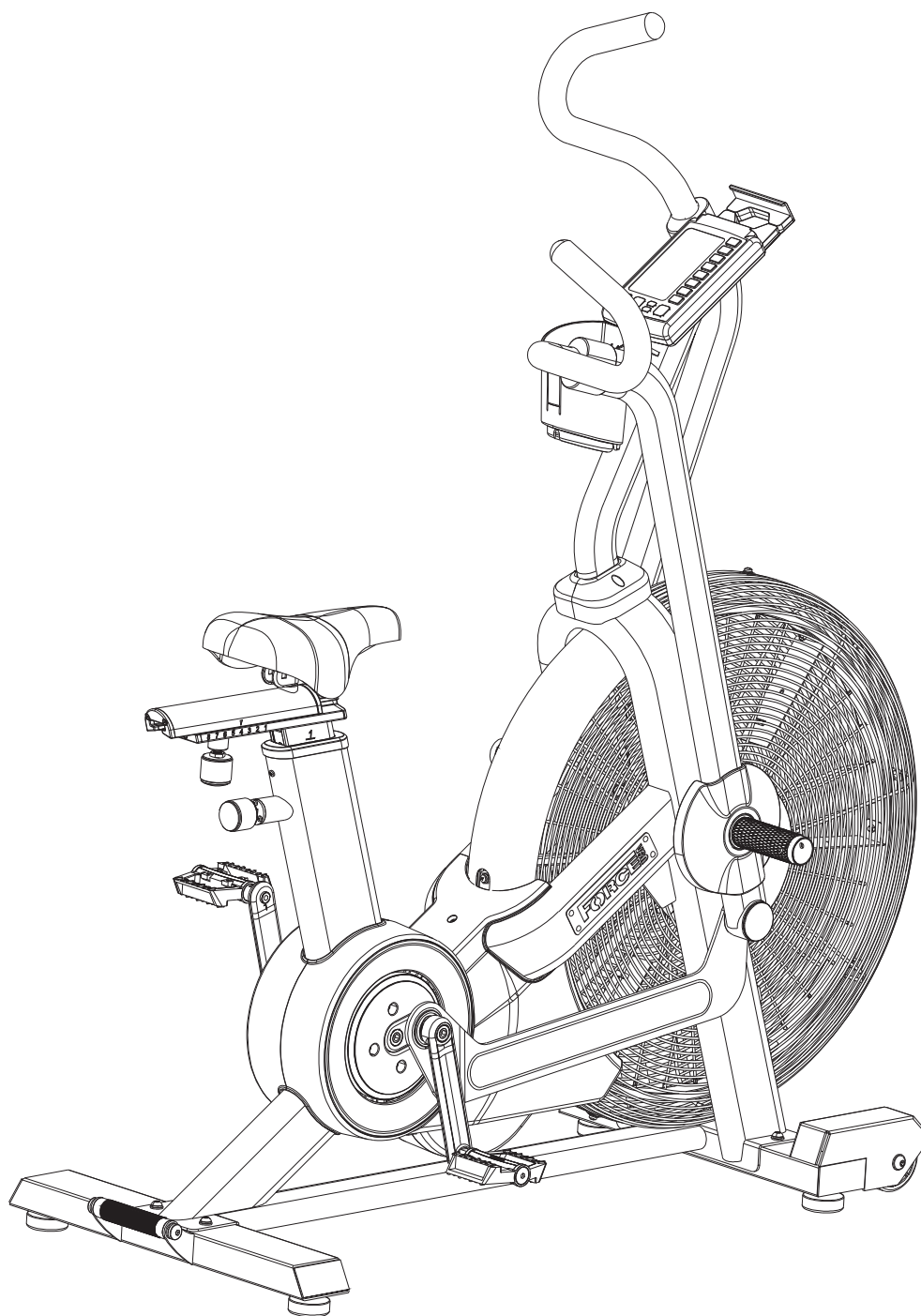


FORCE^{USA}



USER MANUAL | **F-AIRBIKE-B**





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IMPORTANT SAFETY INSTRUCTIONS



Regular maintenance is key to ensuring your safety and extending the lifespan of your Force USA equipment. Following the cleaning and lubrication cycles detailed here prevents premature wear, helps avoid potential injuries, and ensures optimal performance.

1. General Readiness & Assembly

- **Read the Manual:** Read all instructions and warning labels before assembling or using this equipment. Keep these instructions for future reference.
- **Assembly Safety:** It is highly recommended that two or more people perform the assembly. Assemble on a flat, level surface.
- **Hardware:** During assembly, only tighten nuts and bolts loosely. Once fully assembled, tighten all hardware from the bottom up, working evenly around the unit.
- **Orientation:** "Left" and "right" refer to the perspective of standing in front of and facing the equipment.

2. Medical & Health Advisory

- **Consult a Physician:** Before starting any exercise program, consult your doctor, especially if you are over 35 or have pre-existing health conditions.
- **Listen to Your Body:** Stop immediately if you experience pain, dizziness, nausea, or shortness of breath.
- **Preparation:** Always stretch and warm up properly prior to using the equipment.

3. Environment & Workspace

- **Surface:** Use a flat, stable surface. Consider a mat to protect your flooring.
- **Clearance:** Maintain at least 3–5 feet (1–1.5 meters) of clearance around the unit to avoid obstacles or interference.
- **Storage:** Do not use or store the equipment outdoors or near water.

4. Proper Usage & Technique

- **Safe Interaction:** Keep hair, fingers, and clothing away from all moving parts. Tie back long hair and remove jewelry.
- **Technique:** Focus on correct form and controlled movements. Increase weight or intensity gradually.}

- **Supervision:** Keep children and pets away from the equipment at all times. For heavy lifting, use a spotter.

5. Technical Maintenance & Inspection

(Refer to the specific Maintenance Checklist for your model for detailed component care)

- **Pre-Use Inspection:** Ensure all parts are in working order before every session. Check for cracks, structural wear, or loose hardware.
- **Moving Parts & Pivots:** Do not over-tighten components with a pivoting or rotating function; they must move freely. For cardio equipment, ensure pedals, handles, or running belts rotate/move without obstruction.
- **Specific Lubrication:** * **Strength:** Use only 100% silicone spray for guide rods and Smith bars as specified. Never spray ball bearings with silicone, as it washes out the internal grease.
- **Cardio:** Lubricate running belts or drive chains only as instructed by the manufacturer. Keep the motor housing and electronics free of dust.
- **Transmission Integrity:** * **Cables & Belts:** Regularly check cables, drive belts, or running belts for proper tension and signs of fraying or cracking.
- **Smooth Operation:** Ensure the weight selector pin (strength) or the resistance adjustment (cardio) functions smoothly without jamming.
- **Defective Parts:** Never operate the equipment if parts are worn, frayed, or malfunctioning. Replace defective components immediately. Keep the equipment out of use until the repair is completed.

6. Daily Cleaning

- **Hygiene:** Wipe down the equipment after each use with a dry, non-abrasive cloth to remove sweat and dust, preventing corrosion and material degradation.

BEFORE YOU START CONTINUED

MAINTENANCE CHECKLIST FOR FITNESS EQUIPMENT

1. Drive Cord & Return System (Critical Safety)

- **Inspection:** Before every use, pull the drive cords/chains to their full extension and inspect for fraying, discoloration, or thinning.
- **Procedure:** If a cord shows any sign of wear, replace it immediately. Do not use the unit until the cord is replaced.
- **Return Tension:** Ensure the handles retract smoothly and quickly. If the return is sluggish, the internal bungee/spring system may need adjustment by a professional.
- **Maintenance Interval:** Inspect before each use; deep inspection every 4–6 weeks.

2. Flywheel & Air Resistance

- **Cleaning:** Dust buildup inside the flywheel housing can increase friction and affect resistance accuracy.
- **Procedure:** Use a vacuum cleaner with a narrow nozzle to remove dust through the ventilation holes. Wipe the outer housing with a dry, lint-free cloth.
- **Airflow:** Ensure there is no debris blocking the air intake or exhaust.
- **Maintenance Interval:** Every 8 weeks or as needed based on the environment.

3. Structural Stability & Hardware

- **Inspection:** Check all bolts and connection points, especially the U-Bar Bracket and floor stand/wall mount.
- **Procedure:** Tighten any loose components using the tools listed in the manual. If the unit is wall-mounted, verify that the anchors are secure and showing no movement.
- **Leveling:** Ensure the unit sits flat on a solid, level surface. Adjust leveling feet if applicable to prevent wobbling.

- **Maintenance Interval:** Monthly.

