

TKO[®]



ASSEMBLY MANUAL

9GR - RECUMBENT CYCLE

IMPORTANT SAFETY INSTRUCTIONS



- Read this Owner's Manual and follow it's instructions carefully before assembly 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.

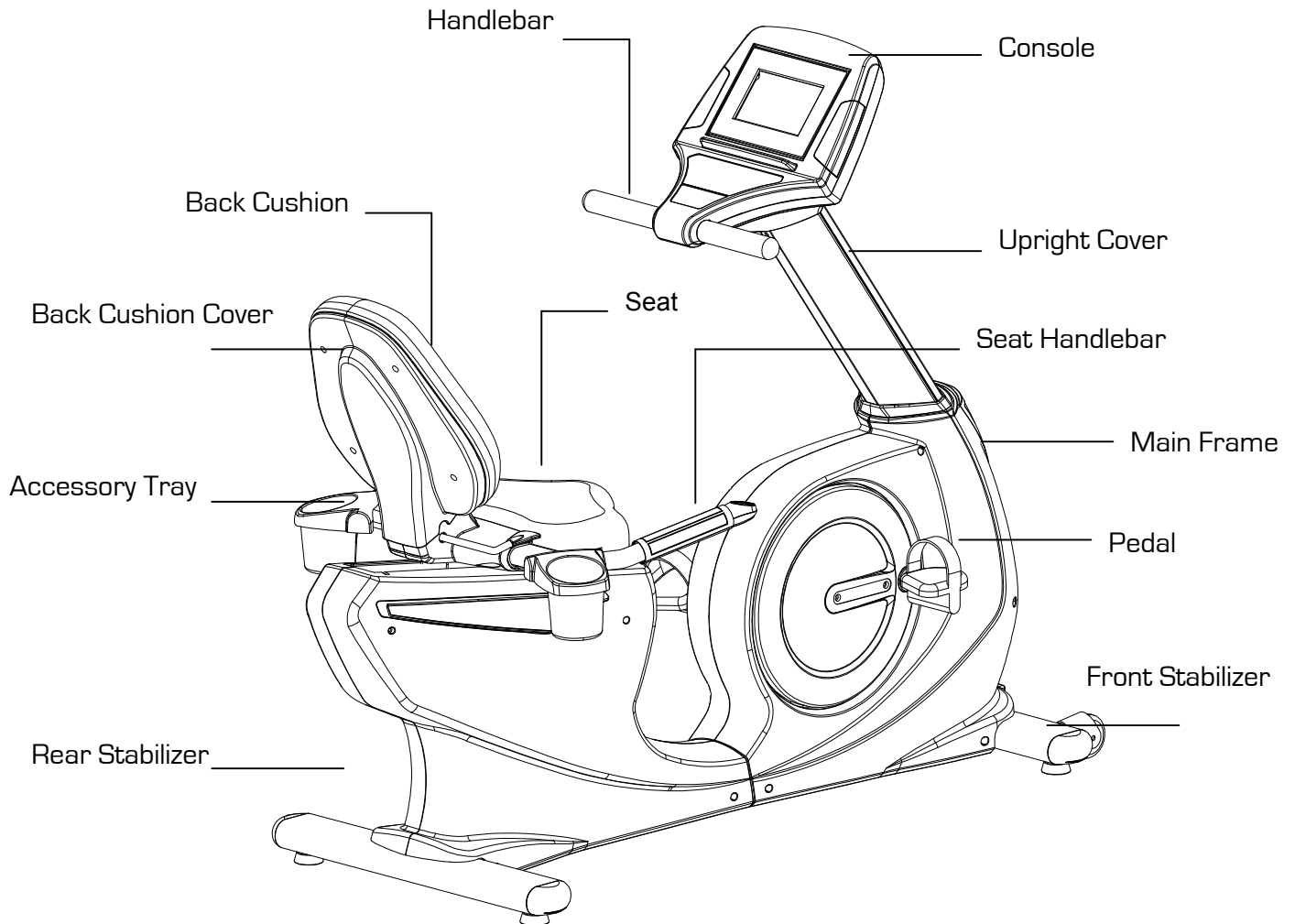
MEDICAL WARNING

- 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.

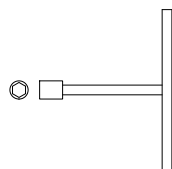
Maximum recommended exercise weights not to exceed 400Lbs (182Kgs)

BEFORE YOU BEGIN

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



THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY:



T-HAND SOCKET
WRENCH
[17MM]



COMBINATION
WRENCH



ALLEN WRENCH
[M6]

