# Casall EB300
Bike
91034

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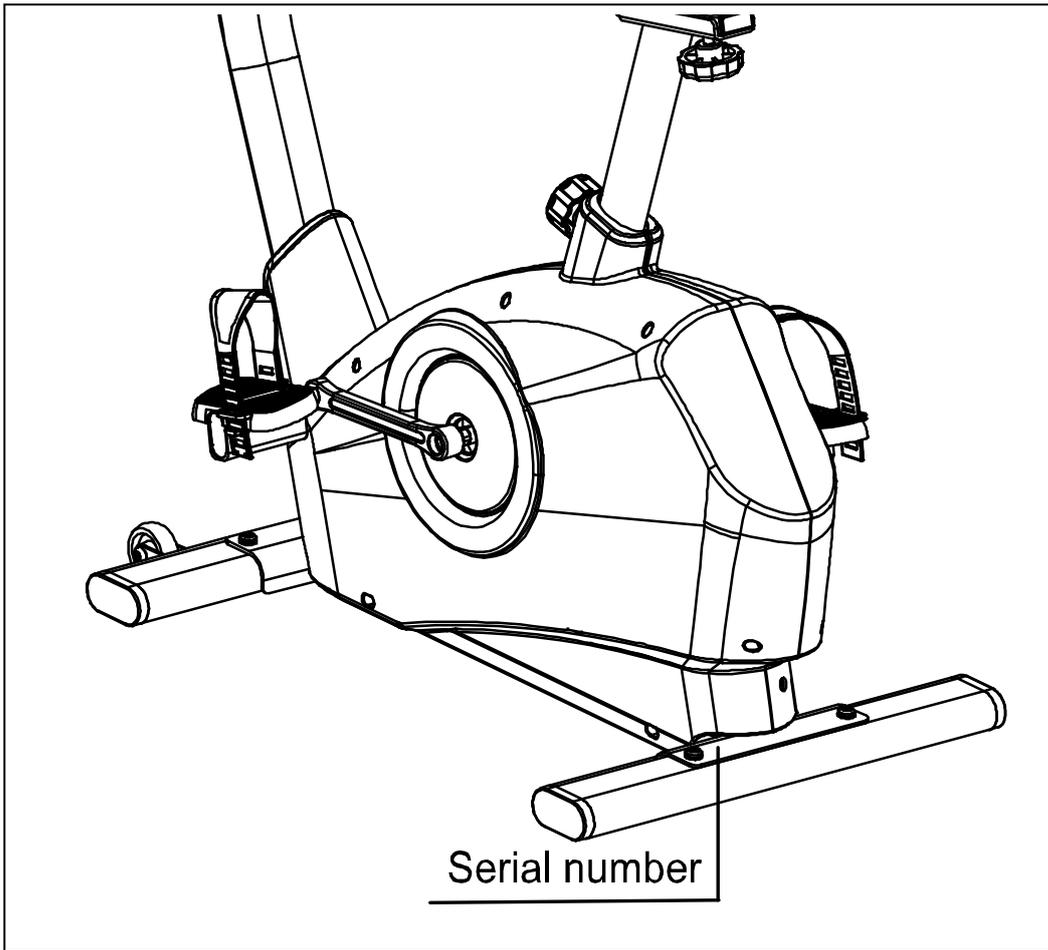
Serial number

- Serial number here:

91034/EB300
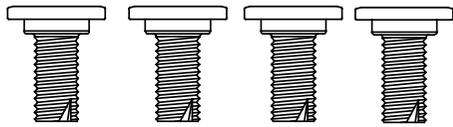
N-3 Allen bolt
M8xP1.25x16L (4)
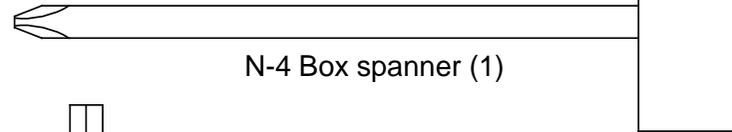
N-4 Box spanner (1)
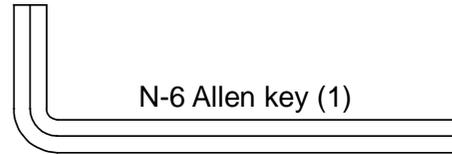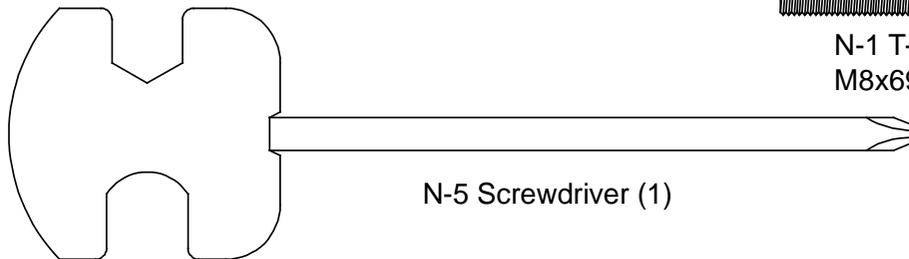
N-6 Allen key (1)
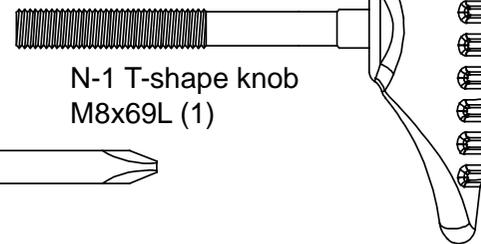
N-1 T-shape knob
M8x69L (1)