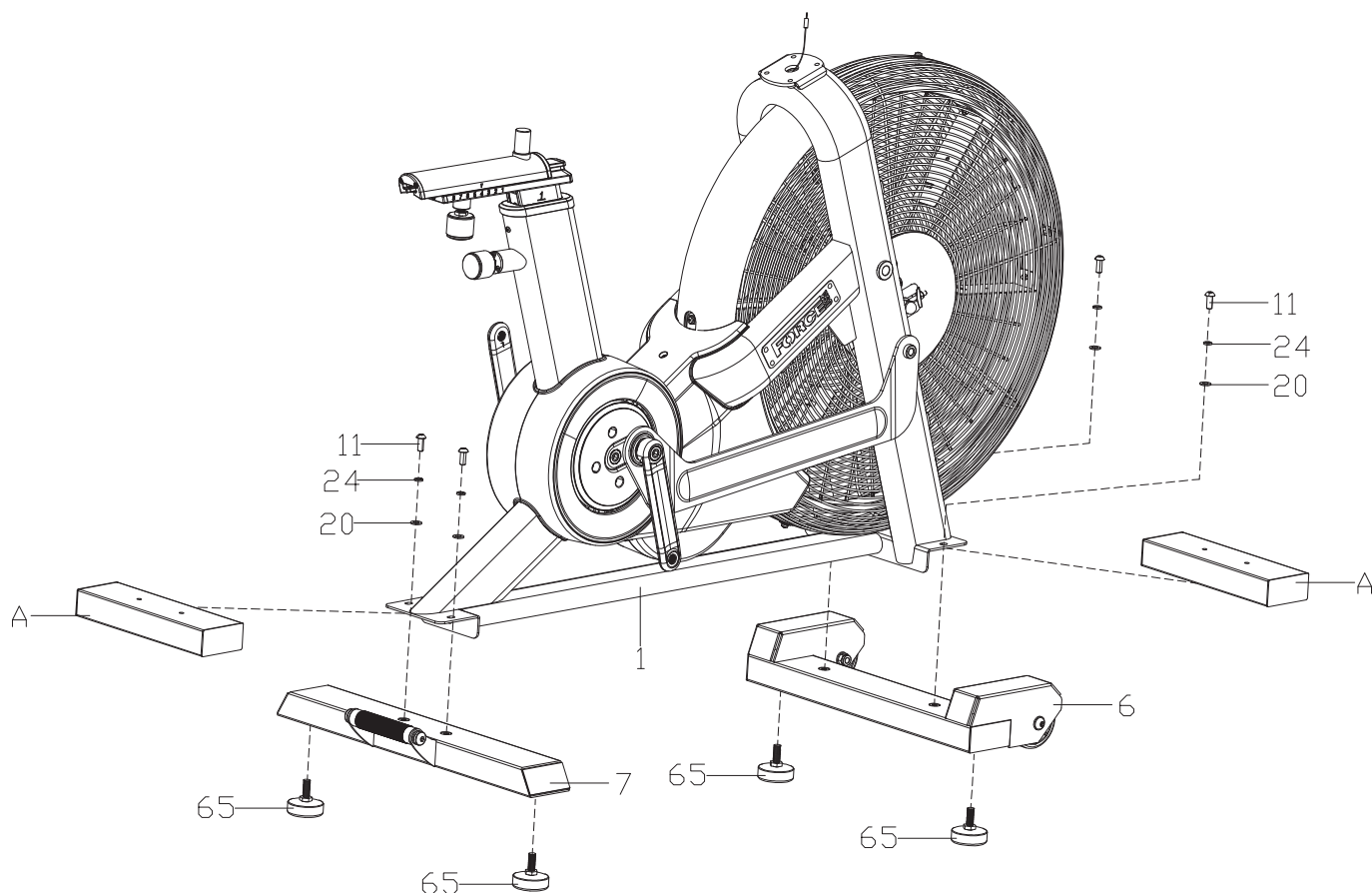
4. Console & Electronics

- **Inspection:** Check for battery corrosion or dimming displays.
- **Procedure:** Replace batteries immediately when the low battery indicator appears. Remove batteries if the equipment will not be used for more than 30 days.
- **Care:** Wipe the console screen with a slightly damp (not wet) cloth to remove sweat and oils.
- **Maintenance Interval:** Daily cleaning; battery check every 3 months.

5. Maintenance Schedule Overview

Maintenance Area	Daily	Monthly	Bi-Annually
Drive Cord Inspection,	☒		
Upholstery / Grips Cleaning	☒		
Bolt & Hardware Tightening		☒	
Flywheel Dusting (Vacuum)		☒	
Battery Replacement			As needed

STEP 1 - ASSEMBLY



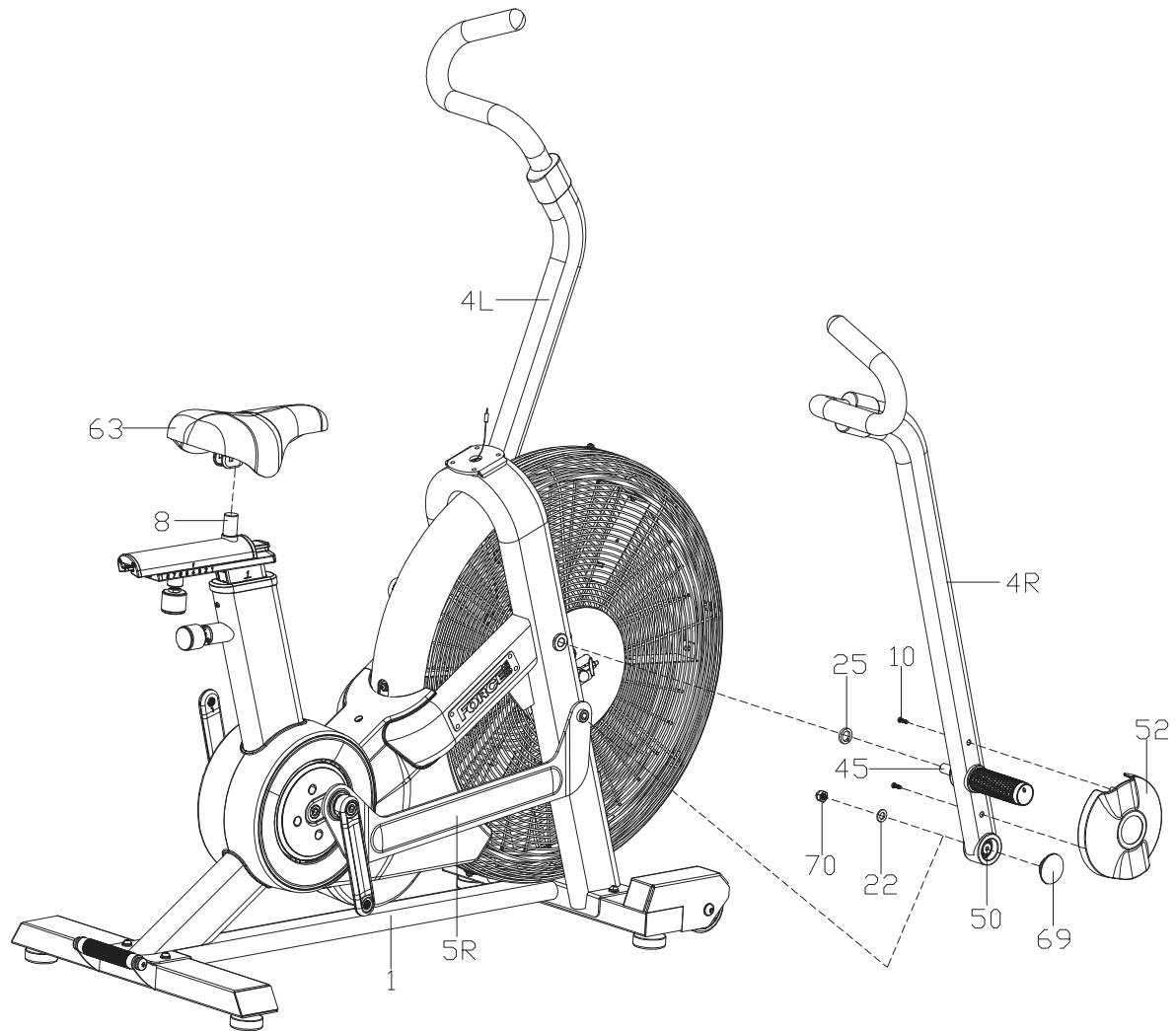
1

Remove the packaging base tubes (A) from the main frame assembly (1);

2

Screw the adjustment foot pads (65) onto the front stabilizer (6) and rear stabilizer (7). Then, use the previously removed hex button head bolts (11), spring washers (24), and flat washers (20) to lock the front stabilizer (6) and rear stabilizer (7) onto the main frame (1).

