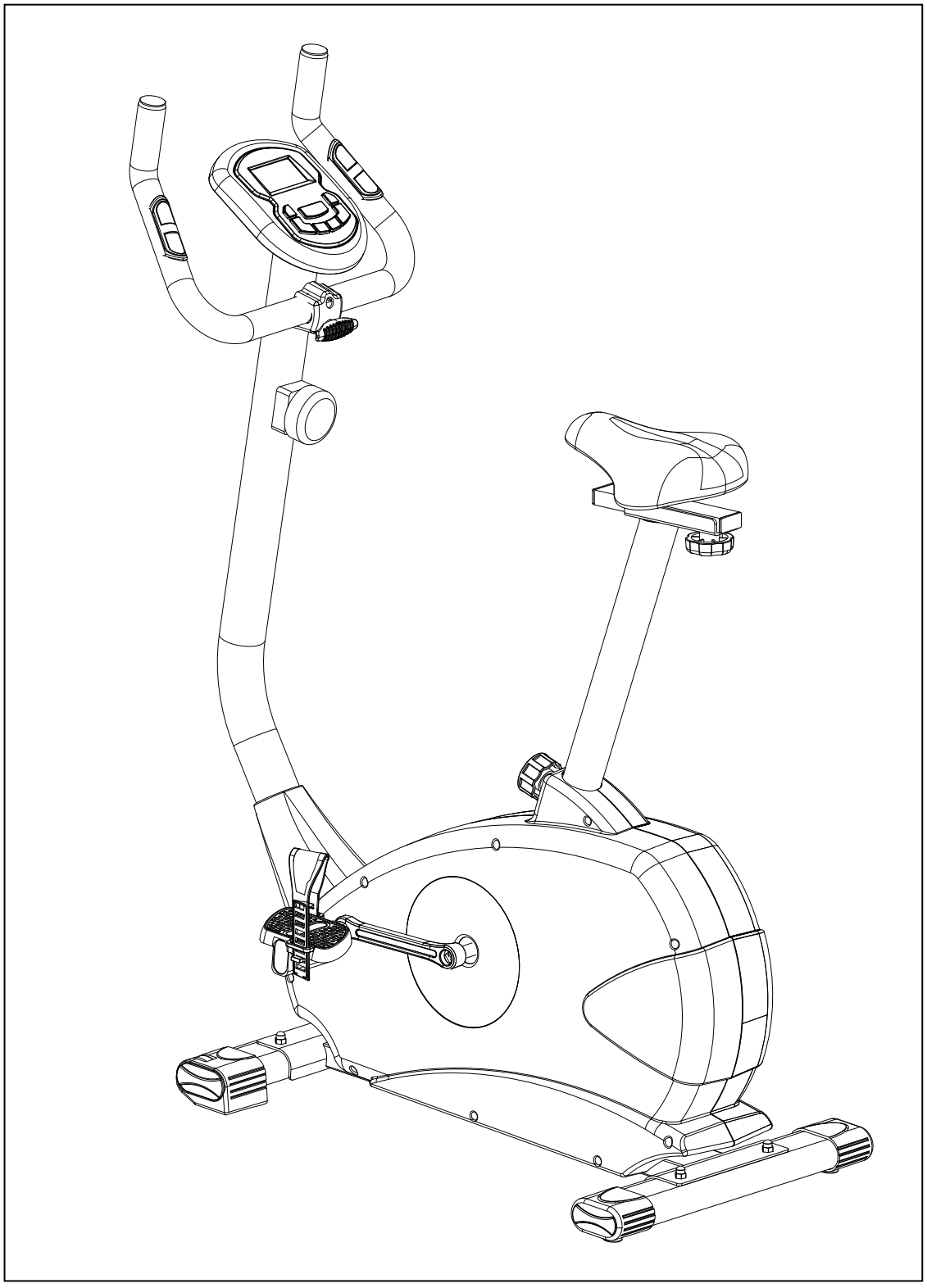
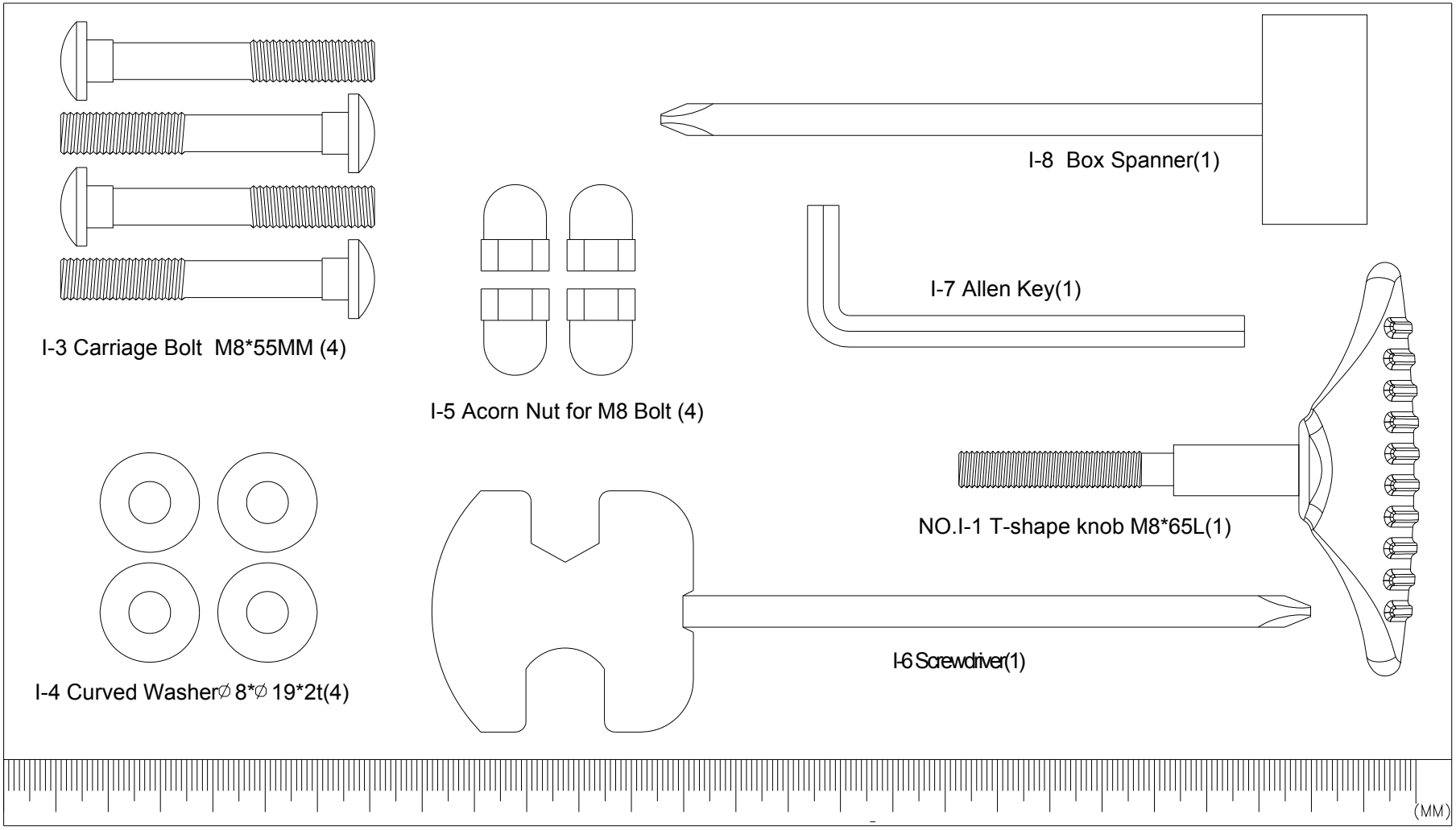
Benefit ESB440