N-5 Screwdriver (1)
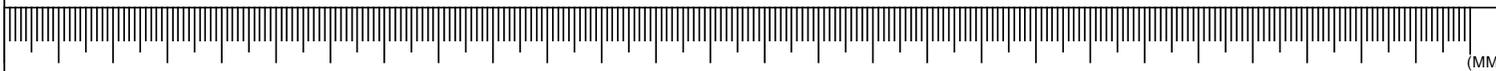
(MM)

EXPLODED DIAGRAM
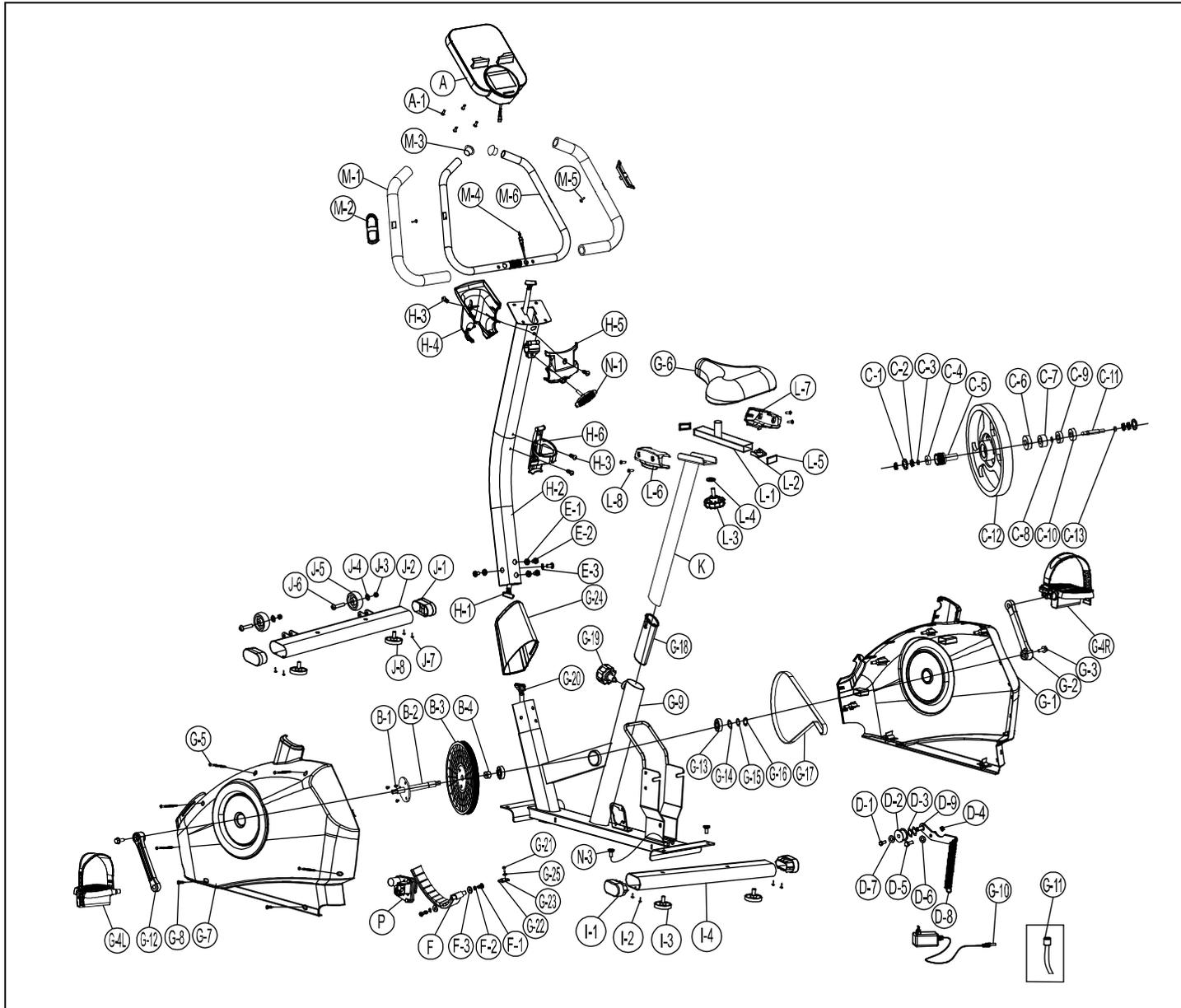
PARTS LIST

NO.	Description	Q'TY	
A, A-1	Console & Screw	1	SET
B-1	Hex. Screw	3	PCS
B-2	Shaft	1	PCS
B-3	Belt pulley	1	PCS
B-4	Bushing	1	PCS
C-1~C-13	Flywheel set	1	SET
D-1	Hex screw M6xP1.0x12L	1	PCS
D-2	Idler wheel	1	PCS
D-3	Wave washer φ10.5xφ15x0.3t	2	PCS
D-4	Nylon nut M8	1	PCS
D-5	Hex screw M8xP1.25x18L	1	PCS
D-6	Flat washer φ8.5xφ25x1t	1	PCS
D-7	Flat washer φ6xφ12x1t	1	PCS
D-8	Spring for idler	1	PCS
D-9	Idler lever	1	PCS
E-1	Semicircle washer φ8xφ19x2t	2	PCS
E-2	Allen bolt M8xP1.25x16L	4	PCS
E-3	Flat washer φ8xφ19x2t	2	PCS
F	Magnetic set	1	SET
F-1	Hex screw M6xP1.0x16L	2	PCS
F-2	Spring washer φ6	2	PCS
F-3	Flat washer φ6xφ13x1t	2	PCS
G-1	Right chain cover	1	PCS
G-2	Right crank	1	PCS
G-3	Nylon screw M8xP1.0x20L	2	PCS
G-4	Pedal	1	PCS
G-5	Screw M4x50L	5	PCS
G-6	Seat	1	PCS
G-7	Left chain cover	1	PCS
G-8	Screw M5x16L	4	PCS
G-9	Main frame	1	PCS
G-10	Adaptor	1	PCS
G-11	DC cable	1	PCS
G-12	Left crank	1	PCS
G-13	Bearing	2	PCS
G-14	Wave washer φ17.5xφ25x0.3t	1	PCS
G-15	Flat washer φ17.5xφ25x0.3t	1	PCS
G-16	C-Type φ17	1	PCS
G-17	Belt	1	PCS
G-18	Plastic bushing	1	PCS
G-19	Adjustment knob	1	PCS
G-21	Screw M4x12L	1	PCS
G-22	Sensor box	1	PCS

G-23	Sensor holder	1	PCS
G-24	Cover for handlebar post	1	PCS
G-25	Flat washer φ5xφ10x1t	1	PCS
H-1	Upper console cable	1	PCS
H-2	Handlebar post	1	PCS
H-3	Screw M5xP0.8x20L	4	PCS
H-4	Front cover for console	1	PCS
H-5	Rear cover for console	1	PCS
H-6	Bottle holder	1	PCS
I-1	End cap for rear stabilizer	2	PCS
I-2	Screw 3/16″x11/8"	4	PCS
I-3	Adjustment pad	2	PCS
I-4	Rear stabilizer	1	PCS
J-1	End cap for front stabilizer	2	PCS
J-2	Front stabilizer	1	PCS
J-3	Nylon nut M8	2	PCS
J-4	Flat washer φ8xφ16x1t	2	PCS
J-5	Transport wheel	2	PCS
J-6	Allen bolt M8xP1.25x40	2	PCS
J-7	Screw 3/16″x11/8"	4	PCS
J-8	Adjustment pad	2	PCS
L-1	Seat slider	1	PCS
L-2	Fixing screw seat for seat slider	1	PCS
L-3	Knob for seat slider	1	PCS
L-4	Flat washer φ14.3xφ25x2.0t	1	PCS
L-5	Cap for seat slider	2	PCS
L-6	Left cover for seat slider	1	PCS
L-7	Right cover for seat slider	1	PCS
L-8	Screw M5x6L	4	PCS
M-1	Foam grip	2	PCS
M-2	Hand pulse	2	PCS
M-3	Cap for handlebar	2	PCS
M-4	Wire for hand pulse	1	PCS
M-5	Screw M4x20L	2	PCS
M-6	Handlebar	1	PCS
N-1~N-6	Hardware pack	1	SET
P, G-20	Gear box w/cable	1	SET

