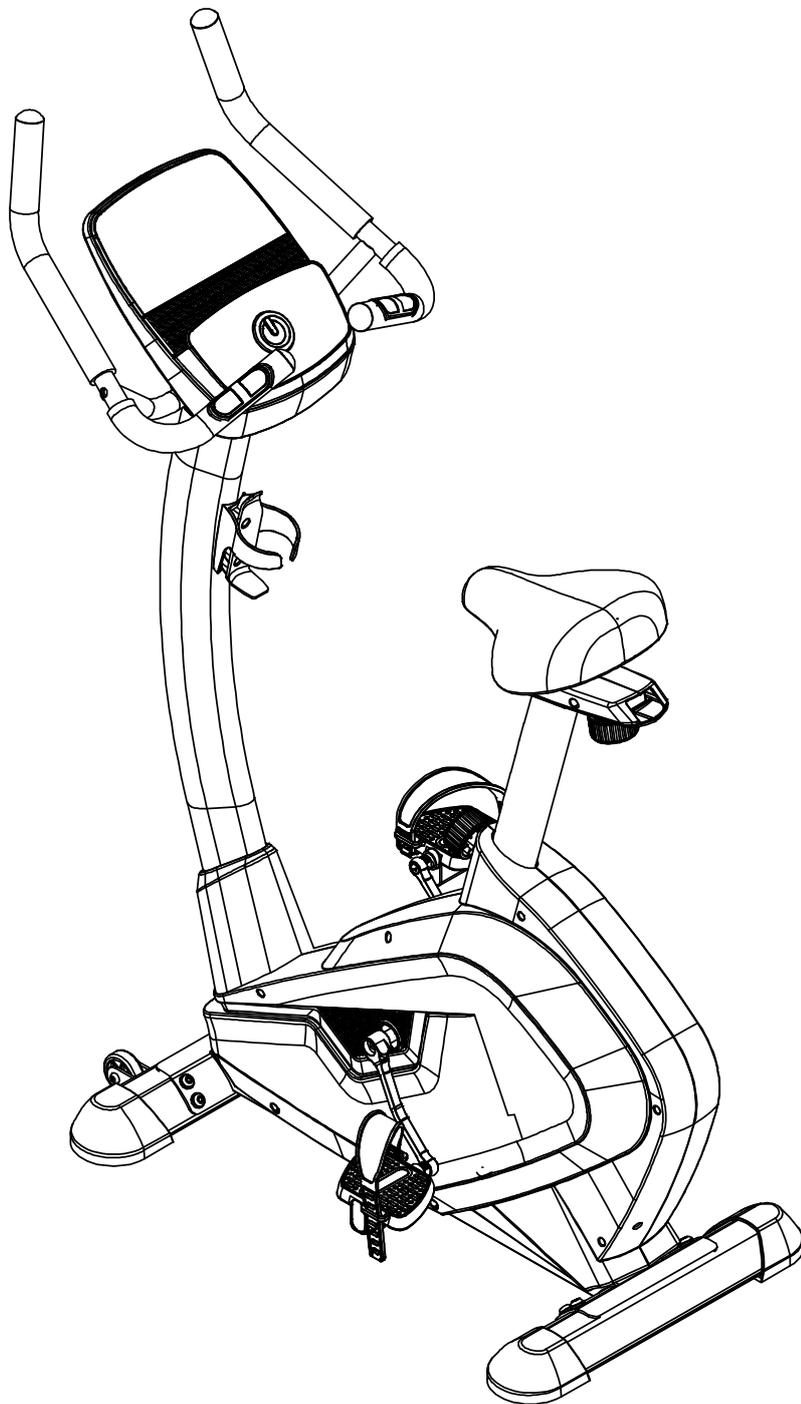
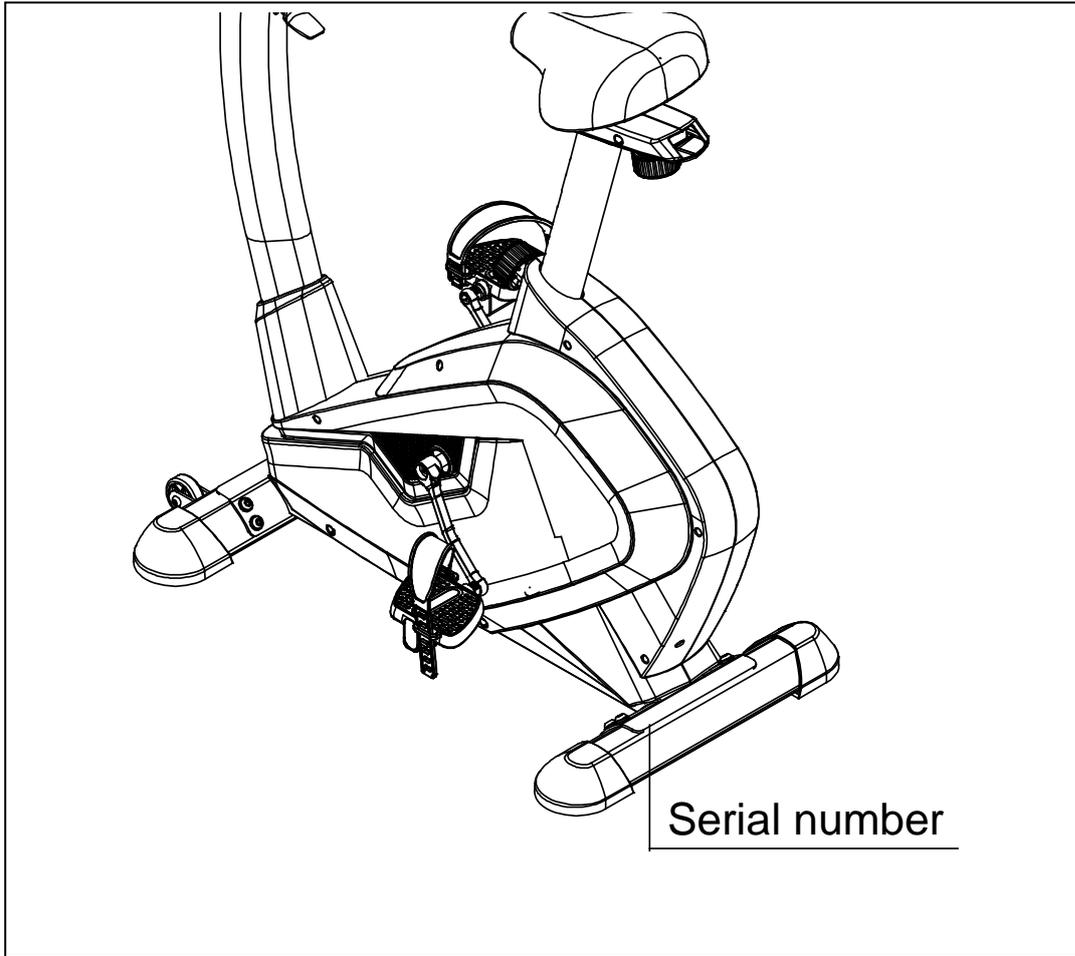


Casall EB600  
Bike  
91035

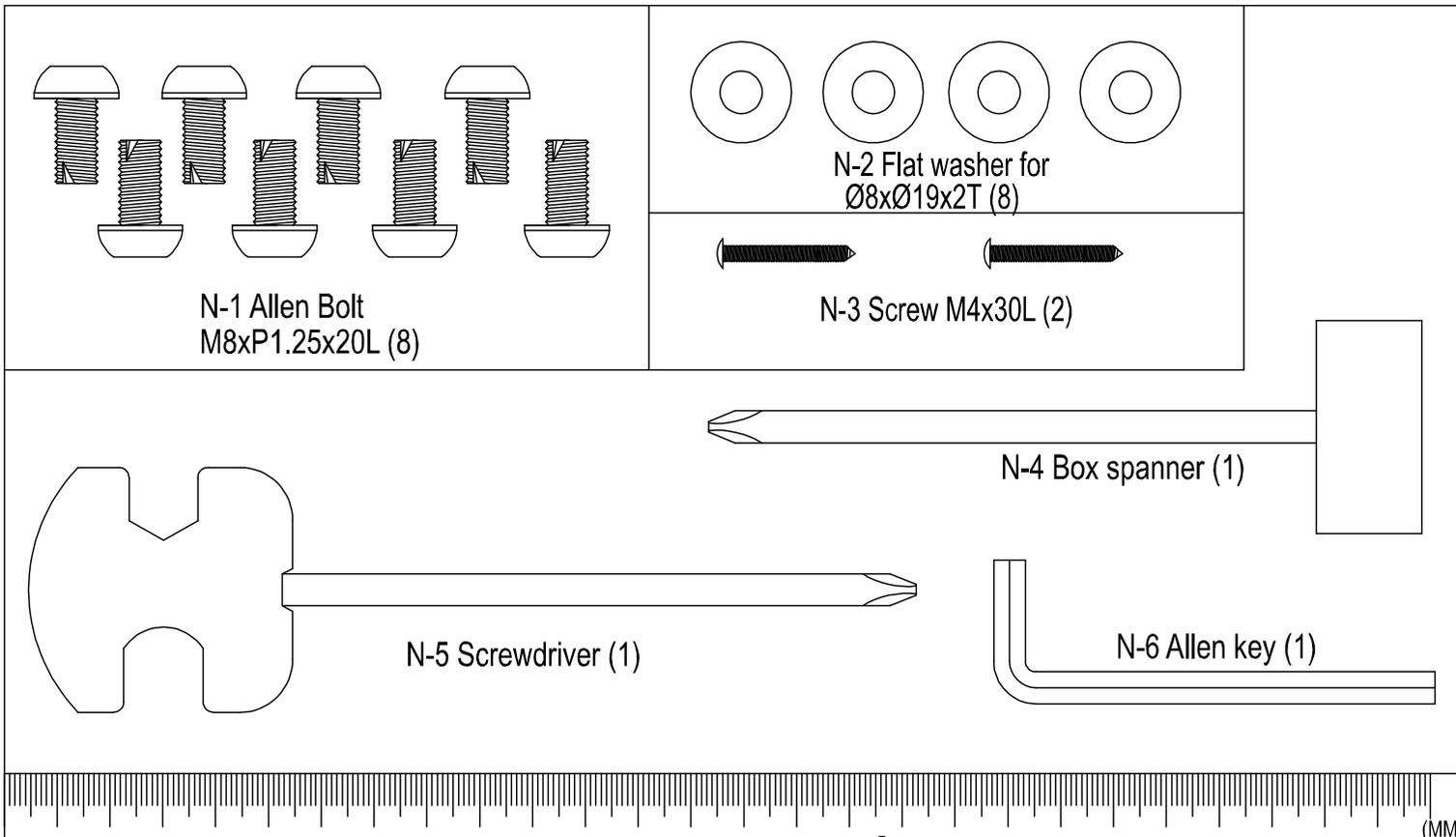


- Important: Please locate your serial number and record in the box below for service support purposes.

