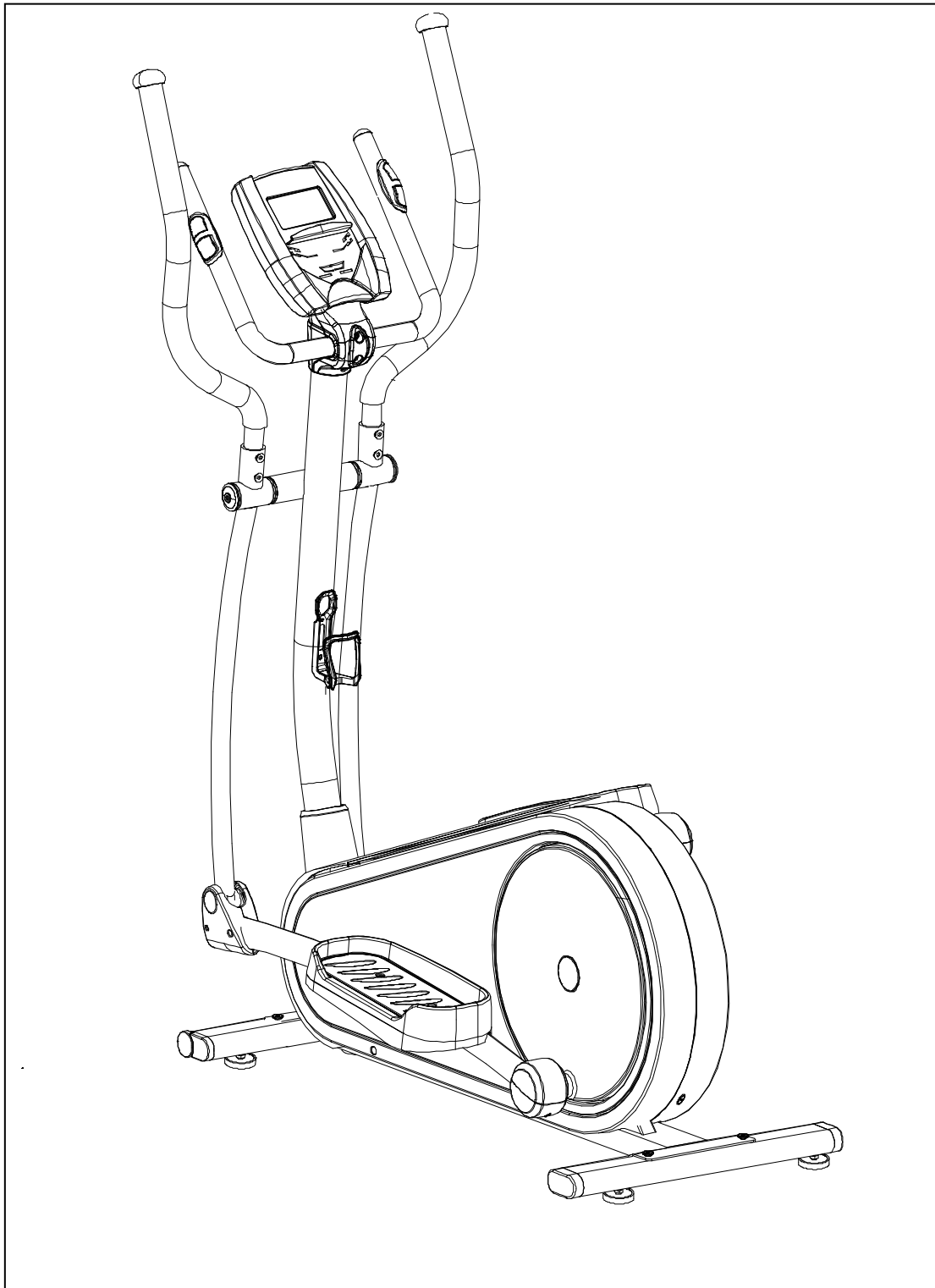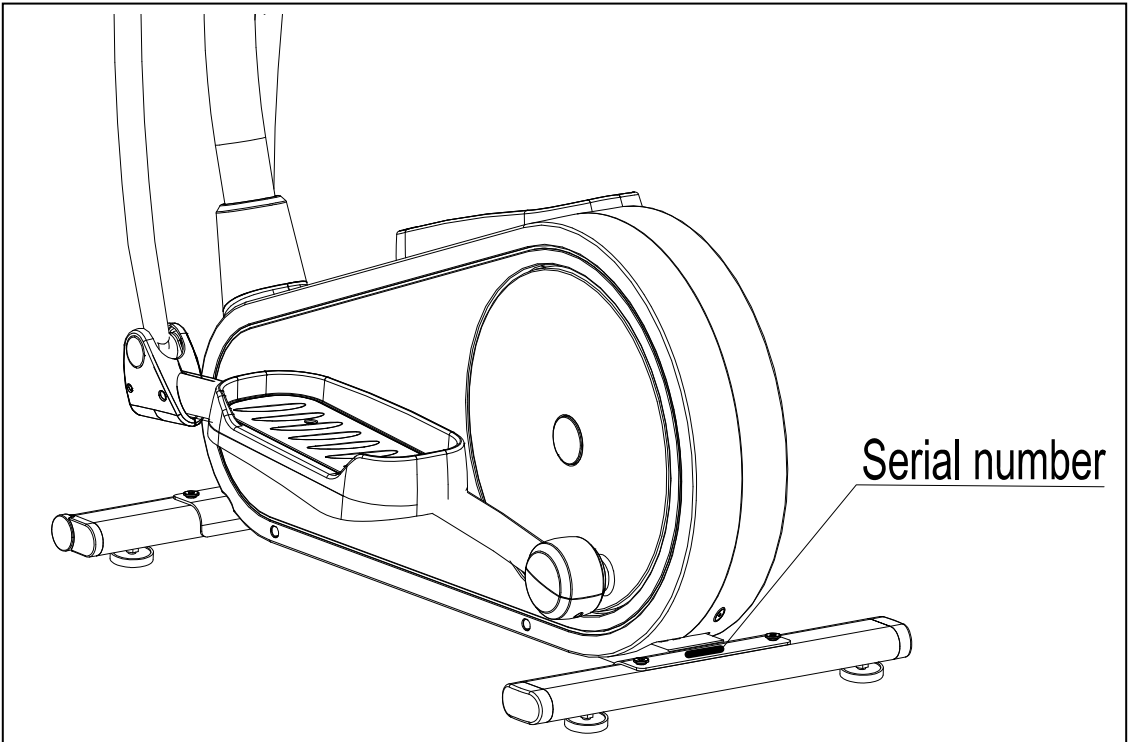# Casall