

TKO®

WHATEVER IT TAKES®



ASSEMBLY MANUAL

3U - UPRIGHT BIKE

IMPORTANT SAFETY INSTRUCTIONS



- Read this Owner's Manual and follow it's instructions carefully before using the machine. Make sure that it is properly assembled and tightened before each use.
- Inspect your machine prior to exercise to ensure that all nuts and bolts are fully tightened.
- Replace the worn parts immediately.
- Most exercise equipment is not recommended for small children. Children should not use the machine unless they are under adult supervision.
- Exercise equipment has moving parts. In the interest of safety, keep others, especially children and pets, at a safe distance while exercising.
- Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. Never hold your breath while exercising.
- Rest adequately between workouts. Muscles tone and develop during these rest periods. Beginners should work out twice a week and increase gradually to 4 to 5 times per week.
- Remove all jewelry, including rings, chains and pins before commencing exercise.
- Never exercise in bare feet or socks, always wear correct footwear, such as running, walking, or cross-training shoes.
- Always wear suitable clothing and footwear during exercise. Do NOT wear loose fitting clothing that could become entangled with the moving parts of your exercise machine.

MEDICAL WARNING

- Before beginning any exercise program, consult your personal physician. Evaluate your present fitness level and determine the exercise program that is most appropriate for your particular age and condition.
- If you experience any pain or tightness in your chest, irregular heartbeats, shortness of breath, faintness or other unusual discomfort while exercising, stop and consult your physician before continuing.

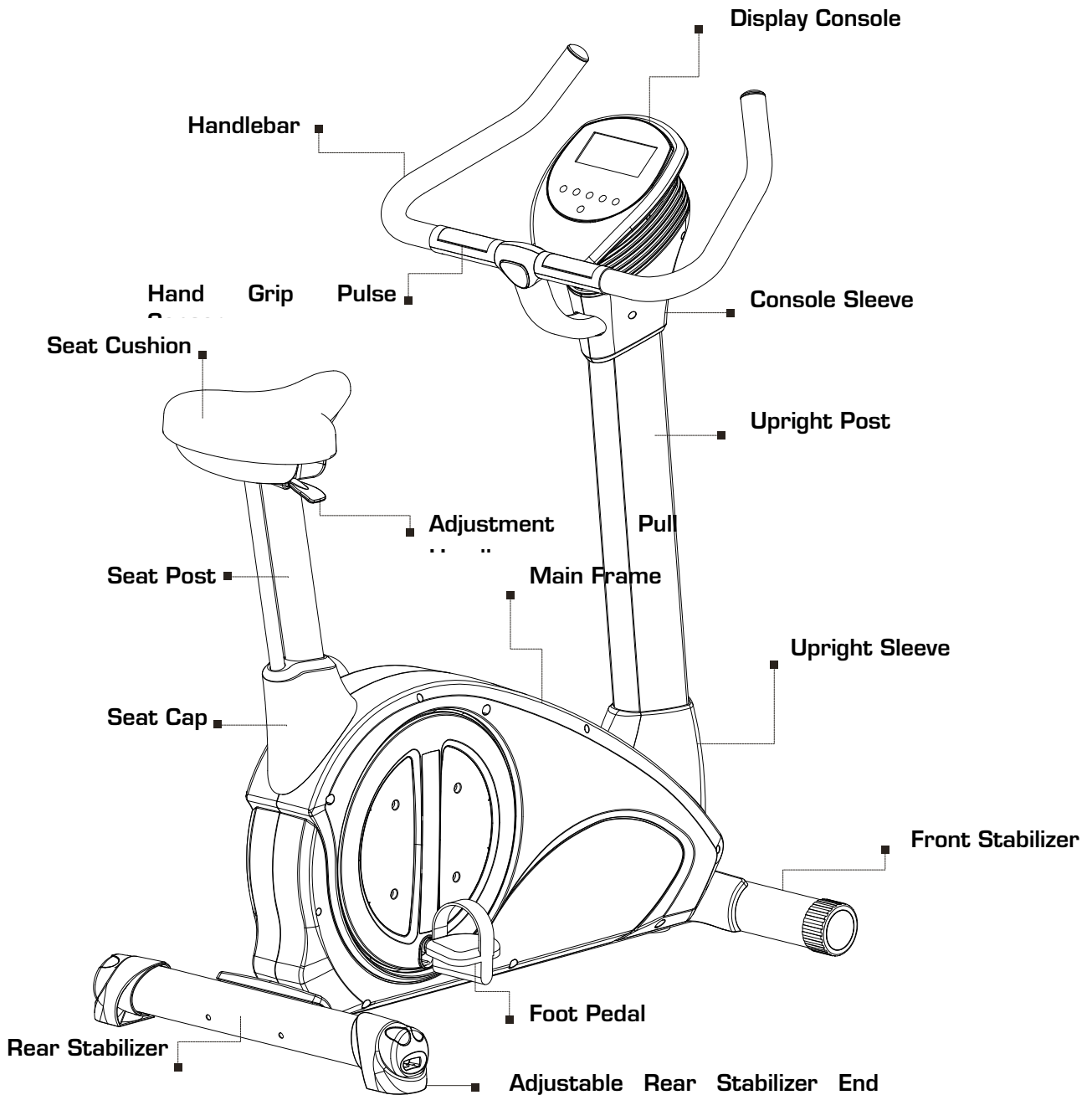
Maximum recommended exercise weights not to exceed 270Lbs (123Kgs)

