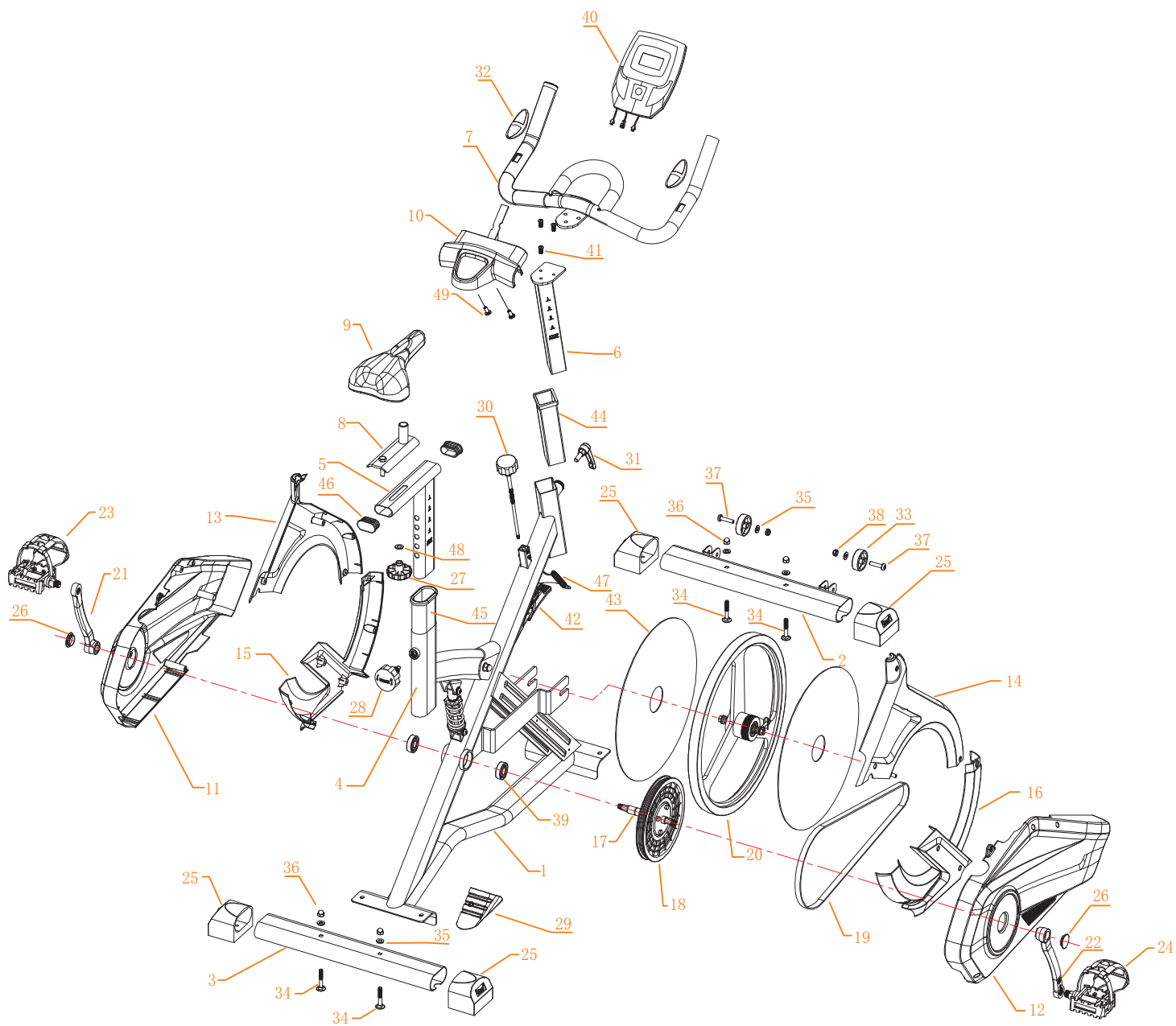
It is important your machine receives regular maintenance to prolong its useful life. Failing to regularly maintain your machine may void your warranty.

Please keep this manual with you at all times

- a. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly.  
Please note: It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
- b. Before starting any exercise program you should consult your doctor to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
- c. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, and extreme shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these symptoms, you should consult your doctor before continuing with your exercise program.
- d. Keep children and pets away from the equipment. This equipment is designed for adult use only.
- e. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 0.5 meters of free space all around it.
- f. Before using the equipment, check that the nuts and bolts are securely tightened. If you hear any unusual noises coming from the equipment during use and assemble, stop immediately. Do not use the equipment until the problem has been rectified.