Bike

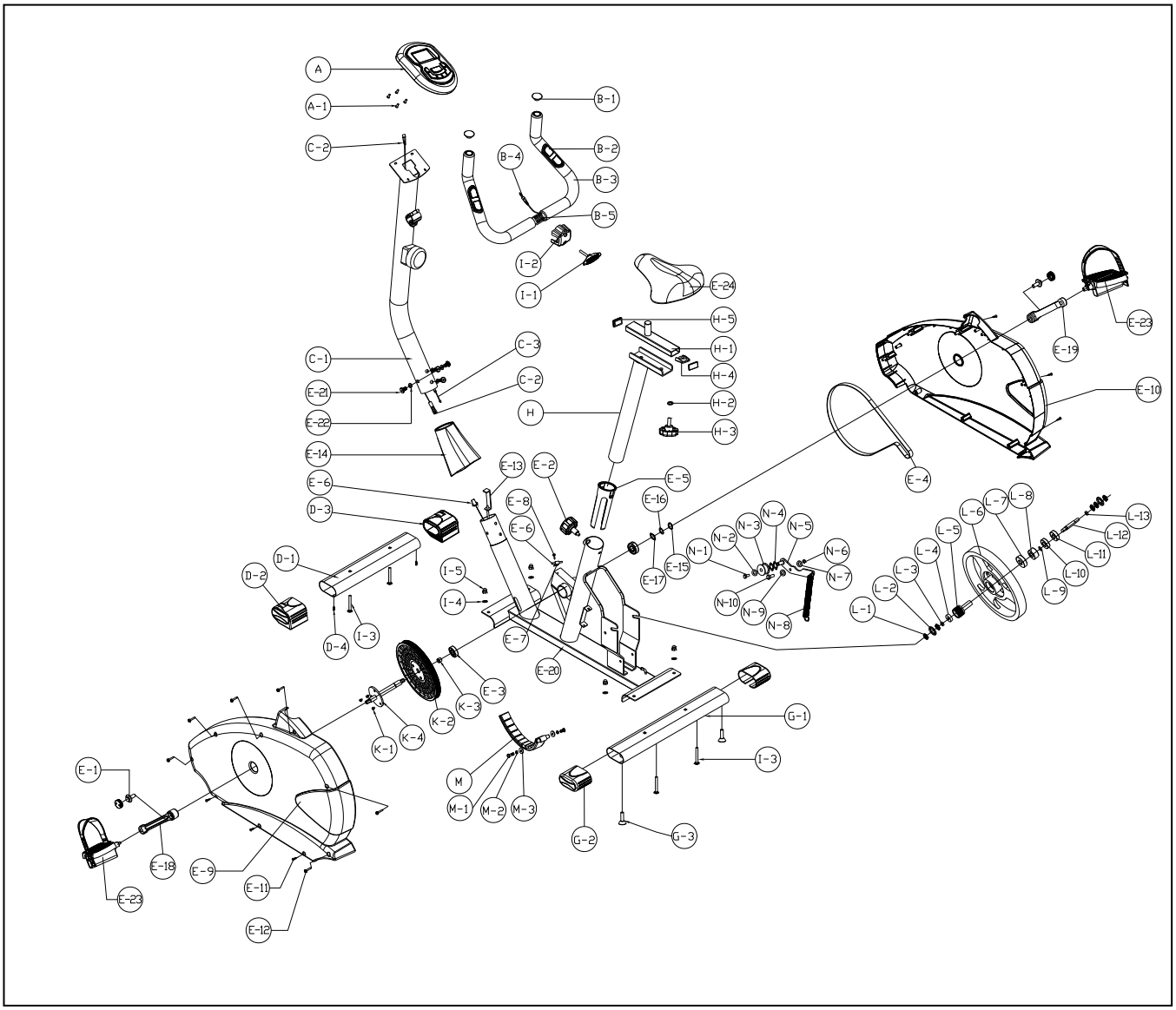
91104



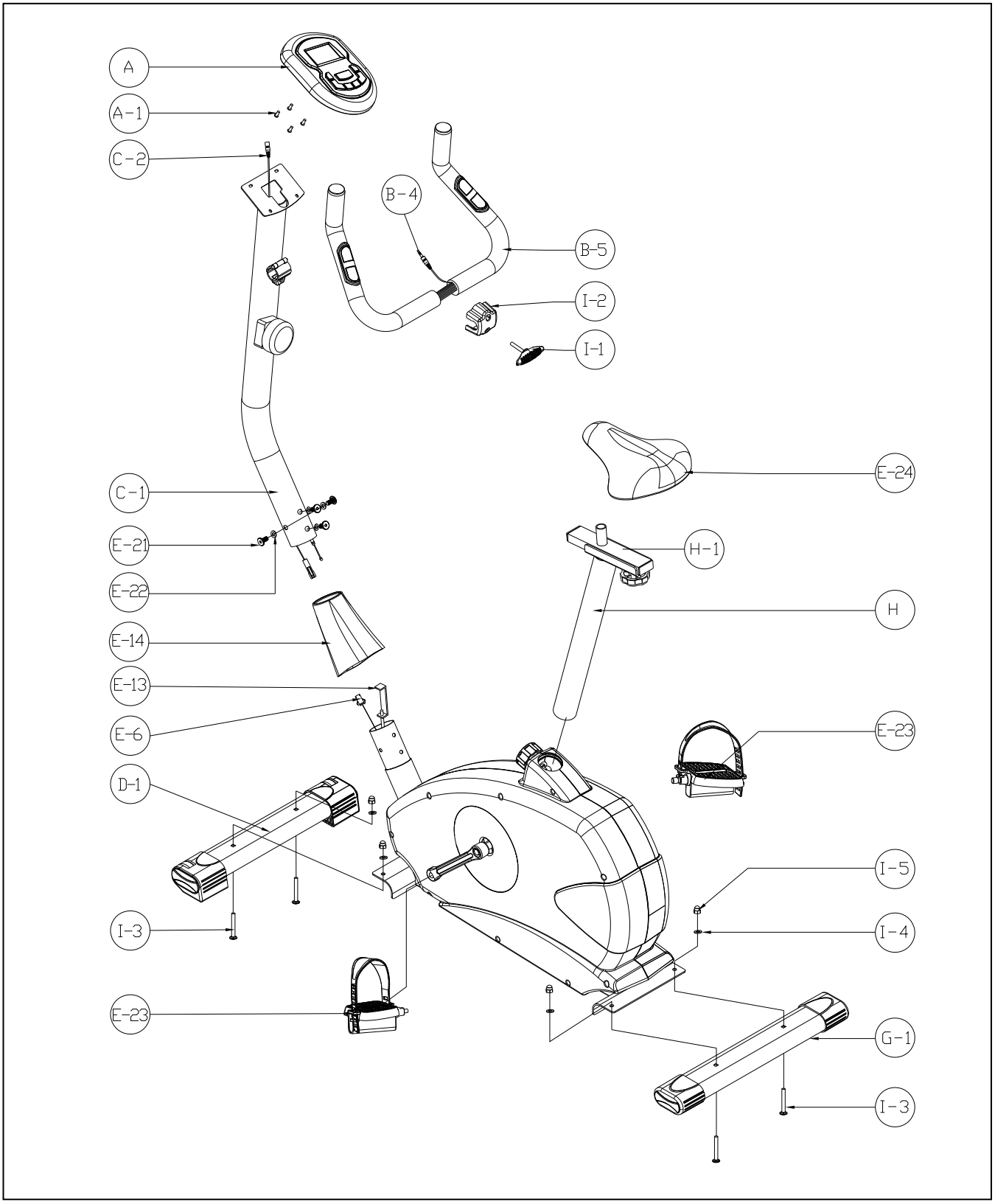
91104


I-3 Carriage Bolt M8*55MM (4)
I-5 Acorn Nut for M8 Bolt (4)
I-8 Box Spanner(1)
I-7 Allen Key(1)
NO.I-1 T-shape knob M8*65L(1)
I-6 Screwdriver(1)
I-4 Curved Washer∅ 8*∅ 19*2t(4)
(MM)