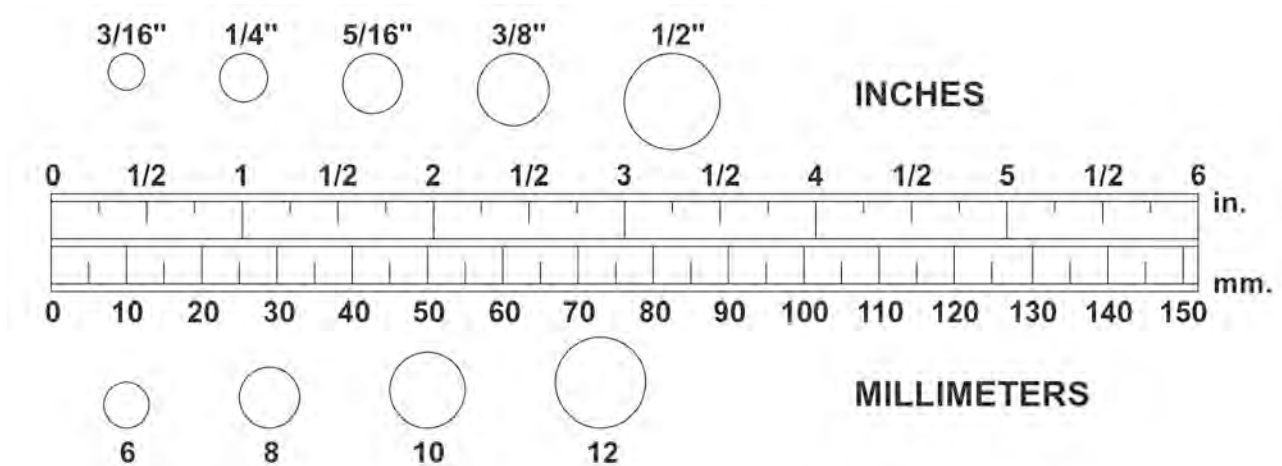


SOCKET WRENCH

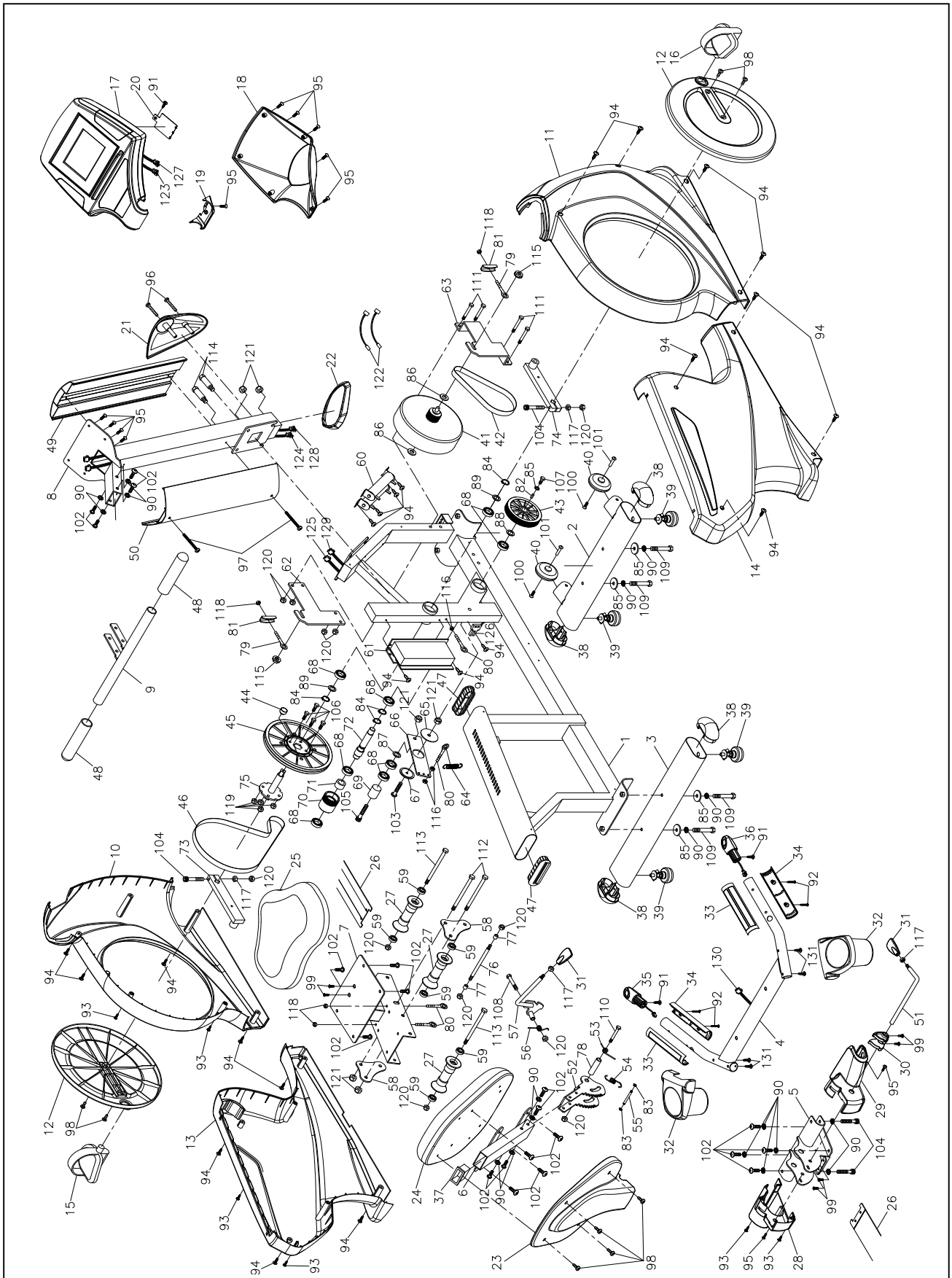
HARDWARE PACK

Hardware pack

Part #	Description	Q'TY
85	85 Washer (8x38x2.0t)	4
90	90 Lock Washer (M8)	6
95	95 Screw, Round Head (M5xp0.8x15mm)	10
96	96 Screw, Round Head (M5xp0.8x50mm)	2
104	104 Bolt, Socket Head (M8xp1.25x50mm)	2
109	109 Bolt, Hex Head (M8xp1.25x65mm)	4
114	114 Bolt, Hex Head (M10xp1.5x50mm)	2
131	131 Screw (M4x10mm)	4



EXPLODED DIAGRAM (A)



PARTS LIST

NO.	Item Name	Q'TY
1	Main Frame	1
2	Front Stabilizer	1
3	Rear Stabilizer	1
4	Seat Handlebar	1
5	Back Cushion Bracket	1
6	Back Cushion Frame	1
7	Seat Frame	1
8	Upright Post	1
9	Upper Handlebar	1
10	Front Left-Side Cover	1
11	Front Right-Side Cover	1
12	Crank Cover	2
13	Rear Left-Side Cover	1
14	Rear Right-Side Cover	1
15	Left Pedal	1
16	Right Pedal	1
17	Console Display	1
18	Console Bracket	1
19	Console Lower Case	1
20	Battery Door	1
21	Front Decorating Upright Cover	1
22	Upright Sleeve	1
23	Back Cushion Cover	1
24	Back Cushion	1
25	Seat Cushion	1
26	Sliding Belt	2
27	Seat Roller	3
28	Plastic Seat Support Cover (L)	1
29	Plastic Seat Support Cover (R)	1
30	Back Cushion Hinge	1
31	Adjustment Leveler Handle	2
32	Accessory Tray	2
33	Pulse Sensor upper Housing	2
34	Pulse Sensor Bottom Housing	2
35	Quick-Access Key Base [Ç]	1