Step 1 Foot Tube Assembly

1. Attach the front stabilizer (J-2) to the main frame (G-9) using two M8x16 Allen bolts (N-3).

2. Attach the rear stabilizer (I-4) to the main frame (G-9) using two M8x16 Allen bolts (N-3).

1

J-2 N-3

G-9

N-3 I-4

x4

N-3 M8x16L

N-6 Allen key
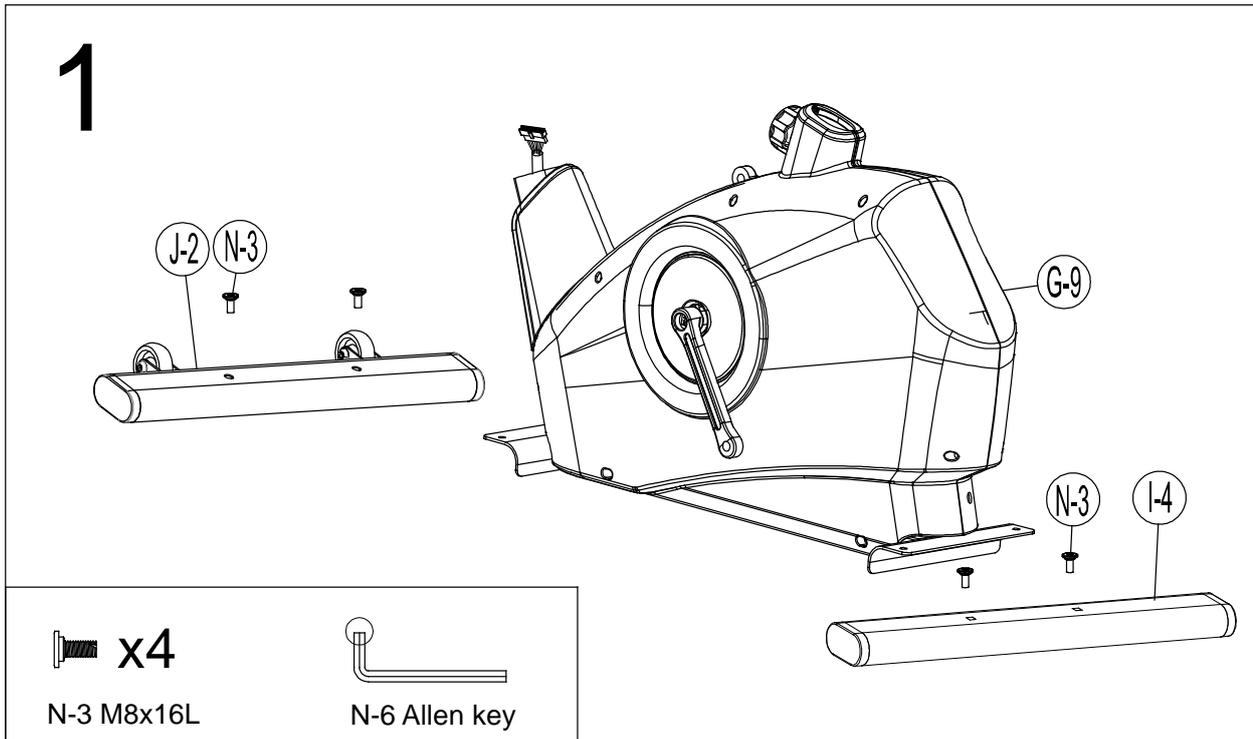
Step 2 Pedal Assembly

1. Assemble the pedals (G-4 R+L) onto the crank (G-2, G-12) 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.

2

G-4R

G-2

G-4L

G-12
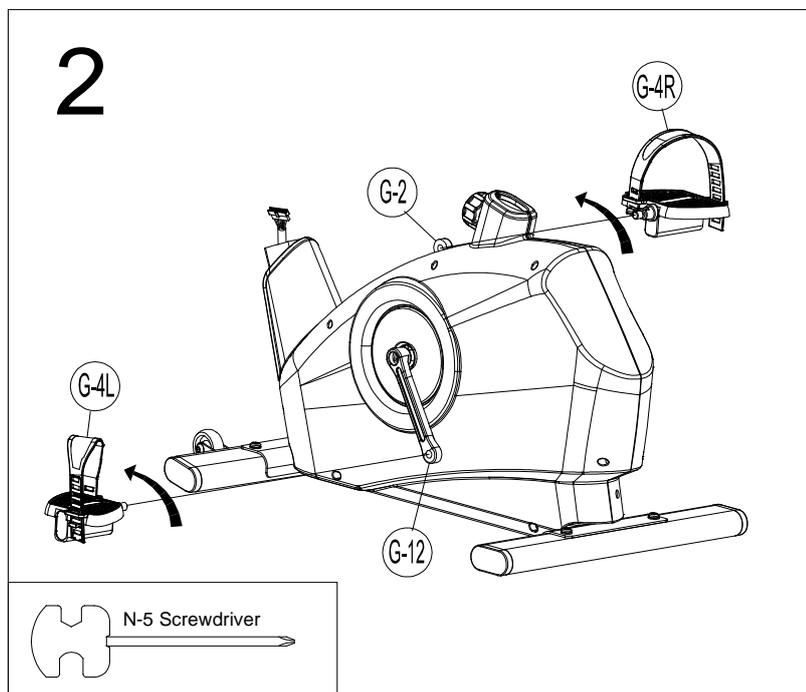
N-5 Screwdriver

Step 3 --Seat Tube Assembly

1. 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 at a horizontal level by loosening the knob.