EXPLODE DRAWING



COMPLETE BIKE ASSEMBLY



PARTS LIST

No.	Description	Spec.	QTY
A,A-1	Computer and screw		1SET
B-1	Cap for handlebar		2PCS
B-2	Hand pulse		2PCS
B-3	Foam grip		2PCS
B-4	Hand pulse wire		1PCS
B-5	Handlebar		1PCS
C-1	Handlebar post		1PCS
C-2	Sensor wire (Upper)		1PCS
C-3	Tension control w/upper cable		1PCS
D-1	Front stabilizer		1PCS
D-2	End cap (Left)		1PCS
D-3	End cap (Right)		1PCS
D-4	Screw	3/16"	2PCS
E-1	Resistant screws	M8xP1.0x20L	2PCS
E-2	Adjustable knob		1PCS
E-3	Bearing		2PCS
E-4	Belt		1PCS
E-5	Plastic sleeve		1PCS
E-6	Sensor box		1PCS
E-7	Sensor holder		1PCS
E-8	Screw	M4x10L	1PCS
E-9	Chain cover(Left)		1PCS
E-10	Chain cover (Right)		1PCS
E-11	Screw	3/16″	6PCS
E-12	Screw	M4x50L	6PCS
E-13	Tension control wire (Down)		1PCS
E-14	Cover for handlebar post		1PCS
E-15	C-ring	φ17	1PCS
E-16	Flat washer	φ17.5xφ25x0.3t	1PCS
E-17	Wave washer	φ17.5xφ25x0.3t	1PCS
E-18	Crank (Left)		1PCS
E-19	Crank (Right)		1PCS
E-20	Main frame		1PCS
E-21	Allen bolt	M8*P1.25*16L	4PCS
E-22	Semi-circular washer	φ8xφ19x2t	4PCS
E-23	Pedal		1PCS
E-24	Seat		1PCS
G-1	Rear stabilizer		1PCS
G-2	End cap for rear stabilizer		2PCS
G-3	Adjustable cap for rear stabilizer		2PCS
H-1	Seat slider		1PCS
H-2	Flat washer	φ14.3xφ25x2.0t	1PCS
H-3	Knob for seat slider		1PCS
H-4	Fixing screw bracket		1PCS
H-5	Cap for seat slider		2PCS

I-1~I-8	Bolts & nuts pack		1SET
K-1	Hex. Bolt	M8xP1.25x12Lx5t	3PCS
K-2	Pulley wheel		1PCS
K-3	Bushing	φ22xφ17x7.5mmL	1PCS
K-4	Axle		1PCS
L-1~L-13	Flywheel set		1SET
M	Magnetic brake set		1SET
M-1	Hex. Bolt	M6xP1.0*16L	2PCS
M-2	Flat washer	φ6xφ13x1t	2PCS
M-3	Spring washer	φ6	2PCS
N-1~N-10	Idler wheel		1SET

