CASCADE
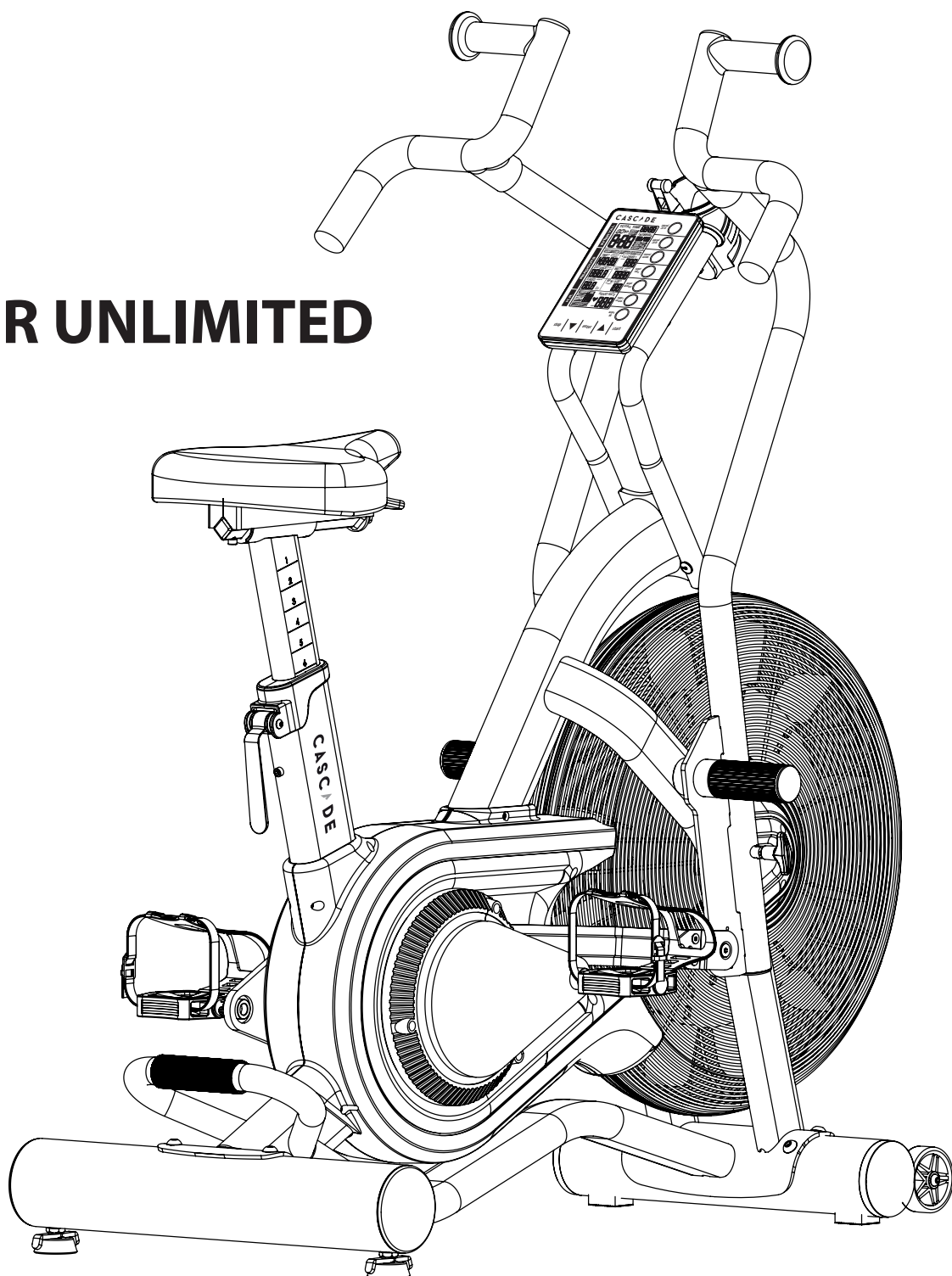
HEALTH & FITNESS®

AIR UNLIMITED
MODEL # 402008

AIR UNLIMITED

! PLEASE READ THIS INSTRUCTION MANUAL BEFORE YOU BEGIN ASSEMBLY

INSTRUCTION MANUAL

cascadehealthandfitness.com

contents

Safety Information

PLEASE READ THIS INSTRUCTION MANUAL BEFORE YOU BEGIN ASSEMBLY. GREAT CARE HAS BEEN TAKEN TO DESIGN THESE INSTRUCTIONS AND FOLLOWING THEM WILL HELP YOU WITH QUICKER ASSEMBLY AND MINIMISE THE RISK OF INJURY

YOU ARE RESPONSIBLE FOR YOUR OWN SAFETY -
THIS LIST IS NOT EXHAUSTIVE.

- Always assemble and operate the product on a level surface, ensure that the product is stable before use.

- Try to ensure that your back is straight whilst exercising, especially for long periods

- The safety level of this equipment can only be maintained if it is regularly examined for wear and tear

- Keep hands away from moving parts.

- Replace defective components immediately, and/or keep the equipment out of use until it is repaired.

- Use only the adjustment settings as described in the instructions. Always use the correct adjustment pin/fixing.

- Special attention should be taken to inspect the components, such as pulleys, bearings, straps, rollers are always more susceptible to wear before use.

- Never leave any adjustment devices projecting from the product.

- Always wear suitable clothing and footwear e.g. tracksuit / shorts / training shoes

- Remove all personal jewellery before exercising.

- Ensure you warm-up well before using the equipment as this will help to prevent muscle strain.

- After eating, allow 1-2 hours before exercising as this will help to prevent muscle strain.

- Never overload the equipment – the maximum user weight of this rower is 150kg.

- Don't rock the rower form side to side

- Never use the equipment in any other manner other than the ways explained in these instructions and/or any wall-chart supplied.

- This product has an intergrated resistance system without a constant power mode that is governed by magnetic resistance.

- Losing grip or suddenly releasing the handle could result in an uncontrolled return, ensure there is freee space around the product.

- You may want to store this product away to save space - be aware of moving mechanical parts which could cause injury.

- To prevent shock, keep all electical components, shuch as the console, motor, cord and switch away from water.

- Do not use any accessories that aren't specifically recommended by the manufacturer, these might cause injuries or cause the unit to fail.

- Work within your recommended exercise level, do **NOT** work to exhaustion.

- If you feel any pain or abnormal symptoms, **STOP YOUR WORKOUT IMMEDIATELY**. Consult your physician immediately.

- Parents and others in charge of children should be aware of their responsibility, because the natural play instinct and the fondness of experimenting of children can lead to situations and behaviour for which the training equipment is not intended

- If children are allowed to use the equipment, their mental and physical development and above all their temperament should be taken into account. They should be controlled and instructed in the correct use of the equipment.

- The equipment is under no circumstances suitable as a children's toy.

- This appliance is not intended for use by persons (including children) 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 appliance by a person responsible for their safety.

- **The free area shall be not less than 0.6 m greater than the training area in the directions from which the equipment is accessed.**
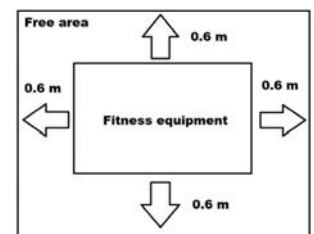
! Injuries to health may result from incorrect or excessive training.

! Heart Rate Monitoring System may be inaccurate, Over exercise may result in serious injury or death. If you feel faint stop exercising immediately !

! Be aware of the edges on the rower track rail when in use or move it around.

Safety Standards

This rower meets the requirements of the EN ISO 20957-1: 2013, EN ISO 20957-5: 2016 Class SC and also the EU's EMC and Low Voltage directives (where applicable).

This product is not suitable for therapeutic purposes.

! **It is important that you keep these instructions for future reference.**

Care & Maintenance

- Always place the equipment in a dry environment.

- Use a warm, damp cloth to keep the product clean.

- No wet cleaning of electrical components, unplug before any care and maintenance

- The safety level of the equipment can be maintained only if it is regularly examined for damage and wear. This includes any ropes, pulleys, nuts, bolts, moving parts, bushes, chains, wheels, bearings & connection points etc

- Ensure that you inspect the product regularly - at least once a week is recommended.

- Ensure that all fixings are tight before use.

- Always replace damaged / worn components with original parts from the manufacturer.

Protect the environment by not disposing of this product with household waste. Check your local authority for recycling advice and facilities (Europe only).

Customer Support

Should you require any assistance regarding this product please gather the following information, and then contact us using the details below:

1. Serial no. - this can be found on the sticker below, located as indicated. For future reference, please write down your serial number in the space provided below.

2. Original purchase date

3. Place of purchase

4. Information about the place and conditions of use

5. Precise description of the issue/defect

Cascade Health and Fitness LLC
Model: Unlimited   Part#: 402008
www.cascadehealthandfitness.com
Ser No. 402008180100001

