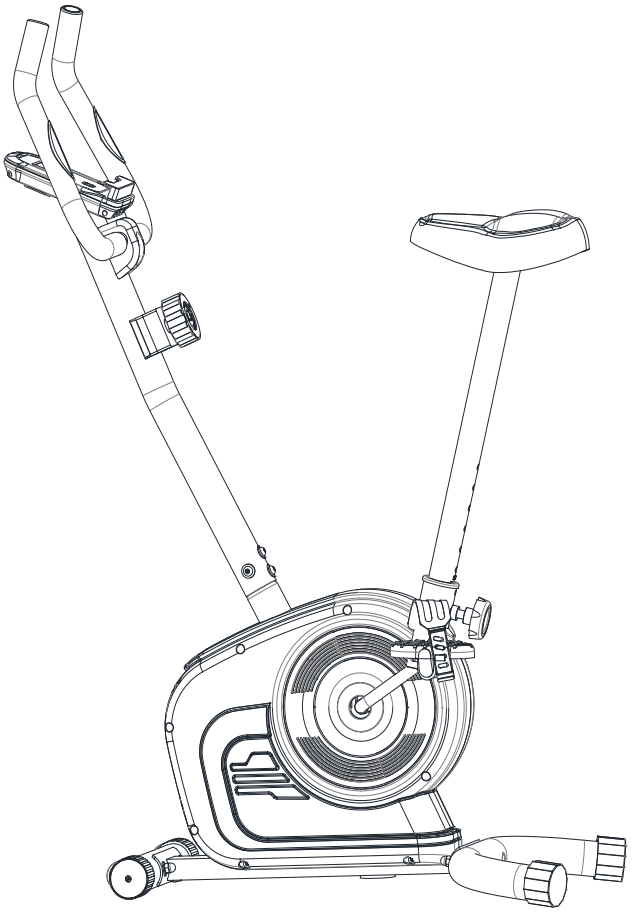
XTERRA FITNESS

Model: 16204061200



UB120 UPRIGHT BIKE
OWNER'S MANUAL

PLEASE CAREFULLY READ THIS ENTIRE MANUAL BEFORE OPERATING YOUR NEW BIKE

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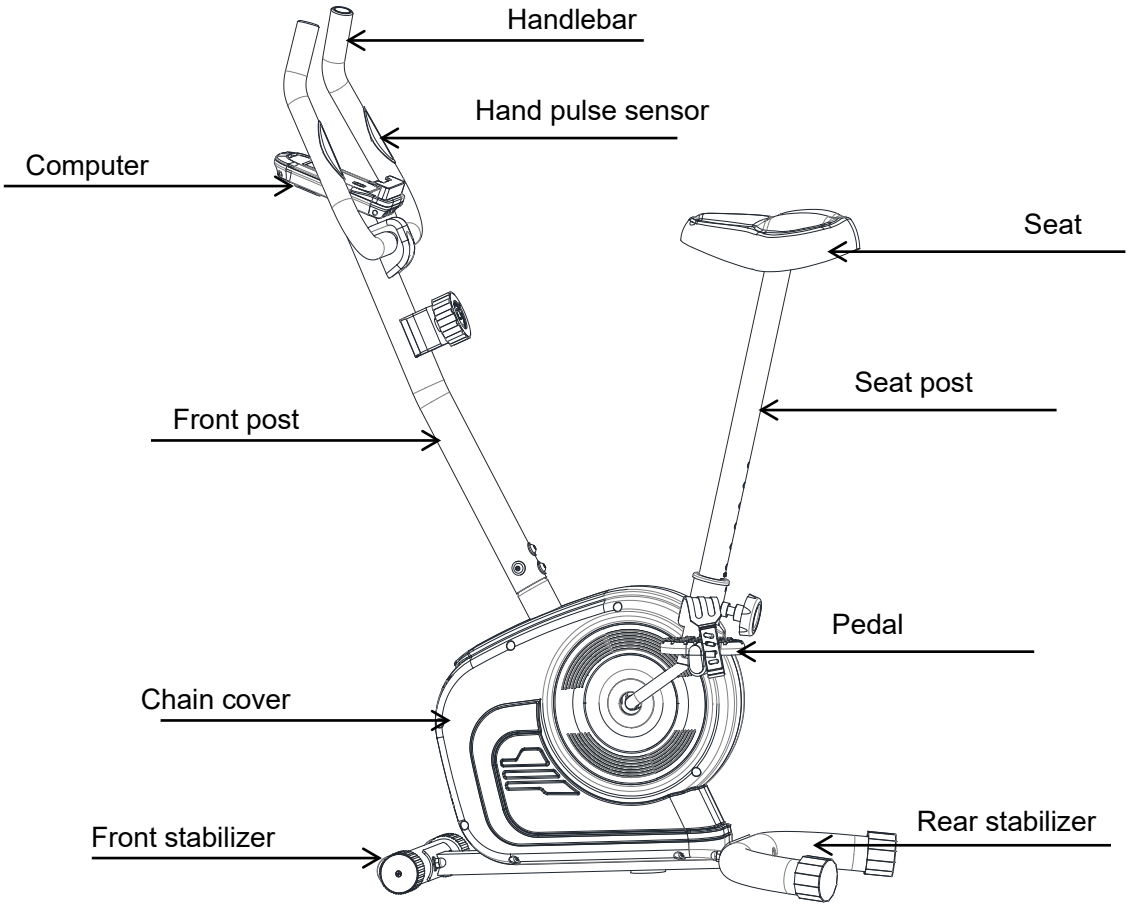
ATTENTION

THIS FITNESS BIKE IS INTENDED FOR **RESIDENTIAL USE ONLY** AND IS WARRANTED FOR THE APPLICATION. ANY OTHER APPLICATION **VOIDS** THIS WARRANTY IN ITS ENTIRETY.

BEFORE YOU BEGIN

Thank you for choosing the Xterra UB120 Fitness Bike. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest. It's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The Xterra UB120 Fitness Bike provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle. Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

Read this manual carefully before using the Xterra UB120 Fitness Bike. Although Dyaco Canada Inc. constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your Xterra UB120 Fitness Bike, please do not return the product. Contact us **FIRST!** If a part is missing or defective call us toll free at 1-888-707-1880. Our Customer Service Staff are available to assist you from 8:30 A.M. to 5:00 P.M. (Eastern Time) Monday through Friday. Be sure to have the name and model number of the product available when you contact us.



IMPORTANT SAFETY INSTRUCTIONS

WARNING - Read all instructions before using this equipment.

- Do not operate fitness bike on deeply padded, plush or shag carpet. Damage to both carpet and fitness bike may result.
- Before beginning this or any exercise program, consult a physician. This is especially important for persons over the age of 35 or persons with pre-existing health conditions.
- Keep children under the age of 13 away from this machine. There are obvious pinch points and other caution areas that can cause harm.
- Keep hands away from all moving parts.
- Never operate the fitness bike if it has a damaged cord or plug. If the fitness bike is not working properly, call our customer service.
- Never drop or insert any object into any openings.
- Do not use outdoors.
- The hand 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 fitness bike. Quality athletic shoes are recommended to avoid leg fatigue or injury.
- This equipment is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the equipment by a person responsible for their safety.
- User weight should not exceed: 250 lbs (110 kgs)

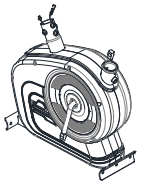
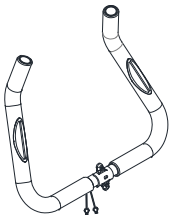
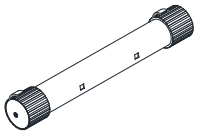
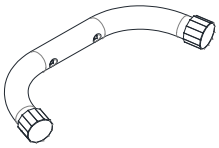
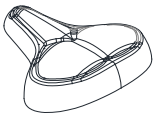
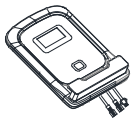
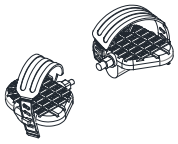
SAVE THESE INSTRUCTIONS - THINK SAFETY!

