

CASCADE

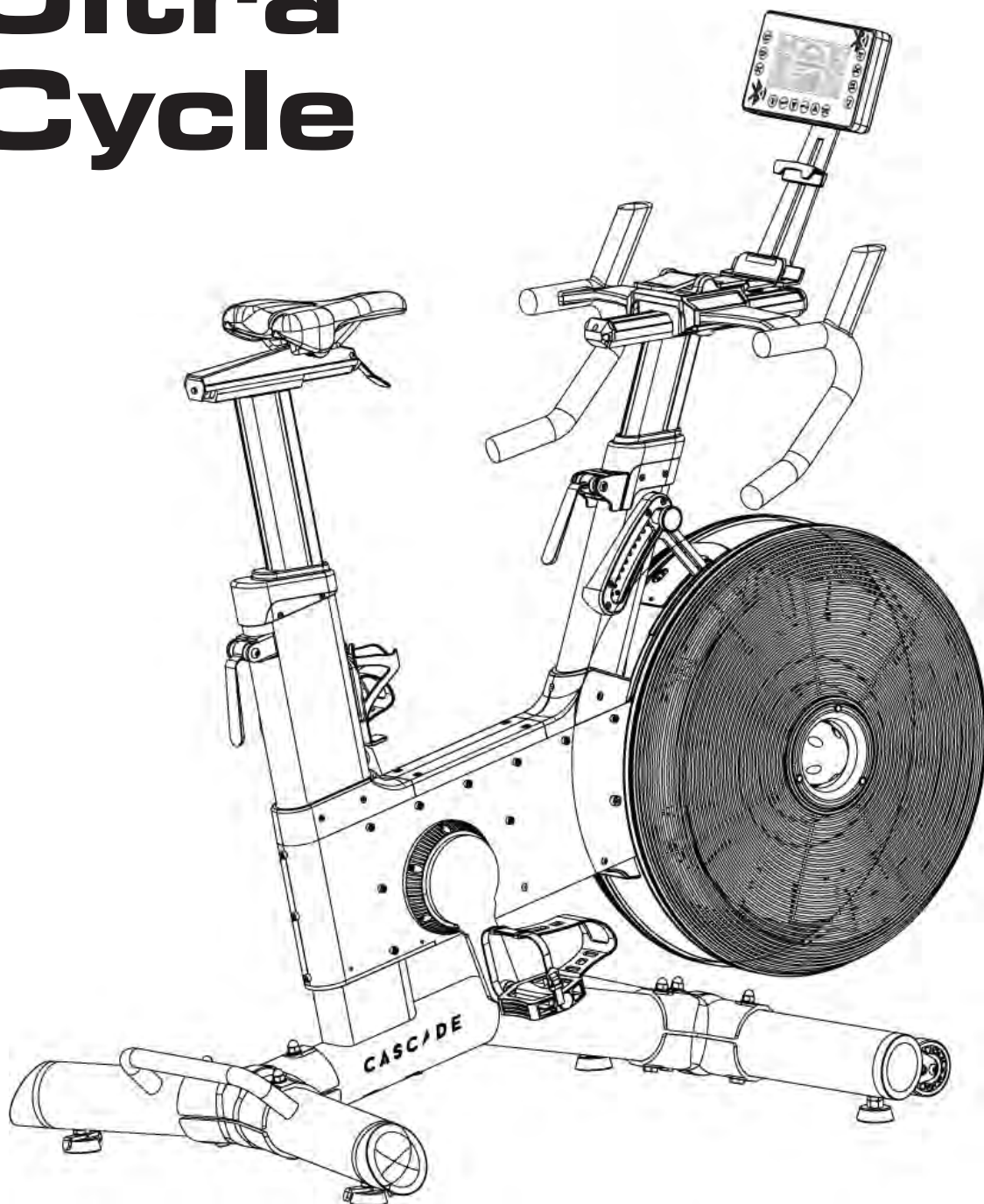
HEALTH & FITNESS®

ULTRA CYCLE

MODEL # 402020

VERSION: 2025 /05/22

Ultra Cycle



**PLEASE READ THIS INSTRUCTION MANUAL
BEFORE YOU BEGIN ASSEMBLY**

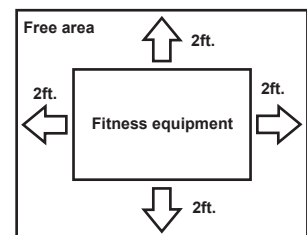
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PLEASE READ THIS INSTRUCTION MANUAL BEFORE YOU BEGIN ASSEMBLY. GREAT CARE HAS BEEN TAKEN TO DESIGN THESE INSTRUCTIONS AND FOLLOWING THEM WILL HELP YOU WITH QUICKER ASSEMBLY AND MINIMISE THE RISK OF INJURY

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 while 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 pedals and pedal straps 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 bike is 330lbs.
- Don't rock the bike from 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 integrated resistance system without a constant power mode that is governed by magnetic resistance.
- 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 electrical components, such 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 2ft. 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 bike when in use or move it around.

Safety Standards

This cycle meets the requirements of the EN ISO 209587-1: 2013, EN ISO 20957-5: 2016 Class SC and also the EU's EMC, EN 300328 V2.2.2 (BT+BLE) EN 300328 V2.2.2 (ANT+) (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 pedals, handles & seat 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.
- Overall size of equipment (inch) : 53" x 31" x 57".

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



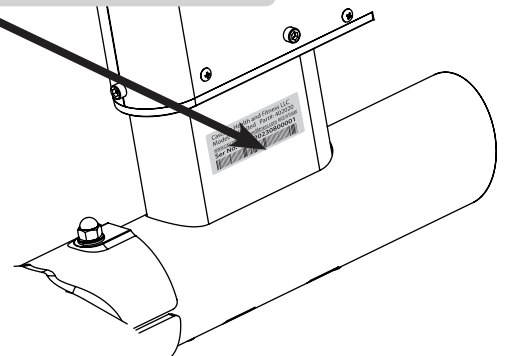
Customer Support

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

Your Serial No. is:

Cascade Health and Fitness LLC
Model: Unlimited Part#: 402020
www.cascadehealthandfitness.com **MADE IN TAIWAN**
Ser No. 402020230800001

Contact Us

info@cascadehealthandfitness.com
p 425-402-4063

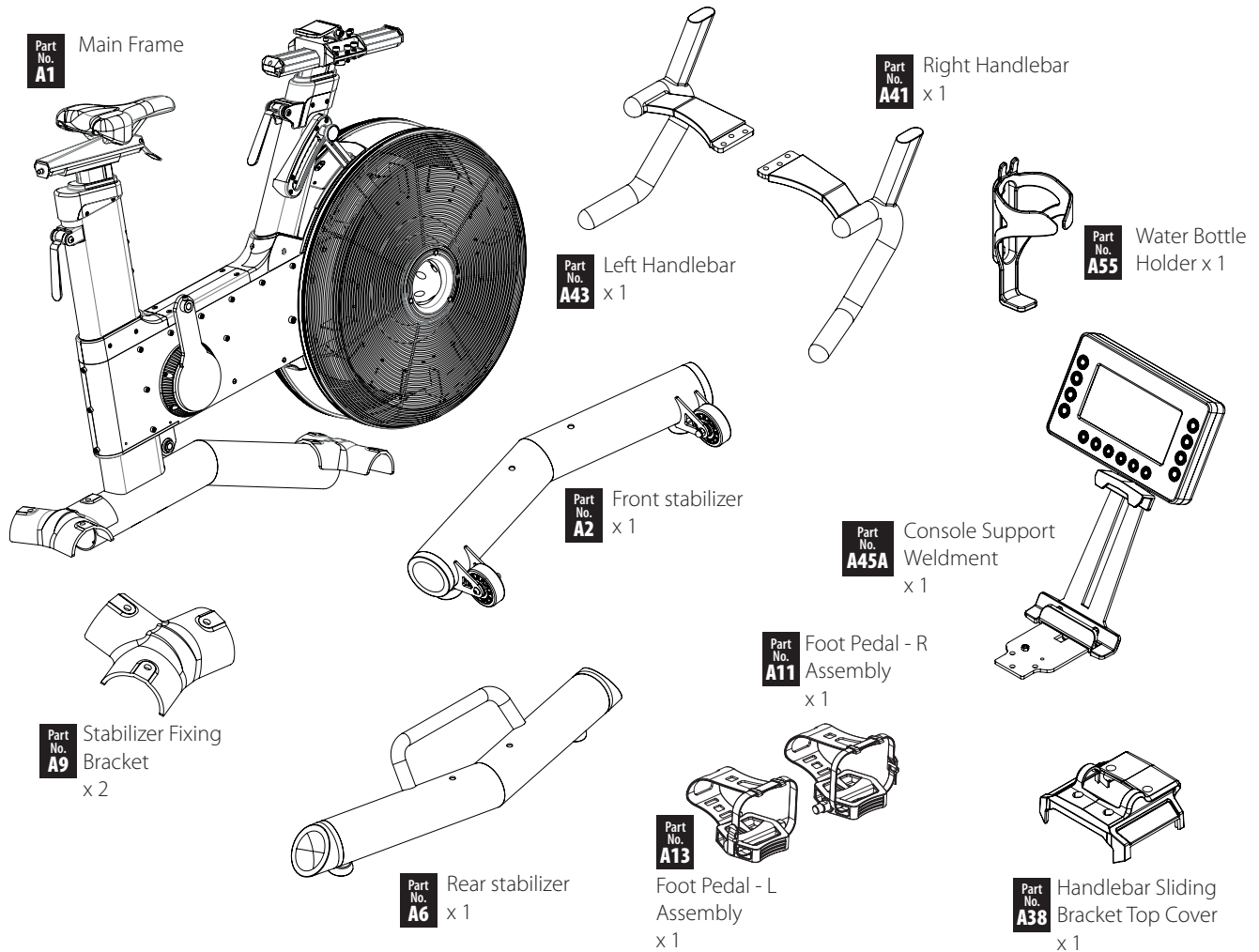
Assembly Instruction

CASCADE

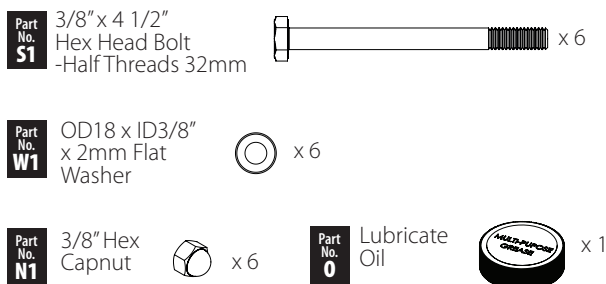
HEALTH & FITNESS®

Before you start

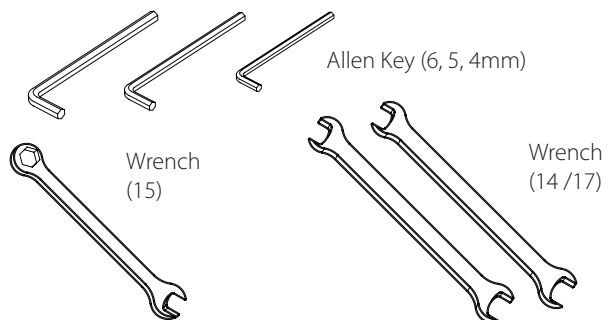
- 1. Prepare your work area -** it is important you assemble the product in a clean and uncluttered space.
- 2. Work with a friend -** we recommend you have someone assist you with the assembly as some of the components are quite heavy.
- 3. Open the carton -** checking any warnings on the carton and make sure you have it the right way up.
- 4. Unpack the carton**
Make sure you have the following parts:



Fixings



Tools and Consumables



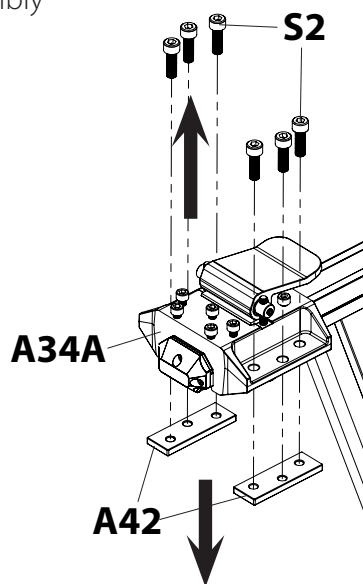
! This cycle takes up a floor space of 59" x 35" and weighs 194lbs

! 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 Grip Handlebars

1-1. Remove the Fixings from the both sides of sliding assembly

- Loosen the three **M8 x 25mm Hex Socket Head Bolt (S2)** from the right side of **Handlebar Sliding Assembly (A34A)** and remove the **Fixing Threads Plate (A42)**.
- Loosen the three **M8 x 25mm Hex Socket Head Bolt (S2)** from the left side of **Handlebar Sliding Assembly (A34A)** and remove the **Fixing Threads Plate (A42)**.



1-2. Attach the Grip Handlebars

- Attach the **Right Grip Handlebar (A41)** to the right side of **Handlebar Sliding Assembly (A34A)** with three **M8 x 25mm Hex Socket Head Bolt (S2)** and **Fixing Threads Plate (A42)** then tighten these bolts with 6mm Allen Key securely.
- Attach the **Left Grip Handlebar (A43)** to the left side of **Handlebar Sliding Assembly (A34A)** with three **M8 x 25mm Hex Socket Head Bolt (S2)** and **Fixing Threads Plate (A42)** then tighten these bolts with 6mm Allen Key securely.