Your Serial No. is:
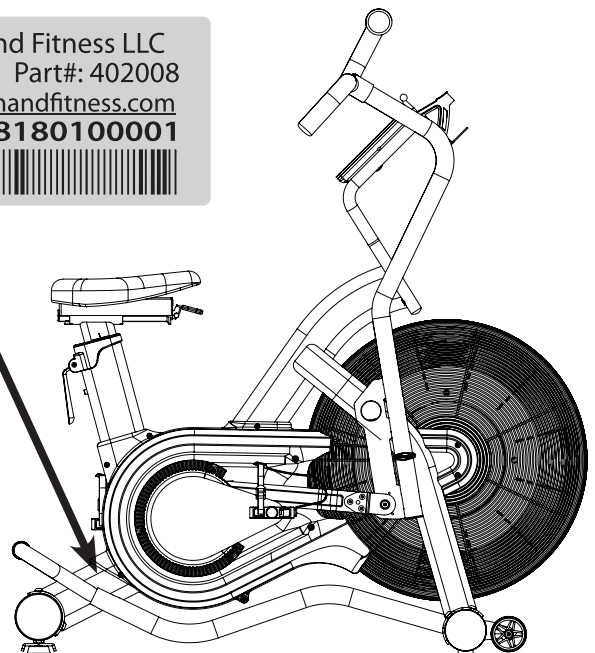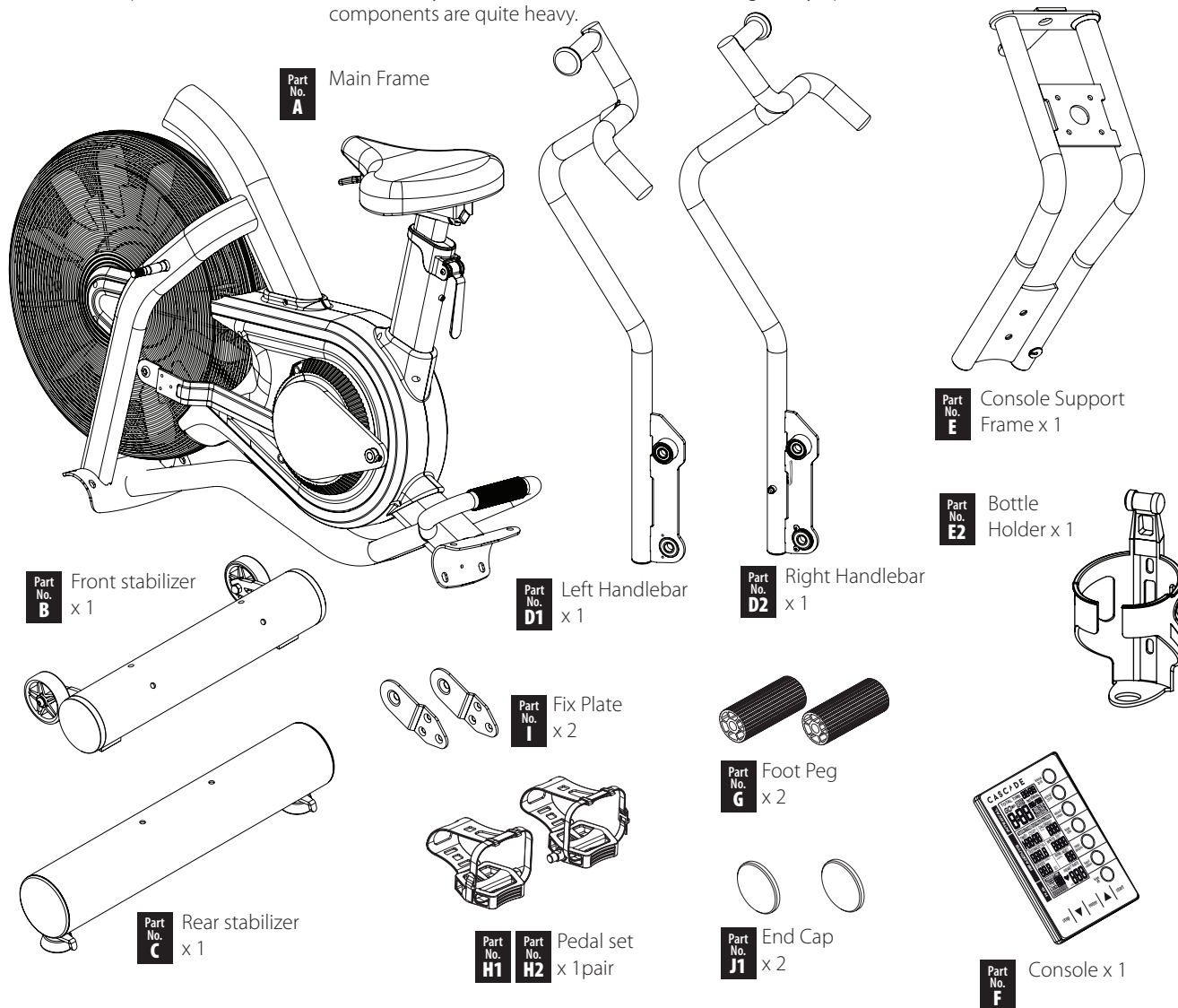
Contact Us

**info@cascadehealthandfitness.com
p 425-402-4062**

Assembly Instruction
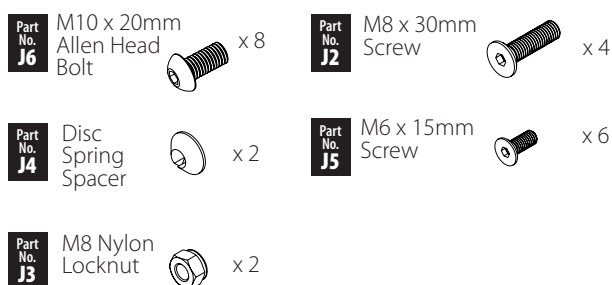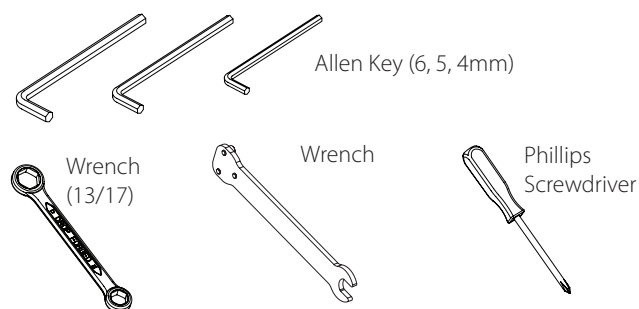
Before you start

1. **Prepare your work area -** it is important you assemble the product in a clean and uncluttered space.

2. **Work with a friend -** we recommend you have someone assist you with the assembly as some of the components are quite heavy.

3. **Open the carton -** checking any warnings on the carton and make sure you have it the right way up.

4. **Unpack the carton**

   Make sure you have the following parts:

Part No. A Main Frame

Part No. B Front stabilizer x 1

Part No. C Rear stabilizer x 1

Part No. D1 Left Handlebar x 1

Part No. D2 Right Handlebar x 1

Part No. I Fix Plate x 2

Part No. H1 Part No. H2 Pedal set x 1pair

Part No. G Foot Peg x 2

Part No. J1 End Cap x 2

Part No. E Console Support Frame x 1

Part No. E2 Bottle Holder x 1

Part No. F Console x 1

Parts

Part No. J6 M10 x 20mm Allen Head Bolt x 8

Part No. J4 Disc Spring Spacer x 2

Part No. J3 M8 Nylon Locknut x 2

Part No. J2 M8 x 30mm Screw x 4

Part No. J5 M6 x 15mm Screw x 6

! **This cycle takes up a floor space of 126cm x 70.5cm and weighs 69.2kg**

Tools

Allen Key (6, 5, 4mm)

Wrench (13/17)

Wrench

Phillips Screwdriver

! **If you suspect you may have some parts missing, please contact us before going back to your retailer. Refer to the Customer Support section on page 4 for contact details.**
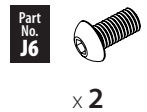
1. Attach the Front Stabilizer

1-1. Remove the cardboard tube from the front end stabilizer bracket
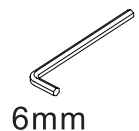
- Loosen the two **M10 x 20mm Allen Head Bolt (J6)** from the cardboard tube and remove the cardboard tube.

- The cardboard tube is used for packaging protection purposes, which won't be used again during the assembly.

J6

Cardboard Tube
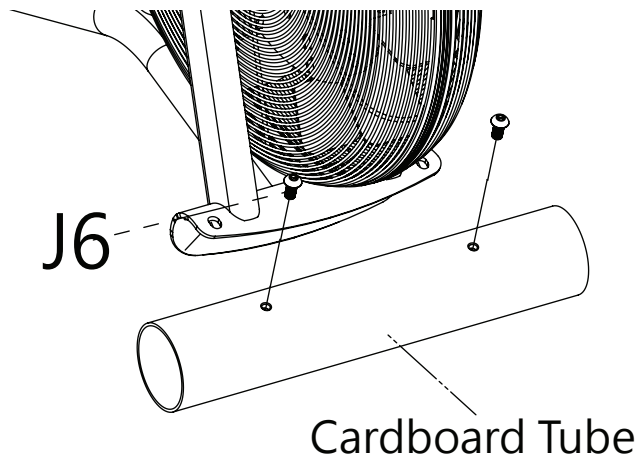
1-2. Attach the Front Stabilizer

- Attach the **Front Stabilizer (B)** to the **Main Frame (A)** with four **M10 x 20mm Allen Head Bolt (J6)** and tighten these bolts with the 6mm Allen Key.

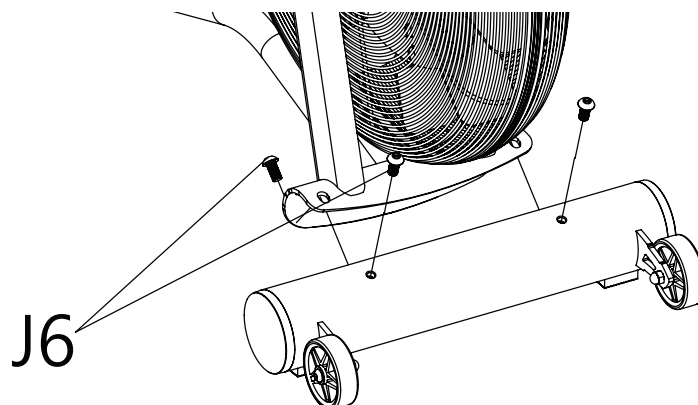**!** Be sure to fit the parts in the same order as the diagrams shown.

! Make sure the bolts are fully tightened with the allen key.

! Make sure the moving wheels on the front stabilizer face out after assembly.

J6
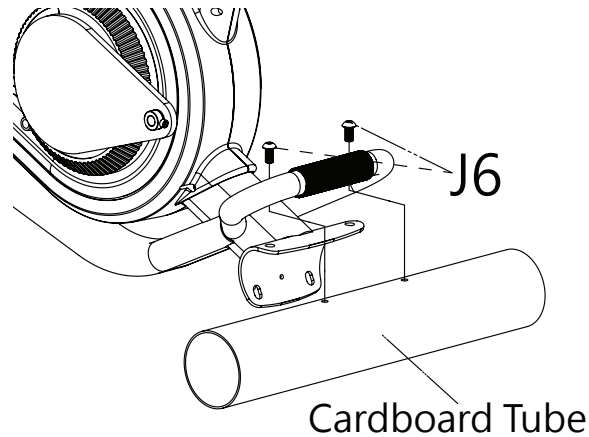
2. Attach the Rear Stabilizer

2-1. Remove the cardboard tube from the rear end stabilizer bracket

- Loosen the two **M10 x 20mm Allen Head Bolt (J6)** from the cardboard tube and remove the cardboard tube.

