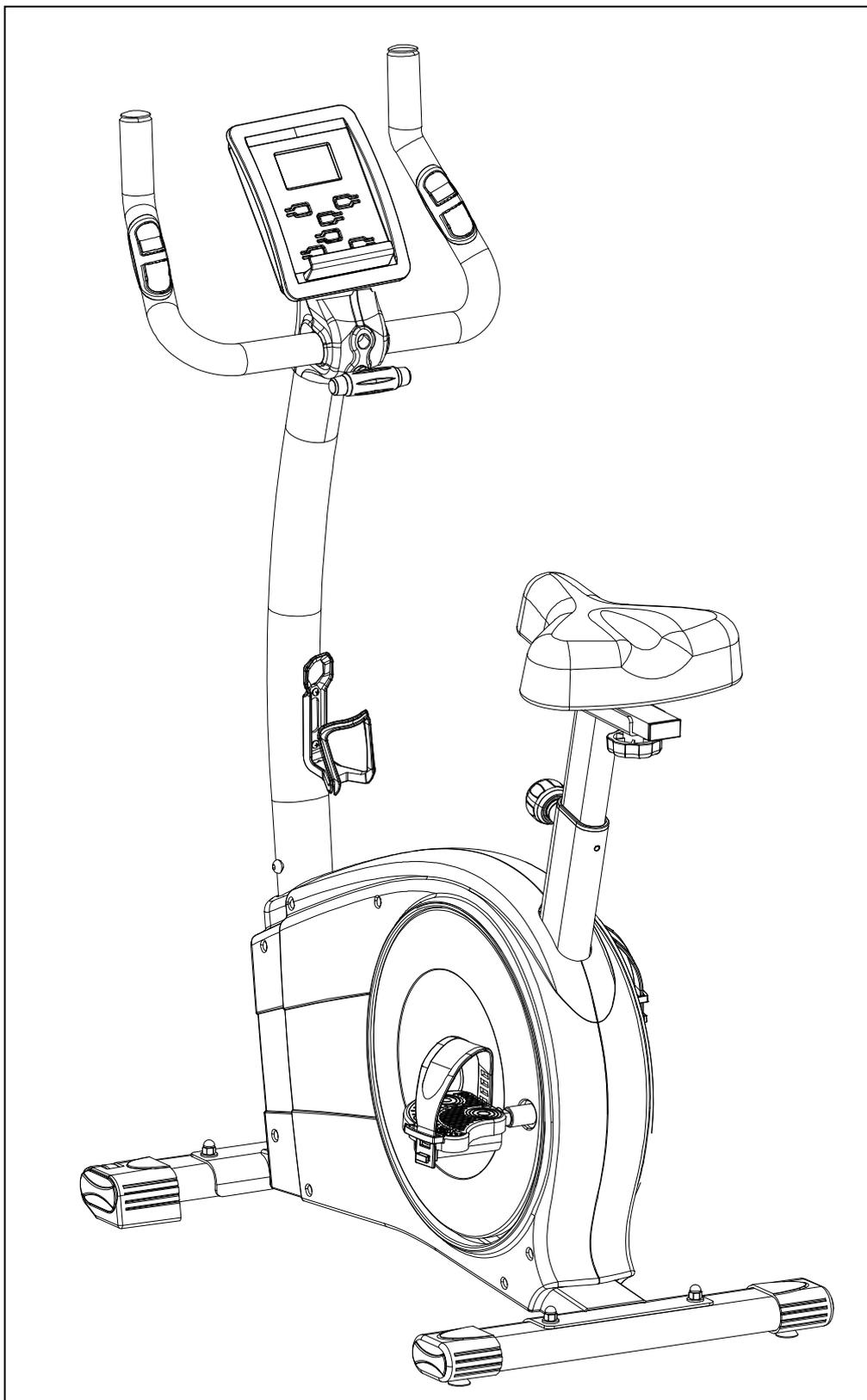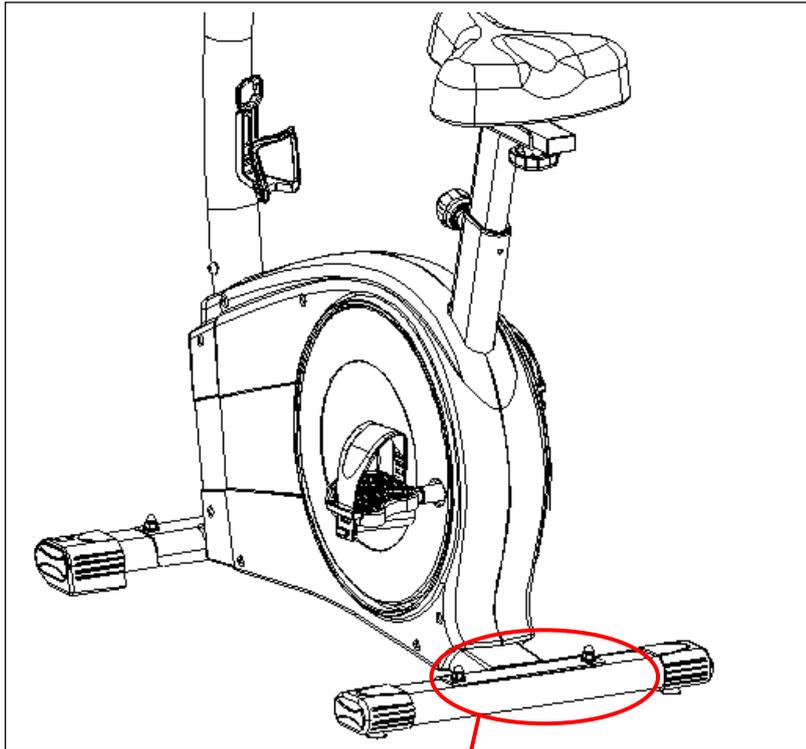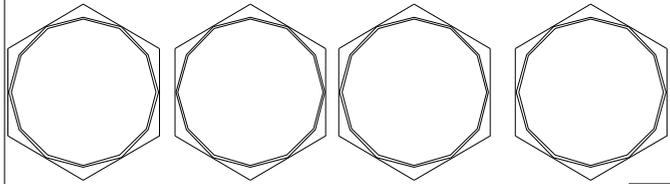# Casall EB200
Bike
91001