INFINITY 1.2X
CROSSTRAINER
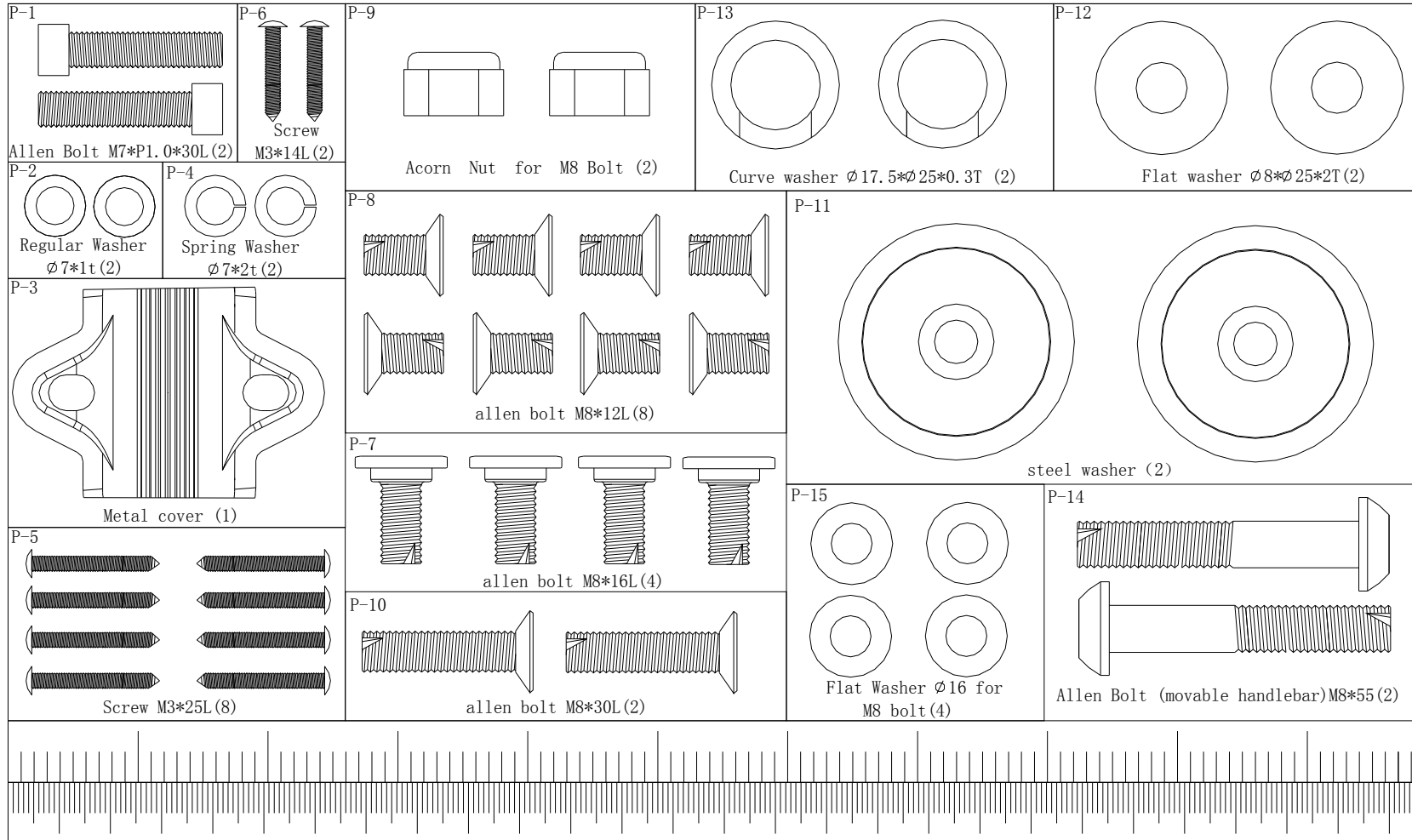# 93008