- g. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.
- h. This equipment is designed for indoor and family use only.
- i. Care must be taken when lifting or moving the equipment so as not to injure your back.
- j. Always keep this instruction manual and assembly tools at hand for quick reference.
- k. The equipment is not suitable for therapeutic use.
- l. There are many functions of the computer, which value will show when using the equipment according the amount of exercise, here warmly remind you that the value of heart pulse just give you some reference.

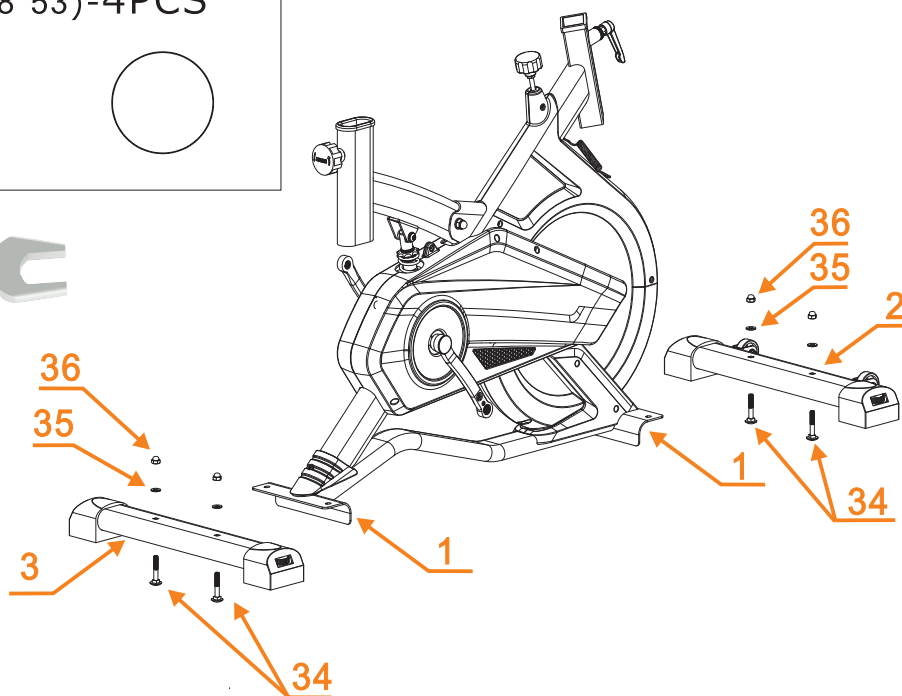
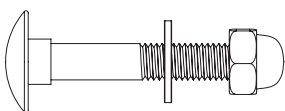


NO.	PARTS	QTY	NO.	PARTS	QTY
1	MAIN FRAME	1	24	RIGHT PEDAL	1
2	FRONT STABILIZER	1	25	40-80 OVAL STRAP	4
3	REAR STABILIZER	1	26	CRANK PLUG	2
4	SEAT SUPPORT FRAME	1	27	OCTAGONAL KNOB	1
5	SEAT POST	1	28	KNOB	1
6	HANDLEBAR POST	1	29	REAR ORNATE COVER	1
7	HANDLEBAR	1	30	BRAKE POD	1
8	SEAT SLIDDER	1	31	7-KNOB	1
9	SEAT	1	32	PULSE SENSOR	2
10	PHONE SUPPOET	1	33	MOVE WHEEL	2
11	LEFT COVER	1	34	M8-53 CARRIGE BOLT	4
12	RIGHT COVER	1	35	D8 GASKET	4
13	LEFT FENDER	1	36	M8 SCREW	4
14	RIGHT FENDER	1	37	M8-45 HALF THREAD SCREW	2
15	LEFT SHROUD COVER	1	38	M8 LOCK NUT	4
16	RIGHT SHROUD COVER	1	39	FIVE WAR BEARING	1
17	BELT AXLE	1	40	MONITOR	1
18	BELT PULLEY	1	41	M8 SCREW	4
19	BELT	1	42	BRAKE WOOL FELT	1
20	FLYWHEEL	1	43	FLYWHEEL PENAL	2
21	LEFT CRANK	1	44	45-38 SQUEARE SLEEVE	1
22	RIGHE CRANK	1	45	40-80 OVAL SLEEVE	1
23	LEFT PEDAL	1	46	25-50 OVAL SLEEVE	2
47	SENSOR WIRE	1	48	GASKET	1
			49	PHILIPS BOLT	2