Important: Please locate your serial number and record in the box below for service support purposes.
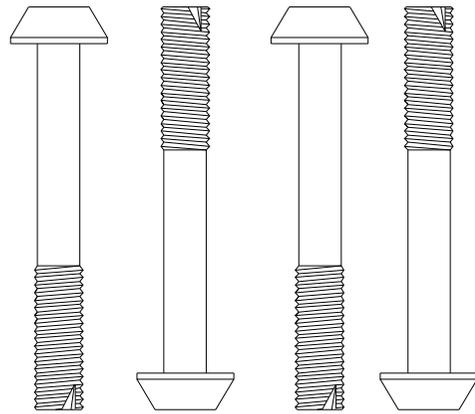

Serial number here:

EB200

NO:J-1 Aorra Nut for M8 Bolt(4)

NO:J-2 Carriage Bolt M8*1.25*55L(4)

No:J-3 Curved Flat   φ8xφ19x2t
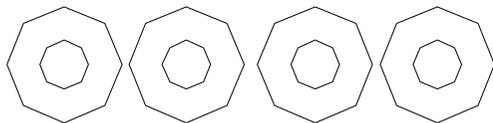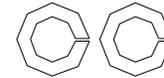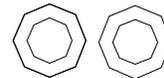
No:J-6 Spring Washer
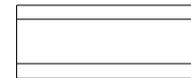φ7*2t(2)

No:J Metal cover (1)

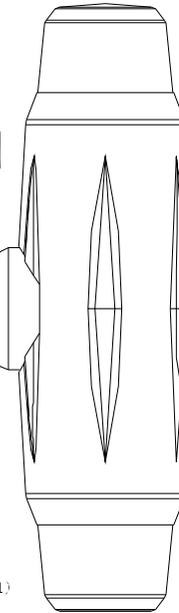No:J-4 Allen Bolt
M7*P1.0*30L (1)
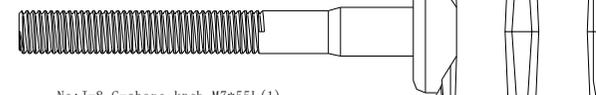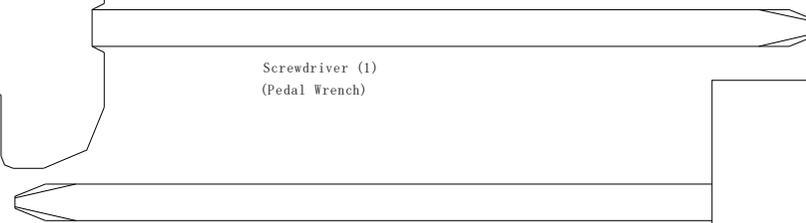
No:J-8 C-shape knob M7*55L(1)
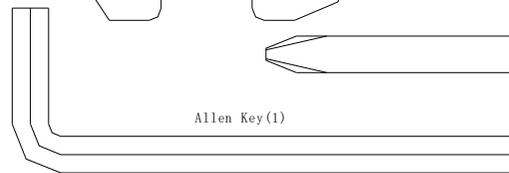
No:J-4 C-shape knob M7*65L(1)

No:J-5 Regular Washer
φ7*1t(2)

No:J-7 Bushing   12*10L (1)

Screwdriver (1)
(Pedal Wrench)

Allen Key(1)

Socket Wrench(1)
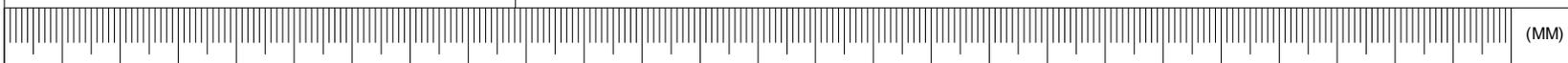
(MM)