FIXINGS:

Part No.
S2



x 6

TOOLS:



6mm

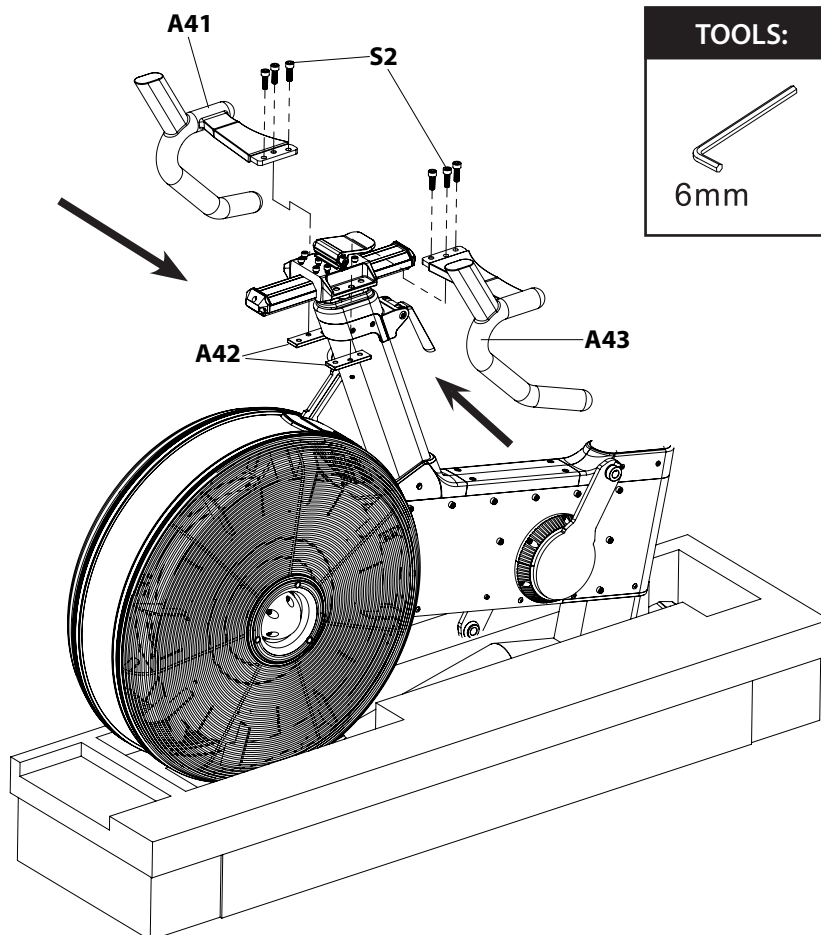
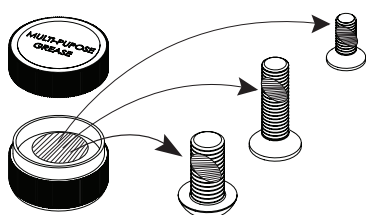
Be sure to fit the parts in the same order as the diagrams shown.

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

Make sure the grip handlebars on the sliding assembly face out after assembly.

LUBRICATE BEFORE ASSEMBLY

Please lubricate the fastenings before assembly by applying some of the "multi-purpose grease" to each bolt shaft.

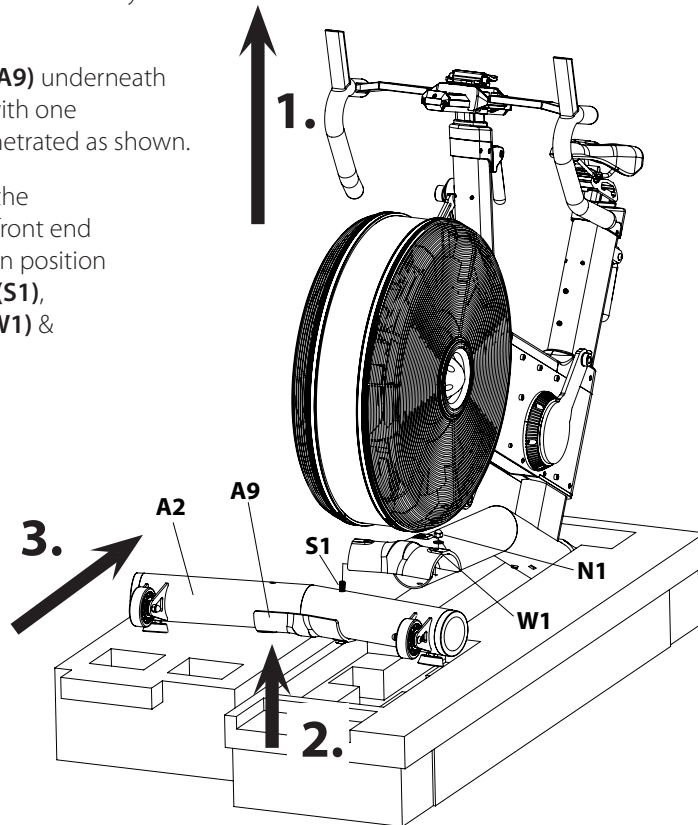


2. Attach the Front Stabilizer

- Have someone to assist you to hold the grip handlebars and raise the front end of the Ultra Cycle evenly above the bottom packaging and locate the side part of packaging material beside the bottom one carefully as shown.
- Attach the **Stabilizer Fixing Bracket (A9)** underneath the **Front Stabilizer (A2)** in position with one **3/8" x 4 1/2" Hex Head Bolt (S1)** penetrated as shown.
- Attach the **Front Stabilizer (A2)** with the **Stabilizer Fixing Bracket (A9)** to the front end stabilizer bracket of **Main Frame (A1)** in position with one **3/8" x 4 1/2" Hex Head Bolt (S1)**, **OD18 x ID3/8" x 2mm Flat Washer (W1)** & **Hex Head Cap nut (N1)** and secured but not fully tighten yet.

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

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



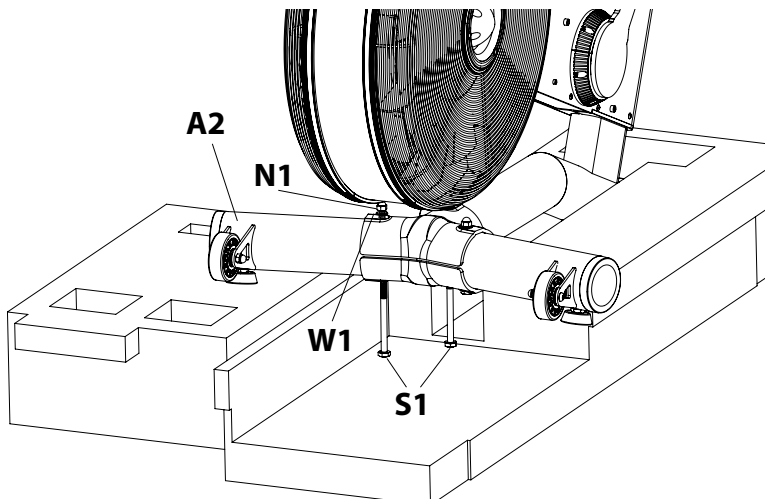
FIXINGS:



TOOLS:

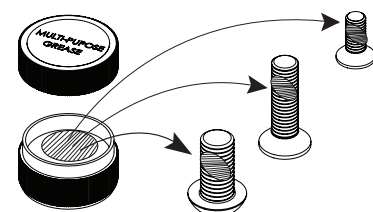


- Threads the other two **3/8" x 4 1/2" Hex Head Bolts (S1)**, **OD18 x ID3/8" x 2mm Flat Washers (W1)** & **Hex Head Cap nuts (N1)** to secured the **Front Stabilizer (A2)** but not fully tighten yet.



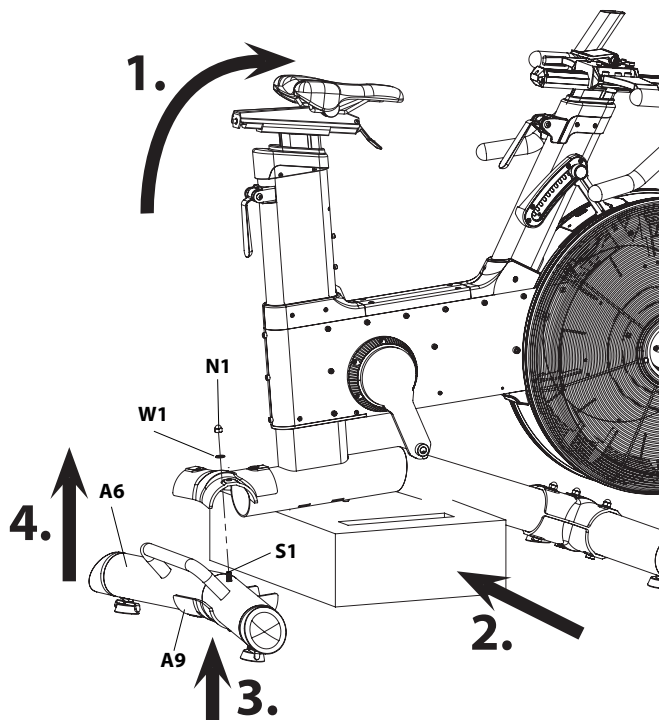
LUBRICATE BEFORE ASSEMBLY

Please lubricate the fastenings before assembly by applying some of the "multi-purpose grease" to each bolt shaft.

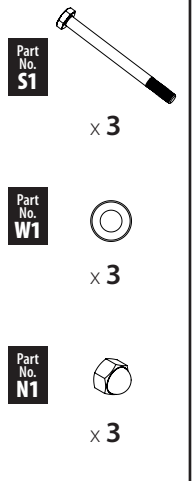


3. Attach the Rear Stabilizer

- Have someone to assist you to hold the grip handlebars and move the Ultra Cycle evenly out from the bottom packaging and then locate the side part of the packaging material underneath the basement of Ultra Cycle carefully as shown.
- Attach the **Stabilizer Fixing Bracket (A9)** underneath the **Rear Stabilizer (A6)** in position with one **3/8"x 4 1/2"Hex Head Bolts (S1)** penetrated as shown.
- Attach the **Rear Stabilizer (A6)** with the **Stabilizer Fixing Bracket (A9)** to the rear end stabilizer bracket of **Main Frame (A1)** in position with one **3/8"x 4 1/2"Hex Head Bolt(S1)**, **OD18 x ID3/8"x 2mm Flat Washer (W1)** & **Hex Head Cap nut (N1)** and secured but not fully tighten.



FIXINGS:



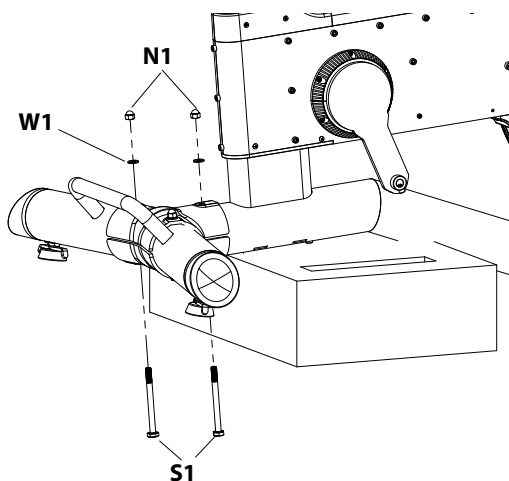
TOOLS:



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

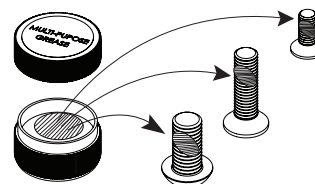
Make sure the grip handle welded on the rear stabilizer face out after assembly.

- Threads the other two **3/8"x 4 1/2"Hex Head Bolts(S1)**, **OD18 x ID3/8"x 2mm Flat Washers (W1)** & **Hex Head Cap nuts (N1)** to secured the **Rear Stabilizer (A6)** but not fully tighten yet.



LUBRICATE BEFORE ASSEMBLY

Please lubricate the fastenings before assembly by applying some of the "multi-purpose grease" to each bolt shaft.



Make sure the bolts are fully tighten with the Wrenches.

- Move the current assembly with front & rear stabilizers to a flat, level surface and tighten all of the bolts, washers & cap nuts securely with two 14/17 Wrenches provided.

4. Attach the Pedals

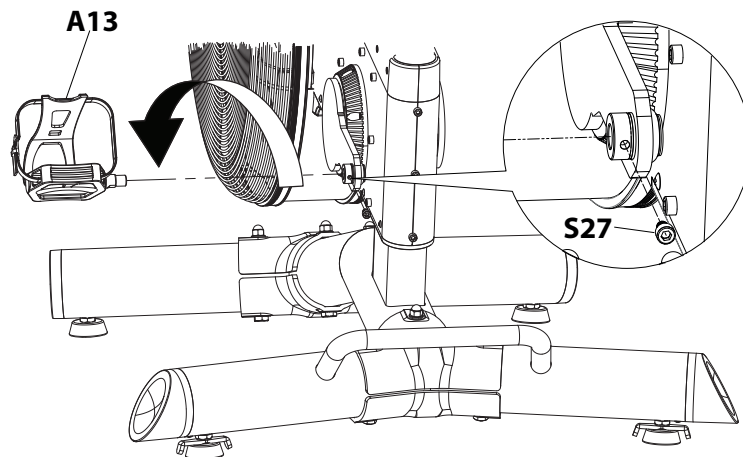
4-1. Attach the Left Pedal

- Loosen the **M6 x 8mm Hex Socket Head Bolt (S27)** fitted on the **Left Crank Arm (A12)**.
- Attach the **Left Pedal (A13)** to the **Left Crank Arm (A12)** and thread counter clockwise and fasten with the **#15 Wrench** provided.
- Fasten the **M6 x 8mm Hex Socket Head Bolt (S27)** fitted on the **Left Crank Arm (A12)** with the **5mm Allen Key** provided.

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

This pedal will be threaded on counter clockwise and tightened with the #15 wrench provided.

Make sure the bolt is fully tighten with the allen key provided.

