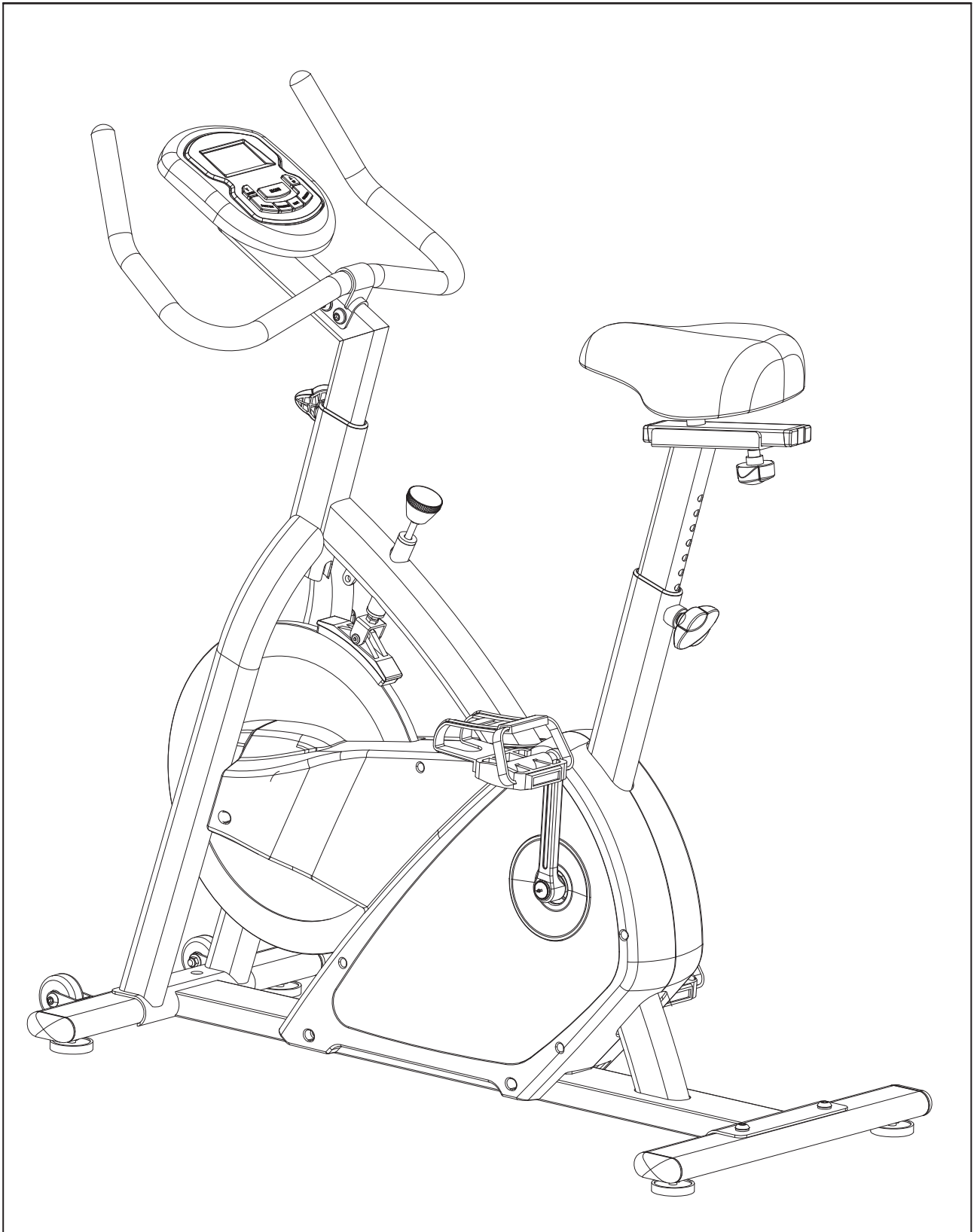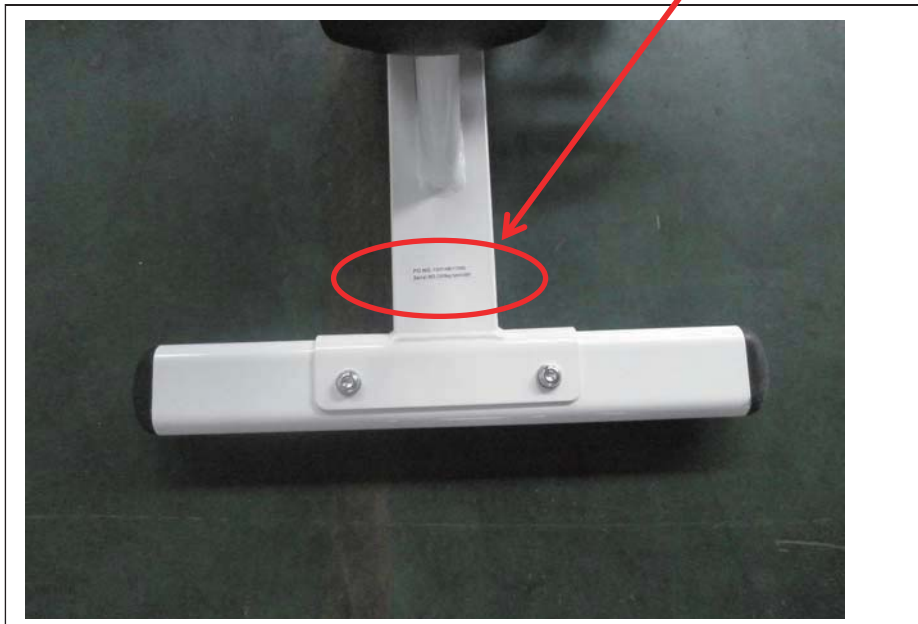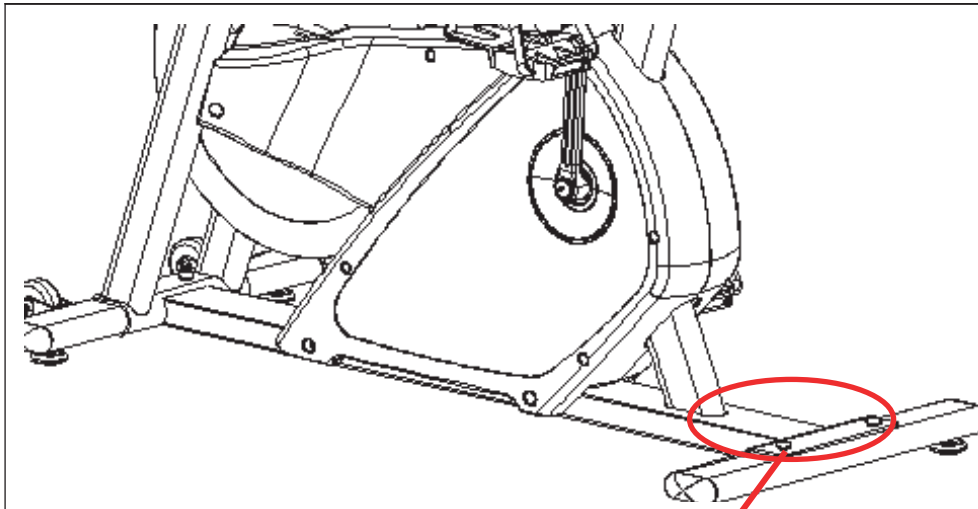# Assembly & Operating Instructions For Mag Hybrid
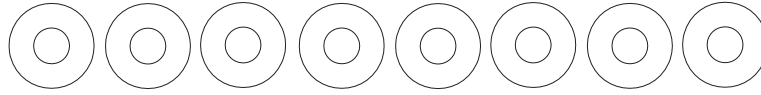
Important: Please locate your serial number and record in the box below for service support purposes.