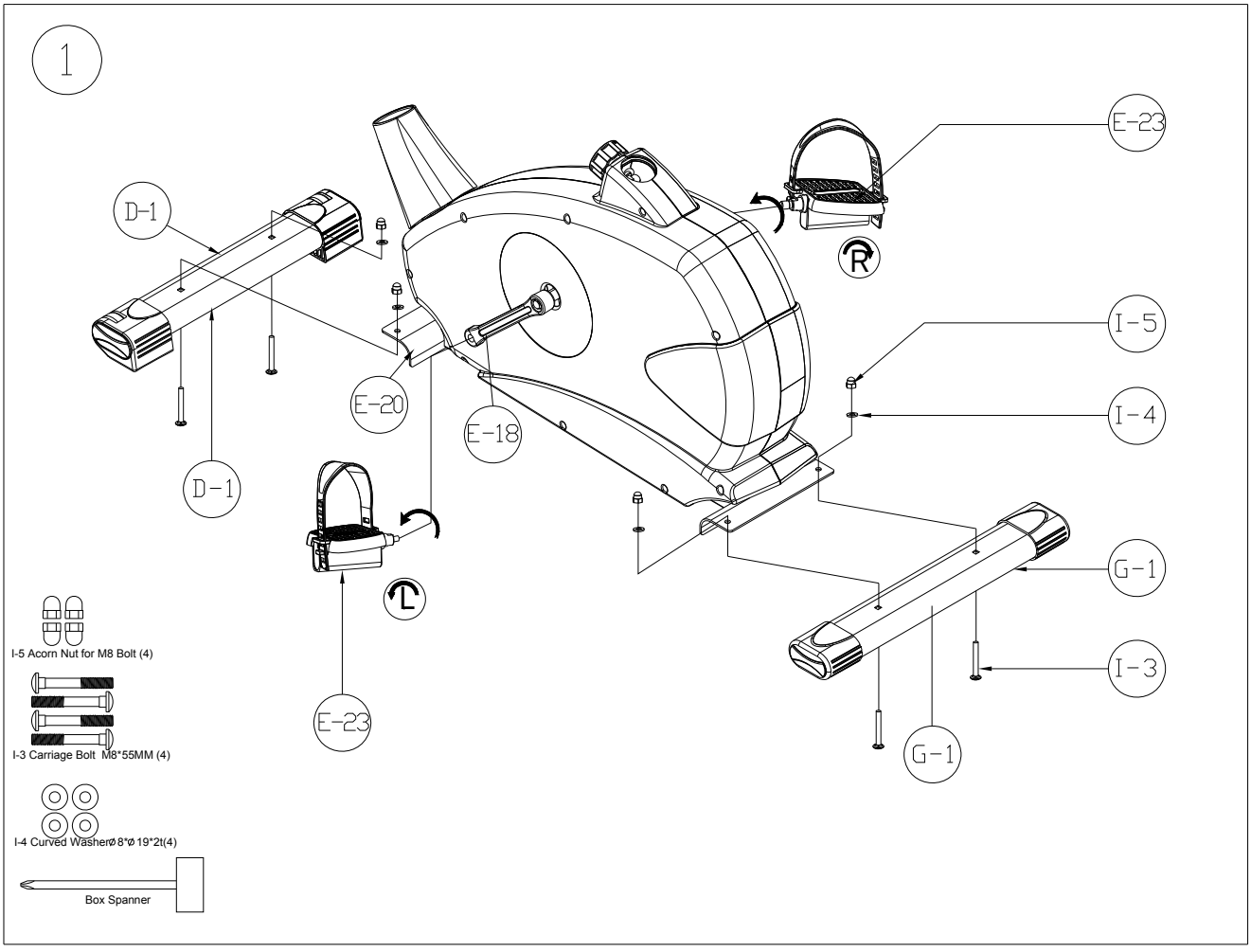
ASSEMBLY INSTRUCTION

STEP 1

Using box spanner install the front stabilizer (D-1) with the main frame by using 2 carriage bolts (I-3), flat washers (I-4) and nuts (I-5). Make sure the transportation wheels are in correct direction.

Install the rear stabilizer (G-1) with the main frame by using 2 carriage bolts (I-3), flat washers (I-4) and nuts (I-5).

Assemble the R/L pedal (E-23) onto the crank arm (E-18) by using screwdriver.