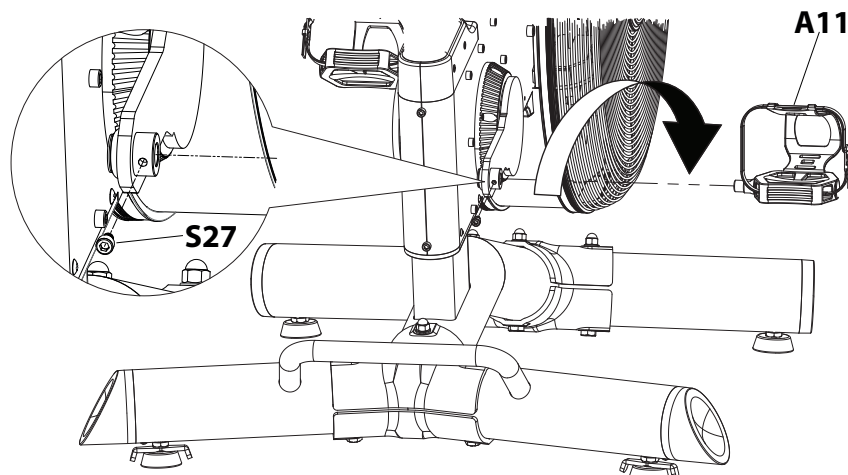


TOOLS:

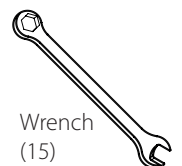


4-2. Attach the Right Pedal

- Loosen the **M6 x 8mm Hex Socket Head Bolt (S27)** fitted on the **Right Crank Arm (A10)**.
- Attach the **Right Pedal (A11)** to the **Right Crank Arm (A10)** and thread clockwise and fasten with the **#15 Wrench** provided.
- Fasten the **M6 x 8mm Hex Socket Head Bolt (S27)** fitted on the **Right Crank Arm (A10)** with the **5mm Allen Key** provided.



TOOLS:



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

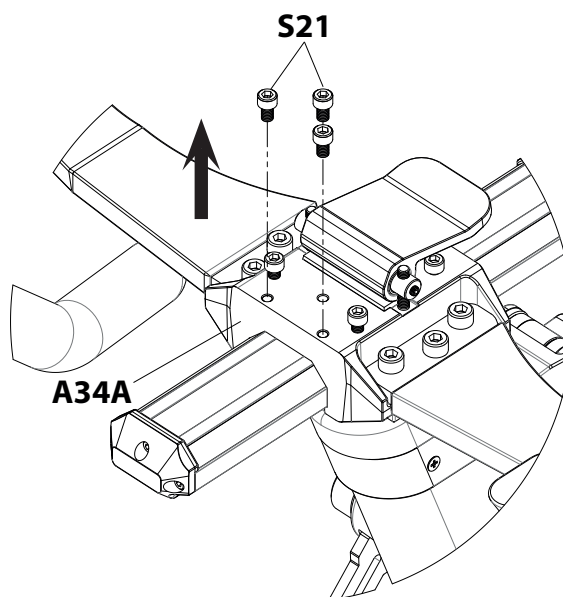
This pedal will be threaded on clockwise and tightened with the #15 wrench provided.

Make sure the bolt is fully tighten with the allen key provided.

5. Attach the Console Support Assembly

5-1. Remove the Fixings from the top of sliding assembly

- Loosen the three **M6 x 12mm Hex Socket Head Bolt (S21)** from the front end of **Handlebar Sliding Assembly (A34A)** carefully.



FIXINGS:

Part No.
S21



x 3

TOOLS:



5mm

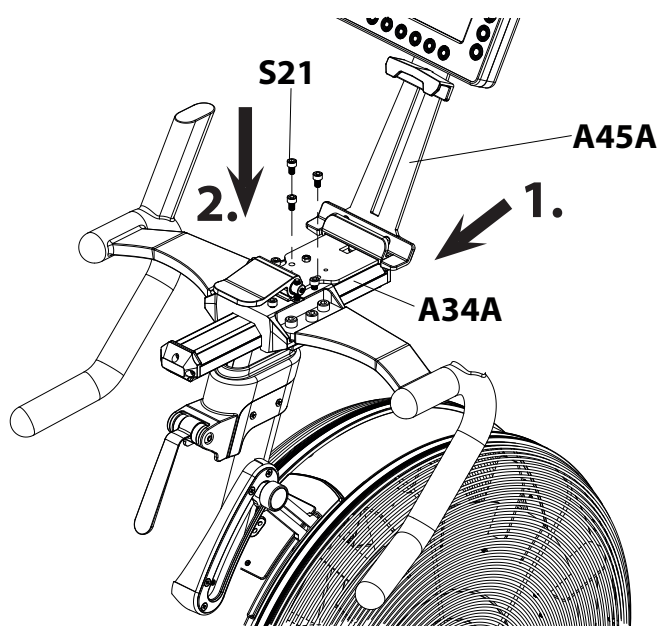
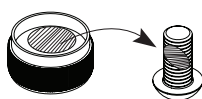
5-2. Attach the Console Support Assembly

- Attach the **Console Support Assembly (A45A)** to the front end of **Handlebar Sliding Assembly (A34A)** with three **M6 x 12mm Hex Socket Head Bolt (S21)** then tighten these bolts with **5mm Allen Key** securely.

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

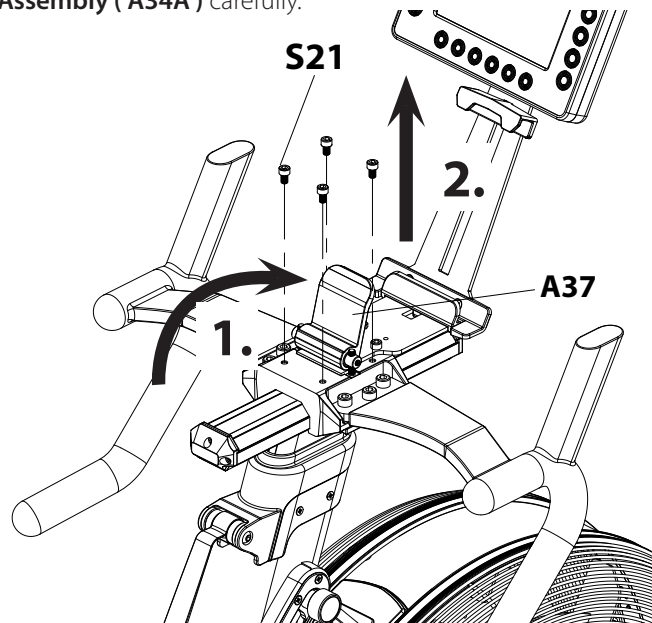
Make sure the screw is fully tightened with the allen key.

LUBRICATE BEFORE ASSEMBLY



5-3. Attach the Sliding Assembly Top Cover

- Pull up the **Handlebar Sliding Cam (A37)** and locate it on the top of **Sliding Assembly (A34A)** vertically as shown
- Loosen the four **M6 x 12mm Hex Socket Head Bolt (S21)** from the top of **Handlebar Sliding Assembly (A34A)** carefully.



FIXINGS:

Part No.
S21



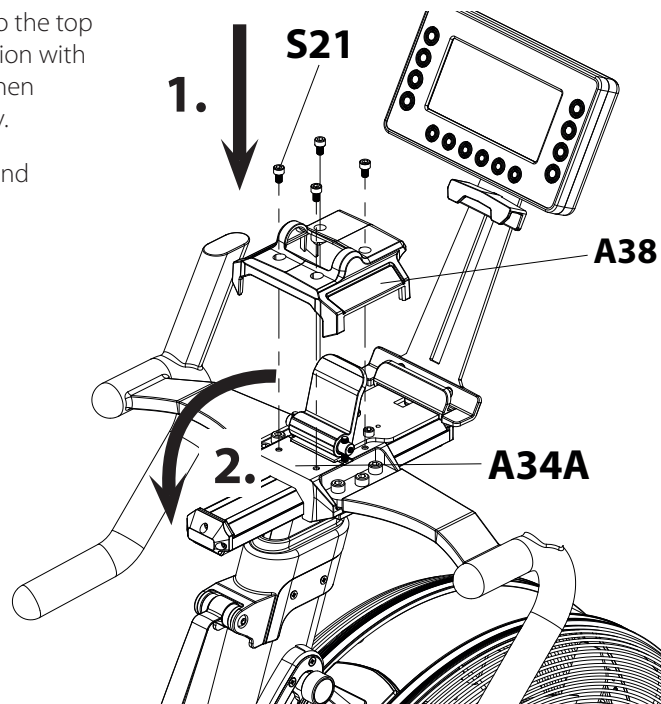
× 4

TOOLS:



5mm

- Attach the **Sliding Assembly Top Cover (A38)** to the top of **Handlebar Sliding Assembly (A34A)** in position with four **M6 x 12mm Hex Socket Head Bolt (S21)** then tighten these bolts with **5mm Allen Key** securely.
- Press Down the **Handlebar Sliding Cam (A37)** and secure the **Sliding Assembly (A34A)** in position.



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

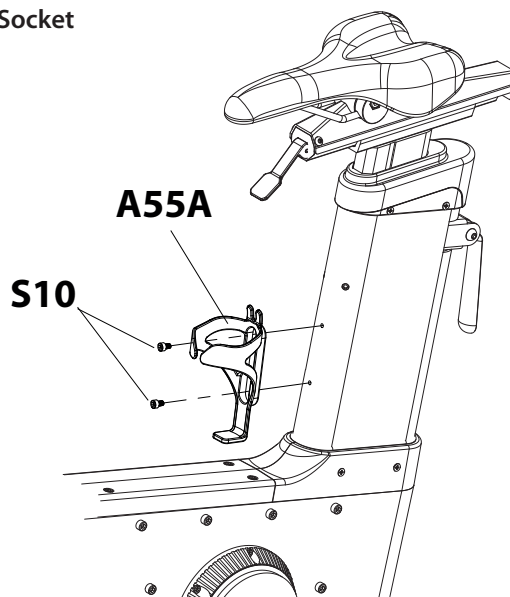
Make sure the screw is fully tightened with the allen key.

6. Attach the Bottle Holder

- Loosen the two **M5 x 10mm Hex Socket Head Bolt (S10)** from the front end of Seat Post Mounting Tube as shown carefully.
- Attach the **Bottle Holder (A55A)** to the front end of Seat Post Mounting Tube with two **M5 x 10mm Hex Socket Head Bolt (S10)** then tighten these bolts with **4mm Allen Key** securely.

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.



FIXINGS:

Part No.
S10



x 2

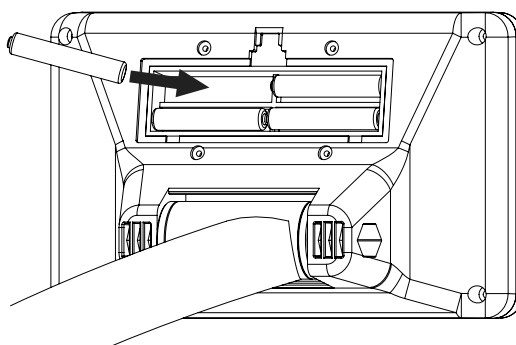
TOOLS:



4mm

7. Insert the Batteries

- Open the battery cover behind of the **Console (A44)** and install the **AA R6 1.2V 2000mAh NI-MH Rechargeable Battery** x 4 provided into the compartment in the back of the console properly.
- Attach the battery cover onto the console securely.



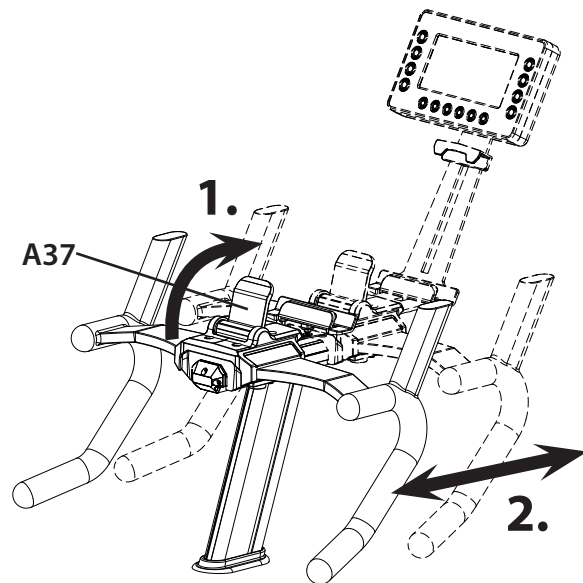
Final Checks

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

- Make sure you have positioned the cycle on a flat, level surface.
- Make sure you have tighten all of screws, bolts and nuts securely.

Adjusting the Handlebar reach

1. Pull up the handlebar forward / aft **Sliding Cam (A37)**.
2. Slide the handlebar evenly either forward or backward as desired.
3. Press down the **Sliding Cam (A37)** to secure the handlebar position set.

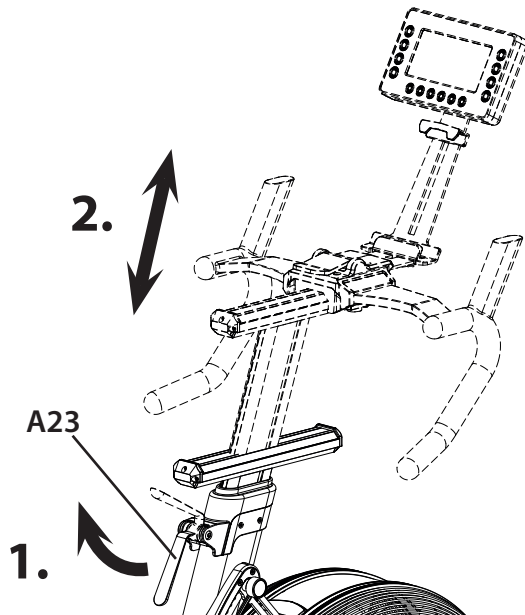


Adjusting the Handlebar height

1. Pull up the Handlebar Post **Adjustment Cam (A23)**.
2. Slide the Handlebar Post evenly either upward or downward as desired.
3. Press down the **Adjustment Cam (A23)** to secure the handlebar post position set.



Do not pull the handlebar post out too far – the maximum is indicated on the handlebar post.

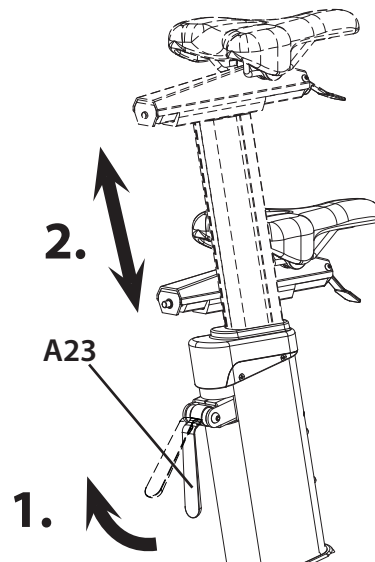


Adjusting the seat height

1. Pull up the Seat Post **Adjustment Cam (A23)**.
2. Slide the Seat Post evenly either upward or downward as desired.
3. Press down the **Adjustment Cam (A23)** to secure the Seat post position set.