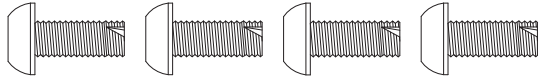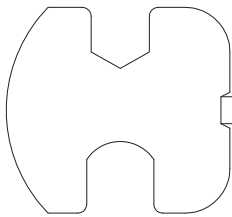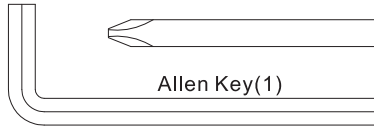Serial number here:

MAG HYBRID

N-1: Flat Washer φ8*φ19*2T (8)

N-3: Allen Bolt M8*P1.25*20 mm (4)
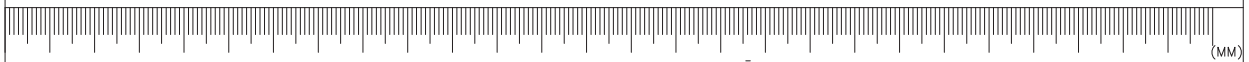
N-2: Allen Bolt M8*P1.25*12 mm (4)

Screwdriver (1)

Allen Key(1)

Box Spanner(1)

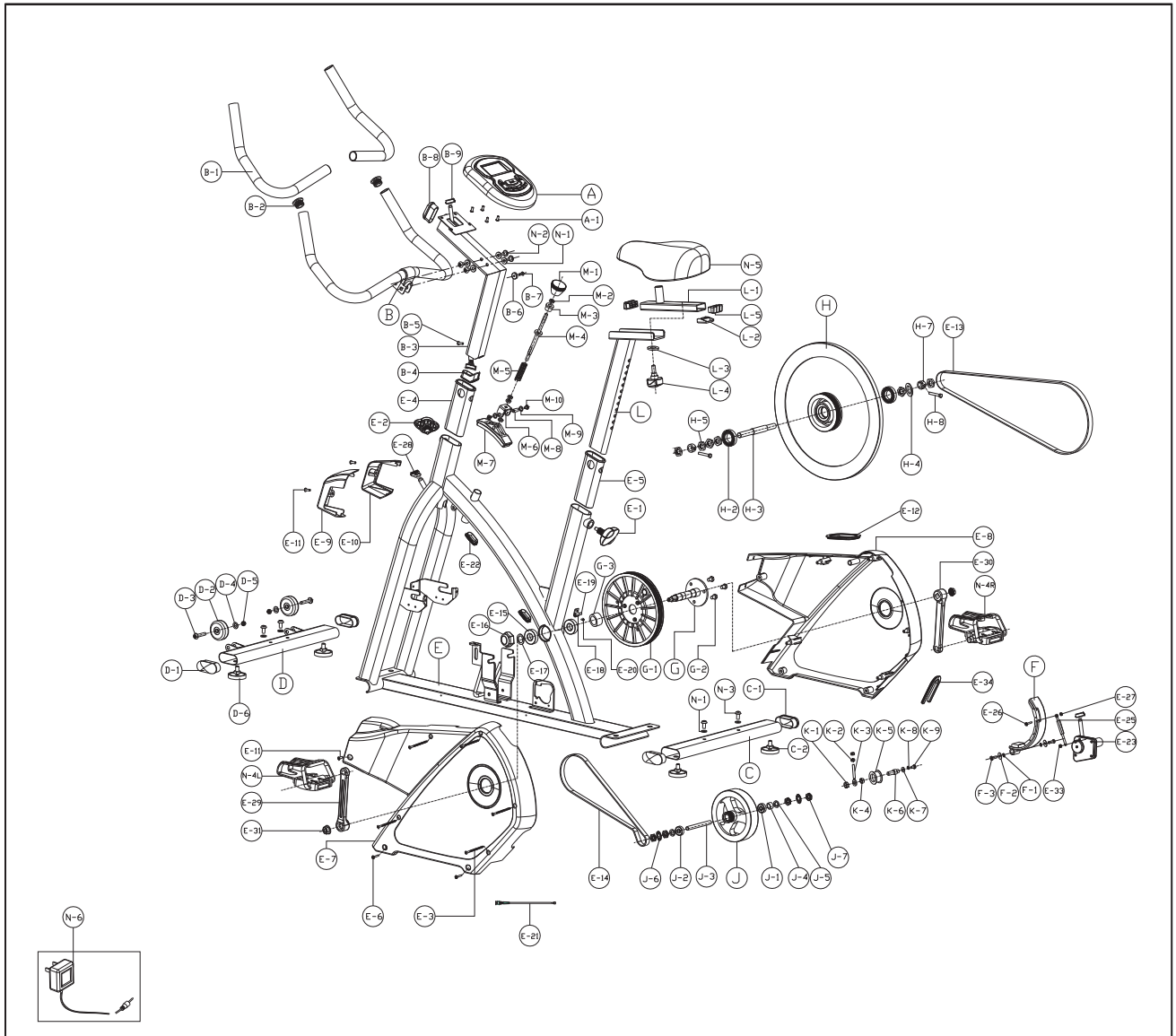(MM)