CAUTION!! Please be careful when unpacking the carton.

WARNING DECAL REPLACEMENT

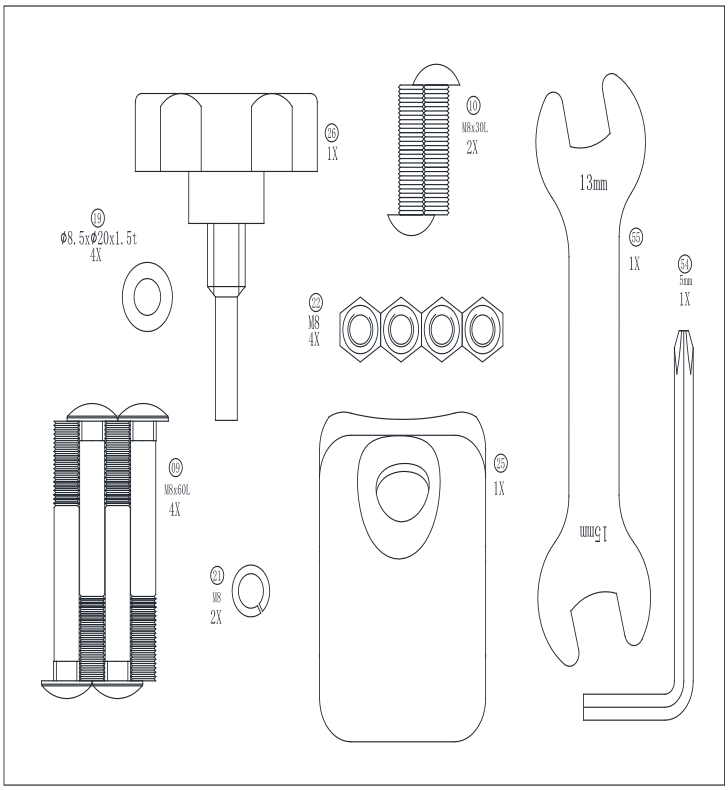
The decal shown below has been placed on the bike. If the decal is missing or illegible, please call our Customer Service Department toll ‑ free at 1 ‑ 888 ‑ 707 ‑ 1880 to order a replacement decal. Apply the decal in the location shown.

UB120 PRE-ASSEMBLY CHECK LIST

 NO. 01	NO. 02	NO. 03
 NO. 04	 NO. 05	 NO. 06
 NO. 14	 NO. 18	 NO. 23/24

Part No.	Description	Q'ty
1	Main frame	1
2	Front post	1
3	Seat post	1
4	Handlebar	1
5	Front stabilizer	1
6	Rear stabilizer	1
14	Seat	1
18	Computer	1
23/24	Left/Right pedal	1/1
	Hardware Bag	1
	Manual	1

UB120 ASSEMBLY PACK CHECKLIST

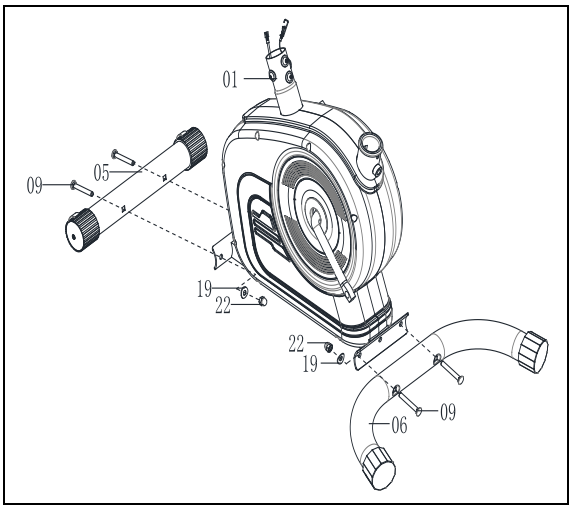


Part No.	Description	Q'ty
9	Carriage bolt M8x60L	4
10	Allen screw M8x30L	2
19	Curved washer φ8.5xφ20	4
21	Spring washer M8	2
22	domed nut M8	4
25	cover for handlebar	1
26	club knob M12	1
54	Allen Key	1
55	Box Wrench	1

Note: Above parts are all the parts needed to assemble this machine. Before you start to assemble, please check the hardware packing to make sure they are included.

UB120 ASSEMBLY INSTRUCTIONS

1 FRONT AND REAR STABILIZER

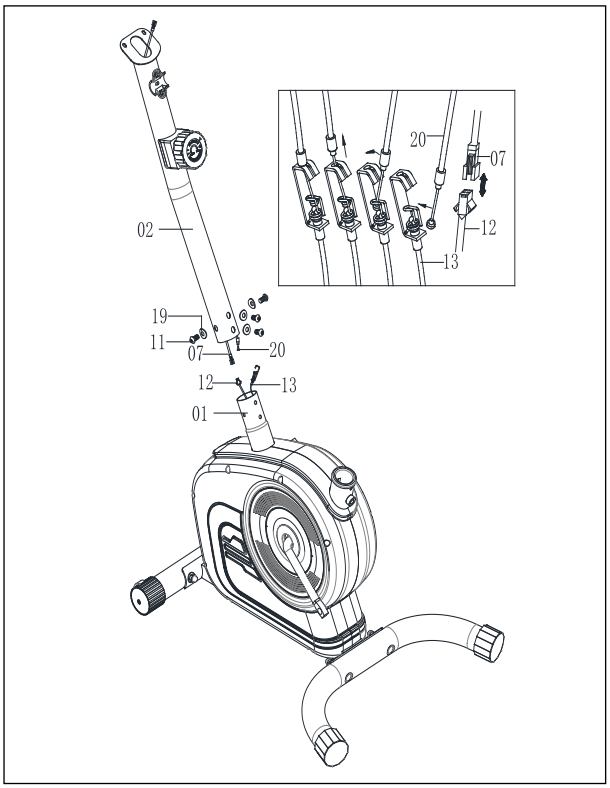


Hardware Step 1

4 Carriage Bolt (#9) 4 Curved washers (#19) 4 Domed nuts (#22)

1. Attach front stabilizer (5) to main frame (1), tighten with 2sets of Carriage bolt (9), Curved washer (19) and Domed nut (22).
2. Attach rear stabilizer (6) to main frame (1), tighten with 2sets of Carriage bolt (9), Curved washer (19) and Domed nut (22).