- The cardboard tube is used for packaging protection purposes, which won't be used again during the assembly.

PARTS:

Part No. **J6**
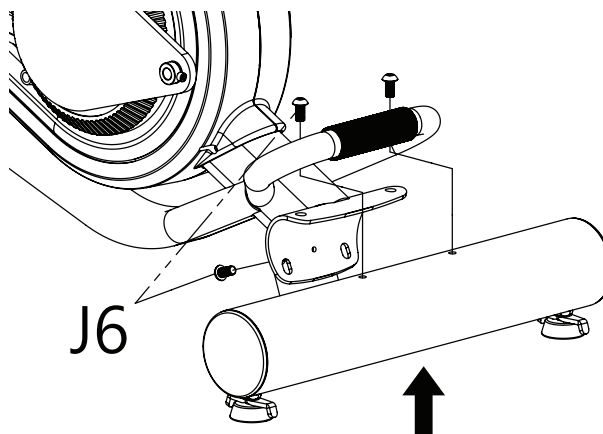
x **2**

TOOLS:

6mm

J6
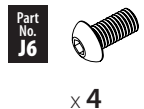
Cardboard Tube

2-2. Attach the Rear Stabilizer

- Attach the **Rear Stabilizer (C)** to the **Main Frame (A)** with four **M10 x 20mm Allen Head Bolt (J6)** and tighten these bolts with the 6mm Allen Key..

! Be sure to fit the parts in the same order as the diagrams shown.

! Make sure the bolts are fully tightened with the allen key.

PARTS:

Part No. **J6**

x **4**

TOOLS:

6mm

J6

3. Attach the Dual Action Handlebars
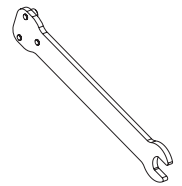
3-1.   Attach the Left Dual Action Handlebar

• Slide the **left Dual Action Handlebar (D1)** onto the pivot axle carefully.

• Install the **Foot Peg (G)** by screwing it on, and tighten it with the wrench as shown.

• Attach the **End Cap (J1)** onto the **Foot Peg (G)** securely.

! **Be sure to fit the parts in the same order as the diagrams shown.**

! **Make sure the foot peg is fully tightened with the allen key.**
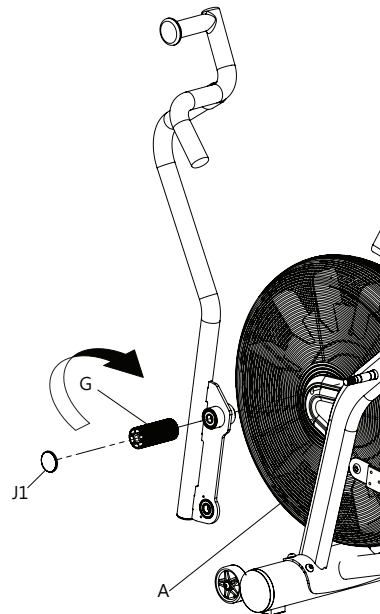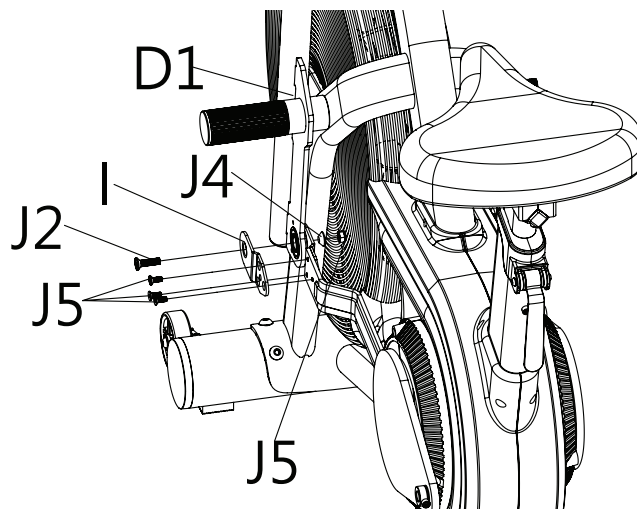
3-2.   Install the Fix Plate & Linkage Bar

• Connect the **left Dual Action Handlebar (D1)** and **Linkage Bar with Fix Plate (I)**, **Disc Space r (J4)**, **M8x30mm Screw (J2)** and **M8 Nylon Locknut (J3)** and tighten with 5mm Allen Key & 13/17 Wrench.

• Doubly secure the **Fix Plate (I)** to the Linkage Bar with three **M6x15mm Screws (J5)** and secure with 4mm Allen Key.
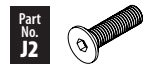
(You should be able to fit these three screws for better alignment by loosening the front screw assembly and try again when all four screws are in place, tighten with the allen key provided.)

! **Be sure to fit the parts in the same order as the diagrams shown.**

! **Make sure the screws are fully tightened with the allen key.**

PARTS:

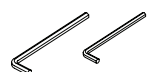|		
Part No. **J2**		x **1**
Part No. **J4**		x **1**
Part No. **J3**		x **1**
Part No. **J5**		x **3**

TOOLS:

5mm   4mm

Wrench 13/17

3-3. Attach the Right Dual Action Handlebar

- Slide the **right Dual Action Handlebar (D2)** onto the pivot axle carefully.

- Install the **Foot Peg (G)** by screwing it on, and tighten it with the wrench as shown.

- Attach the **End Cap (J1)** onto the **Foot Peg (G)** securely.

! Be sure to fit the parts in the same order as the diagrams shown.

! Make sure the foot peg is fully tightened with the allen key.
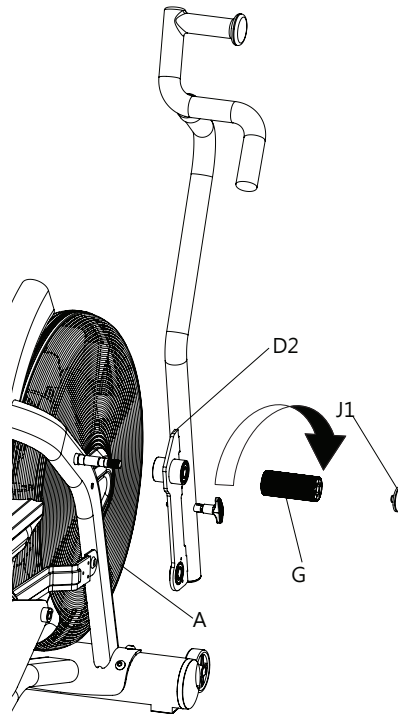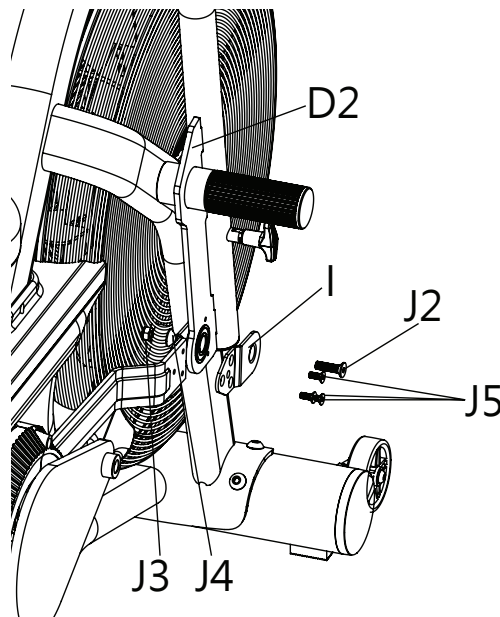
TOOLS:
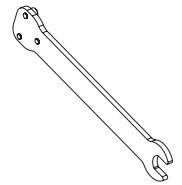
Wrench

3-4. Install the Fix Plate & Linkage Bar

- Connect the **right Dual Action Handlebar (D2)** and **Linkage Bar with Fix Plate (I)**, **Disc Spacer (J4)**, **M8x30mm Screw (J2)** and **M8 Nylon Locknut (J3)** and tighten with 5mm Allen Key & 13/17 Wrench.

- Doubly secure the **Fix Plate (I)** to the Linkage Bar with three **M6x15mm Screws (J5)** and secure with 4mm Allen Key.

  (You should be able to fit these three screws for better alignment by loosening the front screw assembly and try again when all four screws are in place, tighten with the allen key provided.)

! Be sure to fit the parts in the same order as the diagrams shown.

! Make sure the screws are fully tightened with the allen key.

PARTS:

Part No. J2		x **1**
Part No. J4		x **1**
Part No. J3		x **1**
Part No. J5		x **3**

TOOLS:

5mm 4mm

Wrench 13/17
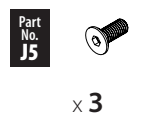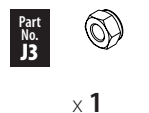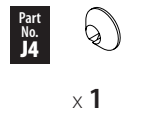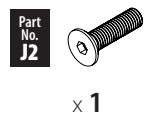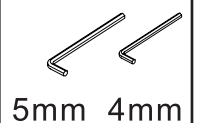
4. Attach the Pedals

4-1. Attach the Left Pedal

- Loosen the **Phillip Head Screw (J7)** fitted on the left Crank Arm.

- Attach the **Left Pedal (H1)** to the left Crank Arm and fasten with the Wrench #14 / #15.

- Fasten the **Phillip Head Screw (J7)** to the Crank Arm with the 5mm Allen Key.