2. Insert the seat post (K) into the main frame (G-9), then choose the desired position and tighten the adjustment knob (G-19). 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".
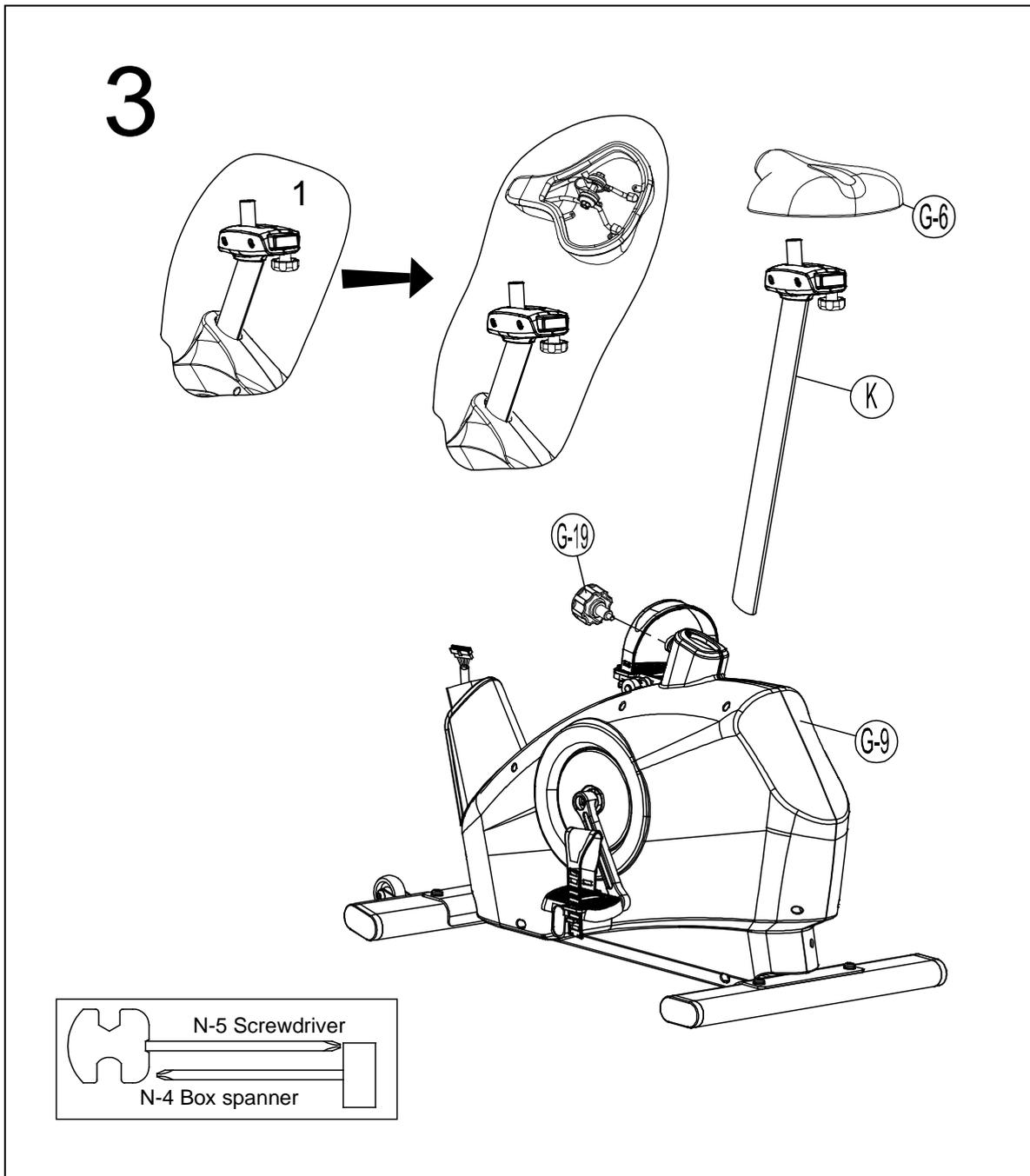
Step 4-Handlebar post assembly

1. Please remove the M8x16 Allen bolt (E-2), semicircle washers (E-1) and flat washers (E-3) from the main frame (G-9).
2. Take the handlebar post cover (G-24) and pass it through the handlebar post (H-2).
3. Hold the handlebar post (H-2) and connect the lower console cable (G-20) to the upper console cable (H-1).