## • STEP 1:

AS THE PICTURE SHOW, INSERT THE 4 CARRIGE SCREW (34) TO FRONT AND REAR STABILIZER, TOGETHER WITH THE FRAM (2/3). PUT THE GASKET IN IT (35), AND FIX IT WITH NUT BOLT (36).

CARRIGE BOLT : (M8\*53)-4PCS

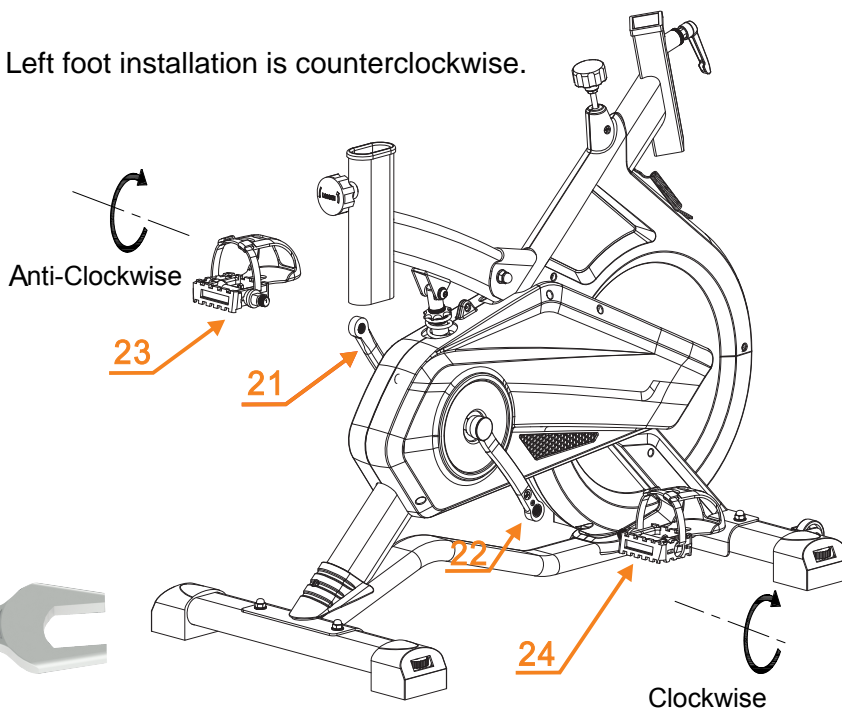


## • STEP 2:

SCREW THE RIGHT AND LEFT PEDAL (23/24) TO THE LEFT AND RIGHT CRANK (21/22). SCREW 4-5 CIRCLES BY HAND, THEN FASTEN IT WITH THE WRENCH.

Note:

Right foot installation is clockwise, Left foot installation is counterclockwise.