! **Be sure to fit the parts in the same order as the diagrams shown.**

! **This pedal will be threaded on anti-clockwise and tightened with the wrench.**

! **Make sure the screw is fully tightened with the allen key.**

H1

J7
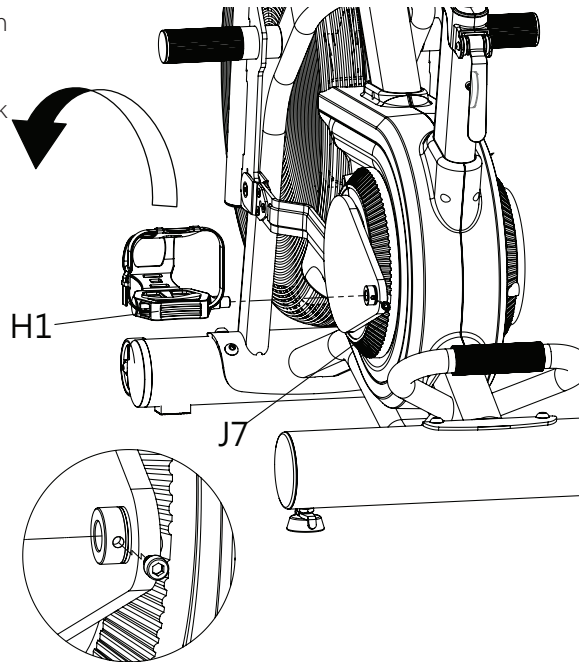
TOOLS:

5mm
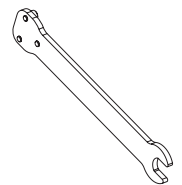
Wrench

4-2. Attach the Right Pedal

- Loosen the **Phillip Head Screw (J7)** fitted on the right Crank Arm.

- Attach the **Right Pedal (H2)** to the right Crank Arm and fasten with the Wrench #14 / #15.

- Fasten the **Phillip Head Screw (J7)** to the Crank Arm with the 5mm Allen Key.

! **Be sure to fit the parts in the same order as the diagrams shown.**

! **This pedal will be threaded on clockwise and tightened with the wrench.**

! **Make sure the screw is fully tightened with the allen key.**

H2

J7

TOOLS:

5mm

Wrench

5. Attach the Console Support

- Attach the **Console Support (E)** to the front end of the **Main Frame (A)** with two **M8x 30mm Screws (J2)** and secure with the 5mm Allen Key.

- Connect the **Sensor Cable** and **Middle Wire** together.

! Be sure to fit the parts in the same order as the diagrams shown.

! Make sure the cables are fully connected.

! Take care not to trap the cables when attaching the console Support
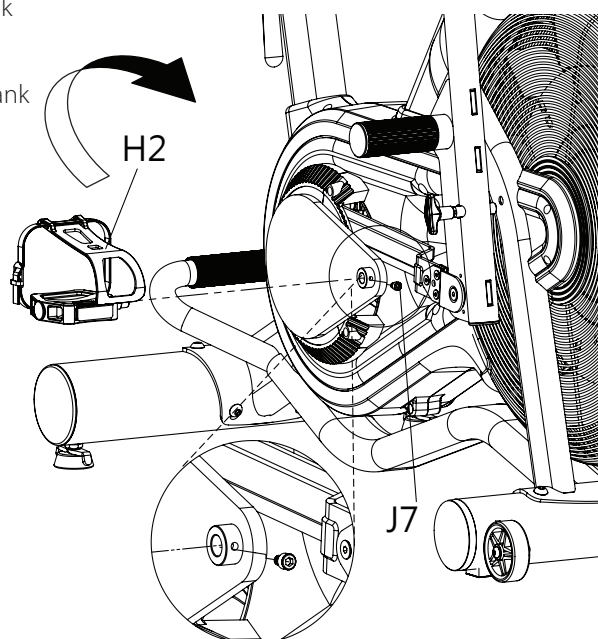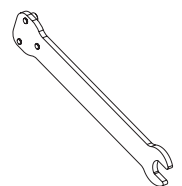
! Make sure the screws are fully tightened with the allen key.

FIXINGS:

Part No. **J2**

x **2**

TOOLS:

5mm

E

middle wire

J2

sensor wire
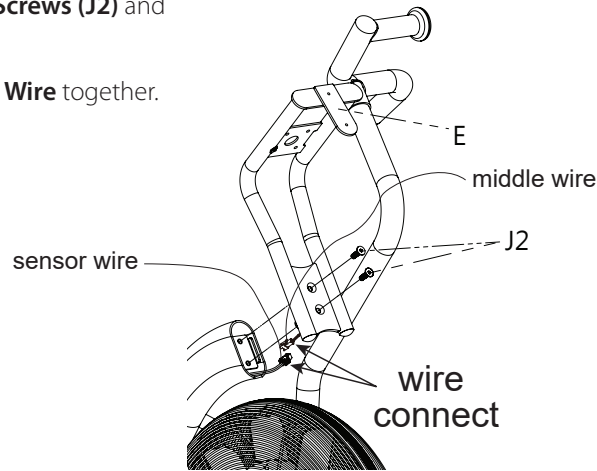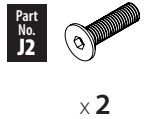
wire connect

6. Attach the Console

- Remove the four fixing screws which are located in the back of the **Console(8)**.

- Connect the **Console Cable** and **Middle Wire** together and then attach the **Console (F)** to the **Console Support (E)** with four **M5 x 12mm fixing screws(F1)** and secure with the Screwdriver.

- Attach the **Bottle Holder (E2)** to the front end of the **Console Support (E)** with two **Phillip Head Screws** - provided and scure with the 4mm Allen key.

! Be sure to fit the parts in the same order as the diagrams shown.

! Make sure the cables are fully connected.

! Make sure the screws are fully tightened with the screwdriver.

FIXINGS:

Part No. **F1**

x **4**

x **2**

TOOLS:

Phillips Screwdriver

4mm

F

console cable

E2

middle wire
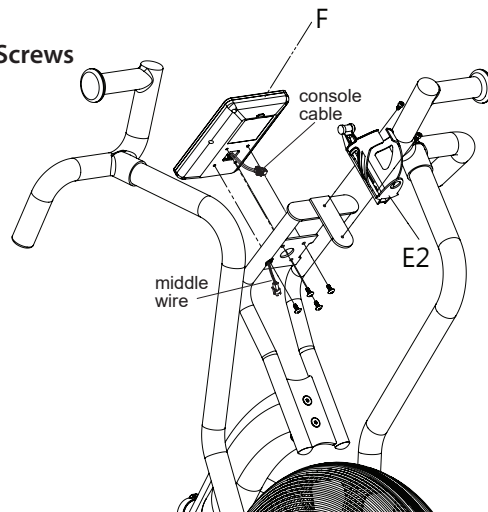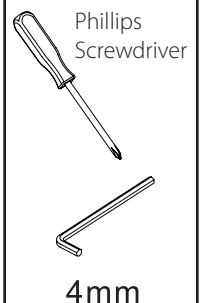
Final Checks

Your cycle is now assembled. Please make the following final checks before you use it for the first time

- Make sure all screws, bolts and nuts are tightened securely
- Make sure you have positioned it on a flat, level surface

Air Bike Unlimited Features Explained

Adjusting the seat reach

1. Pull up the **Adjustment Grip (A55)** and adjust the reach of the Saddle.

2. Release the **Adjustment Grip (A55)** after the proper saddle position had found.
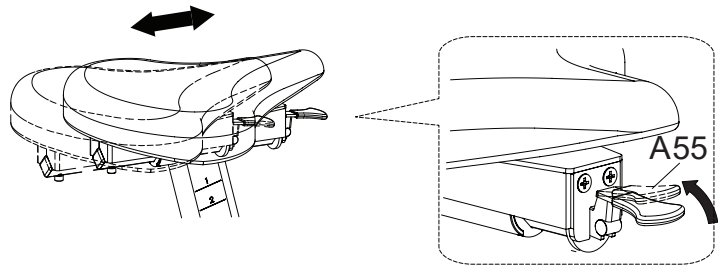
Adjusting the seat height

1. Pull up the **Cam Handle (A32)** and adjust the height of the Saddle Post.

2. Press down the **Cam Handle (A32)** securely after you have found the correct seat height.
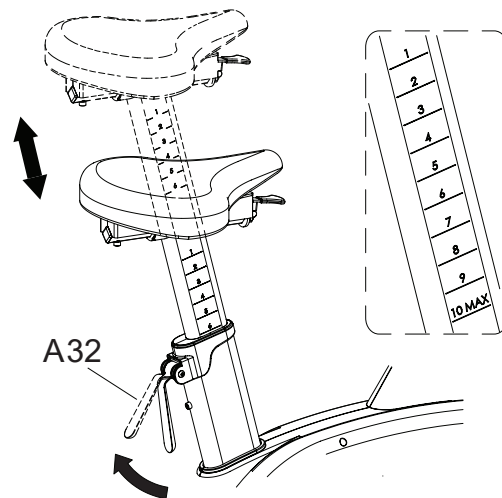
! **Do not pull the seat post out too far – the maximum is indicated on the seat post.**

Levelling your Air Unlimited

1. To help you level the Air Unlimited on uneven surface, 2 height adjusters are included on the rear stabilizers. Simply turn it to adjust the height of the Air Bike Unlimited.
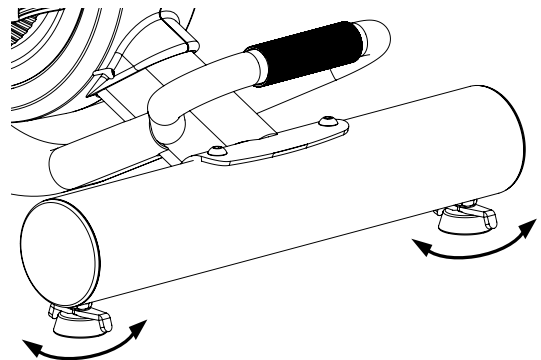
Transporting your Air Unlimited

1. Your Air Bike Unlimited has 2 transport wheels on the front stabilizer.

2. Lift the Air Bike Unlimited using the handle at the rear end of the Air Bike Unlimited and then pull or push to move it around.