SP209M

EXPLORATION DRAWING
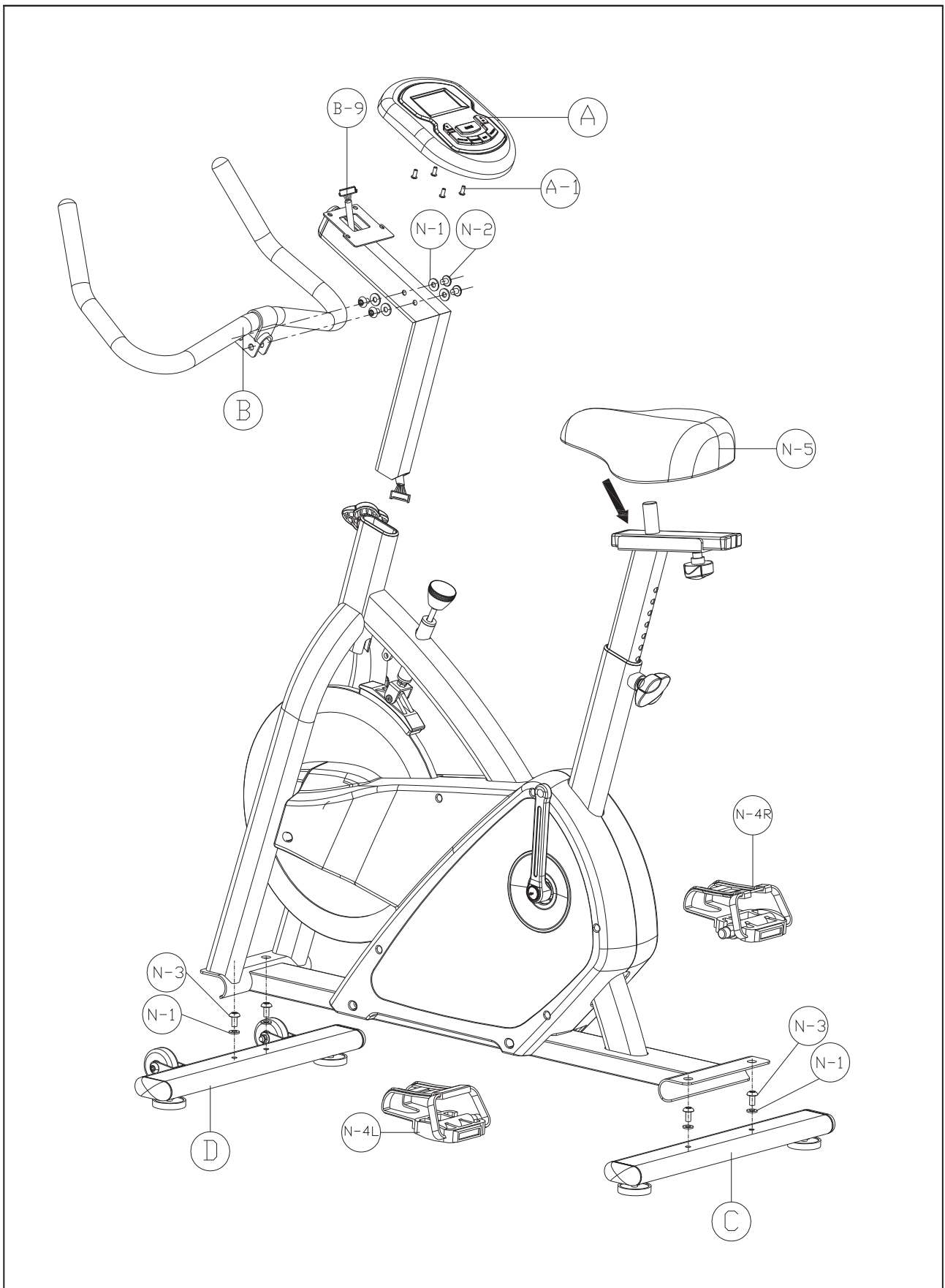
COMPLETE BIKE ASSEMBLY