Assembly Diagram
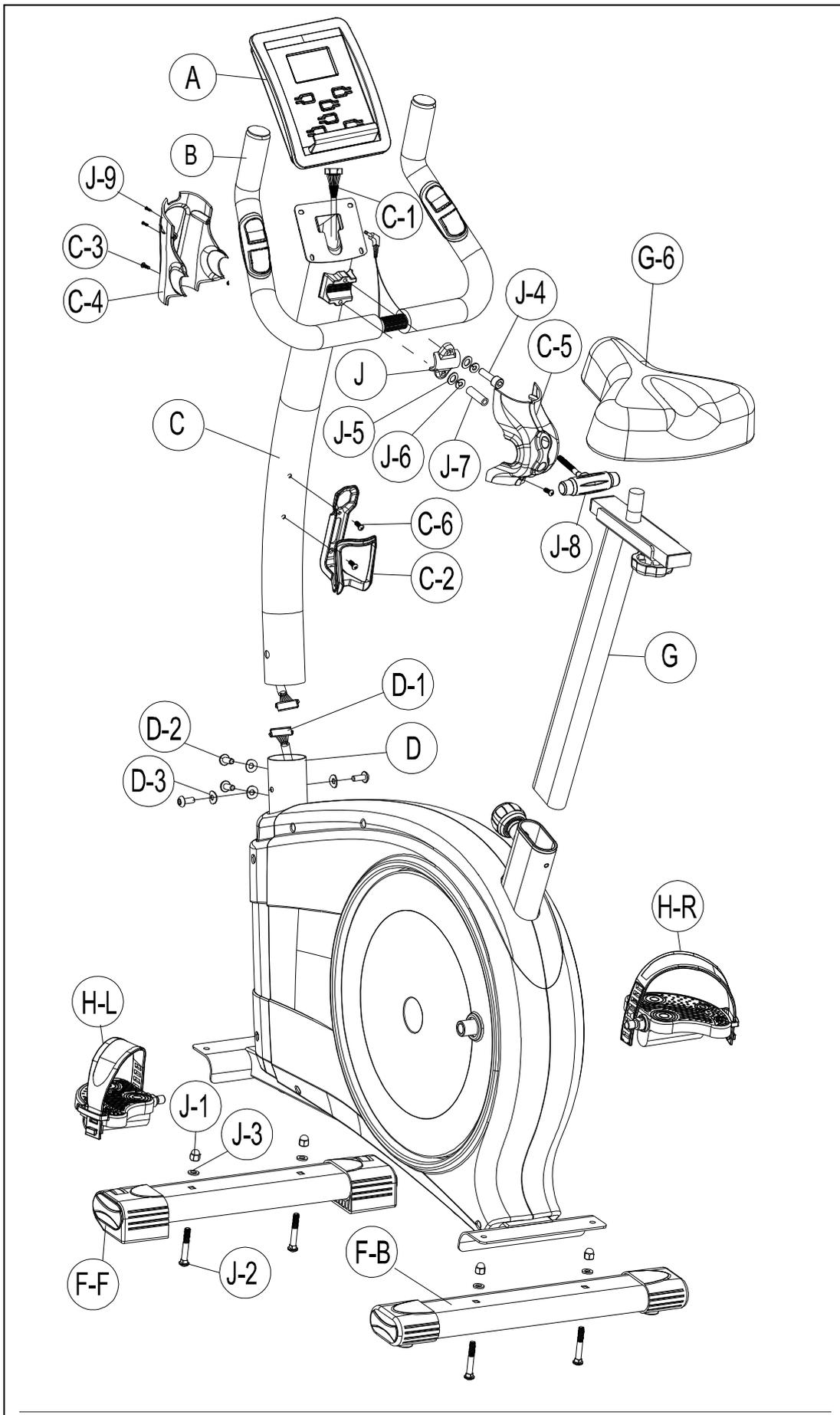
EXPLODED DIAGRAM
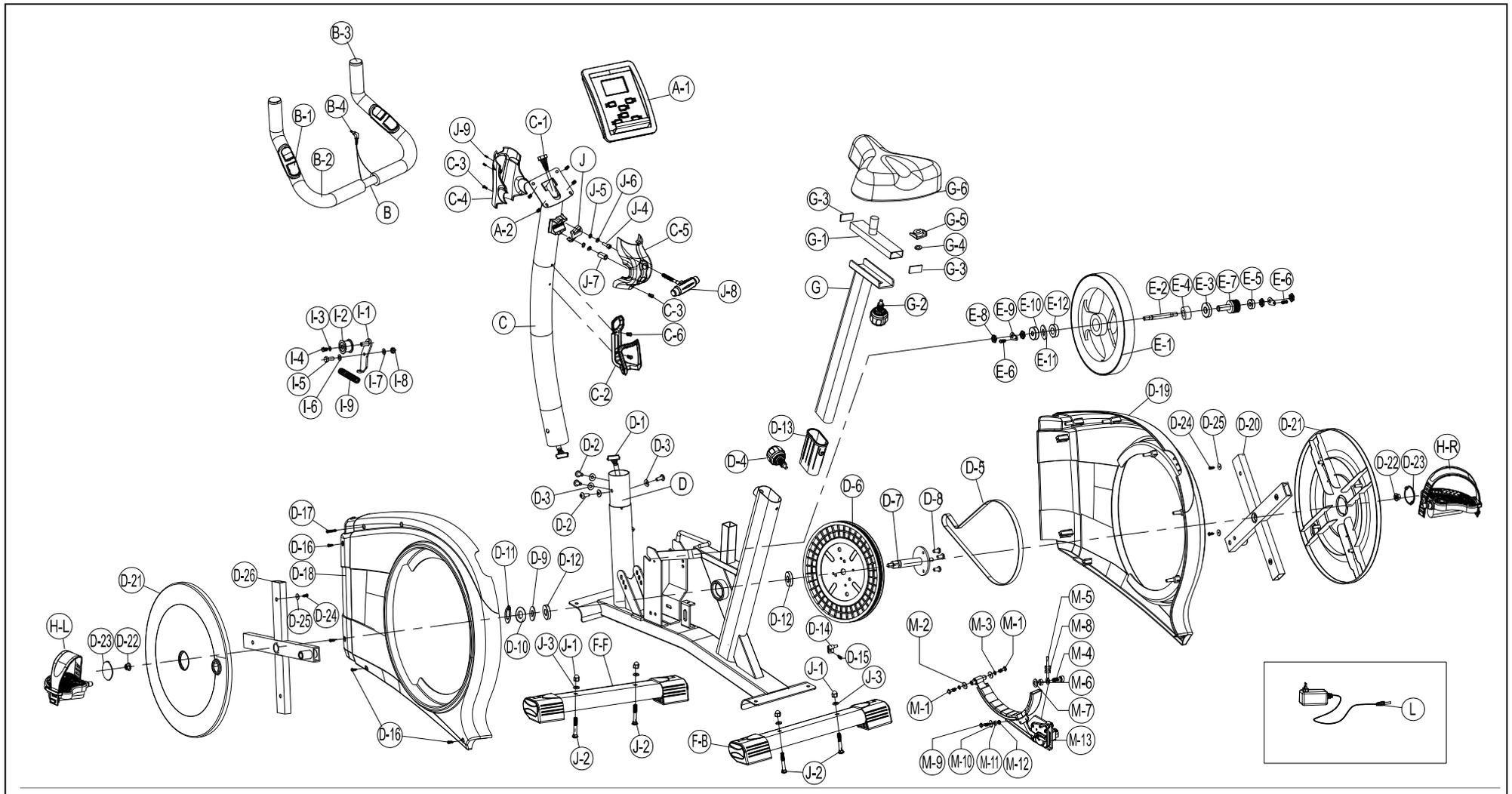
PARTS LIST

