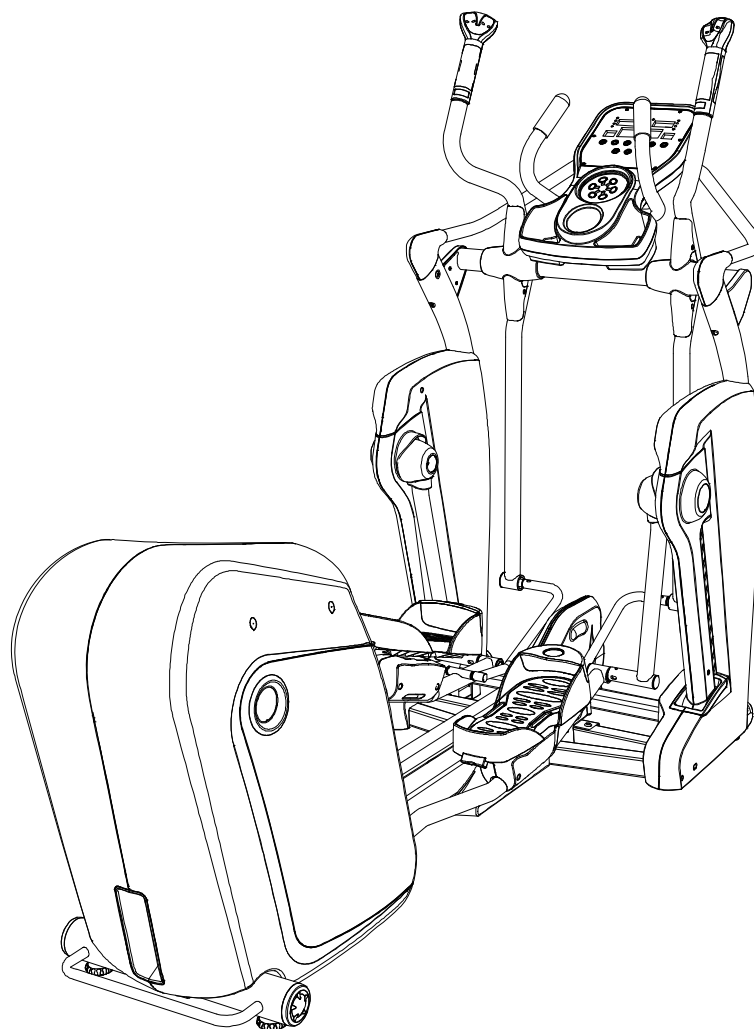




**SERVICE MANUAL FOR:
AGILE**



AGILE Specifications

Length: 85" (2154mm)

Width: 33" (836mm)

Weight of product:

Shipping Weight:

Resistance Range: 1~16 levels

Motion Range: 0~12 levels

TFT TV Kit: No

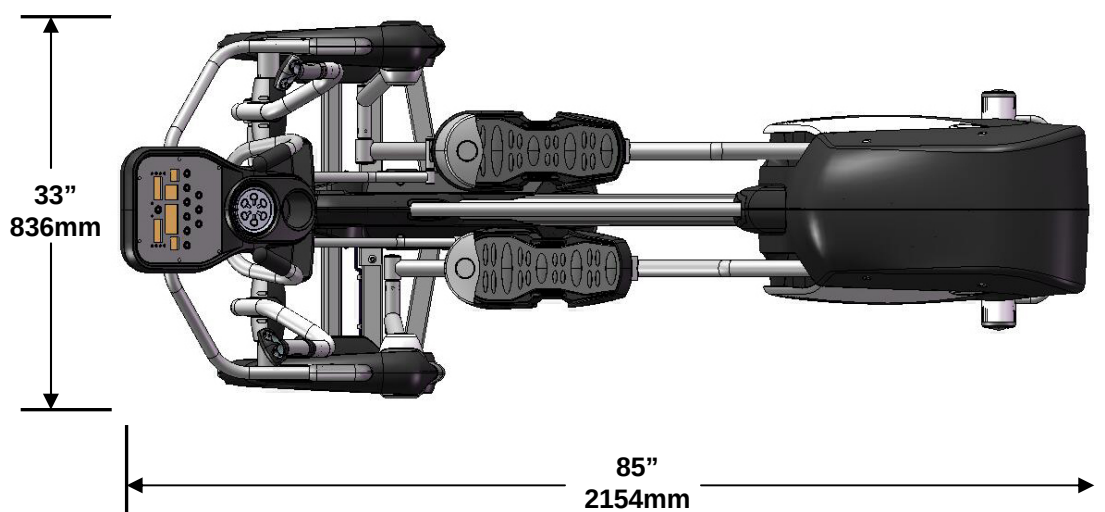
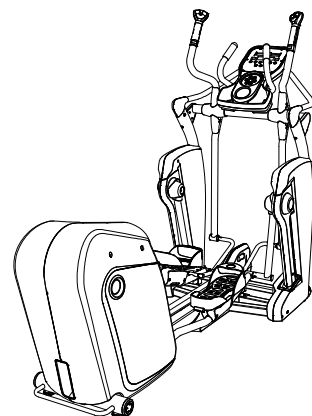
Thumb control: Yes

Hand Pulse Sensor: Yes

Wireless Pulse Sensor: 5KHz Receiver and with Polar T34 chest belt transmitter

Programs: Quick Start, Target time, Target distance, Target calories,
Intensity interval level 1~12, Motion interval level 1~12, Fat burning
level 1~12, Watt Control, Heart rate control

Power Requirement: 115vac $\pm$ 5% 1.4A and 230vac $\pm$ 5% 50/60Hz 0.7A



Parts List

Item No.		Description	Qty.	Part No.
100				
	101	Fixed Handlebar	1	
	102	Crossbar	1	
	103	Console Support Tube	1	
	104	Base Frame	1	
	105	Main Frame	1	
	106	Pedal Arm-Left	1	
	107	Pedal Arm-Right	1	
	108	Action Handlebar - Left	1	
	109	Action Handlebar - Right	1	
	110	Upright-Left	1	
	111	Upright-Right	1	
	112	Moving Linkage-Left	1	
	113	Moving Linkage-Right	1	
	114	Incline Frame	1	
	115	Incline Transmission Tube-Front	1	
	116	Incline Transmission Tube-Back	1	
	117	Clamp Bracket	2	
	118	Flywheel	1	
	119	Tension Wheel Bracket	1	
	120	Pedal Swing Arm	2	
200				
	201	Bearing 6004	4	
	202	Bearing 6005	2	
	203	Bearing 6300	6	
	204	Bearing 6804	4	
	205	Bearing 2203	2	
	206	Bearing 6205	4	
	207	Bearing 608zz	8	
	208	Action Handle Bar Shaft Bushing 2"x38-20	2	
	209	Action Handle Bar Shaft Bushing 2"x38-9	2	
	210	Elector-magnetic System	1	
	211	Oil-Impregnated Bearing	2	
	212	Clamp Bushing- Top	2	

Item No.		Description	Qty.	Part No.
	213	Clamp Bushing- Bottom	2	
	214	Belt	1	
	215	Aluminum Disk	1	
	216	Crank	1	
	217	Crank 25x186.7	1	
	218	Crank Disk Axle	1	
	219	Wheel	2	
	220	Pedal Buffer Set	2	
	221	Level Adjuster	2	
	222	Crank Disk	1	
	224	Action Handle Bar End Cap	2	
	225	Hand Pulse Sensor Cover	2	
	226	Oval Tube Cap	2	
	227	Hand Pulse Sensor Back Cover	2	
	228	Fixed Handlebar Foam Grip	2	
	229	Electro-magnetic System Bracket	1	
	230	Flywheel Axle Fixing Plate	1	
	231	Speed Sensor Base	1	
	232	Pedal Support Base	2	
	233	Pedal Fixing Base	2	
	234	Crank Disk Oval Cap	1	
	235	Switch Fascia	1	
	238	Bearing 2201	2	
	239	5/16" Cable Tie	1	
	240	1/8" Cable Tie	1	
	241	3/8" Cable Tie	4	
	242	Wheel Bushing	4	
	243	Bearing 6000	3	
	244	Self-adhesive Wire Clip	1	
	249	3/16" Cable Tie	1	
	250	1/4" Cable Tie	9	
	251	Hand Grip Gasket	2	
300				
	302	Rear Shroud-Left	1	
	303	Rear Shroud-Right	1	
	304	Rear Side Panel-Left	1	
	305	Rear Side Panel-Right	1	

Item No.	Description	Qty.	Part No.
306	Switch Plate	1	
307	Pedal	2	
308	Toe Cap	2	
309	Pedal Soft Cushion	2	
310	Pedal Bushing Cover-Left	2	
311	Pedal Bushing Cover-Right	2	
312	Console Housing - Upper	1	
313	Console Housing – Bottom	1	
314	Console Plastic Cover	1	
315	Rubber Strip-4	4	
316	Rubber Strip-3	4	
317	Rubber Strip-2	4	
318	Rear Shroud Plug-1	2	
319	Rear Shroud Plug-2	2	
320	Rubber Strip-1	4	
321	Cable Plug	2	
322	Incline Transmission Tube Holder	1	
323	Moving Linkage Bushing	4	
324	Control Board Cover	1	
325	Pedal Swing Arm Cap	2	
326	Taper Fixing Insert	35	
327	Support Lump	1	
328	Oblong Cushion	2	
329	Circular Cushion	2	
330	Rubber Cushion – Front	2	
331	Rubber Cushion – Rear	2	
332	Fixing Insert	22	
333	Fixing Insert-Metal Inside	7	
336	Action Handlebar Bar Front Cover	4	
337	Action Handlebar Bar Cover	2	
338	Elbow-Left	2	
339	Elbow-Right	2	
340	Button	1	
341	Taper Fixing Insert-Metal Inside	3	

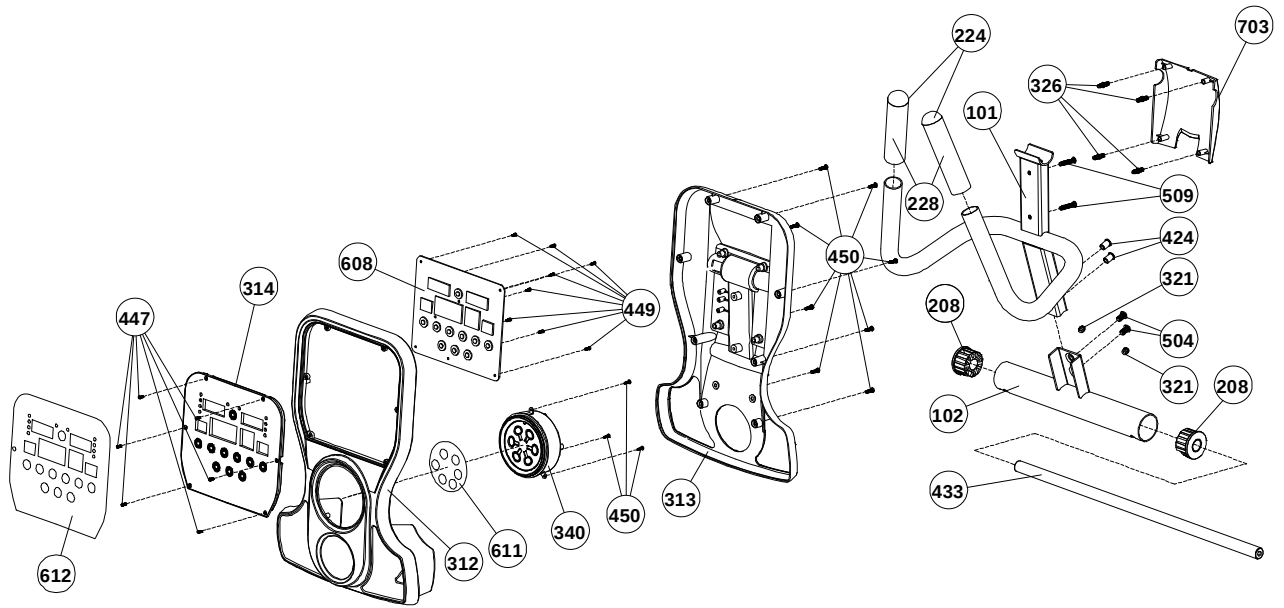
Item No.		Description	Qty.	Part No.
400				
	401	Fix Bolt	2	
	402	25 x 10 x 55 - M10 x 15mm Bolt	2	
	403	M5 x 8mm Allen Head Bolt	7	
	404	M6 x 12mm Allen Head Bolt	11	
	405	M8 x 15mm Allen Head Bolt	23	
	406	M8 x 25mm Allen Head Bolt	2	
	407	M10 x 20mm Allen Head Cap Bolt	4	
	408	M10 x 40mm Allen Head Bolt	1	
	409	M4 X 40mm Allen Head Cap Bolt	1	
	410	M8 x 50mm Allen Head Cap Bolt	2	
	411	M10 x 40mm Allen Head Cap Bolt	2	
	412	M12 x 70mm Allen Head Cap Bolt	2	
	414	M8 x 20mm Bolt	6	
	415	M3 x 8mm Screw	2	
	416	M8 x 65mm Allen Head Cap Bolt	2	
	417	M6 x 12mm Allen Head Cap Bolt	2	
	418	M8 x 16mm Allen Head Cap Bolt	4	
	419	M8 x 90mm Allen Head Bolt	4	
	421	M8 Nylon Nut	8	
	422	M10 Nylon Nut	3	
	423	M14 Nylon Nut	3	
	424	M8 Blind Nut	2	
	425	M6 x 15mm Screw	2	
	426	3/4" x 16 Nut	2	
	427	Flywheel Axle	1	
	428	10 x 36mm Shaft	2	
	429	12 x 210 - M14 x 70mm Shaft	1	
	430	Bushing 12 x 60	4	
	431	M4 x 15mm Screw	2	
	432	4 x 12mm Screw	8	
	433	Action Handlebar Shaft	1	