4. Slide the handlebar post (H-2) into the main frame (G-9), then fix it with four sets of Allen bolts (E-2), semicircle washers (E-1) and flat washers (E-3).

Remarks: Do not screw one set of the M8X16 Allen bolts and flat washers too firmly at a time. It is better to fix the four sets firmly at the same time because it helps you to change angles and make adjustments easily.


4

E-1 Ø8x2t x2

E-2 M8x16L x4

E-3 Ø8x2t x2

N-6 Allen key
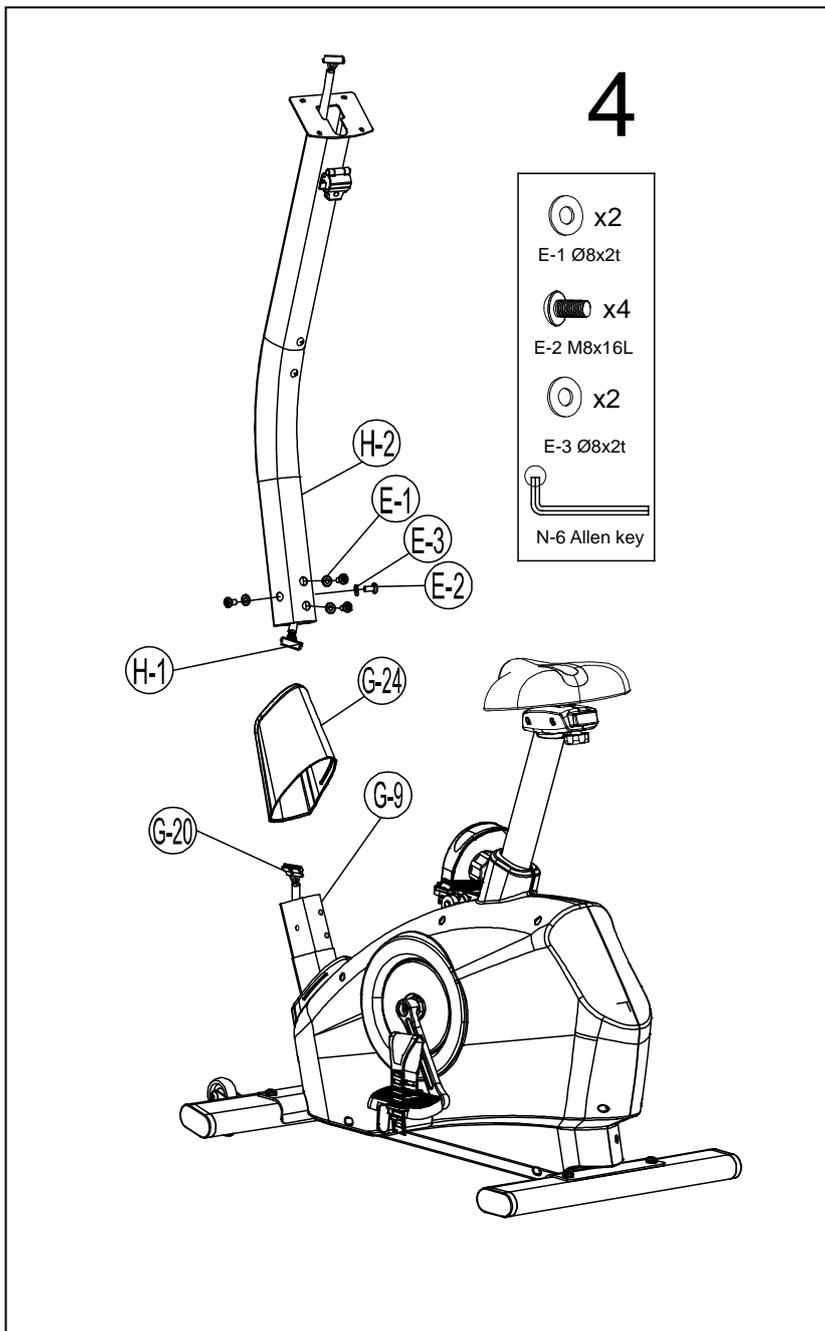
Step 5- Handlebar and Computer and Water holder Assembly