PARTS LIST

PART NO.	DESCRIPTION	QTY
A, A-1	Computer and Screw	1PC
B	Handlebar	1PC
B-1	Foam grip for handlebar	2PCS
B-2	Cap for handlebar	2PCS
B-3	Handlebar post	1PC
B-4	End cap of handlebar post	1PC
B-5	Screw M3*14	1PC
B-6	Stopper for handlebar	1PC
B-7	Screw M5*12	1PC
B-8	Upper cap for handlebar post	1PC
B-9	Upper cable for computer	1PC
C	Rear stabilizer	1PC
C-1	End cap for rear stabilizer	2PCS
C-2	Adjustor pad for rear stabilizer	2PCS
D	Front stabilizer	1PC
D-1	End cap for front stabilizer	2PCS
D-2	Transportation wheel for front stabilizer	2PCS
D-3	Screw M8xP1.25x40L	2PCS
D-4	Flat washer φ8xφ19x2t	2PCS
D-5	Nylon nut M8	2PCS
D-6	Adjustor pad for front stabilizer	2PCS
E	Main frame	1SET
E-1	Adjusting knob for seat post	1PC
E-2	Adjusting knob for handlebar post	1PC
E-3	Screw M4x50L	5PCS
E-4	Sleeve for handlebar post holder	1PC
E-5	Sleeve for seat post holder	1PC
E-6	Screw M5x16L	4PCS
E-7	Left chain cover	1PC
E-8	Right chain cover	1PC
E-9	Front cover - Left	1PC
E-10	Front cover - Right	1PC

E-11	Screw M5x14L	4PCS
E-12	Bushing for chain cover	1PC
E-13	Belts 1320m/m	1PC
E-14	Belts 813m/m	1PC
E-15	Bearing 6004RS	2PCS
E-16	Nut M20*P1.0	1PC
E-17	Flat washer φ 20.3xφ30x1t	1PC
E-18	Sensor holder	1PC
E-19	Sensor box	1PC
E-20	Screw M4x10L for sensor holder	1PC
E-21	DC cable	1PC
E-22	Cap for hand post holder	1PC
E-23,E-28	Gear box set	1SET
E-25	Support bar for gear box	1PC
E-26	Screw M4x12L	1PC
E-27	Hex screw M4	1PC
E-29	Left crank	1PC
E-30	Right crank	1PC
E-31	Nut M10xP1.25x10T	2PCS
E-33	Hex nut M3	1PC
E-34	Bushing for chain cover	1PC
F~F-3	Magnetic set	1SET
G	Shaft	1PC
G-1	Big pulley	1PC
G-2	Hex screw M8*P1.25*12L	3PCS
G-3	Bushing φ 20*φ28*9.5L	1PC
H~H-8	Big flywheel set	1SET
J~J-7	Small flywheel set	1SET
K-1~K-9	Idler wheel set	1SET
L	Seat post	1PC
L-1~L-5	Slider set for seat post	1SET
M-1	Brake knob for Brake	1PC
M-2	Hex screw M8 for Brake	1PC
M-3	Plastic bushing φ 10xφ22.2x15t	1PC
M-4	Brake bar for Brake	1PC

M-5	Pressing spring for Brake	1PC
M-6	U holder for Brake	1PC
M-7	Brake piece for Brake	1PC
M-8	Bushing φ9x18L for Brake	1PC
M-9	Flat washer φ10xφ14x1t for Brake	2PCS
M-10	Screw M5x8 for Brake	2PCS
N-1~N-3	Bolts & nuts pack	1SET
N-4	Pedal	1SET
N-5	Seat	1PC
N-6	Adaptor	1PC

STEP 1

1. Attach the front stabilizer (D) to the main frame (E) using two flat washer (N-1) and allen bolt (N-3).

2. Attach the rear stabilizer (C) to the main frame (E) using two flat washer (N-1) and allen bolt (N-3)

After assembly, the Trainer can be adjusted to slightly uneven ground by adjusting the height of the foot caps at the front and back. The pre-assembled transportation wheels in the front allow easy moving of the Elliptical and therefore during assembly, need to be pointing down at the front (45°).

Allen Key(1)

N-1 Flat Washer
∅8*∅19*2t (4)

N-3 Allen Bolt
M8*P1.25*20mm (4)