TKO Fitness products are designed and manufactured to the highest standards in order to provide you with years of great workouts. We proudly stand behind all our products with the best customer service in the fitness industry. If you have any question or need assistance please contact us at:

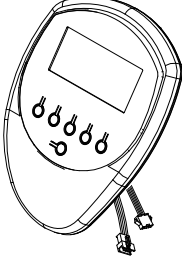
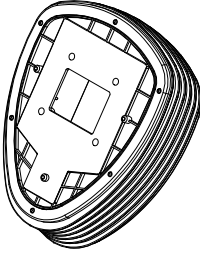
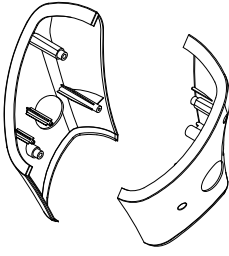
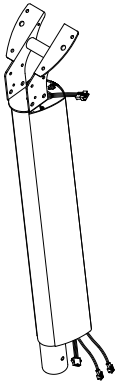
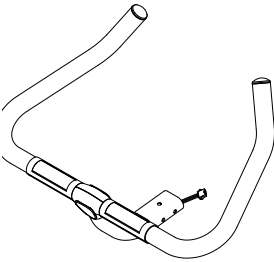
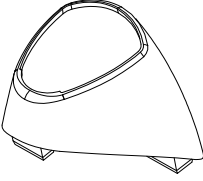
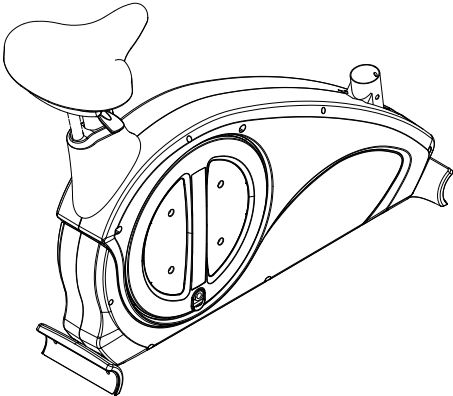
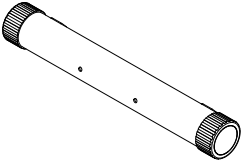
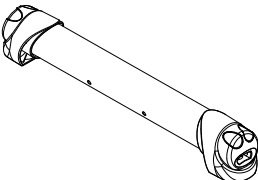
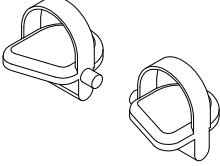
Customer Service: customerservice@tko.com
Toll free: 866-856-3488 or 713-895-9270
Monday-Friday 8:30am to 4:30pm CT

BEFORE YOU BEGIN

Note: Before starting assembly remove all parts and hardware from the carton, ensure you have everything according to the list.



