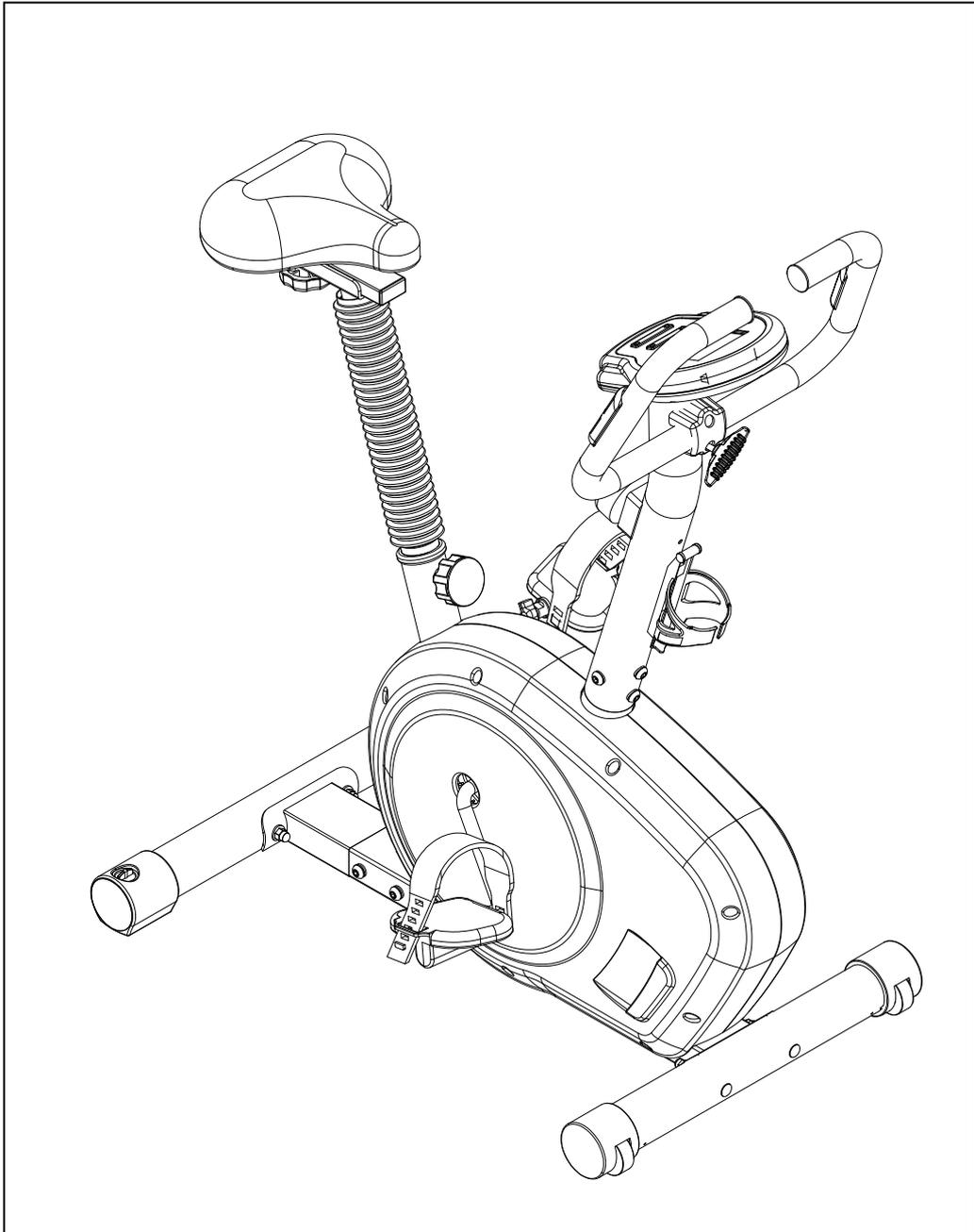


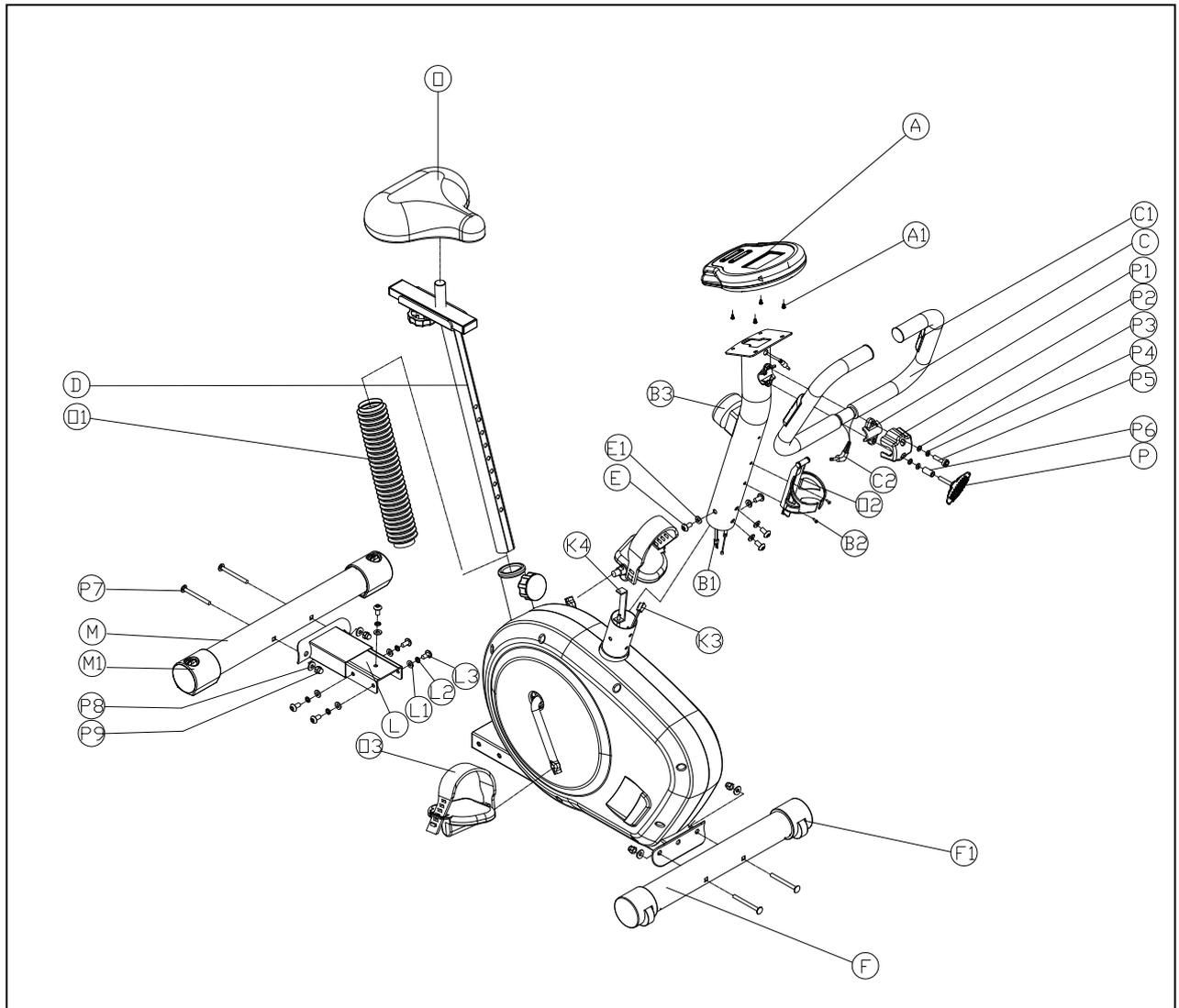
# Benefit B420

## Bike

### 91101

