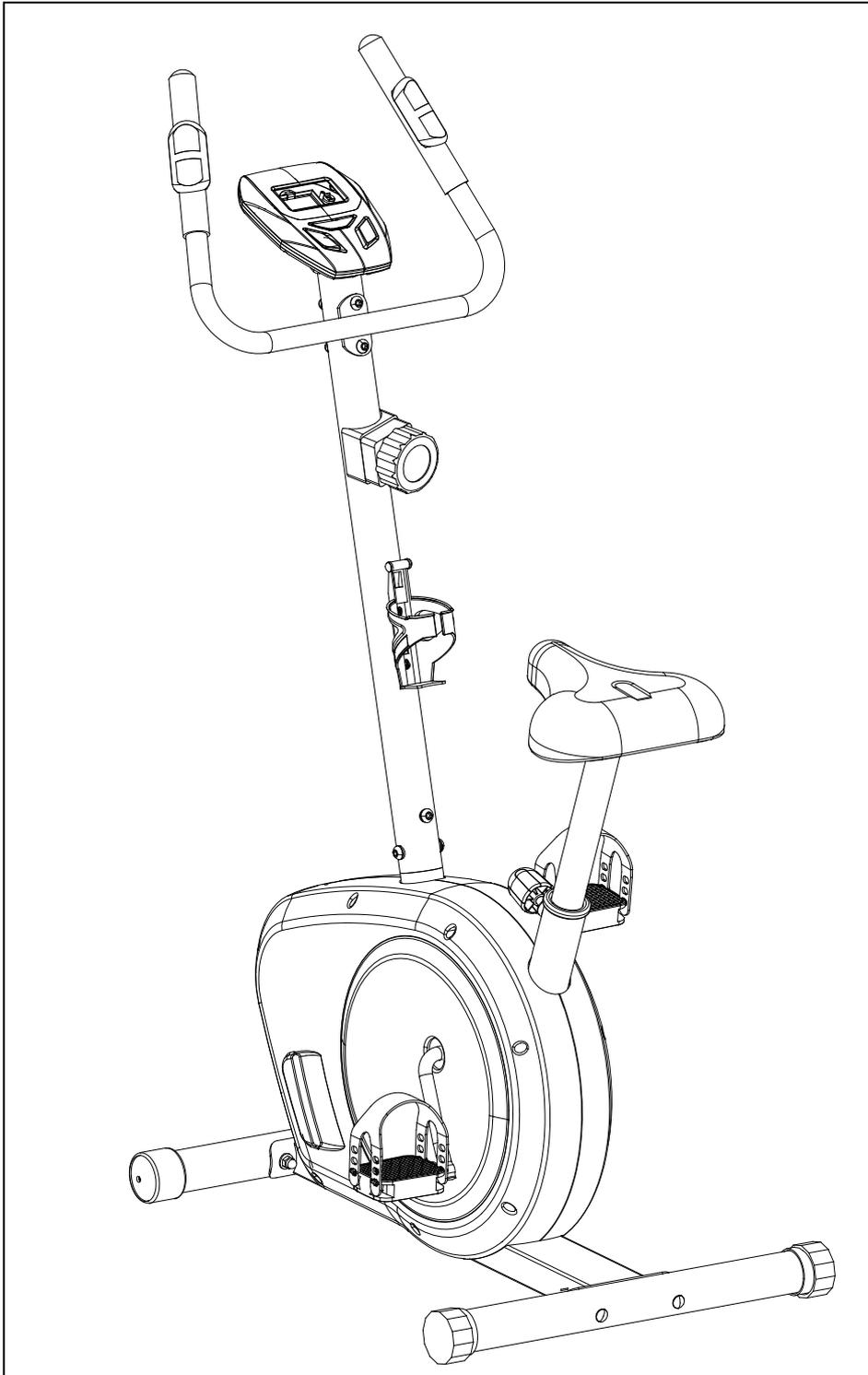
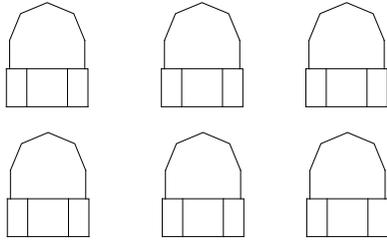


