

ITSU
御手の物®



IS0128 User Manual

Version: 2018/11/13

CONTENTS

<i>Safety Instructions</i>	02
<i>Warranty Claim</i>	04
<i>Main unit & Accessories</i>	05
<i>Product Installation</i>	15
<i>Exercise Guide</i>	17
<i>Product Operation Guide</i>	19
<i>Trouble Shooting</i>	20
<i>Product Maintenance</i>	20
<i>Product Specification</i>	21
<i>Contact Us</i>	22

Thank you for purchasing the IS0128.

Before operating this unit, please read this manual carefully to ensure optimum performance and safety.

This manual should be kept available for future reference.

REMARK:

For product improvement, the company reserves the right to change the design and specification at any time without prior notice.

Pictures are for reference use only and may differ from the actual product.

Safety Instructions

Caution

Read this user manual carefully before use.

Follow the assembly instructions carefully.

It is important to read the entire manual before assembling and using the equipment. Safe and efficient use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

1. Before starting any exercise program you should consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety, 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.

2. 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, extreme shortness of breath, feeling light headed, dizzy or nauseous. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.

3. Keep children and pets away from the equipment. The equipment is designed for adult use only.

4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. For safety, the equipment should have at least 0.5 meter of free space all around it.

5. Before using the equipment, check the nuts and bolts are securely tightened. Some parts like pedals, etc.

6. The safety level of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.

7. Always use the equipment as indicated. If you find any defective components whilst assembling or checking the equipment, or if you hear any unusual noise coming from the equipment during use, stop. Do not use the equipment until the problem has been rectified.

8. Wear suitable clothing whilst using the equipment. Avoid wearing loose clothing which may get caught in the equipment or that may restrict or prevent

Safety Instructions

movement. Please run it slowly in the beginning. Please hold the handlebar tightly and do not let your body leave the seat when exercise.

9. The equipment has been tested and under class H.C. Suitable for domestic, home use only. Maximum weight of user, 100kg. Breaking is speed independent. Keep clothes, jewelry or loose items away from moving parts.

10. The equipment is not suitable for therapeutic use.

11. Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or use assistance.



Please note:

Maximum weight capacity for the ITSU IS0128 is 100 kg.



WARNING

BEFORE BEGINNING ANY EXERCISE PROGRAM CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS WITH PEE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING THIS FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.



This marking indicates that this product should not be disposed with other household wastes throughout the EU. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material resources.