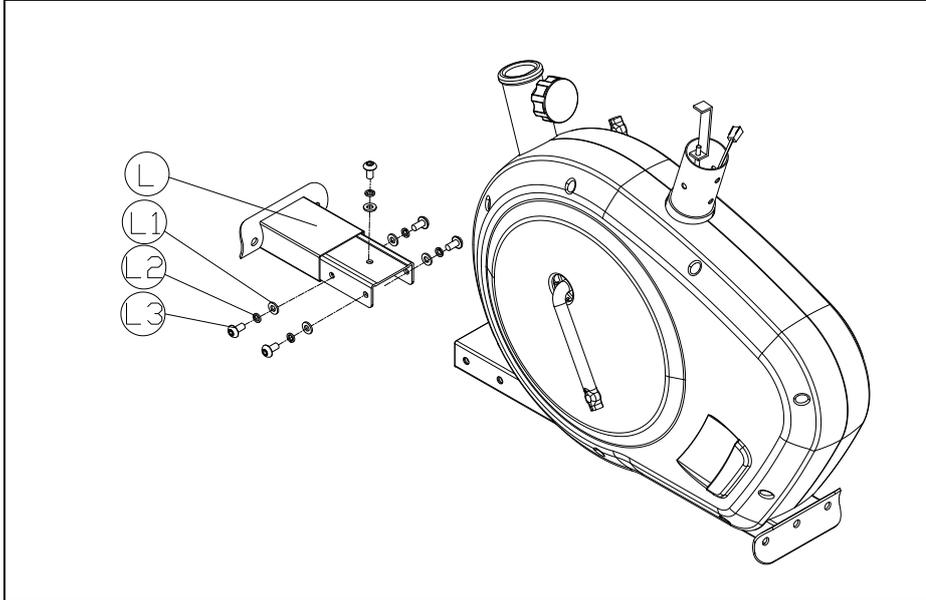


# ASSEMBLY INSTRUCTION



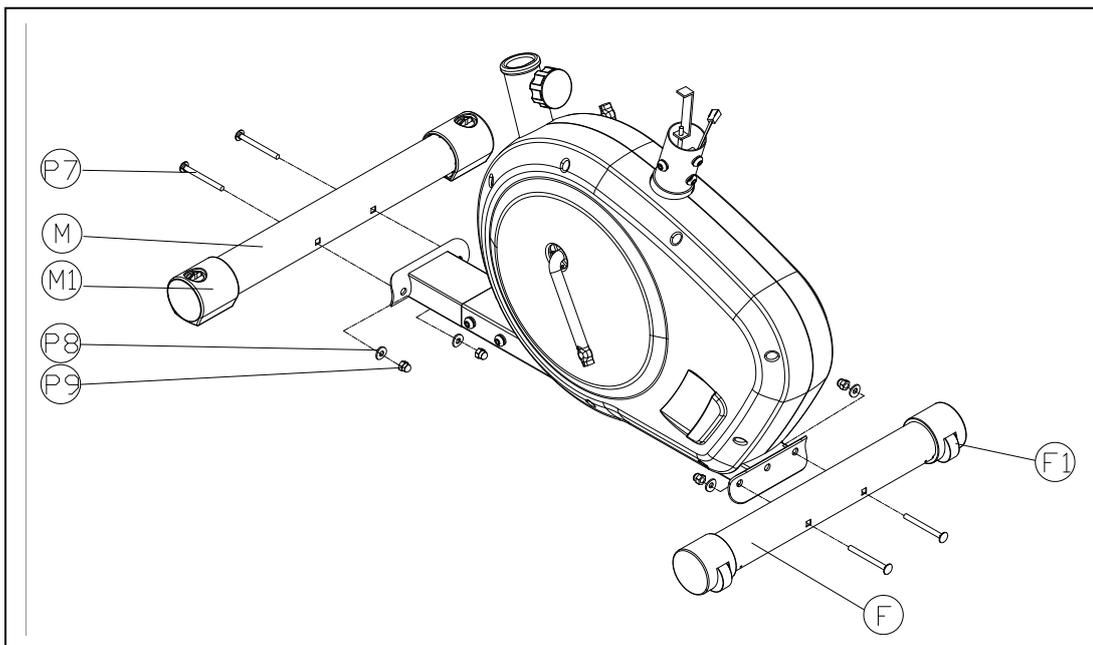
### Step 1

Assemble the base post (L) to the main frame with 5 screws(L3) and 5 washers(L2) and 5 spring washers(L1).