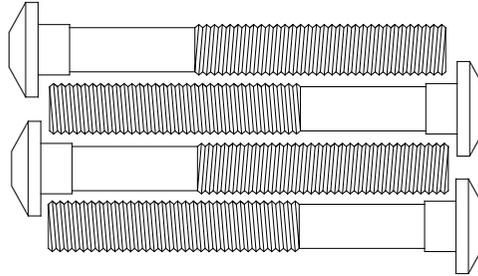
# Benefit B425 Bike 91005



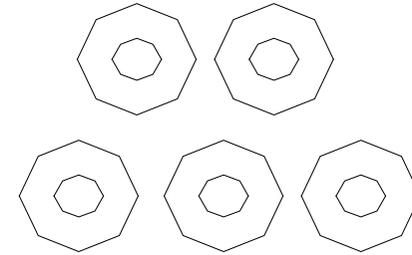
# B425



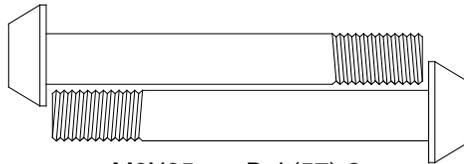
M8 Acorn Nut (51)-6



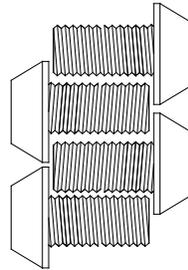
M8x65mm Carriage Bolt(52)-4



Curved Washer(53)-10



M8x65mm Bolt(57)-2



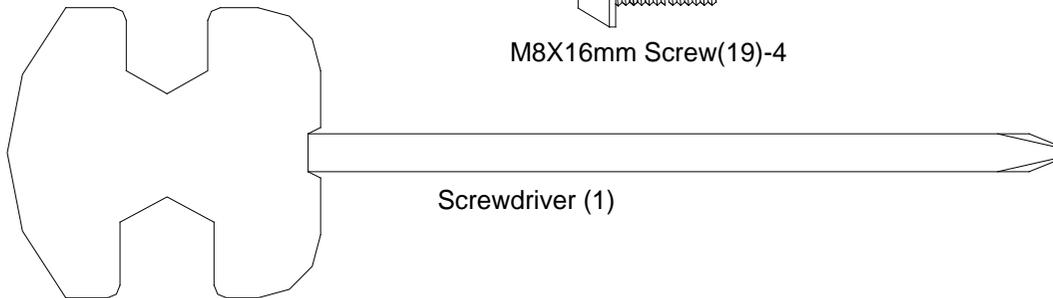
M8x16mm Screw(19)-4



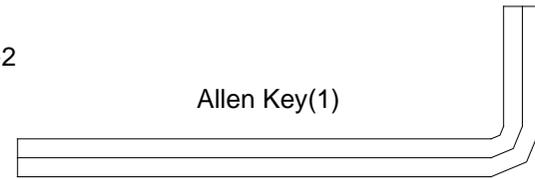
M5x14mm Screw(37)-1



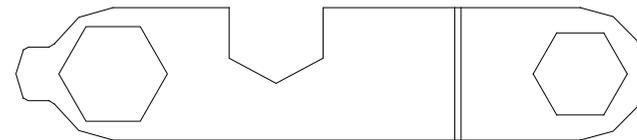
M5x20mm Screw(68)-2



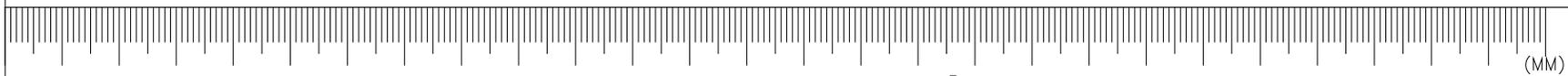
Screwdriver (1)



Allen Key(1)

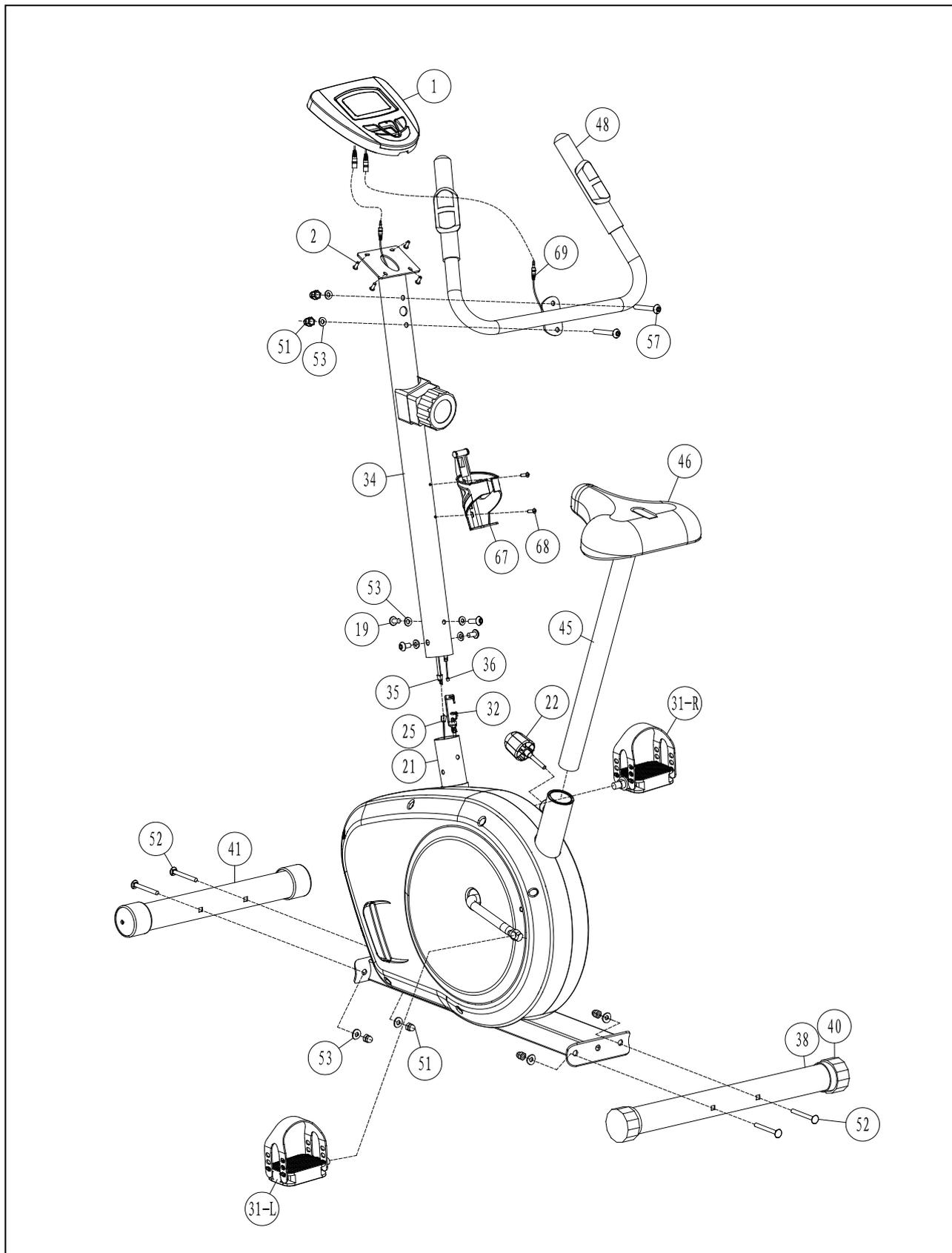


Wrench (1)