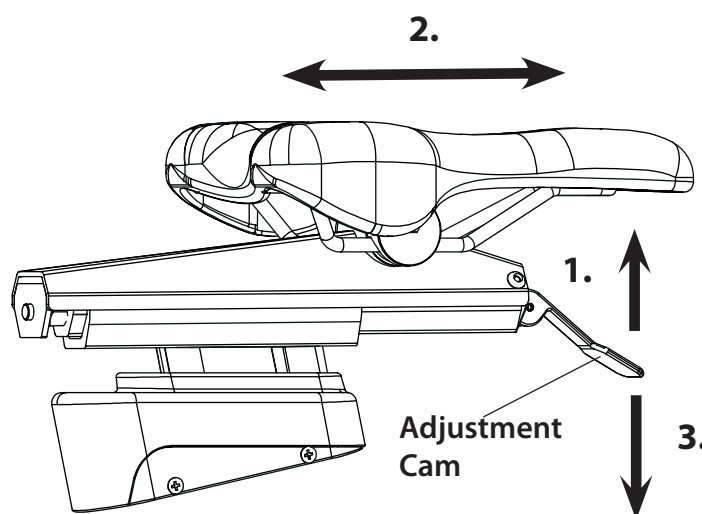


Do not pull the seat post out too far – the maximum is indicated on the seat post.



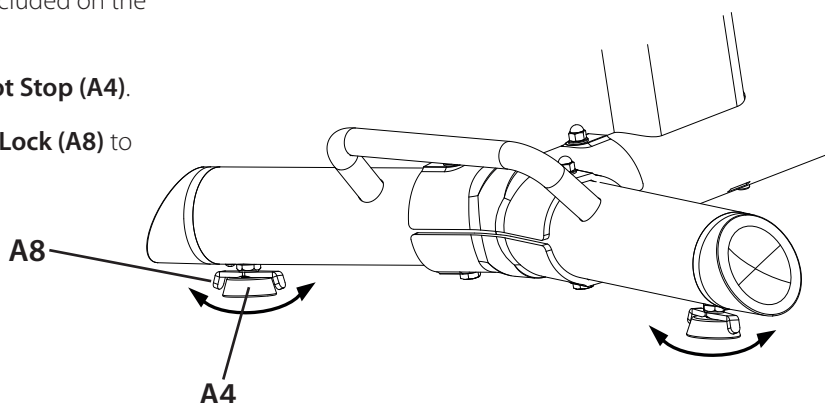
Adjusting the seat fore/aft

1. Pull up the **Adjustment Cam** to release the sliding post.
2. Move the saddle to your ideal position.
3. Press down the **Adjustment Cam** to lock your saddle.



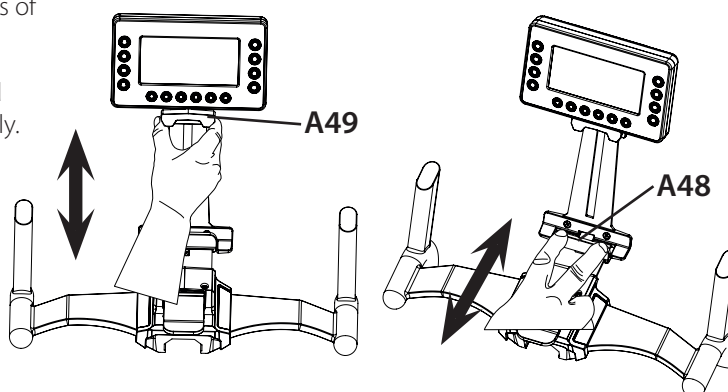
Levelling your cycle

1. To help you level the Cycle on uneven surface, there are two height adjustable **Foot Stop (A4)** are included on the rear stabilizer.
2. Simply turn it to adjust the height of the **Foot Stop (A4)**.
3. Double secure it by turning the **Adjustable Lock (A8)** to end of the stabilizer.



Adjusting the mobile phone holder

1. Use your thumb & index fingers to hold & slide both edges of the **Top Clip (A49)** up to high position on the phone holder.
2. Use your index & middle fingers to pull & slide both edges of the **Adjustable Rest (A48)** backwards.
3. Locate your mobile phone to the **Holder Base (A47)** and release the **Rest (A48)** forward to hold the phone properly.
4. Slides down the **Top Clip (A49)** to hold the phone completely as shown.

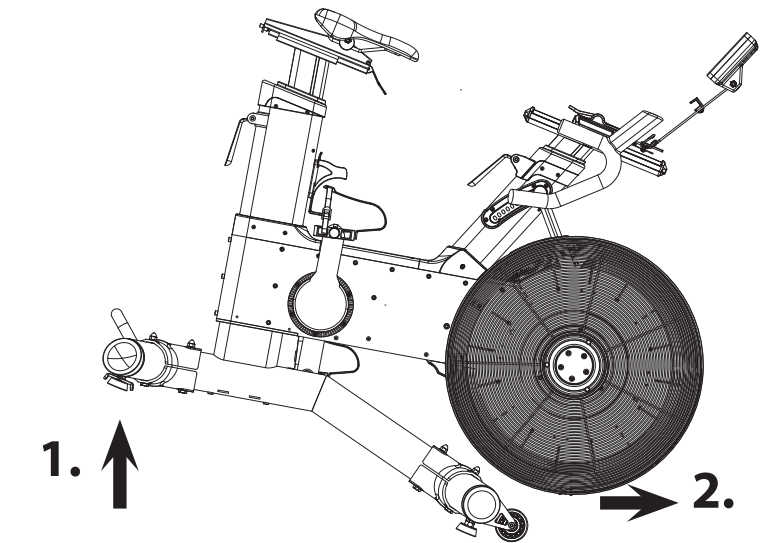


Transporting your cycle

1. Your Ultra Cycle has two Transport Wheels (A5) on the front stabilizer.
2. Lift your Cycle using the handle at the rear stabilizer and pull or push to move it around.



**DO NOT USE THE CONSOLE SECTION
TO TIP AND TRANSPORT
THE CYCLE**



Adjusting the Resistance

1. This Cycle features a speed independent (11 levels adjustable) system.
2. The harder you pedalling, the more resistance you will feel. As you put more effort into your cycling, you will go faster, produce more watts, and burn more calories. But it is more important to cycling for a longer time than to cycling harder.
3. The resistance is controlled by a magnet assembly, which is moved closer or further away from the fan wheel assembly – the closer the magnet is to the fan wheel the harder the resistance.
4. The magnet is controlled manually, by pull & adjust the knob up or down.
5. The resistance levels goes from 1 = easy to 11 = hard.

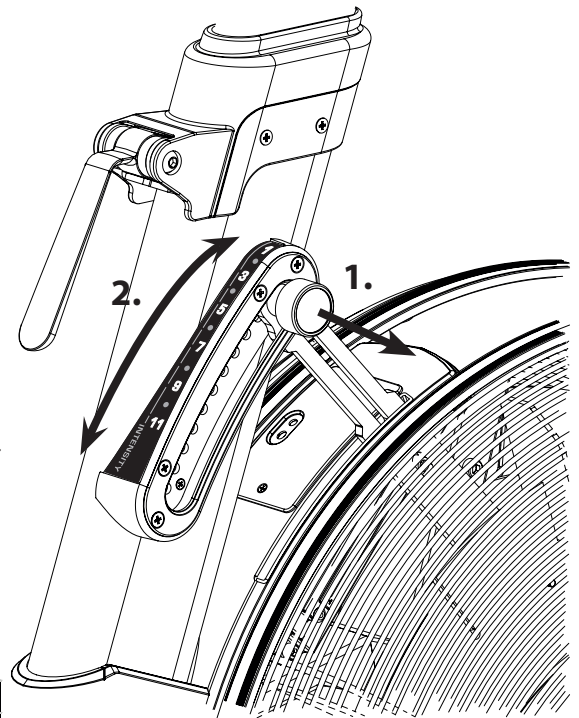


Table of Watts V.S.RPM with Level 1 ~ Level 11

RPM	20	30	40	50	60	70	80	90
L1	4	11	24	44	72	110	160	223
L2	5	12	25	45	74	114	165	229
L3	6	14	29	52	86	125	179	249
L4	8	19	37	63	105	149	213	287
L5	13	28	55	89	134	193	266	354
L6	19	44	85	126	197	274	359	464
L7	30	71	119	183	265	360	448	570
L8	40	87	154	240	324	442	566	690
L9	51	114	183	284	384	510	638	788
L10	57	121	205	310	424	554	691	856
L11	59	126	210	315	433	566	707	871

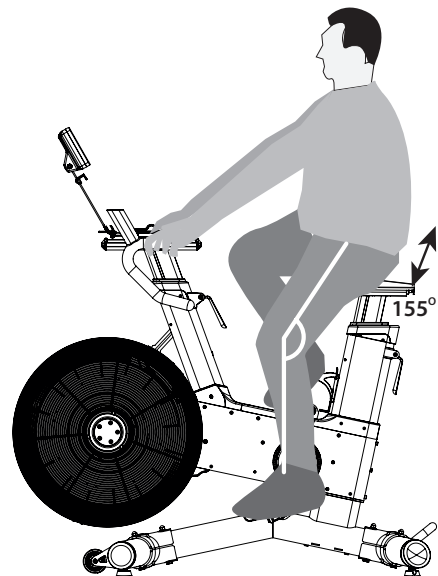
Setting up your Ultra Cycle

Taking a moment to learn how to correctly fit your **Ultra Cycle** will make your workouts a more pleasant experience. The design of the **Ultra Cycle** provides more seat and handlebar adjustability than any other upright cycle available. Making full use of these features will give you the most comfortable ride possible and ensure maximum exercise efficiency. Using the cycle in a incorrect position can result in unnecessary discomfort and increase the risk of injury.

1. Seat Adjustment

1-1. Seat Height:

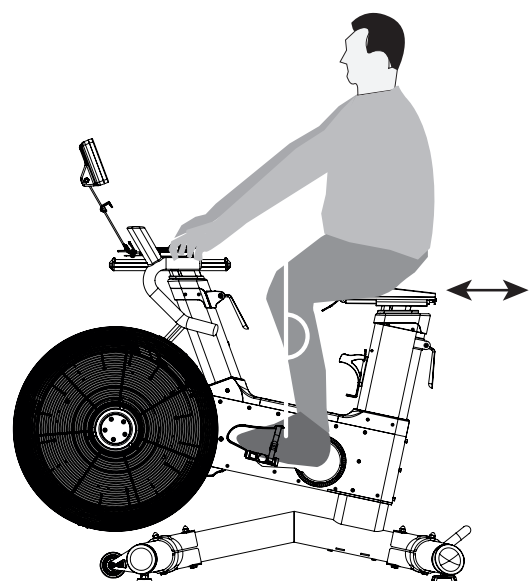
- Rotate the pedals so that one of the pedals is in the upward position.
- Place your foot in the toe clip the pedal closest to the floor and mount the cycle. Ensure that the ball of your foot is over the center of the pedal. Your leg should be slightly bent at the knee.
- If your leg is too straight or your foot cannot touch the pedal you will need to lower the seat. If your leg is bent too much you will need to raise the seat.
- Dismount the cycle and release / pull the seat post adjustment handle once loosened you may slide the seat 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.



**Do not pull the seat post out too far
– the maximum is indicated on the seat post.**

1-2. Seat Fore / Aft Position

- Adjusting the fore /aft allows for a better fit. Dismount the cycle and pull up the seat fore /aft adjustment cam and slide the seat forward or backward.
- Sit on your cycle with the 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)
- Press down the adjustment cam to secure the seat position set.
- Note the final position mark under the seat for future reference.



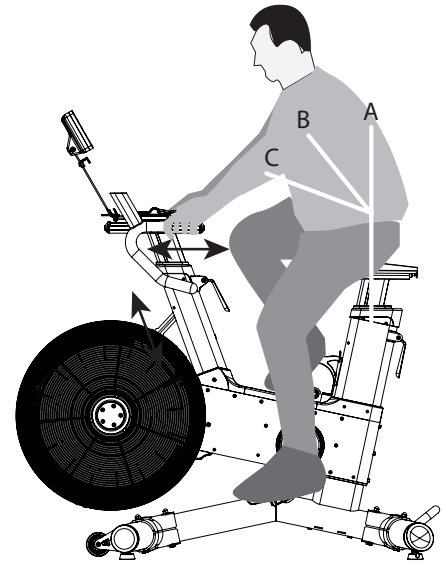
2. Handlebar Adjustment:

2-1. Handlebar Height:

- To raise or lower the handlebar, dismount the cycle and pull up the handlebar post adjustment cam and slide the post up or down.
- Handlebar height is a matter of preference, start with the handlebar at the same height as the seat. Adjusting the handlebar higher than the seat will give the rider a more upright position, lowering them will result in a more flexed position.
- Press down the handlebar post adjustment cam to secure the handlebar height set.



Do not pull the handlebar post out too far – the maximum is indicated on the handlebar post.



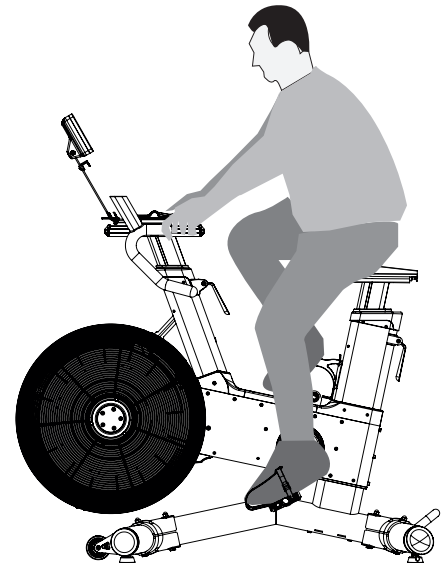
2-2. Handlebar Fore / Aft Position:

- Pull up the handlebar forward / aft adjustment cam and slide the handlebar either forward or backward as desired.
- The forward /aft position should be set to allow the rider to comfortably grasp the handles with a slight bend at the elbow.
- Press down the adjustment cam to secure the handlebar position set.

3. Pedal Strap Adjustment:

The straps of the Cycle 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 loosen 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.