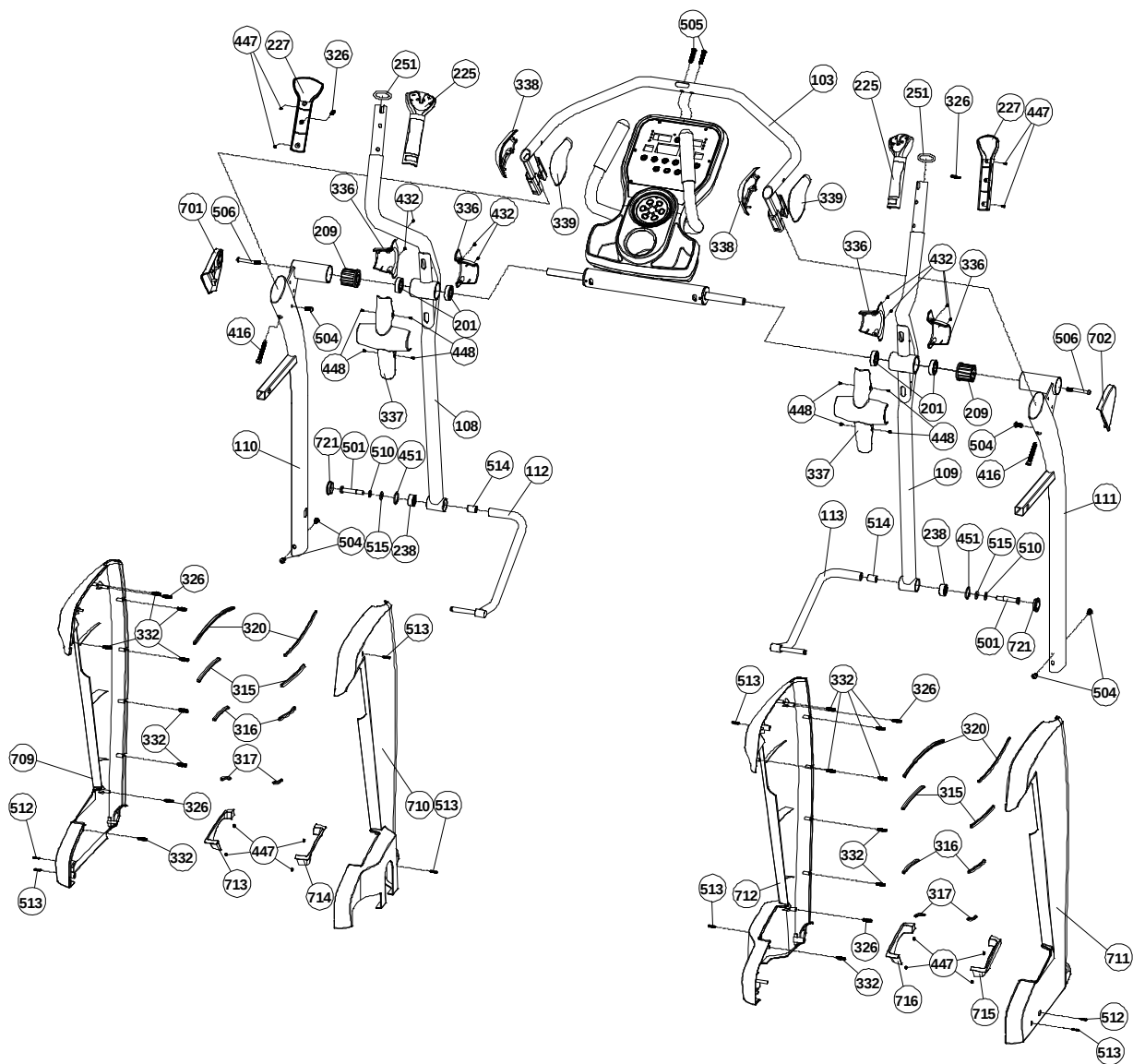
Item No.		Description	Qty.	Part No.
	434	Pedal Arm Support Axle	2	
	435	Crank Axle Bushing	2	
	436	M10 C Clip	6	
	437	M12 C Clip	2	
	438	M42 C Clip	2	
	439	10 x 18 x T1.0 Fiber Washer	2	
	440	15 x 8 x T2.0 Spring Washer	11	
	441	10 x 16 x T2.0 Spring Washer	7	
	442	20 x 6 x T2.0 Washer	3	
	443	32 x 6 x T2.0 Washer	1	
	444	35 x 14 x T2.0 Washer	2	
	445	10 x 18 x T5.1 Washer	4	
	446	M3 x 8mm Screw	2	
	447	M3 x 10mm Screw	18	
	448	4 x 12mm Screw	47	
	449	M2 x 6mm Screw	8	
	450	4 x 12mm Screw	23	
	451	M32 C Clip	2	
	452	M4 x 45mm Screw	2	
	453	M4 x 8mm Screw	4	
	454	7 x 12 - M5 x 5mm Pin Nut	4	
	456	10 x 23 x T2.0 Washer	4	
	457	6 x 10 x 1 Spring Washer	2	
	458	28.6 x 35.5 Bushing	2	
	459	12 x 20 x 0.5 Washer	2	
	460	12 x 20 x 2 PU Washer	2	
500				
	501	12 x 62 - M10 x 20mm Bolt	2	
	502	20 x 78 - M14 x 35mm Bolt	2	
	503	M5 x 8mm Screw	2	
	504	M8 x 20mm Allen Head Bolt	8	
	505	M8 x 40mm Allen Head Bolt	2	
	506	M8 x 65mm Allen Head Bolt	2	
	507	M10 x 20mm Allen Head Bolt	4	
	508	M10 x 62mm Allen Head Bolt	1	

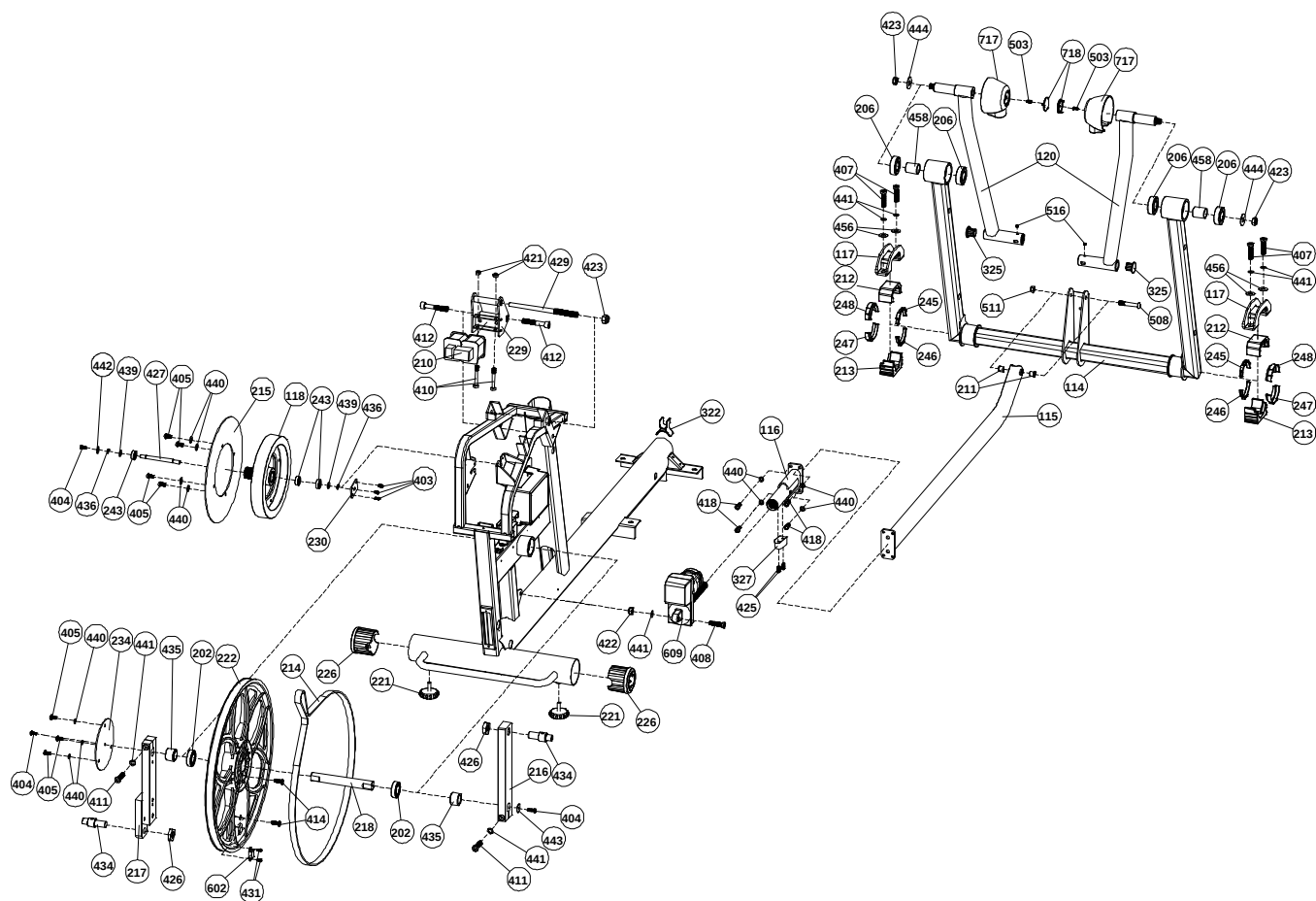
Item No.		Description	Qty.	Part No.
	509	M6 x 40mm Screw	2	
	510	12 x 20 x 2 Spring Washer	2	
	511	M10 Nylon Nut	1	
	512	4 x 12mm Screw	10	
	513	4 x 19mm Screw	6	
	514	12 x 18 x 24.5mm Sleeve	2	
	515	12 x 22 x 2 Washer	2	
	516	M5 x 6mm Bolt	2	
600				
	601	Speed Sensor	1	
	602	Magnetic Sensor	1	
	603	Power Switch	1	
	604	Power Breaker	1	
	605	Power Insert Set	1	
	606	Receiver	1	
	607	Transformer	1	
	608	Computer PC Board	1	
	609	Elevation Motor	1	
	610	Control Board	1	
	611	Button Sticker	1	
	612	Overlay	1	
	613	Elector-magnetic Wire	1	
	614	Power Connect Wire	3	
	615	8Pin Power Wire-Top 200mm	1	
	616	8Pin Power Wire-Upper 1000mm	1	
	617	8Pin Power Wire-Middle 900mm	1	
	618	8Pin Power Wire-Lower 800mm	1	
	619	8Pin Power Wire-Bottom 2700mm	1	
	620	3C Power Wire 1000mm	1	
	621	Hand Pulse Sensor Wire-Top 350mm	2	
	622	Hand Pulse Sensor Wire-Upper 620mm	2	
	623	Hand Pulse Sensor Wire-Lower 650mm	2	
	624	Receiver Wire 350mm	1	
	626	Control Board Connect Wire 250mm	1	