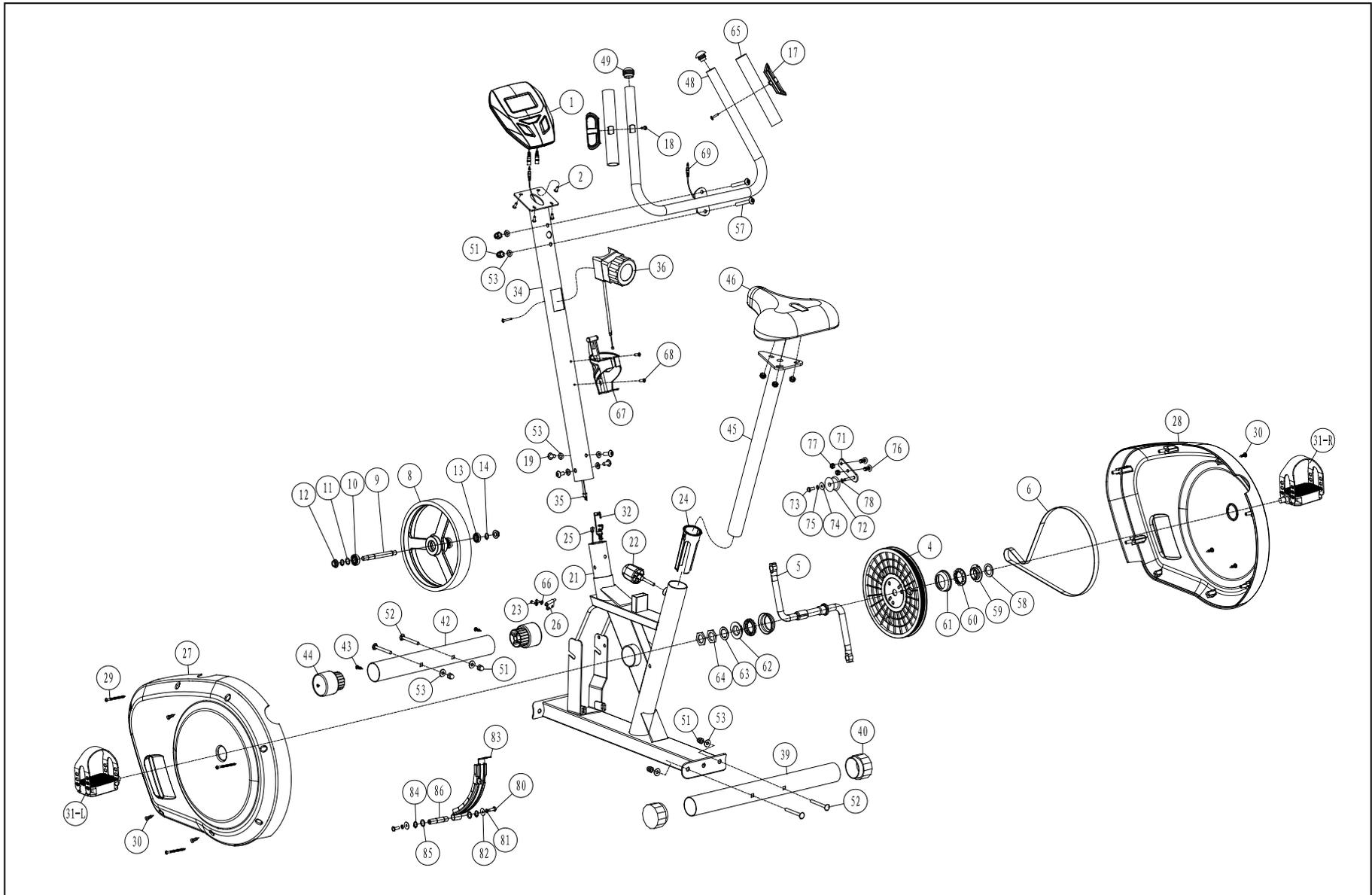


(MM)