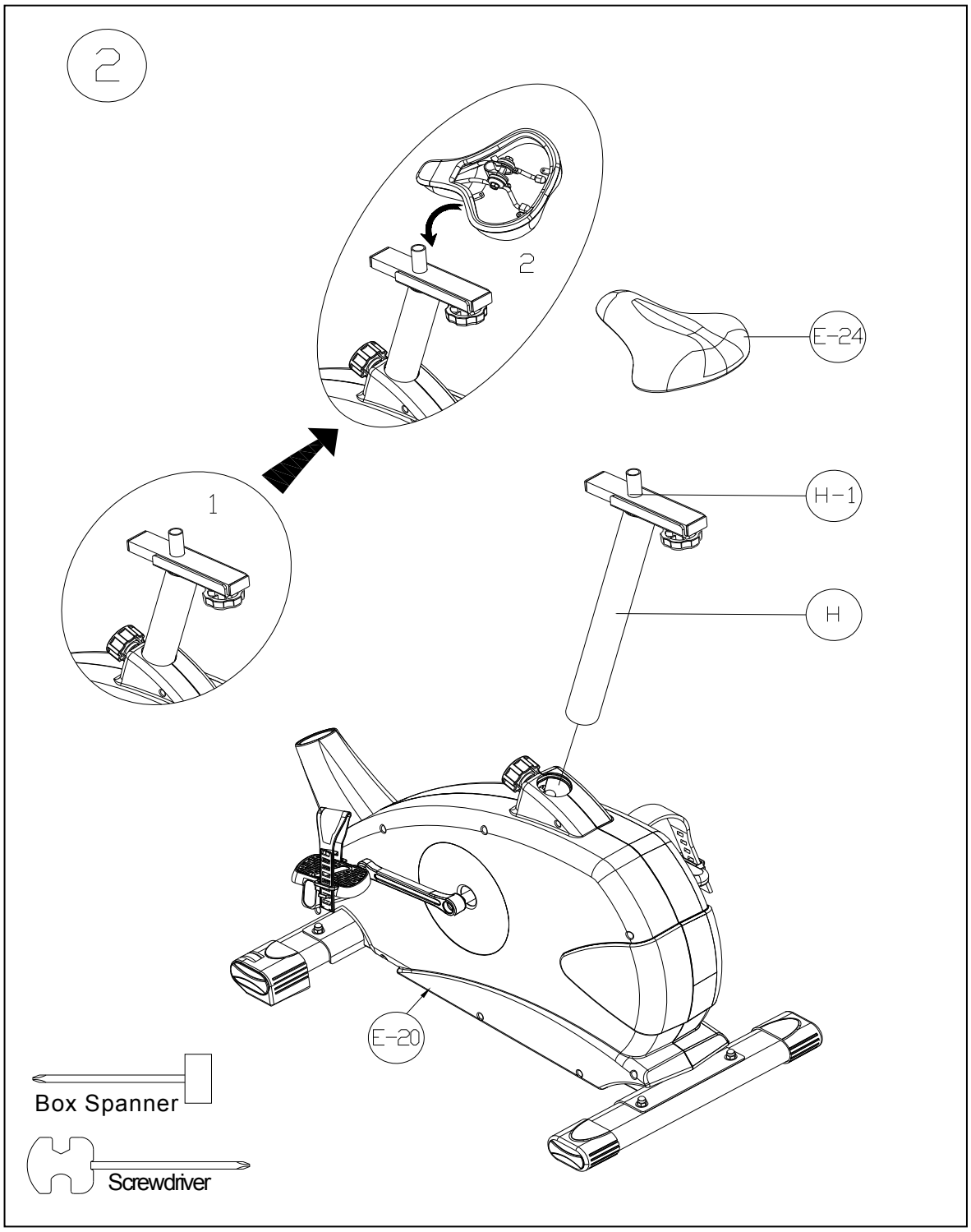


STEP 2

Assemble the seat (E-24) to the slider (H-1). 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 loosening the Knob.

Insert the seat post (H) into the main frame, then choose the desired position and tighten the knob. Be sure the adjustable knob (E-2) is always securely fastened

Remarks: When you have chosen a desired position, tighten the seat post knob until you hear a “click”.