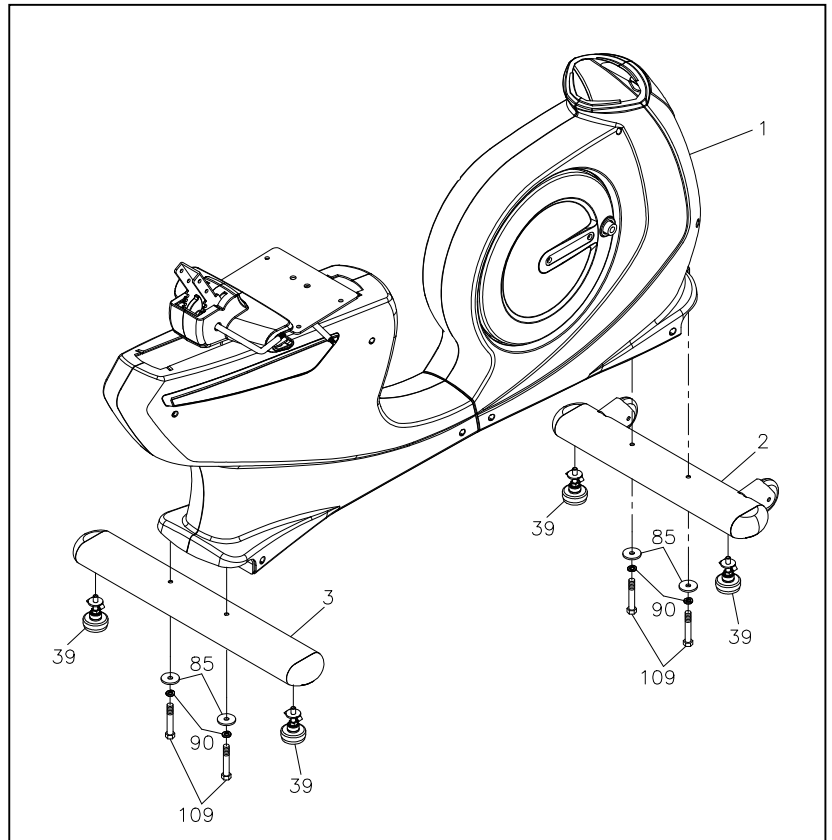
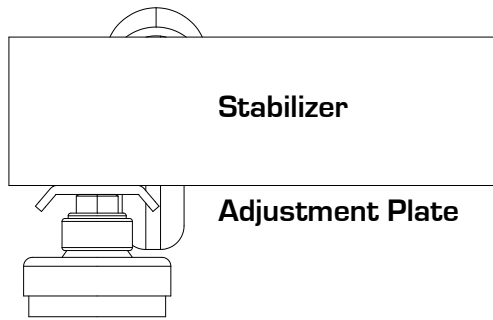
NO.	Item Name	Q'TY
36	Quick-Access Key Base (-)	1
37	Square Plug (30x60mm)	1
38	End Cap (50x100mm)	4
39	Leveler (ψ50)	4
40	Transport Wheel	2
41	Generator	1
42	Belt (584mm J8)	1
43	Pulley (120mm)	1
44	Magnet	1
45	Pulley (235mm)	1
46	Belt (1059mm J8)	1
47	Seat Rail End Cap	2
48	Foam Grip	2
49	Front Aluminum Upright Cover	1
50	Rear Aluminum Upright Cover	1
51	Cushion Adjustment Lever	1
52	Back Cushion Adjustment Bracket	1
53	Cushion Torsion Spring	1
54	Cushion Spring	1
55	Cushion Linkage Axel	1
56	Seat Torsion Spring	1
57	Seat Adjustment Lever	1
58	Roller Plate	2
59	Bearing (6000N)	6
60	Resistor	1
61	Controller	1
62	Right Mounting Plate	1
63	Left Mounting Plate	1
64	Idler Spring	1
65	Washer (ψ10.6×ψ60×2.0t)	1
66	Idler Arm	1
67	Axle Cover	1
68	Bearing (6004ZZ)	8
69	Idler Shaft	1
70	One Way Pulley (51mm)	1
71	One Way Bearing (2520mm)	1
72	Axle	1

NO.	Item Name	Q'TY
73	Left Crank	1
74	Right Crank	1
75	Crank Shaft	1
76	Roller Axle	1
77	Spacer (M8×12×7mm)	2
78	Seat Linkage Spacer	1
79	Eye Bolt (40mm)	2
80	Eye Bolt (50mm)	4
81	Tension Bracket	2
82	Square Key (6×6×15mm)	1
83	E Clip	2
84	Crescent Ring	4
85	Washer (8×38×2.0t)	5
86	Washer (10×23×2.0t)	2
87	Washer (17×25×1.0t)	1
88	Washer (18.3×25×1.0t)	1
89	Washer (20×1.0t)	2
90	Lock Washer (M8)	18
91	Screw (M3×10mm)	3
92	Screw (M3×25mm)	4
93	Screw (M4×20mm)	6
94	Screw (M5×18mm)	23
95	Screw, Round Head (M5×p0.8×15mm)	12
96	Screw, Round Head (M5×p0.8×50mm)	2
97	Screw, Round Head (M5×p0.8×75mm)	2
98	Bolt, Round Head (M6×p1.0×15mm)	8
99	Screw, Round Head (M5×p0.8×12mm)	6
100	Bolt, Button Head (M6×p1.0×12mm)	2
101	Bolt, Button Head (35mm)	2
102	Bolt, Button Head (M8×p1.25×20mm)	20
103	Bolt, Button Head (M10×p1.5×45mm)	1
104	Bolt, Socket Head (M8×p1.25×55mm)	4
105	Bolt, Socket Head (M10×p1.5×30mm)	1
106	Bolt, Hex Head (M8×p1.25×15mm)	4
107	Bolt, Hex Head (M8×p1.25×10mm)	1
108	Bolt, Hex Head (M8×p1.25×60mm)	1
109	Bolt, Hex Head (M8×p1.25×65mm)	4