# Assembly Diagram



# EXPLODED DIAGRAM



## PARTS LIST

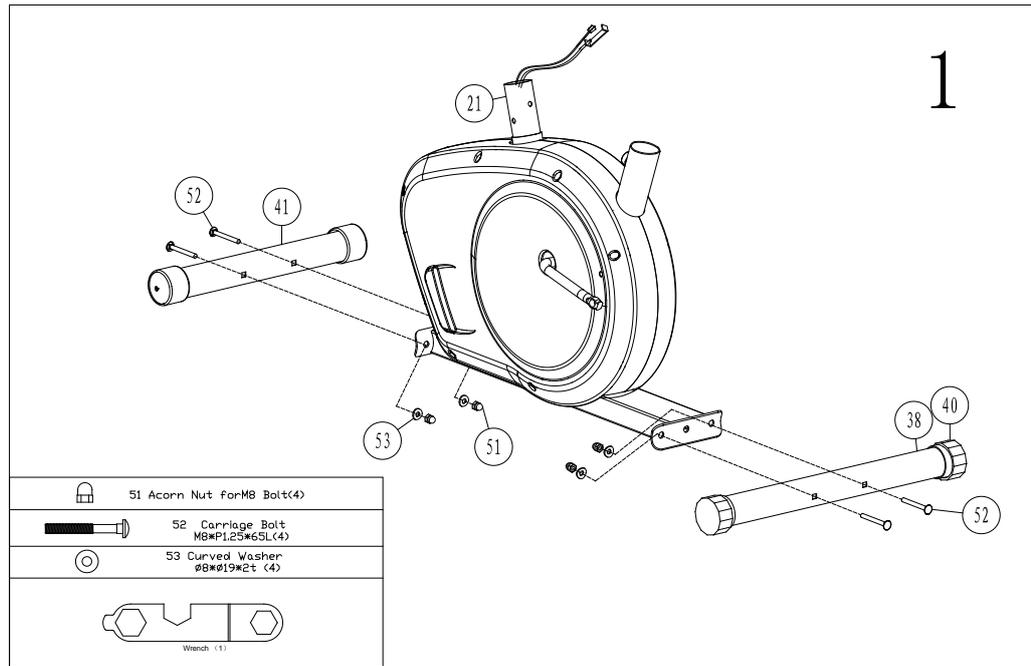
| PARTS NO. | DESCRIPTION                    | Q'TY |
|-----------|--------------------------------|------|
| 1 & 2     | Console & Screw                | 1PCS |
| 4         | Pulley wheel                   | 1PCS |
| 5         | Crank                          | 1PCS |
| 6         | Belt                           | 1PCS |
| 8~11,9~14 | Flywheel set                   | 1SET |
| 12        | Pattern nut 3/8"               | 2PCS |
| 17        | Hand pulse                     | 2PCS |
| 18        | Screw M4x20                    | 2PCS |
| 19        | Allen bolt M8xP1.25x16L        | 4PCS |
| 21        | Main Frame                     | 1PCS |
| 22        | Knob for Seat post             | 1PCS |
| 23        | Screw M4xP1.5*16L              | 2PCS |
| 24        | Plastic bushing for main frame | 1PCS |
| 25        | Sensor box                     | 1PCS |
| 26        | Sensor holder                  | 1PCS |
| 27        | Left chain cover               | 1PCS |
| 28        | Right chain cover              | 1PCS |
| 29        | Screw M4x50L                   | 5PCS |
| 30        | Screw 3/16"                    | 6PCS |
| 31        | Pedal (R/L)                    | 1SET |
| 32        | Down tension control           | 1PCS |
| 34        | Handlebar post                 | 1PCS |
| 35        | Sensor wire upper              | 1PCS |
| 36        | Upper tension control          | 1PCS |
| 37        | Screw M5x14L                   | 1PCS |
| 39        | Rear stabilizer                | 1PCS |

|       |   |      |
|-------|---|------|
| 40    | End cap for rear stabilizer                   | 1SET |
| 42    | Front stabilizer                              | 1PCS |
| 43    | Screw M3x8                                    | 2PCS |
| 44    | Transport wheel for front stabilizer          | 1SET |
| 45    | Seat post                                     | 1PCS |
| 46    | Seat  | 1PCS |
| 48    | Handlebar                                     | 1PCS |
| 49    | Cap for handlebar                             | 2PCS |
| 51~57 | Bolt & nut part                               | 1SET |
| 58~64 | B.B. SET                                      | 1SET |
| 65    | Foam grip                                     | 1SET |
| 66    | Flat washer $\phi 5 \times \phi 10 \times 1t$ | 2PCS |
| 67    | Bottle holder                                 | 1PCS |
| 68    | Screw M5xP0.8x20L                             | 2PCS |
| 69    | Wire for hand pulse                           | 1SET |
| 71~78 | Idler wheel set                               | 1SET |
| 80~86 | Magnet system                                 | 1SET |

## Step 1

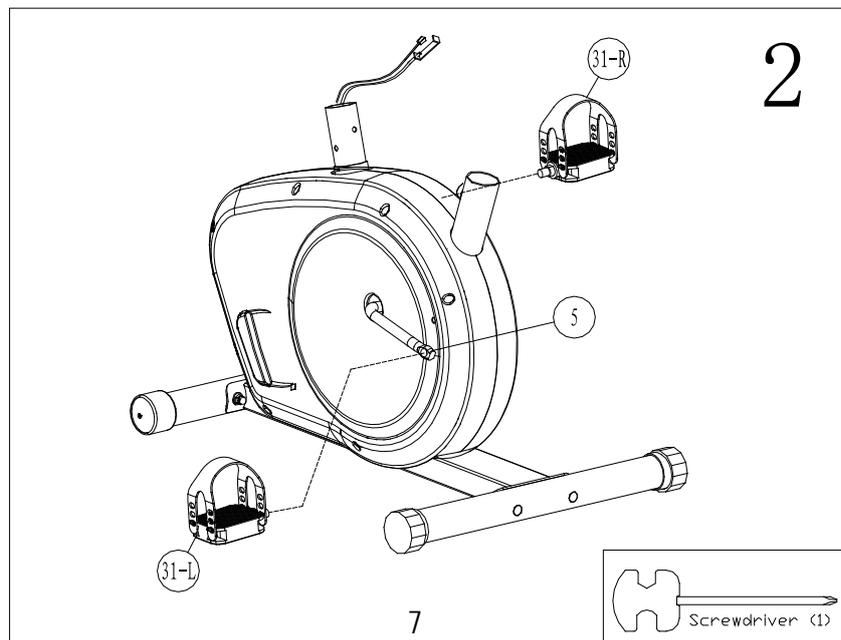
1. Install the front stabilizer (41) with 2 carriage bolts(52), curved washers (53) and acorn nuts (51) by using the hand tools. Make sure the transportation wheels are in correct direction.
2. Assemble the Rear Stabilizer (39) with 2 carriage bolts(52), curved washers (53) and acorn nuts (51) by using the hand tools. Adjust the end caps on the rear stabilizer to set up a stable, balanced position.

After assembling the bike, you can adjust to slightly uneven ground by adjusting the height of the foot caps (40) in the back. The pre-assembled transportation wheels in the front allow easy movement of the bike: The transportation-wheels need to point downwards and to the front.