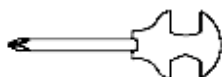
LIST OF COMPONENTS

Display Console	Console Bottom Sleeve	Console Bottom Sleeve Cover	Upright Post Assembly
			
Front Handlebar	Upright Bottom Sleeve	Main Frame Assembly	
			
Front Stabilizer	Rear Stabilizer	Foot Pedals	
			

HARDWARE PACK

Part #	Description	Q'TY
65	Lock Washer (M8)	9
66	Washer (8x16x2.0t)	9
72	Screw, Pan Head (M5xp0.8x25mm)	4
73	Screw, Round Head (M5xp0.8x15mm)	4
81	Bolt, Socket Head (M6xp1.0x15mm)	4
82	Bolt, Socket Head (M8xp1.25x16mm)	4
83	Bolt, Socket Head (M8xp1.25x45mm)	1
84	Bolt, Socket Head (M8xp1.25x90mm)	4

TOOLS YOU NEED (Included)



**COMBINATION
WRENCH**



**ALLEN WRENCH
(5 & 6 mm)**

This is a detailed exploded view diagram of a bicycle, showing all major components and their assembly relationships. The parts are numbered from 1 to 100. The diagram includes the frame, wheels, handlebars, seat, pedals, and various adjustment components. Key parts like the crankset, bottom bracket, and rear derailleur are clearly visible. The diagram is oriented with the front of the bicycle at the top.

PARTS LIST

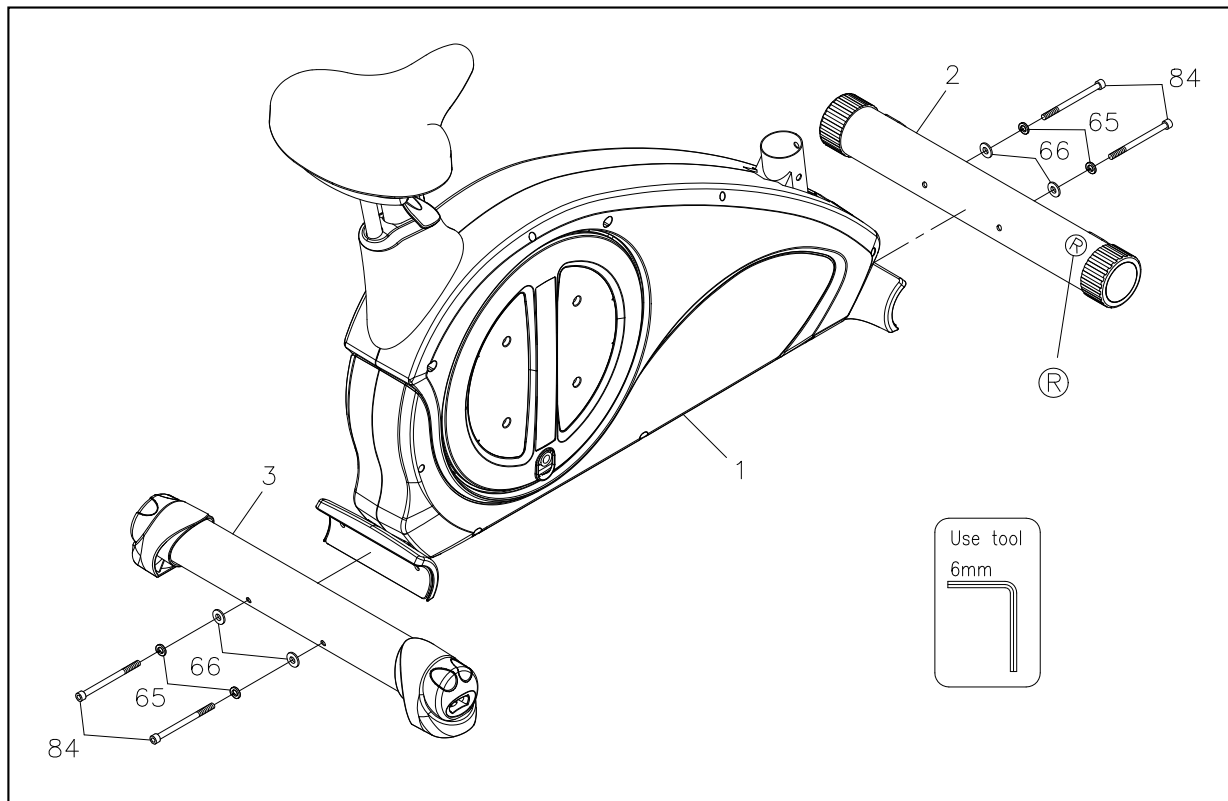
NO.	Item Name	Q'TY
1	Main Frame	1
2	Front Stabilizer	1
3	Rear Stabilizer	1
4	Seat Post	1
5	Upright Post	1
6	Handlebar	1
7	Chain Cover (Left)	1
8	Chain Cover (Right)	1
9	Crank Disk (L&R)	2
10	Left Foot Pedal	1
11	Right Foot Pedal	1
12	Compression Wheel	1
13	Pulley (Sprocket)	1
14	Magnet	1
15	Drive Belt	1
16	Pressure Bracket	1
17	Bushing for Seat Post	1
18	Tube Decoration Cover for Stabilizer (L&R)	2
19	Transportation Wheel (L&R)	2
20	Front Stabilizer EndCap	2
21	Adjusting Rear Stabilizer EndCap	2
22	Seat Cushion	1
23	Seat Bottom Cover	1
24	Seat Cap	1
25	Adjusting Handle	1
26	Upright Bottom Cover	1
27	Foam Grip (500mm) (For Part 6)	2
28	Round Plug (31.8mm) (For Part 6)	2
29	Decorative Cover for Handlebar bracket	2
30	Hand Grip Pulse Sensor (L&R) (Upper)	2
31	Hand Grip Pulse Sensor (L&R) (Bottom)	2
32	Display Console	1
33	Console Bottom Sleeve	1