STEP 3

Please remove the allen bolt (E-21) and semi-circular washers (E-22) from the main frame (E-20)

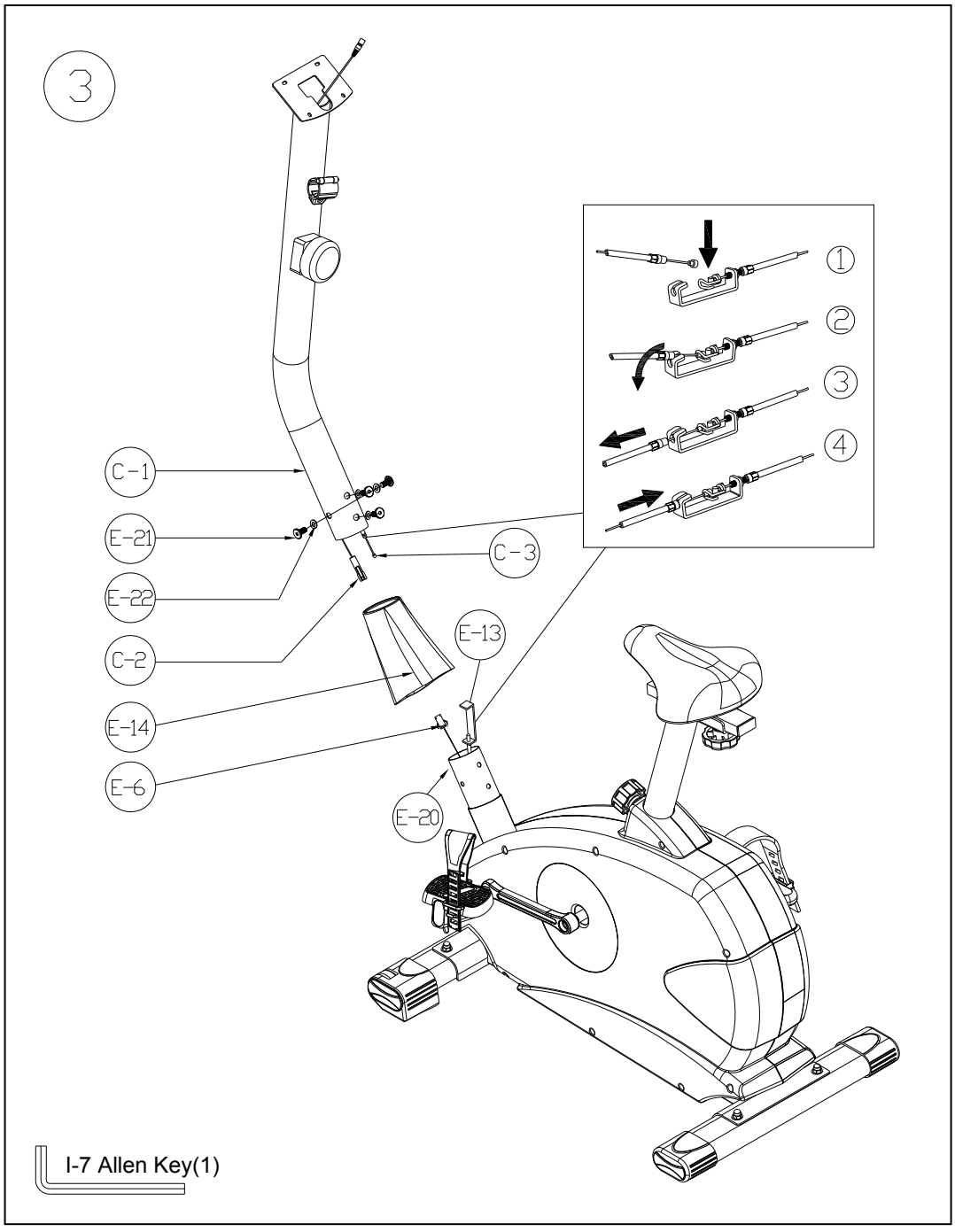
Take the handlebar post cover (E-14) and pass it through handlebar post (C-1).

Connect the Upper sensor wire (C-2) and Down sensor wire (E-6).

Connect the upper tension control wire (C-3) and down tension control wire (E-13).

Insert the handlebar post (C-1) to the main frame with semi-circular washers (E-22) and allen bolt (E-21) with allen key (I-7).

Remarks: Do not screw of the allen bolt 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 more easily.