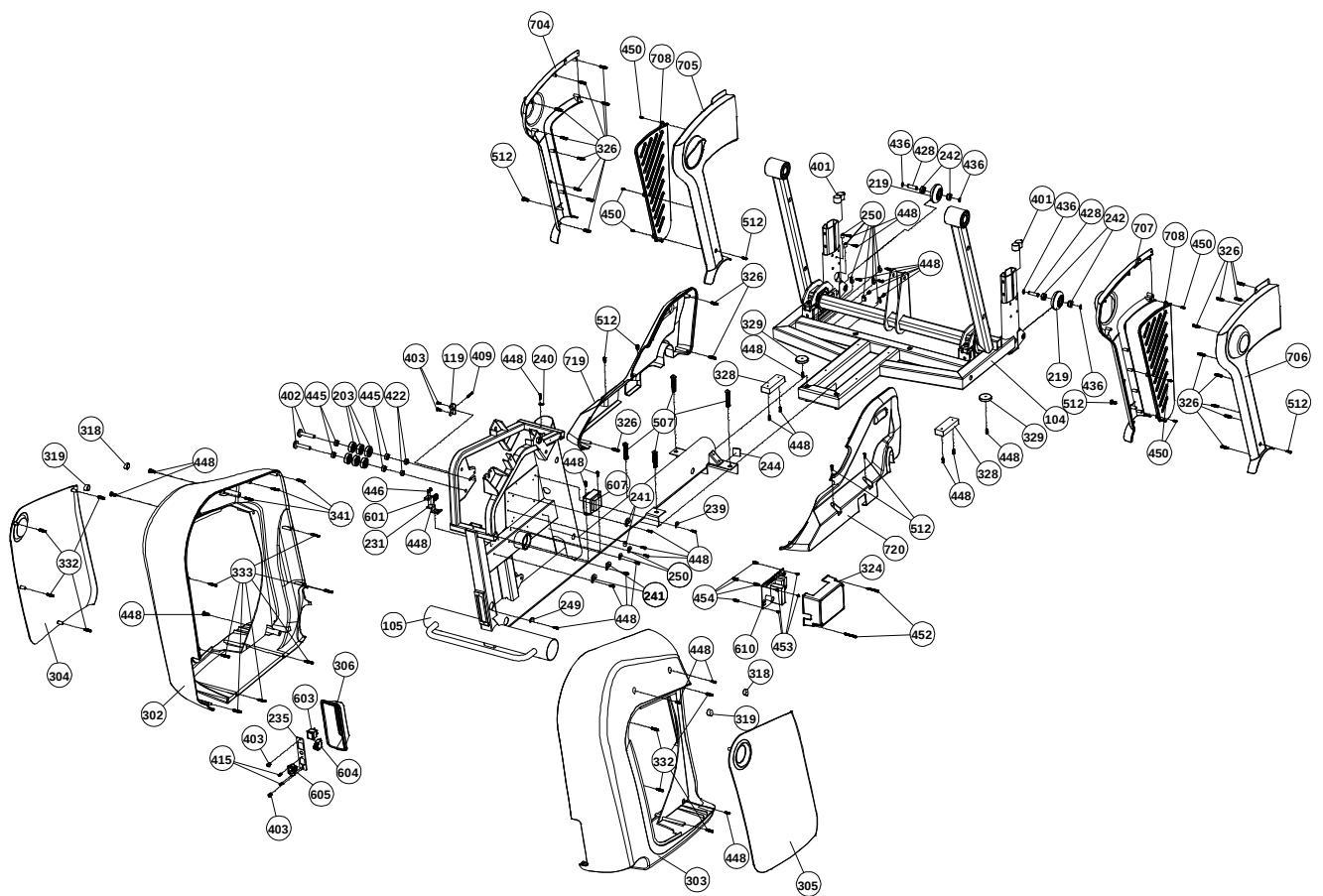
Item No.	Description	Qty.	Part No.
700			
701	Upright Side Cover-Left	1	
702	Upright Side Cover-Right	1	
703	Console Back Cover	1	
704	Pivot Arm Cover-LL	1	
705	Pivot Arm Cover-LR	1	
706	Pivot Arm Cover-RR	1	
707	Pivot Arm Cover-RL	1	
708	Pivot Arm Insert	2	
709	Front Side Panel-LL	1	
710	Front Side Panel-LR	1	
711	Front Side Panel-RR	1	
712	Front Side Panel-RL	1	
713	Front Side Frame-LL	1	
714	Front Side Frame-LR	1	
715	Front Side Frame-RR	1	
716	Front Side Frame-RL	1	
717	Pivot Cap	2	
718	Pivot Side Cap	2	
719	Undercarriage Cover-Left	1	
720	Undercarriage Cover-Right	1	
721	Pedal Arm Front Pivot Cover	4	
A	Screwdriver-L	1	
B	2.5mm Allen Key	1	
C	5mm Allen Key	1	
D	6mm Allen Key	1	
E	8mm Allen Key	1	
F	14 x 17 Wrench	1	
G	Slotted Screwdriver	1	
H	5mm Allen Wrench	1	
I	Water Bottle	1	
J	Power Cord	1	
K	Chest Belt	1	

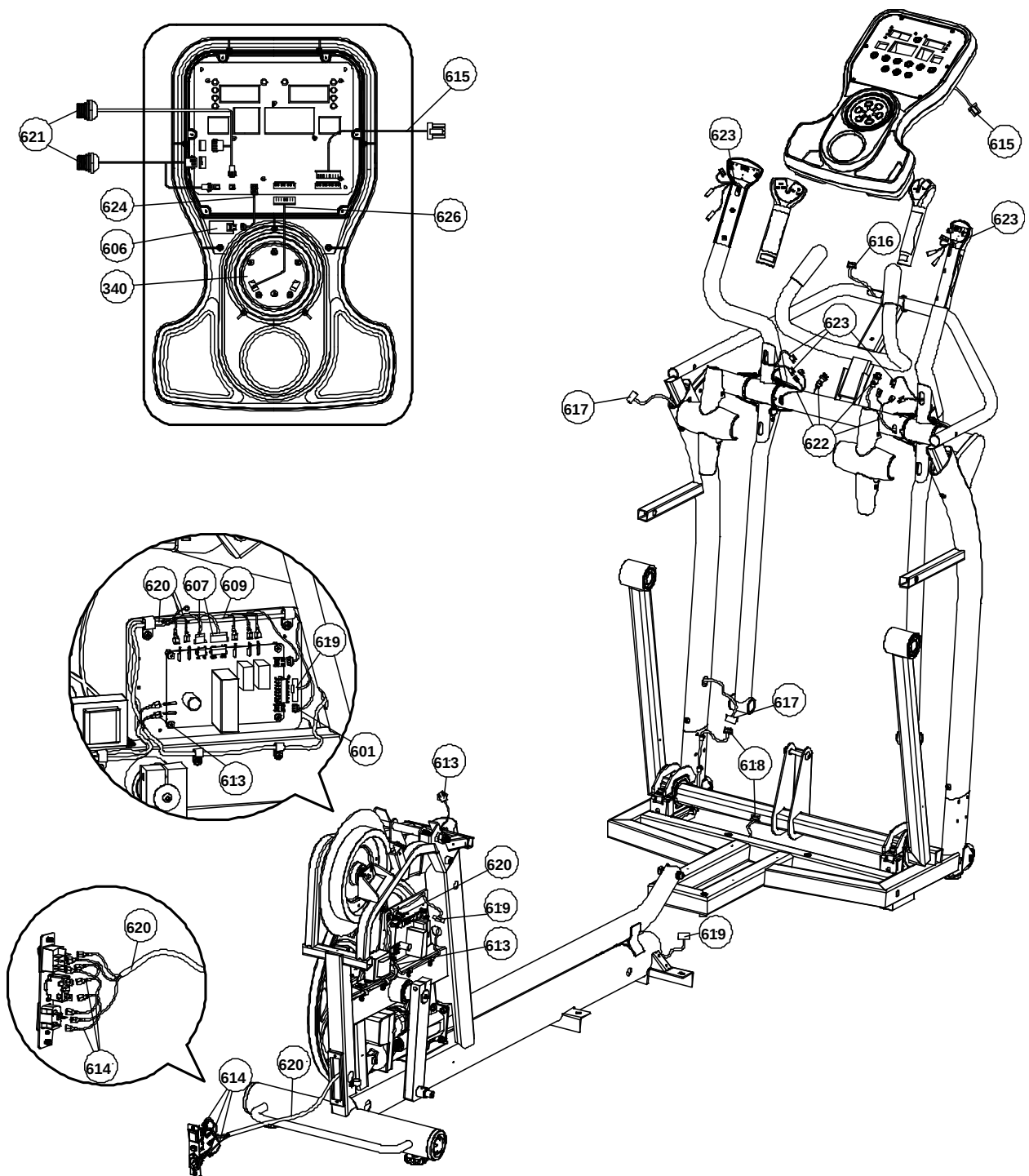
Parts Explosive Drawing



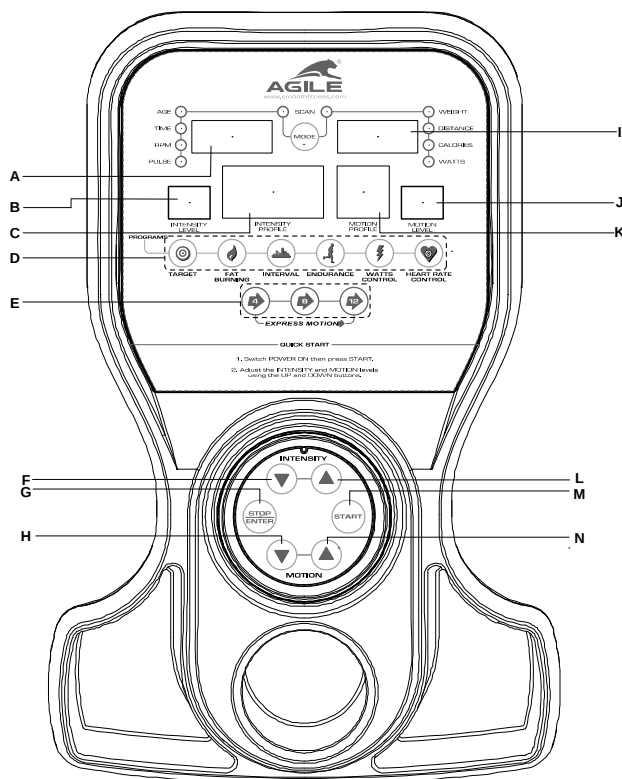








Console Operation



DTAT DISPLAY-1

A

I

DTAT DISPLAY-2

INTENSITY LEVEL

B

J

MOTION LEVEL

INTENSITY PROFILE

C

K

MOTION PROFILE

PROGRAMS

D

L

INTENSITY-UP

EXPRESS MOTION

E

M

START

INTENSITY-DOWN

F

N

MOTION-UP

STOP / ENTER

G

MOTION-DOWN

H

DISPLAY FUNCTIONS:

There are 6 display areas to show all the necessary information prior to and during the workout.