2 FRONT POST

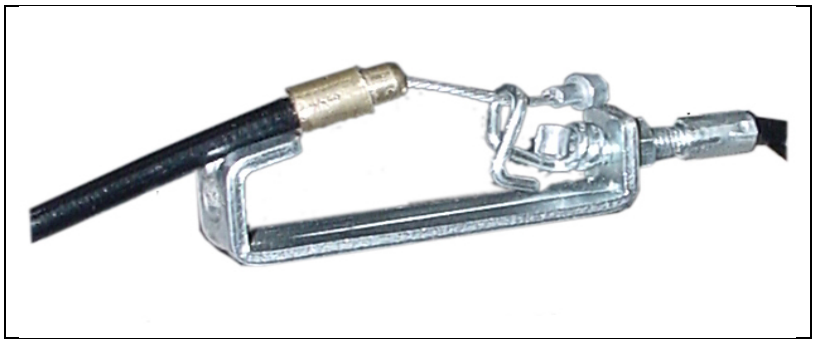


Hardware Step 2

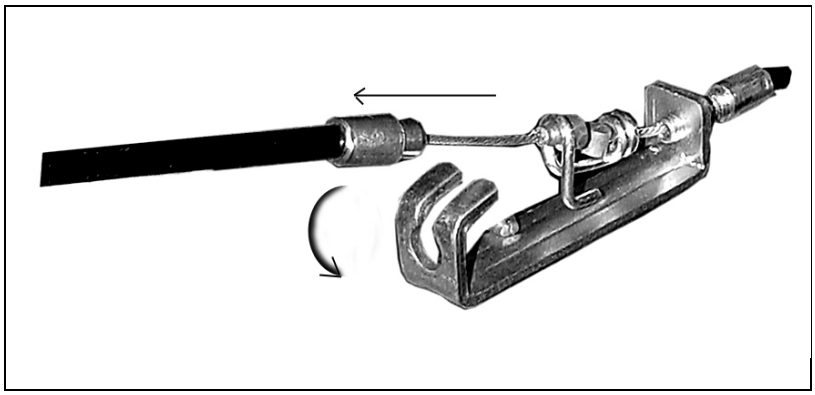
Allen key（#54）

1. Turn tension knob (20) to level 8, and then connect it with the lower tension cable (13).
Please see page 9 for a detailed description of the assembly.
2. Connect extension sensor wire (7) with sensor wire (12).
3. Insert front post (2) into main frame (1) and tighten with 4 sets of allen screw (11) and curved washer (19) which are pre-assembled on the main frame (1).

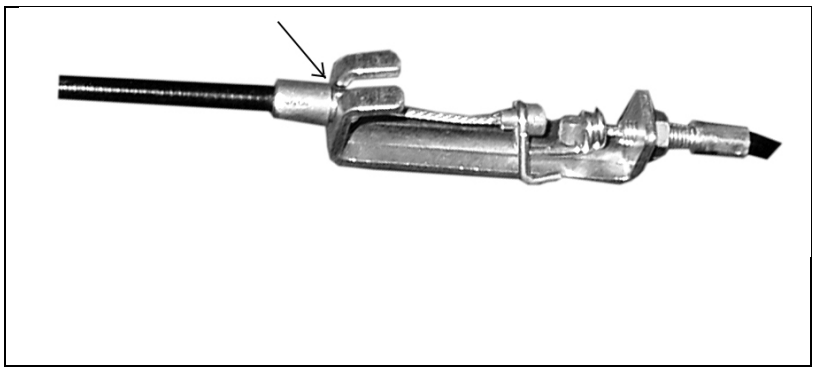
HOW TO CONNECT THE TENSION CONNECTOR



Slide the Cable wire from the Upper Tension Connector in between the opening on the wire holder on the Lower Tension Connector.



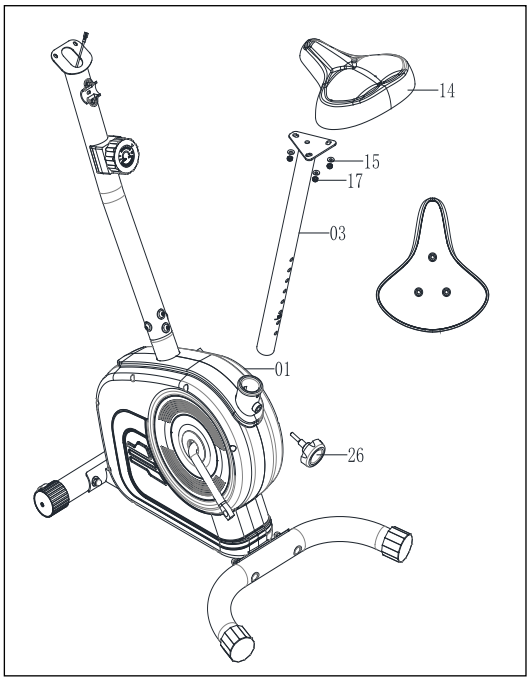
Pull the Upper Tension Connector backward and slide the wire through the slot on the bracket.



Drop down the Connector so the fitting sits firmly on top of the bracket.

NOTE: If you are not able to hold the Front Post while connecting the cables and wires，extra help may be needed.

3 SEAT ASSEMBLY



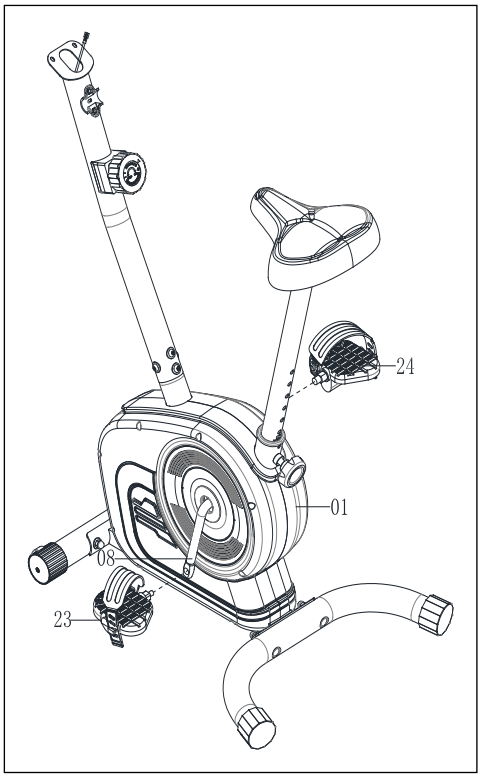
Hardware Step 3

Club knob（#26）
Box wrench（#55）

1. Attach seat (14) to the seat post (3). Securing with three sets of flat washers (15), and nylon nut (17) which are pre-assembled on the seat (14).

2. Insert the seat post (3) into main frame (1) and tighten with the club knob (26).

4 PEDAL ASSEMBLY



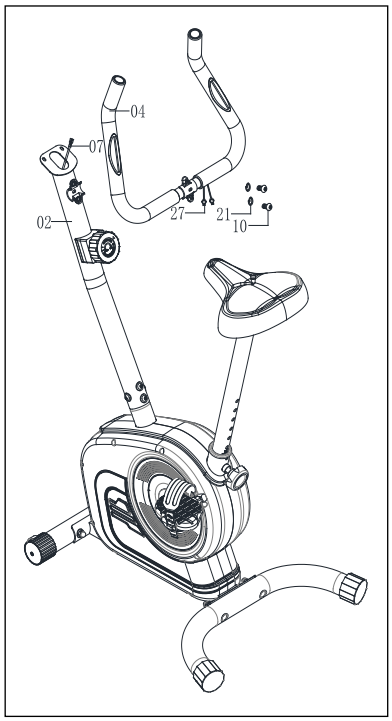
Hardware Step 4

Box wrench（#55）

1. The left and right pedals (23 & 24) are marked “L” & “R”. Attach the straps to the pedals. Connect left pedal (23) to the crank (8) on the left-hand side of the cycle as you sit on it. Repeat for the right pedal (24).

Note that the right pedal should be threaded on clockwise and the left pedal on counterclockwise.