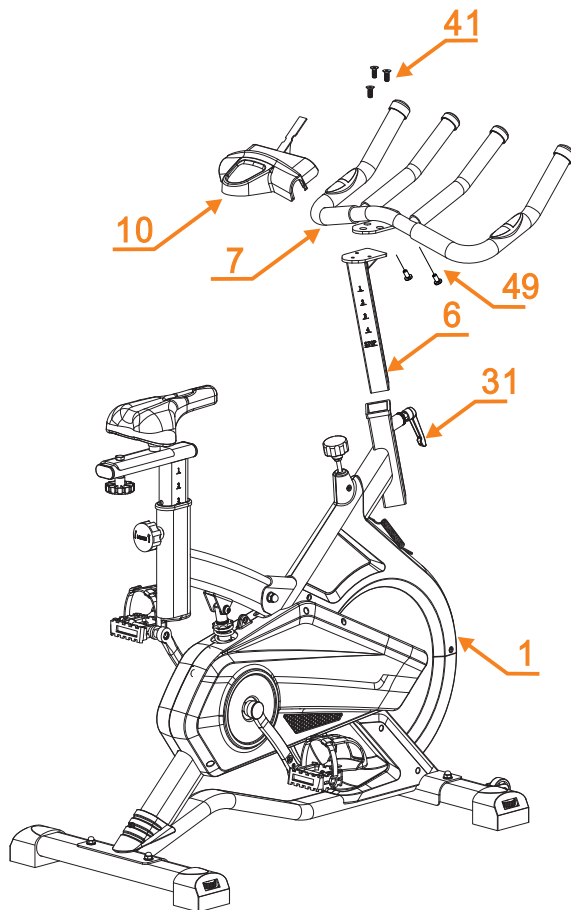
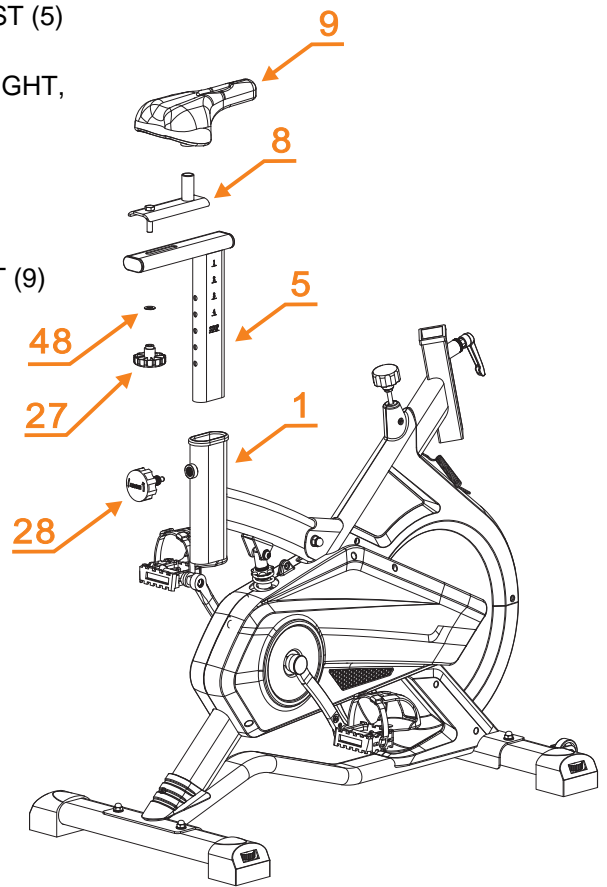
### • STEP 3:

LOOSING LOCK KNOB (28) AND PULL OUT, INSERT THE SEAT POST (5) INTO THE MAIN FRAME (1).

ADJUST THE SEAT POST ASSEMBLY (5/ 8) TO YOUR DESIRED HEIGHT, THEN TIGHTEN THE LOCK KNBO (28)

PLACE (8) ON (5), THEN FIX IT WITH THE GASKET (48) AND PLUM KNOB (27).

PLACE SEAT (9) ONTO THE SEAT SLIDDER (8), SECURE THE SEAT (9) BY TIGHTENING THE SEAT LOCKING NUTS.



### • STEP 4:

AS THE PICTURE SHOWS, LOOSING PHILIPS BOLT (49) UNDER PHONE CAGE (10) AND REMOVE IT FROM HANDLEBAR (7). FIX THE HANDLEBAR (7) WITH 3PCS SCREWS ( 41) TO THE HANDLEBAR POST (6). THEN INSERT IT TO THE MAIN FRAME (1), USE THE 7-KNOB (31) AND FIX TIGHTLY.

PUT THE PHONE CAGE (10) ON HANDLEBAR (7), PRESS IT DOWN TO THE HANDLEBAR, THEN LOCK IT WITH 2PCS PHILIPS BOLT (49).