NO.	Description	Specifications	Q'TY	
A,A-1	COMPUTER & SCREW		1	SET
B	HANDLEBAR		1	PCS
B-1	HAND PULSE SET		1	SET
B-2	FOAM GRIP	480xφ20x5.0m/m	2	PCS
B-3	CAP FOR HANDBLEBAR		2	PCS
B-4	HAND PULSE WIRE	550+550mm	1	PCS
C	HANDLEBAR POST		1	PCS
C-1	COMPUTER CABLE (UPPER)		1	PCS
C-2	BOTTLE HOLDER		1	PCS
C-3	SCREW FOR R/L COVER	M5xP0.8x14L	2	PCS
C-4	REAR COVER FOR COMPUTER		1	PCS
C-5	FRONT COVER FOR COMPUTER		1	PCS
C-6	SCREW FOR BOTTLE HOLDER	M5xP0.8x20L	2	PCS
D	MAIN FRAME		1	PCS
D-2	ALLEN BOLT FOR HAND POST	M8*P1.25*16L(6m/m)	4	PCS
D-3	SEMICIRCLE WASHER	φ8xφ19x2t	4	PCS
D-4	ADJUSTING KNOB FOR MAIN FRAME		1	PCS
D-5	BELT J6 1016m/m	J6 1041m/m	1	PCS
D-6	BIG PULLEY		1	PCS
D-7	SHAFT		1	PCS
D-8	SCREW	M8xP1.25x12Lx5t	3	PCS
D-9	FLAT WASHER	φ17.5xφ25x0.3t	2	PCS
D-10	WAVE WASHER	φ17.5xφ25x0.3t	1	PCS
D-11	C-TYPE RING	φ17	1	PCS
D-12	BEARING	6203 (RS)	2	PCS
D-13	PLASTIC BUSHING		1	PCS
D-14	SENSOR BOX		1	PCS
D-15	SCREW FOR SENSOR BOX	M4x10L	1	PCS
D-16	SCREW FOR CHAIN COVER	3/16 〃	10	PCS
D-17	SCREW FOR CHAIN COVER	M4x50L	4	PCS
D-18	CHAIN COVER (L)		1	PCS
D-19	CHAIN COVER (R)		1	PCS
D-20	CROSS DISC (R)		1	PCS
D-21	ROUND DISC		2	PCS
D-22	NUT FOR DISC	M10xP1.25x10T	2	PCS
D-23	CAP FOR ROUND DISC		2	PCS
D-24	SCREW FOR CROSS DISC	M4x14L	8	PCS
D-25	FLAT WASHER	φ15xφ16x1t	8	PCS
D-26	CROSS DISC (L)		1	PCS

E~E-12	FLYWHEEL SET		1	SET
F-F	FRONT STABILIZER SET		1	SET
F-B	REAR STABILIZER SET		1	SET
G	SEAT POST SET		1	PCS
G-1~G-5	SEAT SLIDER		1	PCS
G-6	SEAT		1	PCS
H-RL	PEDAL		1	PCS
I~I-9	IDLER WHEEL SET		1	SET
J~J-9	BOLTS & NUTS PACK		1	SET
L	ADAPTOR		1	PCS
M~M-12	AND MAGNETIC SET		1	SET
M-13,D-1	GEAR BOX & Magnetic set		1	SET

Step 1- **Foot Tube Assembly**

Attach the Front Stabilizer (F-F) to the Main Frame (D) using two M8xP1.25x55L carriage bolts (J-2),Flat washer (J-3) and nuts (J-1).

Attach the Rear Stabilizer (F-B) to the Main Frame (D) using two M8xP1.25x55L carriage bolts (J-2),Flat washer (J-3) and nuts (J-1).
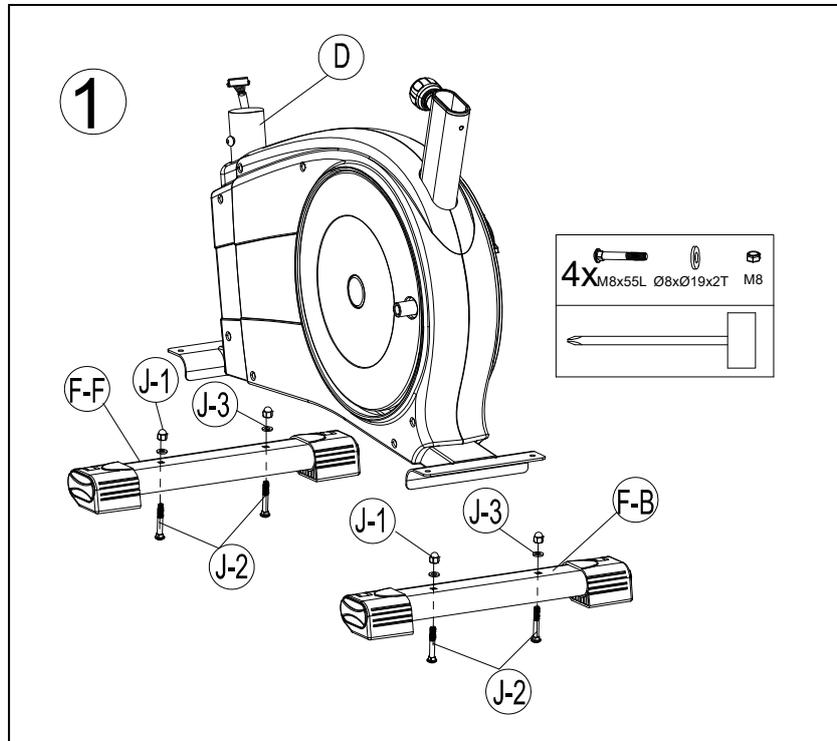
Step 2 - **Pedal Assembly**

1. Assemble the two Pedals (H-R+L) onto the Cross disc (D-20 + D-26) with a screw driver.

Remarks: Screw the left pedal's spindle counter-clockwise and the right pedal's spindle clockwise. Use a wrench (or screwdriver) to screw the two spindles completely.

Step 3 --Seat Tube Assembly

1. Please remove the adjusting knob (D-4) from the main frame (D).

2. Assemble the seat (G-6) to the Slider. The slider can be adjusted in different angles. Tighten the two Nuts under the Seat using a screwdriver. In addition, the Slider can be adjusted in horizontal level by loosing the knob.