STEP 2 - ASSEMBLY



1

Use the cross pan head self-tapping screws (10) to lock the swing arm protective covers (52) onto the left and right swing arms (4L/R);

2

Use the pedal rod axles (45) and spring washers (25) to pre-lock the left and right swing arms (4L/R) onto both sides of the main frame (1);

3

Fixed the shaft shoulder bolts (50), then use the flat washers (22) and nylon nuts (70) to connect and lock the left and right swing arms (4L/R) with the left and right connecting rods (5L/R), and then tighten the pedal rod axles (45), finally, assembly the End cap (69) on the left and right swing arms (4L/R);

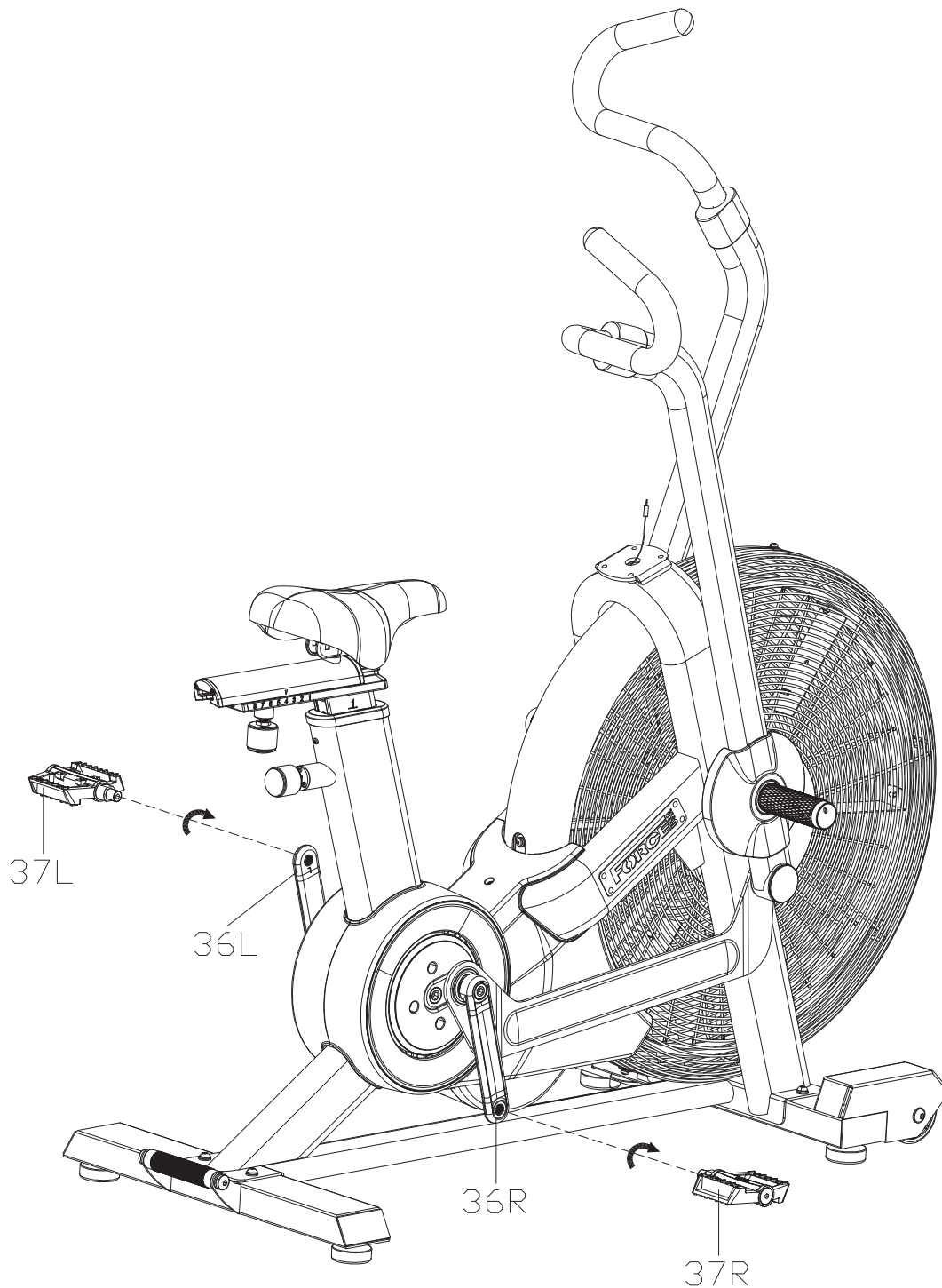
4

Fit the seat (63) onto the seat slider assembly (8) and lock it in place.

STEP 3 - ASSEMBLY



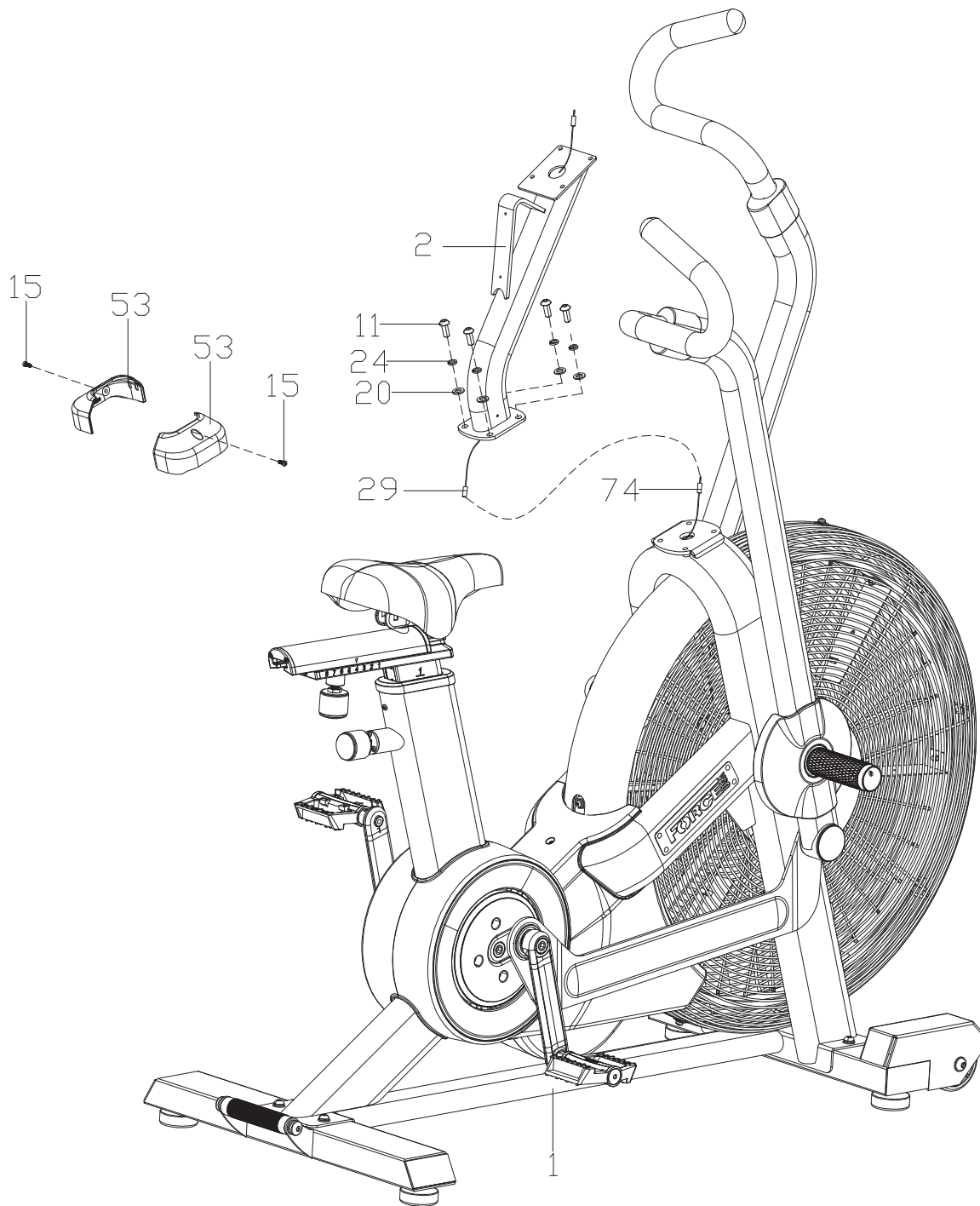
Note: The left pedal (37L) should be tightened counter-clockwise, and the right pedal (37R) should be tightened clockwise. Follow the direction indicated by the arrows in the figure below. During exercise, always keep the left pedal (37L) and right pedal (37R) in a tightened state; otherwise, the threads of the pedals (37L/R) will be damaged.