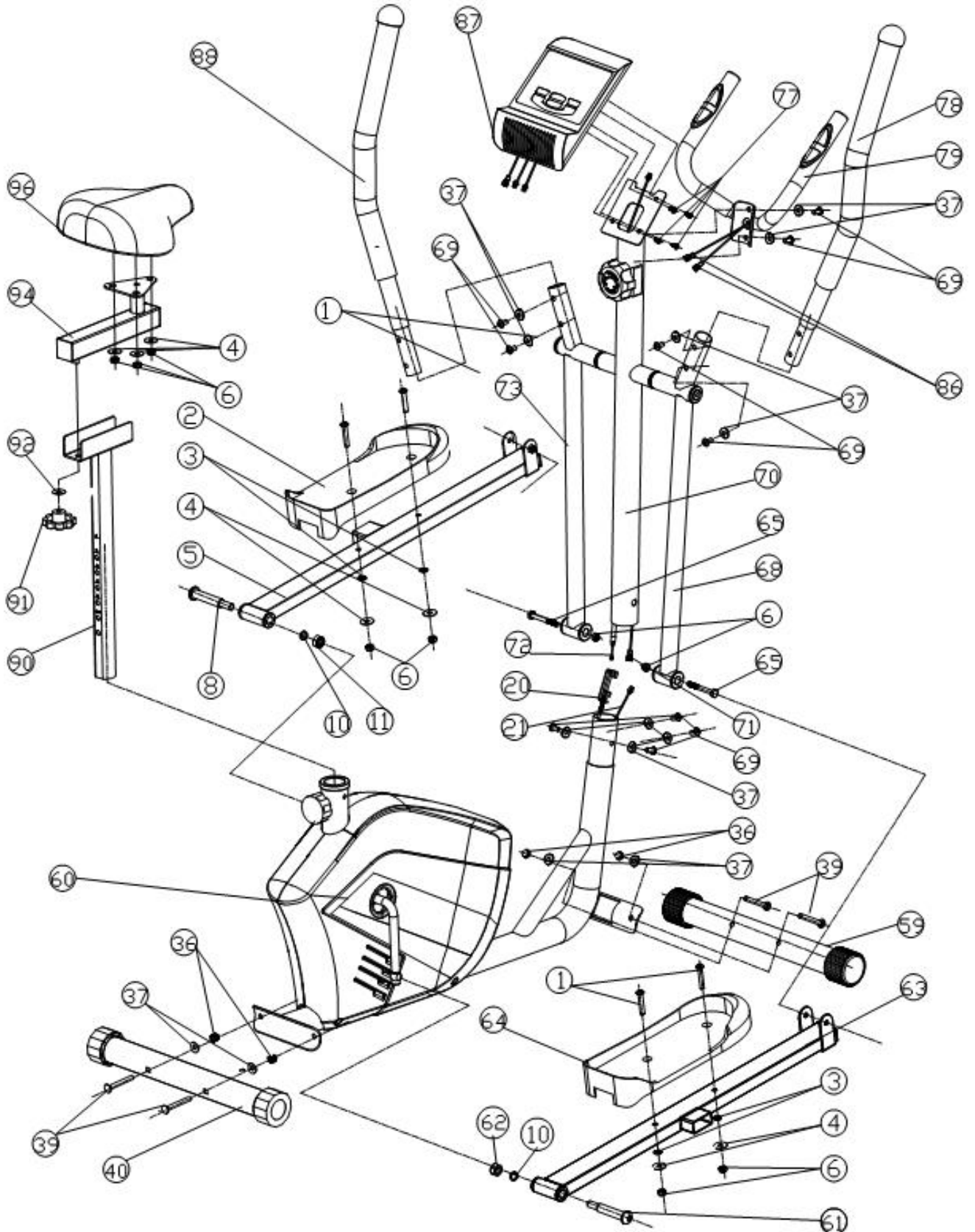
Caution: Read this user manual carefully before use.

Warranty Claims

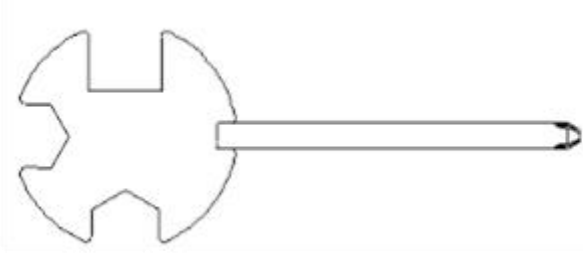
1. Warranty is not transferable.
2. This warranty is effective only if the product is purchased from ITSU or its authorized dealers.
3. Proof of purchase (original receipt) is required for all warranty repairs.
4. All implied warranties, including but not limited to these implied warranties of fitness and merchant ability, are limited to one (1) year from the date of purchase.
5. Damage due to misuse, improper treatment and unauthorized modification and repairs are not covered by this warranty.
6. Warranty does not cover accessories and add-ons, which do not belong to this product.
10. Warranty is not effective to rental, business, commercial, institutional, or other non-residential users.
11. All services covered by this warranty must be approved by ITSU and repaired by authorized technicians only.
12. If replacement parts for defective materials are not available, ITSU reserves the right to make substitutions in lieu of repair or replacement.

Main unit & Accessories

Before you begin assembly, please take a moment to review the Hardware and Parts List on the following pages. Each part has been illustrated and numbered for easy identification.



ASSEMBLY TOOLS&NECESSARY PARTS



1.Spanner ×1pcs



2.S5 Allen wrench × 1pcs



3. S8Allen wrench x 1pcs



- 4.#1 Screw M8×45H x4pcs
- 5.#3 Spring washer $\varnothing 8.2 \times \varnothing 13 \times 2t$ x4pcs
- 6.#4 Flat washer $\varnothing 8.2 \times \varnothing 13 \times 1.5t$ x4pcs
- 7.#6 Flat washer M8×1.25 x4pcs