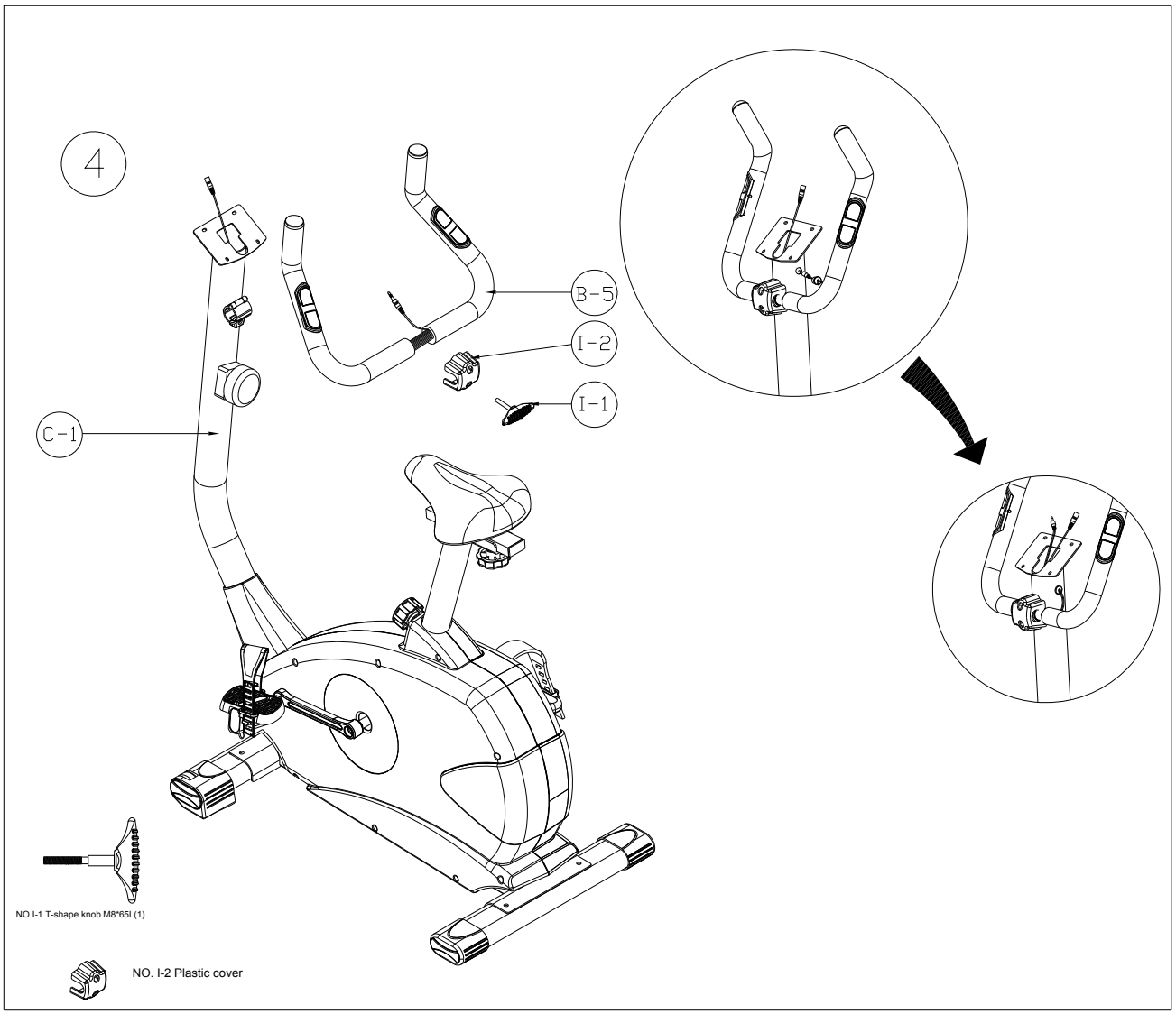


STEP 4

Assembly the handlebar (B-5) onto the handlebar post (C-1).

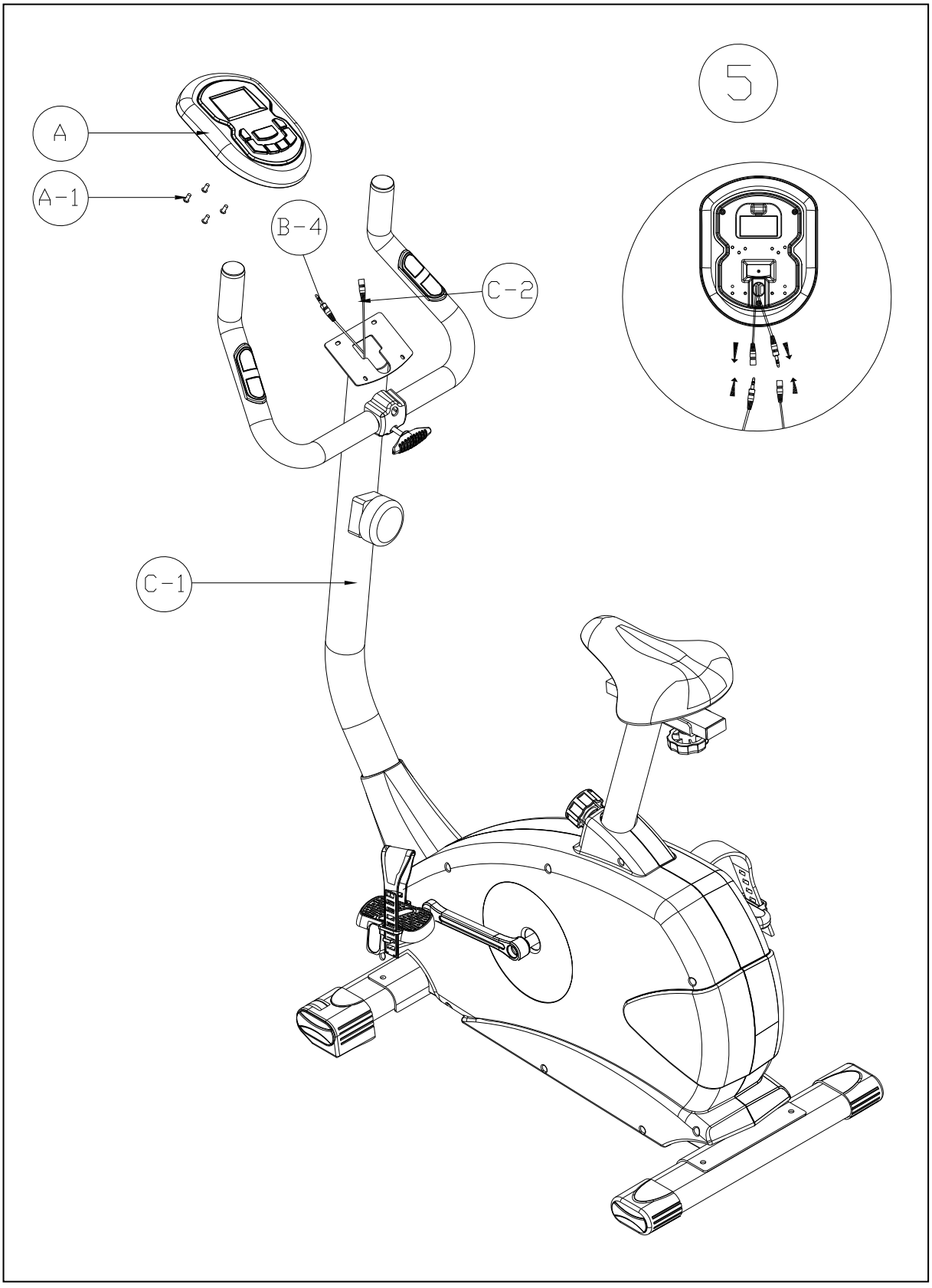
Place the plastic cover (I-2) on the handlebar (B-5). Insert the T- knob (I-1) into the metal cover. Make sure it is tightened very well.