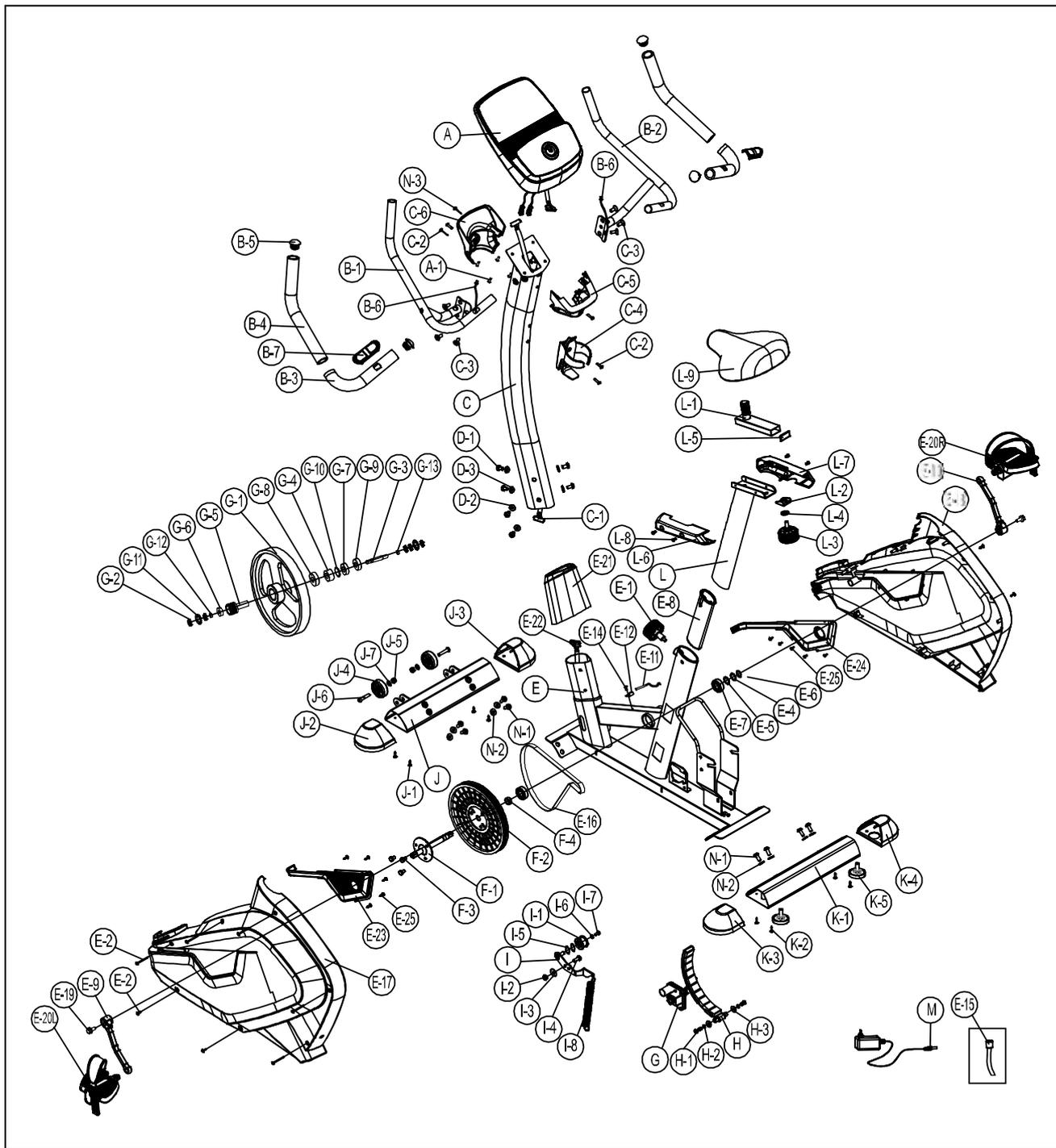


- Serial number here:

# 91035/EB600



# EXPLODED DIAGRAM



## PARTS LIST

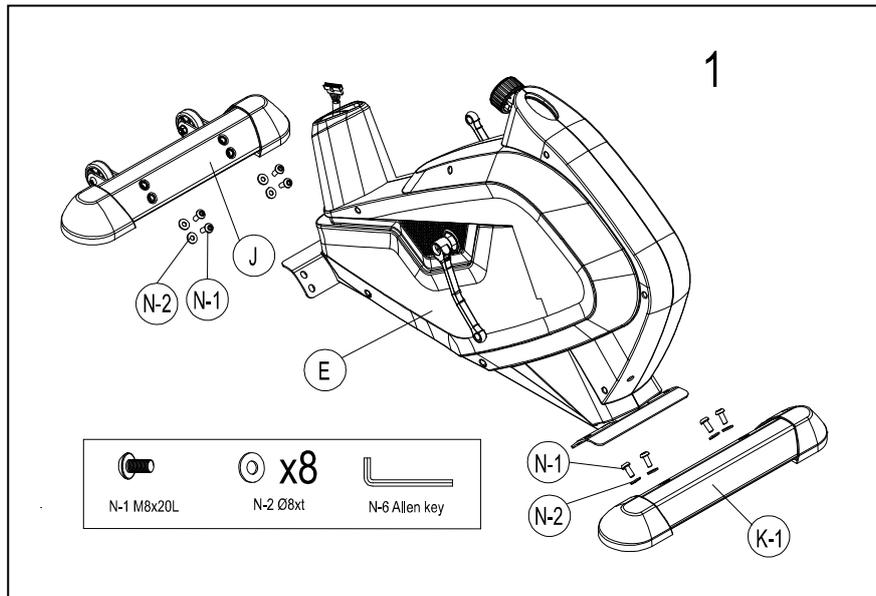
NO.	Description	Q'ty	
A	Console & screw	1	SET
B-1	Left handlebar	1	PCS
B-2	Right handlebar	1	PCS
B-3	Upper foam grip	2	PCS
B-4	Lower foam grip	2	PCS
B-5	Cap for handlebar	4	PCS
B-6	Sensor wire	2	PCS
B-7	Hand pulse	2	PCS
C	Handlebar post	1	PCS
C-1	Upper console cable	1	PCS
C-2	Screw M5x30L	4	PCS
C-3	Allen bolt M8*P1.25*20L	6	PCS
C-4	Bottle holder	1	PCS
C-5	Front cover for console	1	PCS
C-6	Rear cover for console	1	PCS
D-1	Allen bolt M8xP1.25x20L	4	PCS
D-2	Flat washer $\phi 8 \times \phi 19 \times 2t$	2	PCS
D-3	Semicircle washer $\phi 8 \times \phi 19 \times 2t$	2	PCS
E	Main frame	1	SET
E-1	Adjustment knob	1	PCS
E-2	Screw M4x50L	5	PCS
E-3	Screw M5x16L	4	PCS
E-4	Wave washer $\phi 17.5 \times \phi 25 \times 0.3t$	1	PCS
E-5	Flat washer $\phi 17.5 \times \phi 25 \times 0.3t$	1	PCS
E-6	C-Type $\phi 17$	1	PCS
E-7	Bearing	2	PCS
E-8	Plastic bushing	1	PCS
E-9	Left crank	1	PCS
E-10	Right crank	1	PCS
E-11	Sensor box	1	PCS
E-12	Sensor holder	1	PCS
E-14	Screw M4xP1.5x12L	1	PCS
E-15	DC cable	1	PCS
E-16	Belt	1	PCS
E-17	Left chain cover	1	PCS
E-18	Right chain cover	1	PCS
E-19	Nylon screw M8xP1.0x20L	2	PCS
E-20	Pedal	1	SET
E-21	Cover for handlebar post	1	PCS
E-23	Left cover for left chain cover	1	PCS

E-24	Right cover for Right chain cover	1	PCS
E-25	Screw M3x8	10	PCS
F-1	Shaft	1	PCS
F-2	Belt pulley	1	PCS
F-3	Hex. Screw M8xP1.25x12Lx5t	3	PCS
F-4	Bushing	1	PCS
G-1~G-13	Flywheel set	1	SET
G, E-22	Gear box w/cable	1	SET
H	Magnetic set	1	PCS
H-1	Hex. Screw M6xP1.0x16L	2	PCS
H-2	Spring washer $\phi 6$	2	PCS
H-3	Flat washer $\phi 6 \times \phi 13 \times 1t$	2	PCS
I	Idler lever	1	SET
I-1	Idler wheel	1	PCS
I-2	Nylon nut M8	1	PCS
I-3	Flat washer $\phi 8.5 \times \phi 25 \times 1t$	1	PCS
I-4	Hex. Screw M8xP1.25x18L	1	PCS
I-5	Wave washer $\phi 10.5 \times \phi 15 \times 0.3t$	2	PCS
I-6	Flat washer $\phi 6 \times \phi 12 \times 1t$	1	PCS
I-7	Hex. screw M6xP1.0x12L	1	PCS
I-8	Spring for idler wheel	1	PCS
J	Front stabilizer	1	PCS
J-1	Screw 3/16"	4	PCS
J-2	Left end cap for front stabilizer	1	PCS
J-3	Right end cap for front stabilizer	1	PCS
J-4	Transport wheel	2	PCS
J-5	Nylon nut M8	2	PCS
J-6	Allen bolt M8xP1.25x40L	2	PCS
J-7	Flat washer $\phi 8 \times \phi 16 \times 1t$	2	PCS
K-1	Rear stabilizer	1	PCS
K-2	Screw 3/16"	4	PCS
K-3	Left end cap for rear stabilizer	1	PCS
K-4	Right end cap for rear stabilizer	1	PCS
K-5	Adjustment pad	2	PCS
L	Seat post	1	SET
L-1	Seat slider	1	SET
L-2	Fixing screw seat for seat slide	1	PCS
L-3	Knob for seat slider	1	PCS
L-4	Flat washer $\phi 14.3 \times \phi 25 \times 2.0t$	1	PCS
L-5	Cap for seat slider	1	PCS
L-6	Left cover for seat post	1	PCS
L-7	Right cover for seat post	1	PCS

L-8	Screw M5x8L	4	PCS
L-9	Seat	1	PCS
M	Adaptor	1	PCS
N-1~N-6	Hardware pack	1	SET

## Step 1 Foot Tube Assembly

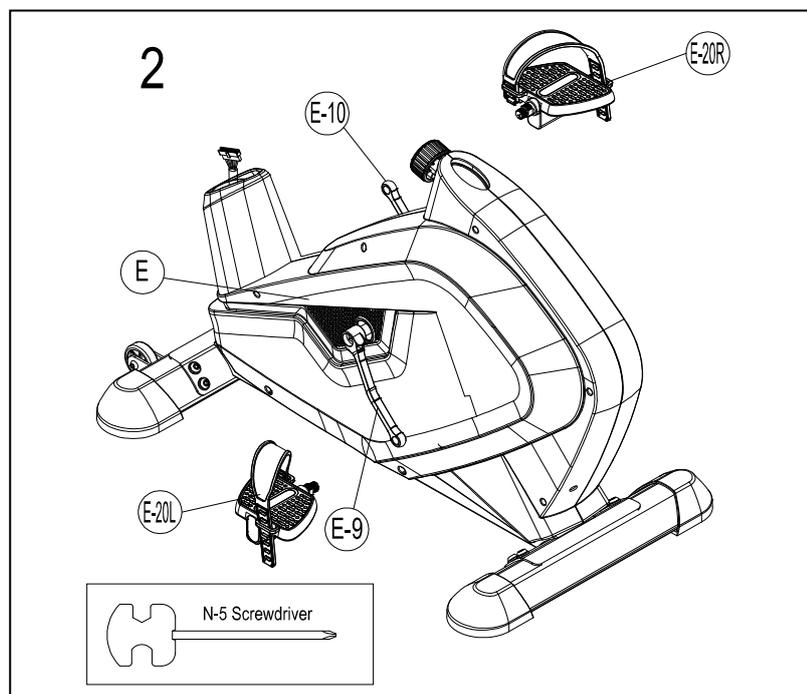
- 1). Attach the front stabilizer (J) to the main frame (E) using two M8x20L Allen bolts (N-1) and flat washers (N-2).
- 2). Attach the rear stabilizer (K-1) to the main frame (E) using two M8x20L Allen bolts (N-1) and flat washers (N-2).