INTENSITY LEVEL DISPLAY:

Displays intensity level from 1 to 20.

8 x 16 DOT MATRIX INTENSITY LEVEL PROFILE DISPLAY:

Displays all operating instructions prior to the workout and displays intensity level profiles during the workout.

8 x 8 DOT MATRIX MOTION LEVEL PROFILE DISPLAY:

Displays motion level profiles during the workout.

MOTION LEVEL DISPLAY:

Displays motion levels from 1 to 12.

DATA DISPLAY 1:

Prior to using a preset program, data display 1 displays and allows user to set age, workout time and target heart rate.

During the workout, data display 1 displays TIME, RPM or PULSE depending on which display mode is selected. Scan mode can also be selected to view all available data.

DATA DISPLAY 2:

Prior to using a preset program, data display 2 displays and allows user to set weight, distance target, calorie target or watt target.

During the workout, data display 2 displays DISTANCE, CALORIES or WATTS depending on which display mode is selected. Scan mode can also be selected to view all available data.

DISPLAY MODES:

Mode 1: Scan mode (scans through display modes 2-4)

Mode 2: TIME and DISTANCE

Mode 3: RPM and CALORIES

Mode 4: PULSE and WATTS

COMPUTER OPERATION:

POWER ON:

Plug in the POWER CORD and set the power switch to ON. All the LED windows will light up and begin scanning. The INTENSITY LEVEL Dot Matrix displays and begins scrolling "*SELECT-QUICK-START-OR-PROGRAM*". The other LED windows will show the factory settings as follows:

INTENSITY LEVEL window display: "1"

MOTION LEVEL window display: "1"

DATA DISPLAY-1: displays (default AGE): "35", AGE LED light on.

DATA DISPLAY-2: displays (default WEIGHT): "150" lb, WEIGHT LED light on.

During the workout, press the STOP button twice to return to POWER ON status.

SLEEP MODE:

The computer will automatically enter SLEEP MODE if left idle for 3 minutes without any input in POWER ON status.

When the computer is in SLEEP MODE, press any button or pedal and the machine will return to POWER ON status. You can turn SLEEP MODE off but the console will be drawing power indefinitely if it is plugged in to keep the LEDs lit. To turn SLEEP MODE off, get the console to POWER ON status then press INTENSITY UP and DOWN buttons and hold for 5 seconds. Data display 2 will show "1". Press the START button and data display 2 will display the SLEEP MODE status. To toggle between "On" and "Off", select INTENSITY UP or DOWN then press STOP/ENTER to confirm and return to POWER ON status.

PAUSE/STOP:

During the workout, press the STOP button or stop pedaling for 10 seconds to enter PAUSE status. The INTENSITY LEVEL Dot Matrix display will show "*PAUSE*". All the figures on the console will be frozen. Press the START button or start pedaling to resume the program and all the displays will continue the performance until the program finishes. If you leave the pedal stopped for over 3 minutes or press the STOP button twice, all the data will return to 0 and the computer will return to POWER ON status.

ENGLISH/METRIC CONVERSION:

The console display can show ENGLISH and METRIC information. The factory should have the proper setting on this for the different markets. In case it needs to be converted between METRIC and ENGLISH readout, please follow the procedure below:

1. Set the POWER SWITCH to ON. Press both the STOP and MOTION UP button at the same time and hold for 3 seconds. The INTENSITY LEVEL Dot Matrix will display and scrolling "KM" or "ML". KM is displayed for METRIC and ML for ENGLISH.
2. Press the INTENSITY UP/DOWN button to switch between Metric and English then pressing STOP/ENTER to save the setting and return to Power On status.

SOUND on/off:

From the POWER ON status press and hold INTENSITY UP and DOWN buttons for 5 seconds to get to the display control mode. The data display 2 will be displaying "1". Press INTENSITY UP once so that "2" is displaying then press the START button. To toggle between sound "on" or "off" use the INTENSITY UP or DOWN button then press STOP/ENTER to confirm and return to POWER ON status.

PROGRAM OPERATING INSTRUCTION

QUICK START: When the console is in POWER ON status, press the START button to activate the QUICK START program. The Intensity Level Display shows "1" and the INTENSITY LEVEL Dot Matrix displays the intensity level profile. The Motion Level Display shows "1" and the MOTION LEVEL Dot Matrix displays motion level profile. Press the INTENSITY UP/DOWN button to change the intensity level. Press the MOTION UP/DOWN button to change the motion level. The TIME, CALORIES and DISTANCE will count up from 0.

TARGET PROGRAM:

When the console is in POWER ON status, press the TARGET program button once to enter the TARGET TIME program set up:

Press TARGET program button twice to enter the TARGET DISTANCE program set up,
Press TARGET PROGRAM button three times to enter the TARGET CALORIES program set up

Continue the rotation among these three target programs by pressing the TARGET program button.

Target Time:

Press the TARGET program button once to get to the TARGET TIME program, then press STOP/ENTER to enter the set up procedure.

TIME display shows the factory default setting "30:00". Press INTENSITY UP/DOWN button to adjust the target time and press STOP/ENTER to confirm.

AGE display shows factory default setting "35". Press INTENSITY UP/DOWN button to adjust the user age and press STOP/ENTER to confirm.

WEIGHT display shows factory default setting "68(kgs)/150(Lb)". Press INTENSITY UP/DOWN button to adjust the user weight and press STOP/ENTER to confirm.

Press START button to start the target time program. Time counts down to 0, Distance and Calories count up.

Press INTENSITY UP/DOWN to adjust the resistance and press MOTION UP/DOWN to adjust the motion.

Target Distance:

Press the TARGET program button twice to get to the TARGET DISTANCE program then press STOP/ENTER to enter the set up procedure.

DISTANCE display shows factory default setting "5.00". Press INTENSITY UP/DOWN button to adjust the target distance and press STOP/ENTER to confirm.

AGE display shows factory default setting "35". Press INTENSITY UP/DOWN button to adjust the user age and press STOP/ENTER to confirm.

WEIGHT display shows factory default setting "68(kgs)/150(Lb)". Press INTENSITY UP/DOWN button to adjust the user weight and press STOP/ENTER to confirm.

Press START button to start the target distance program. Distance counts down to 0, Time and Calories count up. Press INTENSITY UP/DOWN to adjust the resistance and press MOTION UP/DOWN to adjust the motion.

Target Calories:

Press the TARGET program button three times to get to the TARGET CALORIES program, then press STOP/ENTER to enter the set up procedure.

CALORIES display shows factory default setting "50". Press INTENSITY UP/DOWN button to adjust the target calories and press STOP/ENTER to confirm.

AGE display shows factory default setting "35". Press INTENSITY UP/DOWN button to adjust the user age and press STOP/ENTER to confirm.

WEIGHT display shows factory default setting "68(kgs)/150(Lb)". Press INTENSITY UP/DOWN button to adjust the user weight and press STOP/ENTER to confirm.

Press START button to start the target distance program. Distance counts down to 0, Time and Calories count up. Press INTENSITY UP/DOWN to adjust the resistance and press MOTION UP/DOWN to adjust the motion.

FAT BURNING PROGRAM

When the console is in POWER ON status, press the FAT BURNING program button then press STOP/ENTER to continue the set up procedure.

TIME display shows factory default setting "30:00". Press INTENSITY UP/DOWN button to adjust the target time and press STOP/ENTER to confirm.

AGE display shows factory default setting "35". Press INTENSITY UP/DOWN button to adjust the user age and press STOP/ENTER to confirm.

WEIGHT display shows factory default setting "68(kgs)/150(Lb)". Press INTENSITY UP/DOWN button to adjust the user weight and press STOP/ENTER to confirm.

Press START button to start the FAT BURNING program. Time counts down to 0, Distance and Calories count up. Dot Matrix display shows the pre-set INTENSITY and MOTION profile. Press INTENSITY UP/DOWN to adjust the resistance and press MOTION UP/DOWN to adjust the motion.

INTERVAL PROGRAM

When the console is in POWER ON status, press the INTERVAL program button once to select the INTENSITY INTERVAL program then press STOP/ENTER to enter the program set up procedure.

OR

Press INTERVAL program button twice to select the MOTION INTERVAL program then press STOP/ENTER to enter the program set up procedure.

Continue the rotation between these two INTERVAL programs by pressing the INTERVAL program button.

Intensity Interval Program

When the console is in INTENSITY INTERVAL program set up, INTENSITY LEVEL DISPLAY shows "L1". This indicates the intensity level for the intervals. Use the INTENSITY UP/DOWN buttons to change the intensity then press STOP/ENTER button to enter to confirm.

TIME display shows factory default setting "32:00". Press INTENSITY UP/DOWN button to adjust the target time and press STOP/ENTER to confirm.

AGE display shows factory default setting "35". Press INTENSITY UP/DOWN button to adjust the user age and press STOP/ENTER to confirm.

WEIGHT display shows factory default setting "68(kgs)/150(Lb)". Press INTENSITY UP/DOWN button to adjust the user weight and press STOP/ENTER to confirm.

Press START button to start the INTENSITY INTERVAL program. Time counts down to 0, Distance and Calories count up. Dot Matrix display shows the pre-set INTENSITY and MOTION profile. Press INTENSITY UP/DOWN to adjust the resistance and press MOTION UP/DOWN to adjust the motion.

Motion Interval Program

When the console is in MOTION INTERVAL program set up, MOTION LEVEAL DISPLAY shows "L1". This indicates the intensity level for the intervals. Use the INTENSITY UP/DOWN buttons to change the intensity then press STOP/ENTER button to confirm.

TIME display shows factory default setting "32:00". Press INTENSITY UP/DOWN button to adjust the target time and press STOP/ENTER to confirm.

AGE display shows factory default setting "35". Press INTENSITY UP/DOWN button to adjust the user age and press STOP/ENTER to confirm.

WEIGHT display shows factory default setting "68(kgs)/150(Lb). Press INTENSITY UP/DOWN button to adjust the user weight and press STOP/ENTER to confirm.

Press START button to start the MOTION INTERVAL program. Time counts down to 0, Distance and Calories count up. Dot Matrix display shows the pre-set INTENSITY and MOTION profile. Press INTENSITY UP/DOWN to adjust the resistance and press MOTION UP/DOWN to adjust the motion.

ENDURANCE PROGRAM

When the console is in POWER ON status, press the ENDURANCE program button then press STOP/ENTER to continue to the set up procedure.

Workout Level set up

TIME display shows "L1", Press INTENSITY UP/DOWN button to adjust the workout level and press STOP/ENTER to confirm.

TIME display shows factory default setting "32:00". Press INTENSITY UP/DOWN button to adjust the target time and press STOP/ENTER to confirm.

AGE display shows factory default setting "35". Press INTENSITY UP/DOWN button to adjust the user age and press STOP/ENTER to confirm.

WEIGHT display shows factory default setting "68(kgs)/150(Lb). Press INTENSITY UP/DOWN button to adjust the user weight and press STOP/ENTER to confirm.

Press START button to start the ENDURANCE program. Time counts down to 0, Distance and Calories count up. Dot Matrix display shows the pre-set INTENSITY and MOTION profile. Press INTENSITY UP/DOWN to adjust the resistance and press MOTION UP/DOWN to adjust the motion.

WATTS CONTROL PROGRAM

The function of Watts Control program is to allow the user to set a desired workout load (watts). The user's workout load is controlled automatically by increasing or decreasing the resistance as the user changes their stride cadence (RPM). The intensity will be reduced when user increases RPM and the intensity will be increased when the user decreases the RPM.

When the console is in POWER ON status, press the WATTS CONTROL program button then press STOP/ENTER to continue the set up procedure.

WATTS display shows factory default setting "110". Press INTENSITY UP/DOWN button to adjust the target Watts and press STOP/ENTER to confirm.