4. Comfortable Position Check:

- Now that you have established a riding position, take a few minutes to ride the cycle 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 you feel confident that you could ride in that position comfortably for the duration of your workout.

WARNING: The equipment is equipped with a free wheel and therefore the moving parts can be stopped immediately.



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

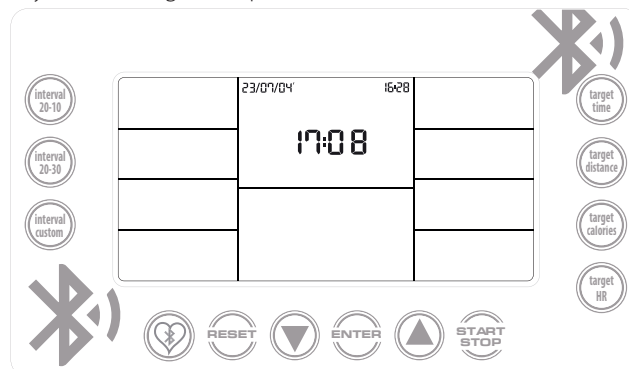
Computer Instructions

Before Workout

- Press any button to wake up the console.
- The console will show the date and time.

Note: Press “**ENTER**” to set up personal data for more accurate calories display.

- Use the “**▼ / ▲**” buttons to input your user’s weight, and press “**ENTER**” to confirm.
- Use the “**▼ / ▲**” buttons to input your user’s height and press “**ENTER**” to confirm.
- Use the “**▼ / ▲**” buttons to input your user’s gender (1=Male, 2=Female), and press “**ENTER**” to confirm.
- Use the “**▼ / ▲**” buttons to input your user’s age, and press “**ENTER**” to confirm.



Altering the date and time

- Press the “**SAVE**” and “**RESET**” button at the same time for 5 seconds.
- You can start to alter the setting after hearing a beep sound.
- Press “**▼ / ▲**” button to adjust the **YEAR** column and press “**ENTER**”.
- Press “**▼ / ▲**” button to adjust the **MONTH** column and press “**ENTER**”.
- Press “**▼ / ▲**” button to adjust the **DAY** column and press “**ENTER**”.
- Press “**▼ / ▲**” button to adjust the **HOURL** column and press “**ENTER**”.
- Press “**▼ / ▲**” button to adjust the **MINUTE** column and press “**ENTER**”.
- Press the “**RESET**” button to finish the process.

NOTE: You will need to alter the date and time once you changed the battery.

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 **TIME, DISTANCE, CALORIES, HEART RATE, SPEED, TIME/ 1000M, WATTS, LEVEL, RPM** (if heart rate signal is detected) will start displaying.
- The values of **TIME, DISTANCE, CALORIES, WATTS** will start counting upwards.

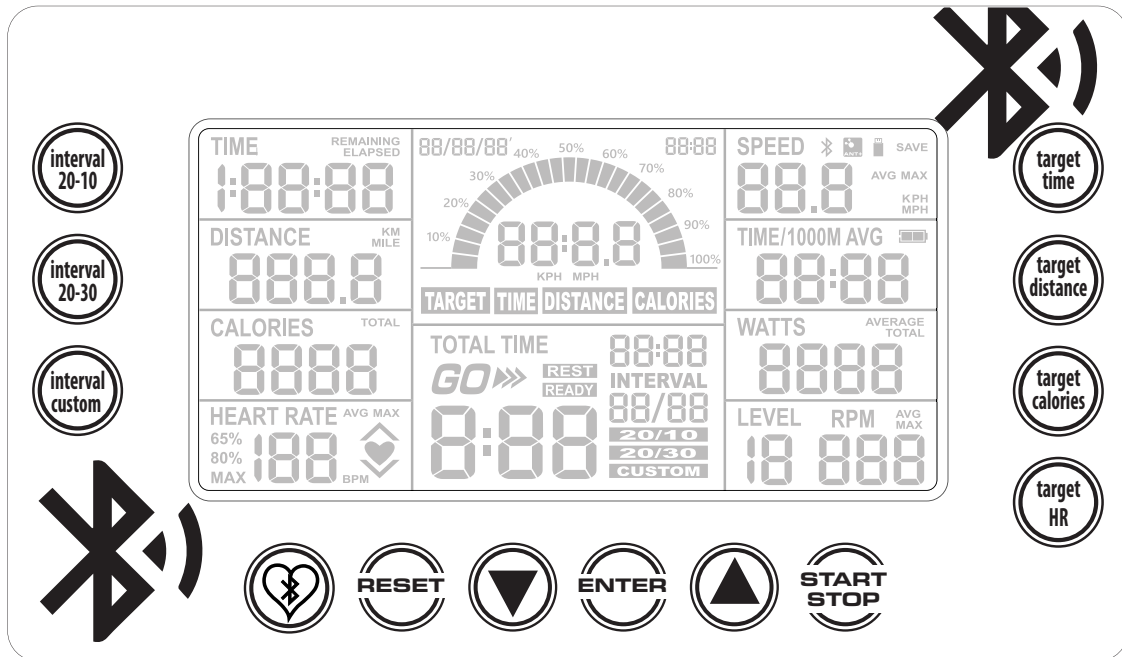
“You can change the resistance at any point during the workout by adjustable knob as wished.”

To finish this quick workout session and view your workout summary –


- Stop pedaling.
- Press “**STOP**” button.
- The values of **TIME, DISTANCE, CALORIES, HEART RATE, SPEED, TIME/ 1000M, WATTS, LEVEL, RPM** (if heart rate signal is detected) will be displayed.

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

Button Functions



Bluetooth Heart Rate

- Press the "  " button to turn on the function.
- Check out how to pair the Bluetooth Chest Belt in the following pages.

RESET

- Press the " **RESET** " button, during the program setting mode, to return to " **START** " mode on display.
- Press the " **RESET** " button, in " **STOP** " / " **PAUSE** " mode, to reset all of the values on display to zero and return to " **START** " mode.



- To decrease values when setting the target of the program. Press and hold for rapid value change.

ENTER

- To confirm the target settings / program selection.



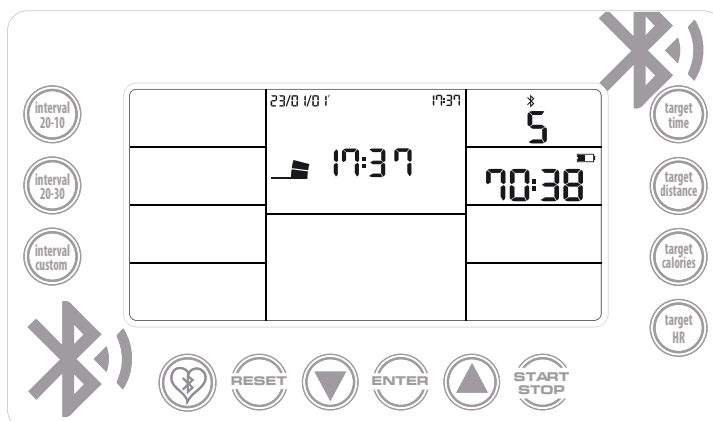
- To increase values when setting the target of the program. Press and hold for rapid value change.

START/STOP

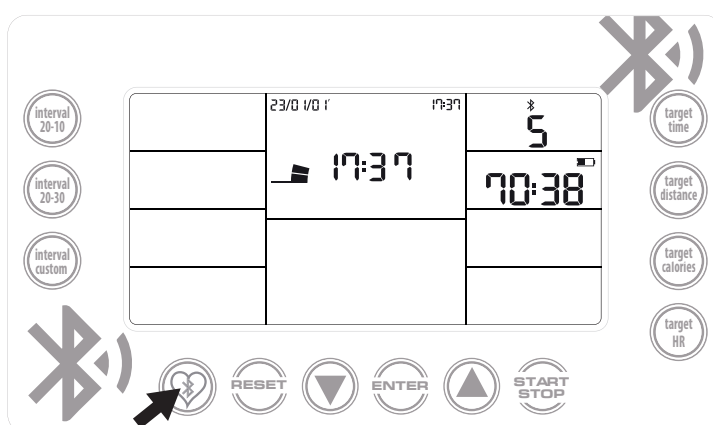
- To begin a workout or restart a paused program
- To finish or pause a workout.

Pairing Bluetooth Chest Belt

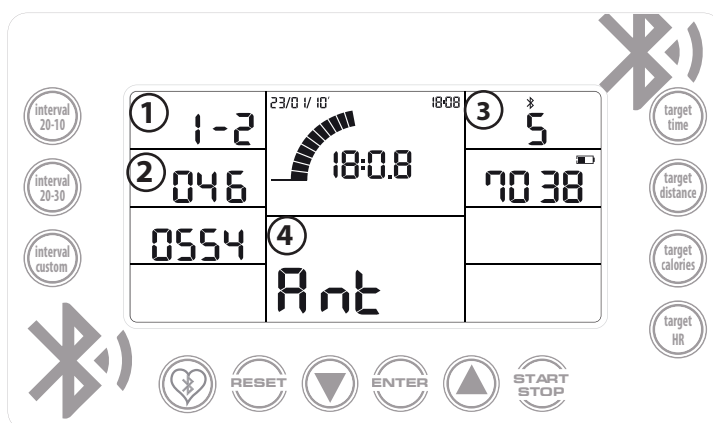
- Turn on the console.
- The Bluetooth function will turn on automatically.



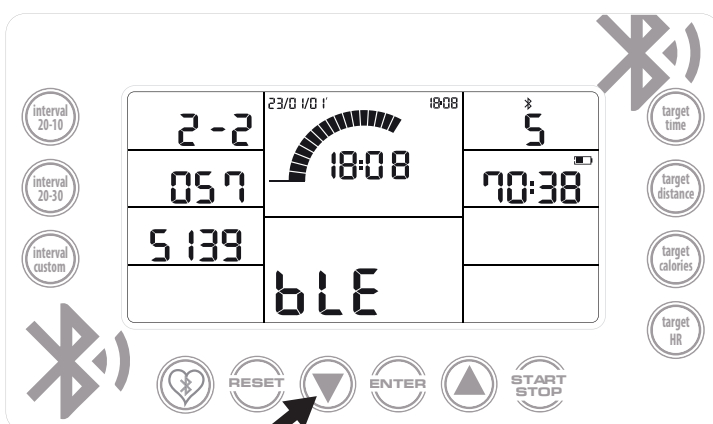
- Press the Bluetooth heart rate button to operate the function.



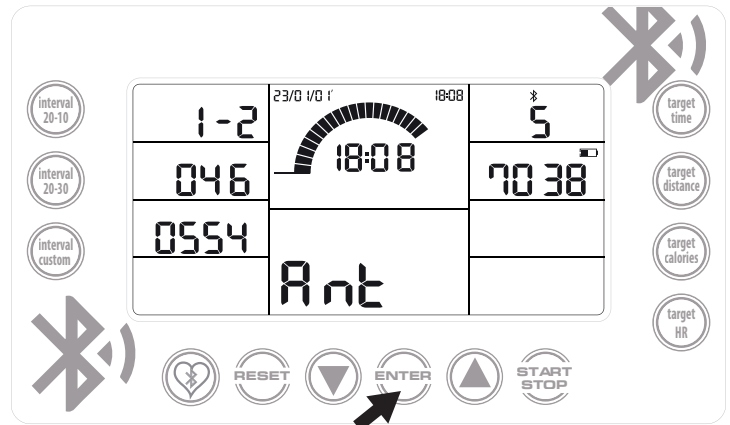
1. It will show the quantity of signals that is detected.
2. It will show the Bluetooth pairing number of the selected H.R device.
3. It will show the Bluetooth pairing number of the console on the right column.
4. It will show the pairing system in the middle. Ant+ or BLE.



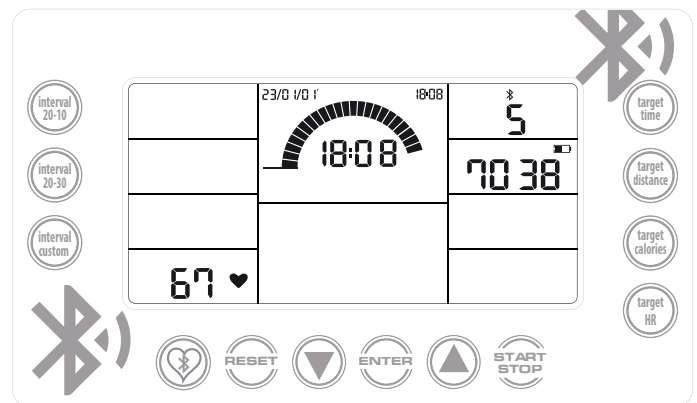
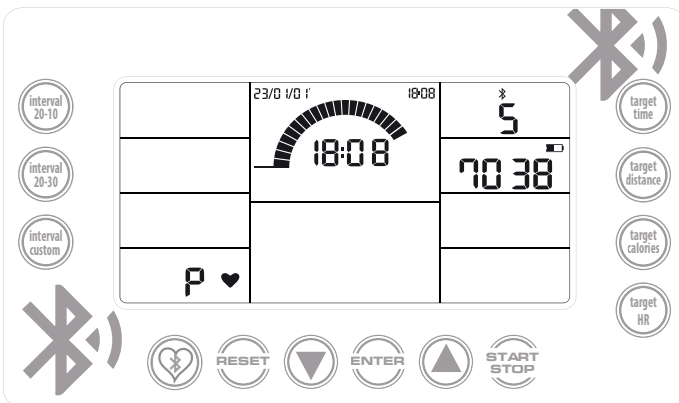
- You can press the ▼ button to choose the other heart rate device.