NO.	Item Name	Q'TY
34	Console Bottom Sleeve Cover (Left)	1
35	Console Bottom Sleeve Cover (Right)	1
36	Flywheel	1
37	Tension Cable	1
38	Tension Control Motor Bracket	1
39	Left Crank	1
40	Right Crank	1
41	Axle (For Crank)	1
42	Bracket for Compression Wheel	1
43	Pneumatic piston	1
44	Axle for Seat Adjustment Mounting Bracket	1
45	Seat Adjustment Pull Handle Mounting Bracket	1
46	Slider	1
47	Curved Washer	1
48	Cable for Seat Adjustment Pull Handle	1
49	Seat Adjustment Pull Handle	1
50	Stand for Seat Adjustment Pull Handle	1
51	Spacer for Seat Adjustment Pull Handle	1
52	Upright Cover (L&R)	2
53	Pulse Sensor Metal Plate	4
54	Bearing 6004zz	2
55	Eye Bolt (40mm) (For Flywheel) (Part 36 & 59)	3
56	Tension Bracket (For Flywheel) (Part 36)	2
57	Bushing (10.2x14x2mm) (For Part 12)	1
58	Bushing (10.2x14x10mm) (For Part 12)	1
59	Spring (For Part 42)	1
60	Spring for Seat Adjustment Pull Handle	1
61	Spring for Pull Handle Mounting Bracket	1
62	E Clip (For part 44)	1
63	C Ring (20mm) (For Part 54)	1
64	Wave Washer (For Part 54)	1
65	Lock Washer (M8)	18
66	Washer (8x16x2.0t)	13
67	Washer (10x23x2.0t) (For Part 36)	2

NO.	Item Name	Q'TY
68	Washer (21x30x1.0t) (For Part 54)	2
69	Self-Tapping Screw, Round Head (M3x25mm)	4
70	Self-Tapping Screw, Flat Head (M4x16mm)	4
71	Self-Tapping Screw, Flat Head (M5x18mm)	21
72	Screw, Pan Head (M5xp0.8x25mm)	4
73	Screw, Round Head (M5xp0.8x15mm)	4
74	Bolt, Round Head (M6xp1.0x10mm)	4
75	Bolt, Round Head (M6xp1.0x25mm)	8
76	Screw, Flat Head (M5xp0.8x12mm)	4
77	Bolt, Pan Head (M8xp1.25x10mm)	4
78	Bolt, Pan Head (M8xp1.25x20mm)	2
79	Bolt, Button Head (M8xp1.25x16mm)	5
80	Bolt, Button Head (M8xp1.5x35mm)	1
81	Bolt, Socket Head (M6xp1.0x15mm)	4
82	Bolt, Socket Head (M8xp1.25x16mm)	4
83	Bolt, Socket Head (M8xp1.25x45mm)	1
84	Bolt, Socket Head (M8xp1.25x90mm)	4
85	Bolt, Hex Head (M8xp1.25x16mm)	4
86	Bolt, Hex Head (M10xp1.5x50mm)	1
87	Nut (M6)	1
88	Nut (M8)	1
89	Nylon Lock Nut (M6) (For Part 55)	2
90	Thin Nylon Lock Nut (M8)	8
91	Nylon Lock Nut (M10)	2
92	Flange Nut (M10)	2
93	Flange Nut – Black Color (M10)	2
94	Monitor Display Cable (Behind Display Console)	1
95	Monitor Display Connecting Cable (Inside Upright)	1
96	Power Connecting Cable	1
97	AC/DC Adaptor	1
98	Tension Control Motor	1
99	Sensor Cable w/Stand	1
100	Pulse Sensor Cable (Behind Display Console)	1
101	Pulse Sensor Cable (Inside Upright)	1