1. Pass the hand-pulse wire (M-4) through the handlebar post hole.
2. Attach the handlebar (M-6) to the handlebar post (H-2).
3. Attach the front cover (H-5) and the T-Knob (N-1) clamp by fixing the screws (H-3) to the handlebar post (H-2).
4. Connect the upper console cables (H-1) and hand pulse wire (M-4) to the console (A). Then attach the console (A) to the computer bracket with the enclosed screws (A-1).
5. Attach the rear cover (H-4) by fixing the screws (H-3) on the handlebar post (H-2).
6. Remove the pre-installed screws (H-3) on the handlebar post first, then assemble the bottle holder (H-6) by using a screw (H-3).
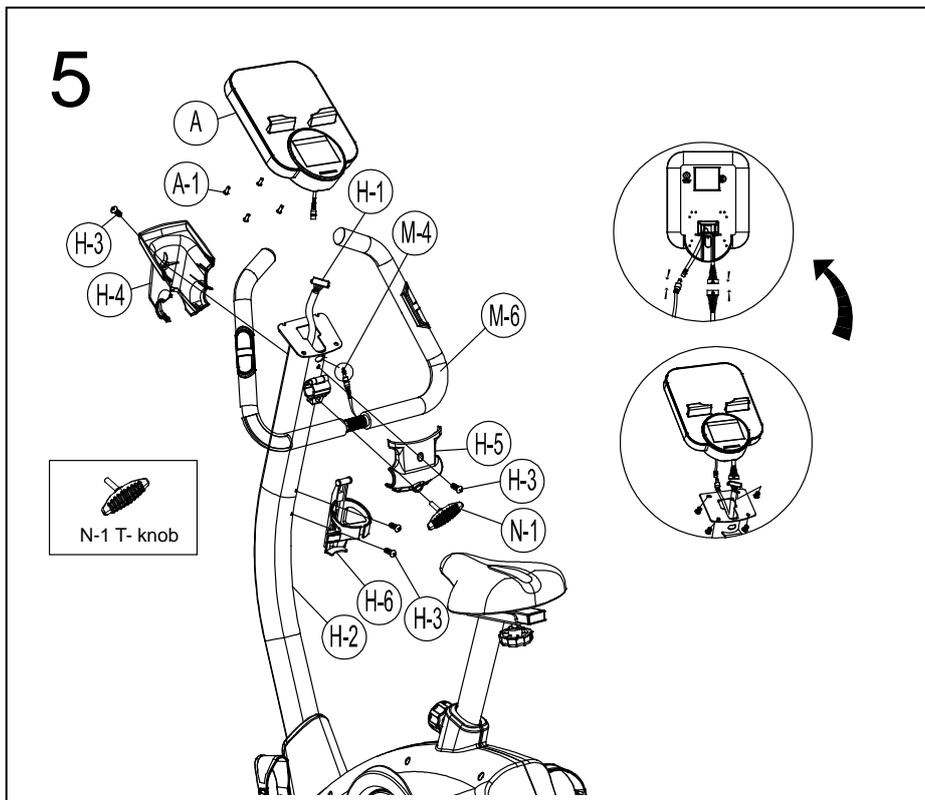
Step 6- Adaptor Assembly