2. Insert the seat post (G) into the main frame (D), then choose the desired position and tighten the adjusting knob (D-4). Be sure the knob is always tightened.

Remarks: When you have chosen a desired position, tighten the Seat Post Knob until you hear a "click".

Step 4-Handlebar post Assembly

1. Please remove the M8*16L Allen bolt (D-2) and Semicircle washers (D-3) from the main frame (D)
2. Hold the Handlebar post (C) and connect the Lower computer cable (D-1) to the Upper computer cable (C-1)
3. Slide the Handlebar Post (C) into the Main frame then fix it with four sets of M8*P1.25*16L Allen screws (D-2) and Semicircle washers (D-3).

Remarks: Do not screw one set of the M8*16L Allen Screws and Semicircle washers too firm at one time. It is better to fix the four sets firmly at the same time because it helps you to change angles and to fix easily.
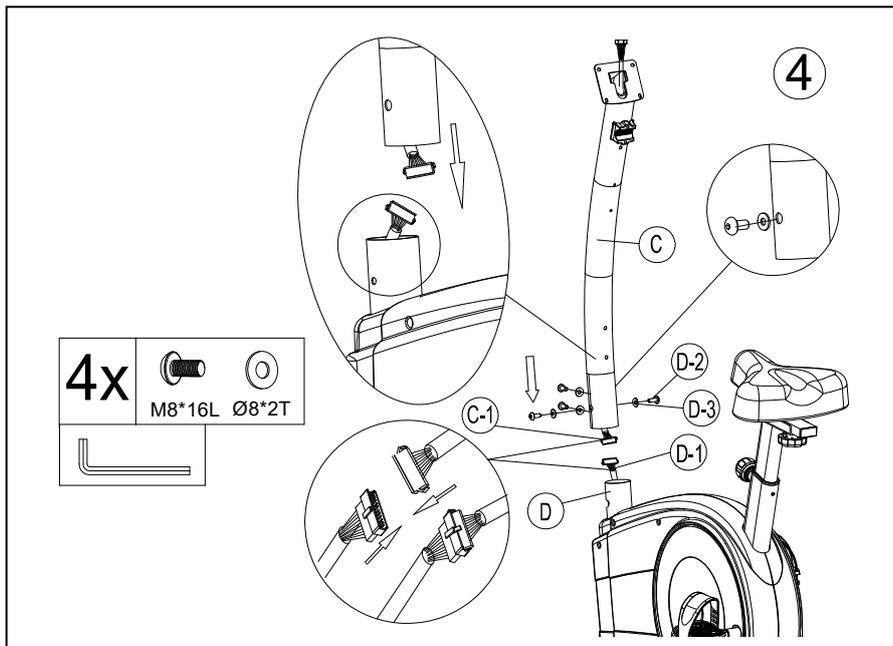
Step 5- Computer and Bottle holder Assembly

1. Connect the Computer cables (C-1) to the Computer (A). Then attach the Computer (A) to the Computer bracket with the enclosed Screws (A-1).
2. Remove the pre-installed Screws (C-6) on the handlebar post first, and then assemble the Bottle holder (C-2) using screw (C-6).
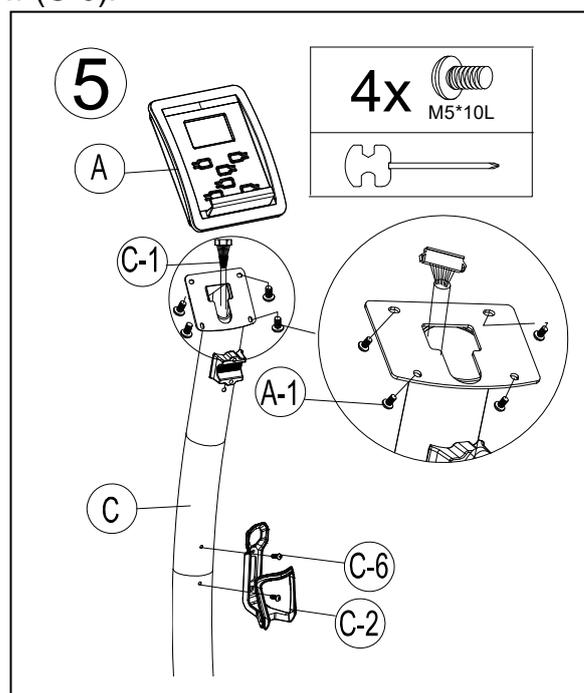
## Step 6- Handlebar Assembly

1. Attach the Handlebar (B) to the Handlebar post (C) using the Metal cover (J). Fix firmly with one Flat washer (J-5), one Spring washer (J-6) and one Fixing bolt (J-4).

2. Attach the Rear cover (C-4) to the Handlebar post (C) using two of M3x14L Screws (pt.J-9) and one of M5xP0.8x14L Screws (C-3) .

3. Attach the Front cover (pt.C-5) to the Handlebar post (C) using M5x14L Screws (C-3) the Handlebar T-Knob (J-8) using one set of Flat washer (J-5), Spring washer (J-6) and one Bushing (J-7).