Main unit & Accessories

NO.	NAME	SPECIFICATION	QTY
1	bolt	M8×1.25×45H S=5	4
2	Pedal -left		1
3	Spring washer	∅ 8.2×∅ 13×2t	4
4	Flat washer	∅ 8.2×∅ 24×1.5t	9
5	Pedal support tube-left		1
6	Lock nut	M8×1.25	9
7	Tube plug	25×50×1.5t	2
8	Crank shaft -Left	∅15.8×68L×1/2×27L	1
9	Neck bush	∅28×∅16.1×20L	4
10	Spring washer	∅ 13×∅ 29×h3.0t	2
11	Crank shaft lock nut-left	1/2 -19	1
12	screw	M6×14H	6
13	screw	M6×10H	2
14	Flat washer	∅ 6×∅ 13×1.5t	2
15	bearing block end cap		2
16	bearing	6001ZZ	2
17	Bearing block		2
18	flywheel	∅ 240×40	1
19	Flywheel axle	∅ 27×104L	1
20	Resistance adjuster wire	ABS 32 MAX	1
21	Console wire	1300 47L	1
22	Flat washer	∅ 10.2×∅ 20×1.5t	2
23	Extension spring	∅ 3.5×∅ 18×69L	1
24	spacer sleeve	∅ 14×∅ 10.2×6L	1
25	guide pulley bolt	M10×1.5×42L	1
26	guide pulley	∅ 37×∅ 30×22.4L	1
27	guide pulley fixing plate	121×78×24×4t	1
28	Lock nut	M10×1.5	2
29	Crank hole decorative part		2
30	Cover-left		1
31	Lock nut		2
32	Locking piece-left		1
33	Ball race		1
34	ball		2
35	Ball retainer		2
36	Cap nut	M8×1.25×17H	4
37	Curved washer	∅ 8.2×∅ 20×1.5t×R13	15
38	Tube plug-rear stabilizer		2
39	bolt	M8×1.25×62H	4

40	Rear stabilizer	∅ 50	1
41	Ball race		1
42	Locking piece -right		1
43	Crank +pulley	∅ 240 140	1
44	Cover-right		1
45	screw	ST4.2×16H	5
46	screw	ST4.2×16H	5
47	belt	PJ6 - 375	1
48	screw	M6×20H	2
49	circlip	∅ 12	2
50	revolving shaft	∅ 12×64 M6	1
51	Magnet plate		1
52	magnet	40×24×9t	4
53	Extension spring 2	∅ 1.0×∅ 15×55L	1
54	nut	M6	2
55	bolt	M6×35L	1
56	sensor fixed base		1
57	screw	M10×1.5×25L	1
58	Tube plug-front stabilizer		2
59	Front stablizer		1
60	Main frame		1
61	Crank shaft-right	1/2 -19	1
62	Crank shaft lock nut R	1/2-19	1
63	Pedal support tube-right		1
64	Pedal-right		1
65	bolt	M8×1.25×65H	2
66	Neck bush 1	∅32×∅27.8×∅14×20L	4
67	Pedal revolving shaft	∅14×∅8.5×50L	2
68	rocker arm-(bottom & right)		1
69	screw	M8×16H	12
70	Console support post		1
71	console wire	900	1
72	resistance adjuster	32 MAX	1
73	rocker arm (bottom & left)		1
74	D-shape gasket	∅8×∅32×3.0t	2
75	Neck bush 2	∅32×∅27.8×∅19×28L	6
76	screw	M5×45H	1
77	screw	M5×10H	4
78	rocker arm (top & right)		1
79	front handle bar		1
80	screw	ST4.2×19H	2

81	pulse sensor		2
82	foam	φ22×4.0t×330L	2
83	round heads tube plug	φ32×1.5	2
84	mushroom head tube plug		2
85	foam	φ32×4.0t×490L	2
86	pulse wire		2
87	Console	70×70	1
88	rocker arm (top & left)		1
89	rocker arm revolving shaft	Φ18.8×361×M8×1.25	1
90	Saddle support post		1
91	Knob	M10×P1.5	1
92	Flat washer	φ 10.2× φ 20×1.5t	1
93	U type -board	M10	1
94	Saddle sliding group set		1
95	Square tube plug	38×38×1.5T	2
96	Saddle		1
97	Knob	M16×P1.5×22L	1
98	Decorative cover		1
99	Bushing		1

NOTE:

Most of the listed assembly hardware has been packaged separately, but some hardware items have been preinstalled in the identified assembly parts. In these instances, simply remove and reinstall the hardware as assembly is required.