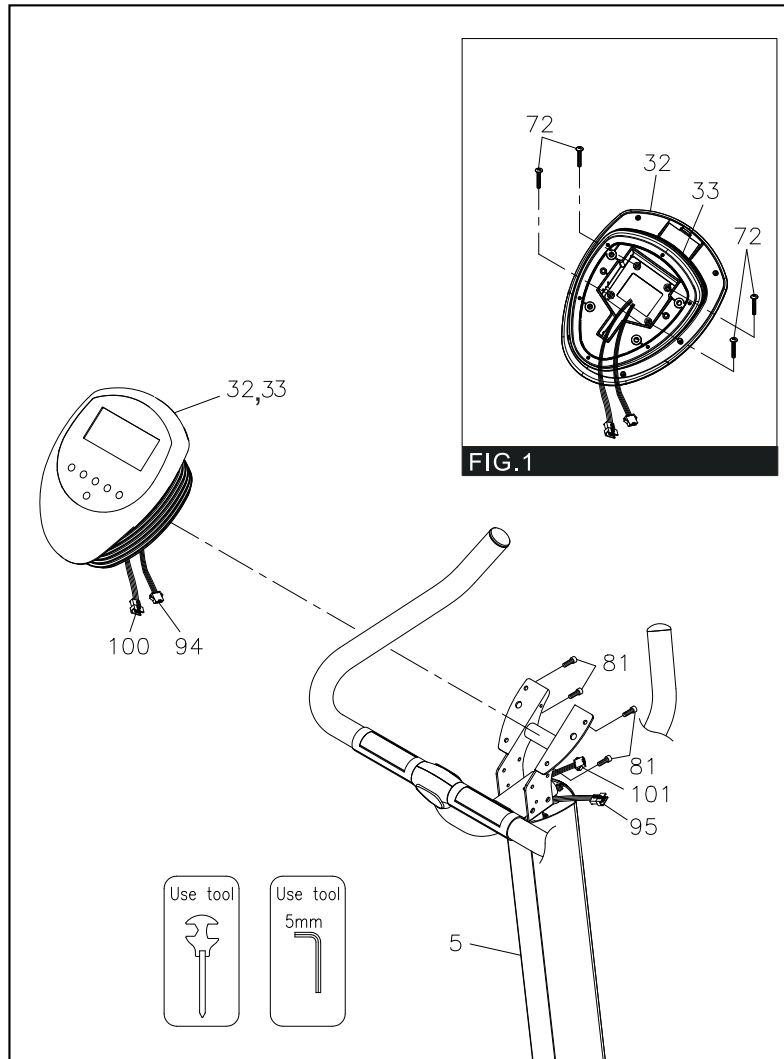
NO.	Item Name	Q'TY
102	Spacer (8x12x10mm) (Tension Control Motor Bracket)	2
103	Lock Washer (M6)	2
104	Self-Tapping Screw, Button Head (M4x16mm) (Transport Wheel)	4
105	Screw, Pan Head (M5x10mm) (For Part 16)	4