〈1〉
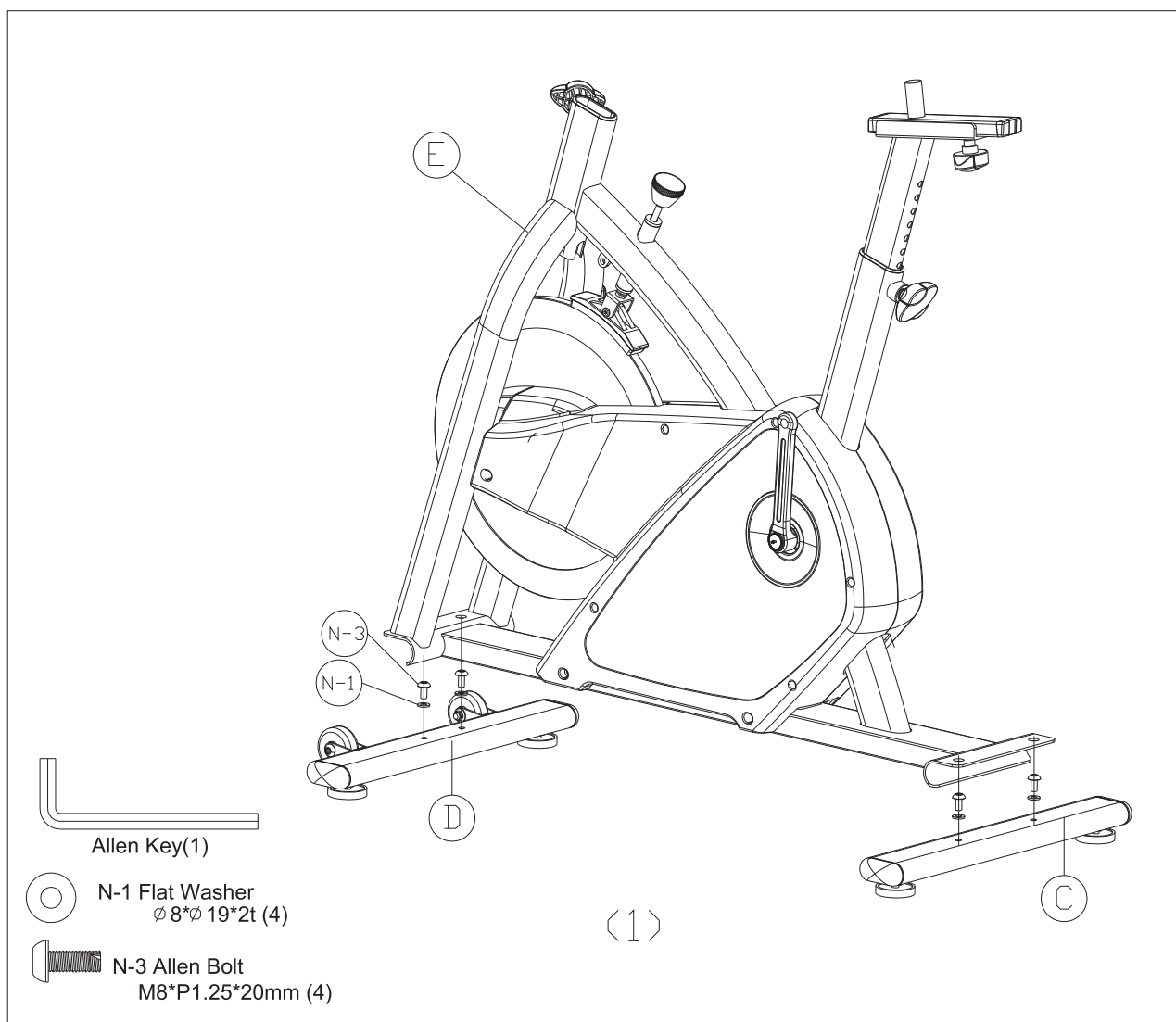
STEP 2

1. Assemble the left pedal (N-4L) to the left crank (E-29) and the right pedal (N-4R) to right crank (E-30).

2. Assemble the seat (N-5) to the seat post (L).

3. Then choose the desired position and tighten the knob (E-1). 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".

Box Spanner(1)

Screwdriver (N)

N-5

L

E-1

N-4R

N-4L

E-29

〈2〉
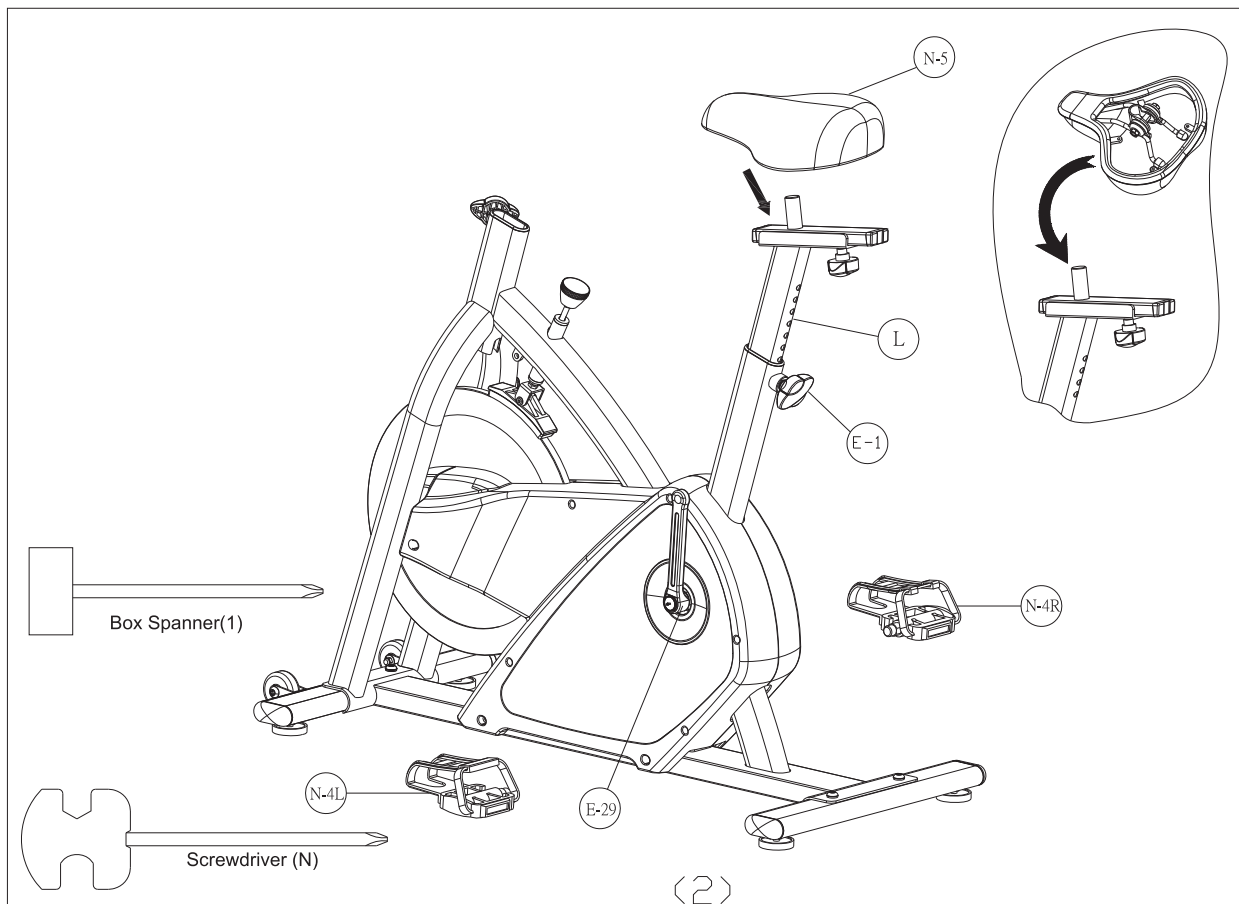
STEP 3

3.1 : Please remove the adjusting knob (E-2) from the main frame (E).

3.2 : Release the screw from the lower sleeve and take of the sleeve from the handlebar
post but do not take the sleeve off the lower cable.