! **DO NOT USE THE CONSOLE SECTION TO TIP AND TRANSPORT THE AIR BIKE UNLIMITED**
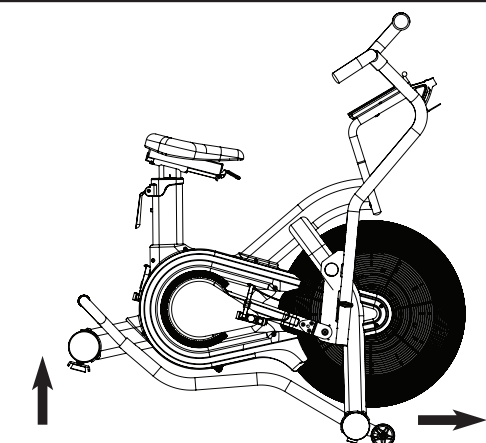
UN-LOCK - the dual arm while bike in use

1. Pull & twist the T knob.

2. Make sure the T knob is located parallel with the dual arm.

3. Release the T knob in un-locked position as shown.
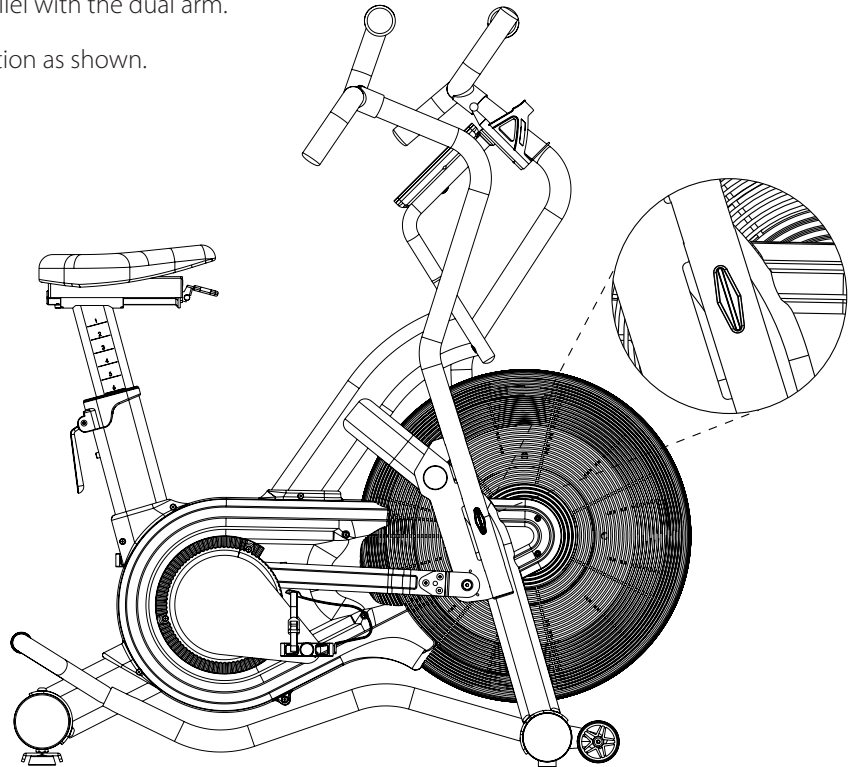
LOCK - the dual arm while bike not in use

1. Pull & twist the T knob vertically to the dual arm with right hand.

2. Guide the dual arm carefully to the locking position with left hand.

3. Release the T knob in locking position as shown.

⚠ **WARNING**

Lock the equipment when not in use.

⚠ **WARNUNG**

Sperren Sie das Trainingsgerät, wenn es nicht in Gebrauch ist.
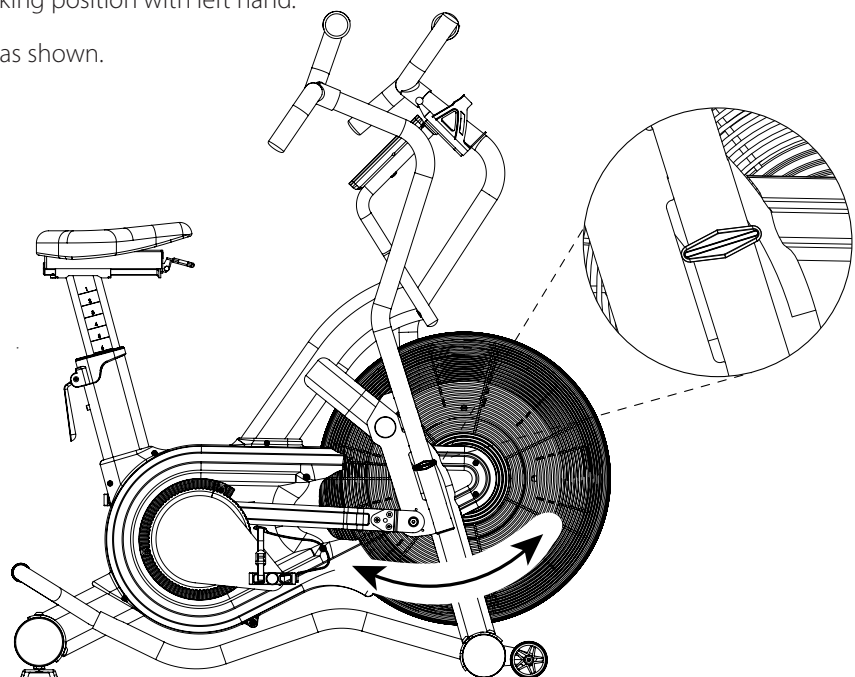
Computer Instructions

Quick Start

Use this mode if you just want a quick workout session and are not interested in setting up any personal data.
- Pedal for a few seconds to power the console on.
- Press the " **start** " button.
- The values of **WATTS**, **SPEED**, **RPM**, **HEART RATE** (if heart rate signal is detected) will start displaying.
- The values of **TIME**, **DISTANCE**, **CALORIES**, **WATTS** will start counting upwards.

To finish this quick workout session and view your workout summary –
- Stop pedaling.
- Press the "**stop**" button.
- The values of **TIME**, **DISTANCE**, **CALORIES**, **WATTS**, **SPEED**, **RPM**, **HEART RATE** (if heart rate signal is detected) will be displayed.

"If you stop pedalling without pressing the STOP button, after 30 seconds the program will automatically pause. You can resume the program by pedalling again. After 3 minutes of inactivity the program will end."

Button Functions

"Interval" and "Target" Program buttons
- Immediately take you to the corresponding workout selected.

stop
- To finish or pause a workout. Press and hold to reset the computer.

▼
- To decrease values. Press and hold for rapid value change.

enter
- To confirm the settings.

▲
- To increase values. Press and hold for rapid value change.

start
- To begin a workout or restart a paused program

WARNING : Heart rate monitoring systems may be inaccurate. If you feel faint, stop exercising immediately

Console Display and Feedback

INTERVAL

- Indicates the current section is in **GO** period or **REST** period of the interval program.

- **8:88** > Shows the count down **GO** or **REST** segment time.

TOTAL TIME 88:88
GO>>> REST
READY INTERVAL
8:88
88/88
20/10
20/30
CUSTOM
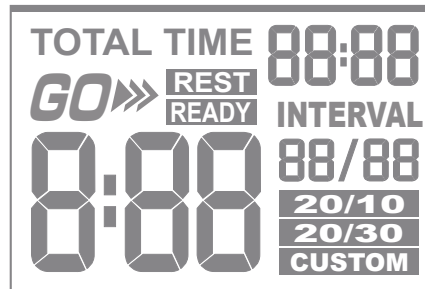
- **TOTAL TIME 88:88** > Shows the count up **GO** & **REST** total run time of the program.

- **88 /88** > Shows the current interval and the total sections of intervals in the program.

- Indicates the **INTERVAL 20/10** or **INTERVAL 20/30** or **INTERVAL CUSTOM** program is selected and in used.

READOUTS

- Indicates the **TARGET TIME** or **TARGET DISTANCE** or **TARGET CALORIES** program is selected and in used.

- Indicates the time exercised this session, default counts up from zero to 1:59:00 , but counts down if a target had been set.

- Indicates the distance travelled this session, default counts up from zero to 999.9 mile, but counts down if a target had been set.

- Indicates the current speed you are pedalling at, in mile /h.

TARGET TIME DISTANCE CALORIES
TIME?
1:88:88
CALORIES?
TOTAL
888
DISTANCE? KM
888.8
WATTS AVERAGE TOTAL
8888
SPEED AVEMAX
88.8 KPH
RPM / AGE?
AVEMAX
188
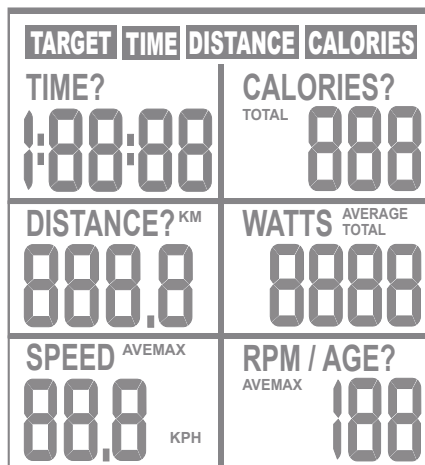
- Indicates the approximate calories burned this session (for comparison only, not to be used for medical purpose), default counts up from zero to 999 kcal, but counts down if a target had been set.

- Indicates the current energy (power) generated this session, (for comparison only, not to be used for medical purpose) default counts up from zero to 9999.

- Indicates the current Revolutions Per Minute you are pedalling at.

H.R.

- Indicates the current heart rate in beats per minute (bpm), which are detected by a wireless heart rate chest belt.

- Indicates the target to exercise at 65% of your maximum heart rate.
- Indicates the target to exercise at 80% of your maximum heart rate.
- Indicates there is no heart rate signal detected in this program.
- Indicates the current heart rate is in the target range.

TARGET HR
65% OF 888
Max HR
80% OF 888
NO HR SIGNAL TARGET HR ACHIEVED
SPEED UP SLOW DOWN
HEART RATE
♥ 888
BPM
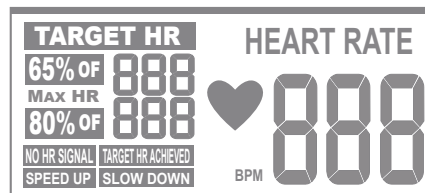
- Indicates the heart rate signal has been detected.

- Indicates an increased pedaling speed is needed to bring the heart rate into the target range.

- Indicates an decreased pedaling speed is needed to lower the heart rate into the target range.