ASSEMBLY INSTRUCTIONS



STEP 1 – Base Stabilizer

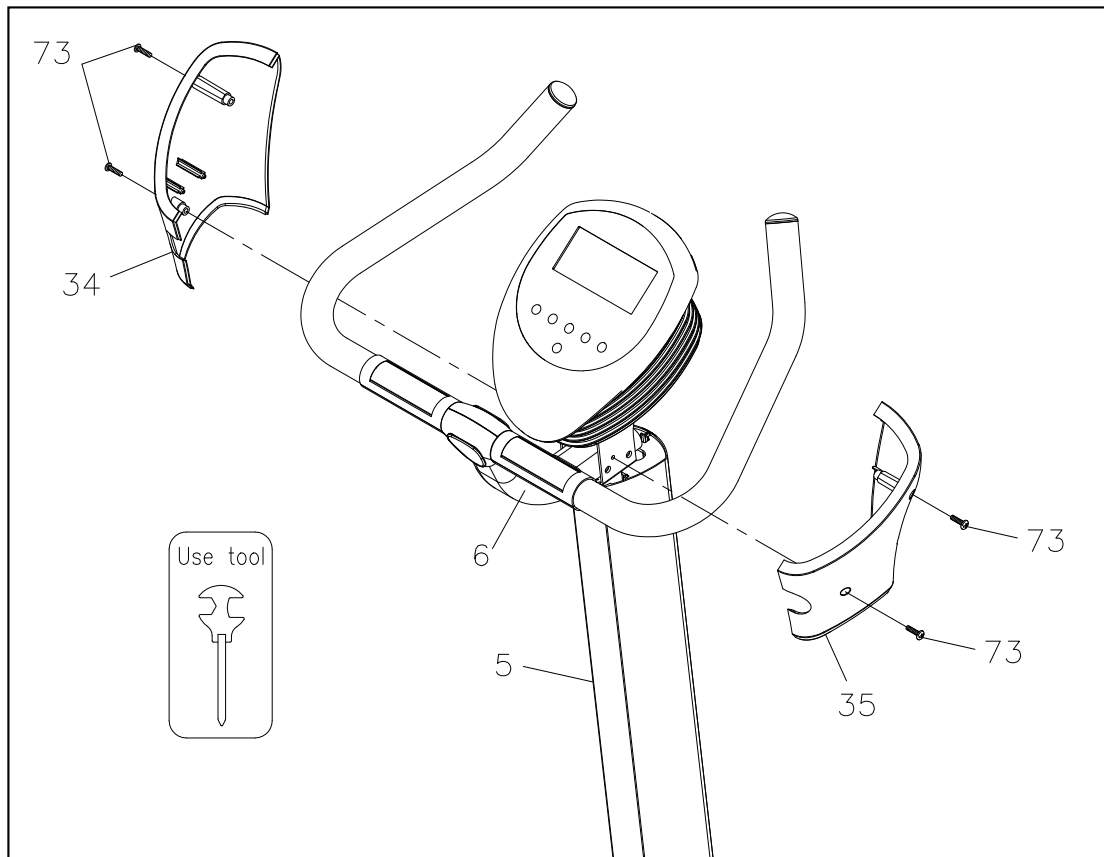
- Attached the Front Stabilizer (2) to the Main Frame (1). A circular decal (“R”) should be located on the right side of the Front Stabilizer (2).
- Secure it using 2 Lock Washers (M8) (65), 2 Regular Washers (8x16x2.0t)(66) and 2 Bolts, Socket Head (M8xp1.25x90mm) (84).
- DO NOT tighten these bolts yet.
- Attached the Rear Stabilizer (6) to the Main Frame (1) using 2 Lock Washers (M8) (65), 2 Regular Washers (8x16x2.0t) (66) and 2 Bolts, Socket Head (M8xp1.25x90mm) (84).
- Securely tighten these 4 Bolts with Wrenches.



STEP 4 – Display Console Assembly

- Attached to Console Bottom Sleeve (33) to the back of the Display Console (32). Secure it with 4 Screws, Pan Head (M5 x p0.8 x 25mm) (72).
- Install the Display Console Assembly onto the metal plate that welded on top of the Upright Post Assembly (5), secure it using 4 bolts, Socket Head (M6 x p1.0 x 15mm) (81). Tighten it with wrench.
- Connect the Cable (94) in the back of the Console to the Cable (95) in the Upright.
- Connect the Pulse Sensor Cable 1 (100) in the back of the Console and the Pulse Sensor Cable 2 (101) in the Upright.

Make sure the Cables are connected securely and you DO NOT pinch the Cable.