1

Lock the left and right pedals (37L/R) onto the left and right cranks (36L/R) respectively.

STEP 4 - ASSEMBLY



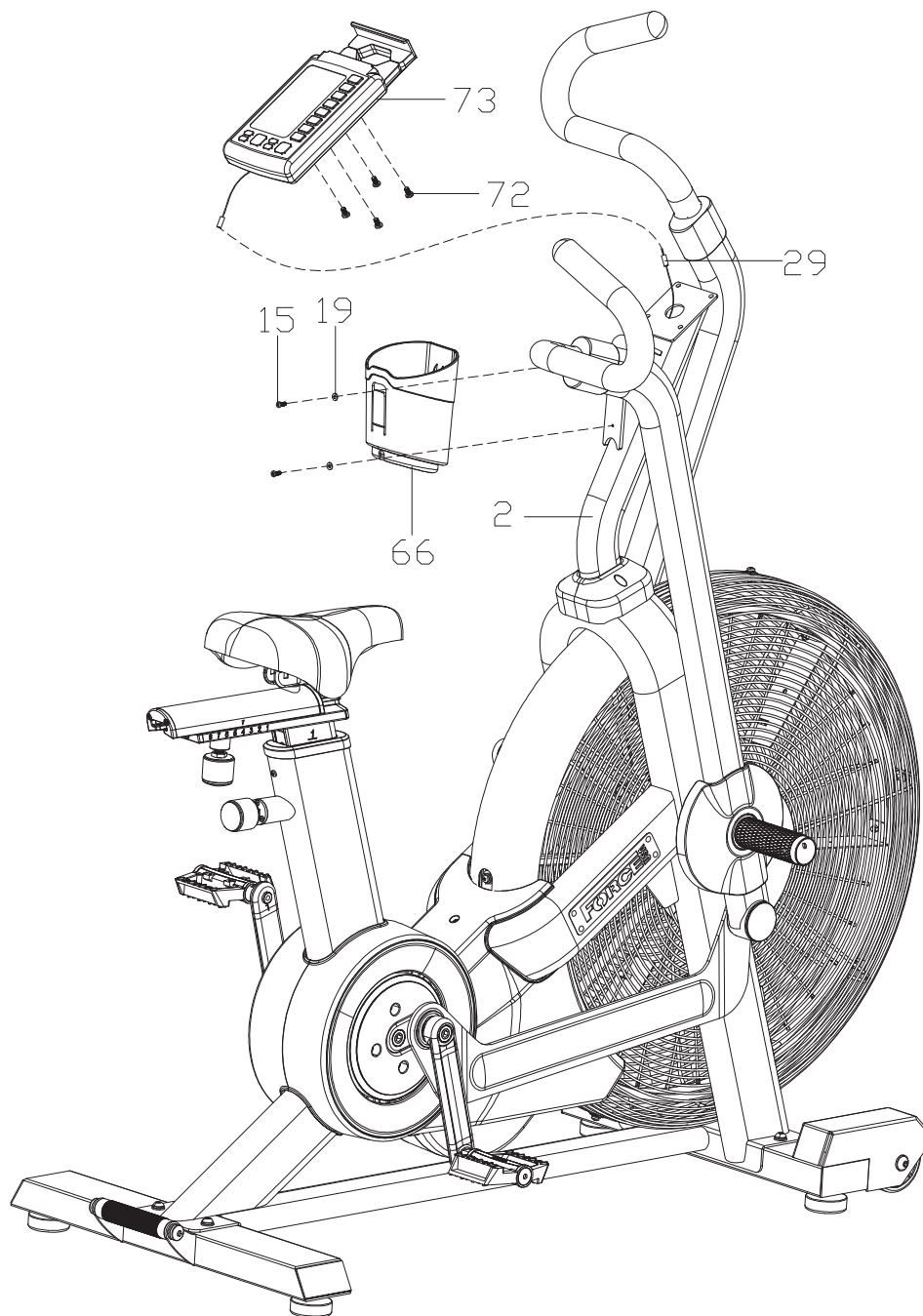
1

Connect the sensor wire (74) with the sensor extension wire (29). Then, use the hex button head bolts (11), spring washers (24), and flat washers (20) to lock the handlebar post assembly (2) onto the main frame assembly (1).

2

Use the cross pan head bolts (15) to lock the handlebar post cover (53) onto the handlebar post assembly (2).

STEP 5 - ASSEMBLY



1

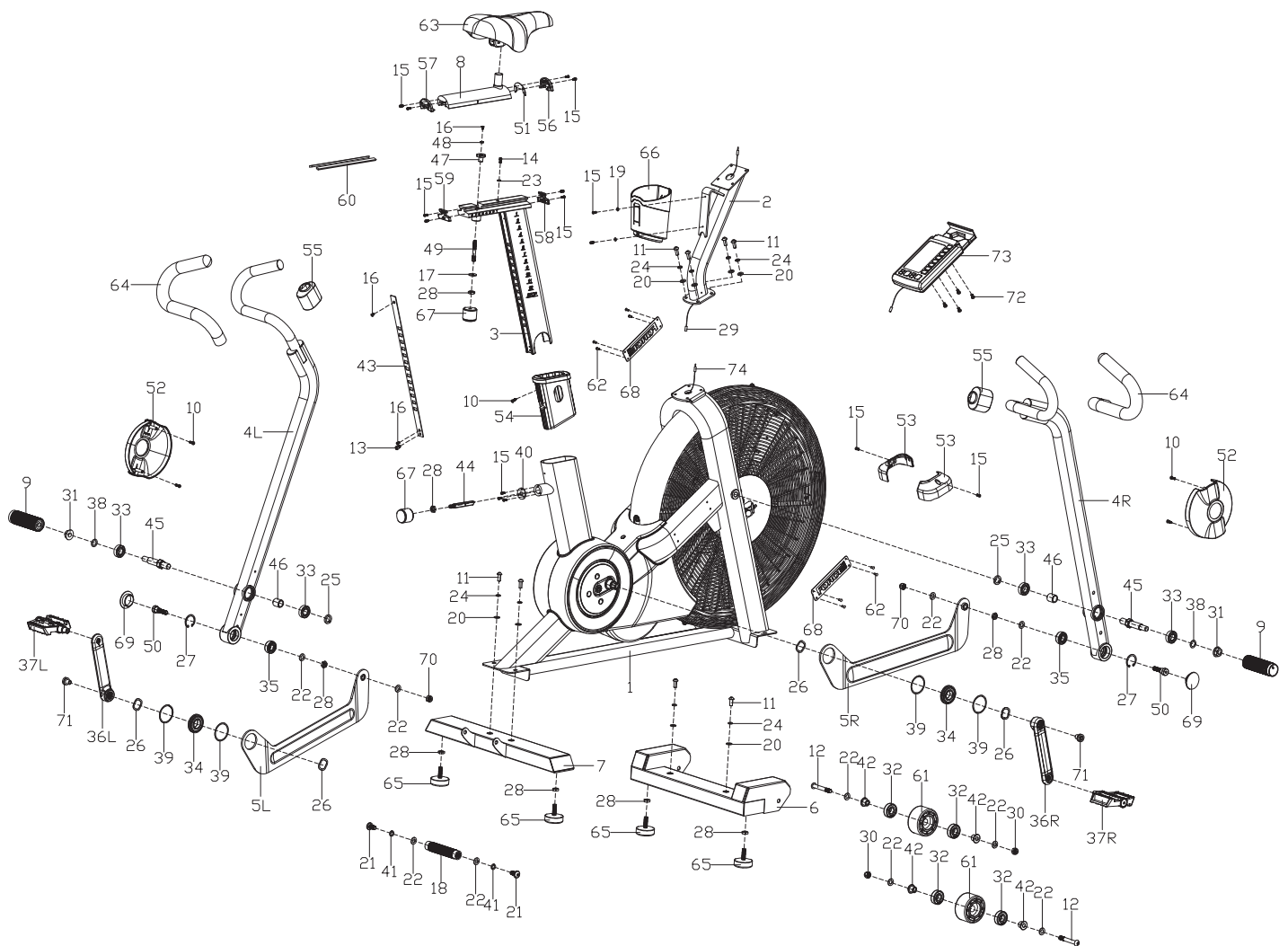
Connect the sensor extension wire (29) to the wire of the console (73). Then, use the cross pan head bolts (72) to lock the console (73) onto the handlebar post assembly (2).