Using Workout Programs
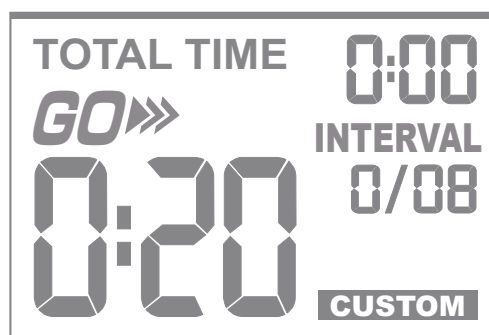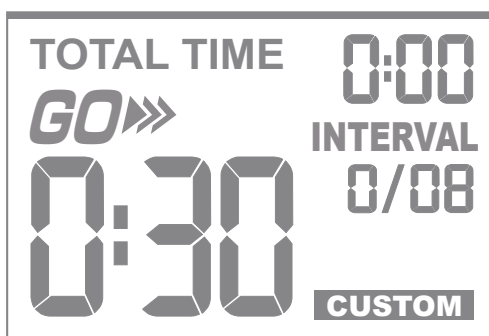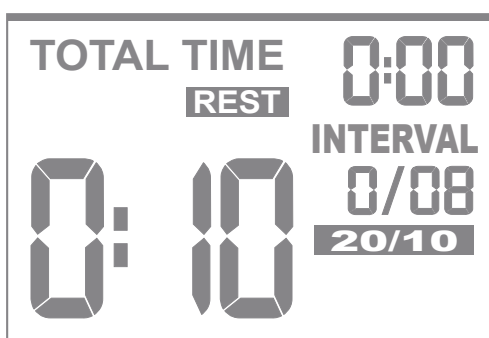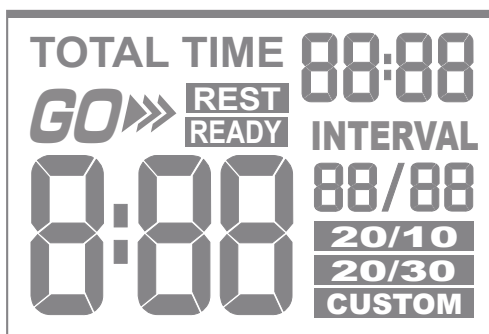
INTERVAL Programs

This console features 3 interval programs : **interval 20/10**, **interval 20/30** & **interval custom**.

The **interval 20/10** and **interval 20/30** programs offer users a series of eight high-intensity workout intervals with preset timesegments.

These High Intensity Interval Training (H.I.I.T.) programs will automatically indicate the start of each **GO** & **REST** interval.

When you reach the last " **REST** " segment the console will sound a short alarm and end the workout by coming to a stop.

Interval 20 /10 Program

1. Make sure the console is switched on.
2. Press the " **interval 20/10** " to select the program mode you want.
3. The default interval number of " **0/08** " is displayed in the " **INTERVAL** " window.
4. The default time segment of " **REST 0: 10** " is displayed in the " **INTERVAL** " window.
5. Press " **enter** " to confirm your setting.
6. Press " **start** " to begin the workout and then start pedalling.
   The program will not start until you begin pedalling.

NOTE: You can press the " **stop** " button to end the program at any time. The workout summary will displayed on the screen.

Interval 20 /30 Program

1. Make sure the console is switched on.
2. Press the " **interval 20/30** " to select the program mode you want.
3. The default interval number of " **0 /08** " is displayed in the " **INTERVAL** " window.
4. The default time segment of " **REST 0: 30** " is displayed in the " **INTERVAL** " window.
5. Press " **enter** " to confirm your setting.
6. Press " **start** " to begin the workout and then start pedalling.

The program will not start until you begin pedalling.

NOTE: You can press the " **stop** " button to end the program at any time. The workout summary will displayed on the screen.

Interval custom Program

1. Make sure the console is switched on.
2. Press the " **interval custom** " to select the program mode you want.
3. Use the " ▼ / ▲ " buttons to set your **GO** segment time (0:01 ~ 9:59 minutes)
4. Press " **enter** " to confirm your setting.
5. Use the " ▼ / ▲ " buttons to set your **REST** segment time (0:01 ~ 9:59 minutes)
6. Press " **enter** " to confirm your setting.

TOTAL TIME 0:00
REST
INTERVAL
0:10 0/08
CUSTOM

TOTAL TIME 8:30
REST
INTERVAL
0:00 30/30
CUSTOM

7. Use the " ▼ / ▲ " buttons to set your total interval numbers (1 ~ 99)

8. Press " **enter** " to confirm your setting.

9. Press " **start** " to begin the workout and then start pedalling. The program will not start until you begin pedalling.

NOTE: You can press the " **stop** " button to end the program at any time. The workout summary will displayed on the screen.

NOTE: You can press the " **enter** " button twice to save the setting of this program after you complete the workout.

TARGET	TIME	DISTANCE	CALORIES
TIME? REMAINING ELAPSED		CALORIES? TOTAL	
1:88:88		888	
DISTANCE? KM MILE			
888.8			

TARGET Programs

This console features 4 target programs : Target Time, Target Distance, Target Calories & Target Heart Rate. When you reach your target the console will sound a short alarm and end the workout by coming to a stop.

TARGET	TIME
TIME?	
32:00	

Target TIME

1. Make sure the console is switched on.

2. Press the " **target time**"to select the program mode you want.

3. Use the " ▼ / ▲ " buttons to set your workout time (1:00 ~ 1:59: 00 minutes)

4. Press " **enter** " to confirm your setting.

5. Press " **start** " to begin the workout and then start pedalling. The program will not start until you begin pedalling.

NOTE: You can press the " **stop** " button to end the program at any time. The workout summary will displayed on the screen.

Target DISTANCE
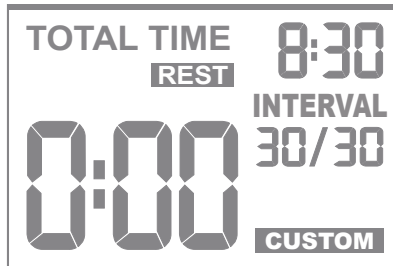
1. Make sure the console is switched on.

2. Press the " **target distance**"to select the program mode you want.

3. Use the " ▼ / ▲ " buttons to set your target distance

4. Press " **enter** " to confirm your setting.

5. Press " **start** " to begin the workout and then start pedalling. The program will not start until you begin pedalling.

NOTE: You can press the " **stop** " button to end the program at any time. The workout summary will displayed on the screen.

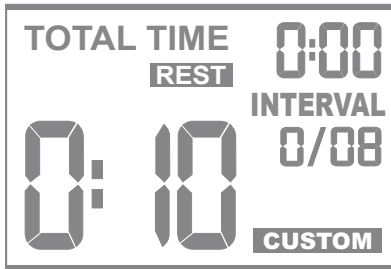| TARGET	DISTANCE
DISTANCE? MILE	
5.0	

Target CALORIES

7. Make sure the console is switched on.
8. Press the " **target calories** " to select the program mode you want.
9. The default value of " **50** " is flashing in the " **CALORIES** " window.
10. Use the " ▼ / ▲ " buttons to set your target calories (10 ~ 990 kcal)
11. Press " **enter** " to confirm your setting.
12. Press " **start** " to begin the workout and then start pedalling. The program will not start until you begin pedalling.

NOTE: You can press the " **stop** " button to end the program at any time. The workout summary will displayed on the screen.
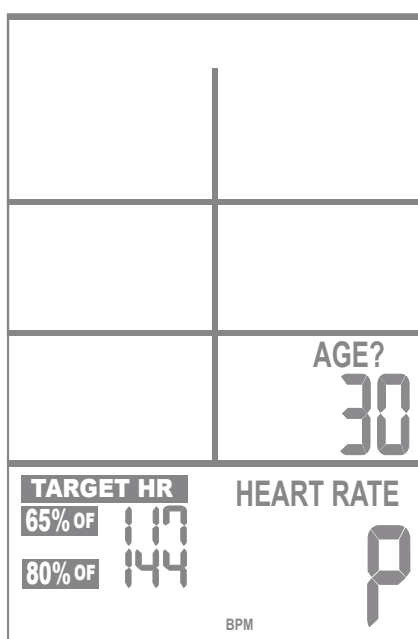
Target HR Program

You need to be wearing a compatible wireless heart rate chest belt to use this program.

Once you have entered your age the computer will calculate and display the corresponding values for 65% and 80% of your maximum heart rate, whilst also displaying your current heart rate. The computer will also prompt you to speed up or slow down to get within the 65% to 80% zone.

1. Make sure the console is switched on.
2. Press the " **target HR** " to select the program mode you want.
3. The default value of " **30** " is flashing in the " **AGE** " window.
4. Use the " ▼ / ▲ " buttons to input your age (10 ~ 99)
5. Press " **enter** " to confirm your setting.
6. The default value of the 65% of Target HR & 80% Target HR is displayed in HR window accordingly
7. Press " **start** " to begin the workout and then start pedalling. The program will not start until you begin pedalling.

NOTE: You can press the " **stop** " button to end the program at any time.   The workout summary will displayed on the screen.
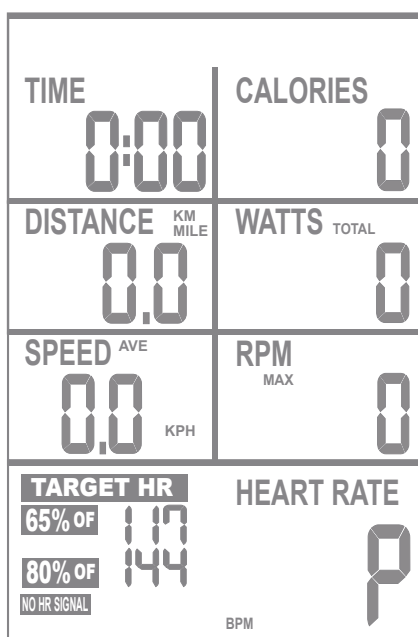
! **Do not use the Target HR program if your heart rate is not registering properly on the display.**

! **"NO HR SIGNAL" will flash in the HR window if there is no wireless heart rate signal detected when the program starts.**

! **Please see the " Exercising with your Air Unlimited " section for more details about the benefits of target heart rate training.**

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Storage

Keep the equipment in a dry place with as little temperature variation as possible. Try to protect from dust and always unplug when not in use (if applicable).

The safety level given by the design of this air bike can only be maintained when this air bike is regularly examined for damage and wear. Inoperable components should be replaced immediately or this air bike should be put out of use until it is repaired

! **Never remove the protective casing.**

Your air bike is designed for indoor exercising used only and should not be used or stored in damp areas.