3.3 : Insert the handlebar post (B-3) into the main frame (E), then choose the desired
position and tighten the adjusting knob (E-2). Be sure the knob is always tightened.

3.4 : Attach the handlebar (B) to the handlebar post (B-3) using the four flat washers (N-1)
and four allen bolt (N-2) in each side.

3.5 : Connect the lower cable (E-28) and the upper cable (B-9) in the handlebar post.

3.6 : Double check the cables are OK to connection.

3.7 : Put the sleeve into the handlebar post.

3.8 : Set up the screw for the sleeve

Remarks: When you have chosen a desired position, tighten the handlebar post knob until
you hear a "click".

Allen Key(1)

N-1 Flat Washer ⌀8*⌀19*2t (4)

N-2 Allen Bolt M8*P1.25*12mm (4)
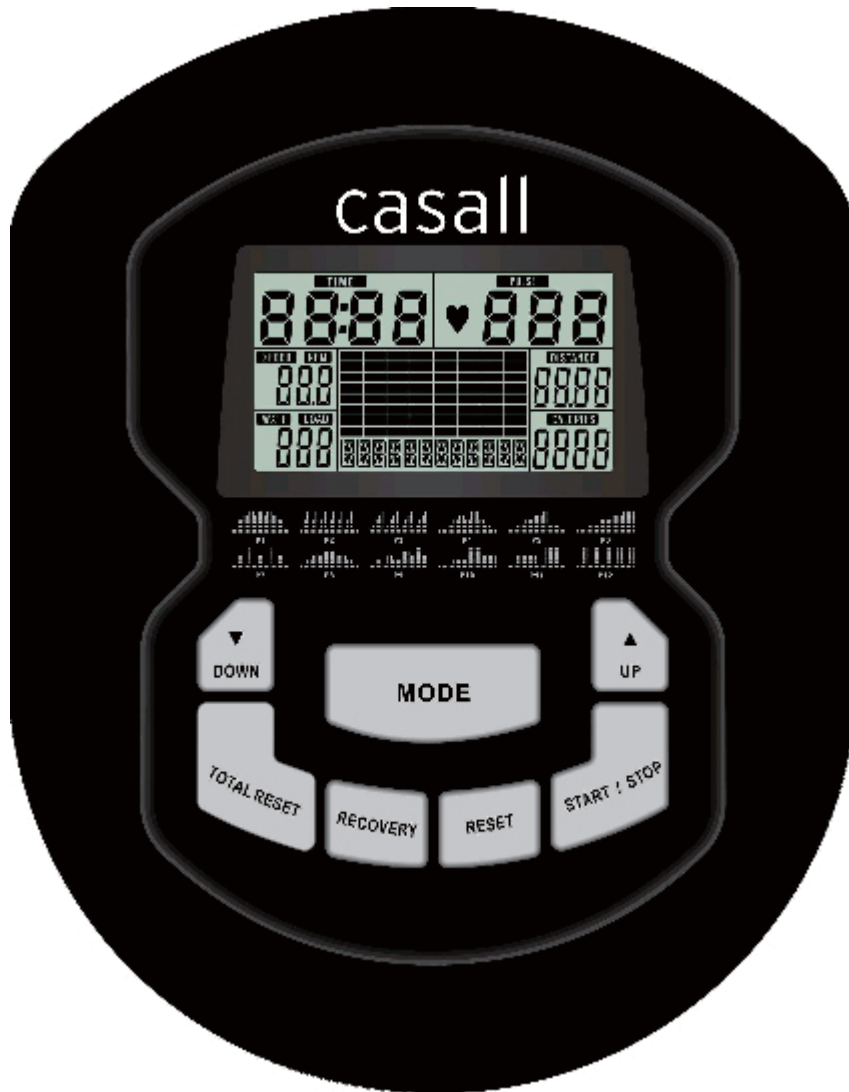
Screwdriver (N)