2

Use the cross pan head bolts (15) and flat washers (19) to lock the storage rack (66) onto the handlebar post assembly (2).

EXPLODED DIAGRAMS

The upcoming pages feature an exploded view drawing of your product. These diagrams visually represents each component as it relates to the whole, although additional assembly by you is not required. It serves to help you identify and understand every part included in your purchase. While this guide offers a clear insight into how these parts fit together, it is particularly useful for troubleshooting and maintaining your product. Beyond practical benefits, the exploded view also aims to enhance your understanding of the product's design and functionality. As you explore these pages, you'll find they make it easier to discuss any component with our customer support, should the need arise. We hope this detailed visual approach not only informs but also enriches your experience with your new purchase.



CONSOLE INSTRUCTIONS

Button function description:

- I. START KEY:
 - A. Pause function during exercise.
 - B. Resume exercise after pausing.
 - C. Start exercise.
- II. STOP KEY:
 - A. Perform stop function during exercise.
 - B. Press and hold for 2 seconds at any time to perform TOTAL RESET.
- III. UP KEY:
 - A. Press this key during the display of each function to separately set TIME, DISTANCE, CALORIES, and AGE.
 - B. Under HEART RATE mode, press this key to select the 65%, 85%, Custom PROGRAM .
- IV. DOWN KEY:
 - A. During the display of each function, pressing this key allows you to set TIME, DISTANCE, CALORIES, and AGE respectively.
 - B. Under HEART RATE mode, press this key to select the 65%, 85%, or Custom PROGRAM.
- V. ENTER KEY:
 - A. This key is used to confirm each main function.
 - B. In standby, press and hold the ENTER and DOWN keys for 2 seconds to enter the wheel diameter setting screen.
- VI. INTERVAL 10/20 : INTERVAL PROGRAM 10/20.
- VII. INTERVAL 20/10 : INTERVAL PROGRAM 20/10.
- VIII. INTERVAL Custom : INTERVAL PROGRAM Custom Work,Rest,Rounds.
- IX. TARGET TIME : TARGET PROGRAMS Target TIME.
- X. TARGET DIST : TARGET PROGRAMS Target DIST.
- XI. TARGET CAL : TARGET PROGRAMS Target Calories.
- XII. TARGET HR : TARGET PROGRAMS 65%,85%, Custom.
- XIII. AIM : ANAEROBIC AIM
- XIV. RECORD : ODO, FITNESS SCORE

Operating procedure:

1. After installing the battery (POWER ON), the LCD will display fully and enter the year/month/day/-time setting mode, with the backlight staying on for 5 seconds (Figures 2~6).



Figure 1

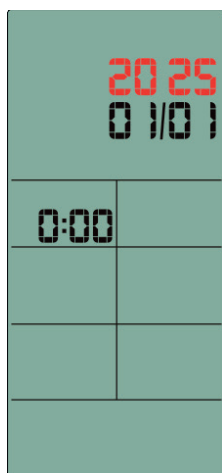


Figure 2

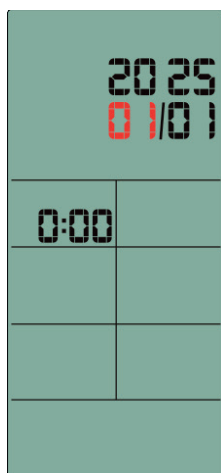


Figure 3

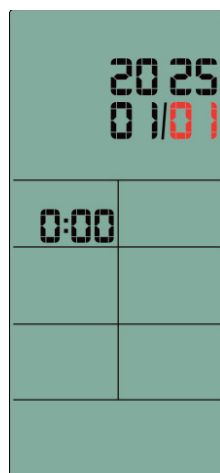


Figure 4

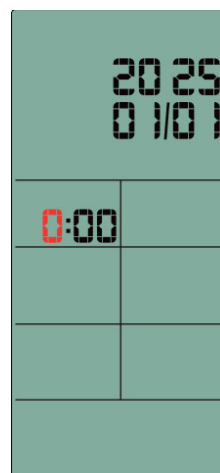


Figure 5

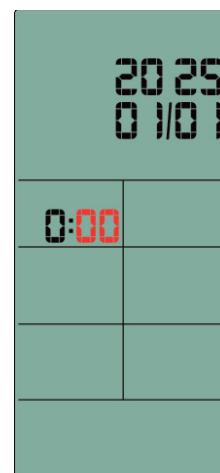


Figure 6

CONSOLE INSTRUCTIONS

- 2. After powering on, it enters the year setting mode. Use UP and DOWN to adjust, 8. Quick Start : press ENTER to confirm the setting, and enter the standby screen (Figures 7~19).
- 3. When the device is powered on, in standby, a button is pressed, exercise is paused, exercise ends, settings screen, or function selection is executed, the backlight is on for 5 seconds.
- 4. When entering exercise mode, the backlight remains on regardless of whether there is an RPM signal input.