## Step 2

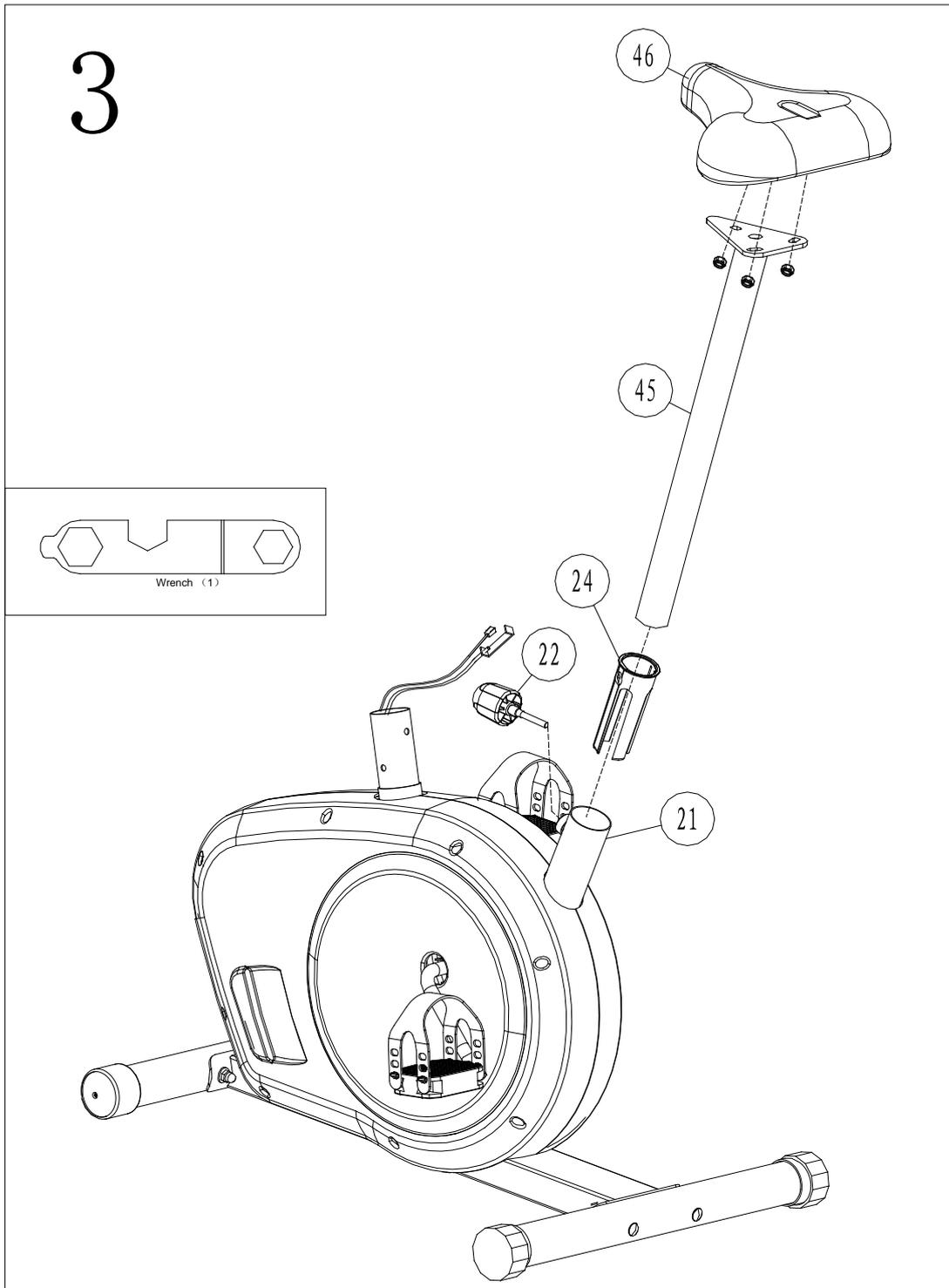
1. Assemble the straps onto the pedals as the sketches. Adjust the ideal length of the straps according to your foot size.
  2. Assemble the two pedals (31 L/R) onto the crank (5) with a screw driver.
- Remarks: screw the left pedal's spindle counter-clockwise and the right pedal's spindle clockwise. Use a wrench (or screwdriver) to screw the two spindles completely.



### Step 3

1. Attach the seat (46) to the seat post (45) with three M8 locknuts and three M8 flat washers; start all the locknuts, and then tighten them.
2. Loosen and remove the seat knob (22).
3. Insert the seat post (45) into the main frame, then choose the desired position and tighten the knob. Be sure the seat knob (22) is always securely fastened.