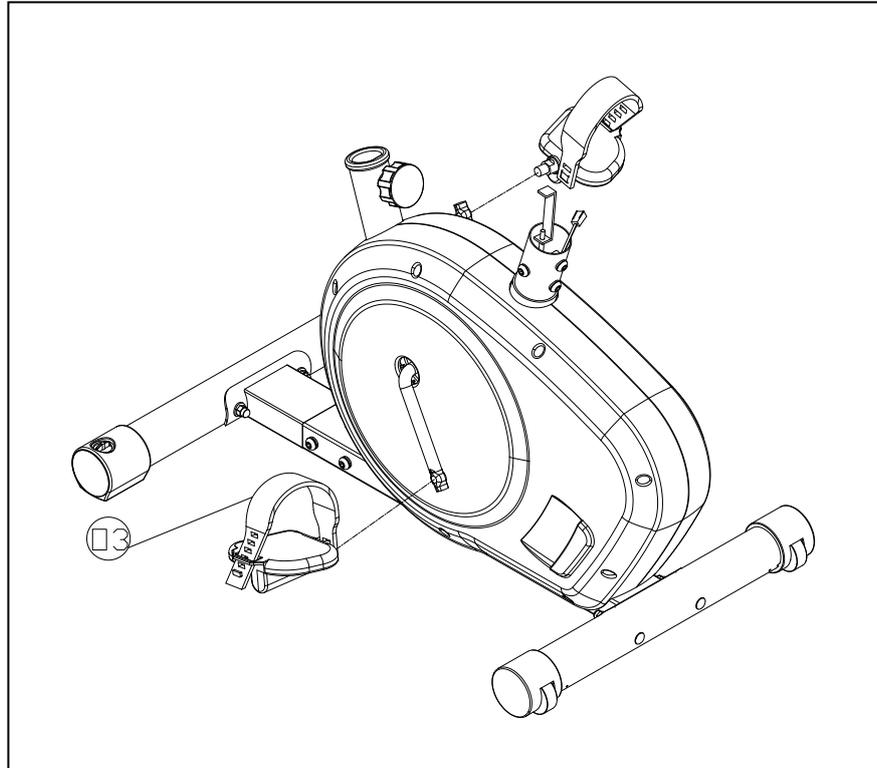
### Step 2

Fasten front and rear stabilizers each with 2 screws and washers to the base construction. After the assembly the bike can be adjusted to slightly uneven ground by adjusting the height of the foot caps in the back. The pre-assembled transportation wheels in the front allow easy manoeuvring of the bike: therefore the transportation-wheels need to point downwards to the front.



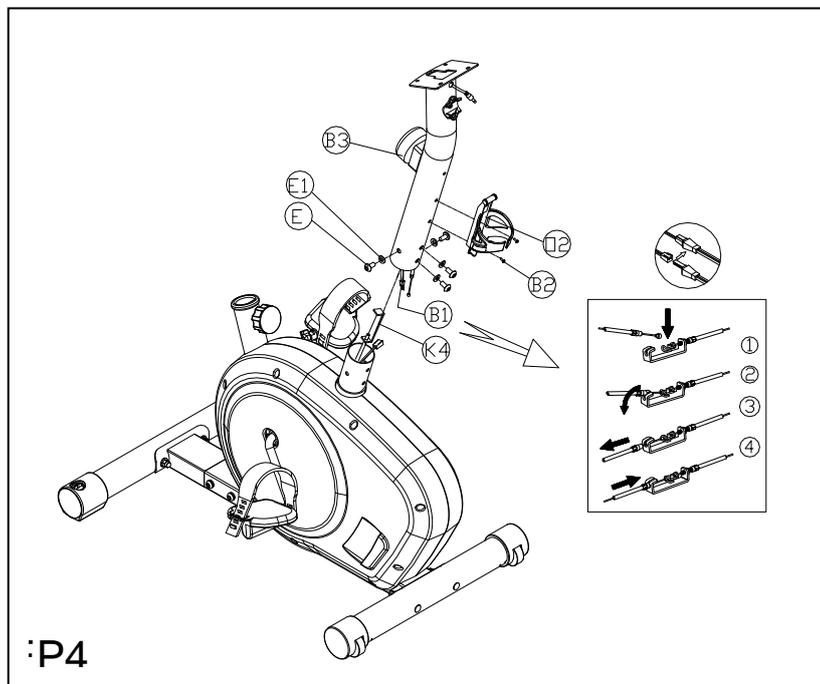
### Step 3

Screw pedals onto the crank. The pedals are marked with R and L at the screw. Tighten the left pedal anticlockwise, the right pedal clockwise.