Ensure you regularly check components for wear and make sure all the nuts & bolts are tightened before each exercise session

Maintenance Tips

- Always use a soft, cotton cloth and dilute non-abrasive cleaner or a mid detergent for cleaning the exterior of this bike.
- Never use ammonia, acid-based, or petroleum-based solvents on any portion of the bike as it may damage the finish.

Preventative maintenance Schedule

Daily –

- Before each use, make certain that the area around the bike is free of obstacles that may interfere with the dual action handlebar & pedal rotation.
- Before each use, check that pedals & shaft screws are securely tightened and inspect both pedals & pedal straps for wear.
- After each use, wipe down the surface of the air bike to remove sweat and moisture.
- Wipe the face of the display console with a slightly damp, soft, cotton cloth. Avoid getting extra moisture on the display console.   Keeping the display console free of fingerprints and sweat will extend the life of the console.

Weekly –

- Thoroughly clean the plastic housing of the bike.
- Clean the top of the pedal straps, saddle & seat post, and the display console.
- Check that pedals are securely tightened and inspect both pedals and pedal straps for wear.
- Inspect all assembly bolts & nuts for wear and ensure that they are sufficiently tight.

Monthly –

- Make sure all of the open ends of metal parts are wiped with thin grease to protect from rust.
- Check the ribbed belt is correct tension: replace cracked, frayed, or otherwise non-uniform belt.
  If necessary, call your local authorized distributor for Customer Service replacement.
- Inspect for side-to-side play in axle assembly , and a grinding feeling in crank area when pedaling.
  If necessary, call your local authorized distributor for Customer Service replacement.
- Check and Replace the Console AA Battery if needed.
- Clean for dust on Fan Wheel Assembly by spray gun if available.

! **We do not recommend you attempt to service the internal parts of the pedal assembly.
If they are found to be worn internally, we recommend replacing the pedal.**

! **Use of lubricants or cleaning solutions other than those so specified will result in diminished
performance and a shorter life span for that part.**

Exercising with Your Air Bike Unlimited

Troubleshooting

! **If you have a problem with your equipment, before you do anything else please check that all the cables have been connected correctly. Loose cables are very common and many problems can be solved by making sure the cables are properly connected**

If you are having problems with your heart rate reading please note that some fibres used in clothes eg) polyester, create static electricity that may prevent a reliable heart rate reading. Mobile phones, TV's, microwaves and other electrical appliances that generate an electromagnetic field may also interfere with heart rate measurement.

If you are still having problems with your equipment, please get in touch with your local distributor using the details found in the Customer Support section on page 4.

! **Always consult your doctor before undertaking a new exercise regime** | **If you experience nausea, dizziness or other abnormal symptoms during exercise, stop at once and consult your doctor**

Starting and finishing your workout
Begin and end each workout with a Warm Up / Down session – a few minutes of stretching to help prevent strains, pulls and cramps

Correct cycling form

- Sit on the cycle, with your feet on the pedals and inside the pedal straps

- Ensure that the seat height is adjusted correctly - you should be stable and balanced whilst on the saddle. The basic rule for getting the seat height right is that as the pedal reaches its lowest point, the leg is almost straight.

- Try to ensure that your back is straight whilst exercising, especially for long periods.

How long should I exercise for?

That really depends on your current level of fitness.
If you're just starting out on a new exercise program, you should start gradually and build up – do not try to do too much too quickly. 30 minutes, 3 times a week should be enough.

Don't push yourself too hard - you should never feel exhausted during or following exercise.

Heart Rate Training

To get the most out of your new piece of fitness equipment and see the best results from your training you should exercise at the right level of effort, and that means listening to your heart!   Working out to a target heart rate means you can direct your workout to achieve different goals:

Good health - For those wishing to improve quality of life and general well being. Your sessions will need to be done at an intensity of between 50-60% of your estimated maximum heart rate, should last about 30 minutes and can be done on most days of the week.

Weight loss – To see a significant reduction in body fat, your sessions must be a little more intense - between 60 and 70% of your estimated maximum heart rate. These sessions can also be performed on most days of the week for up to 30 minutes.

Improving Fitness levels –These sessions should be performed at 70-80% of your estimated maximum heart rate and can also involve bouts of interval training that would have your heart rate peaking for short times near your maximum heart rate level. These are intense sessions and will require at least a 48 hour rest between sessions.

Calculating your target heart rate

First, you need to find your estimated maximum heart rate using the formula '220 minus your age in years'. So, if you are 35 years old your estimated maximum heart rate is:

220 – 35 = 185 beats per minute (bpm)

Next, to calculate your target heart rate, simply multiply your estimated maximum heart rate (185bpm) by the applicable percentage.   So, if your goal is better heath:

185 x 60% = 111bpm

**!** **NOTE: The important issue to remember with all estimated calculations is that they are just estimates – if you don't feel comfortable exercising at your target then reduce it to a level you are comfortable with.**

Note: Heart rate training requires you to monitor your heart rate throughout the workout. For this we recommend using a chest strap (if your machine has a wireless receiver) or a heart rate monitor.
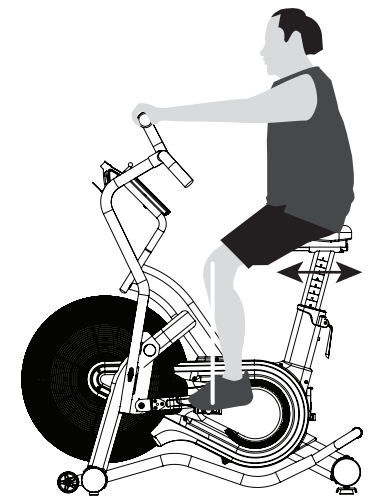
Seat Adjustment

1. Seat Height:

- Rotate the pedals so that one of the pedals is in the upward position.

- Place your foot in the toe clip the pedal closest to the floor and mount the bike. Ensure that the ball of your foot is over the center of the pedal. Your leg should be slightly bent at the knee.

- If your leg is too straight or your foot cannot touch the pedal your will need to lower the seat. If your leg is bent too much you will need to raise the seat.

- Dismount the bike and release / pull the seat post adjustment handle once loosened you may slide the eat post up or down as necessary.

- When the seat is in the desired position push the seat stem adjustment handle forward to secure the seat post. Note the final position mark on the seat stem for future reference.
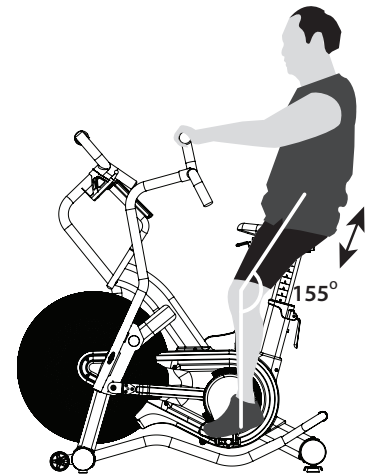
Seat Fore/Aft Position:

- Adjusting the fore/aft allows for a better fit. Dismount the bike and pull the seat adjustment handle and slide the seat forward or backward.

- Sit on your bike with cranks in the 3 & 9 o'clock position. Proper fore/ aft position is achieved when the small bump at the top of the shin directly below the knee cap (tibial tuberosity) is approximately over the pedal axle (at the 3 o'clock position).

- Dismount the bike and release the adjustment handle to secure the seat.

2. Pedal Strap Adjustment:

The straps of the Air Bike Unlimited are designed to allow you to adjust the pedal to your individual foot size. The pedal includes spring-loaded, locking clips for easy adjustments. Follow the steps below to adjust the straps so that your foot does not slip or slide about on the pedal.

- Place the ball of each foot on the center of the pedal and under the strap.

- Rotate the pedals until one foot is in the position closest to you.

- To tighten the straps, simply pull down on the end of the strap until it fits snugly over your shoe. Make sure that the strap is secure, but not overly tight or pressing uncomfortably on your foot.

- Repeat these steps for the other foot.

- To lossen the pedal strap, press down at the top of the clip that holds the strap secure, and pull the strap up. Release the clip to lock the strap into place.

3 .