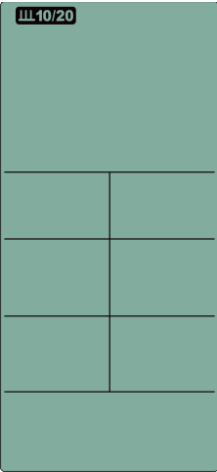


Figure 7

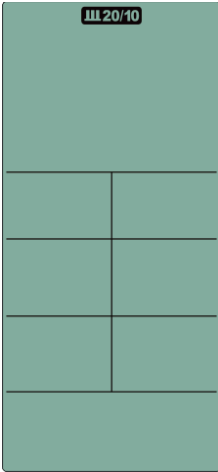


Figure 8

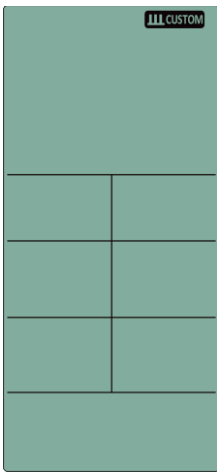


Figure 9

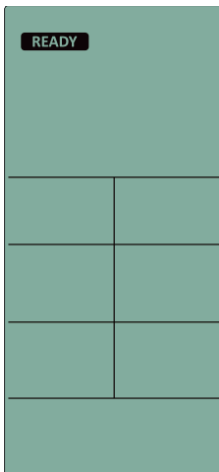


Figure 10

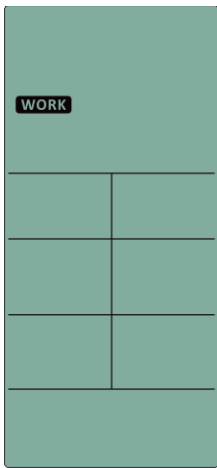


Figure 11



Figure 12

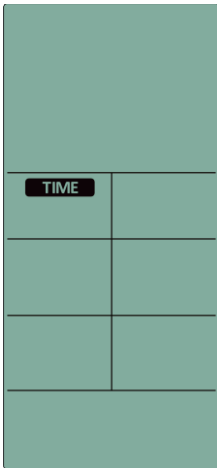


Figure 13

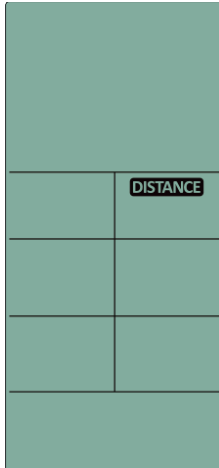


Figure 14

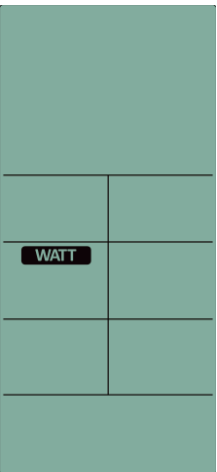


Figure 15



Figure 16

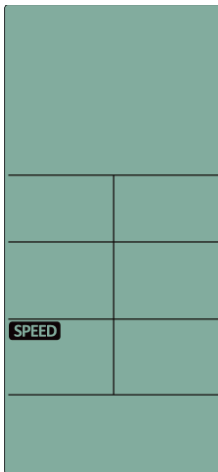


Figure 17

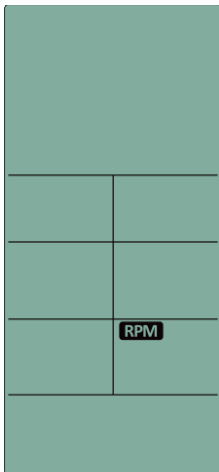


Figure 18

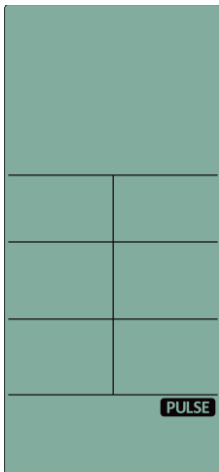


Figure 19

CONSOLE INSTRUCTIONS

5. In standby mode, if no buttons are pressed and no RPM signal is input, it will automatically enter sleep mode after 4 minutes.
6. Pause Mode: Press the START button again after START to enter pause mode. Within 30 seconds of entering pause mode, TIME, DISTANCE, and CAL will continue to be displayed, while WATT, SPEED, and RPM will show 0, and the matrix will display 'PAUSE'. If the pause continues for 5 minutes, it will enter standby mode. Press START to resume operation (Figure 20).
7. End Mode: Press the STOP button to enter exercise end mode. After the LCD turns completely off, the matrix display shows "FINISH" for 7 seconds, then switches to display Motion Value, Maximum Value, and Average Value. This cycle repeats twice, then exits and returns to standby mode (Figures 21-23).

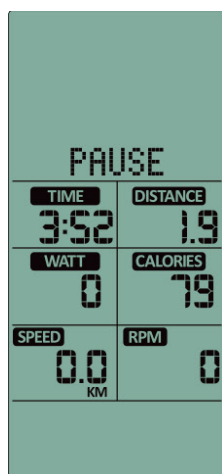


Figure 20



Figure 21



Figure 22



Figure 23

8. Quick Start:
 - A. When in standby mode, if there is an RPM signal input entering QUICK START, the matrix displays "QUICK START." The symbols for TIME, CALORIES, DISTANCE, WATTS, SPEED, and RPM light up and start counting up according to the calculated values (Figure 24).
 - B. The HEART RATE symbol lights up. When there is a heartbeat input, the heartbeat symbol flashes and the current heart rate is displayed; when there is no heartbeat input, 'P' is displayed (Figure 25).

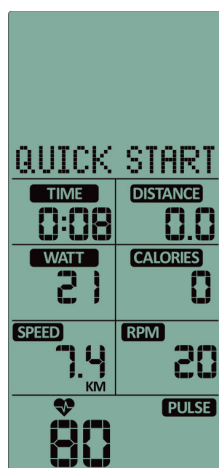


Figure 24

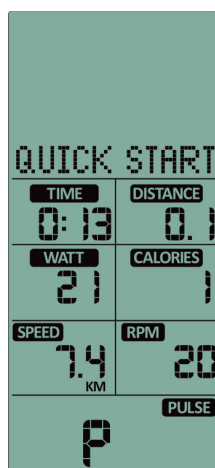


Figure 25

CONSOLE INSTRUCTIONS

- C. After 5 minutes of no signal input, it will return to standby mode.
 - D. If the setup is not completed within 30 seconds, it will return to standby mode.
 - E. Press the START button once to enter pause mode, and press START again to resume operation.
 - F. Press the STOP button to enter the exercise end mode.
 - G. If you press Stop while the exercise results are displayed, it will exit and return to standby mode.
 - H. The Time display can show a maximum exercise duration of 99:59.
9. INTERVAL10/20:
- A. Press the INTERVAL 10/20 button to enter this mode and display **III 10/20**
 - B. READY is displayed and counts down 3 seconds (3-2-1)(Figure 26), then the rear window shows "01/XX" (the 01 part needs to flash), WORK flashes, TIME begins a 10-second count-down, and DISTANCE, CALORIES, WATTS, SPEED, RPM start counting according to the calculated values (Figure 27).
 - C. The window displays 01/XX, REST keeps flashing, and TIME starts counting down from 20 seconds (Figure 28).
 - D. D and E continuously repeat the cycle, with the cycle count increasing by 1 each time, until XX/XX is displayed, after which it enters the exercise end mode.
 - E. When reaching the final REST, do not perform it and end the mode directly.
 - F. If there is no signal input for 5 minutes, it will enter standby mode.
 - G. Press the START button once to enter pause mode, and press START again to resume.
 - H. Press the STOP button to enter the exercise end mode.
 - I. If the exercise results are being displayed, press Stop again to exit and return to standby mode.
 - J. When using the INTERVAL function, the time window will show the countdown for the exercise. The maximum time display is 99:59, and the Total Time shows the elapsed exercise time with a maximum display of 59:59.

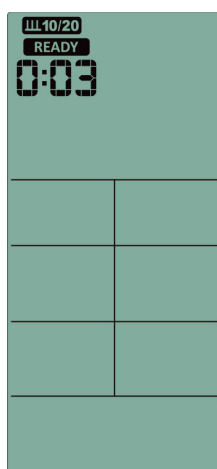


Figure 26

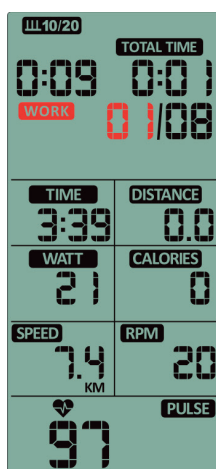


Figure 27

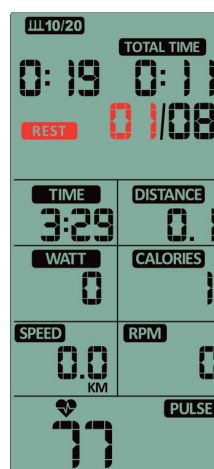


Figure 28

CONSOLE INSTRUCTIONS

10. INTERVAL 20/10:

- Press the INTERVAL 20/10 button to enter this mode **III 20/10** (Figure 29).
- READY is displayed and counts down 3 seconds (3-2-1), the window shows '01/XX', WORK flashes, TIME starts counting down 20 seconds, and DISTANCE, CALORIES, WATTS, SPEED, RPM start counting based on calculated values (Figure 30).
- The window displays 01/XX, REST keeps flashing, and TIME starts counting down from 10 seconds (Figure 31).
- D and E continuously repeat the cycle, with the cycle count increasing by 1 each time, until XX/XX is displayed, after which it enters the exercise end mode.
- When reaching the last REST, do not execute it and end the mode directly.
- If there is no signal input for 5 minutes, it will enter standby mode.
- Press the START button once to enter pause mode, and press START again to resume.
- Press the STOP button to enter the exercise end mode.
- If the exercise results are being displayed, press Stop again to exit and return to standby mode.
- When performing the INTERVAL function, the time window will show the countdown of the exercise. The maximum time display is 99:59, and the Total Time shows the elapsed exercise time with a maximum display of 59:59.

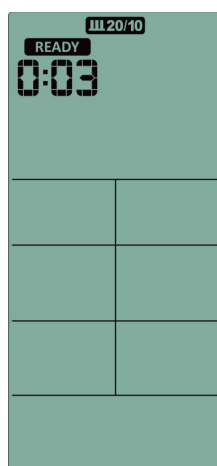


Figure 29

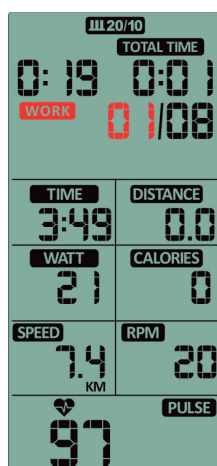


Figure 30

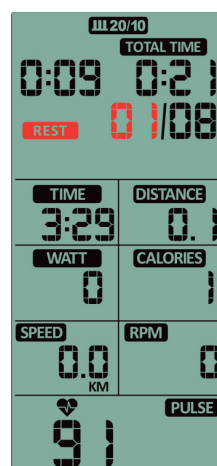


Figure 31

11. INTERVAL CUSTOM:

- Press the INTERVAL CUSTOM button to enter this mode **III Custom**.
- The LCD displays the default value 01. Press UP or DOWN to adjust the range from 01 to 20; it does not loop (Figure 32).
- After pressing ENTER to confirm, the LCD will flash "WORK" and display the WORK TIME window with the default value of 0:30. Press UP or DOWN to adjust the range from 0:05 to 9:59, without looping (Figure 33).
- After pressing ENTER to confirm, the LCD 'REST' will flash, and the REST TIME window will display the default value of 0:20. Press UP or DOWN to adjust the range from 0:05 to 9:59; looping is not allowed (Figure 34).
- After pressing ENTER to confirm, READY is displayed and counts down 3 seconds (3-2-1). Then (Figure 35), the LCD shows 01/XX, WORK flashes, TIME begins to count down according to the set value, and DISTANCE, CALORIES, WATTS, SPEED, and RPM start counting based on calculated values (Figure 36).