4. Connect as the Hand pulse wire (B-4) to the computer (A).
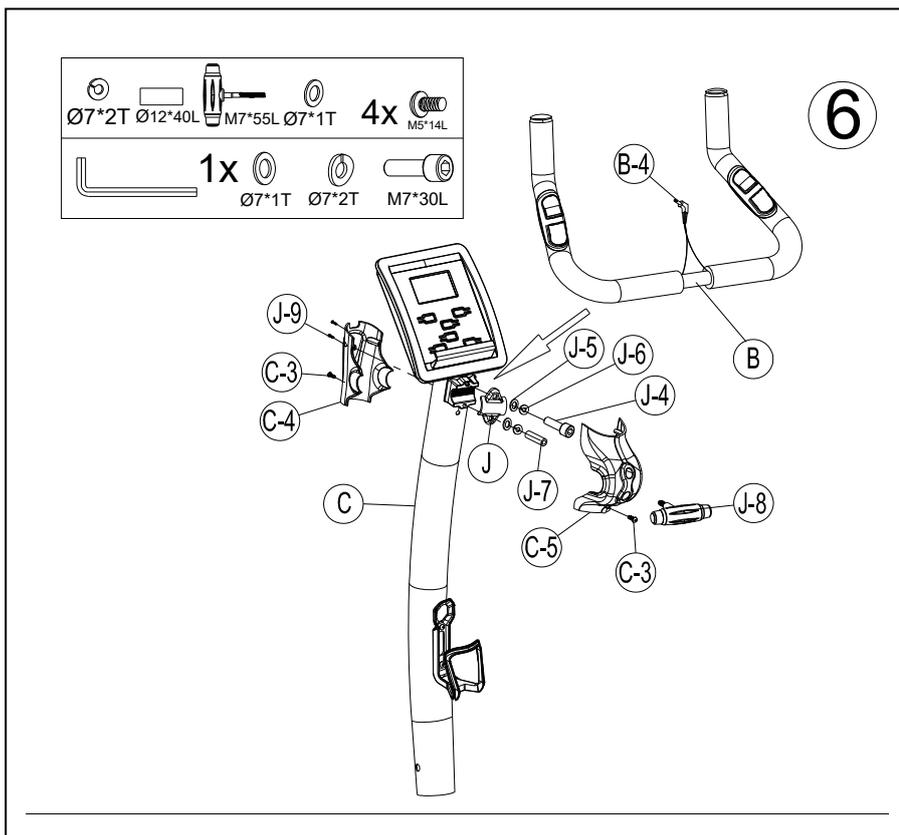
Step 7- Adaptor Assembly

Connect the adaptor (L) to the DC hole (located on the back of the chain cover).
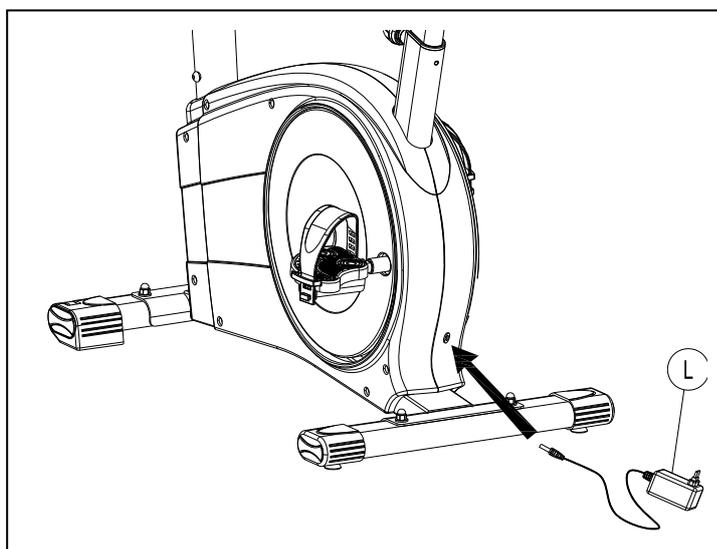
SM3728-67 INSTRUCTIONAL MANUAL

!!! For simple exercise, it is not always necessary to select a training program or manually set the
TIME, DISTANCE or other values. You can simply start pedaling.

Handpulse socket

System plug connection socket

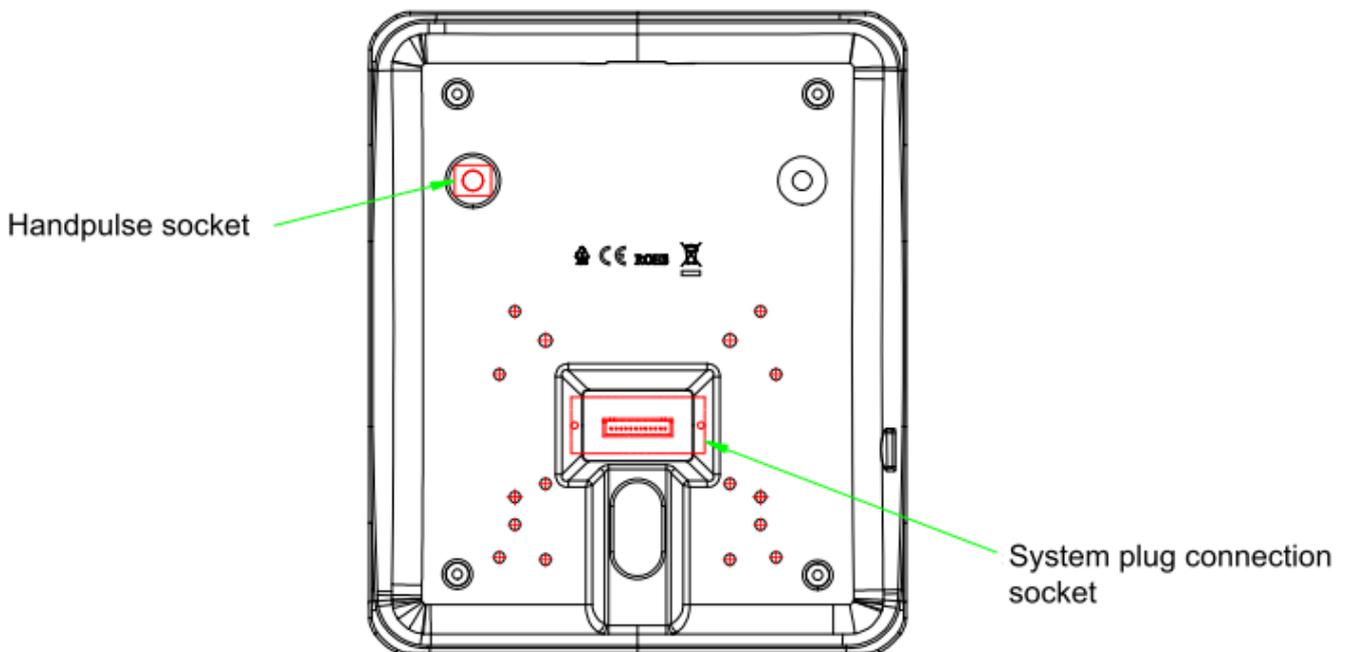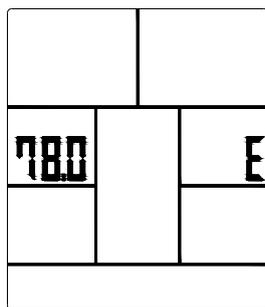As soon as the computer is connected with power supply, an acoustic signal sounds and all of the displays are shown on LCD for 2 seconds, then showing wheel diameter.