SCREW: (M8\*15) - 3PCS

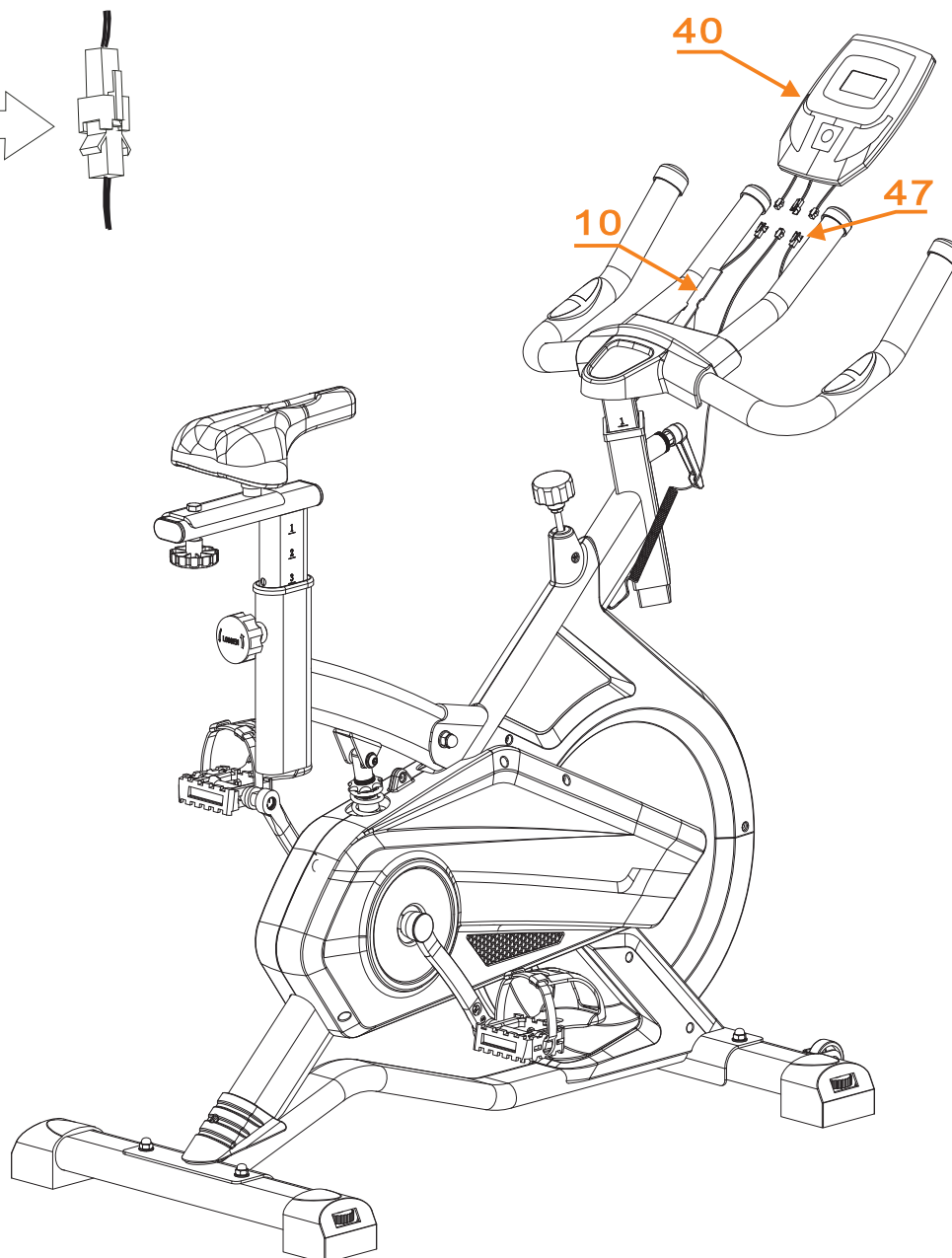
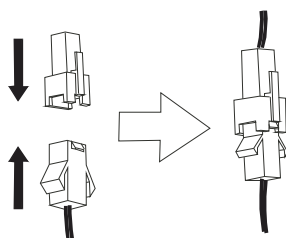


## • STEP 5:

INSERT THE MONITOR (40) TO THE PHONE CAGE (10). JOIN THE SENSOR WIRES (47). PLEASE NOTE BEFORE DOING EXERCISE, PLEASE MAKE SURE PRODUCT IS GOOD.



These two parts need to be in the same side when connect.



## 5. ADJUSTMENT INSTRUCTIONS

### Vertical Seat Adjustment

To adjust the seat height, slacken the spring knob on the vertical post stem on the main frame and pullback the knob. Position the vertical seat post for the desired height so that holes are aligned, then release the knob and retighten it.