5 HANDLEBAR ASSEMBLY

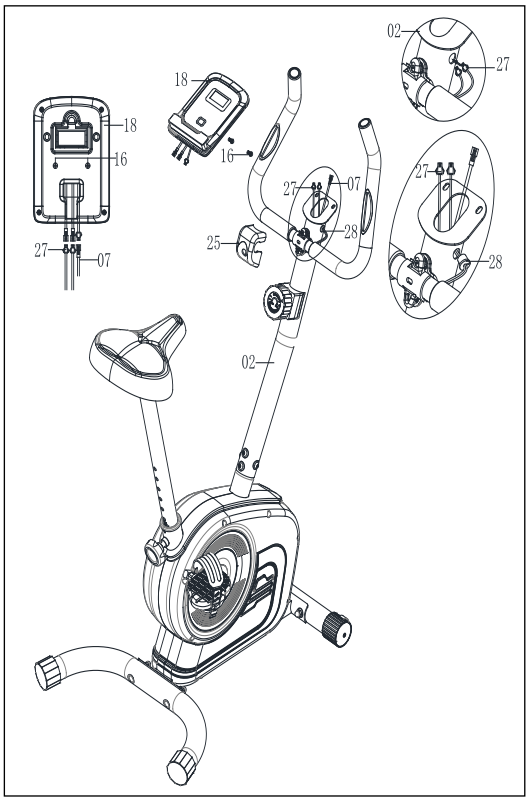


Hardware Step 5

Allen Key (#54） 2 Allen screw (#10) 2 Spring washers (#21)

1. Attach handlebar (4) to the front post (2) and secure with two sets of Allen screws (10) and Spring washer (21).

6 COMPUTER ASSEMBLY



Hardware Step 6

Allen Key （#54） Cover for handlebar (#25)

1. Remove the Grommet (28) from the Front Post (2).
2. Insert hand pulse wires (27) into grommet (28) and pull out from the top bracket. Connect hand pulse wires (27) and extension sensor wire (7) to computer (18).
3. Attach computer (18) to the top bracket of front post (2). Securing with two screws (16) which are pre-assembled on the computer (18).
   Install the cover for the handlebar (25) over the Handlebar.

OPERATION OF YOUR FITNESS BIKE

GETTING FAMILIAR WITH THE CONTROL PANEL

UB120 CONSOLE

Key Functions

MODE: Press to select functions. Press the button and hold for two seconds to reset all functions to zero, except ODOMETER.

Functions

Scan: Press MODE button until "▼" appears at SCAN position, the console displays: time, speed, distance, calories, odometer and pulse, in sequence for 6 seconds at a time.

Time: Display the time from exercise start to the end

Speed: Display the current speed.

Distance: Display the distance from exercise start to the end.

Calories: Display the calories burned from the exercise start to the end.

The calorie readout is an estimate for an average user. It should be used only as comparison between workouts on this unit.

ODO: Display the total accumulated distance you have travelled. The odometer does not reset unless you remove the batteries.

Pulse: Display an average current heartbeat rate in beats per minute (BPM). To use this feature, place hands on the pulse grips and hold for 6 ~ 7 seconds to get a more accurate reading. Please note that due to contact delay, the heart rate will be higher than the actual heart rate during the first 2 ~ 3 seconds of measurement, then will return to normal level. The measurement value shouldn't be regarded as the basis of medical treatment.

Getting Familiar with the Control Panel

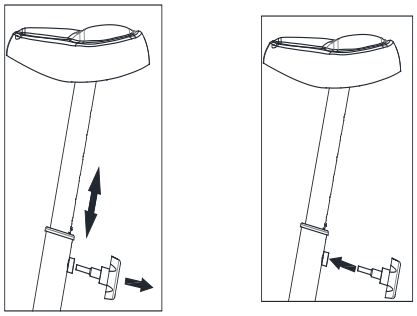
FUNCTION	AUTO SCAN	Every 6 seconds
	TIME	0:00'~99:59'
	SPEED	0.0~999.9 KM/H（MILE/H）
	DISTANCE	0.00~999.9 KM（MILE）
	CALORIES	0.0~999.9 CAL
	ODOMETER	0.0~9999 KM（MILE）
	PULSE	40~240 BPM
BATTERY TYPE		2 AAA or UM 4
OPERATING TEMPERATURE		0°C ~ +40°C, 32˚F ~ 104˚F
STORAGE TEMPERATURE		-10°C ~ +60°C, 14˚F ~ 140˚F

(1) The console turns on when you start pedaling or when you press a key.
(2) The console turns off automatically after 4 minutes of inactivity.

USER DIRECTION

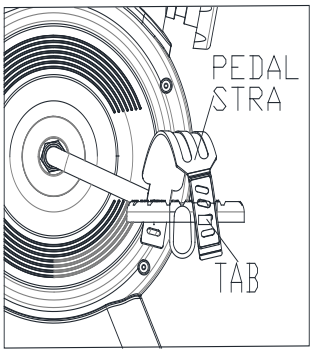
HOW TO ADJUST THE SEAT

The correct height for the seat can be adjusted by the club knob. You need to unscrew the club knob and lift or lower the seat height at your desired position, and then tighten the club knob.



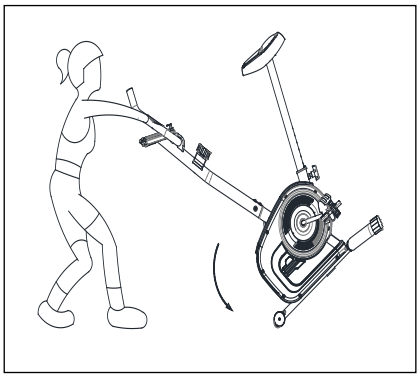
HOW TO ADJUST THE PEDAL STRAPS

To adjust the pedal straps, first pull the ends of the straps off the tabs on the pedals. Adjust the straps to the desired position, and then press the ends of the straps onto the tabs.



HOW TO MOVE THE BIKE

The bike has a pair of Transportation wheels on the Front Stabilizer. To move, carefully hold and tilt the handle toward to front and then roll.



GENERAL MAINTENANCE

The safety of this product can be maintained only if regular periodic checks are made. Most checks can be performed once a week. However, some checks should be made before each workout, and are indicated as such below.

Checks

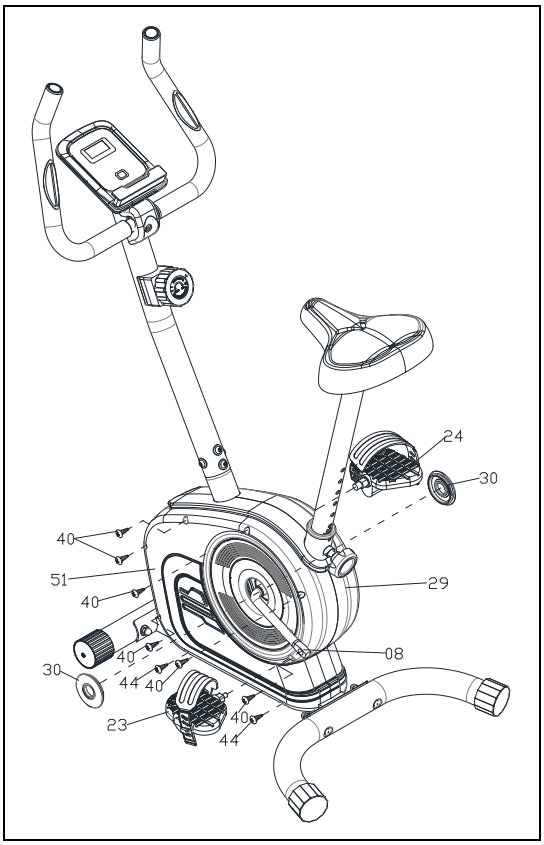
- Check that seat nuts are secure, check before each workout.
- Check that pedals are tight; pedals can work loose over time.
- Check that stabilizer bolts are tight, check before each workout.
- Check that handlebar is secure, if not, tighten, check before each workout.
- Should a part become defective, replace it immediately. Do not allow use of the equipment until it has been repaired.