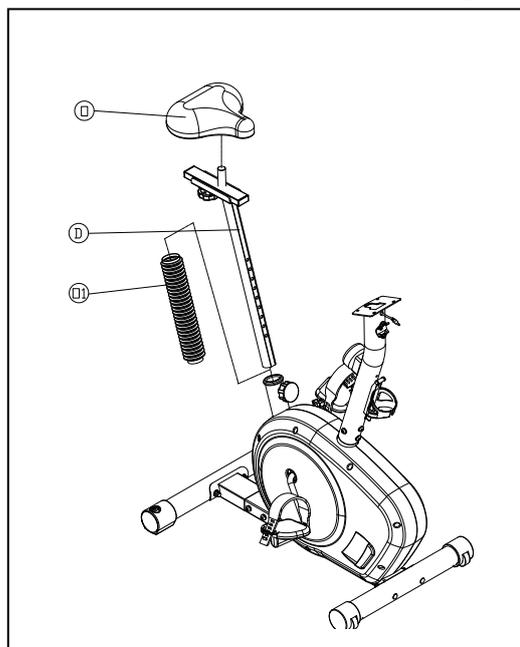
### Step 4

1. Pull the tension cable out of the handlebar post and ensure the tension knob is at lightest position (minimum position).
2. Connect the tension cable by pushing the head into the notch of the cable coming from the main frame. Connect the computer cables
3. First, loosen the pre-assembled screws. Then, put the handlebar post into the main frame and fix it with 4 hexagon screws and washers.
4. Fasten the Bottle Cage to the Handlebar Mast using the screws .



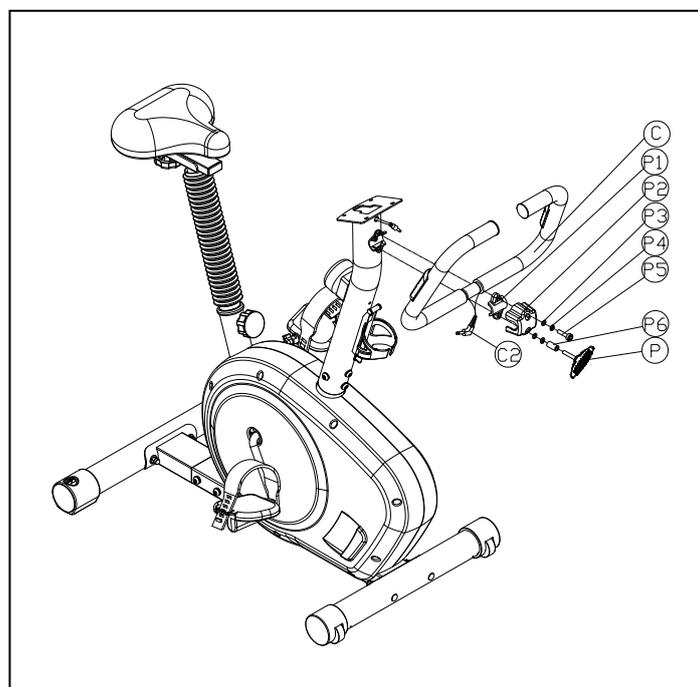
### Step 5

1. Assemble the saddle to the selector rail, position the rail onto the seat post and tighten using the butterfly knob.
2. Insert the seat post in the main frame, choose the desired position and tighten the knob. Ensure that the knob is always tightened.