### Horizontal Seat Adjustment

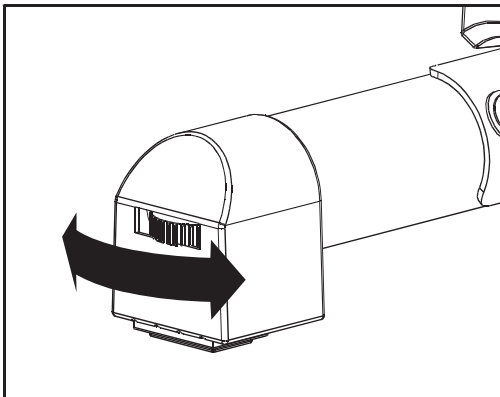
To move the seat forward in the direction of the handlebar or backwards away from it, loosen the adjusting knob and washer and pull the knob back. Slide horizontal seat post into desired position. Align holes and then retighten the adjusting knob.

### Handlebar Height

To adjust the handlebar height, slacken the spring knob and secondary knob and pull both knobs back. Slide the handlebar post along the housing on the main frame to the desired height and, with the holes aligned correctly, tighten the spring adjusting knob and then the secondary knob.

## LEVEL ADJUSTMENT

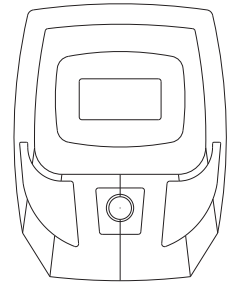
To adjust End Caps Knob, so the stabilizers are level to the floor. Rotate the End Caps Knob clockwise or counter-clockwise to adjust the level of the bike.



# COMPUTER OPERATION

## KEY GUIDE

MODE	Select function you want
SET	Set value of the selected functions
TIME-SPEED-DISTANCE-ODO-CALORIE-PULSE	
RESET	Press this button to clear current function value.



## FUNCTION

**SCAN:** when the symbol "▶" points to SCAN, The monitor will display the functions listed below. Each function will remain on the screen for 4 seconds. The following modes will automatically cycle through respectively:

TIME -DISTANCE- ODOMETER -CALORIE-PULSE

**TIME:** when the symbol "▶" points to TIME. The monitor will display total workout time on the bottom of the screen.

**SPEED:** when the symbol "▶" points to SPEED, The monitor will display the current speed on the top area of the screen.

**DISTANCE:** when the symbol "◀" points to DIST. The monitor will accumulate the total workout distance on the bottom of the screen.

**ODOMETER:** when the symbol "◀" points to ODO. The display shows the Odometer on the bottom of the screen. The reading of the Odometer will be reset to zero after replacing the batteries.

**CALORIE:** when the symbol "◀" points to CAL. The monitor will accumulate the caloric consumption, and display on the bottom area of the screen.

## PULSE FUNCTION (if have)

Press MODE button to select the pulse function, the monitor will display your current heart rate in beats per minute.

## NOTE

1. If the machine is idle for over 4 minutes, the LCD will turn off automatically. All function values will be saved. Simply press any key or start using the machine, the LCD will automatically turn back on.
2. If the monitor fails to display properly, please re-install the batteries
3. BATTERY SPEC: 1.5V AAA(2PCS)



# EXERCISE GUIDE

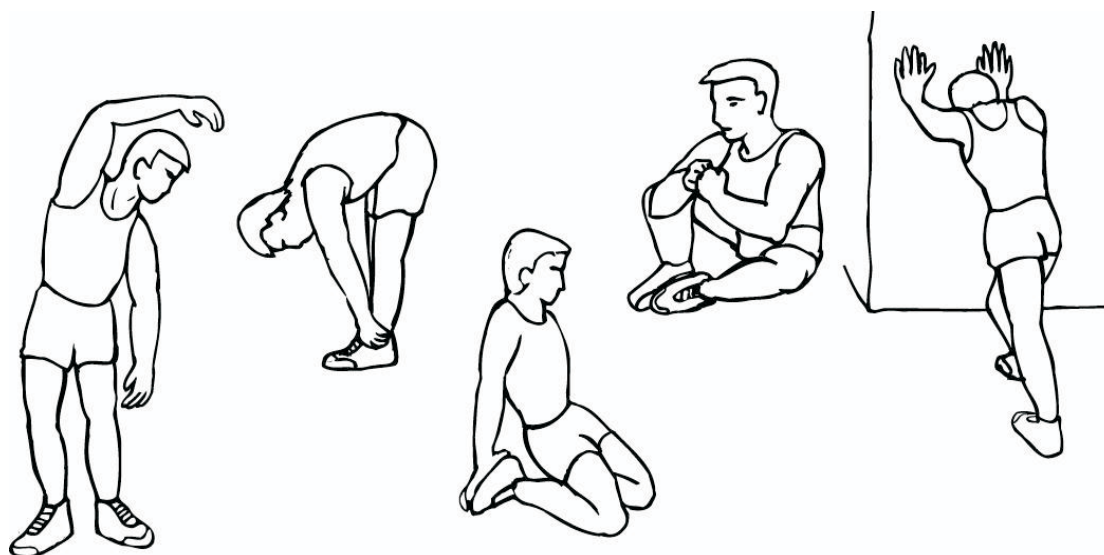
PLEASE NOTE: Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