Please reference the individual assembly steps and make note of all preinstalled hardware.

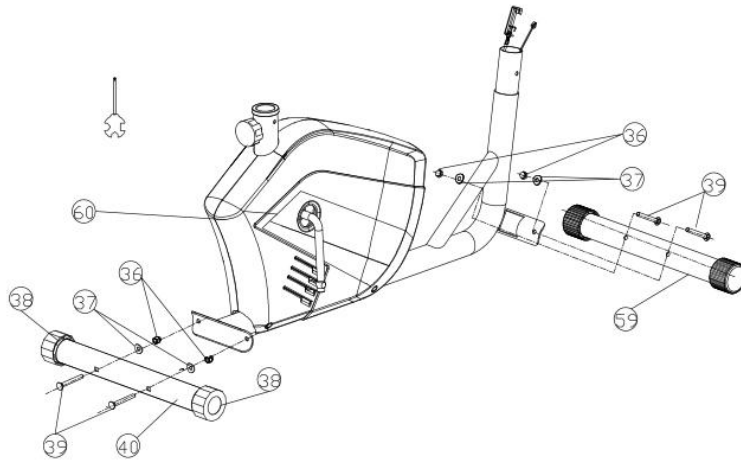
PREPARATION:

Before assembling, make sure that you will have enough space around the item; Use the present tooling for assembling; before assembling please check whether all needed parts are available.

It is strongly recommended this machine to be assembled by two or more people to avoid possible injury.

Product Installation

Step1

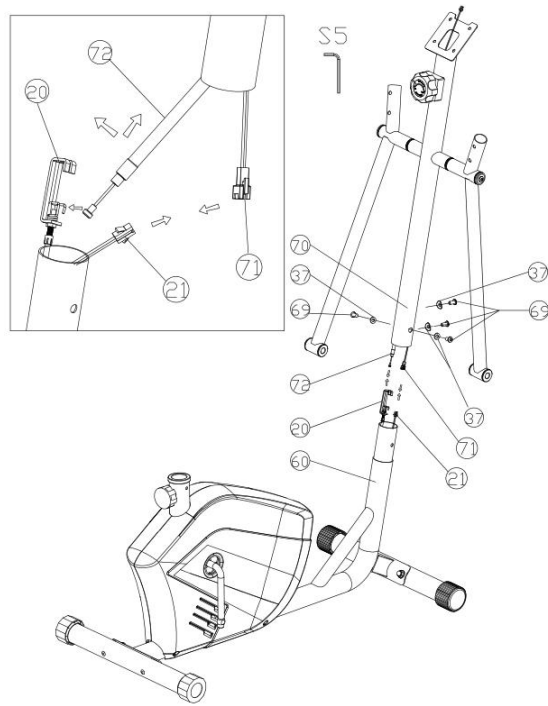


--Screw out the cap nut (36), curved washer (37)&bolt(39) on the front stabilizer (59) and rear stabilizer (40) by spanner and keep them well

--Attach the front stabilizer (59) with transportation wheels to the main frame (60) and fix it by allen wrench tightly with the right kept hardware. Then attach and fix the rear stabilizer (40) to the main frame (60) in the same way.

Note: If you find it not leveled on the floor, you can adjust it by the tube plug-rear stabilizer (38).

Step2



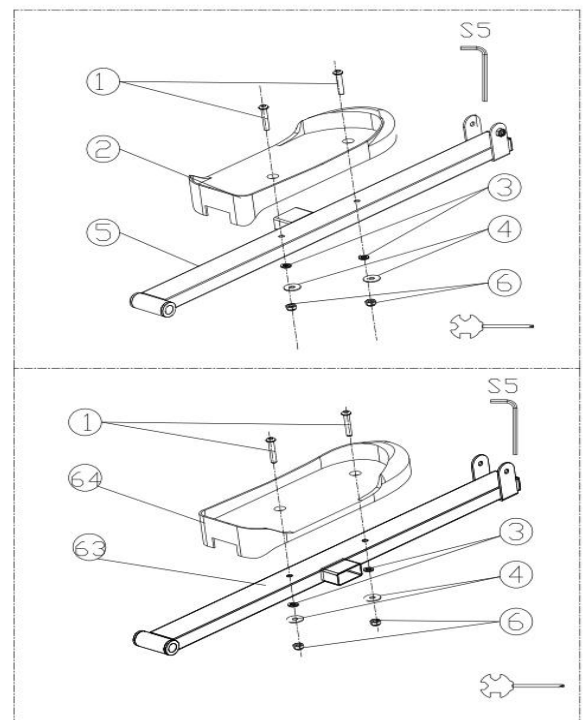
--Screw out the screws(69), curved washers(37) on the main frame (60) and keep them well.