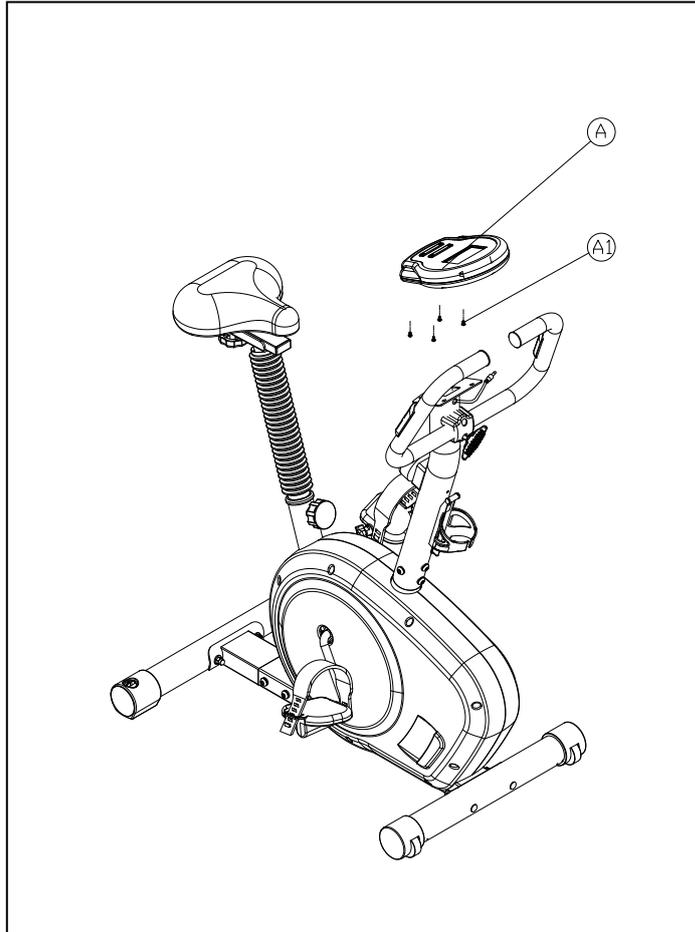
### Step 6

1. Place handlebar on the handlebar base, and position the metal cover on the top of handlebar.
2. Next assemble all together with screw, spring washer, flat washer. Please ensure it is tightened very well.
3. Place the plastic cover on the handlebar and insert T-shape knob into the metal cover and assemble with spring washer, flat washer. Ensure again it is tightened very well.



### Step 7

1. Mount the computer to the hold of the handlebar pole with the enclosed screws and connect the computer cables.
2. Plug the delivered hand-pulse wire for measuring the pulse rate in the socket at the computer.