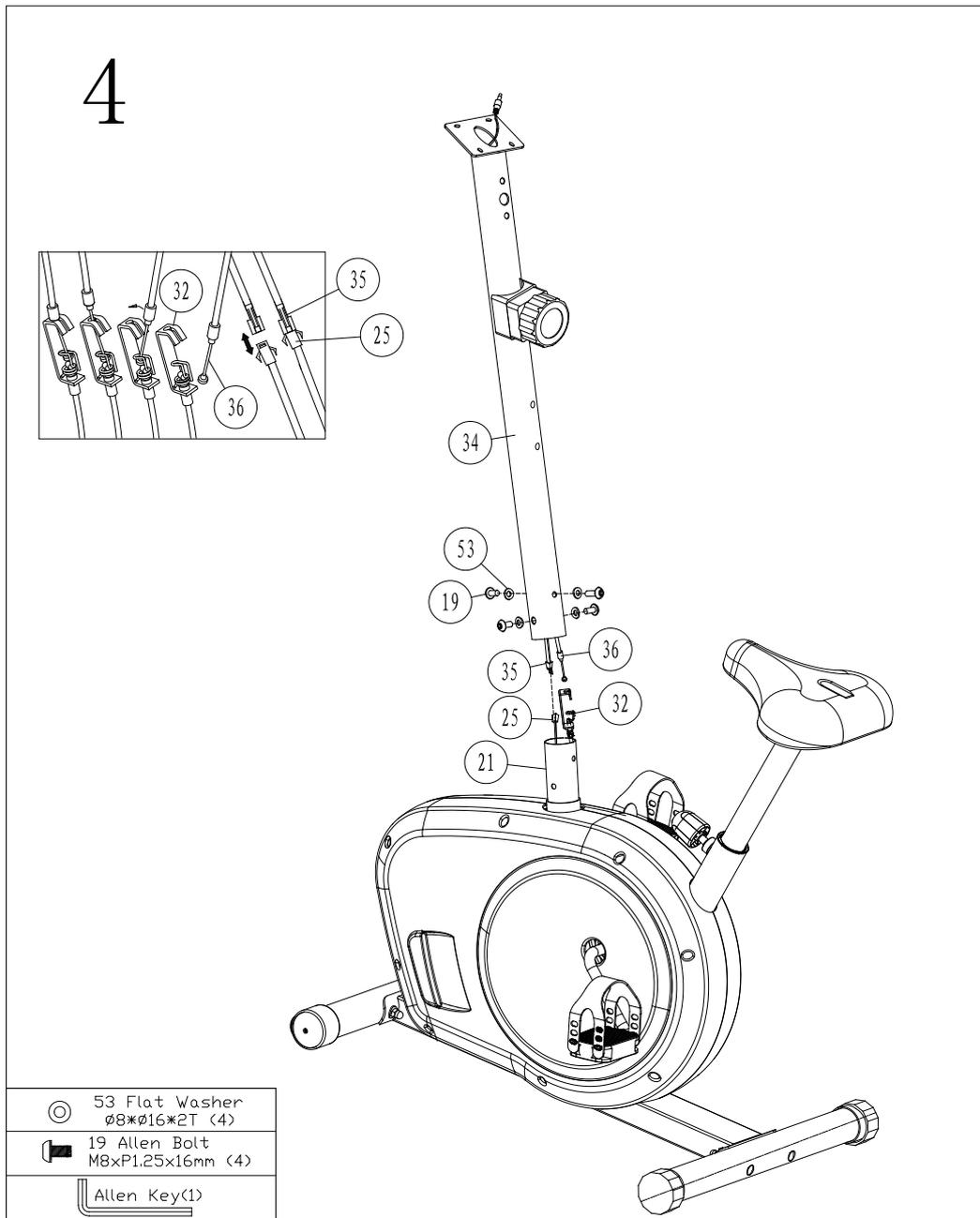
Remarks: When you have chosen a desired position, tighten the Seat Post Knob until you hear a “click”.



## Step 4

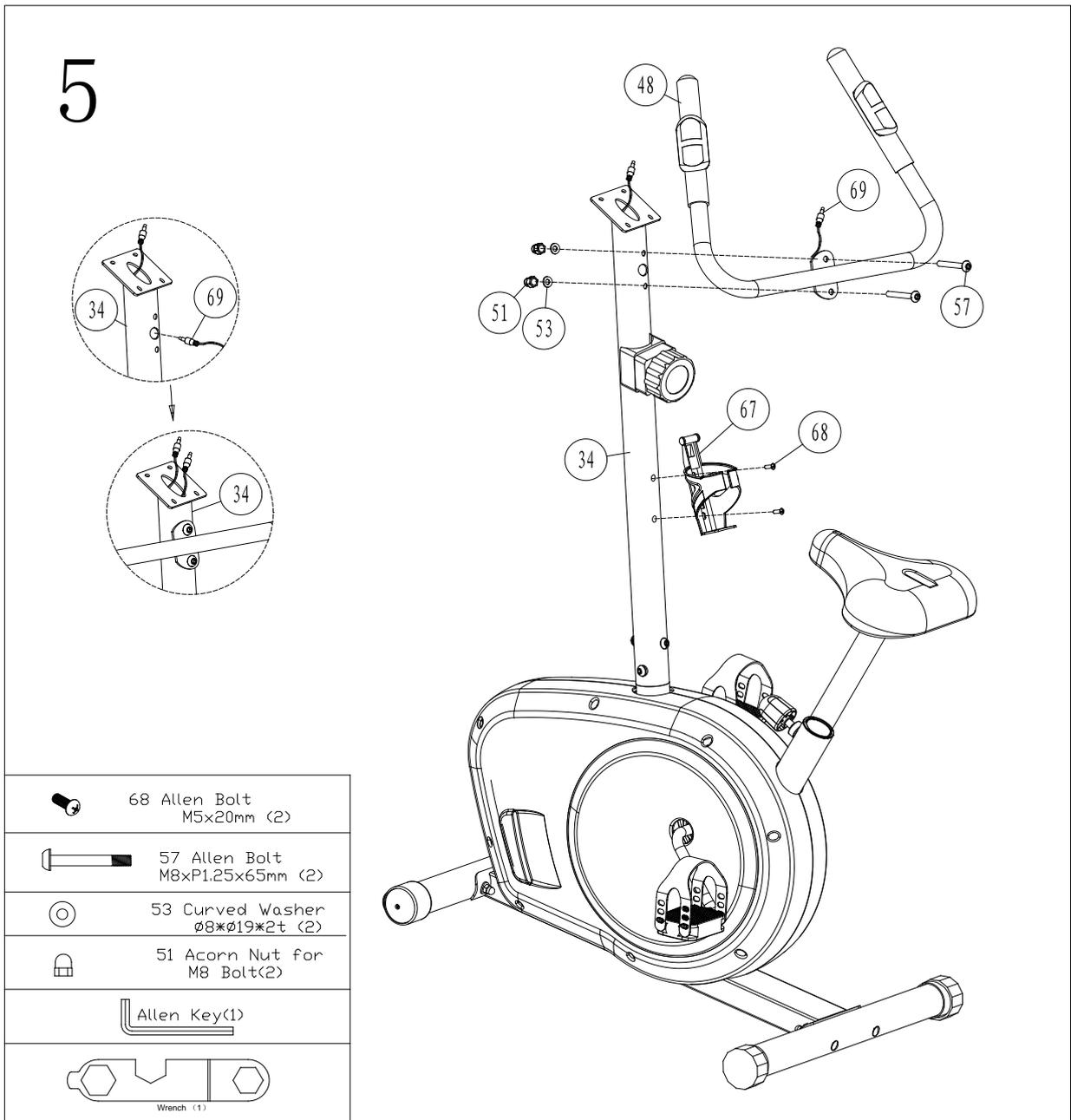
1. Pull the upper tension control (36) of the handlebar post (34) and ensure the tension knob is at the lightest position (minimum position)
2. Connect the upper tension control (36) and down tension control (32), then connect the upper sensor wire (35) and down sensor wire (25).
3. Slide the Handlebar post (34) into the Main frame (21) then fix it with four sets of M8\*P1.25\*16L Allen bolt (19) and semicircle washers (53).