NO.	Item Name	Q'TY
110	Bolt, Hex Head (M8×p1.25×75mm)	1
111	Bolt, Hex Head (M8×p1.25×80mm)	4
112	Bolt, Hex Head (M10×p1.5×145mm)	2
113	Bolt, Hex Head (M10×p1.5×144mm)	2
114	Bolt, Hex Head (M10×p1.5×50mm)	2
115	Flange Nut (M5)	2
116	Nut (M6)	3
117	Nut (M8)	4
118	Nylon lock Nut (M6)	4
119	Nylon lock Nut (M8×6.2t)	4
120	Nylon lock Nut (M8)	12
121	Nylon lock Nut (M10)	6
122	Generator Wire (3pin×700mm)	2
123	Extension Wire (5pin×300mm) (Back of the Console Display)	1
124	Extension Wire (5pin×1100mm) (inside Upright post)	1
125	Extension Wire (5pin×800mm) (Inside Main Frame)	1
126	Sensor Wire (2pin×400mm) (Inside Main Frame)	1
127	Pulse Sensor Wire 1 (8pin×300mm) (Back of the Console Display)	1
128	Pulse Sensor Wire 2 (8pin×1100mm) (Inside Upright Post)	1
129	Pulse Sensor Wire 3 (8pin×2300mm) (Inside Main Frame)	1
130	Pulse Sensor Wire 4 (8pin×500+200mm) (Inside Seat Handlebar)	1
131	Screw (M4×10mm)	4

ASSEMBLY INSTRUCTIONS

Diagram : Leveler adjustments



STEP 1 Leveler Installed

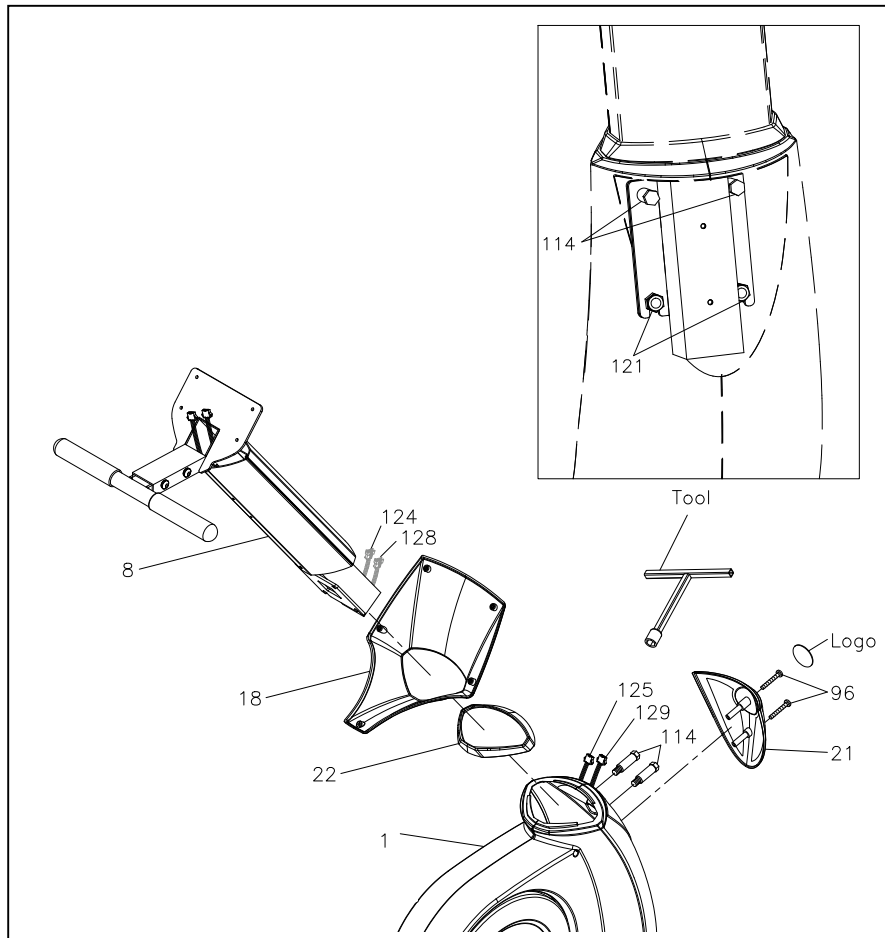
- Attach the Leveler (39) to the Front Stabilizer (2) and the Rear Stabilizer (3)
- Adjust the Leveler (39) then securely tighten the Adjustment Plate (diagram above)

STEP 2 Front & Rear Stabilizer Assembly

Attach the Front Stabilizer (2) and the Rear Stabilizer (3) to the Main Frame (1) and secure it with 4 Washer (8x38x2.0t) (85) 4 Lock Washer (M8) (90) and 4 Bolts, Hex Head (M8xp1.25x65mm) (109). Tighten it using the socket wrench (Included).

Check Leveling: If the bike is not leveled

- Loosen the Leveler (39) and the Adjustment Plate.
- Adjust the Leveler (39)
- Tighten the Adjustment Plate securely against the Stabilizer to lock the Leveler (39)



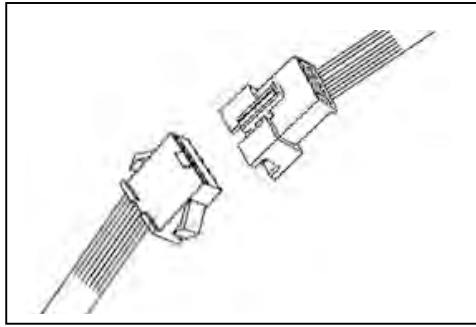
STEP 3 – Upright Post Assembly

Slide the Console Bracket (18) and the Upright Sleeve (22) onto the Upright Post (8.)

- Make sure the flat side of the Upright Post (8) is facing forward.