## Step 2 Pedal Assembly

1. Assemble the left pedal (E-20L) onto the left crank (E-9) with a screw driver.
2. Assemble the right pedal (E-20R) onto the right crank (E-10) with a screw driver.

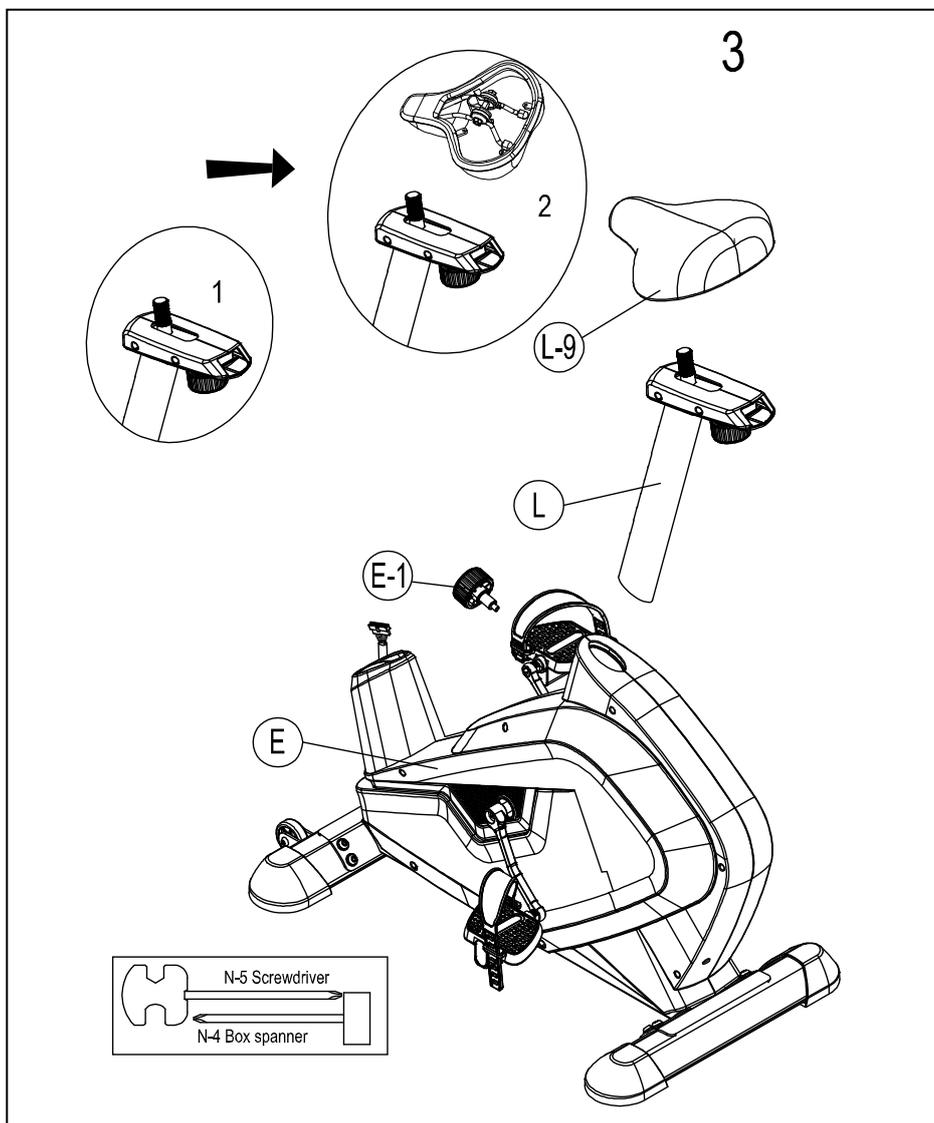
Remarks: Screw the left pedal's spindle counter-clockwise and the right pedal's spindle clockwise. Use a wrench (or screwdriver) to screw the two spindles completely.



### Step 3 --Seat Tube Assembly

1. Assemble the seat (L-9) 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 (L) into the main frame (E), then choose the desired position and tighten the adjustment knob (E-1). Be sure the knob is always tightened.

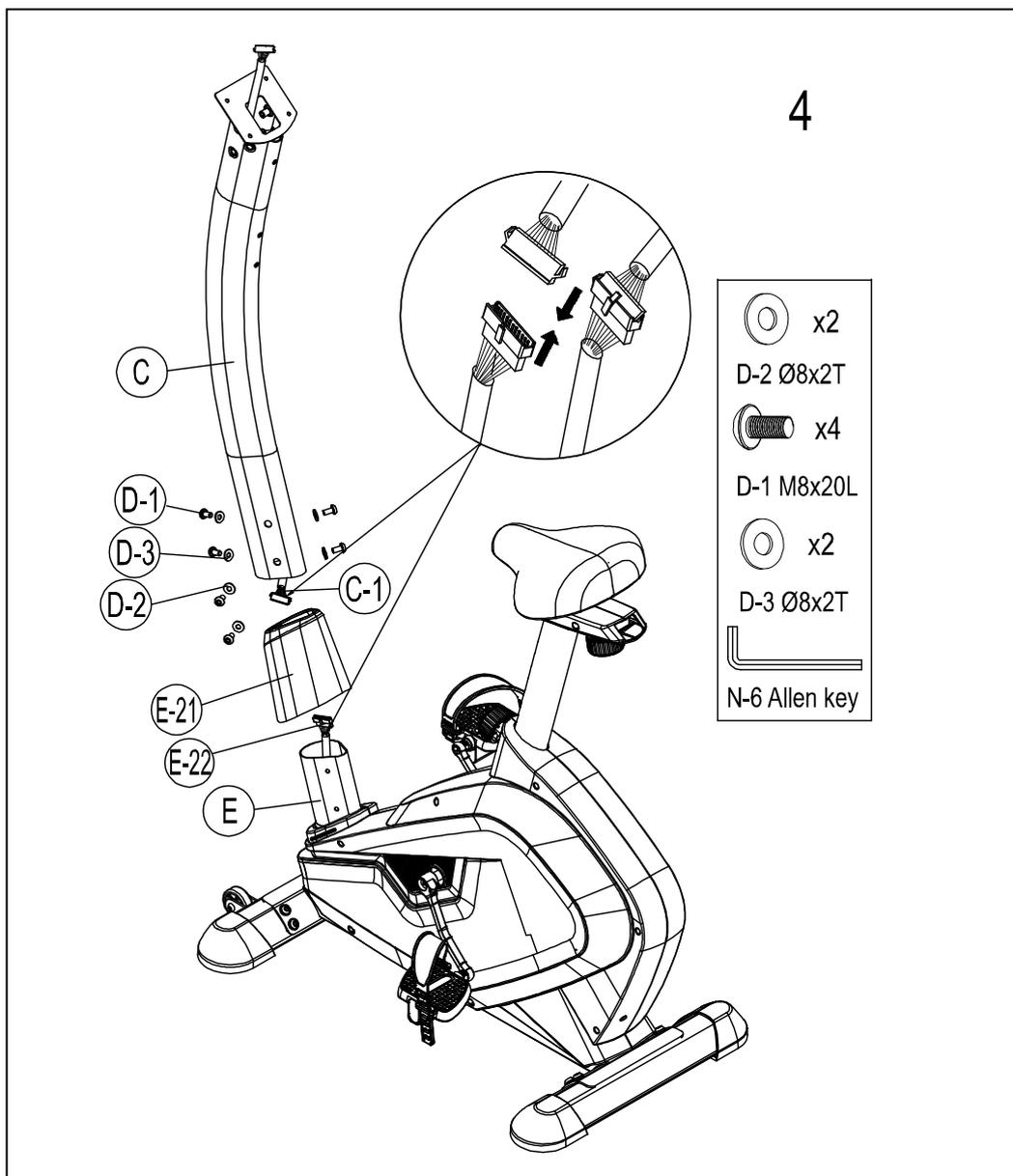
Remarks: When you have chosen a desired position, tighten the seat post knob until you hear a "click".



## Step 4-Handlebar post assembly

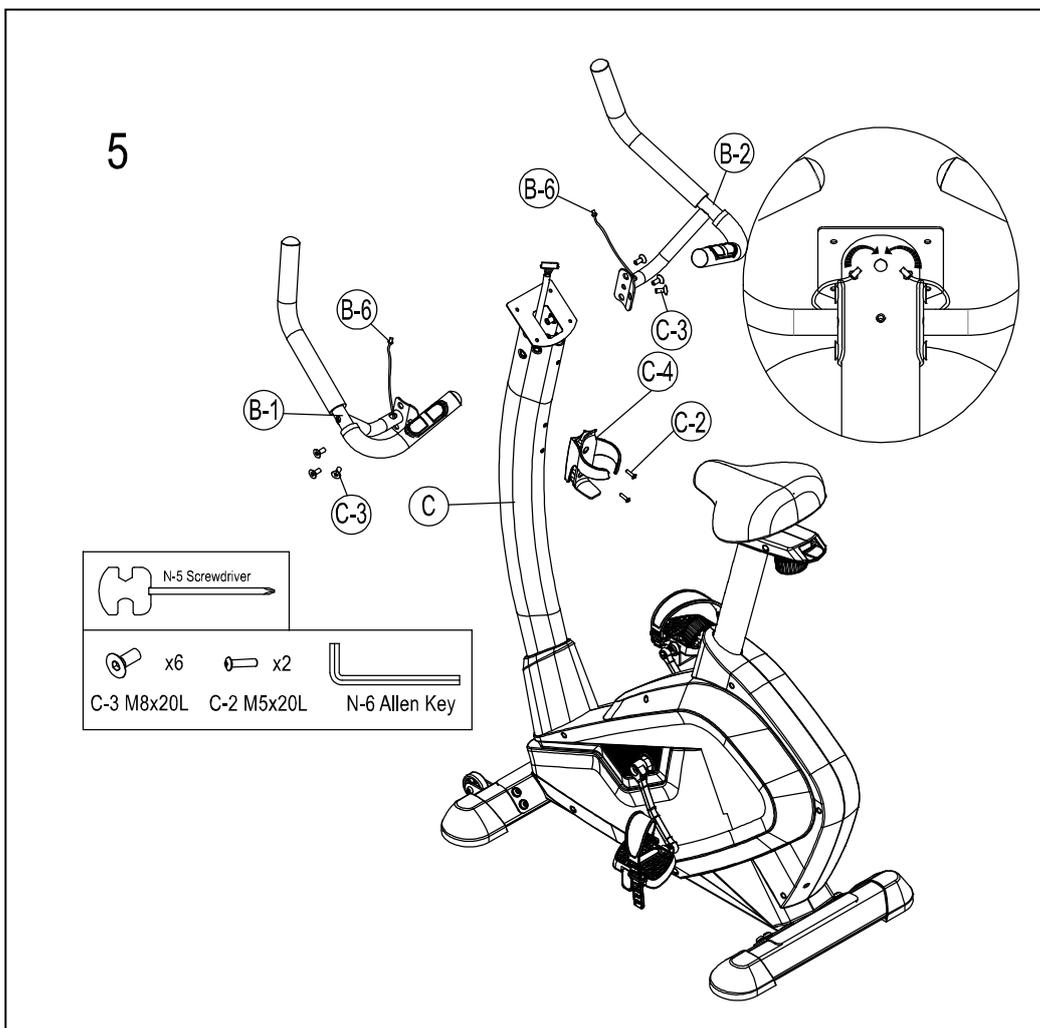
1. Please remove the M8X20L Allen bolt (D-1), flat washers (D-2) and semicircle washer (D-3) from the main frame (E).
2. Take the handlebar post cover (E-21) and pass it through the handlebar post (C).
3. Hold the handlebar post (C) and connect the lower console cable (E-22) to the upper console cable (C-1)
4. Slide the handlebar post (C) into the main frame then fix it with four sets of M8X20L Allen screws (D-1), flat washers (D-2) and semicircle washer (D-3).