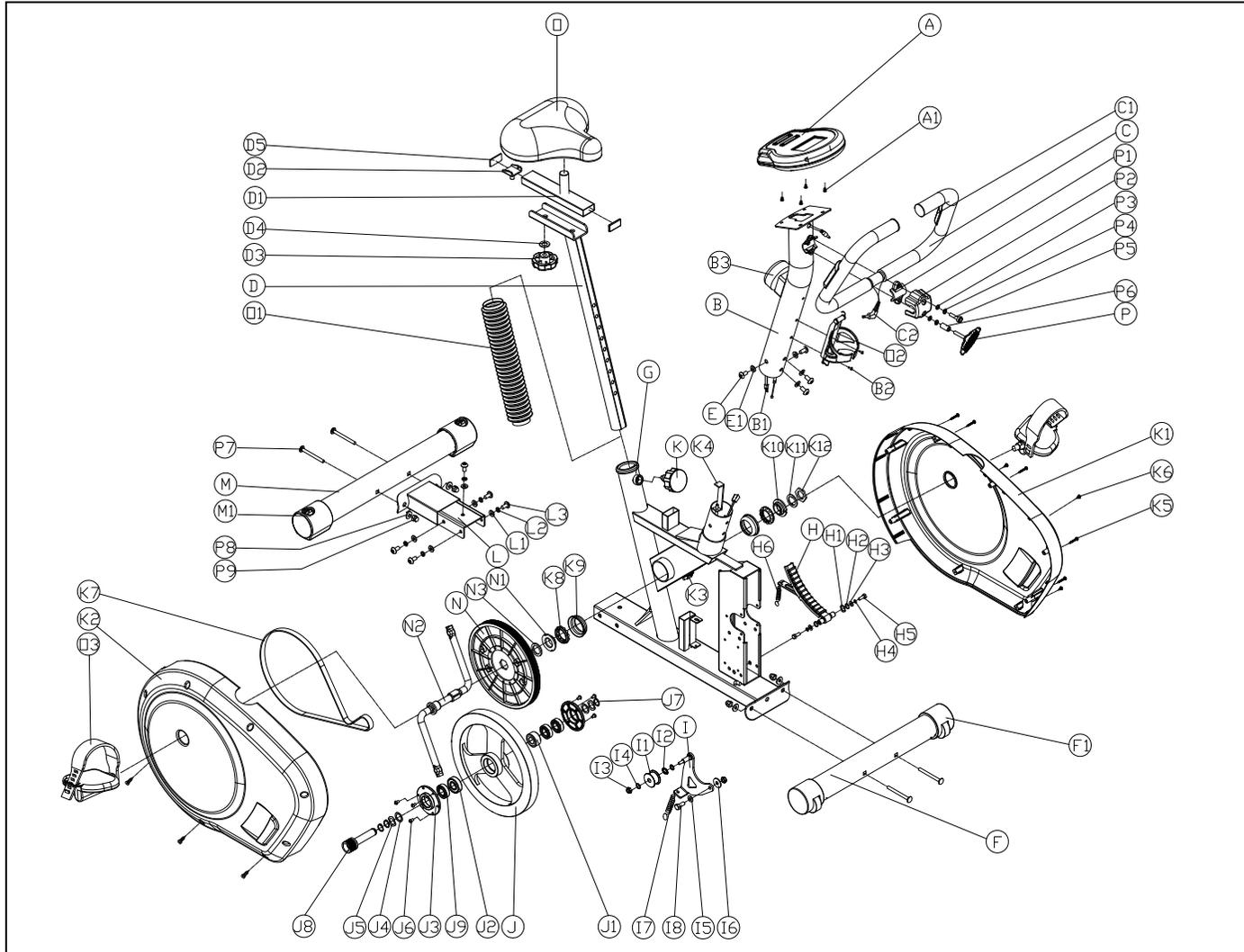
## PARTS LIST

PARTS NO.	DESCRIPTION	Q'TY
A,A1	Computer & Screw	1PCS
B	Handlebar Post	1PCS
B1	Sensor wire upper	1PCS
B2	Screw M5xP0.8x14L	2PCS
B3	Tension control upper	1PCS
C	Handlebar	1PCS
C1	Foam Grip	1SET
C2	Hand pulse	1SET
D	Seat post	1PCS
D1	Seat Slider	1PCS
D2	Bolt hex	1PCS
D3	Seat Slider Knob	1PCS
D4	Flat Washer	2PCS
D5	Cover of seat slider	2PCS
E	Bolt Allen	4PCS
E1	Washer	4PCS
F	Front stabilizer	1PCS
F1	Transport wheel	1SET
G	Main Frame	1PCS
H	Magnet system	1SET
I	Idler wheel set	1SET
J	Flywheel set	1SET
K	Knob for seat post	1PCS
K1	Chain cover (Left)	1PCS
K2	chain cover(Right)	1PCS

K3	Sensor Box	1PCS
K4	Tension control lower	1SET
K5	Screw M4x50L	5PCS
K6	Screw 3/16" ( #10 ) x3/4"	6PCS
K7	Belt J6 990m/m	1PCS
K8~K12,N1,N3	B.B. SET	1SET
L	Main frame post	1PCS
L1	Flat Washer	5PCS
L2	Spring Washer	5PCS
L3	Bolt Allen	5PCS
M	Rear stabilizer	1PCS
M1	End cap	1SET
N	Pulley wheel	1PCS
N2	Crank	1PCS
O	Seat	1pcs
O1	Bellow for seat post	1PCS
O2	Bottle cage	1PCS
O3	Pedal	1SET
P	T knob	1PCS
P1	Clamp for handlebar	1PCS
P2	Clamp cover	1PCS
P3	Flat Washer	2PCS
P4	Spring Washer	2PCS
P5	Bolt for Handlebar	1PCS
P6	Bushing for T knob	1PCS
P7	Bolt Carriage	4PCS
P8	Washer	4PCS
P9	Hex Nut	4PCS



# EXPLODED-VIEW ASSEMBLY DRAWING



# **Monitor manual instruction**

## **ST7610-7**



### **FUNCTION BUTTON**

- MODE** Press "Mode" button to preset TIME, DISTANCE, CALORIES and PULSE.  
Press "Mode" button for selection, or enter after setting up.
- SET** To set up the value of TIME, DISTANCE, CALORIES and PULSE. You can hold the button to increase the value faster. (The monitor has to be in stop condition.)
- RESET** The user may press "RESET" button to reset each function: Time, Distance, Calorie, Pulse or hold on for 2 seconds for total reset.  
(When the user replace batteries, all the values will reset to ZERO automatically.)
- RECOVERY** To act the heart rate recovery function after training.