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 an exercise aid in determining heart rate trends in general.

Exercising is great way to control your weight, improving your fitness and reduce the effect of aging and stress. The key to success is to make exercise a regular and enjoyable part of your everyday life. The condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles is an important factor to your fitness. Your muscles use this oxygen to provide enough energy for daily activity. This is called aerobic activity. When you are fit, your heart will not have to work so hard. It will pump a lot fewer times per minute, reducing the wear and tear of your heart. So as you can see, the fitter you are, the healthier and greater you will feel.

## Warm-up

Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.



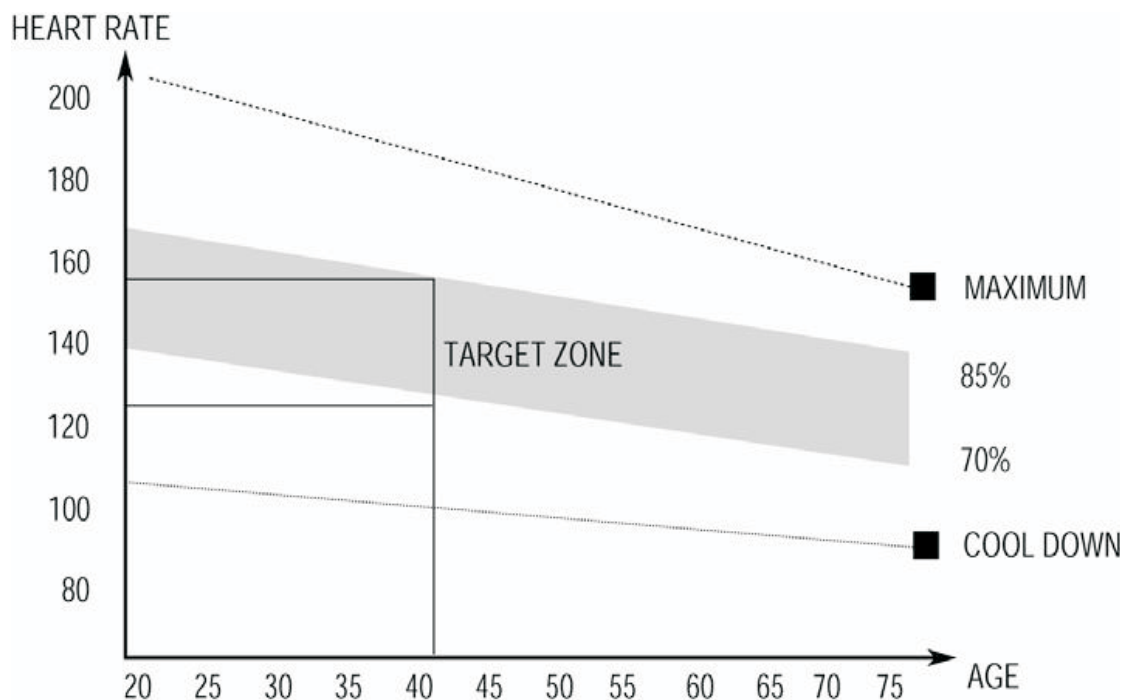
## Training Zone Exercise

After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise-never hold your breath. Cool Down Finish each workout with a light jog or walk for at least 1 minute.