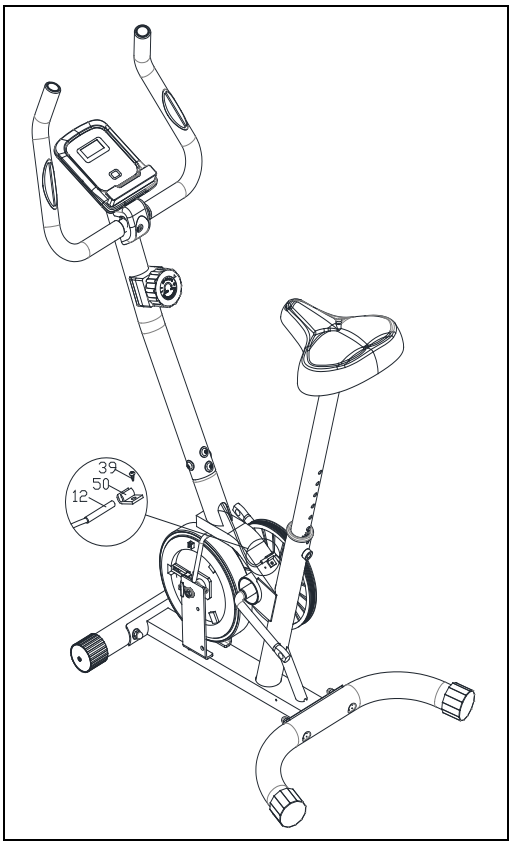
Cleaning

A damp cloth is sufficient to clean most surfaces of this unit. Be careful not to drip water on the monitor. A mild liquid soap may be added if needed.

HOW TO ADJUST THE REED SWITCH OR SENSOR WIRE

If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, the chain cover (29&51) must first be removed.
Remove the left pedal (23) from the crank (8).
Remove the crank cover (30) from the chain cover (29&51).
Remove the two Cross head self-tapping screws (44) from each side of chain cover (29&51). Remove another six ST4.2x20L self-tapping screws (40) from left chain cover (51).
Hold the chain cover (29&51) near the back and pull it apart slightly until the chain cover can be lifted off the ends of the crank (8). **Do not pull the chain cover apart at the top or the seam may be broken.**
Next, locate the sensor wire (12). Turn the pulley until the magnet is aligned with the reed switch. Loosen, but do not remove, the ST3.2x12L screw (39). Slide the reed switch slightly toward or away from the magnet. Make sure that the magnet will not hit the reed switch. Retighten the screw (39). Turn the pulley for a moment. Repeat until the console displays correct feedback. When the Reed Switch is correctly adjusted, reattach the Chain Cover and the Crank Covers.





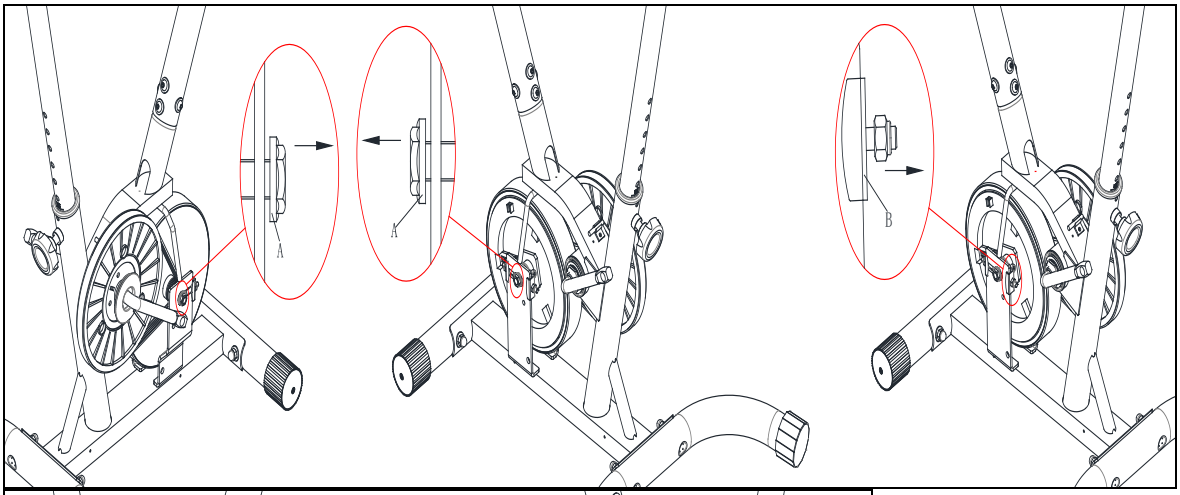
HOW TO ADJUST THE DRIVE BELT

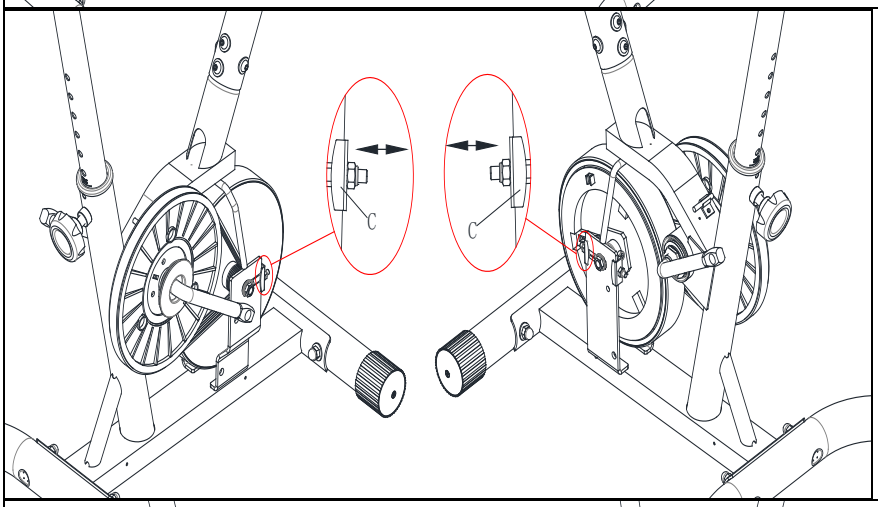
If you can feel the pedals slip while you are pedaling, even when the resistance is adjusted to the highest level, the drive belt may need to be adjusted. To adjust the drive belt, the Chain Cover (29&51) must first be removed.

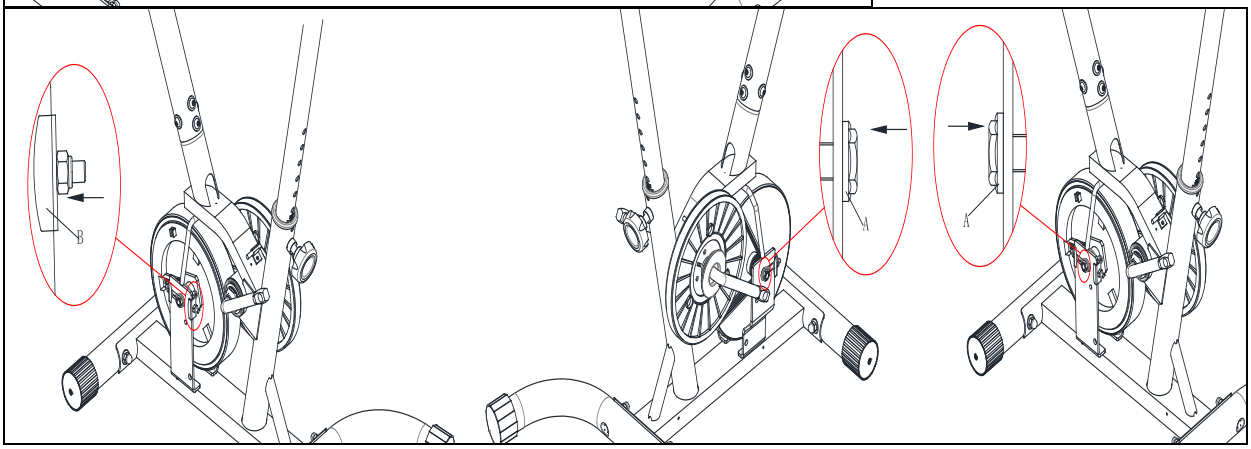
Loosen two france nut (A) and adjustor (B).