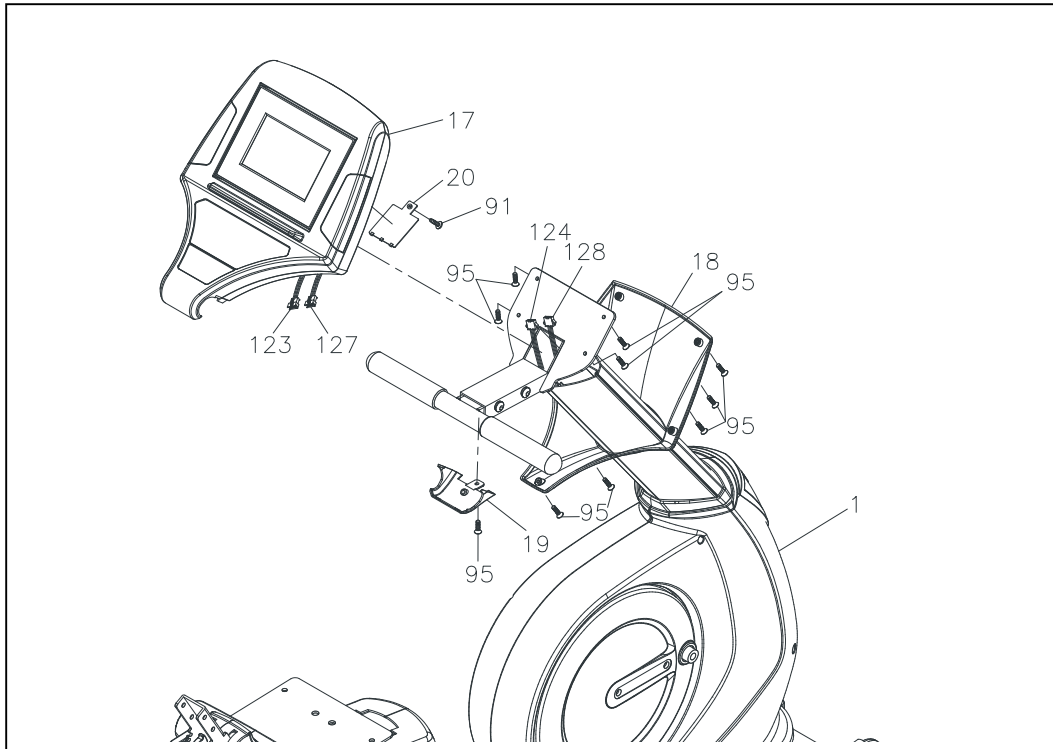
STEP 4

- Insert 2 Nylon lock Nuts (M10) (121) into the front of the Main Frame (1) (illustration shown above)
 - Slide the Upright Post (8) into the Main Frame (1) and secure it with 2 Bolts, Hex Head (M10xp1.5x50mm) (114), tighten these 2 Bolts using the T-Head Socket Wrench (Included).
- Be careful not to damage the Extension Wire (124) and the Pulse Sensor Extension Wire (128) during the assembly process.



STEP 5

- a. Connect the Extension Wire (124) in the Upright post to the Lower Connection Wire (125) in the Main Frame.
- b. Connect the Pulse Sensor Wire in the Upright Post (128) to the Pulse Sensor Wire in the Main Frame (129)
- c. Make sure the plugs and the sockets are connected and locked securely.
- d. Install the Front Decorative Cover (21) onto the front of the Main Frame (1) using 2 Screws, Round Head (M5xp0.8x50mm) (96.)
- e. Attach the TAG Logo to the center of the Front Decorative Cover (21)
- f. Roll down the Upright Sleeve (22) to cover the gap between the Upright Post and the Main Frame.

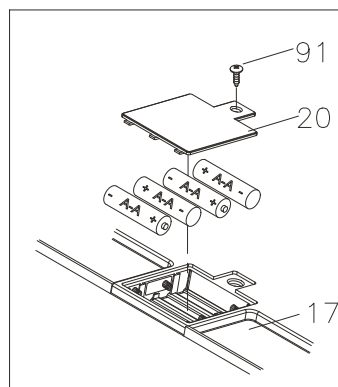


STEP 6 – Display Console and Handlebar Assembly

- Remove the Screw [M3x10mm] [91] in the back on the console using a Philips Screw Driver.
- Remove the Battery Door [20].
- Install the “AA” rechargeable batteries. [4 rechargeable battery are included in the hardware pack].

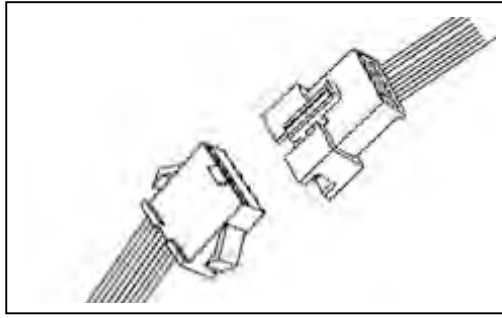
- Please only use the **Nickel-Metal Hybrid (NI-MH) rechargeable batteries**.

NOTE: Using the Regular battery or the wrong type of batteries will damage the console display.



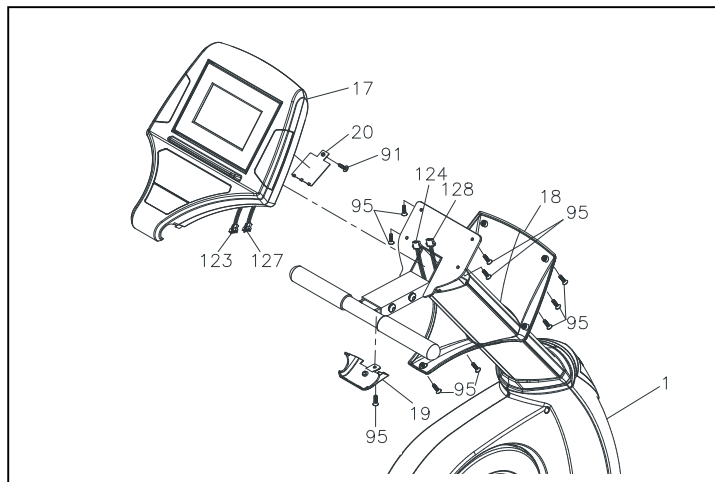
STEP 7

Re-attach the Battery Door [20] to the back of the Console [17], secure it using the Screw [M3x10mm] [91] that removed in STEP 6-a.