Then complete 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

## Workout Guidelines

### TARGET ZONE

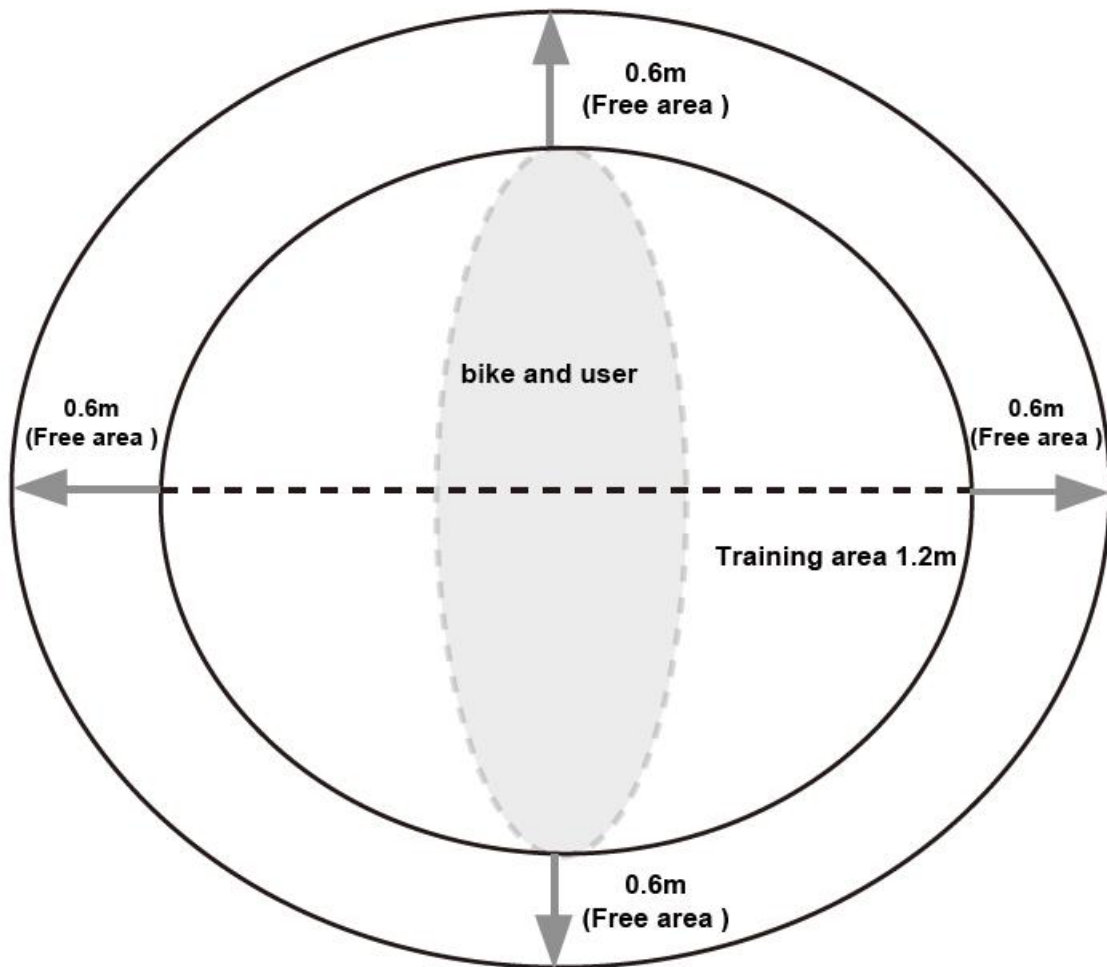


**THIS IS HOW YOUR PULSE SHOULD BEHAVE DURING GENERAL FITNESS EXERCISE. REMEMBER TO WARM UP AND COOL DOWN FOR A FEW MINUTES.**

The most important factor here is the amount of effort you put in. The harder and longer you work, the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

# Workout Area

The free area must be at least 0.6m greater than the training area. This is a space where you can safely dismount, without obstruction, in case of an emergency. Where two pieces of equipment are positioned adjacent to each other the free area may be shared.



# Care and Maintenance

**1.** Examine the equipment periodically in order to detect any damage or wear which may have been produced. The safety level of the equipment can be maintained only if it is examined regularly for damage and wear, e.g. ropes, pulleys, connection points

**2.** Lubricate moving parts with light oil periodically to prevent premature wear. Special attention to components most susceptible to wear.

**3.** Inspect and tighten all parts before using the equipment, replace any defective parts immediately, and do not use the equipment again until it is in perfect working order.

**4.** The equipment can be cleaned using a damp cloth and mild non-abrasive detergent. **Do not** use solvents.