CONSOLE INSTRUCTIONS

- F. The REST time is set, the matrix displays 01/XX, and REST is flashing (Figure 37).
- G. E and F continue to repeat in a cycle, with the cycle count increasing by 1 each time. After it shows XX/XX, it will enter the exercise end mode.
- H. When reaching the final REST, do not perform it and end the mode directly.
- I. If there is no signal input for 5 minutes, it will enter standby mode.
- J. Press the START button once to enter pause mode, and press START again to resume
- K. Press the STOP button to enter the exercise end mode
- L. If the exercise results are being displayed, pressing Stop again will exit and return to standby mode.
- M. When performing the INTERVAL function, the time window will show the countdown of the exercise. The maximum time display is 99:59, and the Total Time shows the elapsed exercise time with a maximum display of 59:59.



Figure 32

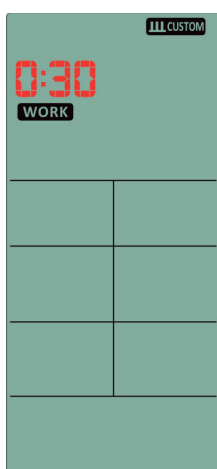


Figure 33



Figure 34

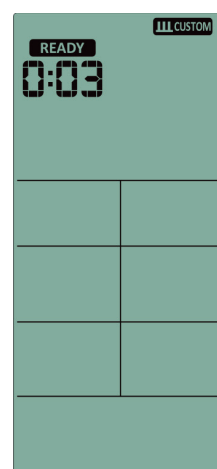


Figure 35

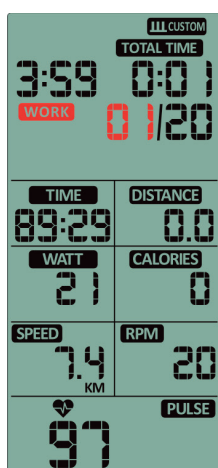


Figure 36



Figure 37

12. 1TARGET TIME:

- A. Press the TARGET TIME button to enter this mode, and the matrix will display 'TARGET' continuously (Figure 38).
- B. The TIME window displays the default value of 1:00 or the last set value. Press UP or DOWN to adjust within the range of 1:00 to 99:00; looping is not allowed.

CONSOLE INSTRUCTIONS

- C. It is set so that after pressing ENTER, the matrix displays "TARGET" continuously lit and starts the countdown (Figure 39).
- D. Press the START button once to enter pause mode, and press START again to resume.
- E. Press the STOP button to enter the exercise end mode.
- F. If there is no signal input for 5 minutes, it will return to standby mode.
- G. If the setup is not completed within 30 seconds, it will return to standby mode.
- H. If the exercise results are being displayed, press Stop again to exit and return to standby mode.
- I. Time displays exercise duration, with a maximum display of 99:00.



Figure 38



Figure 39

13. TARGET CALORIES:

- A. Press the TARGET CALORIES button to enter this mode, and the matrix will display 'TARGET' continuously (Figure 40).
- B. The CALORIES display shows the default value of 20 or the last set value. Use UP and DOWN to adjust within the range of 1-2000; it does not loop.
- C. The settings are configured so that after pressing ENTER, the matrix displays "TARGET" constantly lit and starts the countdown (Figure 41).
- D. Press the START button once to enter pause mode, and press START again to resume.
- E. Press the STOP button to enter the exercise end mode.
- F. If there is no signal input for 5 minutes, it will return to standby mode.
- G. If the setup is not completed within 30 seconds, it will return to standby mode.
- H. If the exercise results are being displayed, press Stop again to exit and return to standby mode.
- I. Time displays exercise duration, with a maximum display of 99:59.

CONSOLE INSTRUCTIONS



Figure 40



Figure 41

14. TARGET DISTANCE:

- Press the TARGET DISTANCE button to enter this mode, and the matrix will display 'TARGET' continuously (Figure 42).
- In the DISTANCE window, the default value of 0.5 KM/0.5 Miles or the last set value is displayed. Press UP or DOWN to adjust the range from 0.5 to 100.0, without looping.
- It is set so that after pressing ENTER, the matrix displays 'TARGET' continuously lit and starts the countdown (Figure 43).
- Press the START button once to enter pause mode, and press START again to resume.
- Press the STOP button to enter the exercise end mode.
- If there is no signal input for 5 minutes, it will return to standby mode.
- If the setup is not completed within 30 seconds, it will return to standby mode.
- If the exercise results are being displayed, press Stop again to exit and return to standby mode.
- Time displays exercise duration, with a maximum display of 99:59.

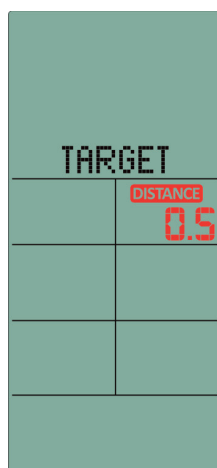


Figure 42

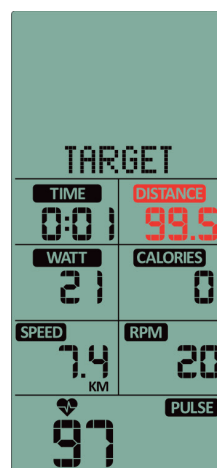


Figure 43

15. TARGET HEART RATE:

- Press the TARGET HEART RATE button to enter this mode, and Age will flash on the display. The default value is 30 or the last set value (Figure 44). Use the UP and DOWN buttons to adjust the range from 11 to 120; it cannot loop.
- After pressing ENTER, the default value of 65% is displayed (Figure 45), the matrix shows 'TARGET' steadily lit, and pressing UP or DOWN adjusts it to 65%, 85% (Figure 46), or Custom, with the HEART RATE window displaying the corresponding values.

CONSOLE INSTRUCTIONS

- C. If you choose Custom, the default value shows '100' (Figure 47), the matrix displays 'TARGET' constantly, and you can adjust using UP and DOWN. The adjustment range is 50~195, and it cannot loop.
- D. Press ENTER to start counting; TARGET & PULSE will flash.
- E. When the heart rate value is above or below the set value ($\pm 10\%$), the PULSE window value remains steadily lit (Figure 48).
- F. When the heart rate falls below the set value ($< 10\%$), the ' ' indicator in the PULSE window remains steadily lit, reminding the user to accelerate (Figure 49).
- G. If the heart rate value exceeds the set value ($> 10\%$), the PULSE window ' ' will remain continuously lit, reminding the USER to slow down (Figure 50).
- H. If the heartbeat value is equal to or higher than the set value of 100%, an alert sound will play. If the heartbeat value still does not drop below 100% after 10 times, it will enter standby mode.
- I. When there is no heartbeat input, the PULSE window displays "P". After 30 seconds, a beep sounds and it enters standby mode.
- J. Press the START button once to enter pause mode, and press START again to resume.
- K. Press the STOP button to enter the exercise end mode.
- L. If there is no signal input for 5 minutes, it will return to standby mode.
- M. If the setup is not completed within 30 seconds, it will return to standby mode.
- N. If the exercise results are being displayed, press Stop again to exit and return to standby mode.
- O. Time displays exercise duration, with a maximum display of 99:00.

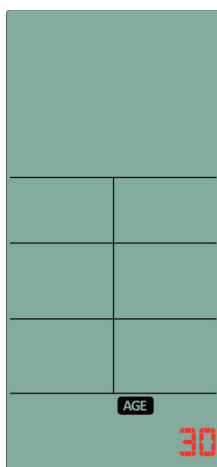


Figure 44



Figure 45

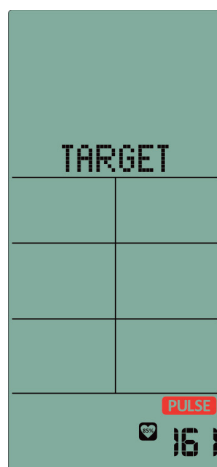


Figure 46

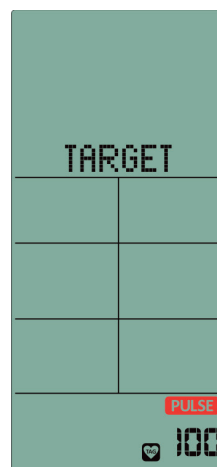


Figure 47



Figure 47-1



Figure 48



Figure 49



Figure 50

CONSOLE INSTRUCTIONS

16. Aim function

- A. Press the AIM KEY to enter the AIM exercise function, warm up for three minutes. The matrix displays "WARM UP" constantly, and the electronic timer starts a 3-minute countdown. The right RPM window shows the target RPM range of 45-55, and the left RPM window shows the current actual RPM value. When the speed exceeds the range, the left RPM window will display ↑↓ to prompt the user to increase or decrease the pedaling speed (Figure 51).
- B. After warming up for 3 minutes, enter INTERVAL 1. The matrix displays 'INTERVAL 1' continuously, and the timer starts a 15-second countdown. The RPM window on the right shows the maximum RPM value for INTERVAL 1, while the RPM window on the left shows the current actual RPM value (Figure 52). ※ If no heart rate is input, P will blink every second and a BIBI sound will alert you.