--turn the resistance adjuster (72) to the level 1 first, and then insert the wire of resistance adjuster (72) to the resistance adjuster wire (20) as shown properly, and connect the console wire (21) with the console wire (71) properly.

--insert the console support tube (70) onto the main frame(60), and fix it with the kept hardware by allen wrench tightly after aligning all the holes.

Step3

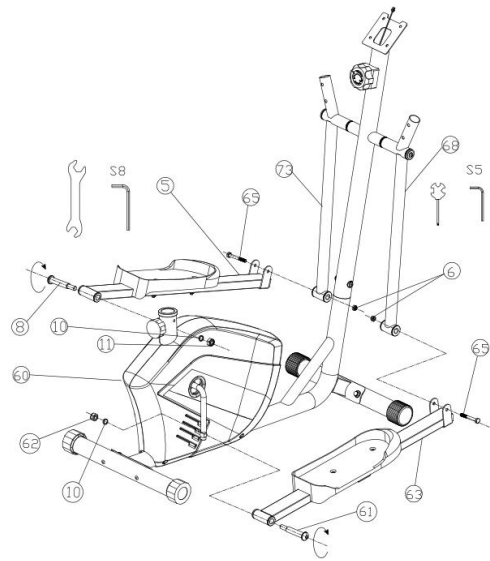
Fix the pedal-left (2) on the pedal support tube-left (5) with bolts (1), spring washers (3), flat washers (4) and lock nuts (6) by spanner and S5 allen wrench tightly. And then fix the pedal right (64) on the pedal support tube (63) in the same way.



Step4

--Screw out the crank shaft(8)&(61), spring washers (10),crank shaft lock nut (11)&(62), bolts(65) and lock nuts (6) on the pedal support tube (5)&(63) by spanner ,S5 allen wrench as shown , and keep all the hardware well.

--Fix the pedal support tube-left (5) on the left crank as shown on the main frame (60) with crank shaft – left (8), spring washer(10), crank shaft lock nut – left(11) by spanner and S8 allen wrench tightly. Then connect the pedal support tube (5) with the rocker arm-bottom&left (73) with bolt(65), lock nut(6) by S5 allen wrench and spanner tightly. And then do the same thing in another side.

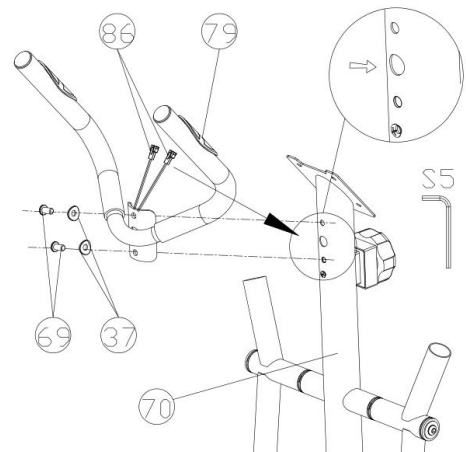


Step5

--Screw out the screws(69)and curved washers(37) on the console support tube(70) by allen wrench and keep them well.

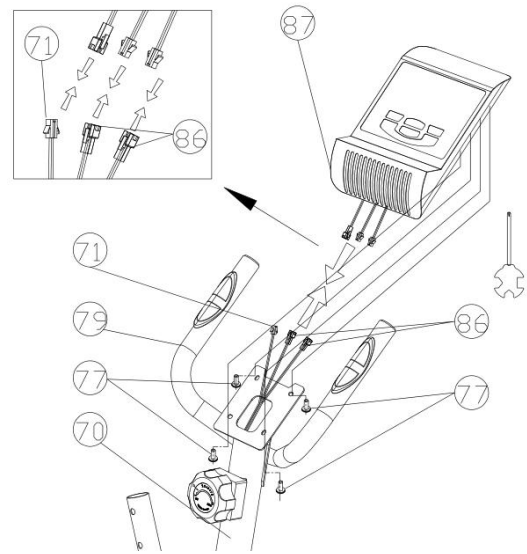
--Insert the pulse wire (86) on the front handle bar Into the biggest hole on the console support tube(70) and take them out from the square hole.