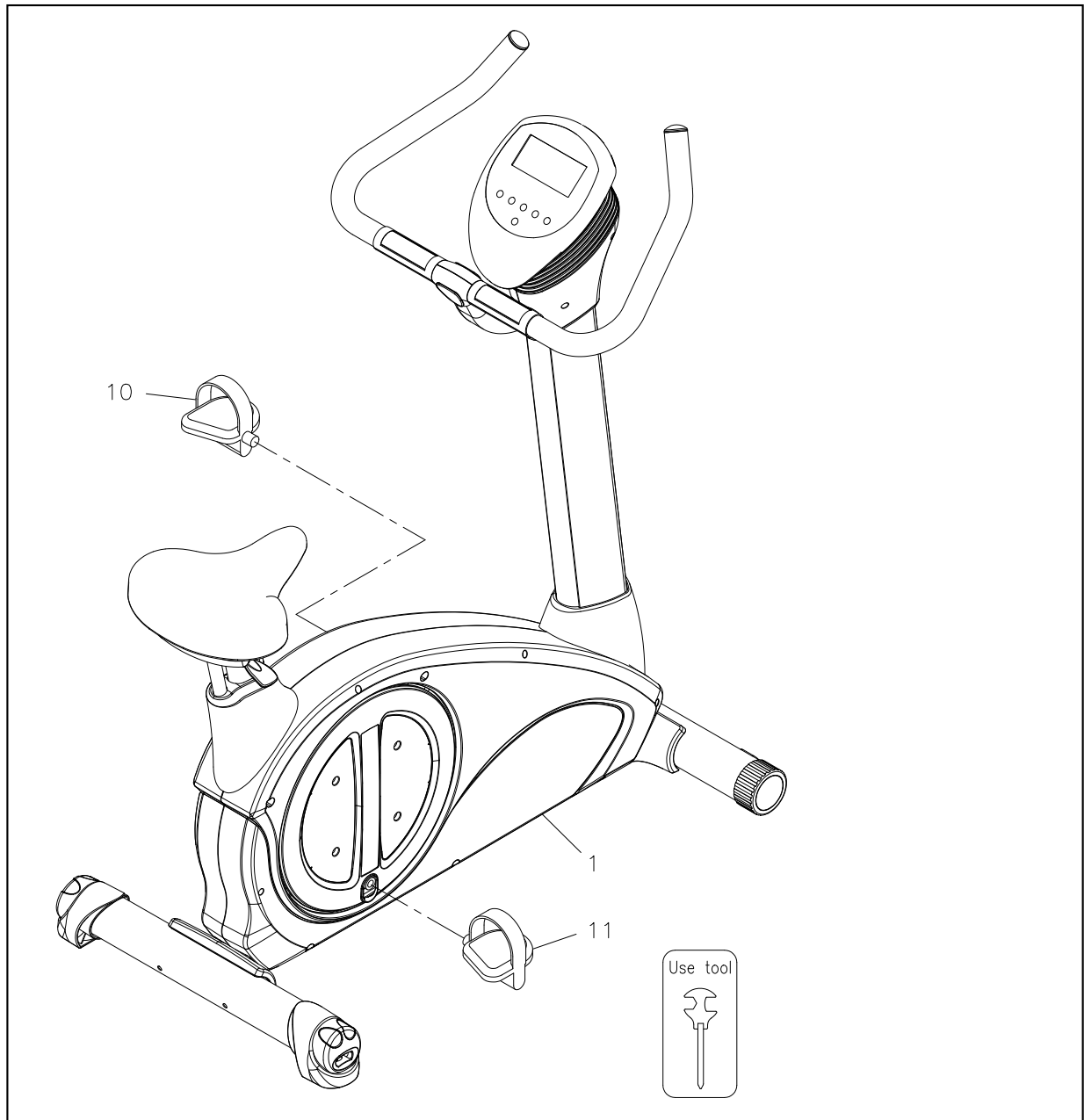


STEP 5 – Console Sleeve Assembly

- a. Install the Right Console Bottom Sleeve Cover (35) to the right side Handlebar (5). And the Left Console Bottom Sleeve Cover (34) to the left side Handlebar (5). Securely tighten both covers to the Upright Post Assembly (5) with 4 Screws, Round Head (M5xp0.8x15mm) (73) using Philips Screwdriver.