Figure 51

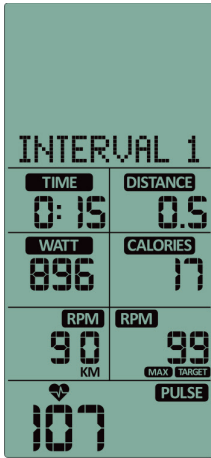


Figure 52

- C. After INTERVAL 1 is completed, enter the RECOVER function. The matrix displays "RECOVER" constantly lit. The RPM window on the right shows the target RPM of 25, and the RPM window on the left shows the current actual RPM value. When the speed exceeds the range, the left RPM window will have ↑↓ prompts to indicate to the user to increase or decrease pedaling speed (Figure 53).
- D. Repeat executing functions 3 to 4 until the INTERVAL 8 RECOVERY function is completed, then enter the Cool down function.

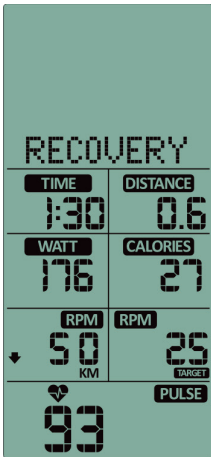


Figure 53



Figure 54

CONSOLE INSTRUCTIONS

- E. During the Cool down function, the matrix displays 'COOL DOWN' steadily, and the electronic timer starts a 2-minute countdown. The right RPM window shows the target RPM range of 45~55, while the left RPM window displays the current actual RPM value. When the speed exceeds the range, the left RPM window will show ↑↓ prompts to indicate to the user to increase or decrease pedaling speed (Figure 54).
- F. After the Cool down function is executed, enter the Recovery Score. The matrix displays 'Recovery Score' constantly lit, the digital timer starts a 2-minute countdown, the right RPM window shows a target RPM of 0, and the left RPM window shows the current actual RPM value (Figure 55).
- G. After the Recovery Score is executed, the electronic display shows the FITNESS SCORE value (Figure 56), and it is recorded in the RECORD.
- H. On the FITNESS SCORE value screen, you can press STOP to exit and return to the standby screen; other buttons are inactive keys; or the FITNESS SCORE value screen will return to standby after 30 seconds.
- I. When the AIM exercise is being performed, the time continues to be counted if there is no RPM signal input.
- J. When the AIM function is running, except for pressing STOP to exit the exercise mode, all other keys are invalid.



Figure 55



Figure 56

17. RECORD function

- A. A. In standby mode, press the RECORD KEY, the screen displays the data movement ODO value, the matrix shows 'ODOMETER' continuously, the distance is displayed in kilometers/miles showing the total distance, and the time is displayed in hours showing the total movement time (Figure 57).
- B. B. Press UP and DOWN to switch the display of AIM exercise records (Figure 58). The matrix displays 'NO. XX' steadily, and it can cycle through the display. The console will show the year/month/day/time of the exercise, as well as the result value of that AIM exercise session.
- C. C. RECORD stores 51 pieces of data. The first screen shows the ODO value, and starting from the second screen, it records AIM exercise results, AIM records NO.01~NO.50, AIM exercise result recorded values.
- D. D. Under the RECORD function, you can press UP or DOWN to switch the display, or press STOP to exit back to the standby screen; other keys are invalid. In the RECORD function screen, if UP or DOWN is not pressed to switch the display, it will return to standby after 30 seconds.

CONSOLE INSTRUCTIONS

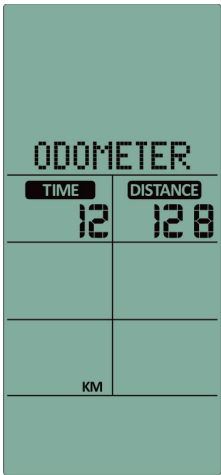


Figure 57



Figure 58

18. Bluetooth Pairing Mode:
- A. A. If the pairing is successful, will stay lit (Figure 59) and has a Bluetooth heartbeat function.
 - B. B. After the console connects to Bluetooth and then disconnects, it will return to the standby screen.

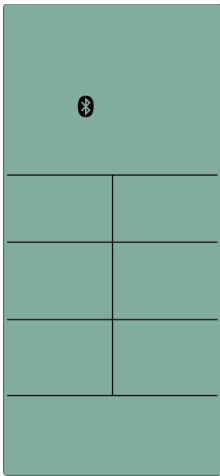


Figure 59

- Bluetooth connection app :
- 1. Includes FTMS Bluetooth communication, compatible with KINOMAP APP and ZWIFT APP
 - 2. Includes iBiking Bluetooth communication, can connect to iConsole

COMPLETE COMPONENT INVENTORY

No.	Description	Note	Quantity
1	Main Frame	Assembly	1
2	Handlebar Post	Assembly	1
3	Seat Post	Assembly	1
4L/R	L/R Swing Arm	Assembly	1 Pair
5L/R	L/R Connecting Rod	Assembly	1 Pair
6	Front Stabilizer	Assembly	2
7	Rear Stabilizer	Assembly	1
8	Seat Slider	Assembly	1
9	Pedal Tube	Assembly	2
10	Cross Pan Head Self-tapping Screw	ST4.2*18	2
11	Hex Button Head Bolt	M8*20	8
12	Hex Button Head Bolt	M10*70	2
13	Hex Socket Cap Screw	M6*8	1
14	Hex Socket Cap Screw	M4*10	1
15	Cross Pan Head Bolt	M4*10	15
16	Cross Countersunk Bolt	M4*8	3
17	Flat Washer	φ8*22*2	1
18	Handlebar Grip	Assembly	1
19	Flat Washer	φ4*φ9*1	2
20	Flat Washer	φ8*φ16*1.5	8
21	Hex Button Head Bolt	M10*25	2
22	Flat Washer	φ10.2*φ22*2	10
23	Spring Washer	D4	1
24	Spring Washer	D8	8
25	Spring Washer	D16	2
26	Wave Washer	D25.2*φ32*0.5	4
27	C-clip for Bore	D35	2
28	Hex Nut	M10*H5	8
29	Sensor Extension Wire		1
30	Nylon Nut	M10	2

COMPLETE COMPONENT INVENTORY

No.	Description	Note	Quantity
31	Flange Nut	M14*1.5	2
32	Bearing	6203-2RS	4
33	Bearing	6003ZZ	4
34	Bearing	(with Double Retaining Rings)	2
35	Self-aligning Ball Bearing		2
36 L/R	L/R Cranks		1 Pair
37 L/R	L/R Pedals		1 Pair
38	Flat Washer	φ14.5*φ22*1.0	2
39	Flat Washer	φ47.5*φ53.5*0.2	4
40	Pull Pin Fixing Plate		1
41	Spring Washer	D10	2
42	Roller Spacer		4
43	Seat Post Reinforcement Plate		1
44	Pull Pin Rod		1
45	Pedal Rod Axle		2
46	Spacer	φ17.2*φ22*22.2	2
47	T-Nut		1
48	Spacer	φ4.2*φ9.5*3	1
49	Limit Bolt		1
50	Shoulder Bolt	φ20*8*φ15*11*M8	2
51	Limit Plate		1
52	Swing Arm Protective Cover		2
53	Handlebar Post Cover		2
54	Seat Post Bushing		1
55	End Cap Decorative Cover		2
56	Upper Slider Front Cover		1
57	Upper Slider Rear Cover		1
58	Lower Slider Front Cover		1
59	Upper Slider Rear Cover		1
60	Plastic Divider / Spacer		2

COMPLETE COMPONENT INVENTORY

[illegible]

WARRANTY INFO

For warranty information please contact the dealer nearest to you.



<https://www.forceusa.com/locator>

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