--Fix the front handle bar (79) on the console support tube (70) with the kept hardware by allen wrench tightly.



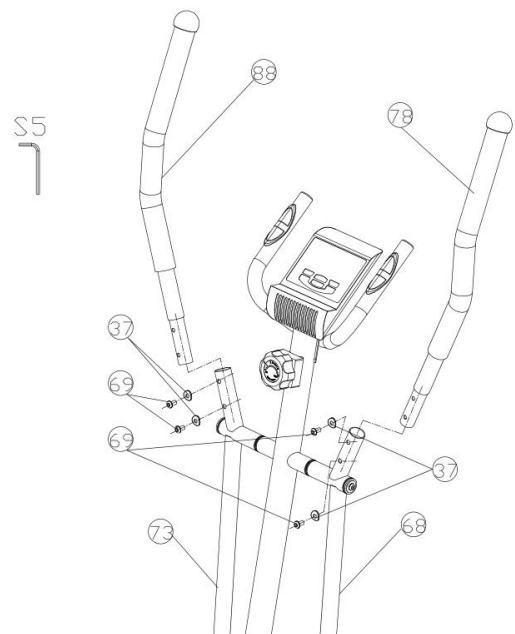
Step6

- connect the console wire(71)&pulse wires(86) with the console wire (87) properly.
- fix the console (87) on the plate of the console support tube (70) with screws(77) tightly.



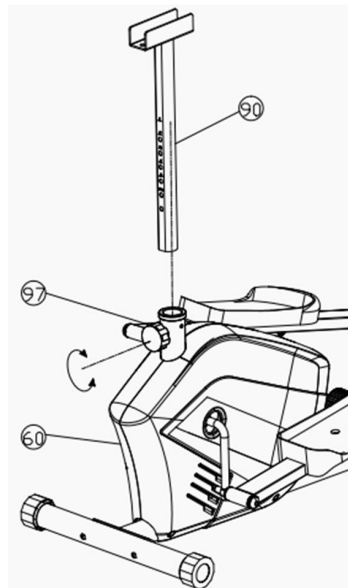
Step7

- screw out the screws (69) and curved washers(37) on the both rocker arms(78)&(88) by S5 allen wrench and keep them well.
- insert the rocker arm-top &left (88) on the rocker arm-bottom &left (73), then fix it with curved washers (37) & screws (69) tightly. Then fix another rocker arm (78) in the same way.



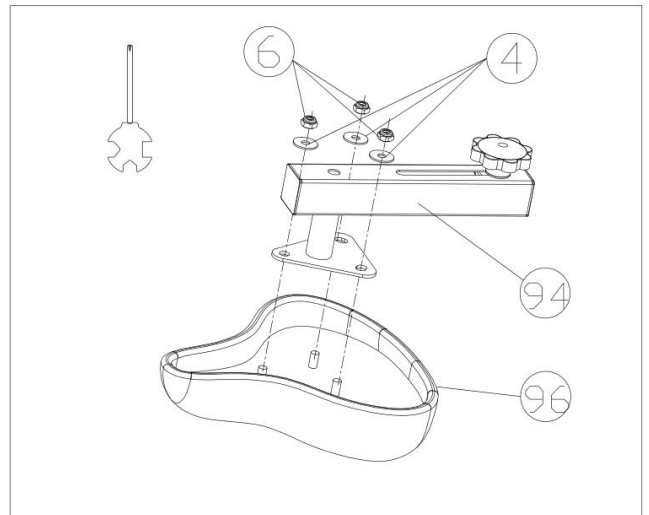
Step8

--Loose the knob(97) from the main frame(60), put the saddle support post(90) in the main frame(60),fasten the knob(97) at the suitable height.