TIME display shows factory default setting "32:00". Press INTENSITY UP/DOWN button to adjust the target time and press STOP/ENTER to confirm.

AGE display shows factory default setting "35". Press INTENSITY UP/DOWN button to adjust the user age and press STOP/ENTER to confirm.

WEIGHT display shows factory default setting "68(kgs)/150(Lb)". Press INTENSITY UP/DOWN button to adjust the user weight and press STOP/ENTER to confirm.

Press START button to start the WATTS program. Time counts down to 0, Distance and Calories count up. Dot Matrix display shows the pre-set INTENSITY and MOTION profile. Press INTENSITY UP/DOWN to adjust the resistance and press MOTION UP/DOWN to adjust the motion.

TARGET HEART RATE CONTROL PROGRAM :

The TARGET HEART RATE CONTROL program is designed to keep the user training at their chosen heart rate level to achieve the proper workout result. A heart rate monitoring device must be used for this program. The equipment provides a standard contact handgrip on the moving handle bar to sense the user heart beat during the workout. The user must hold the contact handgrips on the moving handle bar constantly in order to monitor the user heart rate during the workout. A wireless chest belt transmitter is highly recommended for this program.

IMPORTANT: The console software will calculate the user's SAFE MAXIMUM HEART RATE based on the formula: $220\text{bpm} - \text{AGE}$. User's are encouraged to consult with a doctor or personal.

Training consultant to more accurately estimate their SAFE MAXIMUM HEART RATE in order to workout safely.

When the console is in POWER ON status, press the HEART RATE CONTROL program button. The 8x16 Dot Matrix displays "HEART RATE CONTROL" Press STOP/ENTER to continue to the set up procedure. TIME display shows factory default setting "30:00". Press INTENSITY UP/DOWN button to adjust the target time and press STOP/ENTER to confirm.

AGE display shows factory default setting "35". Press INTENSITY UP/DOWN button to adjust the user age and press STOP/ENTER to confirm.

PULSE display shows the calculated TARGET HEART RATE based on the user age setting from the above step. The TARGET HEART RATE = 85% MAXIMUM SAFE HEART RATE. Press INTENSITY UP/DOWN button to adjust the target heart rate then press the STOP/ENTER bottom to confirm.

WEIGHT display shows factory default setting "68(kgs)/150(Lb)". Press INTENSITY UP/DOWN button to adjust the user weight and press STOP/ENTER to confirm.

Press the START button to start the 3 minute WARM UP. The purpose of warm up program is to bring the user's heart rate to 65% of the MAXIMUM SAFE HEART RATE. Time counts down from "3:00" to "0:00". Intensity Level Profile displays "WARM UP" 3 times. During the WARM UP, if the actual heart rate is less than 65% of the user's MAXIMUM SAFE HEART RATE, the intensity level will be increased by 1 level every 15 seconds. If the actual heart rate reaches 65% MAXIMUM SAFE HEART RATE twice within the warm up, the HEART RATE CONTROL program will start.

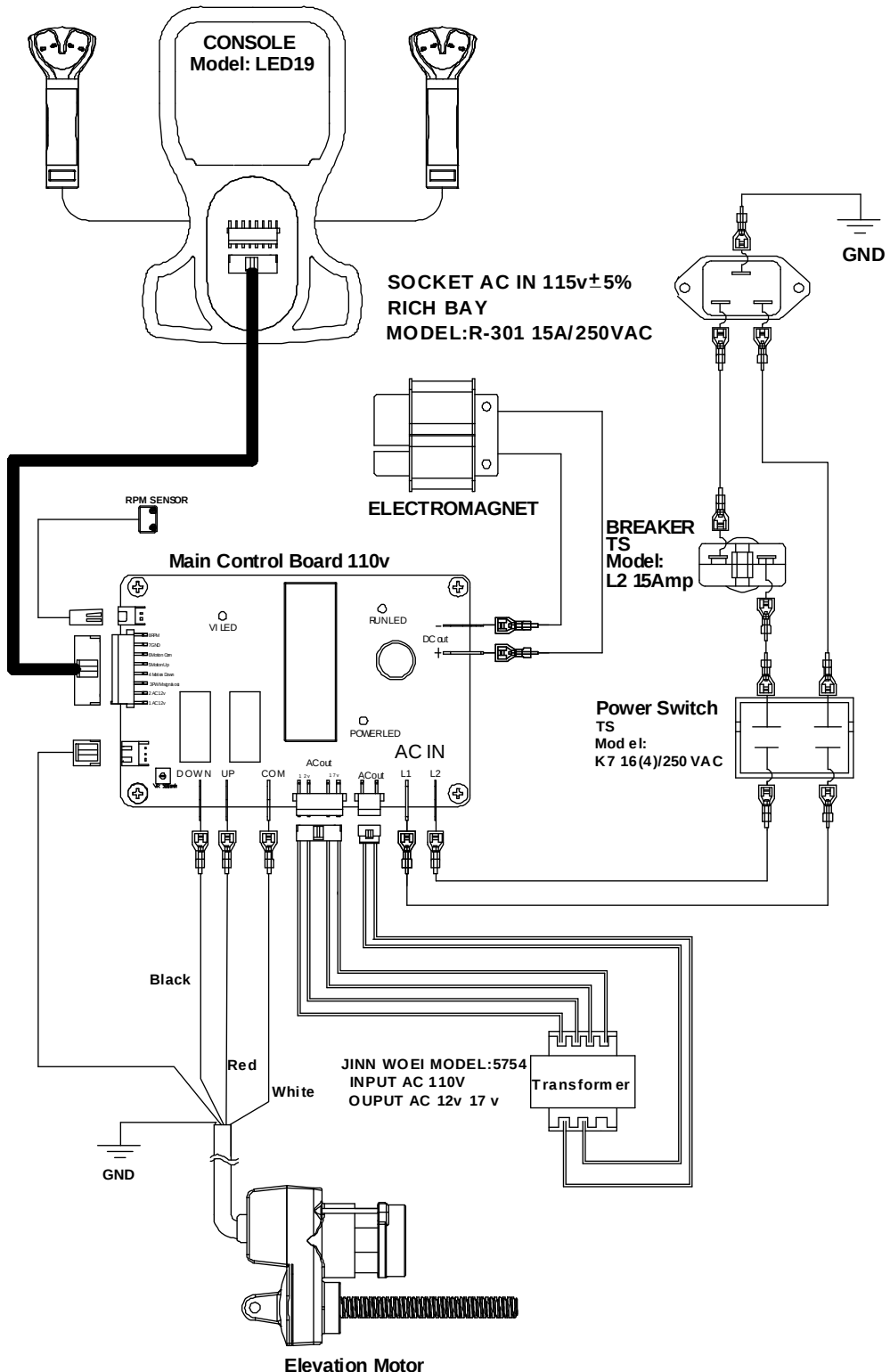
If user's actual hear rate fails to reach 65% of MAXIMUM SAFE HEART RATE during the warm up, the user will be placed into a 2nd or 3rd (if necessary) 3 minute warm up program. If user's actual heart rate fails to reach 65% of the MAXIMUM SAFE HEART RATE after the 3rd 3 warm up program, the INTENSITY LEVEL PROFILE dot matrix will display "FAIL" then return to POWER ON status in 10 seconds.

Once the user successfully enters the HEART RATE CONTROL program, the computer will actively adjust the resistance level to keep the users at the TARGET HEART RATE. If the user is consistently below the TARGET HEART RATE, the INTENSITY LEVEL will increase 1 level. If the user reaches and exceeds the TARGET HEART RATE, the INTENSITY LEVEL will decrease 1 level. The program will continue until the time runs out. If the user's heart rate continues to exceed the TARGET HEART RATE for 3 minutes, or the time counts down to "0:00", the heart rate control program will stop and start the 1 minute COOL DOWN function. Time counts down from "1:00" and INTENSITY LEVEL AND MOTION LEVEL at level 1.

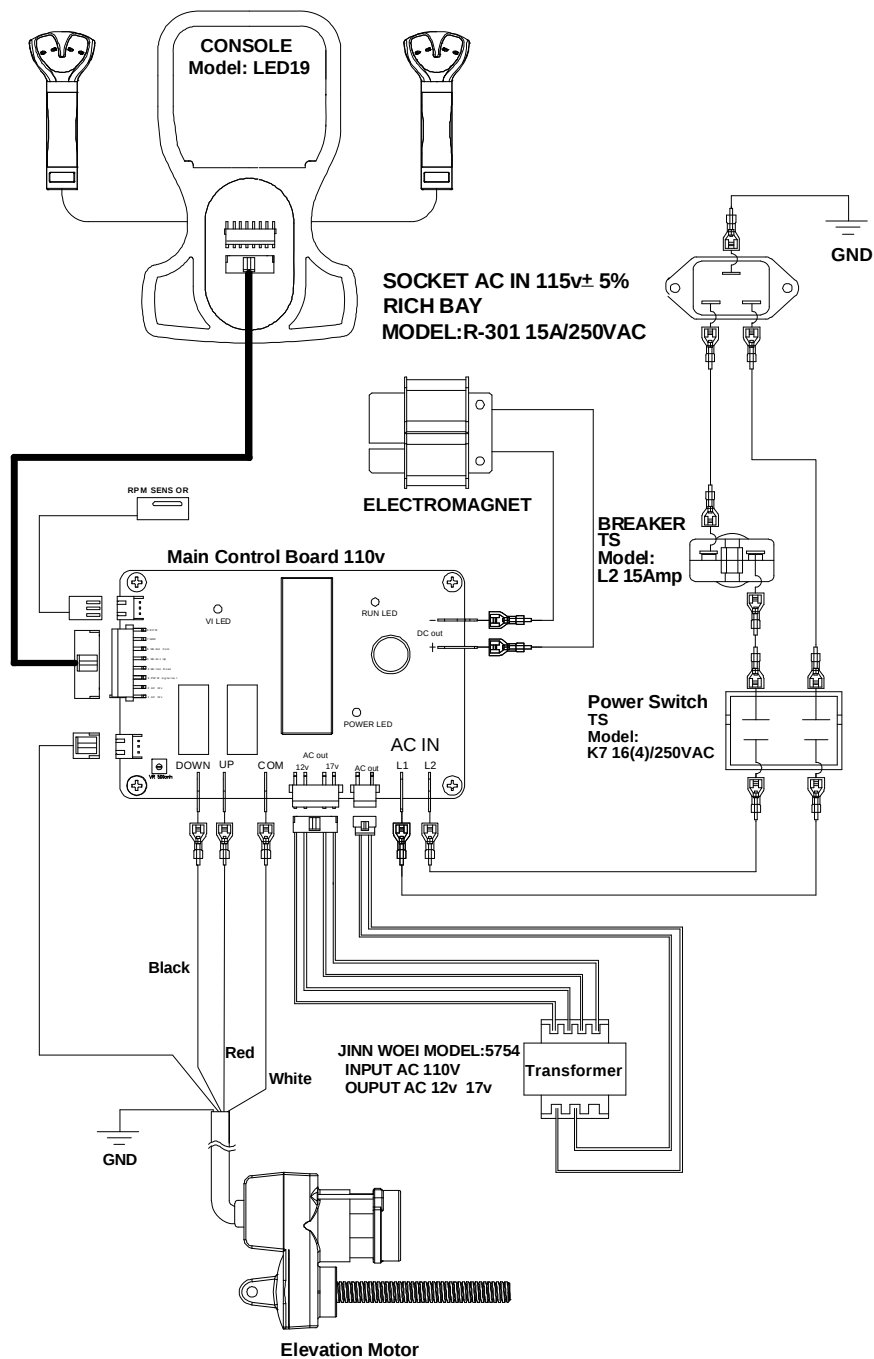
Tools require for service procedure

1. Digitize display multi meter
2. 17mm wrench 2pcs
3. 13mm wrench
4. 10mm wrench
5. Phillip screw driver
6. 5mm Allen wrench
7. 6mm Allen wrench
8. 8mm Allen wrench
9. 5mm Allen wrench with T hand bar
10. 6mm Allen wrench with T hand bar
11. Long nose pliers