Remarks: Do not screw one set of the M8X20L Allen bolts, flat washers and semicircle washers too firmly at one time. It is better to fix the four sets firmly at the same time because it helps you to change angles and makes adjustments easier.



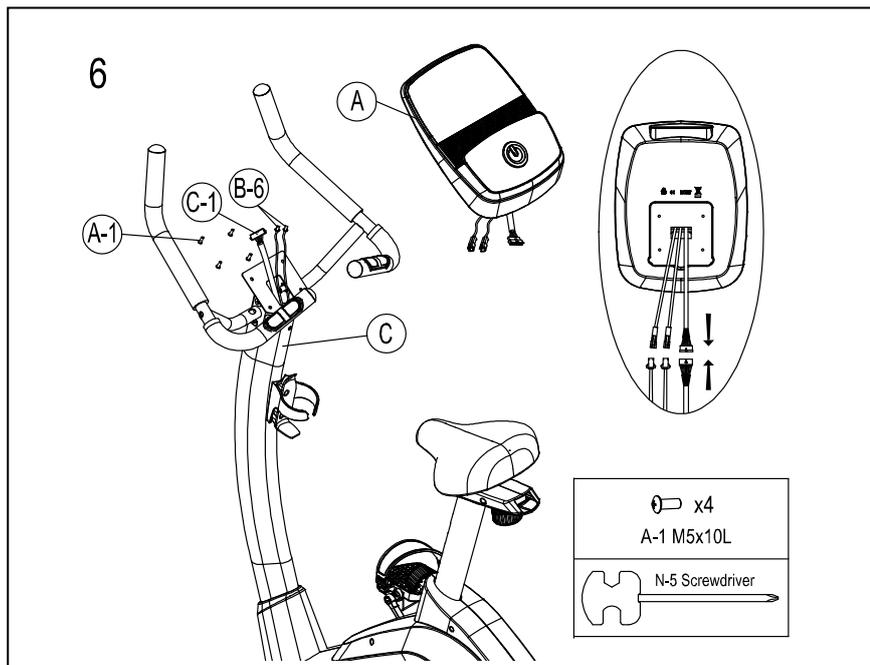
## Step 5- Handlebar and bottle holder Assembly

1. Pass the hand-pulse wire (B-6) through the handlebar post hole in side.
2. Attach the left handlebar (B-1) to the left side of the handlebar post (C) using the Allen bolt (C-3). Attach the right handlebar (B-2) to the right side of the handlebar post (C) using the Allen bolt (C-3).
3. Remove the pre-installed screws (C-2) on the handlebar post first and then assemble the bottle holder (C-4) using a screw (C-2).



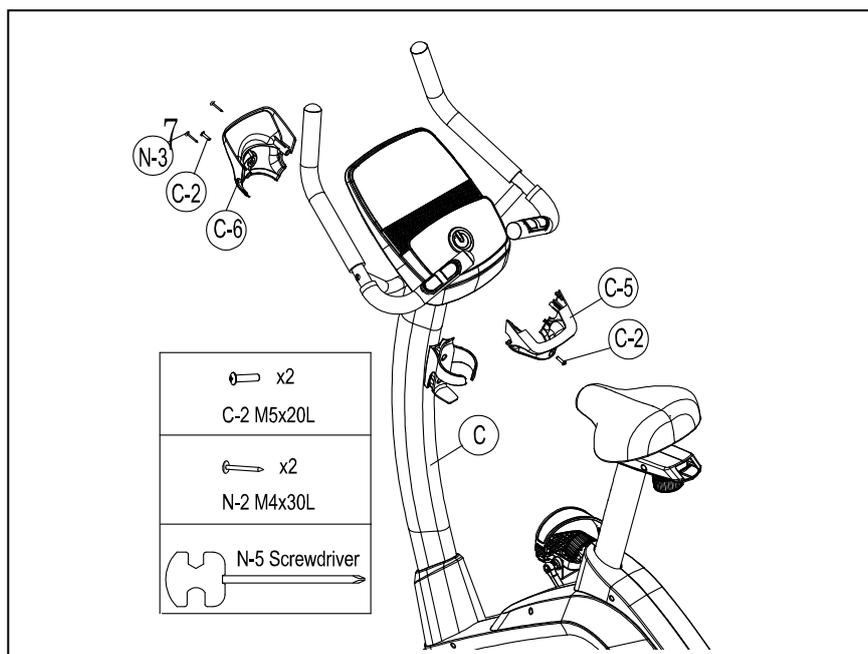
## Step 6- Console Assembly

1. Please remove the screw (A-1) from the console (A).
2. Connect the upper console cables (C-1) and hand pulse wire (B-6) for the console (A). Then attach the console (A) to the computer bracket with the enclosed screws (A-1).



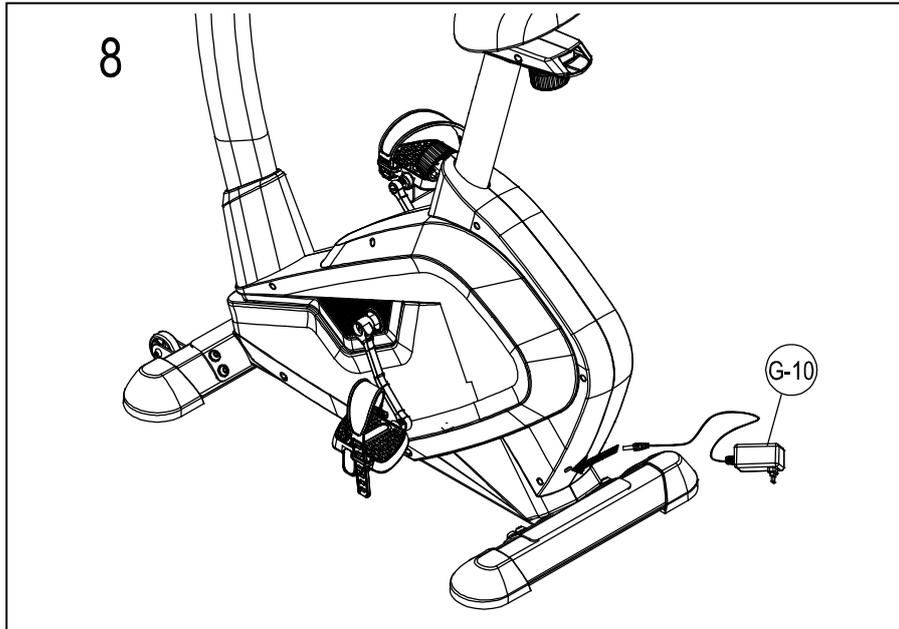
## Step 6- Frame/Rear Cover Assembly

1. Remove the pre-installed screws (C-2) on the handlebar post first.
2. Attach the rear cover (C-6) using the screws (C-2) and (N-3) for the handlebar post (C).
3. Attach the front cover (C-5) using the screws (C-2) to connect it to the handlebar post (C).



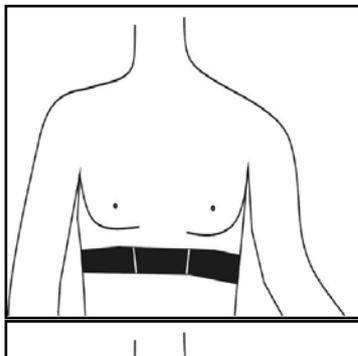
## Step 7- Connect Adaptor

Connect the adaptor (G-10) to the DC hole (located on the back of the chain cover).



## Instruction manual for the transmitter belt usage

1. Tightly wrap the transmitter belt around the chest area.  
(The belt will only work with direct contact to the skin).
2. Adjust the belt to the position shown on the sketch.  
The distance between the belt and the monitor should be  $80\text{cm} \pm 10$ . Make sure the user is directly in front of the monitor at all times.



## iCONSOLE+ TRAINING APP INSTRUCTION MANUAL

For a 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.



### DISPLAY FUNCTIONS

ITEM	DESCRIPTION
<b>TIME</b>	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 training with preset Time, Time will count down from preset to 00:00. Each preset increment or decrement is 1 minute between 00:00 to 99:00.
<b>SPEED</b>	Displays current training speed. Maximum speed is 99.9 KM/H or ML/H.
<b>RPM</b>	Displays the Rotation Per Minute. Display range 0~15~999
<b>DISTANCE</b>	Accumulates total distance from 0.00 up to 99.99 KM or ML. The user may preset target distance data by using UP/DOWN button. Each preset increment or decrement is 0.1KM or ML between 0.00 to 99.90.
<b>CALORIES</b>	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 in medical treatment.)
<b>PULSE</b>	User may set up target pulse from 0 - 30 to 230; and the computer buzzer will beep when the actual heart rate is over the target value during the workout.
<b>WATTS</b>	Display current workout watts. Display range 0~999.
<b>MANUAL</b>	Manual mode workout.
<b>BEGINNER</b>	4 PROGRAM selection.
<b>ADVANCE</b>	4 PROGRAM selection.
<b>SPORTY</b>	4 PROGRAM selection.
<b>CARDIO</b>	Target HR training mode.

<b>WATT PROGRAM</b>	WATT constant training mode.
---------------------	------------------------------

**KEY FUNCTION**

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

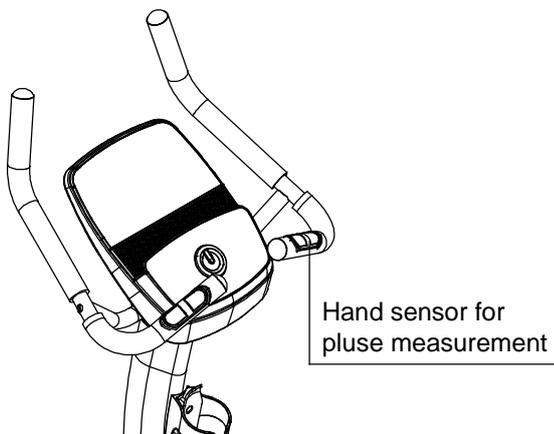
PS. According to different console design, not all consoles have total reset function key.

**Training Data**

The computer calculates and displays all values automatically according to the user training status (see table).

Take note:

\* If only a “P” is shown instead of pulse value, it is impossible to measure the pulse. Grip the handle where all four hand pulse sensors are located or wear chest strap. Moisten your palms first with a little water if necessary.