Remarks: Do not screw one set of the M8\*P1.25\*16L 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.



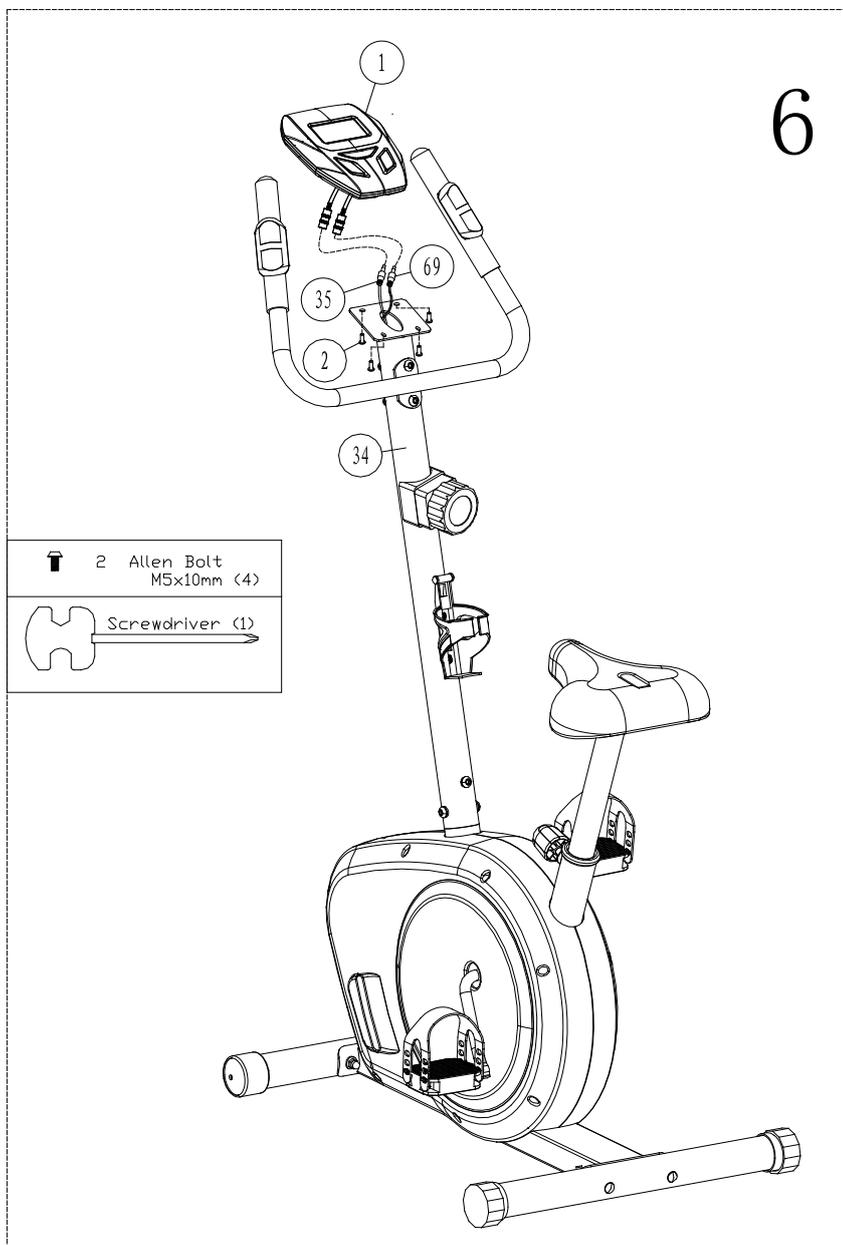
## Step 5

1. Pass the hand-pulse wire (69) through the hand post hole.
2. Attach the handlebar (48) to the hand post (34) with two M8 x 65mm bolts (57), two M8 curved washers (53), and two M8 acorn nuts (51); start both bolts, and then tighten them.
2. Remove the pre-installed M5 x 20mm screws (68) on the handlebar post first, Attach the water bottle holder (67) to the hand post (34) with two M5 x 20mm screws (68); start both screws, and then tighten them.