STEP 8

- a. Connect the Pulse Sensor Wire in the back of the Console [127] to the Pulse Sensor Wire in the Upright Post [128.]
- b. Connect the Extension Wire [123] in the back of the Console to the Extension Wire [124] in the Upright Post.



STEP 9

Attach the Console [17] to the Main Frame [1] secure it using 4 Screws, Round Head (M5xp0.8x15mm) [95].

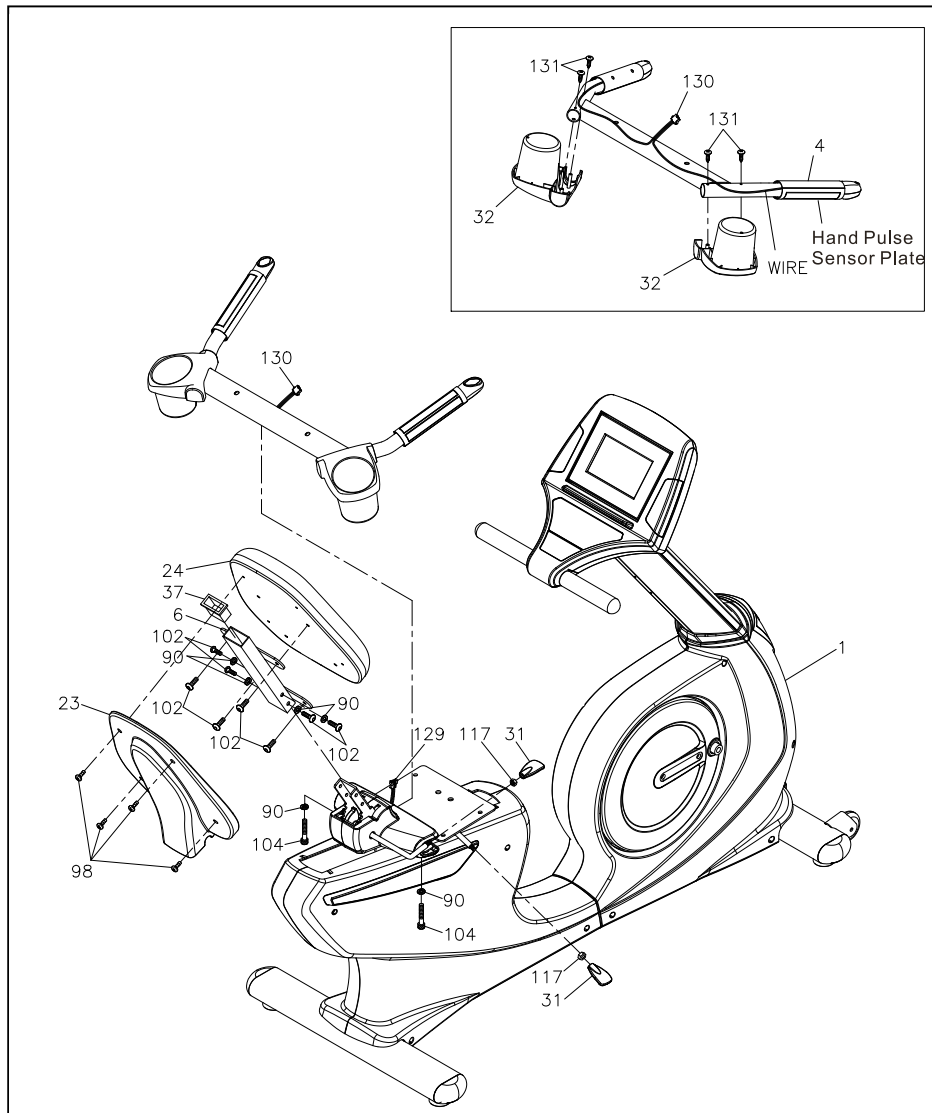
STEP 10

Slide the Console Bracket [18] up and attached to the back of the Console [17] secure it using 4 Screws, Round Head (M5xp0.8x15mm) [95].

STEP 11

Attach the Console Lower Case [19] to the Console [17] and secure with a Screw, Round Head (M5xp0.8x15mm) [95].

Tighten all Screws with Philips Screw Driver.



STEP 12

- Remove the 4 Bolts, Button Head [M8xp1.25x20mm] (102) and 4 Lock Washers (M8) (90) from the Back Cushion Frame (6).
- Installed the Back Cushion Frame (6) to the Back Cushion Adjustment Bracket (52), secure it using the 4 Lock Washers (90) and the 4 Bolts (102) that removed earlier [STEP 12-a].
- Tightened it securely with wrench.

STEP 13

- Remove the 4 Bolts, Button Head [M8xp1.25x20mm] (102) and 4 Lock Washers (M8) (90) from the Back Cushion (24).
- Attach the Back Cushion (24) to the Back Cushion Frame (6), secure it using the Bolts and the Washers removed in STEP 13-a. Tighten it securely with wrench.
- Attach the Cushion Cover (23) to the back of the Back Cushion (24), secure it using 4 Bolts, Round Head [M6xp1.0x15mm] (98). Tighten it with a Philip Screw Driver.