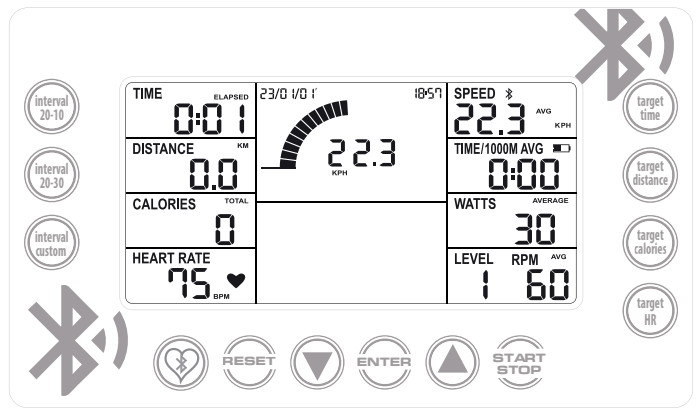
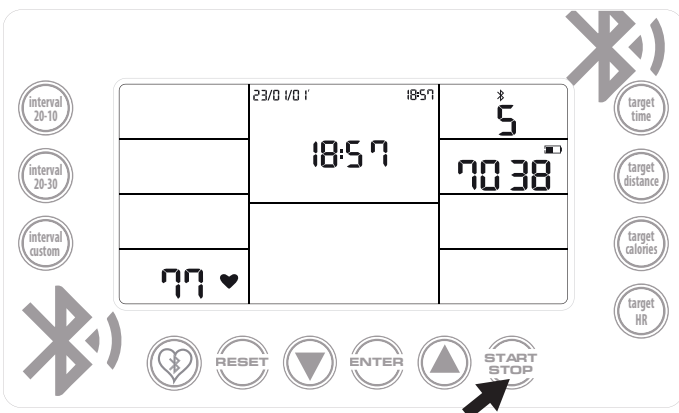
- Press button **ENTER** to select the heart rate device.



- After confirming the heart rate device, it will start the pairing process and show a ♥ symbol. Your heart rate will be displayed after successful connection.



- Press button **START** to enjoy your workout.



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.

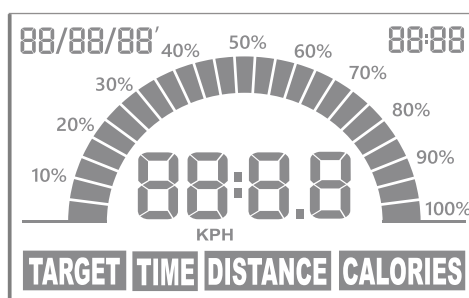


- **TOTAL TIME 88:88** > Shows the count up **GO** & **REST** total run time of the program.
- **88/88** > Shows the current interval and the total sections of intervals in the program.

- 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.

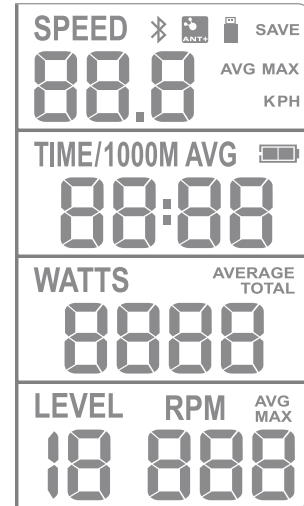


- Indicates the time exercised this session, default counts up from zero to 1:59:00 , but counts down if a target had been set.
- Indicates the approximate calories burned this session (for comparison only, not to be used for medical purpose), default counts up from zero to 9999 kcal, but counts down if a target had been set.

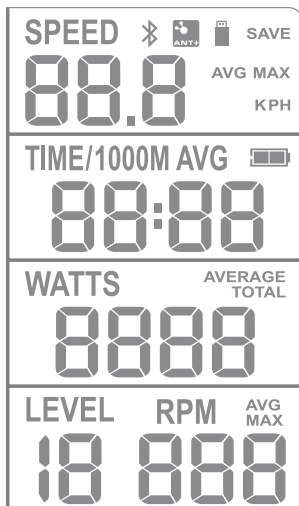


- Indicates the distance travelled this session, default counts up from zero to 999.9 kilometers, but counts down if a target had been set.

- Indicates the current speed you are pedalling at, in km /h.
- Indicates the time that is needed to achieve 1000 meters distance travelled, which is automatically calculated, default counts up from 00:00 to 99:59.



- Indicates the resistance level loaded this session, 1 = easy and 11 = hard.



- Indicates the BLE/ANT+ functioning or not. Indicates the processing of SAVE function.
- 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.

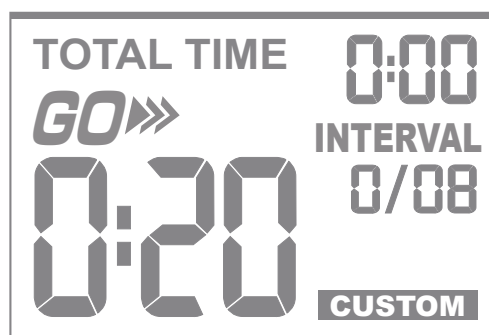
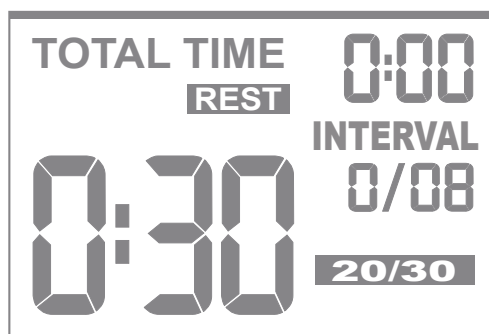
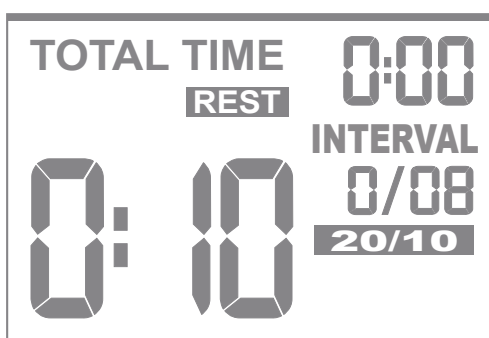
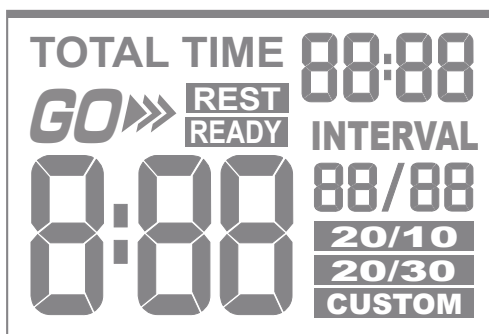
- Indicates the current heart rate in beats per minute (bpm), which are detected by a wireless heart rate chest belt.

- 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 the maximum heart rate you might reach during exercise.
- Indicates there is no heart rate signal detected in this program.
- Indicates the current heart rate is in the target range.



- Indicates the heart rate signal has been detected.

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.

NOTE: You can press the "**ENTER**" button to switch "**AVG**" & "**MAX**" of **SPEED / RPM** readouts during the workout.

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.

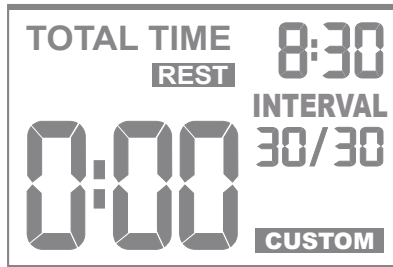
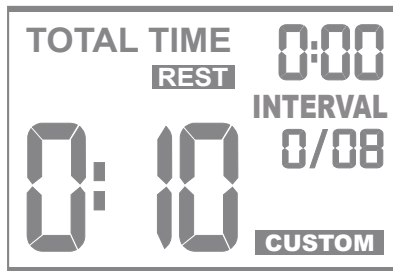
The program will not start until you begin pedalling.

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

NOTE: You can press the "**ENTER**" button to switch "**AVG**" & "**MAX**" of **SPEED / RPM** readouts during the workout.

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.



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.

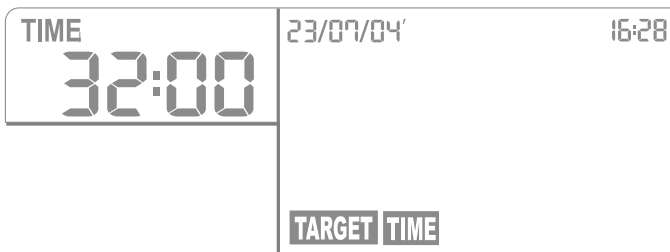
NOTE: You can press the “**STOP**” button to end the program at any time. The workout summary will displayed on the screen.

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

TARGET 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

1. Make sure the console is switched on.

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

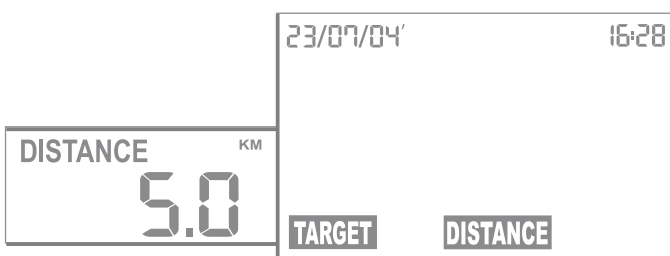
3. Use the “▼/▲” buttons to set your workout time (1:00 ~ 1:59: 00 minutes)

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.

NOTE: You can press the “**ENTER**” button to switch “**AVG**” & “**MAX**” of **SPEED / RPM** readouts during the workout.



Target DISTANCE

1. Make sure the console is switched on.

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

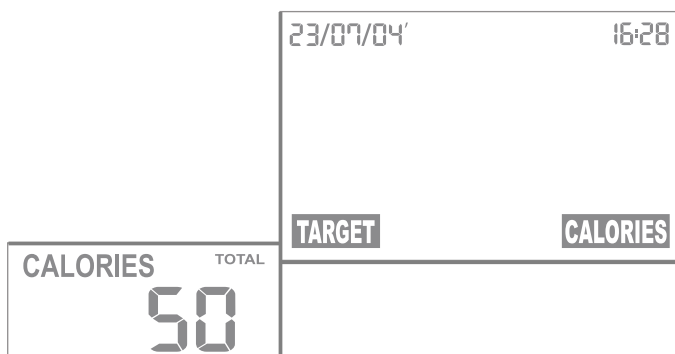
3. Use the “▼/▲” buttons to set your target distance (0.1 ~ 999.9km)

4. 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.

NOTE: You can press the “**ENTER**” button to switch “**AVG**” & “**MAX**” of **SPEED / RPM** readouts during the workout.



Target CALORIES

1. Make sure the console is switched on.
 2. Press the "**target calories**" to select the program mode you want.
 3. The default value of "**50**" is flashing in the "**CALORIES**" window.
 4. Use the "**▼ / ▲**" buttons to set your target calories (10 ~ 9990 kcal)
 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.
- NOTE:** You can press the "**ENTER**" button to switch "**AVG**" & "**MAX**" of **SPEED / RPM** readouts during the workout.



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 of 65% , 80% and maximum heart rate. And current heart rate also. The computer will also remind you to speed up or slow down to remain in the 65%~80% heart rate zone.

1. Make sure the console is switched on
 2. Press the **Target HR**
 3. The default value of age is 30.
 4. Use the "**▼ / ▲**" button to adjust your age(10~99)
 5. Press "**ENTER**" to confirm the age setting.
 6. Press "**ENTER**" to confirm the 65% heart rate value.
 7. Press "**ENTER**" to confirm the 80% heart rate value.
 8. Press "**ENTER**" to confirm the maximum heart rate value.
 9. Press "**ENTER**" to finish the process,
 10. Press "**START**" to begin the workout.
- NOTE:** You can press the "**STOP**" button to end the program at any time. The workout summary will be displayed on the screen.
- NOTE:** You can press the "**ENTER**" button to switch "**AVG**" & "**MAX**" of **SPEED / RPM** readouts during the workout.



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 Ultra cycle" section for more details about the benefits of target heart rate training.

Fitness

Many things contribute to fitness and well being but the most important factor is the condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles.

Your muscle use this oxygen to provide enough energy for daily activity.

This is called aerobic activity (with oxygen).

When you are fit your heart and lungs work well and efficiently.

This means your heart will not have to work so hard. It will pump a lot fewer times per minute so reducing the wear and tear on your heart.

This in turn reduces the chances of your suffering heart disease.

Fitness also helps you control your weight and reduces the effects of aging and stress.

You come across the need for fitness continually in everyday life.

When you are fit you can walk briskly up hills and stairs without being too out of breath once at the top you recover quickly.

As you can see there are great advantages in being fit.

How to improve your fitness

Like any muscle in your body your heart can be strengthened by systematic physical exercise which requires an increased blood flow and heart rate.

You can measure your heart rate by taking a pulse reading.

Your heart of pulse rate corresponds directly to your exertion level and exercise efficiency.

To improve your fitness in a safe and effective way you need to exercise at a high enough level to improve your aerobic fitness.

The area between these 2 levels is called the **target zone**.

It is important to exercise at the right intensity to stay within this zone.

For the best results you should exercise within the target zone and gradually increase the duration.

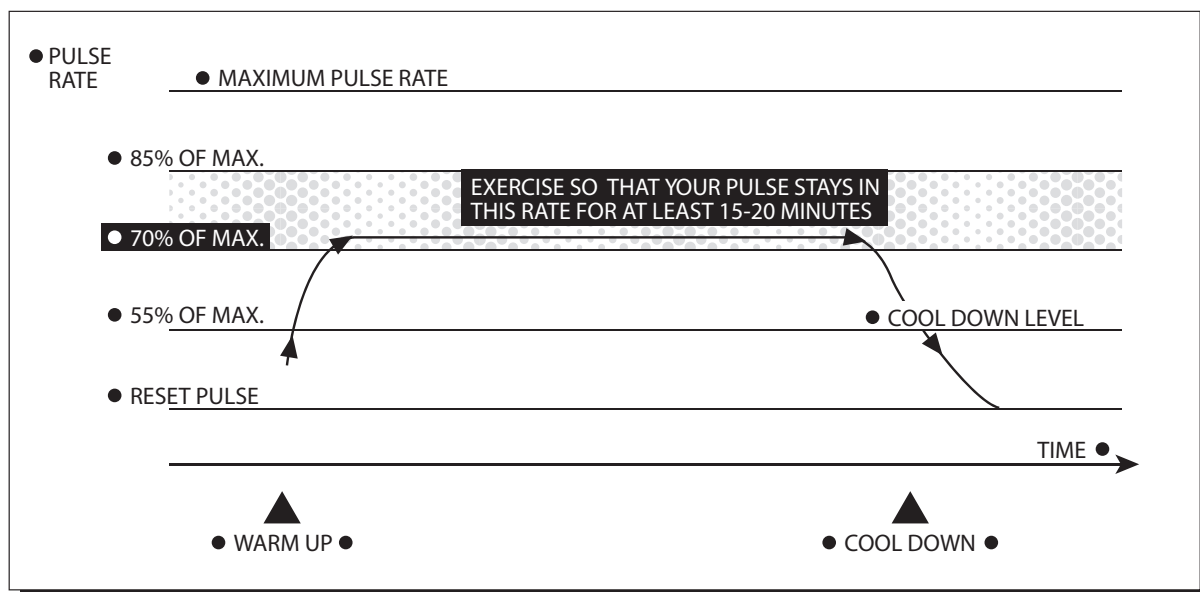
Ideally you should aim to exercise (within zone) for at least 15-20 minute continuously, 3-4 times per week.