## Step 6

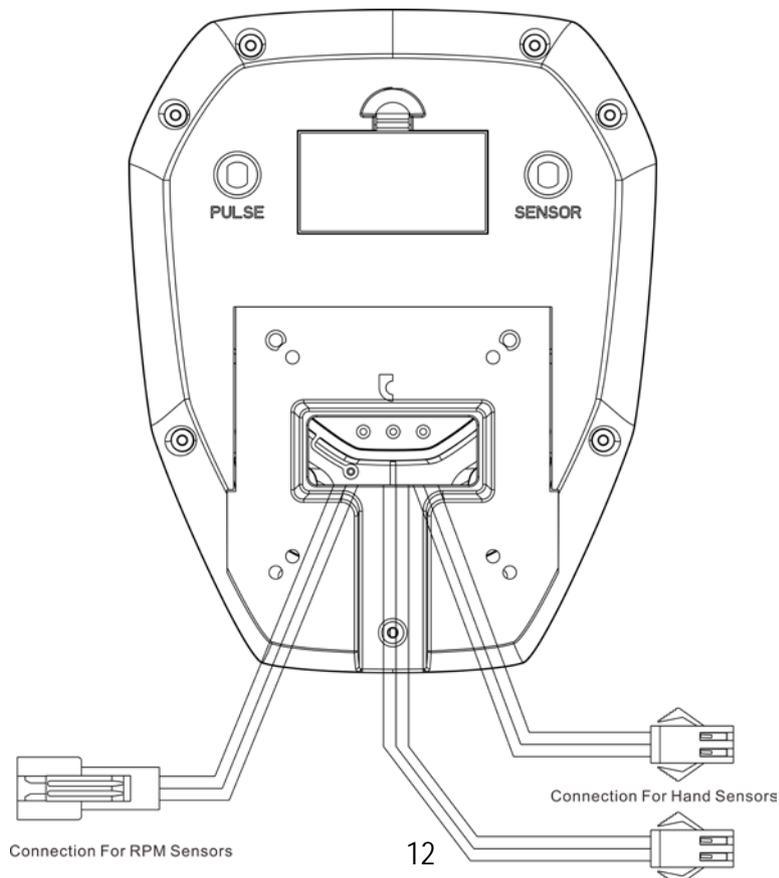
1. The console (1) can use two AA batteries (not 11 included); alkaline batteries are recommended.  
Do not use old and new batteries together or alkaline, standard, and rechargeable batteries together. **IMPORTANT:** If the console has been exposed to cold temperatures, allow it to warm to room temperature before you insert batteries. Otherwise, you may damage the console displays or other electronic components.  
Remove the battery cover from the back of the console (1), and insert batteries into the battery compartment. Make sure to orient the batteries as shown by the diagram inside the battery compartment. Then, reattach the battery cover.
2. Connect the upper sensor wire (35) and hand pulse wire (69) by the console (1), then attach the console (1) to the console bracket with the enclosed screws (2).



# Instruction Manual of ST3627-67

!!! 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.



As soon as user install batteries, computer will power on and LCD full display all segments then enter into the SCAN function mode after one second. Press the MODE key to select function.

When there is pedaling signal transmitted to the console without pressing any key, console starts to work, all function TMR/SPD/DST/CAL will start to count up automatically.

If no buttons are pressed and the pedals have not been moved for 4 minutes, the computer will switch to Idle mode.

### 【DISPLAY & BUTTON FUNCTIONS】

| Training Values | Display Range     | Setting Range   |
|-----------------|-------------------|-----------------|
| <b>TIME</b>     | 00:00 ~99:59 min. | 0:00~99:00 min. |
| <b>SPEED</b>    | 0 ~999.9 KM       | /               |
| <b>DISTANCE</b> | 0~999.9 KM        | 0:00~999.0 KM   |
| <b>CALORIES</b> | 0~999.9 Cal       | 0~999.0 Cal     |
| <b>PULSE</b>    | 30~230 bpm        | 0-30~230 bpm    |

| BUTTON       | FUNCTION   |
|--------------|--|
| <b>MODE</b>  | -Confirm setting<br>-Select function<br>-Clear all values and reboot computer if hold on for 3 seconds   |
| <b>SET</b>   | -To enter into selected function<br>-To adjust TIME/ DISTANCE/CALORIES value up when stop exercising<br>-Hold on this button will increase values fast as Hot key. |
| <b>RESET</b> | -After stop exercising for 4 seconds, press it to clear all values to 0 except SCAN & SPEED.<br>-Hold on for 3 seconds to reboot the computer.                     |

#### Training Data

The computer calculates and displays all values automatically according to user training status.

#### Operation Instruction

Press MODE button to select function to be set, the following function will be display in sequence:

SCAN→TMR→ SPEED→ DIST→CAL→ PUL→SCAN.

- \* TMR – Press the SET key to set target exercise time, each time it will increase by 1:00; If TIME counts down to 0:00 from target value, computer will stop work and **0:00** is flashing for reminder, press any key to stop it. Then TIME will start to count up from 0:00.
- \* SPD – This function cannot be preset. When user start to pedal with bike, LCD will display current exercising speed.
- \* DST - Press SET key to set target exercise Distance, each time it will increase by 1.0 m. If DISTANCE counts down to 0.0 from target value, console will stop work and 0.0 is flashing for reminder, press any key to stop it. Then DISTANCE will start to count up.

- \* CAL – Press SET key to set target CALORIES, each time it will increase by 1.0cl. If CALORIE counts down to 0.0 from target value, console will stop work and 0.0 is flashing for reminder, press any key to stop it. Then CALORIE will start to count up from 0.
- \* PUL - The computer will display user's Heart rate while exercising. When you start exercising, you have to hold on both grips with both hands. After 6-7 seconds, the PULSE figure will display. If you hold the grip with only one hand, the Pulse figure will become unstable. To ensure the pulse figure more accuracy, we suggest user to hold on both hands during exercising.

**Take Note:**

- \* When stop training for 4 minutes, the main screen will be off.
- \* STOP SIGNAL-STOP signal will light up when SCAN function is under executing.
- \* When the display of LCD is weak, it means the batteries need to be changed.
- \* If there is no signal when you exercise, please check if the cable is well connected.
- \* If the computer displays abnormally, please re-install the batteries and try again.
- \* Battery Spec: 1.5V UM-3 or AA (2PCS).