Pass the hand-pulse wire (B-4) through the handlebar post hole.



STEP 5

Attach the computer (A) to the computer bracket with the enclosed screws (A-1), then connect the upper sensor wire (B-4) as well as the Hand pulse wire (C-2).



INSTRUCTIONAL MANUAL FOR BENEFIT
ST3604 CONSOLE

DISPLAY FUNCTION :

ITEM	DESCRIPTION
SCAN	. The sequence of display: TMR→SPD→ DST→CAL→PULSE . In SCAN mode, press MODE key to choose other functions. . Automatically scan through each mode in sequence every 6 seconds.
SPEED (SPD)	. W/O any signal been transmitted into the monitor for 4 seconds, SPEED will display “0.0” . Display current training speed.
TIME (TMR)	. W/O setting the target value, time will count up. . With setting the target value, time will count down from your target time to 0, and as 0 is achieved time alarm. . W/O any signal been transmitted into the monitor for 4 seconds, time will STOP . Range 0:00 ~ 99:59
DISTANCE (DST)	. W/O setting the target value, distance will count up. . With setting the target value, distance will count down from your target distance to 0, and as 0 is achieved distance alarm. . Range 0.0~999.9 KM
CALORIES (CAL)	. W/O setting the target value, calorie will count up. . With setting the target value, calories will count down from your target calorie to 0, and as 0 is achieved calorie alarm. . Range 0.0~999.9 Cals . Calorie count on the display only serves as a general guideline. For detail calorie consumption for each individual please consult a physician or a nutritionist.
PULSE	. With pulse signal into for 6 seconds, the current pulse will display. . W/O pulse signal into for 6 seconds, it displays “P” . Pulse alarm when over preset target pulse. . Range 0-40~240 BPM

BUTTON FUNCTION:

ITEM	DESCRIPTION
Reset	. In setting condition, press RESET key once to reset the current function figures. . Press RESET key and hold for 2 seconds to reset all function figures, and have Bi sound for prompt at the same time.
SET	. Each adding by pressing once, press and hold the button to increase the value faster . TMR setting range: 0:00~99:00 (Each increment is 1:00) . CAL setting range: 0.0~999.0 (Each increment is 1.0) . DST setting range: 0.0~999.0 (Each increment is 1.0) KM
MODE	. Choose each function by pressing MODE key. In SCAN mode, press MODE key can lock the current function. . Press MODE key and hold for 2 seconds to reset all function figures.

Power on & off：

Power on：

. LCD will display all segments with Bi sound as Drawing A.

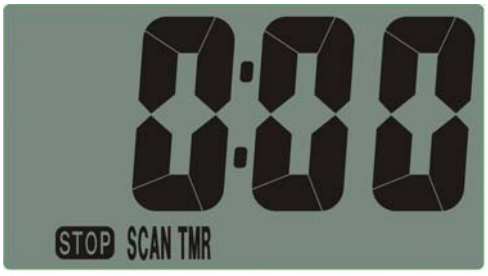
Drawing A

Power off：

. Without any signal been transmitted into the monitor for 4 minutes, and the monitor enter to SLEEP.

OPERATION：

1. When monitor power on (or press MODE, RESET key and hold for 3 seconds), LCD will display all segments with Bi sound for one second and enter to SCAN mode as Drawing B.
2. With any signal been transmitted into the monitor, the value of TMR, DST, and CAL will start to count up as Drawing C.
3. Without any signal been transmitted into the monitor for 4 minutes, the monitor will enter to SLEEP mode.



Drawing B

Drawing C

Trouble shooting:

. When the display of LCD is weak, it means the batteries need to be changed.
. If there is no signal when you pedal, please check if the cable is well connected.

NOTE :

1. Stop training for 4 minutes, the main screen will be off.

2. If the computer displays abnormally, please re-install the battery and try again.

3. Battery Spec: 1.5V UM-3 or AA (2PCS).