Caution

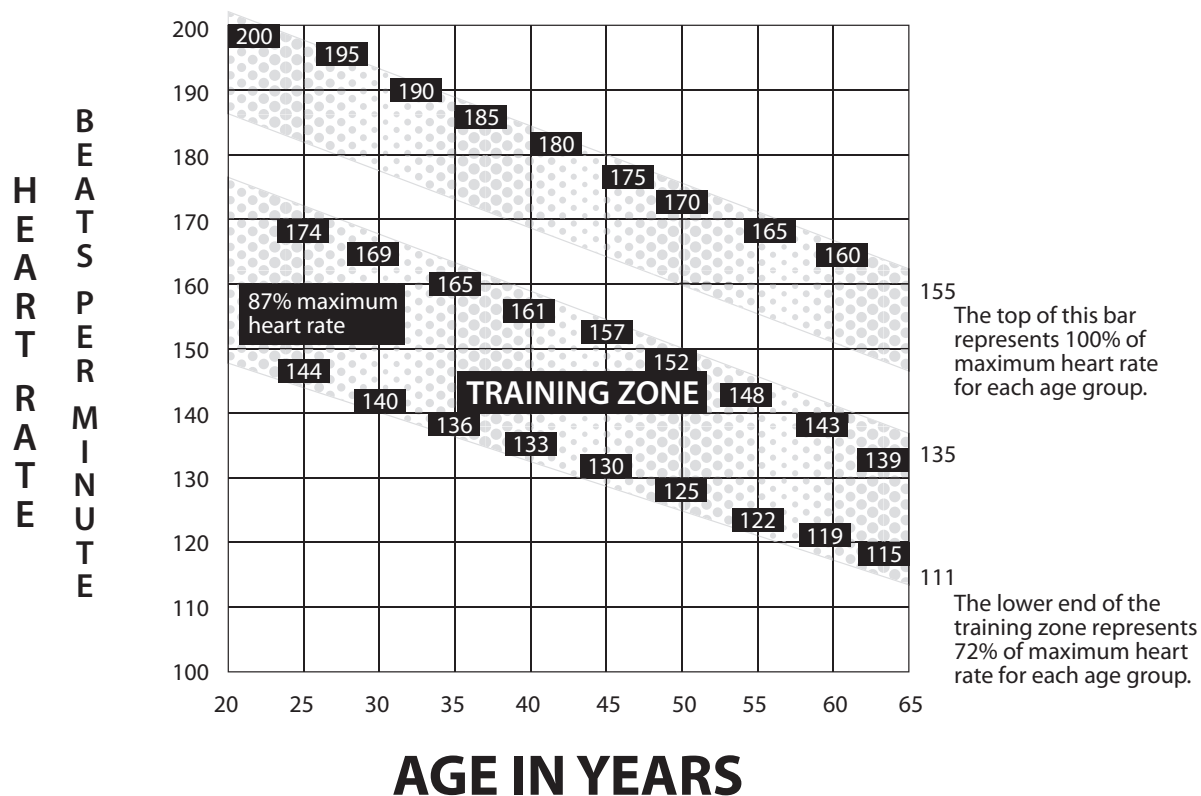
Do not try to do too much to quickly start gradually and build up.

If you become ill, if you are under doctor care, or over 35-40 and not currently taking regular exercise then we would advise you not to start to exercise without consulting your doctor.

Target Zone



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



FIND YOUR OWN EXERCISE PULSE RATE RANGE BY MOVING UP THE VERTICAL LINE FOR YOUR AGE.

Example: Age 40, the vertical line meets the 70% level at about 128 and the 85% level at about 154, pulse rate should remain between these values. Use this graph to determine your personal target zone.

Exercising with Your Ultra Cycle

Troubleshooting



If you have a problem with your equipment, before you do anything else please check that all the parts & bolts have been connected correctly.

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 contact our Customer Support as shown 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 / Cool 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:

$$220 - 35 = 185 \text{ beats per minute (bpm)}$$

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 health:

$$185 \times 60\% = 111\text{bpm}$$



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.

How to Take Care of Your Ultra Cycle

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 cycle can only be maintained when this cycle is regularly examined for damage and wear. Inoperable components should be replaced immediately or this cycle should be put out of use until it is repaired



Never remove the protective casing.

Your cycle 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 mild detergent for cleaning the exterior of this cycle.
- Never use ammonia, acid-based, or petroleum-based solvents on any portion of the cycle as it may damage the finish.

Preventative maintenance Schedule

Daily –

- Before each use, make certain that the area around the cycle is free of obstacles that may interfere with the 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 cycle 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 cycle.
- 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.
- Check and Replace the Console AA R6 1.2V NI-MH Rechargeable Battery if needed.

Monthly –

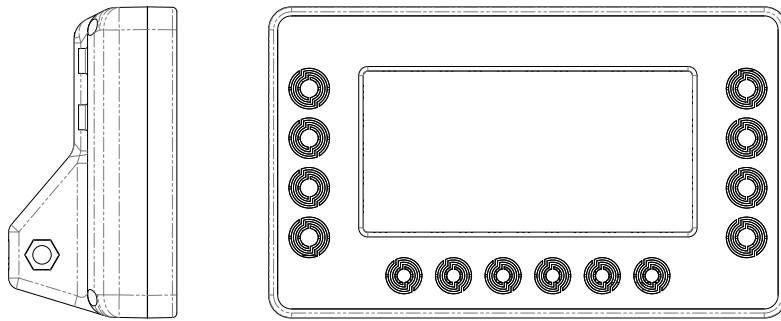
- Make sure all of the open ends of metal parts are wiped with thin grease to protect from rust.
- Check the ribbed belt is correct tension: replace cracked, frayed, or otherwise non-uniform belt. If necessary, call your local authorized distributor for Customer Service replacement.
- Inspect for side-to-side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



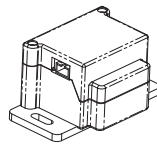
We do not recommend you attempt to service the internal parts of the pedal assembly. If they are found to be worn internally, we recommend replacing the pedal.



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



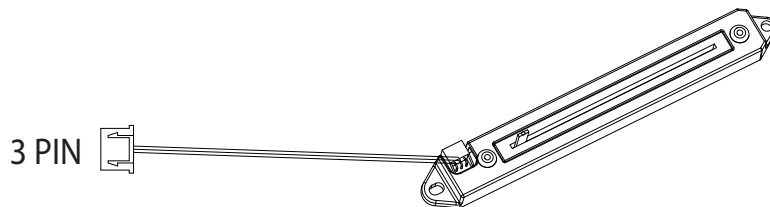
A44 / Console Assembly



B23 / Chock



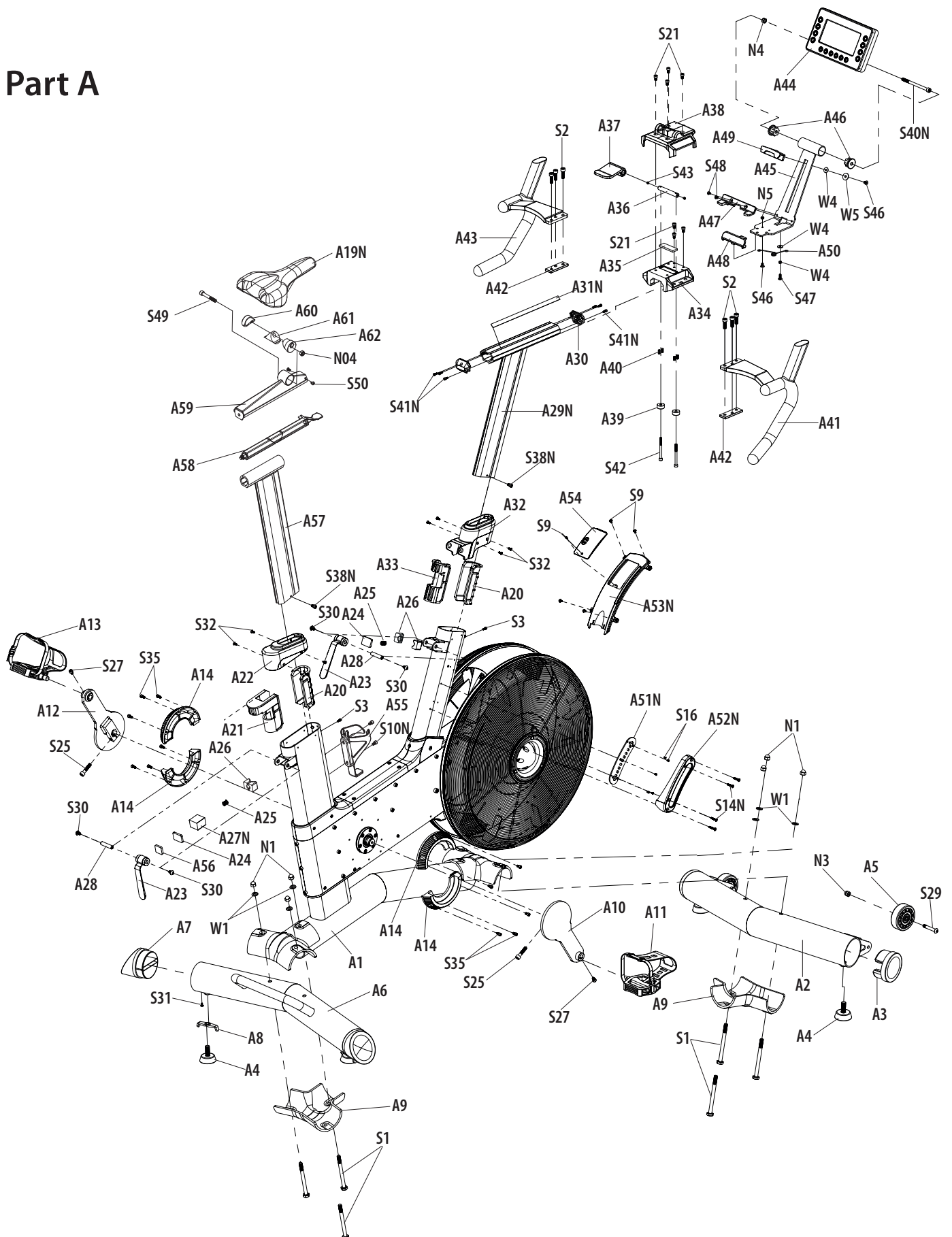
B35 / 3 Pin Chock Assembly Connected Wire - 600mm