Step9

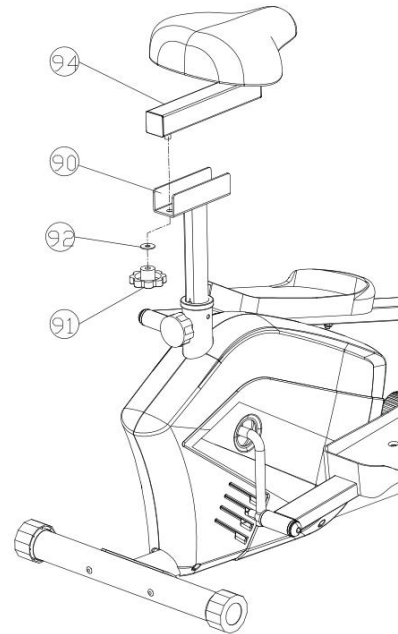
--Screw out the flat washer(4) and lock nut(6) from the saddle sliding group set(94) by spanner.
--Then fix the saddle(96) on the saddle sliding group set(94) with flat washer(4) and lock nut(6) by spanner



Step10

--Loose the knob(91) and flat washer(92)
from the saddle sliding group set(94)

--Fix the saddle sliding group set(94)
on the saddle support post(90) withthe knob(91)
and flat washer(92)



Exercise Guide

Using your EXERCISE CYCLE will provide you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with calorie controlled diet help you lose weight.

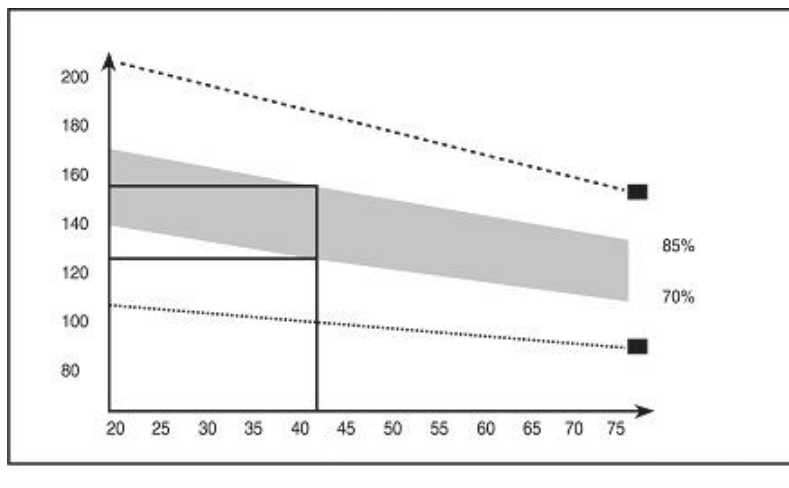
1.The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP.



2.The Exercise Phase

This is the stage where you put the effort in. After regular use , the muscles in your legs will become more flexible. Work to your own pace but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes though most people start at about 15-20minutes

Exercise Guide

3. The Cool Down Phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch. As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

4. Fault Finder

If you do not receive numbers appearing on your computer, please ensure all connections are correct.

Muscle Toning

To tone muscle while on your EXERCISE BIKE you will need to have the resistance set quite high. This will put more strain on your leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance making your legs work harder. You will have to reduce your speed to keep your heart rate in the target zone.

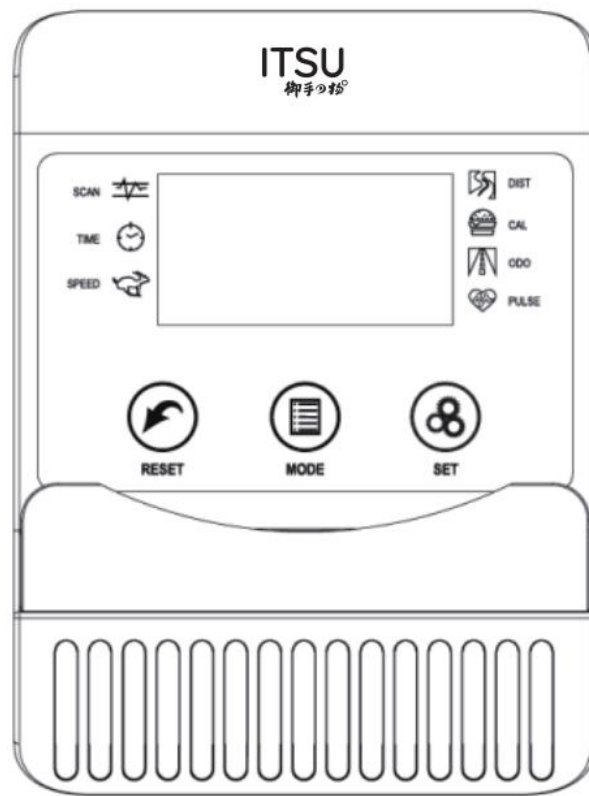
Weight Loss

The 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.