### **FUNCTIONS**

- SCAN** Display all function from RPM - SPEED - DISTANCE - CALORIES - PULSE.
- RPM** Displays the Rotation Per Minute. The RPM and SPEED will switch to another display in every 6 seconds after exercise starts.
- TIME** Accumulates workout time from 00:00 up to 99:59. The user may preset target time pressing SET button. Each increasement is 1 minute.
- SPEED** Displays current training speed. Maximum speed is 99.9 KM/H or MILE/H.
- DISTANCE** Accumulates total distance from 0.00 up to 99.99 KM or MILE. The user may preset target distance by pressing SET button. Each increasement is 0.1KM or MILE.
- CALORIE** Accumulates calories consumption during training from 0 to maximum 9999 calories.  
(This data is a rough guide for comparison of different exercise sessions which can not be used in medical treatment.)
- PULSE** After you hold two hands to the handgrip sensors, the monitor will display your current heart rate figures. Before training starts, you may set up a target figure, when the heart rate is exceed to this target, the monitor will show a blink heart rate symbol to remind you.
- TEMPERATURE** Displays current room temperature from 0°C to 60°C.

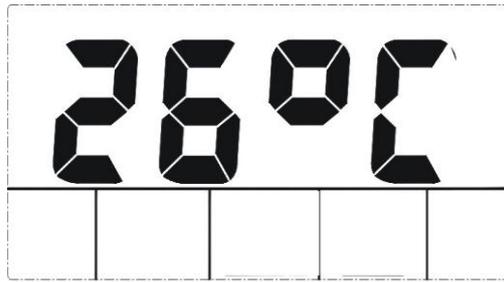
### **OPERATION ORDER**

1. Installs 2 pieces of 1.5V #3 batteries, then the screen will display as following

"Drawing A" and have "Bi" sound at the same time.



Drawing A



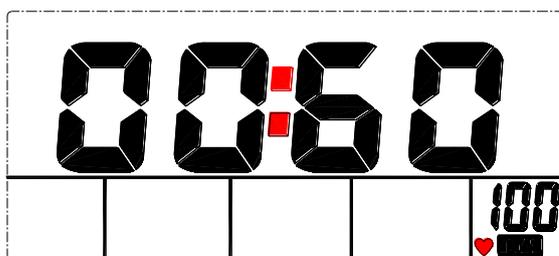
Drawing B

2. Get access to the set-up mode of TIME/DISTANCE/CALORIES/PULSE. When you are in each set-up mode. For instance the time set-up, when the time value is blinking, you can press "SET" button to adjust the number. Press "Mode" button for confirmation and skip to next set-up. The set-up of DISTANCE & CALORIES is the same as TIME set-up.
3. After entering RPM value, and setting up the TIME, DISTANCE, CALORIES/PULSE. In SCAN mode shown as "Drawing C". RPM/SPEED/TM/DIST/CAL/PULSE will skip to display every 6 seconds. The order is as below "Drawing C"

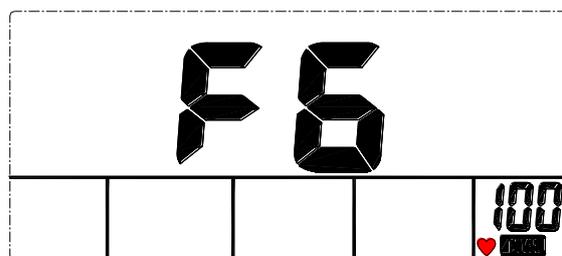


Drawing C

4. You can also press "Mode" button to select single function display except RPM & SPEED function. The RPM & SPEED function will switch display.
5. When there is any function has been preset the target (TIME or DISTANCE or CALORIES), the function will be counting down from the preset to zero while the training starts. Once the target is achieved to zero, the monitor start to beep for 8 seconds, and the function will be counting up from zero directly if the training is going.
6. **RECOVERY**
  - (1) When press "RECOVERY" button, the RECOVERY function will work. At this time only PULSE and TIME is working, other function will not be displayed, and the Sensor Input is not available. TIME start to count down from "00:60". Pulse signal will be blinking according to user's pulse. When count down to "0", it will show F1~F6.
  - (2) LCD display as follows: (RECOVERY start condition & end condition)



Drawing D



Drawing E

- (3) If the count down action to 00:00 is not completed and there is no pulse signal. The count down action have to be done and shown F6.
- (4) If you press the RECOVERY button prior to count down to 00:00, it will be end the function and there will be no display at all.

**NOTE**

1. Stop training for 4 minutes, the main screen will be off and display the room temperature automatically.
2. If the computer displays abnormally, please re-install batteries and try again.
3. Battery Spec: 1.5V UM-3 or AA (2PCS).