STEP 15

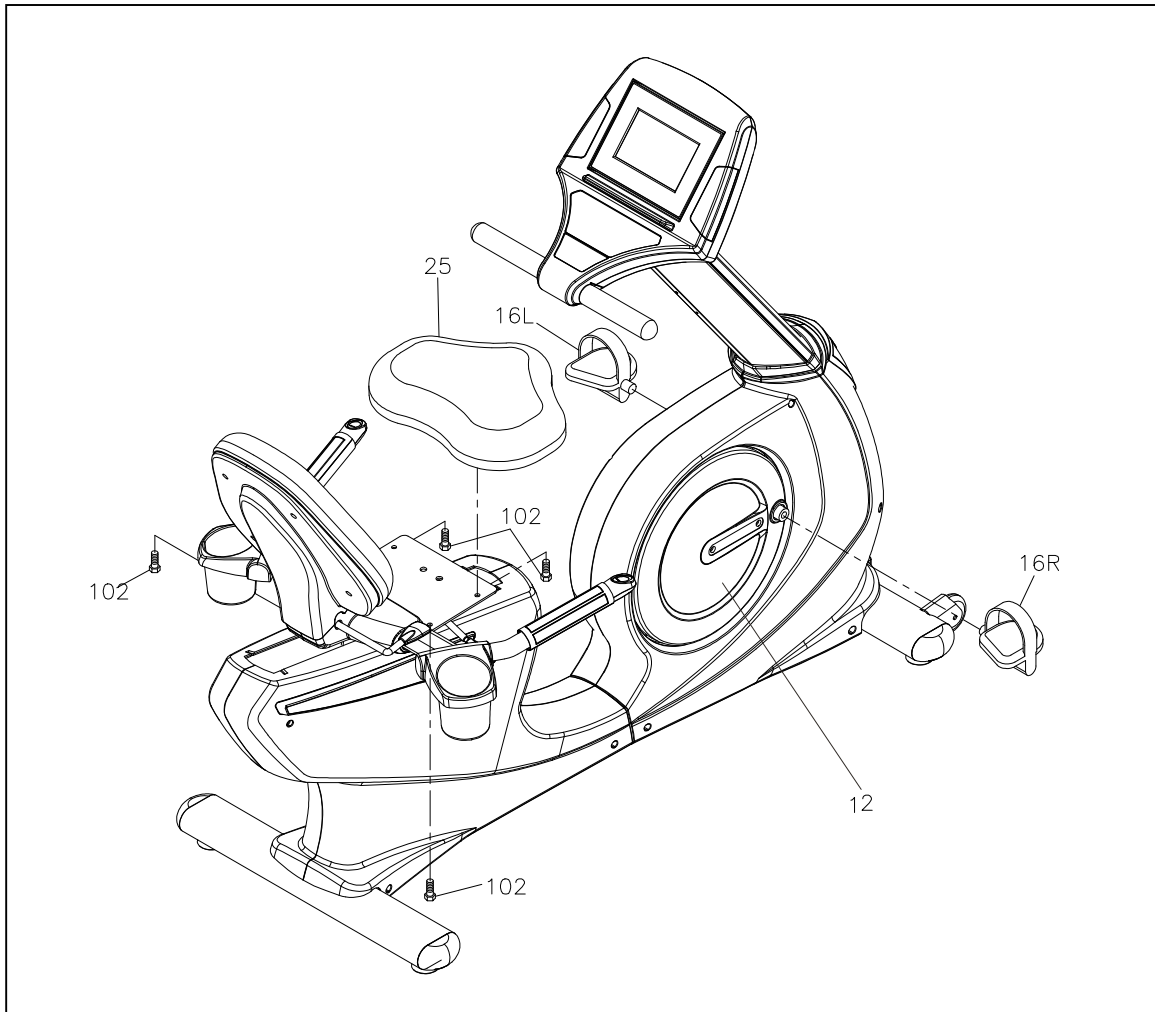
Attach the Accessory Tray (32) onto the Seat Handlebar (4) and secure it using 4 Screws (M4x10mm) (131) from underneath. Tighten it with a Philip Screw Driver.

STEP 16

Install the Seat Handlebar (4) into the Back Cushion Bracket (5), secure it using 2 Lock Washers (M8) (90) and 2 Bolt, Socket Head (M8xp1.25x50mm) (104). Tighten it securely with wrench.

STEP 17

Connect the Pulse Sensor Wire (130) in the back of the Seat Handlebar to the Pulse Sensor Wire (129) in the Main Frame.



STEP 18

- Loosen and remove all 4 Bolt, Button Head (M8xp1.25x20mm) (102) at the bottom on the Seat Cushion (25).
- Attach the Seat Cushion (25) onto the Seat Frame (7) and reattach the Bolts (102) removed in the last step. Tighten it securely with wrench.

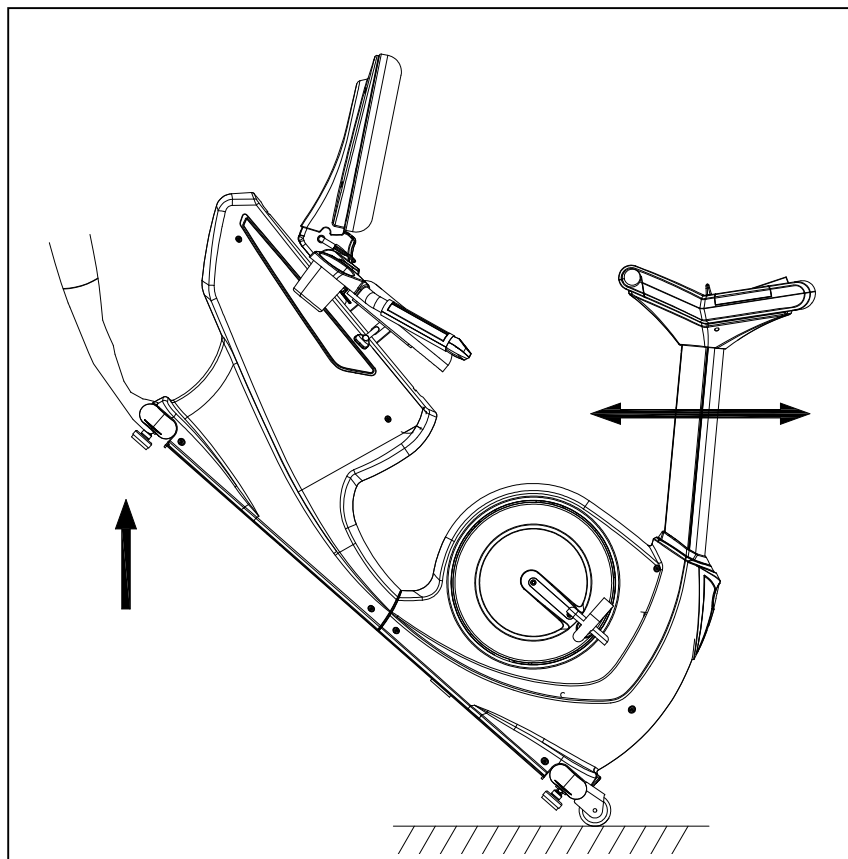
STEP 19

Attach the Foot Pedals to the Sprocket. turn the Right Pedal (16) clockwise into the Right Crank in the Right Crank Cover (12). Tighten the pedal securely with wrench.