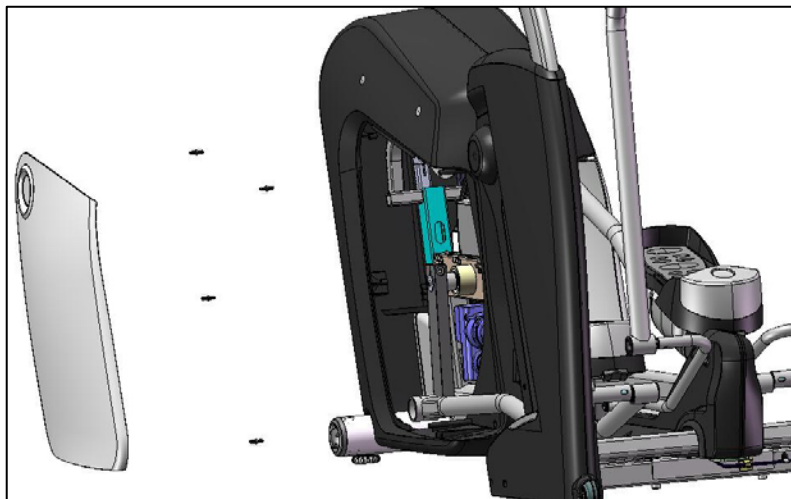
Agile (WT-100) 110v wire drawing with Reed Tube RPM sensor



Agile (WT-100) 110v wire drawing with Hall RPM sensor



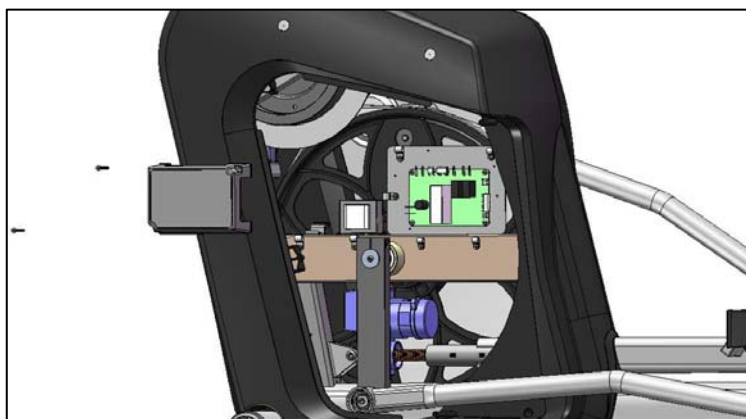
Remove rear side panel



Step 1: Use right hand palm from crank inside and push out side panel.

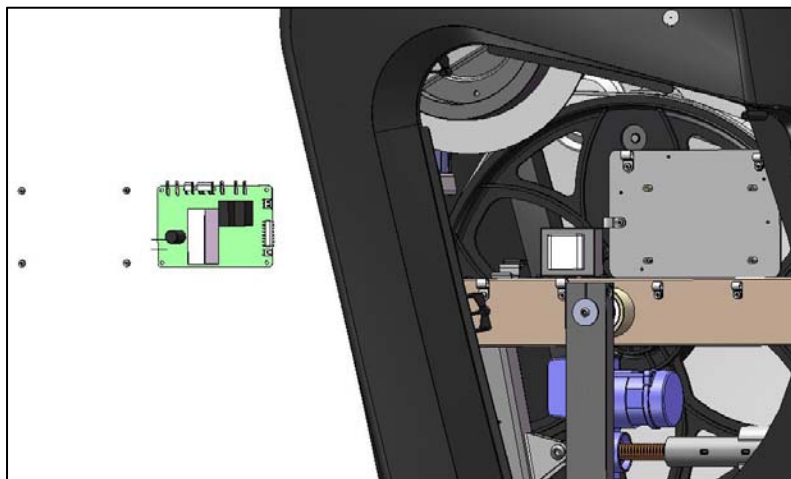
Remove main control board

Step 1: Follow ***Remove Rear Side Panel*** to remove rear side panel.



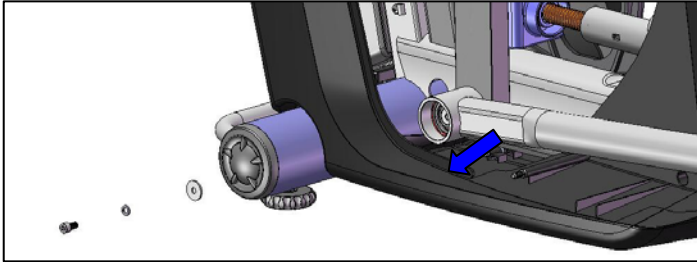
Step 2: Use a Phillip screw driver to open fix main control board plastic cover 2 bolts.

Step 3: Use a Phillip screw driver to open main control board 4 bolt from frame.

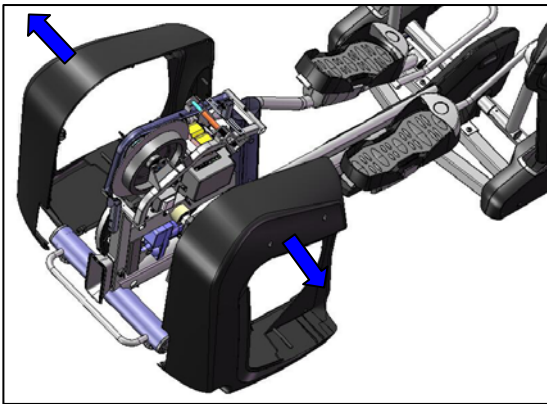


Remove rear shroud

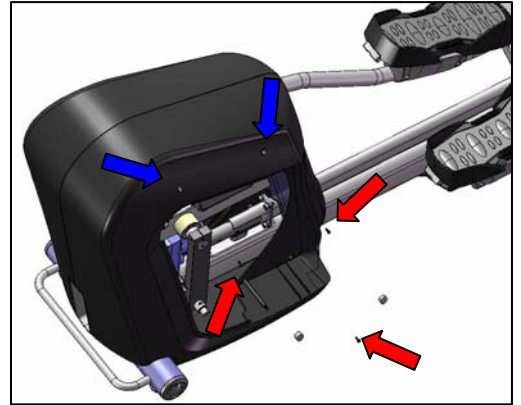
Step 1: Follow **Remove Rear Side Panel** instruction to open both left and right rear side panels.



Step 3: Use L form 6mm Allen wrench to open the crank bolt and move out the pedal arm, the do right at same way.



Step 5: Remove left and right rear shrouds.

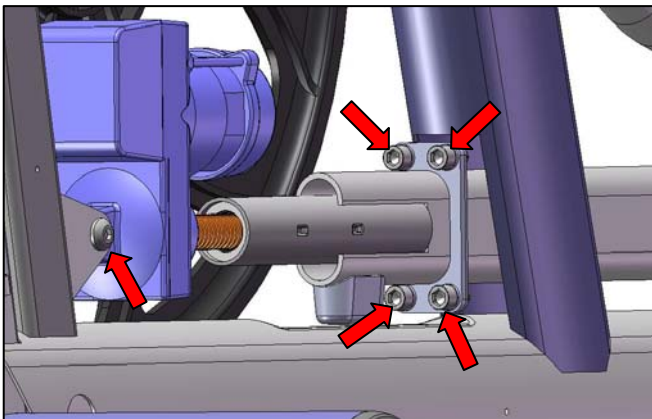


Step 4: First to open follow blue color arrows point out 2 rubber tops the use Phillip screw driver to open red color arrows point out 3 bolts and do right side at same way.

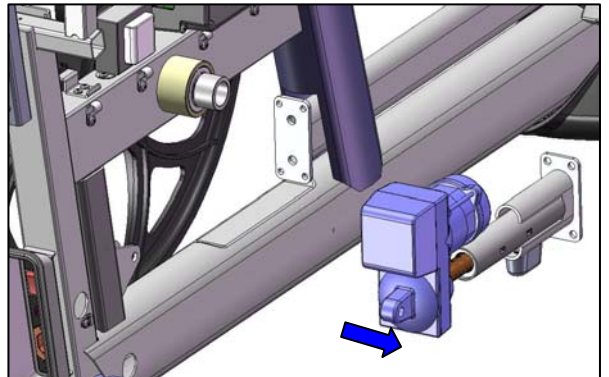
Remove elevation motor

Step 1: Follow **Remove Rear Side Panel** instruction to open both left and right rear side panels.

Step 2: Follow **Remove Rear Shroud** instruction to open both left and right rear side shrouds.



Step 3: Use L form 6mm Allen wrench to open arrows to point out 5 bolts.

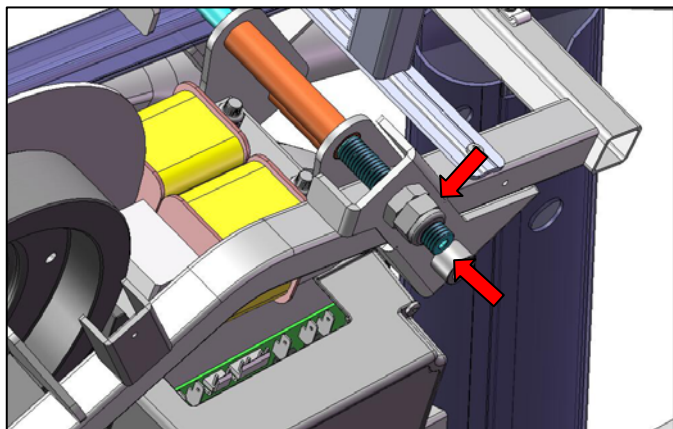


Step 4: Remove the elevation motor set.

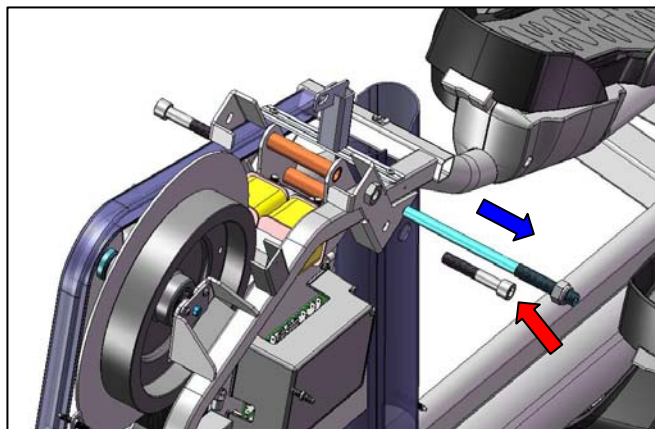
Remove Electromagnet

Step 1: Follow **Remove Rear Side Panel** instruction to open both left and right rear side panels.

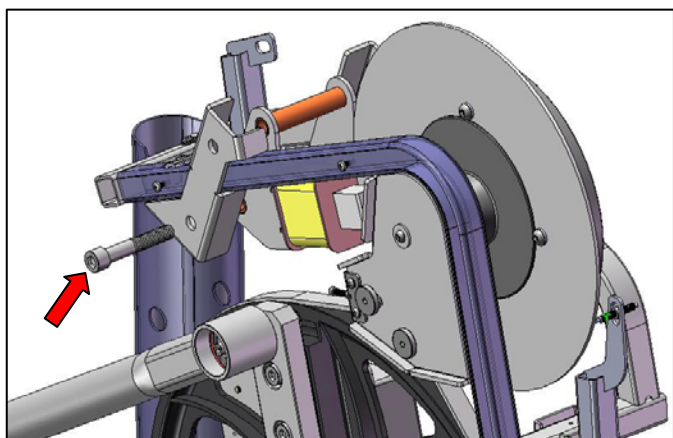
Step 2: Follow **Remove Rear Shroud** instruction to open both left and right rear side shrouds.