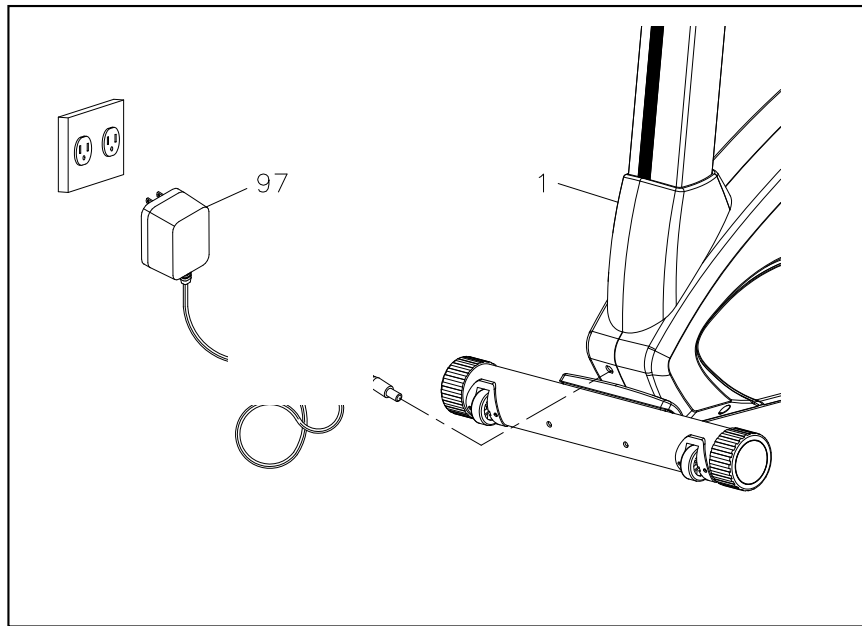
Display Console angle can be adjusted by pulling it forward or back.





STEP 6 – Foot Pedal Assembly

- Attached the Right Foot Pedal (21) to the Right Crank (60) behind the Crank Disk (15). Threaded clockwise and tighten it securely with Wrench.
- Attached the Left Foot Pedal (20) to the Left Crank (59) behind the Crank Disk (15). Threaded counterclockwise and tighten it securely with Wrench.



STEP 7 – AC Adaptor

Plug the AC Adaptor (97) into the socket in the FRONT of the Bike.



Your Upright Bike is now ready to use. Please make sure that all Nuts and Bolts are securely tightened before exercising.

ADJUSTMENTS

Getting started

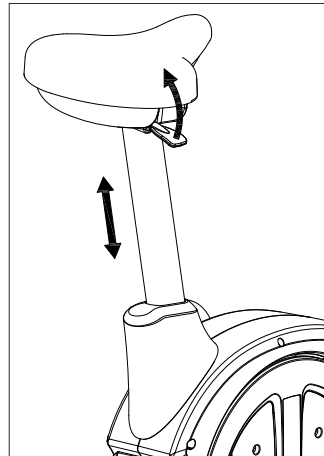
To reduce the risk of electrical shock, always unplug the unit before cleaning or any maintenance activity.

Uneven Floor

After placing the unit where it will be used, check its stability. If there is even a slight rocking motion or the unit is not stable, determine which stabilizer is not resting on the floor. To adjust the Built-In floor leveler in the Rear Stabilizer End Cap by turning the wheel clockwise to lower or counter clockwise to raise.



ABOUT THE SEAT HEIGHT ADJUSTMENT



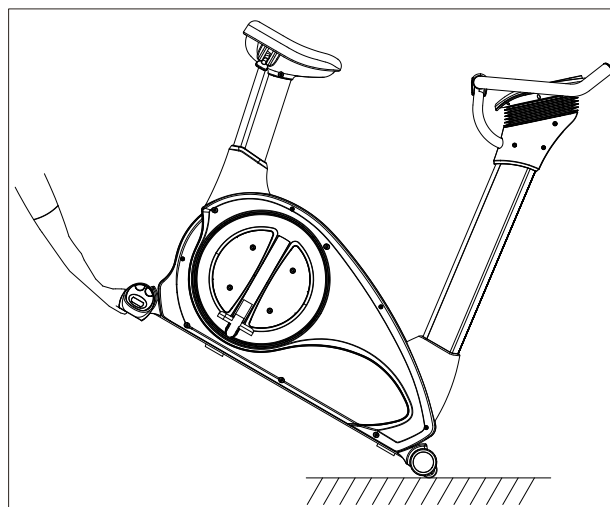
Seat Adjustment

- Pull the **Adjusting Handle (25)** up to adjust the seat height
- Once adjusting the seat to the proper position, release the **Adjusting Handle (25)** until hearing the “click” sound

Transport the Recumbent Cycle

Hold the **Rear Stabilizer (3)** up with two hands and carefully move the Bike to the desired location.

Make sure the floor are clean and leveled before moving the Bike.





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