Attach and turn the Left Pedal (15) counter-clockwise into the Left Crank. Tighten it with wrench.



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



Transport your Recumbent Cycle

- There are Two Oversized Transport Wheel in the front of the Recumbent Cycle.
- Lift up and Hold the Rear Stabilizer [3] to move the Recumbent Cycle to the desired location carefully with both hands.

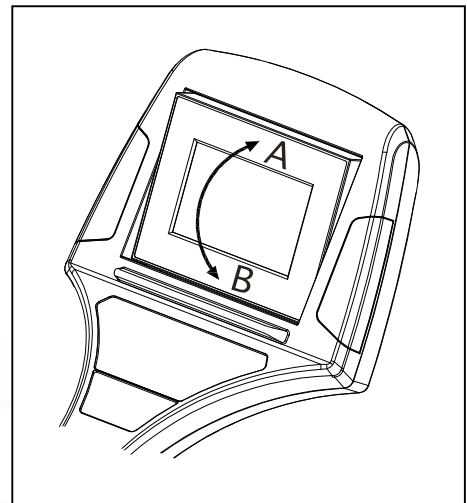
ADJUSTMENTS

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 Floor Leveler in the Front and/or the Rear Stabilizer by turning the Leveler clockwise to lower or counter clockwise to raise.

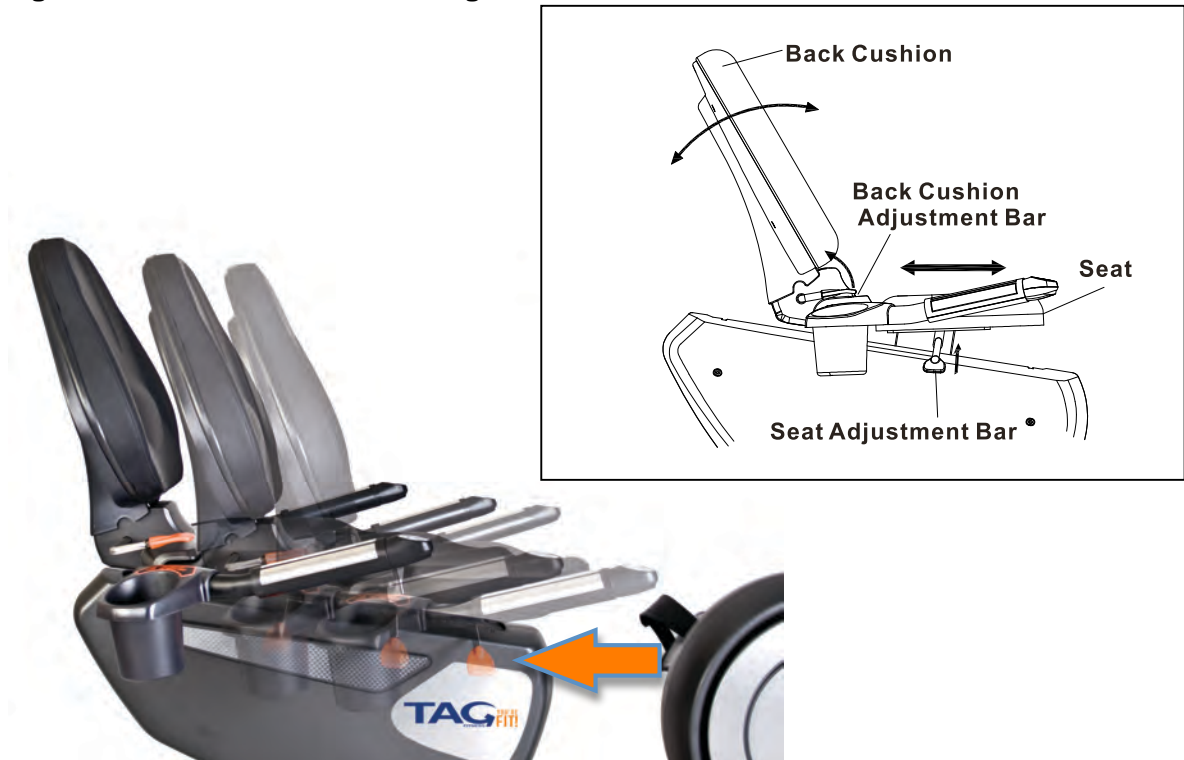


Adjusting the Console Display Angle



The angle of the Console Display can be adjusted by pushing the top or the bottom.

Adjusting Seat Position & Back Rest Angle



Seat Adjustments

- Lifting the Seat Adjustment Leveler upward to move the seat forward and backward.
- Release the Leveler when adjusted to the most suitable position. A “click” sound should be heard.



Back Cushion Adjustments

- Lifting the Back Cushion Adjustment Leveler upward to adjust the Back Cushion angle.
- Release the Leveler when adjusted to the most suitable angle. A “click” sound should be heard

How To Replace Batteries

- Remove the Console Bracket [18] by loosening the Screws at the bottom of the Console Bracket.
- Loosen and remove the Screw at the bottom on the Console [17] by using a Philips Screw Driver.
- Open the Battery Door [20]
- Replace all 4 “AA” rechargeable Batteries.
- Make sure you only use the **Nickel-Metal Hybrid (NI-MH) rechargeable batteries**.

NOTE: Using the Regular battery or the wrong type of batteries will damage the console display.