Use

The seat height can be adjusted by removing the adjustment knob and raising or lowering the seat. There are 7 holes in the seat post allowing for a range of heights. Once the correct height has been chosen, refit the adjustment knob and tighten. The tension control knob allows you to alter the resistance of the pedals. A high resistance makes it more difficult to pedal, a low resistance makes it easier. For the best results set the tension while the bike is in use.

Computer Operation Guide



EXERCISE MONITOR INSTRUCTION MANUAL

SPECIFICATIONS

TIME.....	00:00-99:59
SPEED(SPD).....	0.0-99.9KM/H (ML/H)
DISTANCE.....	0.00-9999KM (ML)
CALORIES.....	0.0-9999KCAL
※ODOMETER(ODO).....	0.0-9999KM (ML)
※PULSE (PUL)	0, 40~240BPM

KEY FUNCTIONS:

MODE: This key lets you to select and lock on to a particular function you want.

※**SET:**Can to proceed the data establish for “TIME” “DISTANCE” “CALORIES” “PULSE”.

CLEAR(RESET):The key to reset the value to zero by pressing the key.

※**ON/OFF(START/STOP):**The key to pause the signal input by pressing the key.

OPERATION PROCEDURES:

1. AUTO ON/OFF

The system turns on when any key is pressed or when it sensor an input from the speed sensor. The system turns off automatically when the speed has no signal input or no key are pressed for approximately 4 minutes.

2. RESET

The unit can be reset by either changing battery or pressing the MODE key for 3 seconds.

3. MODE

To choose the SCAN or LOCK if you do not want the scan mode, press the MODE key when the pointer on the function you want which begins blinking.

FUNCTIONS:

1. **TIME:** Press the MODE key until pointer lock on to TIME. The total working time will be shown when starting exercise.

2.

2.SPEED: Press the MODE key until the pointer advance to SPEED. The current speed will be shown.

3.DISTANCE: Press the MODE key until the pointer advance to DISTANCE. The distance of each workout will be displayed.

4.CALORIE: Press the MODE key until pointer lock on to CALORIE. The calorie burned will be displayed when starting exercise.

5.ODOMETER(IF HAVE): Press the MODE key until the pointer advance to ODOMETER. The total accumulated distance will be shown.

6.PULSE(IF HAVE): Press the MODE key until the pointer advance to PULSE. User's current heart rate will be displayed in beats per minute. Place the palms of your hands on both of the contact pads (or put ear-clip to ear), and wait for 30 seconds for the most accurate reading.

SCAN: Automatically display changes every 4 seconds.

BATTERY: If improper display on monitor, please reinstall the batteries to have a good result.

TROUBLE SHOOTING

Trouble	Reasons	Solution	Remark
Without sensor	Sensor wire didn't connected well or broken	re-connected the sensor wire or replace with new sensor wire	
Computer without display	Computer battery runs out or battery negative and positive in reverse	Replace new battery or check the battery negative and positive side correct or not	
Noisy	Moving parts is loose or lack of lubricating oil	Tighten the loose parts or wipe lubricating oil	

PRODUCT MAINTENANCE

- 1. When you don't use the exercise bike for a long time, please take out the computer battery to avoid running out of battery.**
- 2. Often clean the exercise bike with clean cloth to keep the clean appearance.**
- 3. Please pay attention to the connection parts, screws, nuts loose or not, frayed or not, broken or not. And often wipe the oil to improve the flexibility of bike.**
- 4. Please set up bike in a dry level place and keep it away from moisture and water. When you finished exercise, please don't forget to wipe the sweat from bike to avoid the appearance rusting.**

Product Specification

Model	IS0128
Packing dimension (cm)	108L x 32W x 57H
Product dimension (cm)	112L x 57W x 155H
Net weight	32.2kg
Gross weight	36.2kg
Max load	100kg
Colour	Black
Material	Steel, ABS, PP

Contact Us



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User Manual
All information is correct at the time of print