\* The display 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 modes are available:

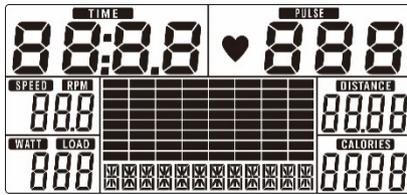
- Manual Training (training without programs)
- Training with Programs (there are 12 programs built-in, P01~P12)
- Training with your own program (User program)
- Training with the Heart Rate program (H.R.C)

-Training with set output value (WATT)

## OPERATION:

### POWER ON

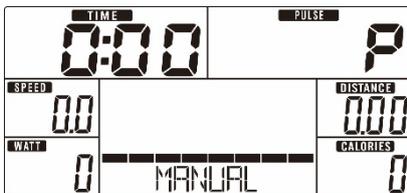
Plug in the power supply, the computer will power on and display all segments on LCD for 2 seconds (Drawing 1).



Drawing 1

### WORKOUT SELECTION

Use UP or DOWN (Encoder) to select workout Manual (Drawing 2) → Beginner (Drawing 3) → Advance (Drawing 4) → Sporty (Drawing 5) → Cardio (Drawing 6) → Watt (Drawing 7).



Drawing 2



Drawing 3



Drawing 4



Drawing 5



Drawing 6

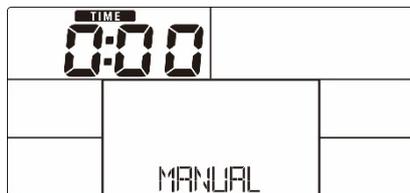


Drawing 7

### Manual Mode

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

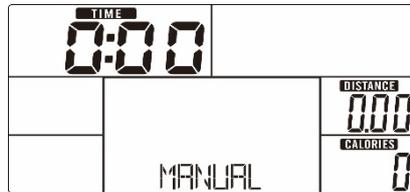
1. Use UP or DOWN (Encoder) to select the workout program, choose Manual and press MODE / ENTER to get into.
2. Use UP or DOWN (Encoder) to set TIME (Drawing 8), DISTANCE (Drawing 9), CALORIES (Drawing 10), PULSE (Drawing 11) and press MODE / ENTER to confirm.
3. Press START/STOP to start the workout. Use UP or DOWN (Encoder) to adjust the load level. If you don't adjust the load level display in WATT window for 3s, it will switch to display WATT (Drawing 12).
4. Press START/STOP to pause the workout. Press RESET to go back to the main menu.



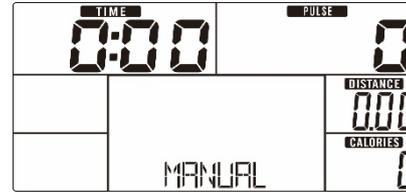
Drawing 8



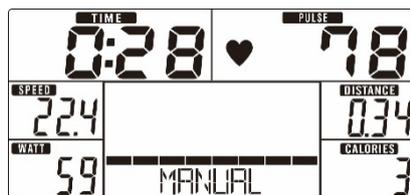
Drawing 9



Drawing 10



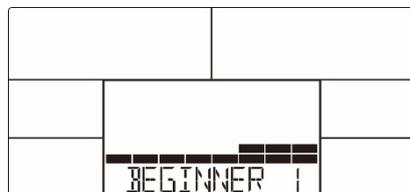
Drawing 11



Drawing 12

### **Beginner Mode**

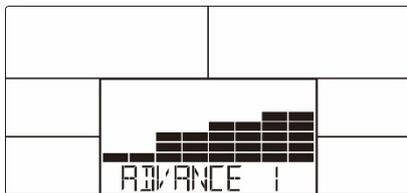
1. Use UP or DOWN (Encoder) to select the workout program, choose Beginner mode and press MODE / ENTER to get into.
2. Use UP or DOWN (Encoder) to select Beginner program 1~4 (Drawing 13) and press MODE / ENTER to get in.
3. Use UP or DOWN (Encoder) to set TIME.
4. Press START/STOP key to start the workout. Use UP or DOWN (Encoder) to adjust the load level.
5. Press START/STOP key to pause the workout. Use RESET to go back to the main menu.



Drawing 13

### **Advance Mode**

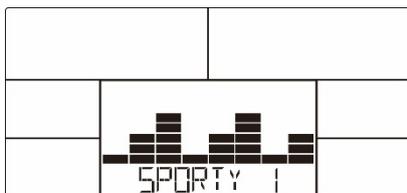
1. Use UP or DOWN (Encoder) to select the workout program, choose Advance mode and press MODE / ENTER to get in.
2. Use UP or DOWN (Encoder) to select Advance program 1~4 (Drawing 14) and press MODE / ENTER to get in.
3. Use UP or DOWN (Encoder) to set TIME.
4. Press START/STOP key to start the workout. Use UP or DOWN (Encoder) to adjust the load level.
5. Press START/STOP key to pause the workout. Use RESET to go back to the main menu.



Drawing 14

### **Sporty Mode**

1. Use UP or DOWN (Encoder) to select the workout program, choose Sporty mode and press MODE / ENTER to get in.
2. Use UP or DOWN (Encoder) to select Sporty program 1~4 (Drawing 15) and press MODE / ENTER to get in.
3. Use UP or DOWN (Encoder) to set TIME.
4. Press START/STOP key to start the workout. Use UP or DOWN (Encoder) to adjust the load level.
5. Press START/STOP key to pause the workout. Use RESET to go back to the main menu.



Drawing 15

### **Cardio Mode**

1. Use UP or DOWN (Encoder) to select workout program, choose H.R.C. and press MODE / ENTER to get in.
2. Use UP or DOWN (Encoder) to set Age (Drawing 16).
3. Use UP or DOWN (Encoder) to select 55%.75%.90% or TAG (TARGET H.R.) (default: 100).
4. Use UP or DOWN (Encoder) to set the workout TIME.
5. Press START/STOP key to start or stop the workout. Use RESET to go back to the main menu.



Drawing 16



Drawing 17

### **Watt Mode**

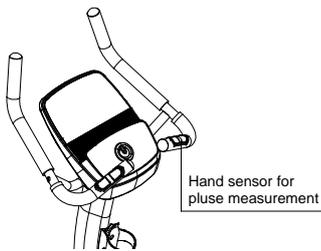
1. Use UP or DOWN (Encoder) to select the workout program, choose WATT and press MODE / ENTER to get into.
2. Use UP or DOWN (Encoder) to set the WATT target. (default: 120, Drawing 18)
3. Use UP or DOWN (Encoder) to set TIME.
4. Press START/STOP key to start the workout. Use UP or DOWN (Encoder) to adjust the Watt level.
5. Press START/STOP key to pause the workout. Use RESET to go back to the main menu.



Drawing 18

### Measuring your pulse with the hand sensors

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

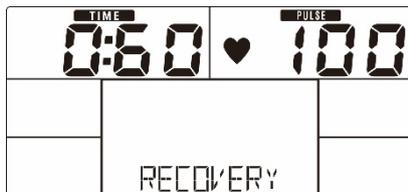


You can measure your pulse with the two-hand sensor on the handle.

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

### RECOVERY

After exercising for a period, keep holding the hand grips or wearing the chest strap and press the RECOVERY key. The display will stop all functions and only start counting the "TIME" down from 00:60 to 00:00 (Drawing 19). The screen will display your heart rate recovery status with the F1, F2.... to F6. F1 is the best, F6 is the worst (Drawing 20). The user may keep exercising to improve the heart rate recovery status. (Press the RECOVERY button again to return to the main display.)



Drawing 19



Drawing 20

### 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.

## **APP**

### **iConsole+ Training**

(Please note this APP is not a Casall developed product but it is integrated as an extra feature to use for you as user of this Casall Cardio product)



Consumers can download the iConsole + APP by scanning the QR code, as shown below.



1. This console can connect to this APP on the smart device by Bluetooth.
2. Once the console is connected to the smart device via Bluetooth, the console will not display anything.

#### NOTE:

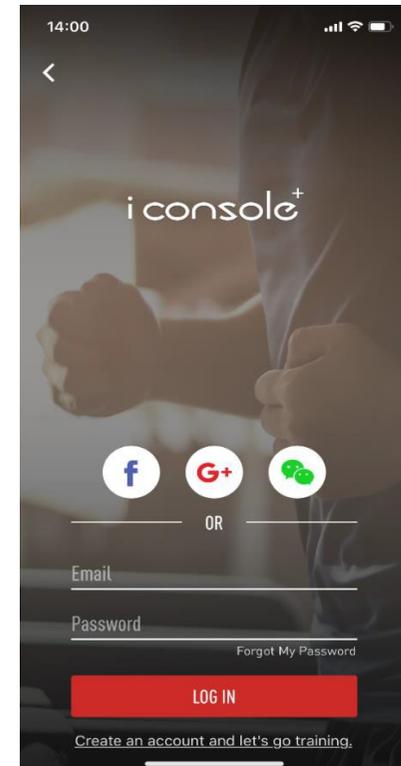
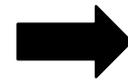
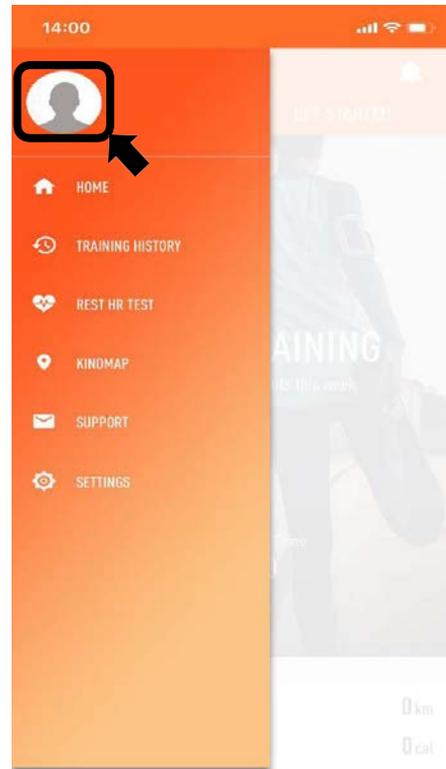
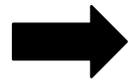
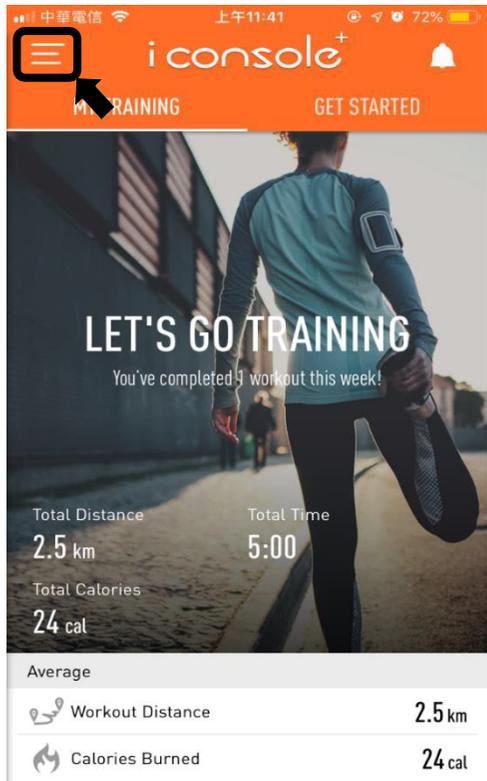
To conduct the iConsole+ APP latest version on your installed device. Go through the Apple store or Goolge play for checking the software update. Contents and features subject to change without prior notice. And please note this Instruction manual of iC+Training APP cannot be updated to the lastest version in printing. To make sure check latest instructions visit here:

<https://iconsole.plus/iconsoleplus/en/>

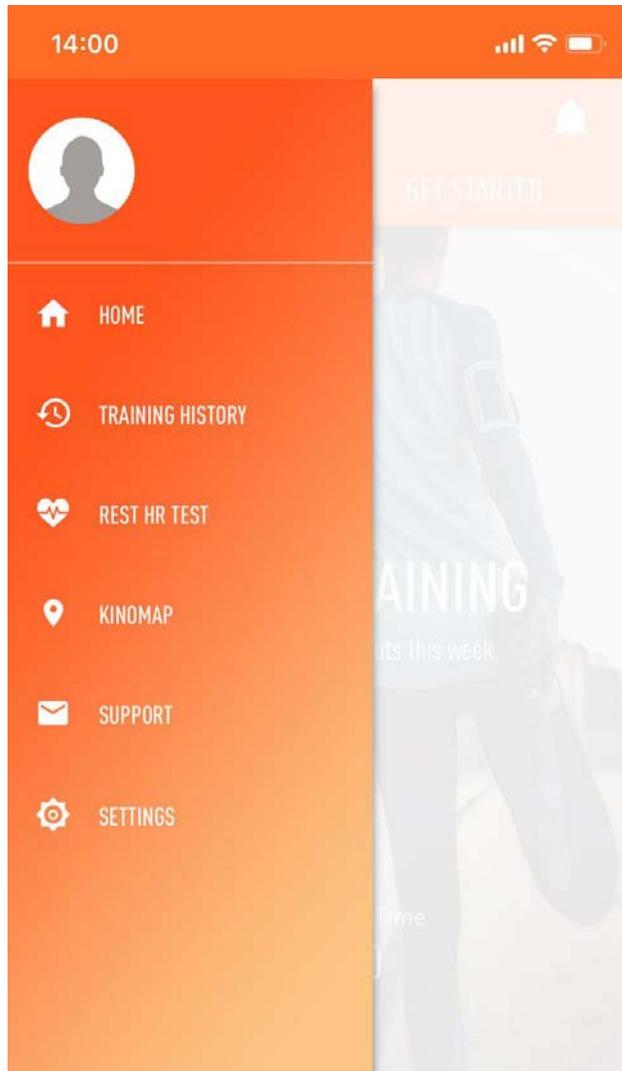
**Attention! All preset data will be lost when you unplug the power (adaptor) from the "machine".**

- Login Accounts:

Click the three lines icon in the upper left side of iConsole app homepage, then click the profile photo to login, you can choose Facebook, Gmail, Wechat accounts or registered the new accounts to log in this app.



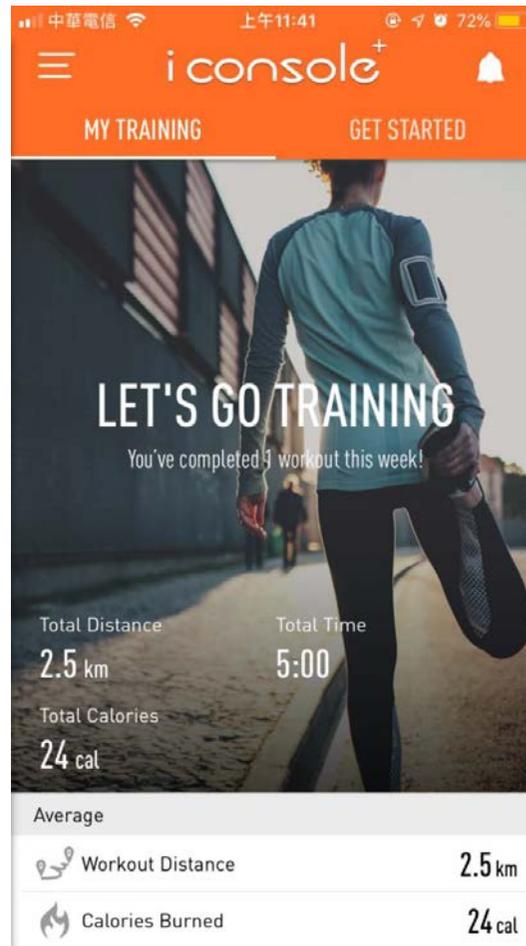
- User interface functions:



1. HOME: Enter in training page.
2. TRAINING HISTORY: Check your training history.
3. REST HR TEST: Please connect wearable heart rate device to monitor HRrest. (need to connect Strava app)
4. KINOMAP: Use KINOMAP to proceed with exercise of virtual reality.
5. SUPPORT: Please feel free to contact us if you have any further question.
6. SETTING: Unit setting, HR pairing, update to latest version or device.

- MY TRAINING homepage information:

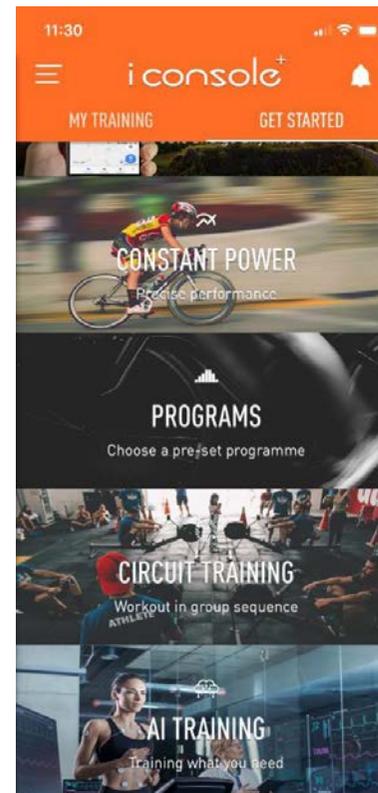
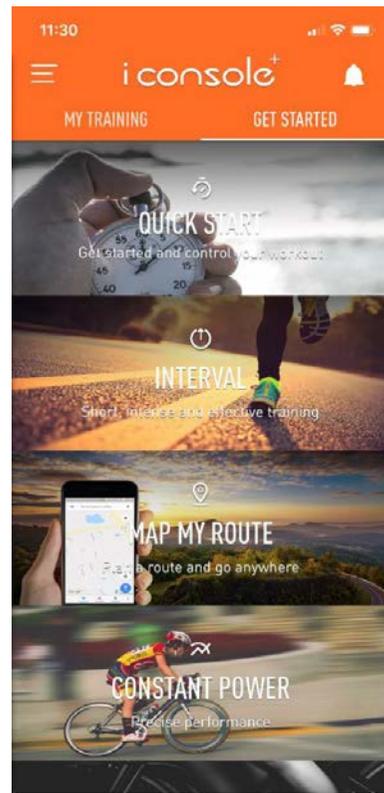
Including total distance, time, calories expenditure, and the data average for distance and calories of your last time training information on homepage.



- GET STARTED:

Key simple functions:

1. Quick Start, Interval, Map, Constant power, Preset Programs.
2. Circuit Training:
  - Select a lesson and choose one of our cardio coaches to work out in group sequence.
3. AI Training: Use wearable device, you can work out with systematic and personalize training.



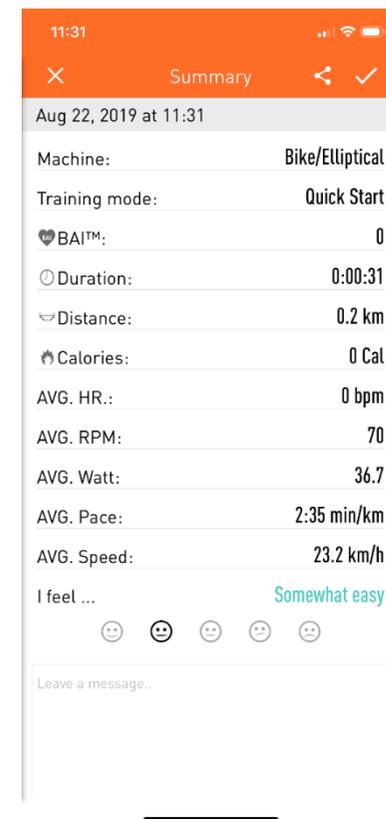
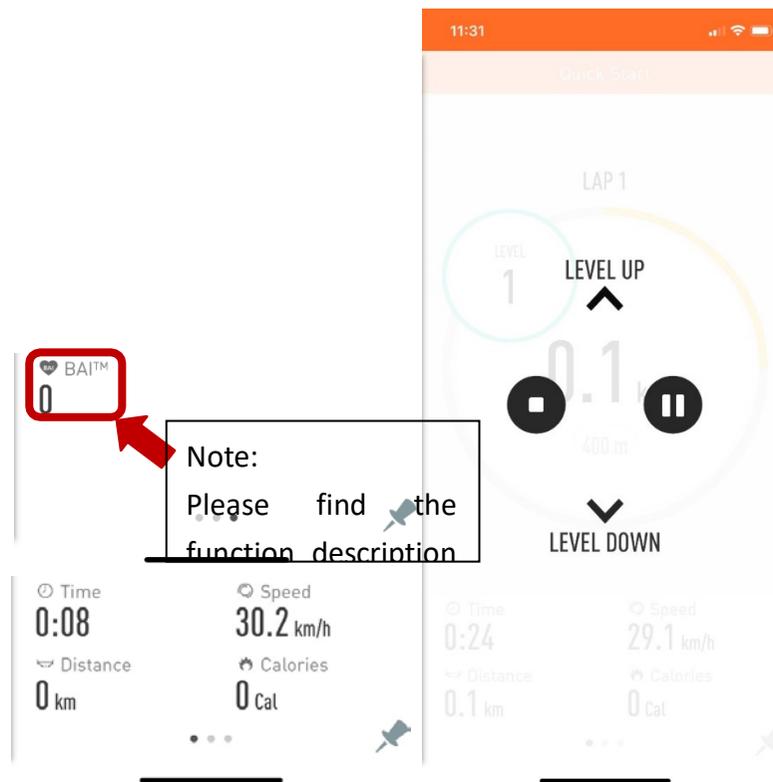
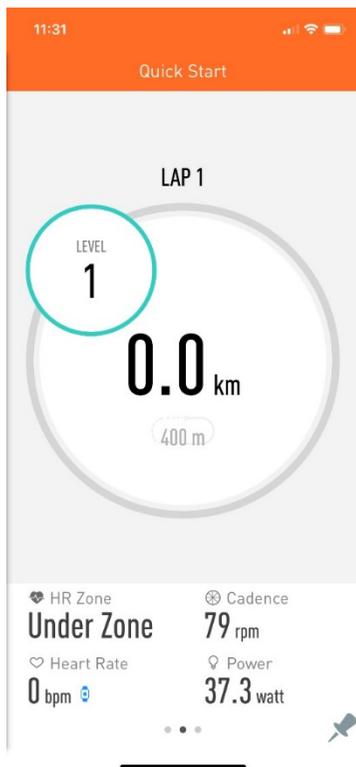
- PAIR DEVICE:

1. Choosing the correct machine model on the list, then connecting your training machine with your Bluetooth before training.
2. Choosing machine heart rate monitor device, Apple watch or BLE HRM device for your HR monitor source.
3. Finishing above action please click the start icon in the upper right side.