1. Connect the adaptor (G-10) to the DC hole (located on the back of the chain cover).
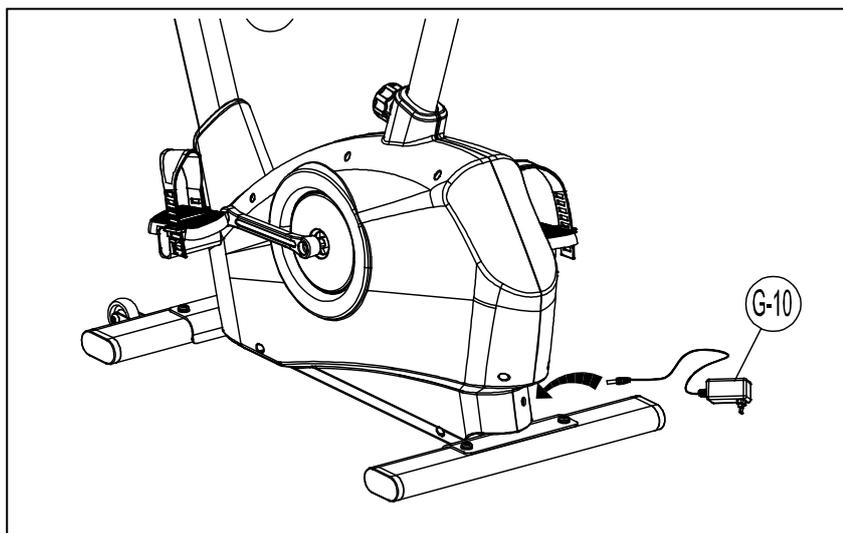
SM1790-67 SERIES INSTRUCTION MANUAL

DISPLAY FUNCTIONS

ITEM	DESCRIPTION
TIME	Count up – No preset target, Time will count up from 00:00 to maximum 99:59 with each increment being 1 minute. Count down – If you are training with preset Time, Time will count down fro reset to 00:00. Each preset increment or decrement is 1 minute between 00:00 to 99:00.
SPEED	Displays current training speed. Maximum speed is 99.9 KM/H or ML/H.
DISTANCE	Accumulates total distance from 0.00 up to 99.9 KM or ML. The user may preset the target distance data by using UP/DOWN button. Each increment or decrement is 0.1KM or ML between 0.00~99.9.
CALORIES	Accumulates calorie consumption during training from 0 to maximum 9999 calories. (This data is a rough guide for comparison of different exercise sessions which cannot be used for medical treatment.)
PULSE	User may set up the target pulse from 0 – 30 to 230; and the computer buz will beep when the actual heart rate is over the target value during workout.
RPM	Displays the Rotation Per Minute. Display range 0~999
WATTS	Workout power consumption Range 0 ~ 999 In Watt constant mode, computer will keep the preset watt value (setting range 0~350)
MANUAL	Manual mode workout.
PROGRAM	12 PROGRAM selection.
USER PROGRAM	User creates resistance level profile.
H.R.C.	Target HR training mode.
WATT PROGRAM	WATT constant training mode.

KEY FUNCTION

ITEM	DESCRIPTION
Up (Encoder)	Increase resistance level Setting selection.
Down (Encoder)	Decrease resistance level Setting selection.
Mode / Enter	Confirm setting or selection.
Reset	Press and hold for 2 seconds, the computer will reboot and start from user setting. Go back to the main menu during the presetting of your workout value or stop mode.
Start/ Stop	Start or Stop workout.
Recovery	Test heart rate recovery status.
Total Reset	Power on again and resume all preset values.

PS. Because of different console designs not all consoles have the total reset function key.

Training Data

The computer calculates and displays all values automatically according to the user's exercise 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 heart rate.

Hand sensor for pluse measurement
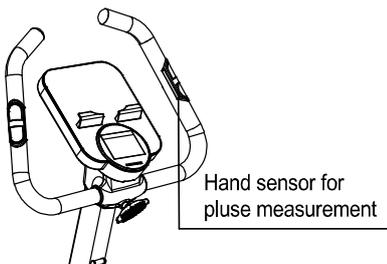
* The profile displayed in the center field depends on the type of exercise that has been set.

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)

OPERATION:

POWER ON

Plug in the power supply, the computer will power on and display all segments on LCD for 2 seconds (Drawing 1).
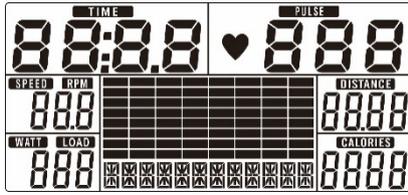
Drawing 1

WORKOUT SELECTION

Use UP or DOWN (Encoder) to select to workout manually (Drawing2)→Program (Drawing 3) →User Program (Drawing 4)→ H.R.C. (Drawing 5) → Watt(Drawing 6).
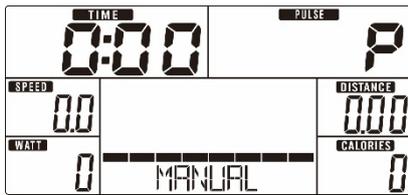
Drawing 2

Drawing 3

Drawing 4

Drawing 5
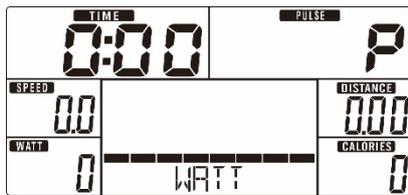
Drawing 6

Manual Mode

Press START in main menu to start workout in manual mode.