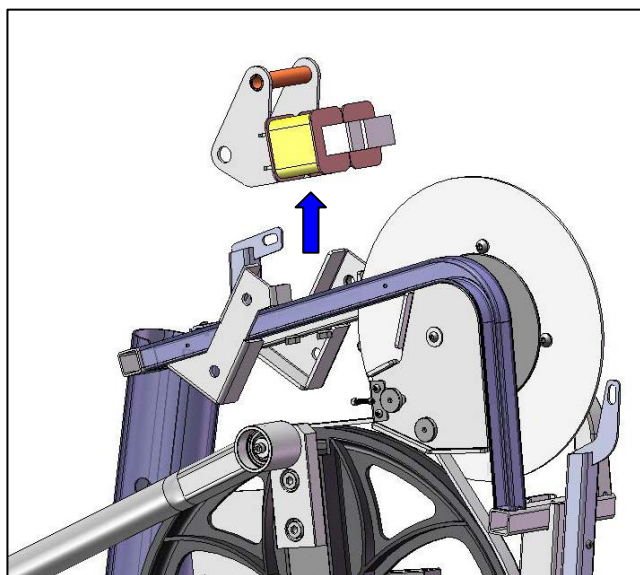
Step 3: Use a 22mm wrench and a L form 6mm Allen wrench to open arrows to open the bolt.



Step 4: Use a 8mm Allen wrench to open red arrow point out bolt.



Step 5: Use a 8mm Allen wrench to open red arrow point out another side bolt.



Step 6: Disconnect electromagnet power connector then remove electromagnet.

Install a new elevation motor

Before install a new elevation motor must confirm voltage correct from elevation motor level.

Put the new elevation motor on Agile rear right on the ground, then connect all wires and plug In at main control board. (see **Fig.1**). Switch power on, follow Calibration Motion Instruction to operate calibration Motion level "0", then direct continuous press MOTION DOWN button still Elevation motor stop turning. Then switch power off.

Take elevation motor nut tube then turn in elevation motor spiral bar. (see **Fig.2**), still distance from tube end to elevation motor is 60mm.(see **Fig.3**).

Lastly, install elevation motor set in Agile main frame.

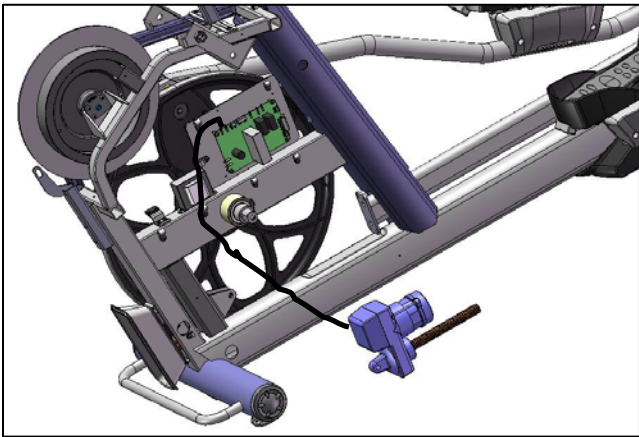


Fig.1

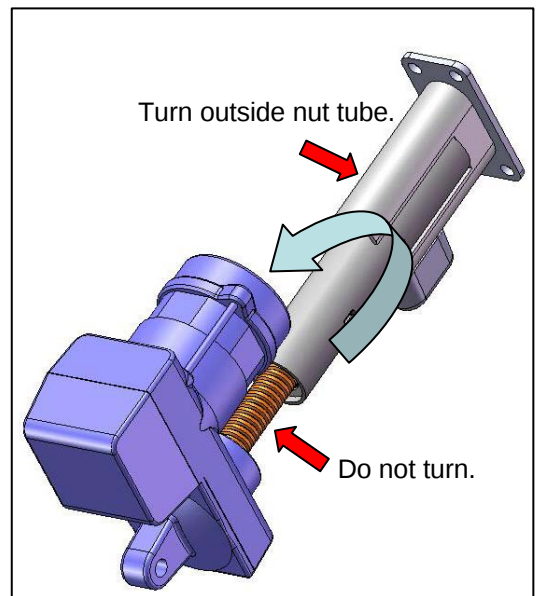


Fig.2

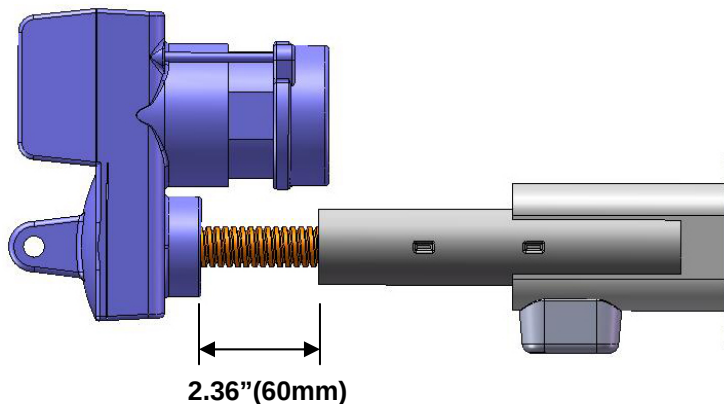


Fig.3

Install a new main control board and calibration Motion

The Agile have two kind of version main control board, **Fig.4** is old version main control board with **Reed Principle** RPM sensor system, and **Fig.5** is lastly new version main control board with Hall Principle RPM sensor.

If a Agile with old version main control board need replace and install a new version main control board, also must replace **Hall Principle** RPM sensor together.



Reed RPM sensor

Fig.4



Hall RPM sensor

Fig.5

When replace and install a new main control board on Agile, must calibration Motion after complete finish install main control board.

Switch power on and press START button, then press MOTION UP button to level 4, wait for elevation motor running up and stop, then press MOTION DOWN button to come back level 1, while elevation motor stop action, check have both side silver color and front side cover edge Together? See **fig.6**.



Fig.6

Calibration Motion must adjust a VR at top of right side on main control board. See **Fig.7** and **Fig. 8**.

If silver color cover move inside front side color too much, then adjust VR little bit turn to clockwise, then press MOTION UP button let elevation motor run to motion level 4 high, and press MOTION DOWN button let elevation motion come back level 1 and repeat adjust VR a couple times still silver color cover and front side cover edge position together.

If silver color cover move outside front side color too much, then adjust VR little bit turn to counter clockwise, then press MOTION UP button let elevation motor run to motion level 4 high, and press MOTION DOWN button let elevation motion come back level 1 and repeat adjust VR a couple times still silver color cover and front side cover edge position together.

When have been finished calibration Motion level 1 correct position, then check Motion level 12 position, adjust Motion up to top at level 12, measure silver color cover and front side

cover edge to edge distance at 7"(178mm). See **Fig.10**.

If position incorrect, follow **Service set function** instruction to calibrate Motion level 1 and level 12 correction position from console operation.



Fig.7



Fig.8

Service set function

A. Metric/English conversion

Switch unite power on then press STOP/ENTER + MOTION UP button at same time and hold for 3 seconds. The INTENSITY LEVEL Dot Matrix will display “KM” or “ML”. KM is displayed for METRIC and ML for ENGLISH.

Press the INTENSITY UP/DOWN button to switch between Metric and English then pressing STOP/ENTER to save the setting and return to Power On status.

B. Setting and display manufactory date and display computer program version

Switch unite power on then press STOP/ENTER + MOTION UP + MOTION DOWN button at same time and hold for 3 seconds. The INTENSITY LEVEL Dot Matrix will display “E-1” or “E-2”..... It was displayed computer software version. And AGE/TIME/RPM/PULSE display “1” and blinking. Press START button to display manufactory date. TIME/WATTS display window will showing “year”, SPEED/RPM display window will showing “month”, CAL/PULSE display window will showing “day”. If just check manufactory date then press STOP/ENTER button return to power on status or use INTENSITY UP and DOWN button to adjust year-month-day then press STOP/ENTER button confirm.

C. Agile Calibration Motion Illustration

Switch unite power on then press STOP/ENTER + MOTION UP + MOTION DOWN button at same time and hold for 3 seconds. The INTENSITY LEVEL Dot Matrix will display “E-1” or “E-2”..... It was displayed computer software version. And .AGE/TIME/RPM/PULSE display “1” and blinking. Use INTENSITY UP and DOWN button to select show “2” then press START button to enter calibration motion program.

After press START button computer will display “Lo” on MOTION LEVEL display window, press MOTION UP and DOWN to adjust Agile correct motion level “1” position (see **Fig.9.**), then press STOP /ENTER button.



Fig.9

After press STOP/ENTER button computer will display “HI” on MOTION LEVEL display window, and Agile motion will automatic going up, wait for motion stop then use MOTION UP and DOWN to adjust Agile correct motion level “12” position (see **Fig.10.**). There are have two way to correct motion level “12” potion, one is adjust MOTION UP and DOWN button showing “206” on WEIGHT/DISTANCE/CALORIES/WATTS display window, or measure length on side cover at 7”(178mm) when Agile in motion level “12” position.

After finish to correct motion level “12” position then press STOP/ENTER button twice return to power on position.

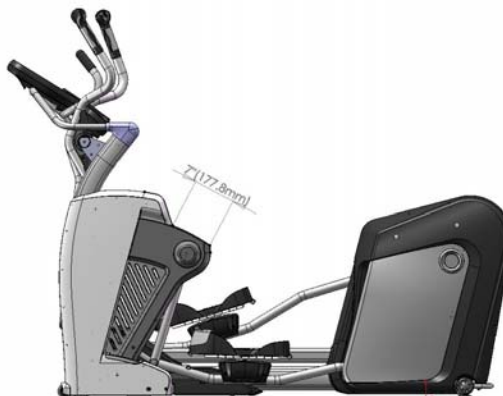


Fig.10

D. Display total used mileage

Switch unite power on then press STOP/ENTER + MOTION UP + MOTION DOWN button at same time and hold for 3 seconds. The INTENSITY LEVEL Dot Matrix will display “E-1” or “E-2”..... It was displayed computer software version. And AGE/TIME/RPM/PULSE display “1” and blinking. Use INTENSITY UP and DOWN button to select show “3” then press START button.

After press START button AGE/TIME/RPM/PULSE and WEIGHT/DISTANCE/CALORIES/WATTS display window will showing total used mileage, press STOP/ENTER button twice return power on status or if want to reset used mileage then press INTESITY UP or DOWN button and press STOP/ENTER button twice return to power on status.

E. Display total used hours

Switch unite power on then press STOP/ENTER + MOTION UP + MOTION DOWN button at same time and hold for 3 seconds. The INTENSITY LEVEL Dot Matrix will display “E-1” or “E-2”..... It was displayed computer software version. And AGE/TIME/RPM/PULSE display “1” and blinking. Use INTENSITY UP and DOWN button to select show “4” then press START button.

After press START button AGE/TIME/RPM/PULSE and WEIGHT/DISTANCE/CALORIES/WATTS display window will showing total used hours, press STOP/ENTER button twice return power on status or if want to reset used mileage then press INTESITY UP or DOWN button and press STOP/ENTER button twice return to power on status.

F. Set SLEEP MODE on/off

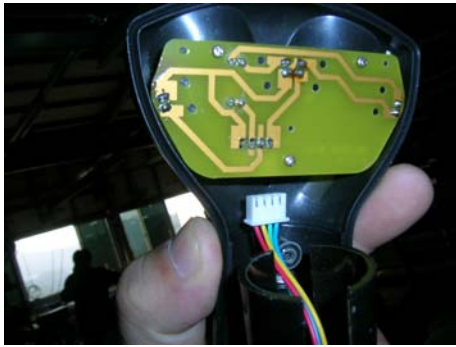
The computer will automatically enter SLEEP MODE if left idle for 3 minutes without any input in POWER ON status. When the computer is in SLEEP MODE, press any button or pedal and the machine will return to POWER ON status. You can turn SLEEP MODE off but the console will be drawing power indefinitely if it is plugged in to keep the LEDs lit. To turn SLEEP MODE off, get the console to POWER ON status then press INTENSITY UP and DOWN buttons and hold for 5 seconds.