- Now that you have established a riding position, take a few minutes to ride the bike and confirm that your position is comfortable. Start pedaling at a slow pace with your toes and knees pointed directly forward. Hold the grips lightly and in a position that allows your shoulders and upper body to relax. Pedal easily at a low resistance until your feel confident that you could ride in that position comfortably for the duration of your workout.
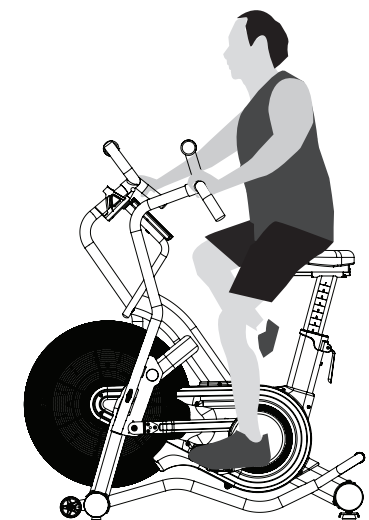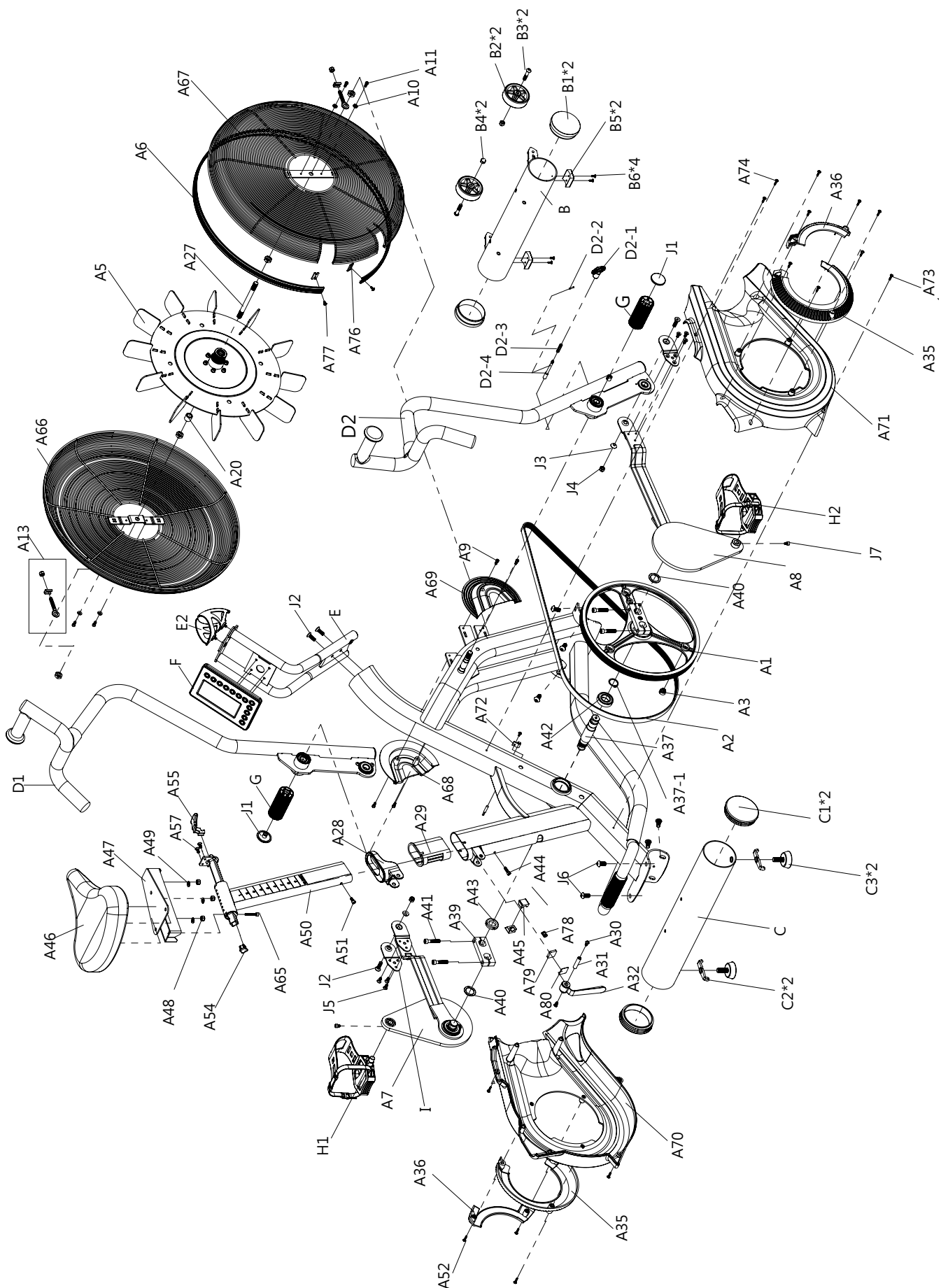
  WARNING: The equipment is not equipped with a free wheel and therefore the moving parts cannot be stopped immediately.

155°

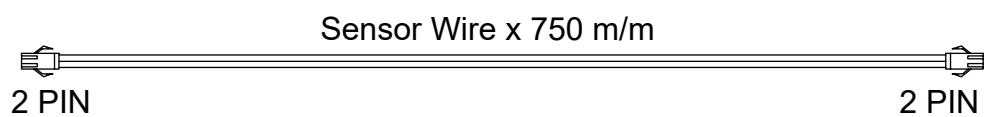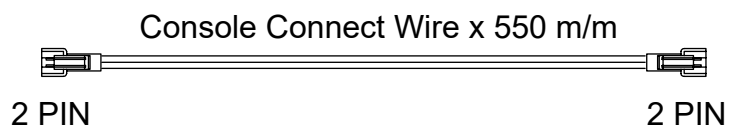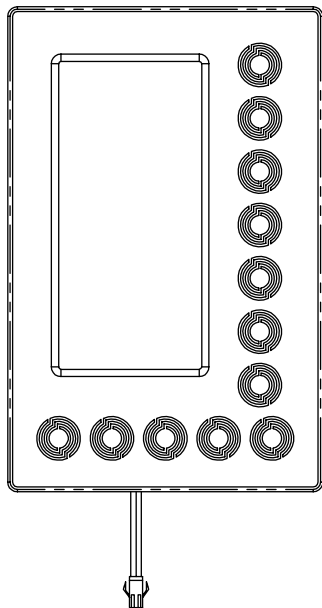**!** **NOTE: This product has an integrated speed dependent resistance / braking system.**

Parts List

P/N	DESCRIPTION	Q'TY	P/N	DESCRIPTION	Q'TY
A	Main Frame	1	A68	Front Fan Wheel Cover - L	1
A1	Ribbed Belt Wheel - OD360mm	1	A69	Front Fan Wheel Cover - R	1
A2	Ribbed Belt - 690 J7	1	A70	Chain Cover (L)	1
A3	Magnetic (OD15 X 7mm)	1	A71	Chain Cover (R)	1
A5	Steel - Fan Assembly	1	A72	Sensor Housing	1
A6	Plastic Strip	1	A73	Phillip Head Self Tapping Screw (M4 x 12mm)	4
A7	Shaped Crank Plate- L	1	A74	Phillip Head Self Tapping Screw (M4 x 15mm)	4
A8	Shaped Crank Plate- R	1	A76	Plastic Strip Holder	2
A9	Hex Socket Head Cap Bolt (M5 X 6mm)	4	A77	Phillip Head Machine Screw (M4 X 10mm)	2
A10	Flat Washer (M5 X Ø13 X 1T)	4	A78	Spring	1
A11	Hex Socket Head Cap Bolt (M5 X 15mm)	4	A79	Gasket	1
A12	Hex Nut - M12	4	A80	Metal Plate	2
A13	Fan Wheel Axle Adjusting Screw Set - M8	2	B	Front Stabilizer	1
A20	Metal Spacer - Ø19 X Ø12.5 X Ø18.7mm	1	B1	Front Stabilizer End Cap	2
A27	Fan Wheel Axle (OD12 X 155mm)	1	B2	Moving Wheel	2
A28	Seat Post Mounting Cap	1	B3	Allen Head Bolt (M8 X 40mm)	2
A29	Seat Post Reducer Spacer	1	B4	M8 Capnut	2
A30	Allen Head Bolt (M6 X 10mm)	2	B5	Foot Stop	2
A31	Metal Sleeve - (Ø10 X 43.2mm)	1	B6	Phillip Head Machine Screw (M4 x 12mm)	4
A32	Cam Handle	1	C	Rear Stabilizer	1
A35	Crank Arm Cover (R + L) - Large	2	C1	Rear Stabilizer End Cap - Ø101.6	2
A36	Crank Arm Cover (R + L) - Small	2	C2	Height Adjustable Lock	2
A37	Crank Axle - M25 X P1.5	1	C3	Height Adjustable Foot Stop - Ø50	2
A37-1	C-Clip S25	1	D1	Dual Action Handle Bar (L)	1
A39	Crank Arm Assembly (L)	1	D2	Dual Action Handle Bar (R)	1
A40	Spacer (Ø25 X 31 X T2mm)	1	D2-1	Lock Pin Knob	1
A41	Hex Socket Head Cap Bolt (M8 X 40mm)	2	D2-2	Lock Pin Axle Keeper	1
A42	Bearing - 6005ZZ	4	D2-3	Lock Pin Spring	1
A43	Axle Adapter Washer	1	D2-4	Lock Pin Axle	1
A44	Hex Socket Head Cap Bolt (M6 X 20mm)	1	E	Console Support Frame	1
A45	Metal Stop	1	E2	Bottle Holder (W/Screw)	1
A46	Saddle (LS-A22)	2	F	Console Assembly	1
A47	Saddle Base	1	G	Foot Peg	2
A48	Nylon Locknut - M8	3	H1	Pedal Set - L	1
A49	Spring Washer - M8	3	H2	Pedal Set - R	1
A50	Seat Post	1	I	Fixing Plate	2
A51	Hex Socket Head Cap Bolt (M6 X 16mm)	1	J1	End Cap	2
A52	Phillip Head Self Tapping Screw	1	J2	Hex Socket Flat Head Bolt (M8 X 30mm)	4
A54	Square End Cap	1	J3	M8 Nylon Locknut	2
A55	Adjustment Grip	1	J4	Disc Spring Spacer	2
A57	Hex Socket Flat Head Machine Screw(M6X15)	1	J5	Hex Socket Flat Head Machine Screw (M6 X 15mm)	6
A65	Hex Socket Head Cap Bolt (M6 X 35mm)	1	J6	Allen Head Bolt (M10 X 20mm)	8
A66	Steel - Fan Wheel Cover - L	1	J7	Hex Socket Head Cap Bolt (M6 X 8mm)	2
A67	Steel - Fan Wheel Cover - R	1			

I - 1 Console Assembly

Console Connect Wire x 550 m/m

2 PIN   2 PIN

Sensor Wire x 750 m/m

2 PIN   2 PIN

Speed Sensor x 150 m/m

2 PIN

Cascade Health and Fitness Warranty

CASCADE
HEALTH & FITNESS®

WARRANTY		
PARTS		**LABOR**
FRAME	LIFETIME	1 YEAR FOLLOWING CUSTOMER INSTALLATION
NON WEARABLE PARTS	5 YEARS	
ELECTRONICS	2 YEARS	
PEDALS	2 YEARS	
WEARABLES	2 YEARS	
NEED ASSISTANCE? Customer Service: (425) 402 - 4062		

Prior to contacting our Customer Service Department, please have the following information:

■ Your name, Customer Number, Shipping Address & Telephone Number

■ Serial Number(s) of the inoperable bike(s)

■ Date(s) of Purchase for the inoperable bike(s)

■ Your Billing Address

The above information will ensure that you are the only one ordering parts under your warranty protection. If warranty replacement parts are shipped to you, you may be required to return the inoperable part(s). To facilitate this process, the following policy has been established:

■ Contact our **Customer Service Department** to receive a **Return Authorization #** prior to shipment

■ Cascade will incur all UPS Ground freight charges for Warranty Parts ordered for a machine that is less than 90 days old. You are responsible for freight charges on warranty parts for machines that are more than 90 days old. You will not be responsible for freight charges for any returned inoperable parts.

■ If an inoperable warranty parts(s) must be returned to our Customer Service Department, we will pay the shipping cost and provide detailed return shipping instructions. These instructions will be sent along with your warranty replacement part (s)

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