1. Use UP or DOWN (Encoder) to select workout program, choose MANUAL and press MODE / ENTER to get into.
2. Use UP or DOWN (Encoder) to preset TIME (Drawing 7), DISTANCE (Drawing 8), CALORIES (Drawing 9), PULSE (Drawing 10) and press MODE / ENTER to confirm.
3. Press START/STOP to start workout. Use UP or DOWN (Encoder) to adjust the load level. If the load level display in WATT window is not adjusted for more than 3s, it will switch to display WATT (Drawing 11).
4. Press START/STOP to pause your workout. Press RESET to go back to the main menu.
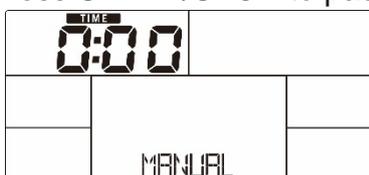
Drawing 7
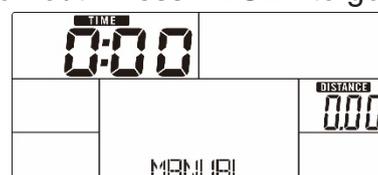
Drawing 8
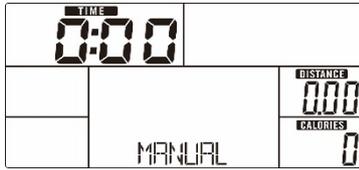
Drawing 9
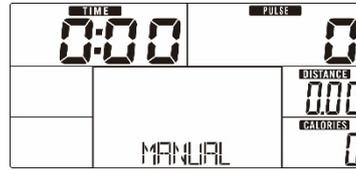
Drawing 10
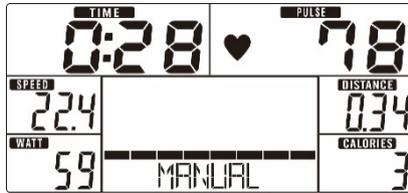
Drawing 11

Program Mode

1. Use UP or DOWN (Encoder) to select your workout program, choose Beginner mode and press MODE / ENTER to get into.
2. Use UP or DOWN (Encoder) to select program 1~12 (Drawing 12) and press MODE / ENTER to get into.
3. Use UP or DOWN (Encoder) to preset TIME.
4. Press START/STOP to start the workout. Use UP or DOWN (Encoder) to adjust the load level.
5. Press START/STOP to pause the workout. Press RESET to go back to the main menu.
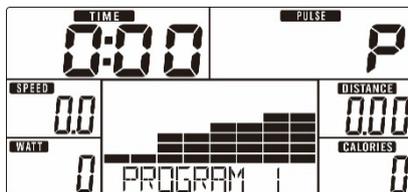
Drawing 12

User Program Mode

1. Use UP or DOWN (Encoder) to select your workout program, choose User Program mode and press MODE / ENTER to get into.
2. Use UP or DOWN (Encoder) to create a user profile (Drawing 13). There are a total of 20 columns, the user can adjust each column's load level. The user can hold MODE / ENTER 2 seconds to quit during setting.
3. Use UP or DOWN (Encoder) to set TIME.
4. Press START/STOP to start the workout. Use UP or DOWN (Encoder) to adjust the load level.
5. Press START/STOP to pause the workout. Press RESET to go back to the main menu.

Drawing 13

H.R.C. Mode

1. Use UP or DOWN (Encoder) to select your workout program, choose H.R.C. and press MODE / ENTER to get in.
2. Use UP or DOWN (Encoder) to set your age (Drawing 14).
3. Use UP or DOWN (Encoder) to select 55%.75%.90% or TAG (TARGET H.R.) (default : 100, Drawing 15).
4. Use UP or DOWN (Encoder) to preset your workout TIME.
5. Press START/STOP to start or stop the workout. Press RESET to go back to the main menu.
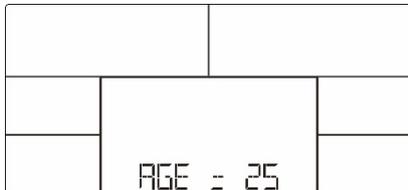

Drawing 14

Drawing 15

Watt Mode

1. Use UP or DOWN (Encoder) to select your workout program, choose WATT and press MODE / ENTER to get in.
2. Use UP or DOWN (Encoder) to preset WATT target. (default: 120, Drawing 16)
3. Use UP or DOWN (Encoder) to preset TIME.
4. Press START/STOP to start the workout. Use UP or DOWN (Encoder) to adjust the Watt level.
5. Press START/STOP to pause the workout. Press RESET to go back to the main menu.

Drawing 16

Measuring your pulse with the hand sensors

The hand sensors are not medical products but rather exercising tools designed for the approximate measurement and display of the pulse rate when exercising with the exercise bike.


Hand sensor for pluse measurement
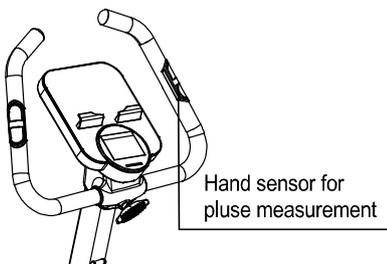
You can measure your pulse with the two-hand sensor on the handle.

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

RECOVERY

After exercising for a period, keep holding on the hand grips and press the RECOVERY key. The display will stop showing any functions except for "TIME". Time starts counting down from 00:60 to 00:00 (Drawing 17). The screen will display your heart rate recovery status with F1, F2.... to F6. F1 is the best, F6 is the worst (Drawing 18). The user may keep exercising to improve the heart rate recovery status. (Press the RECOVERY button again to return to the main display.)

Drawing 17

Drawing 18

Noted:

1. After 4 minutes without pedaling or pulse input, the console will enter into power saving mode. Press any key to wake the console up.
2. When the computer acts abnormally, please unplug the adaptor and plug in again.

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