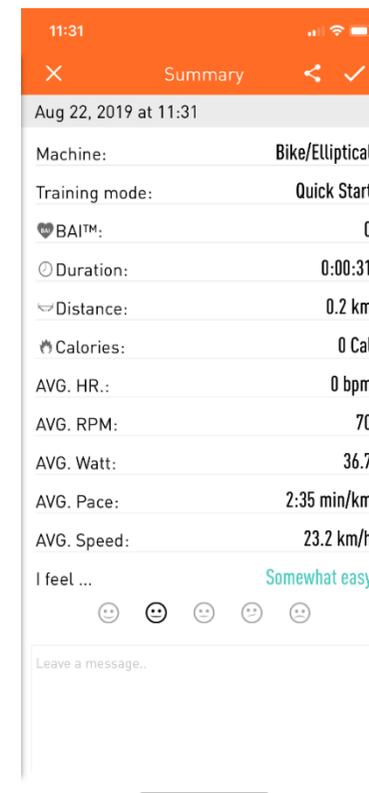
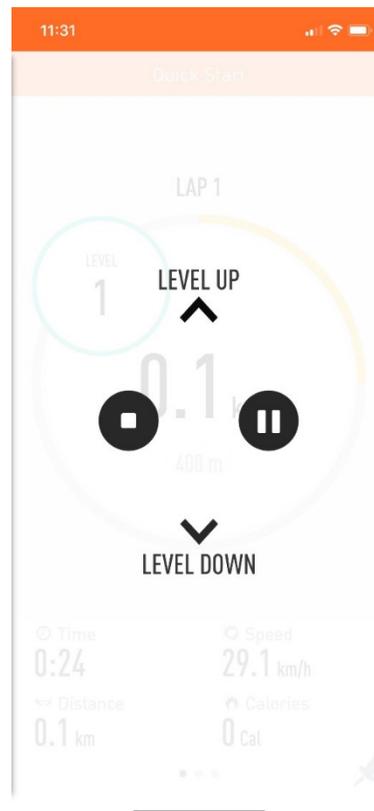
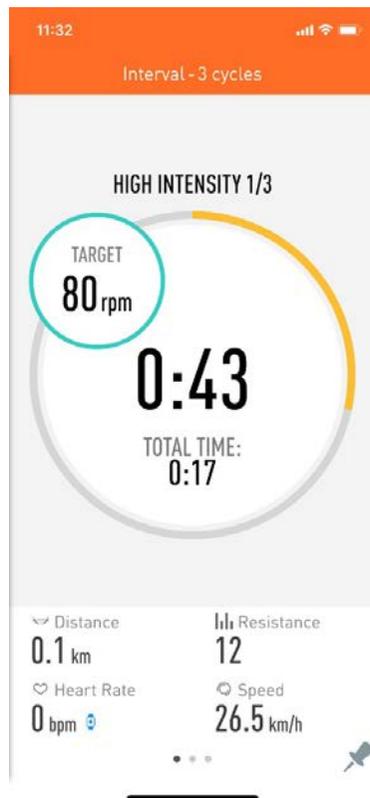
- Training function 1- QUICK START

1. Enter quick start, you will see the index of lap, distance, resistance level, duration, speed, calories, HR zone, Heart Rate, Cadence, training power, BAI\*1 etc.
2. Click the pin icon in the bottom right side then you can lock this page.
3. Touch any place on the page you can easily adjust the resistance level up and down, pause and stop your workout.
4. After finishing your workout, it will reveal your current summary of workout data.



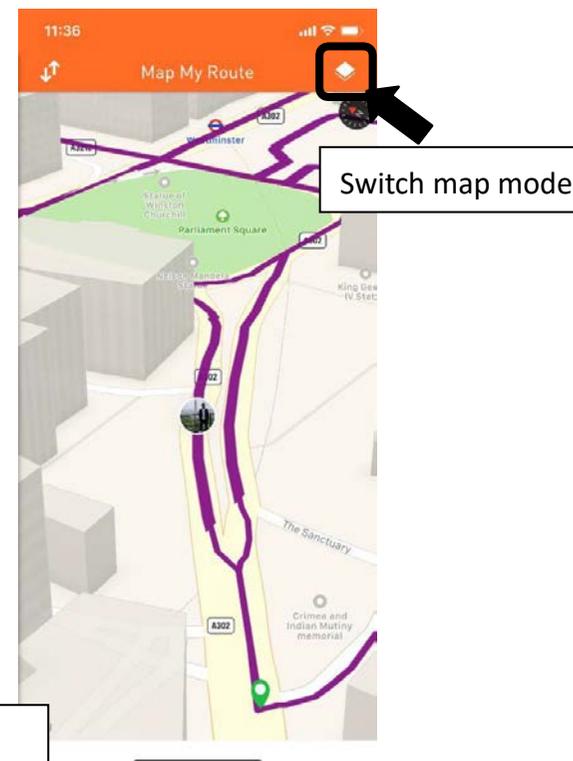
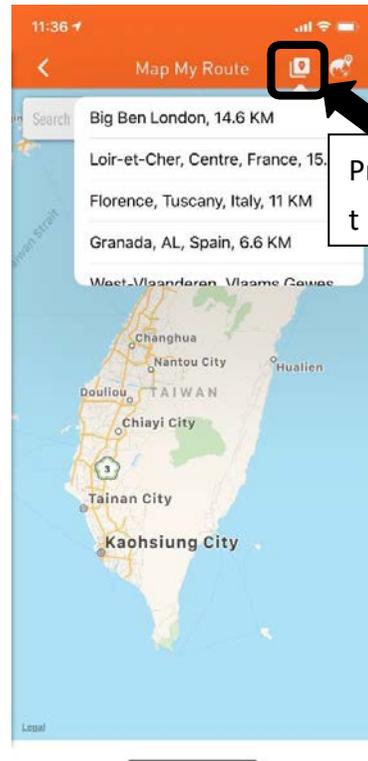
- Training function 2 – INTERVAL

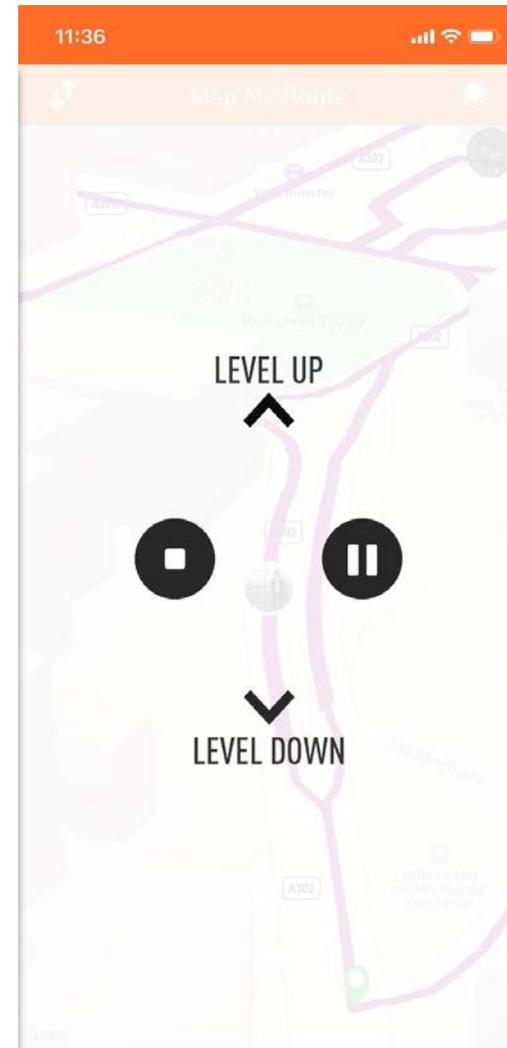
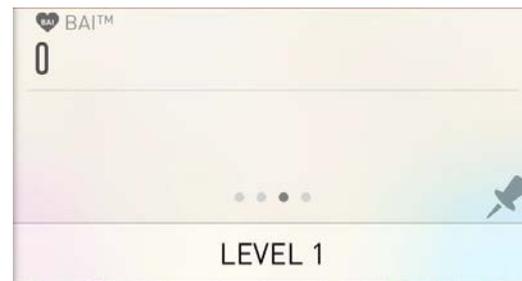
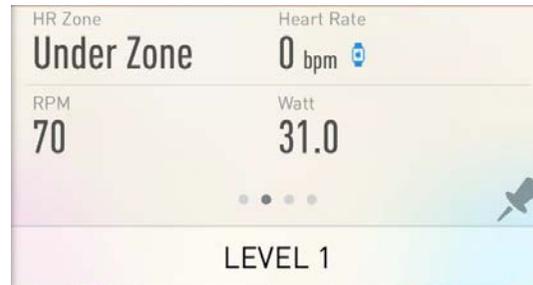
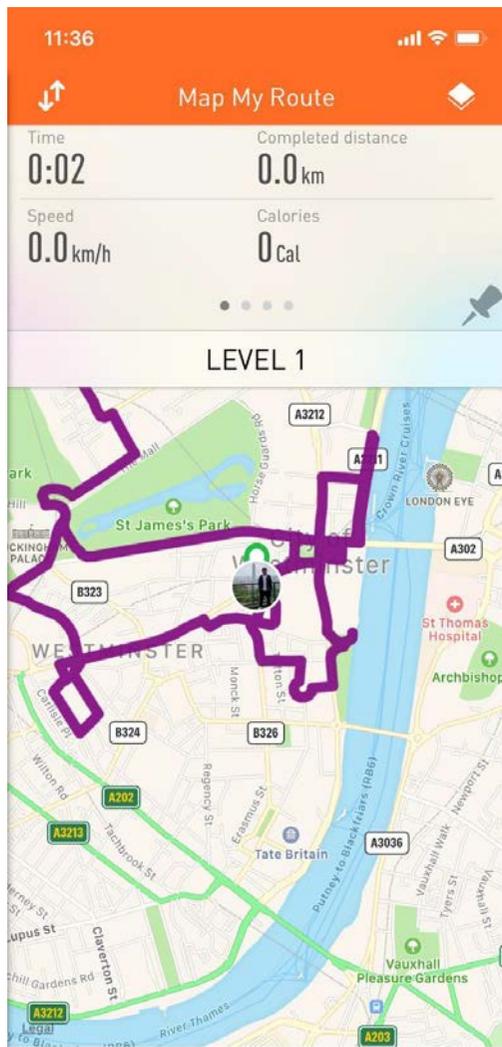
1. Enter interval, the page will reveal lap, distance, resistance level, duration, speed, calories, HR zone, Heart Rate, Cadence, training power, BAI etc.
2. Click the pin icon in the bottom right side then you can lock this page.
3. Touch any place on the page you can easily adjust the resistance level up and down, pause and stop your workout.
4. After finishing your workout, it will reveal your current summary of workout data.



- Training function 3 – Map Route

1. Enter map mode, you can search the route by yourself, or click in the upper right side for preset route.
2. Make sure your route then slide to the left GO icon to start the workout.
3. Click the icon in the upper right side you can easily switch the 2D,3D or street view.
4. After starting your workout, it will reveal the index of route map, time, speed, completed distance, calories, HR zone, RPM, Heart Rate, Watt, BAI, route slope etc.
5. Touch any place on the page you can easily adjust the resistance level up and down, pause and stop your workout.
6. After finishing your workout, it will reveal your current summary of workout data.