〈3〉
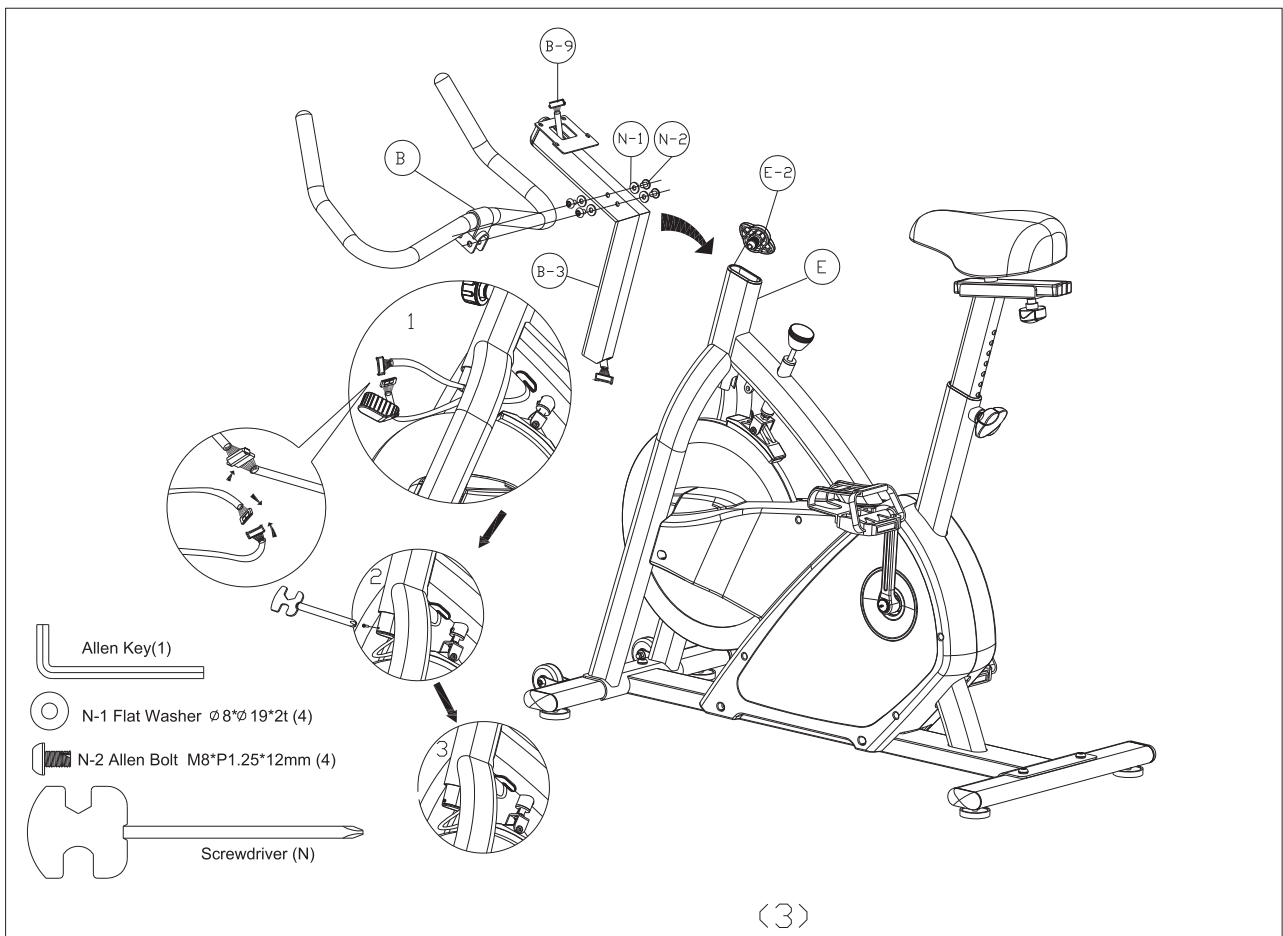
STEP 4

1. Connect the upper cables (B-9) then attach the computer (A) to the computer bracket with the enclosed Screws (A-1)

2. Connect the adaptor (N-6) to the DC hole (located on the back of the chain cover).

Screwdriver (N)

〈4〉

11
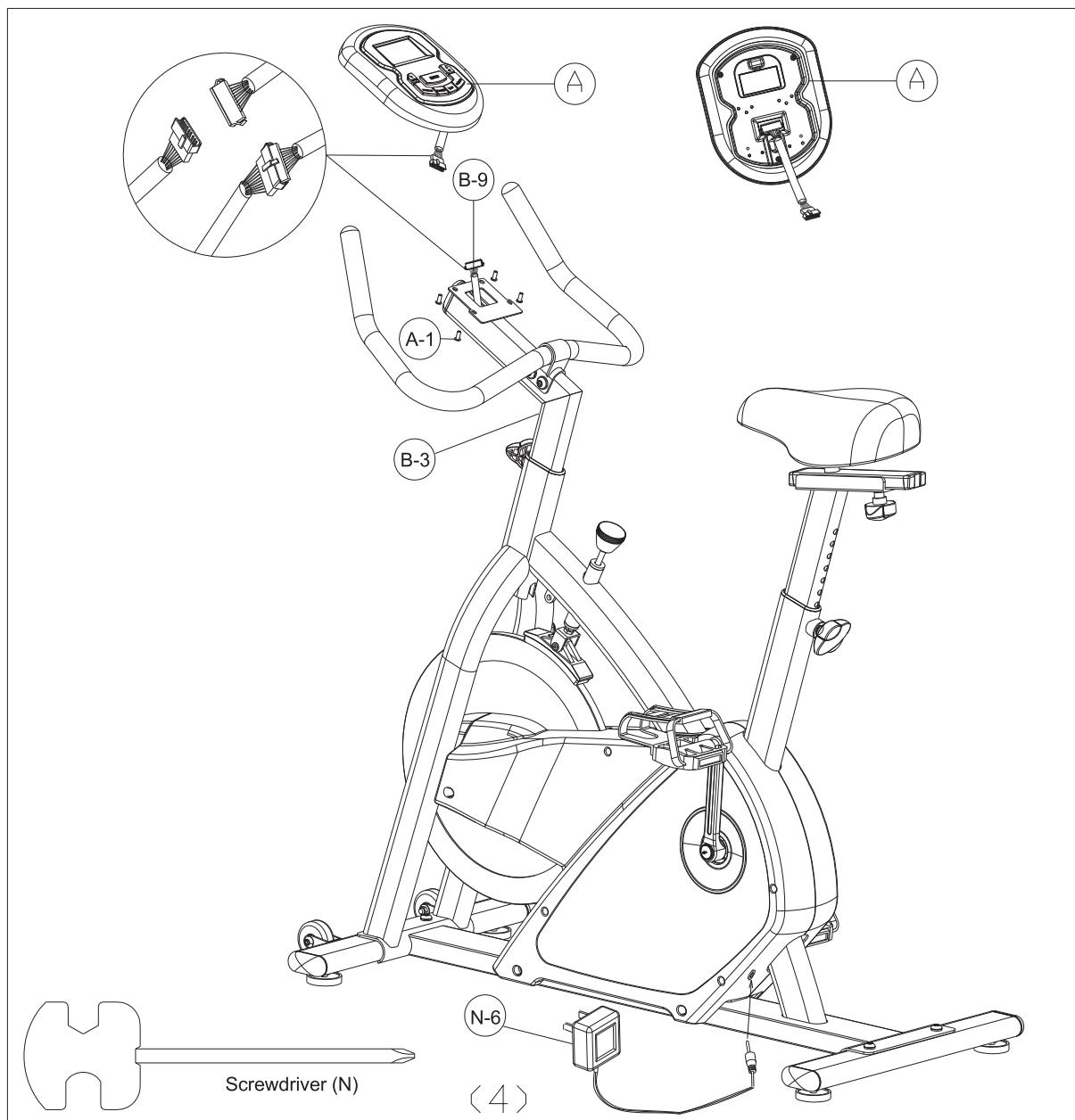
SM3720 INSTRUCTION MANUAL

BUTTON FUNCTION:

| ITEM	DESCRIPTION
Up	Increase resistance level
Down	Decrease resistance level
Mode	Confirm setting or selection.
Reset	Hold on pressing for 2 seconds, computer will reboot and start from user setting. Reverse to main menu during presetting workout value or stop mode.
Start/ Stop	Start or Stop workout.
Recovery	Test heart rate recovery status.
Total Reset	Reset the console