If no button are pressed and the pedals have not been moved for approx. 4 minutes, the computer will switch to power saving mode.

DISPLAY & BUTTON FUNCTIONS

Training Values	Display Range	Description/ Setting Range
RPM	0~999	-Revolutions per minute
TIME	0.0 ~ 99:99min.	-User exercising time displaying; -Setting range 0:00~99:00.
SPEED	0~99.9km	-User exercising speed.
DISTANCE	0~99.99m	-User exercising distance. - Setting range 0.00~99.90km
CALORIES	0 ~ 9999 Cal.	-Burned calories during exercising. -Setting range 0~9990
WATT	0~999	-Power consumption during exercising. -Setting range 10~350
PULSE	30-240 BPM	-User current Heart Rate value. -Setting range 0-30~240Bpm.

BUTTON	FUNCTION
UP	- Increase resistance level - Function selection
DOWN	- Decrease resistance level - Function selection
MODE	- Confirm setting or selection.
Reset	- Hold on pressing for 2 seconds, computer will reboot. - Reset all values to zero. - Reverse to main menu after finishing a workout.
Start/ Stop	- Start or Stop rowing training.
Recovery	- Track user Heart rate in recovery phase.

Acoustic Signals

All settings made with the computer are confirmed with an acoustic signal:

1 shot beep = setting confirmed

2 shot beeps =It is impossible to make any settings

Training Data

The computer calculates and displays all values automatically according to user exercising status
(see table).

Take note:

* If only a "P" is shown instead of pulse value, it is impossible to measure the HR. Keep both hands holding on
  the handlebar properly so that computer can detect your hear rate.

Handsensor for
pulse measurement
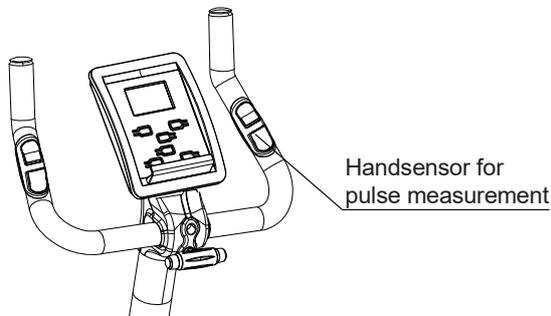
* The profile displayed in the center field depends on the type of exercise that has been set.
  The computer provides a number of ways to vary the exercise session and make it more motivating.

The following exercising are available:

  -Manual Training (training without programs)

  -Training with Programs (there are 12 programs preset, P01~P12)

  -Training with the Heart Rate program (H.R.C)

  -Training with USER program (set your own desired profile)

  -Training with WATT program (Power consumption)

Starting exercise immediately (MANUAL)

Then MANUAL is flashing with 1Hz. Press UP or DOWN to choose MANUAL and confirm by
pressing ENTER. If you have previously selected a program or started your workout, press
RESET to return to the starting display.
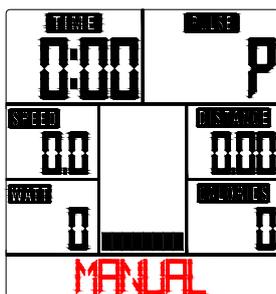
-Press START/STOP button to start workout immediately without entering further settings.

-Press UP and DOWN keys to input your personal settings and press MODE to confirm. The following fields will
  flash in turn:

  . Resistance level (1~16)

  . TIME

  . DISTANCE

  . CALORIES

  . PULSE

Use UP & DOWN to set values and confirm your selection by MODE button.

Press START/STOP to start workout.

As soon as one of the set values reach the preset Target, the computer will alarm with Bi-bi sound and stop.

-You can adjust the level of resistance on the paddles while exercising by pressing UP and DOWN keys. The newly set level value will be shown in the profile(default value is Level 1).

-Press START/STOP to end exercising. All exercising value will remain.

-Press RESET to reverse to workout selection menu.

Selecting a Program to do training (PROGRAM)

-Press UP and DOWN keys to scan MANUAL→PROGRAM →USER PROGRAM→HRC→WATT.

-Choose PROGRAM and press MODE to confirm. The programs are preset with 12 profiles. Press UP and DOWN to select one from the 12 preset profiles. Set the desired session value and confirm by MODE:

 . Resistance level (1~16)

 . TIME

 -Press STATR/STOP to start workout.
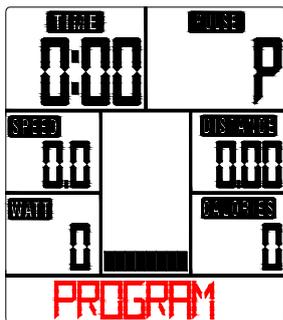
-You can adjust the level of resistance on the paddles while exercising by pressing UP and DOWN keys. The newly set level value will be shown in the profile(default value is Level 1).

-Program intensity:

   Interval programs P2- P3- P7- P12

   Increasing resistance level programs P6- P9- P11

   Increasing and decreasing resistance level programs P1- P4- P5- P8 -P10

 The stored training programs are designed especially to enhance aerobic base fitness.

 . As a beginner you should start with those programs slowly and set a low paddle resistance.

 . You should only graduate to Interval programs once you have exercised for several times.

-Press START/STOP to end exercising. All exercising value will remain.

-Press RESET to reverse to workout selection menu.

 User-defined profile (USER PROGRAM)

Here you can design your own profile with bars just like the preset program profiles.

-Press UP & DOWN to select USER PROGRAM and press MODE to confirm. The first bar will be displayed.