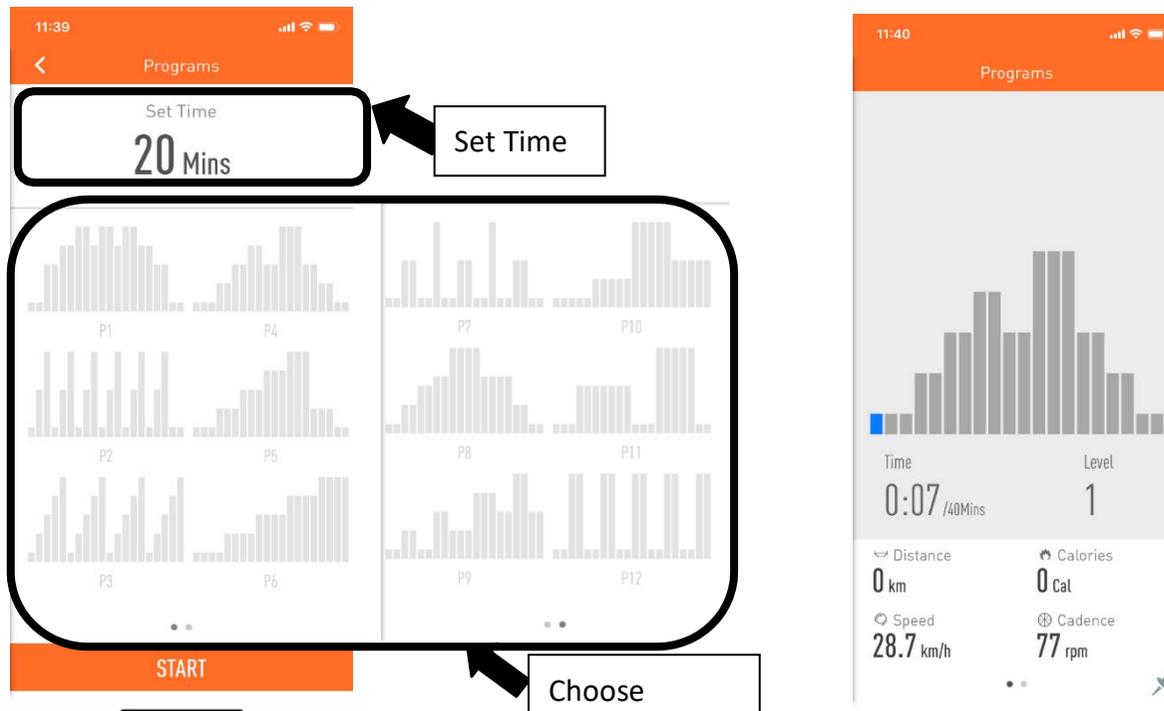
- Training Function 4 – Constant power

1. Click Constant Power mode, User can set time(5-90mins), target power, and target cadence. When user finishes the setting, clicking START to exercise.
2. When user starts workout, the page will reveal workout curve, cadence, power, heart rate, heart rate zone, time, calories, distance, resistance level, speed and BAI.
3. User can click Cadence or Power which are on the top of page to switch the monitor chart and try to keep cadence/power in green/blue zone.
4. User can click target which is below the index of cadence and power chart to adjust the target if necessary.
5. Touch any place on the page you can easily adjust the resistance level up and down, pause and stop your workout.
6. After finishing your workout, it will reveal your current summary of workout data.



- Training Function 5 – Programs

1. Programs Mode, there are 12 preset programs in total. User can choose one of the preset programs and set workout time(20-60mins), then clicks START to workout.
2. When user starts workout, the page will reveal workout curve, cadence, power, heart rate, heart ratezone, time, calories, distance, resistance level, speed and BAI.
3. Click the pin icon in the bottom right side then you can lock this page.
4. Touch any place on the page you can easily adjust the resistance level up and down, pause and stop your workout.
5. After finishing your workout, it will reveal your current summary of workout data.



## AI TRAINING

What is AI TRAINING?

“Due to different workout requirement, it will show different workout target.”

With increasing the experience on sport activities through all those years, the supplier of this APP developed an impressive track workout record to user by our efficiency Algorithm. Thereby we produce one of the suitable schedules for our user, only take some simple settings, then AI will plan your current schedule to achieve the most effective training.

What else?

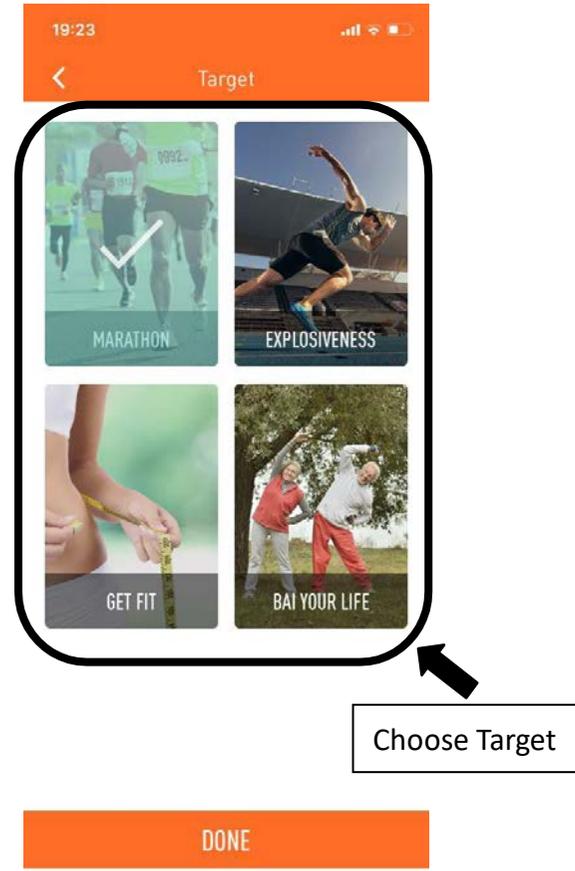
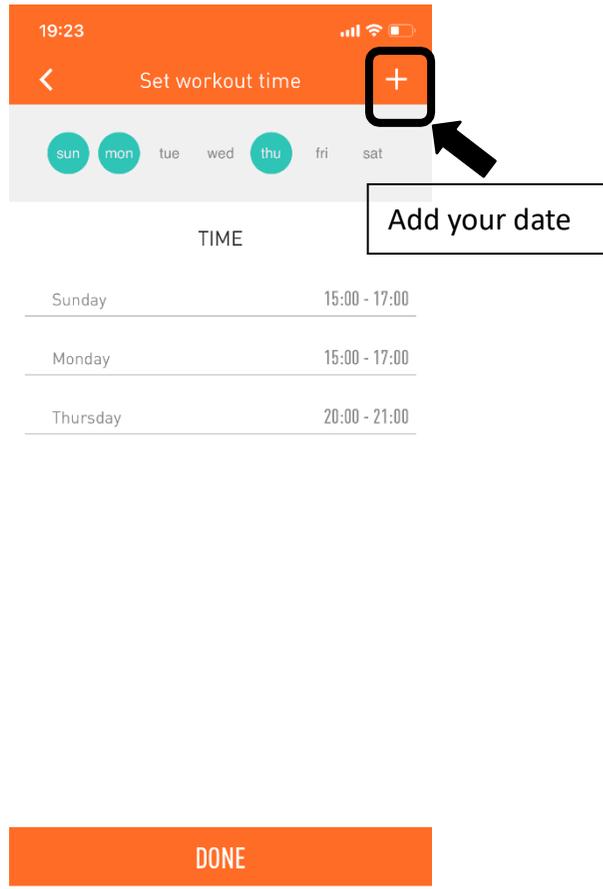
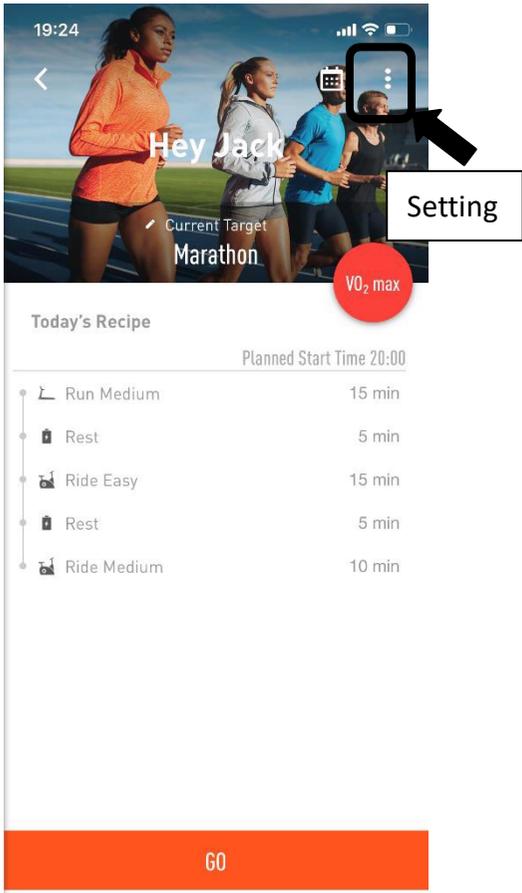
Except for automatically training schedule, AI TRAINING give users various selection on Cardio equipment without limited, to achieve user training target.

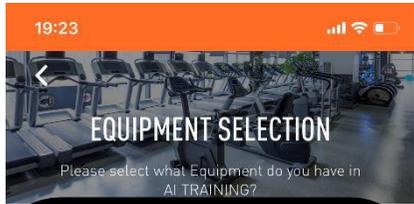
The most important is:

AI not only give user training instruction, but also doing personal analysis. Through our Back end administration, it will operate our index after finishing your training, providing a complement workout health analysis. ( please find the details of back end administration system as below following.)

How to get start?

1. Enter AI TRAINING function, click the setting button in the upper right side to set up training time, target and device.
2. Set up training time, click the button in the upper right side, and click finish when you are done.
3. Set up target, choose forth option of marathon, explosiveness, GET FIT and BAI YOUR LIFE.
4. Set up equipment, choose what equipment you want to train (Multiple selections accepted), click finish after setting.
5. After finishing your setting, AI system will base on your personal characteristic and your training equipment to calculate which training lessons is tailor-made to our user.

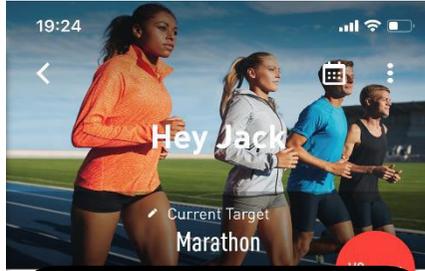




- Multiple selections accepted
- Treadmill ✓
  - ECB Bike ✓
  - ECB Elliptical
  - ECB Recumbent
  - Manual Bike ✓
  - Flywheel
  - Rower

Equipment selection

DONE



- Today's Recipe
- Planned Start Time 20:00
- Run Medium 15 min
  - Rest 5 min
  - Ride Easy 15 min
  - Rest 5 min
  - Ride Medium 10 min

Exercise planning

GO

Start workout

## **BAI**

### **What is BAI?**

Body activity intelligent is a kind of index that objectively and standardly evaluate your status. It may be adapted by every ages, gender, and regions. It will give you a reference score index to let you know every workout status. The more important thing is that BAI is based on many studies and has been approved by ACSM (the American College of Sports Medicine).

### **How to calculate?**

“Training volume = Training Intensity x Training time.” BAI uses heart rate, precisely speaking heart rate zone, to measure your training intensity. In other words, the higher heart rate, the higher training intensity. Every user needs different training target, so BAI calculates effective training intensity based on not only your heart rate, but also your age, and gender.

### **What is the standard for point?**

According to supplier APP system, accumulating 100 BAI points every week can enhance your cardio capability to reduce the death rate due to cardiac disease. If you train harder (higher heart rate zone), you get BAI points faster. If you train less hard (lower heart rate zone), you get BAI points slow. If your heart rate zone is under 55%, which means you are too relaxed to get any BAI point.