Turned to screws（C）of adjustor at clockwise or counterclockwise at same time to make belt have suitable tension, also ensure two adjuster have same distance to axis.

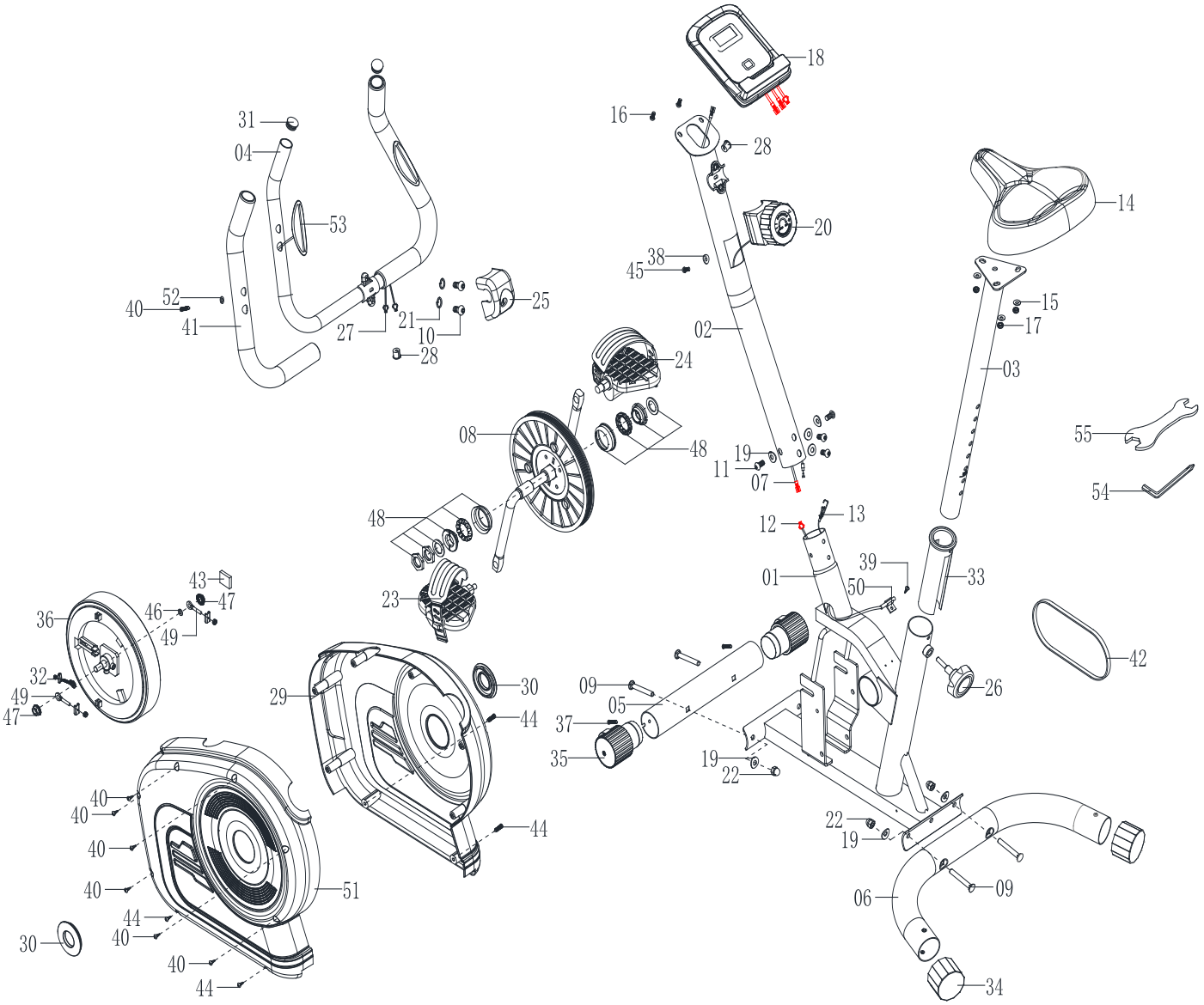
Tighten two france nut (A) and adjuster(B).







EXPLODED VIEW DIAGRAM



PARTS LIST

Key	Part Number	DESCRIPTION	QTY
01	0612001	Main frame	1
02	0612002	Front post	1
03	0612003	Seat post	1
04	0612004	Handlebar	1
05	0612005	Front stabilizer	1
06	0612006	Rear stabilizer	1
07	0612007	Extension sensor wire	1
08	0612008	Crank w/pulley	1
09	0612009	Carriage bolt M8x60L	4
10	0612010	Allen screw M8x30L	2
11	0612011	Allen screw M8x15L	4
12	0612012	Sensor wire	1
13	0612013	Lower tension cable	1
14	0612014	Seat cushion KX6614	1
15	0612015	Flat washer φ8.5xφ20	3
16	0612016	Screw M5x10L	2
17	0612017	Nylon nut M8	3
18	0612018	Computer	1
19	0612019	Curved washer φ8.5xφ20	8
20	0612020	Tension knob w/ upper tension cable	1
21	0612021	Spring washer M8	2
22	0612022	Domed nut M8	4
23	0612023	Left pedal	1
24	0612024	Right pedal	1
25	0612025	Cover for handlebar	1
26	0612026	Club knob M12	1
27	0612027	Pulse wire	2
28	0612028	Grommet	2
29	0612029	Right chain cover	1
30	0612030	Crank cover	2
31	0612031	End cap for handlebar	2
32	0612032	Adjustment bolt 1	1
33	0612033	Bushing for seat post	1
34	0612034	End cap for rear stabilizer	2
35	0612035	End cap for front stabilizer	2
36	0612036	Flywheel w/ magnet assembly	1
37	0612037	Self-tapping screw ST4.2x12L	2
38	0612038	Curved washer φ5.5xφ20	1
39	0612039	Self-tapping screw ST3.2x12L	1
40	0612040	Self-tapping screw ST4.2x20L	8
41	0612041	Foam grip for handlebar	2
42	0612042	Belt	1
43	0612043	EVA pad	1
44	0612044	Cross head self-tapping screw ST4.2x20L	4
45	0612045	Screw M5x40L	1
46	0612046	Flat washer φ12.5xφ20x1.5t	1
47	0612047	F0lange nut M10	2
48	0612048	Bearing assembly	1
49	0612049	Adjustment bolt 2	2
50	0612050	Sensor bracket	1
51	0612051	Left chain cover	1
52	0612052	Flat washer φ4.3xφ12	2
53	0612053	Hand pulse sensor	2
54	0612054	Allen key	1
55	0612055	Box wrench	1

TROUBLESHOOTING

Problem	Cause	Solution
Monitor does not display	Adapter not plugged in	Plug adapter in
	Computer Wires not connected	Ensure the computer wires are connected properly at the upright and computer
No speed or distance displays on the monitor	Sensor wire not connected	Ensure the computer wires are connected properly at the upright and the computer
	Sensor wire not working properly	Replace sensor wire
	Monitor not working properly	Replace monitor
No tension	Magnetic wheel not working properly	Replace magnetic wheel
	Computer wires not connected properly	Ensure the computer wires are connected properly at the upright and the computer
Heart rate not displaying	Pulse wire not connected	Secure plug wires together
	Hand pulse defective	Replace hand pulse grip
	Monitor not working	Replace Monitor
Grinding Noise	Crank bearing defective	Replace crank bearings
	Idler pulley defective	Replace idler pulley
	Flywheel defective	Replace flywheel
Squealing	V-belt slipping	Adjust v-belt

TRAINING GUIDELINES

EXERCISE

Exercise is one of the most important factors in the overall health of an individual. Listed among its benefits are:

- Increased capacity for physical work (strength endurance)
- Increased cardiovascular (heart and arteries/veins) and respiratory efficiency
- Decreased risk of coronary heart disease
- Changes in body metabolism, e.g. losing weight
- Delaying the physiological effects of age
- Physiological effects, e.g. reduction in stress, increase in self-confidence, etc.