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

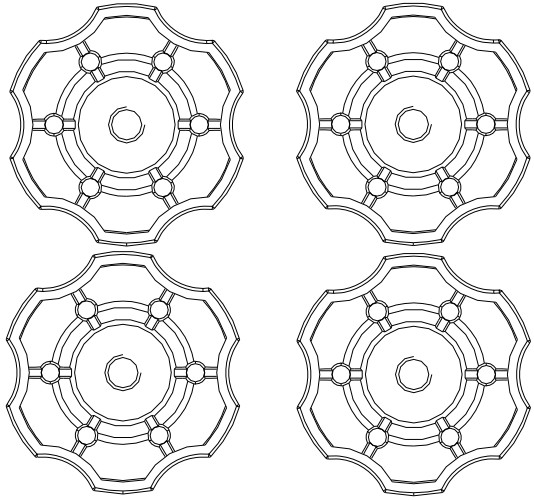Serial number

Serial number here:

INFINITY 1.2X

P-1
Allen Bolt M7*P1.0*30L(2)

P-6
Screw
M3*14L(2)

P-9
Acorn Nut for M8 Bolt (2)

P-13
Curve washer ∅17.5*∅25*0.3T (2)

P-12
Flat washer ∅8*∅25*2T(2)

P-2
Regular Washer
∅7*1t(2)

P-4
Spring Washer
∅7*2t(2)

P-3
Metal cover (1)

P-5
Screw M3*25L(8)

P-8
allen bolt M8*12L(8)

P-7
allen bolt M8*16L(4)

P-10
allen bolt M8*30L(2)

P-11
steel washer (2)