B21 / 3 Pin Intensity Adjustable VR Indicator Assembly W/ Wire - 450mm

Exploded Diagram

Part A



Parts List

P / N	DESCRIPTION	Q"TY	P / N	DESCRIPTION	Q"TY
402020- A01	Main Frame Weldment	1	402020- A51N	Intensity Adjustable Sections Plate	1
402020- A02	Front Stabilizer Weldment	1	402020- A52N	Intensity Adjustable Handle Cover	1
402020- A03	Front Stabilizer End Cap	2	402020- A53N	Fan Wheel Assembly -Top Cover	1
402020- A04	Rubber Foot Stop	4	402020- A54N	Wireless Transmission System Cover	1
402020- A05	Front Moving Wheel	2	402020- A55	Bottle Holder - Plastic	1
402020- A06	Rear Stabilizer Weldment	1	402020- A56	Metal Plate - 22mm x 22mm x 0.6t	1
402020- A07	Rear Stabilizer End Cap	2	402020- A57	Seat Post Weldment	1
402020- A08	Foot Stop Height Adjustable Lock	2	402020- A58	Fore / Aft Sliding Lock Assembly	1
402020- A09	Stabilizer Fixing Bracket	2	402020- A59	Saddle Support	1
402020- A10	Shaped Crank Plate - R Assembly	1	402020- A60	Saddle Fixed Block	2
402020- A11	Foot Pedal - R Assembly	1	402020- A61	Center Saddle Fixed Block	1
402020- A12	Shaped Crank Plate - L Assembly	1	P / N	DESCRIPTION	Q"TY
402020- A13	Foot Pedal - L Assembly	1	402020- S01	3/8" x 4 1/2" Hex Head Bolt -Half Threads 32mm	6
402020- A14	Shaped Crank Plate Cover	4	402020- S02	M8 x 25mm Hex Socket Head Bolt	6
402020- A19N	Saddle	1	402020- S03	M4 x 6mm Phillip Head Self Tapping Screw	2
402020- A20	Seat Post Space Reducer - Front	1	402020- S09	M4 x 8mm Phillip Head Machine Screw	5
402020- A21	Seat Post Space Reducer - Rear	1	402020- S10N	M5 x 8mm Hex Socket Head Bolt	2
402020- A22	Seat Post End Cap	1	402020- S14N	M4 x 20mm Flat Cross Head Countersunk Screw	4
402020- A23	Cam Handle Assembly	2	402020- S16	M3 x 8mm Flat Cross Head Countersunk Screw	4
402020- A24	Metal Plate - 25mmx 35mm x 5mmT	2	402020- S21	M6x 12mm Hex Socket Head Bolt	7
402020- A25	Cam Handle Spring - OD12.4mm x 16mm L	2	402020- S25	M8 x 35mm Hex Socket Head Bolt- Half Threads	2
402020- A26	Cam Handle Metal Stop - 17mm x 25mm x 20.5mm	4	402020- S27	M6 x 8mm Hex Socket Head Bolt	2
402020- A27N	Cam Handle Metal Block - 25mm x 32mm x 35mm	1	402020- S29	M8 x 50mm Allen Head Bolt - Half Threads 10mm	2
402020- A28	Cam Handle Pivot Sleeve - OD 10 x 44.2mm	2	402020- S30	M6 x 10mm Allen Head Bolt	4
402020- A29N	Handlebar Post Weldment	1	402020- S31	M4 x 10mm Phillip Head Self Tapping Screw	2
402020- A30	Handlebar Post Sliding End Cap	2	402020- S32	M4 x 10mm Flat Cross Head Countersunk Screw	8
402020- A31N	Handlebar Post Sliding Rail - 12.5mm x 310mm L x 0.5mm T	2	402020- S38N	M6 x 10mm Hex Socket Head Bolt	2
402020- A32	Handlebar Post End Cap	1	402020- S40N	M8 x 115mm Hex Socket Head Bolt -Half Threads 25mm	1
402020- A33	Handlebar Post Space Reducer- Rear	1	402020- S41N	M4 x 12mm Phillip Head Self-Tapping Screw	6
402020- A34	Handlebar Sliding Bracket	1	402020- S42	M6 x 70mm Hex Socket Head Bolt -Half Threads 24mm	2
402020- A35	POM Stop Plate - 20mmx 58mm x 5mmT	1	402020- S43	M5 x 6mm Hex Socket Set Screw	2
402020- A36	Handlebar Sliding Pivot Shaft - OD12mm x 80mm L	1	402020- S46	M5 x 10mm Phillip Head Machine Screw	2
402020- A37	Handlebar Sliding Cam	1	402020- S47	M5 x 15mm Phillip Head Machine Screw	1
402020- A38	Handlebar Sliding Bracket Top Cover	1	402020- S48	M5 x 8mm Flat Cross Head Countersunk Screw	2
402020- A39	Sliding Bracket Metal Spacer - OD22mm x ID6.1mm x 10mm T	2	402020- S49	M8 x 55mm Hex Socket Head Bole - Half Threads	1
402020- A40	Handlebar Sliding Bracket Spring - OD6mm x 8Nt x 13mm L	4	402020- S50	M5 x 8mm Allen Head Bolt	2
402020- A41	Grip Handlebar Assembly - Right	1	P / N	DESCRIPTION	Q"TY
402020- A42	Grip Handlebar Fixing Threads Plate	2	402020- W01	OD18 x ID3/8" x 2mm Flat Washer	6
402020- A43	Grip Handlebar Assembly - Left	1	402020- W04	OD16x ID5 x 2mm Flat Washer	2
402020- A44	Console Assembly	1	402020- W05	M5 Wave Washer	1
402020- A45	Console Support Weldment	1	P / N	DESCRIPTION	Q"TY
402020- A46	Console Post Pivot Spacer	2	402020 - N01	3/8" Hex Capnut	6
402020- A47	Mobile Phone Holder - Base	1	402020 - N03	M8 Hex Cap Locknut	2
402020- A48	Mobile Phone Holder - Adjustable Rest	1	402020 - N04	M8 Hex Head Locknut	2
402020- A49	Mobile Phone Holder - Top Clip	1	402020 - N05	M5 Hex Head Nut	1
402020- A50	Mobile Phone Holder Torsion Spring	1			

Part B

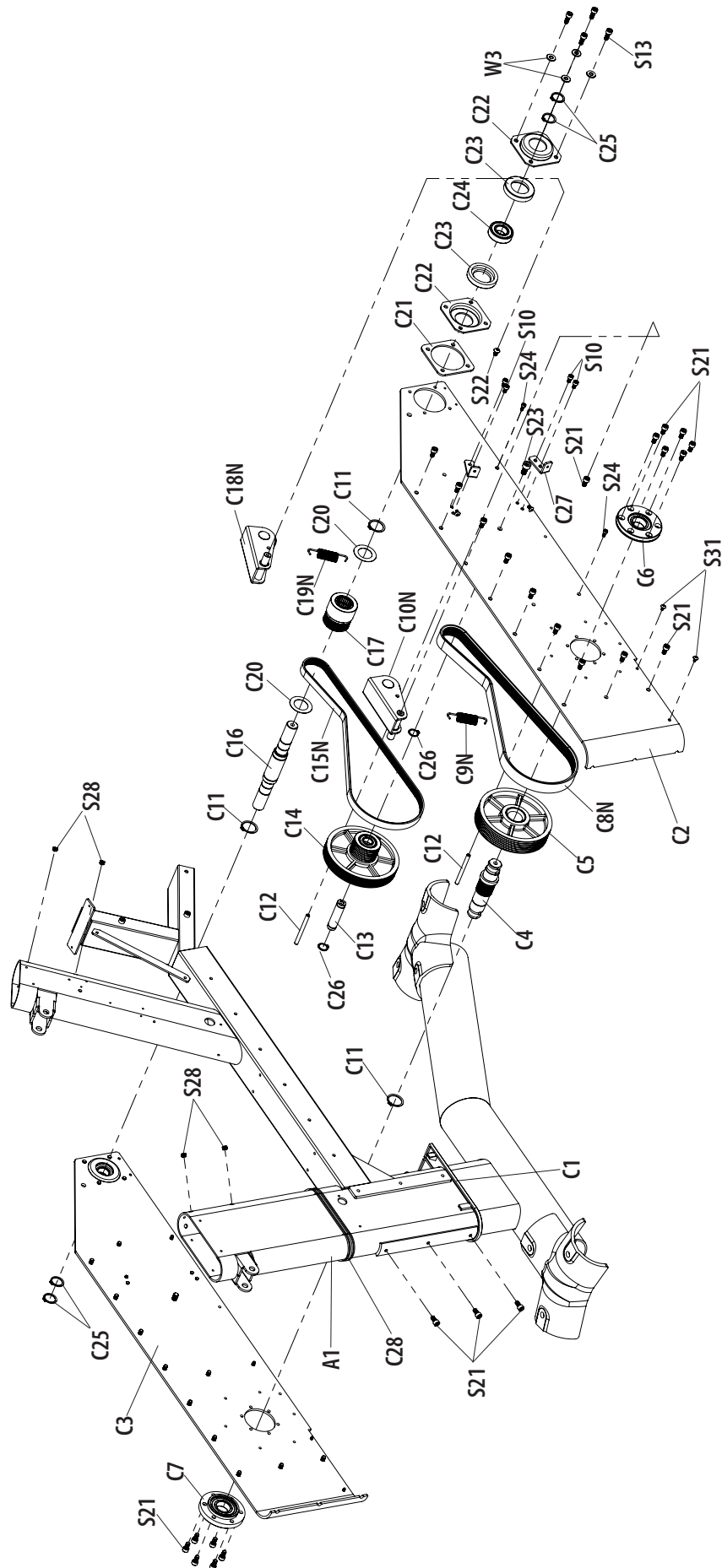
The diagram illustrates the exploded view of a mechanical assembly, labeled 'Part B'. The components are organized into several main sections:

- Top Section:** Includes a large circular fan-like component (B12) with a central hub (B14) and a large oval component (B16). A central circular component (B15) is also shown.
- Left Section:** Features a large circular component (B12) with a central hub (B14) and a large oval component (B16). A central circular component (B15) is also shown.
- Right Section:** Contains a complex assembly of smaller parts, including a large circular component (B12) with a central hub (B14) and a large oval component (B16). A central circular component (B15) is also shown.

The components are labeled with alphanumeric codes, and the diagram uses dashed lines and arrows to indicate the assembly path and relative positions of the parts.

P / N	DESCRIPTION	Q"TY
402020- B01N	Metal Fan Wheel - Right	1
402020- B02	Metal Fan Wheel Busshing - Front	2
402020- B03	Plastic Magnets Spacer	1
402020- B04	Magnet - 20mm x 15mm x 9mm	24
402020- B05	Metal Fan Wheel Fixing Plate - Rear	2
402020- B06	Aluminum Pad	8
402020- B07	Plastic Spacer	8
402020- B08	Plastic Bushing - OD10 x ID4 x 25mm	8
402020- B09	Front Fan Wheel Cap - Plastic	2
402020- B10	Inserted Sleeve - OD8.5 x ID5.5 x 20mm - Plastic	8
402020- B11N	Metal Fan Wheel - Left	1
402020- B12	Metal Fan Wheel Cover	2
402020- B13	Fan Wheel Cover End Cap Insert	2
402020- B14	Fan Wheel Cover End Cap	2
402020- B15	Fan Wheel Cover Ring - Aluminum	2
402020 - B16	Fan Wheel Cover Middel Plate - Metal	1
402020- B17	Magnets Holder Bracket	1
402020- B18	Magnets Holder Spacer - Plastic	2
402020 - B19N	Intensity Adjustable Knob - Aluminum	1
402020- B20	Magnet - OD15mm x 8mm	20
402020- B21	Intensity Adjustable VR Indicator Assembly W/ Wire - 450mm	1
402020- B22	Connected Bushing - Plastic	1
402020- B23	Chock Assembly	1
402020- B24	Chock Fixing Plate - Metal	1
402020- B25	Front Post Rear Cover - Plastic	1
402020- B26	Front Post Side Cover - Right - Plastic	1
402020- B27	Front Post Side Cover - Left - Plastic	1
402020- B28	Main Frame Middle Cover - Plastic	1
402020- B29	Rear Post Side Cover - Right	1
402020- B30	Rear Post Side Cover - Left	1
402020- B31	Main Frame Bottom Cover - Metal	1
402020- B32	Main Frame Front Cap - Plastic	1
402020- B33	Intensity Adjustable Knob Spring - OD6mm x 13mm L	1
402020- B34	Intensity Adjustable Knob Fixing Shaft	1
402020- B35	Chock Assembly Connected Wire - 3 Pin x 600mm L	1
P / N	DESCRIPTION	Q"TY
402020- S04	M5x 16mm Hex Socket Head Bolt	10
402020- S05	M4 x 35mm Flat Cross Head Countersunk Screw	24
402020- S06	M4 x 8mm Phillip Head Self Tapping Screw w /Washer	3
402020- S07	M5x 25mm Hex Socket Head Bolt	10
402020- S08	M4 x 8mm Phillip Head Self Tapping Screw	6
402020- S09	M4 x 8mm Phillip Head Machine Screw	8
402020- S11N	3/16 x 5/8 Phillip Head Self Tapping Screw	4
402020- S12	M8 x 10mm Hex Socket Set Screw	4
402020- S17	M4x 10mm Hex Socket Head Bolt	2
402020- S19	M5 x 8mm Phillip Head Machine Screw	4
402020- S20	M6 x 80mm Hex Head Bolt - Half Threads	1
402020- S31	M4 x 10mm Phillip Head Self Tapping Screw	4
402020- S32N	M4 x 15mm Flat Cross Head Countersunk Screw	4
402020- S34	5/32 x 1/2 Phillip Head Self Tapping Screw	8
402020- S35	M5 x 10mm Hex Socket Head Bolt	6
402020- S36	M4 x 8mm Phillip Head Machine Screw	3
402020- S37	M5 x 10mm Hex Socket Head Bolt	2
P / N	DESCRIPTION	Q"TY
402020 - N02	M6 Hex Head Locknut	1
P / N	DESCRIPTION	Q"TY
402020- W02	M5 Spring Washer	10

Part C



P / N	DESCRIPTION	Q"TY
402020- C01	Rear Post Bottom Cover - Plastic	1
402020- C02	Main Frame Side Plate - Right -Metal	1
402020- C03	Main Frame Side Plate - Left -Metal	1
402020- C04	Crank Axle - OD32mm x 124mm L	1
402020- C05	Main Driving Ribbed Belt Wheel Assembly	1
402020- C06	Crank Axle Metal Bushing w/ Bearing - Right	1
402020- C07	Crank Axle Metal Bushing w/ Bearing - Left	1
402020- C08N	Main Driving Ribbed Belt - PK6 - 900mm	1
402020- C09N	Main Driving Belt Spring - Ø3mm x OD17mm x 16Nt x 76.7mm L	1
402020- C10N	Idle Wheel Assembly - Main Driving Belt	1
402020- C11	Metal Clip - S25	3
402020- C12	Main Frame Stabilizer - Metal - OD6mm x 68mmL	2
402020- C13	Fan Wheel Pulley Axle - OD15mm x 60mm L	1
402020- C14	Fan Wheel Ribbed Belt Pulley Assembly	1
402020- C15N	Fan Wheel Ribbed Belt - PJ370 -J6	1
402020- C16	Fan Wheel Axle - OD25mm x 198mm L	1
402020- C17	Fan Wheel Driving Pulley Assembly W/ Bearing inserted	1
402020- C18N	Idle Wheel Assembly - Fan Wheel Ribbed Belt	1
402020- C19N	Fan Wheel Driving Belt Spring - Ø2mm x OD16mm x 17Nt x 66.6mm L	1
402020- C20	Metal Spacer - OD40mm x ID25.2mm x 0.5mmT	2
402020- C21	Axle Bearing Holder Spacer - Metal	2
402020- C22	Axle Bearing Holder -Metal	4
402020- C23	Metal Bearing Spacer - SBR Material	4
402020- C24	Axle Bearing - 6004ZZ	2
402020- C25	Metal Clip - S20	4
402020- C26	Metal Clip - S15	1
402020- C27	Fan Wheel Cover Fitting Bracket -Metal	4
402020- C28	Grommet - Rear Post	1
P / N	DESCRIPTION	Q"TY
402020- S13	M6x 16mm Hex Socket Head Bolt	8
402020- S21	M6x 12mm Hex Socket Head Bolt	33
402020- S22	M6 x 10mm Allen Head Bolt	2
402020- S23	M8 x 16mm Hex Socket Head Bolt	2
402020- S24N	M4 x 10mm Hex Socket Head Bolt	4
402020- S28	M8 x 6mm Hex Socket Set Screw	8
402020- S31	M4 x 10mm Phillip Head Self Tapping Screw	4
402020- S35	M5 x 10mm Hex Socket Head Bolt	8
P / N	DESCRIPTION	Q"TY
402020- W03	OD16x ID6 x 1.5mm Flat Washer	8

Your Warranty

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		
<p>Prior to contacting our Customer Service Department, please have the following information:</p> <ul style="list-style-type: none">■ 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 <p>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:</p> <ul style="list-style-type: none">■ 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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