BASIC COMPONENTS OF PHYSICAL FITNESS

There are four all-encompassing components of physical fitness and we need to briefly define each and clarify its role.

Strength is the capacity of a muscle to exert a force against resistance. Strength contributes to power and speed and is of great importance to a majority of sports people.

Muscular Endurance is the capacity to exert a force repeatedly over a period of time, e.g. it is the capacity of your legs to carry you 10 Km without stopping.

Flexibility is the range of motion about a joint. Improving flexibility involves the stretching of muscles and tendons to maintain or increase suppleness, and provides increased resistance to muscle injury or soreness.

Cardio-Respiratory Endurance is the most essential component of physical fitness. It is the efficient functioning of the heart and lungs

AEROBIC FITNESS

The largest amount of oxygen that you can use per minute during exercise is called your maximum oxygen uptake (MVo2). This is often referred to as your aerobic capacity.

The effort that you can exert over a prolonged period of time is limited by your ability to deliver oxygen to the working muscles. Regular vigorous exercise produces a training effect that can increase your aerobic capacity by as much as 20 to 30%. An increased MVO2 indicates an increased ability of the heart to pump blood, of the lungs to ventilate oxygen and of the muscles to take up oxygen.

Anaerobic Training

This means “without oxygen” and is the output of energy when the oxygen supply is insufficient to meet the body’s long term energy demands. (For example, 100 meter sprint).

The Training Threshold

This is the minimum level of exercise which is required to produce significant improvements in any physical fitness parameter.

Progression

As your become fitter, a higher intensity of exercise is required to create an overload and therefore provide continued improvement

Overload

This is where you exercise at a level above that which can be carried out comfortably. The intensity, duration and frequency of exercise should be above the training threshold and should be gradually increased as the body adapts to the increasing demands. As your fitness level improves, so the training threshold should be raised.

Working through your program and gradually increasing the overload factor is important.

Specificity

Different forms of exercise produce different results. The type of exercise that is carried out is specific both to the muscle groups being used and to the energy source involved.

There is little transfer of the effects of exercise, i.e. from strength training to cardiovascular fitness. That is why it is important to have an exercise program tailored to your specific needs.

Reversibility

If you stop exercising or do not do your program often enough, you will lose the benefits you have gained. Regular workouts are the key to success.

WARM UP

Every exercise program should start with a warm up where the body is prepared for the effort to come. It should be gentle and preferably use the muscles to be involved later.
Stretching should be included in both your warm up and cool down, and should be performed after 3-5 minutes of low intensity aerobic activity or callisthenic type exercise.

Warm Down or Cool Down

This involves a gradual decrease in the intensity of the exercise session. Following exercise, a large supply of blood remains in the working muscles. If it is not returned promptly o the central circulation, pooling of blood may occur in the muscles

Heart Rate

As you exercise, so the rate at which your heart beat also increases. This is often used as a measure of the required intensity of exercise. You need to exercise hard enough to condition your circulatory system, and increase your pulse rate, but not enough to strain your heart.

Your initial level of fitness is important in developing an exercise program for you. If you are starting off, you can get a good training effect with a heart rate of 110-120 beats per minute (BPM). If you are fitter, you will need a higher threshold of stimulation.

To begin with, you should exercise at a level that elevates your heart rate to about 65 to 70% of your maximum. If you find this is too easy, you may want to increase it, but it is better to lean on the conservative side.

As a rule of thumb, the maximum heart rate is 220 minus your age. As you increase in age, so your heart, like other muscles, loses some of its efficiency. Some of its natural loss is won back as fitness improves.

The following table is a guide to those who are “starting fitness”.

Age	25	30	35	40	45	50	55	60	65
Target heart Rate 10 Second Count	23	22	22	21	20	19	19	18	18
Beats per Minute	138	132	132	126	120	114	114	108	108

Pulse Count

The pulse count (on your wrist or carotid artery in the neck, taken with two index fingers) is done for ten seconds, taken a few seconds after you stop exercising. This is for two reasons: (a) 10 seconds is long enough for accuracy, (b) the pulse count is to approximate your BPM rate at the time you are exercising. Since heart rate slows as you recover, a longer count isn’t as accurate.

The target is not a magic number, but a general guide. If you’re above average fitness, you may work quite comfortably a little above that suggested for your age group.

The following table is a guide to those who are keeping fit. Here we are working at about 80% of maximum.

Age	25	30	35	40	45	50	55	60	65
Target heart Rate 10 Second Count	26	26	25	24	23	22	22	21	20
Beats per Minute	156	156	150	144	138	132	132	126	120

Don’t push yourself too hard to reach the figures on this table. It can be very uncomfortable if you overdo it. Let it happen naturally as you work through your program. Remember, the target is a guide, not a rule, a little above or below is just fine.

Two final comments:(1) don’t be concerned with day to day variations in your pulse rate, being under pressure or not enough sleep can affect it;(2) your pulse rate is a guide, don’t become a slave to it.

ENDURANCE CIRCUIT TRAINING

Cardiovascular endurance, muscle, strength, flexibility and coordination are all necessary for maximum fitness. The principle behind circuit training is to give a person all the essentials at one time by going through your exercise program moving as fast as possible between each exercise. This increases the heart rate and sustains it, which improves the fitness level. Do not introduce this circuit training effect until you have reached an advanced program stage.

Body Building

Is often used synonymously with strength training. The fundamental principal here is OVERLOAD. Here, the muscle works against greater loads than usual. This can be done by increasing the load you are working against.

Patronization

This is the term used to vary your exercise program for both physiological and psychological benefits. In your overall program, you should vary the workload, frequency and intensity. The body responds better to variety and so do you. In addition, when you feel yourself getting “stale’, bring in periods of lighter exercise to allow the body to recuperate and restore its reserves. You will enjoy your program more and feel better for it.

Muscle Soreness

For the first week or so, this may be the only indication you have that you are on an exercise program. This, of course, does depend on your overall fitness level. A confirmation that you are on the correct program is a very slight soreness in most major muscle groups. This is quite normal and will disappear in a matter of days.

If you experience major discomfort, you may be on a program that is too advanced or you have increased your program too rapidly.

If you experience PAIN during or after exercise, your body is telling you something.

Stop exercising and consult your doctor.

WHAT TO WEAR

Wear clothing that will not restrict your movement in any way while exercising. Clothes should be light enough to allow the body to cool. Excessive clothing that causes you to perspire more than you normally would while exercising, gives you no advantage. The extra weight you lose is body fluid and will be replaced with the next glass of water you drink. It is advisable to wear a pair of gym or running shoes or “sneakers”.

Breathing During Exercise

Do not hold your breath while exercising. Breathe normally as much as possible. Remember, breathing involves the intake and distribution of oxygen, which feeds the working muscles.

Rest periods

Once you start your exercise program, you should continue through to the end. Do not break off halfway through and then restart at the same place later on without going through the warm-up stage again.