AGE/TIME/RPM/PULSE display window will show “1”. Press the START button and data WEIGHT/DISTANCE/CALORIES/WATTS display window will display the SLEEP MODE status. To toggle between “On” and “Off”, select INTENSITY UP or DOWN then press STOP/ENTER twice to confirm and return to POWER ON status.

G. Set SOUND on/off

From the POWER ON status press and hold INTENSITY UP and DOWN buttons for 5 seconds to get to the display control mode. The AGE/TIME/RPM/PULSE display window will be displaying “1”. Press INTENSITY UP once so that “2” is displaying then press the START button. Press the START button and data WEIGHT/DISTANCE/CALORIES/WATTS display window will display the SOUND MODE status. To toggle between sound “on” or “off” use the INTENSITY UP or DOWN button then press STOP/ENTER twice to confirm and return to POWER ON status.

Agile install thumb control instruction



Step 1: Take a front cover then connect 4pin at PC board.



Step 2: Plug in 4pin.



Step 3: Confirm 4pin at PC board well.



Step 4: Connect hand pulse sensor plug at front cover .



Step 5: Arrange the wire and to install handle bar tube.



Step 6: Confirm front cover at handle bar tube very well.



Step 7: Then install rear cover.

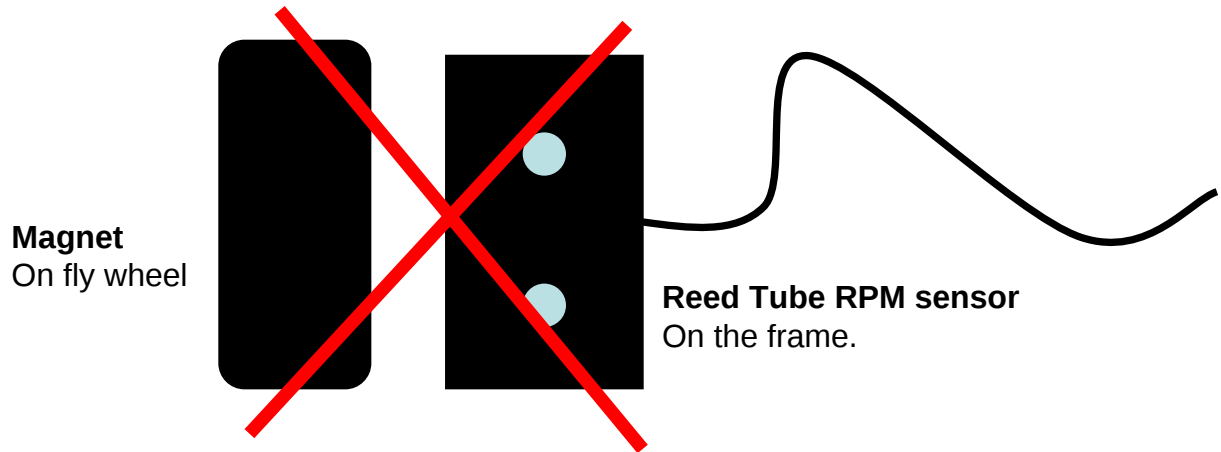


Step 8: Confirm right side close well.

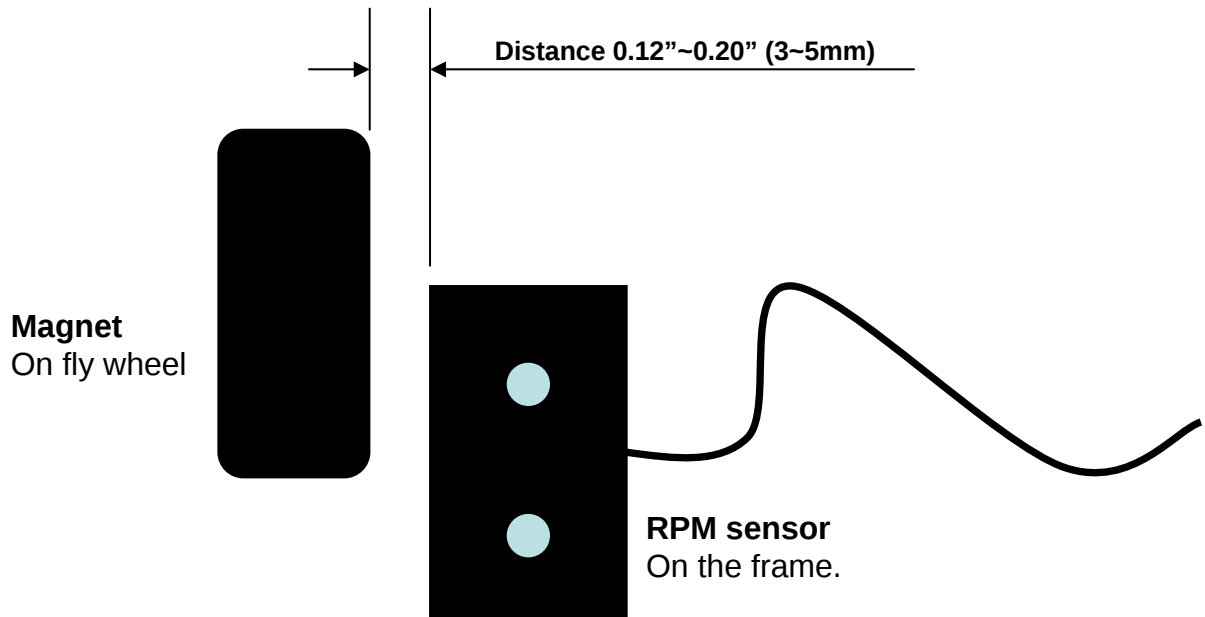


Step 9: Confirm left side close well , use a Phillip screw driver to fix the bolt.

Adjust rpm sensor for Reed Tube sensor

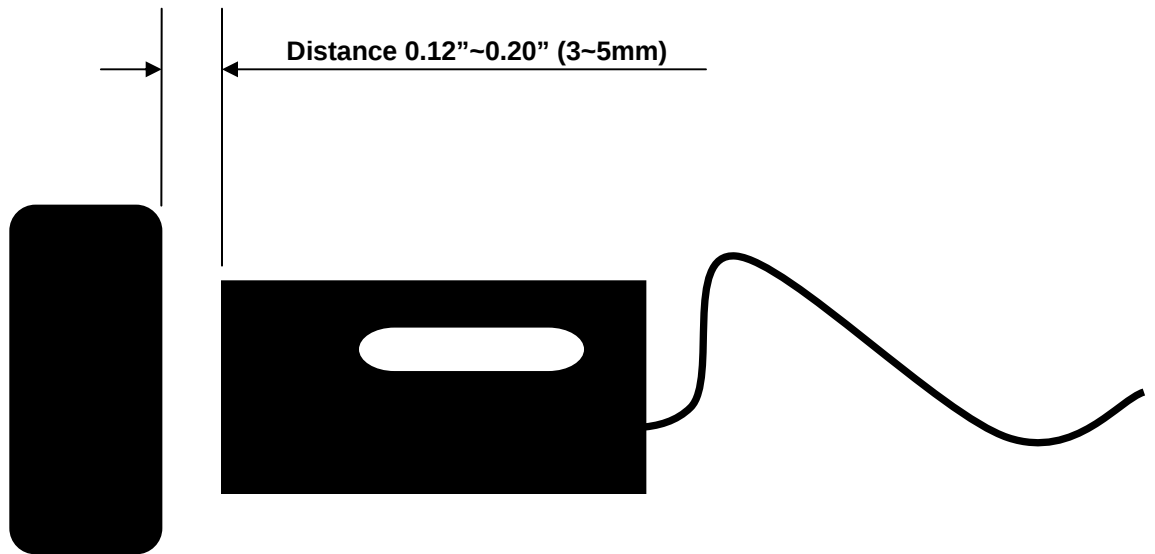


WRONG

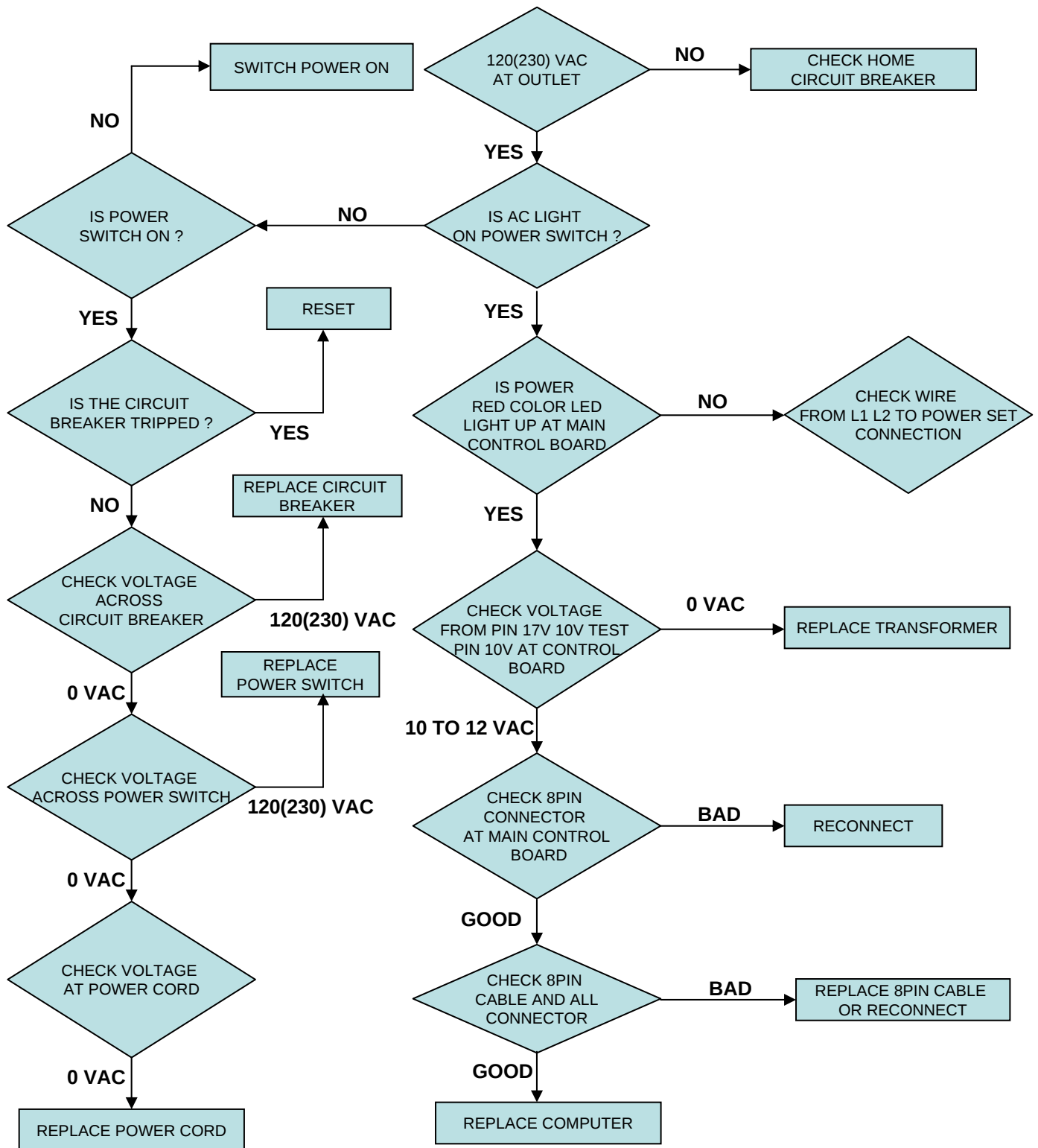


GOOD

Adjust rpm sensor for Hall sensor



NO DISPLAY REPAIR



NO RESISTANCE REPAIR