P-15
Flat Washer ∅16 for
M8 bolt(4)

P-14
Allen Bolt (movable handlebar)M8*55(2)

INFINITY 1.2X

P-16

Knob (foot pedal)M6*P1.0 (4)

Box Spanner (1)

Allen Key(2)

P-17

Carrage bolt M6*P1.0*40L (black)(4)

P-18
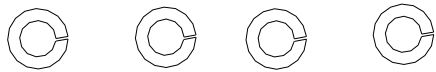
Spring Washer for handlebar bolt ⌀6(black)(4)

P-19

Pivot Tube(4)
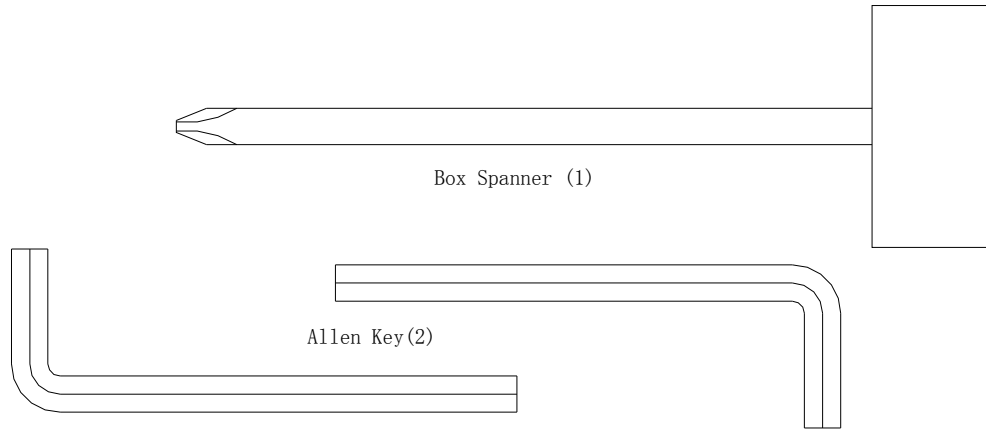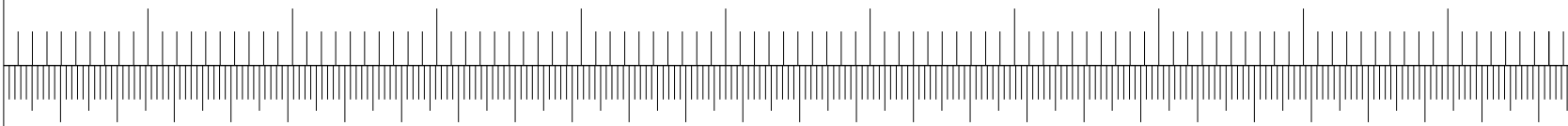
Assembly Diagram
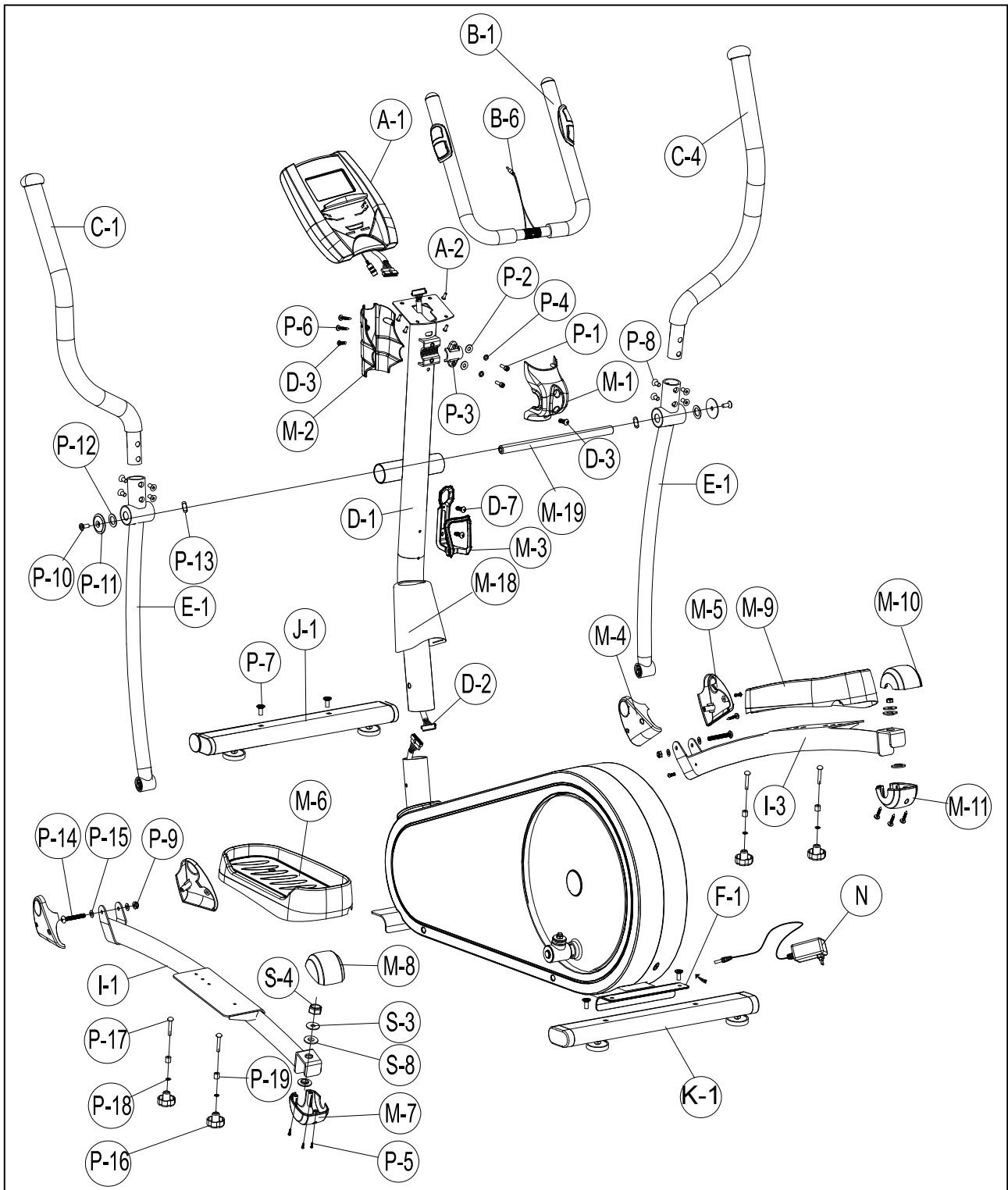
EXPLODED DIAGRAM
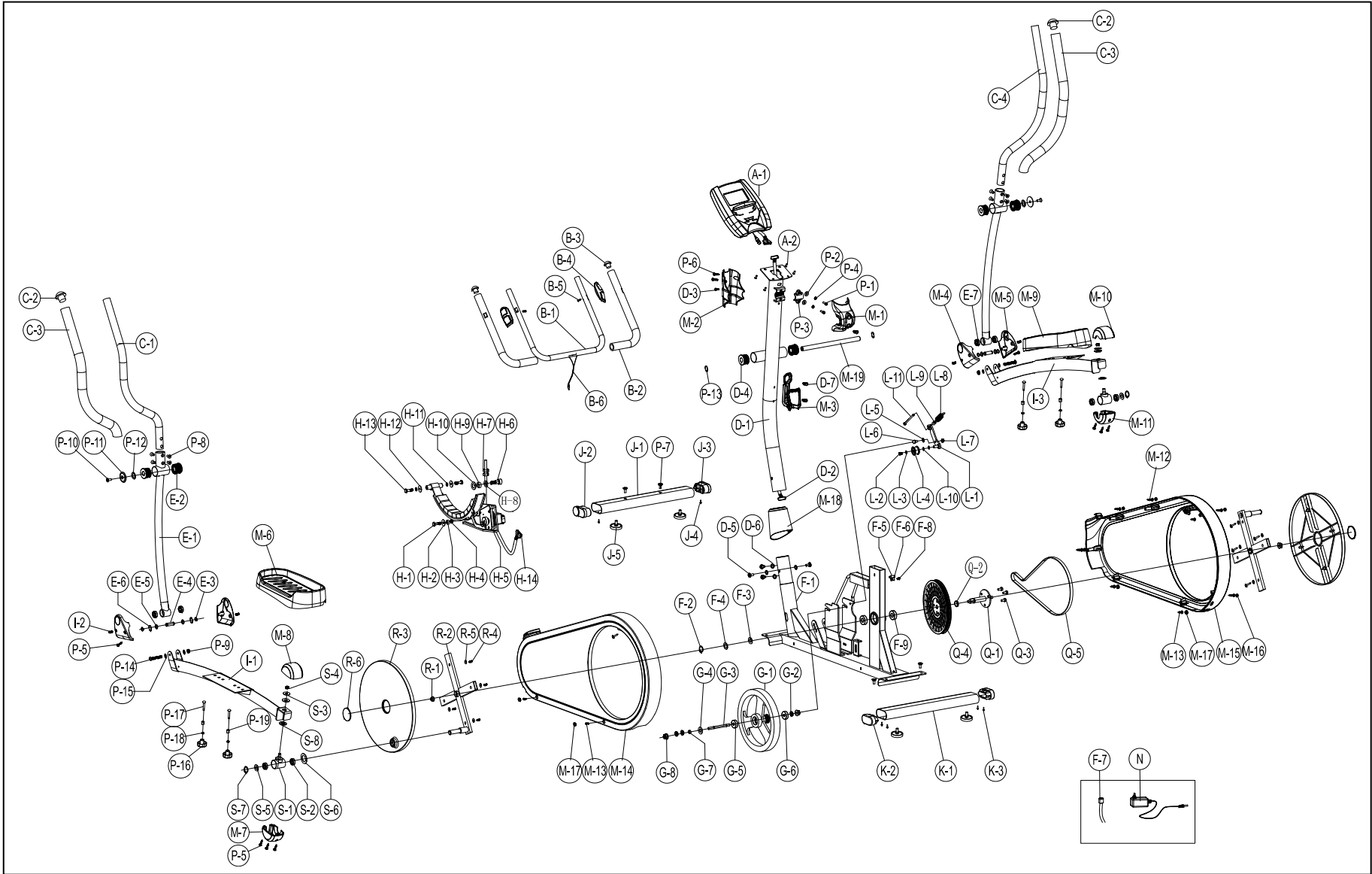
PARTS LIST