DISPLAY FUNCTIONS :

ITEM	DESCRIPTION
TIME	.Workout time displayed during exercise. .Range 0:00 ~ 99:59
SPEED	.Workout speed displayed during exercise. .Range 0.0 ~ 99.9 km/hr
DISTANCE	.Workout distance displayed during exercise. .Range 0.0 ~ 99.9 KM
CALORIES	.Burned calories during workout display. .Range 0 ~ 999 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	.Pulse bpm displayed during exercise. .Pulse alarm when over preset target pulse.
RPM	.Rotation per minute .Range 0 ~ 999
WATTS	.Workout power consumption .Range 0 ~ 350
MANUAL	.Manual mode workout.
PROGRAM	.12 PROGRAM selection.
USER	.User creates resistance level profile.
H.R.C.	.Target HR training mode.
WATT	.Watt constant training mode.

OPERATION:

1. **POWER ON**

Plug in power supply, computer will power on and display all segments on LCD for 2 seconds.　After 4 minutes without pedaling or pulse input, console will enter into power saving mode.

Press any key may wake the console up.
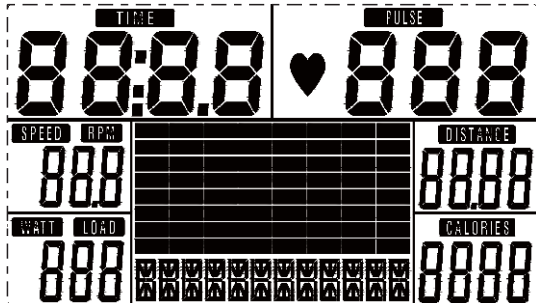
2. **Manual Mode**:

Adjust resistance during workout manually.

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

Press UP or DOWN to select workout program, choose Manual and press MODE to enter.

Press UP or DOWN to preset TIME.DISTANCE.CALORIES.PULSE and press MODE to confirm.

Press START/STOP keys to start workout.　Press UP or DOWN to adjust load level.

Press START/STOP keys to pause workout.　Press RESET to reverse to main menu.
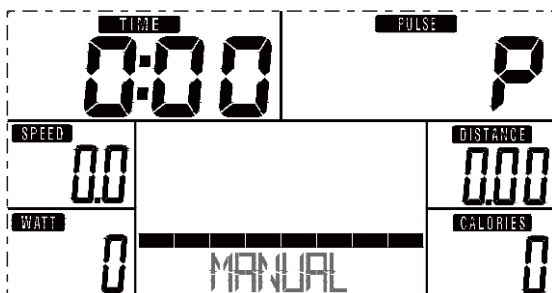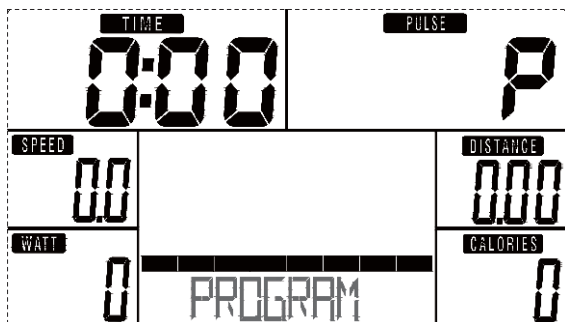

3. **Program Mode :**

Choose a preset workout program.

Press UP or DOWN to select workout program, choose Program and press MODE to enter.

Press UP or DOWN to preset workout TIME.

Press START/STOP keys to start workout.　Press UP or DOWN to adjust load level.

Press START/STOP keys to pause workout.　Press RESET to reverse to main menu.

4. User Program Mode :

Preset your own workout profile.

Press UP or DOWN to select workout program, choose User and press MODE to enter.

Press UP or DOWN to set load level of each column, and press MODE to next one.   (Total column = 20)

Hold on pressing MODE to finish or quit setting.

Press UP or DOWN to preset workout TIME.

Press START/STOP button to start workout.   Press UP or DOWN to adjust load level.

Press START/STOP button to pause workout.   Press RESET to reverse to main menu.

5. H.R.C. mode :

Target a heart rate for the workout.

Press UP or DOWN to select workout program, choose H.R.C. and press MODE to enter.

Press UP or Down to select 55%.75%.90% or TAG (TARGET H.R.) (default: 100).

Press UP or DOWN to preset workout TIME.

Press START/STOP button to start or stop workout. Press RESET to reverse to main menu.

6. WATT Mode :

Monitor the energy output of workout

1.   Press UP or DOWN to select workout program, choose WATT and press MODE to enter.

2.   Press UP or DOWN to preset WATT target. (default: 120)

3.   Press UP or DOWN to preset TIME.

Press START/STOP button to start or stop workout. Press RESET to reverse to main menu.

7. Recovery

When pulse value display on the computer (hold handgrip or wear chest strap), press RECOVERY button.

TIME shows "0:60" (seconds) and count down.

After countdown, computer will display a numerical value between F1-F6. Using this number you can see your heart rate recovery ability with the corresponding Chart below.

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

NOTE:
1. This computer require 9V 500ma adaptor.
2. When user stop pedaling for 4 minutes, computer will enter into power save mode, all setting and exercise data will stored until user start exercise again.
3. When computer act abnormal, please plug out the adaptor and plug in again.