-Press UP & DOWN to set resistance level and confirm by MODE button. The next bar will be displayed.

-Continue this process till set up 20 bars. The max. resistance level is 16. To finish your setting or quit setting, hold on pressing ENTER button.

-Set the desired session TIME with UP & DOWN buttons and press MODE to confirm.

- Press STATR/STOP to start workout.
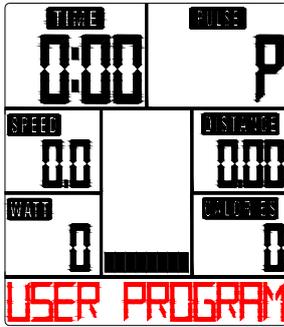
-During the program profile setting, user may press MODE to finish or holding it for 2s to quit
  setting.

-You can adjust the level of resistance on the paddles while exercising by pressing UP and DOWN keys. The
  newly set level value will be shown in the profile(default value is Level 1).

-As soon as one of the set values reach the preset Target, the computer will alarm with Bi-bi sound and stop.

-Press START/STOP to end exercising. All exercising value will remain.

-Press RESET to reverse to workout selection menu.

**Set program according to heart rate (H.R.C.)**

In this program, the console reacts to your pulse as measured by the metal handbar.

This program allows you to exercise efficiently and safely within your required heart rate zone.

In addition, simple graphics also show you whether you need to need to increase or decrease your stress Level.

You can choose between:

HRC55　　Here you are exercising in the very efficient range of 55%, ideal for beginners and for general fat
　　　　　Burning.

HRC75　　This range of 75% of the maximum pulse rate is suitable for experienced users and athletes.

HRC90　　The anaerobic range of 90% of the maximum pulse rate is only suitable for competitive athletes and
　　　　　short sprint exercises.

TAG　　　The computer uses your Age to calculate a target pulse rate, which you can change as per your willing.
　　　　　Never select a target pulse that is higher than your age-determined maximum pulse rate.
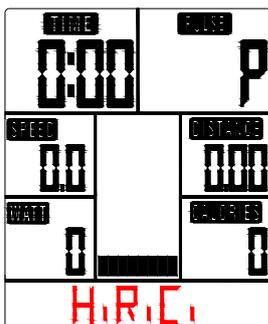
-Press UP & DOWN to select H.R.C. and enter by pressing MODE. Choose HRC55-->HRC75
  -->HRC90-> TARGET. With HRC55, HRC75,HRC90, the max. Heart rate will be calculated by
  the computer automatically.

-With the TARGET program, the preset value 100 will be shown. Press UP & DOWN buttons to set a value
  between 30~240 and confirm by MODE. The program has been saved.

-Set the desired session TIME with UP & DOWN buttons and press MODE button to confirm.

-Press STATR/STOP to start workout.

- For this program, it is necessary to keep your both hands on the hand grips so that computer can
  detect and display your heart rate value.

-Program sequence:
  The computer sets a paddle resistance that keeps you exercising constantly within your target

pulse rate.

.If you are exercising and go below your preset pulse rate, the paddle resistance will automatically rise by one stress level every 30 seconds.

.If you are exercising and go above your preset pulse rate, the paddle resistance will automatically decrease by one stress level every 15 seconds. If you have already reached the lowest level "1" and your pulse rate is still higher than your preset value, then after about 30 seconds an acoustic signal will alarm and computer program will end automatically.

Training with WATT program

In this program, you will notice the power consumption. The preset value 120 is flashing on screen.

-Press UP & DOWN to select set desired value with range from 10 to 350.

-Press STATR/STOP to start workout.
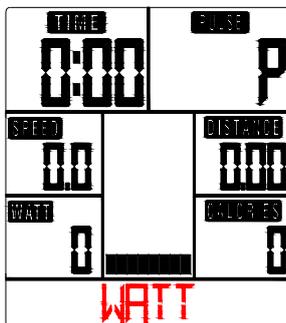
-Press START/STOP to end exercising. All exercising value will remain.

-Press RESET to reverse to workout selection menu.

Measuring your pulse with the hand sensors

The hand sensor are not medical products, but rather exercising tools designed for the approxl-mate measurement and displaying of the pulse rate when exercising with the exercise bike.

Handsensor for pulse measurement
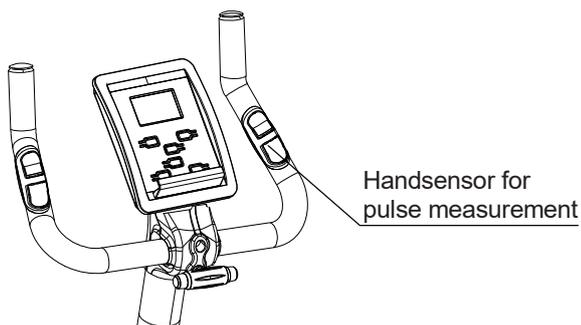
You can measure your pulse with the two hand sensor on the handle.

>> Place both hands on the hand sensor on the handle as you exercise and wait briefly for the pulse to be

Recovery phase

It is recommended to end an intensive exercising session with a recovery phase. During this phase you should be able to relax and paddle without strong resistance until your pulse slows close to its usual rate.

-Press RECOVERY button and hold the handgrips again. Then only TIME is showing with counting down from 60 seconds to 0, all other functions are not available.

Once the 60 seconds recovery phase is over, an evaluation of the achieved heart rate will be shown.

1.0	OUTSTANDING
1.0 < F < 2.0	EXCELLENT
2.0 < F < 2.9	GOOD
3.0 < F < 3.9	FAIR
4.0 < F < 5.9	BELOW AVERAGE
6.0	POOR

-If your heart rate is still very high after 60s (F is between 4 and 6), you could restart the recovery program to gradually slow your heart rate further.

<u>Trouble shooting:</u>

E-2：Motor stroke over the normal range. Plug the adaptor again. Re-power on the console and the motor will back to the normal range.

E-7 : Check if cables were well connected or damaged.

Attention! All preset data will be lost when unplug the power (adaptor) from the "machine".