No.	Item	spec.	Q'ty
A , A-1	Computer & Screw for computer		1SET
B-1	Front handlebar		1PC
B-2	Foam grip for front handlebar		2PCS
B-3	End cap for foam grip	φ7/8"	2PCS
B-4	Hand pulse	WP1007-33B	1SET
B-5	Screw	M3x20L	2 PCS
B-6	Wire for hand pulse		1 PC
C-1	Upper handlebar (L)		1SET
C-2	End cap for upper handlebar (R&L)	φ1 1/4"	2PCS
C-3	Foam grip for upper handlebar		2PCS
C-4	Upper handlebar (R)		1PC
D-1	Handlebar post		1PC
D-2	Upper computer cable		1PC
D-3	Screw for computer cover	M5x14L	2PCS
D-4	Bushing		2PCS
D-5	Allen bolt	M8x16	4PCS
D-6	Flat washer	φ12xφ19x1t	4PCS
D-7	Screw for bottle holder	M5x20L	4PCS
E-1~E7	First-lower handlebar (R& L)		1SET
F-1	Main frame		1SET
F-2	C-type ring	φ12	1PC
F-3	Wave washer	φ20xφ30x0.3t	1PC
F-4	Flat washer	φ20.3xφ30x1t	1PC
F-5	Sensor box		1PC
F-6	Sensor holder		1PC
F-7	DC cable		1PC
F-8	Screw	M4x10L	1PC
F-9	Bearing	6004RS	2PC
G1~G-8	Flywheel set		1SET
H	Magnetic set & Gear box		1SET
I-1	Pedal post (Left)		1PC
I-2	Screw	M5x14L	4PC
I-3	Pedal post (Right)		1PC
J-1~J-3	Front stabilizer set		1SET
K-1~K-3	Rear stabilizer set		1SET