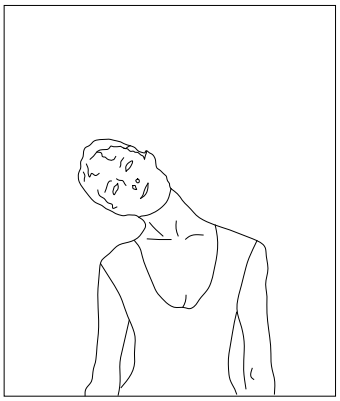
The rest period required between strength training exercises may vary from person to person. This will depend mostly on your level of fitness and the program you have chosen. Rest between exercises by all means, but do not allow this to exceed two minutes. Most people manage with half minute to one minute rest periods.

STRETCHING

Stretching should be included in both your warm up and cool down, and should be performed after 3-5 minutes of low intensity aerobic activity or callisthenic type exercise. Movements should be performed slowly and smoothly, with no bouncing or jerking. Move into the stretch until slight tension, not pain, is felt in the muscle and hold for 20-30 seconds. Breathing should be slow, rhythmical and under control, making sure never to hold your breath.

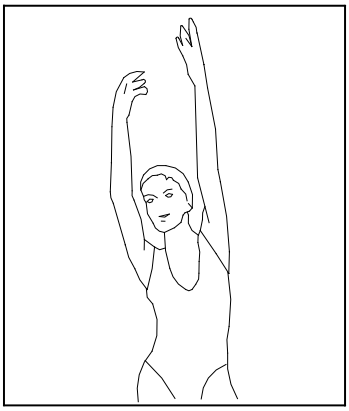
HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



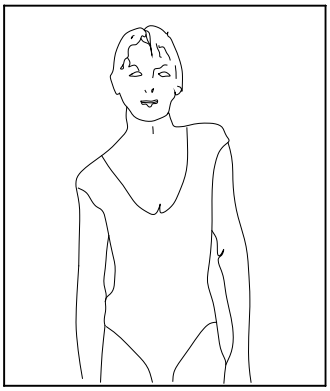
SIDE STRETCHES

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm**.**



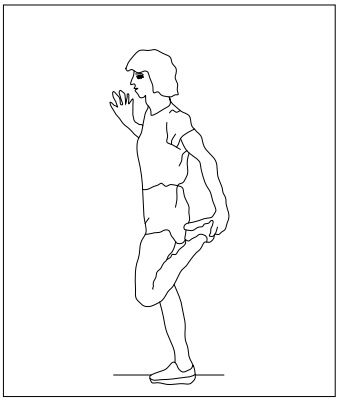
SHOULDER LIFTS

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



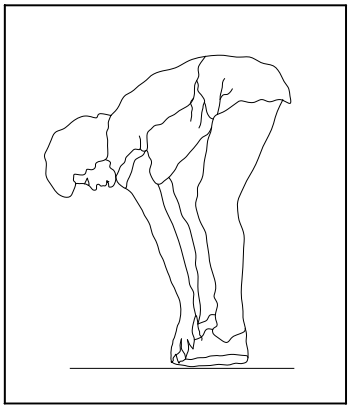
QUADRICEPS STRETCH

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.

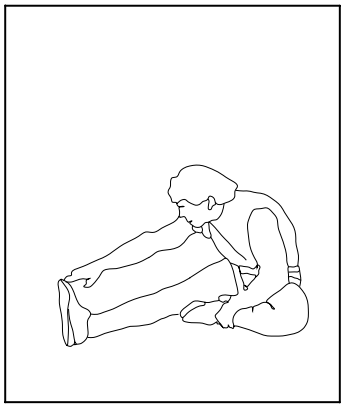


INNER THIGH STRETCH
Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.

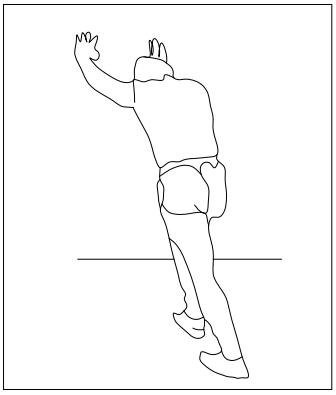
TOUCHES
Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



HAMSTRING STRETCHES
Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.



CALF / ACHILLES STRETCH
Lean against a wall with your left leg in front of the right and your arms forward. Keep toward your toe your right leg straight and the left foot on the floor then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.



MANUFACTURER'S LIMITED WARRANTY

Dyaco Canada Inc. warrants all its fitness bike parts for a period of time listed below from the date of retail sale, as determined by sale receipt. Dyaco Canada Inc.'s responsibilities include providing new or remanufactured parts, at Dyaco Canada Inc.'s option. The warranty period applies to the following components:

Limited Warranty	
Frame	1 Year
Parts	1 Year

The consumer is responsible for the items listed below:

1. The warranty registration can be completed online: Go to www.dyaco.ca/warranty.html and complete the online warranty registration.
2. Proper use of the fitness bike in accordance with the instructions provided in this manual.
3. Proper installation in accordance with instructions provided with the fitness bike and with all local electric codes.
4. Proper connection to a grounded power supply of sufficient voltage, replacement of blown fuses, repair of loose connections or defects in house wiring.
5. Damages to the fitness bike finish during shipping, installation or following installation.
6. Routine maintenance of this unit as specified in this manual.

EXCLUSIONS

This warranty does not cover the following:

1. CONSEQUENTIAL, COLLATERAL, OR INCIDENTAL DAMAGES SUCH AS PROPERTY DAMAGE AND INCIDENTAL EXPENSES RESULTING FROM ANY BREACH OF THIS WRITTEN OR ANY IMPLIED WARRANTY.
   Note: Some areas do not allow the exclusion or limitation of incidental or consequential damages, so this limitation or exclusion may not apply to you.
2. Damages caused by users; use of parts other than original Dyaco Canada Inc. parts; or external causes such as corrosion, discoloration of paint or plastic, alterations, modifications, abuse, misuse, accident, improper maintenance. or acts of God.
3. Products with original serial numbers that have been removed or altered.
4. Products that have been: sold, transferred, bartered, or given to a third party.
5. Products that do not have a warranty registration card on file at Dyaco Canada Inc. Dyaco Canada Inc. reserves the right to request proof of purchase if no warranty record exists for the product.
6. THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER WARRANTIES EXPRESSED OR IMPLIED, INCLUDING THE WARRANTIES OF MERCHANTABILITY AND/OR FITNESS FOR A PARTICULAR PURPOSE.
7. Warranties outside of Canada may vary. Please contact Dyaco Canada for details.

The written warranty gives you specific legal rights. If you have any questions about your new product or questions about the warranty contact Dyaco Canada Inc. at 1-888-707-1880.

1. All transportation costs, both to our factory and upon return to the owner, are the responsibility of the owner. The owner is responsible for adequate packaging upon return to Dyaco Canada Inc. Dyaco Canada Inc. is not responsible for damages that occur during shipping. Make all freight damage claims with the appropriate freight carrier. DO NOT SHIP ANY UNIT TO OUR FACTORY WITHOUT A RETURN AUTHORIZATION NUMBER. All units arriving without a return authorization number will be refused.
2. For any further information, or to contact our service department by mail, send your correspondence to:

Dyaco Canada Inc.
5955 Don Murie Street
Niagara Falls, ON L2G 0A9

Product features or specifications as described or illustrated are subject to change without notice. All warranties are made by Dyaco Canada Inc.

Please visit us online for information about our other brands and products manufactured and distributed by Dyaco Canada Inc.

spiritfitness.ca

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For more information, please contact Dyaco Canada Inc.
T: 1-888-707-1880 | 5955 Don Murie St., Niagara Falls, Ontario L2G 0A9 | sales@dyaco.ca