|			
L-1~L-11	Idler wheel set		1SET
M-1	Front cover for computer		1PC
M-2	Rear cover for computer		1PC
M-3	Bottle holder		1PC
M-4	Front cover (Left) for pedal post		2PCS
M-5	Front cover (Right) for pedal post		2PCS
M-6	Pedal (Left)		1PC
M-7,M8	Left rear cover (upper/down) for pedal post		1SET
M-9	Pedal (Right)		1PC
M-10,M-11	Right rear cover (upper/down) for pedal post		1SET
M-12	Screw for chain cover	M4x50L	5PCS
M-13	Screw for chain cover	M5x16L	6PCS
M-14	Left chain cover		1PC
M-15	Right chain cover		1PC
M-16	Cap for chain cover screw holes	Oval	5PC
M-17	Cap for chain cover screw holes	Round	4PC
M-18	Cover for handlebar post		1PC
M-19	Axle for first-lower handlebar		1PC
N	Adaptor		1PC
P-1~P-19	Bolts & nuts pack		1SET
Q-1	Shaft		1PC
Q-2	Bushing	ϕ20.5xφ25x7.5mmL	1PC
Q-3	Hexagonal screws	M8xP1.25x12Lx5t	3PCS
Q-4	Big pulley		1PC
Q-5	Belt	J6 1219m/m	1PC
R-1	Nut	M10xP1.25x10T	2PC
R-2	Cross disc		2PCS
R-3	Round disc		2PCS
R-4	Screw	M4x14L	8PCS
R-5	Flat washer	ϕ5xφ16x1t	9PCS
R-6	Cap for round disc		2PCS
S-1~S-8	Crank connation set		2SET

ASSEMBLY STEPS

STEP 1
Attach the Front Stabilizer (pt.J-1) to the Main Frame (pt.F-1) using two Allen bolt (pt.P-7)
Attach the Rear Stabilizer (pt.K-1) to the Main Frame (pt.F-1) using two Allen bolt (pt.P-7).
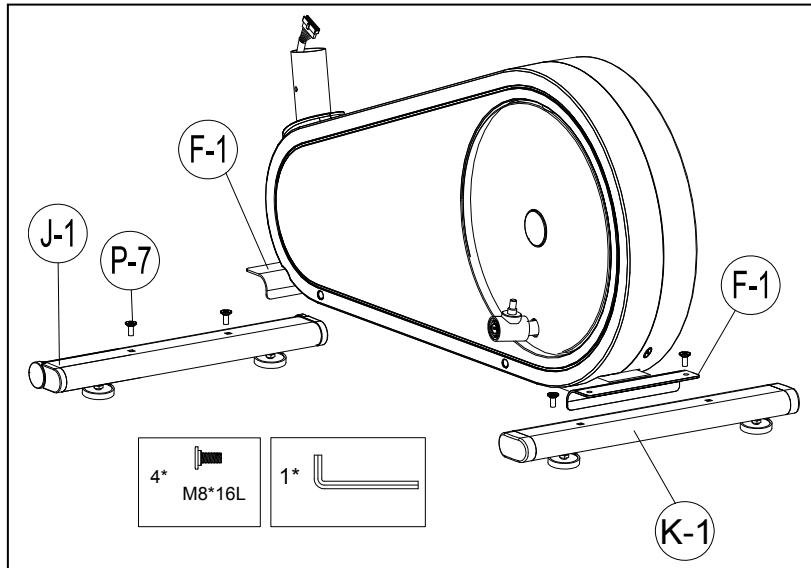

STEP 2
 1. Please remove four sets of the M8x16 Allen bolt (pt.D-5) and Flat Washer (pt.D-6)from
    the Main Frame (pt.F-1)
2. Take the Handlebar post (pt.D-1) and pass it through the Handlebar post cover (pt.M-18).
3. Hold the Handlebar Post (pt.D-1) and connect the Lower Computer Cable (pt.H-14)
   and the Upper Computer Cable (pt. D-2)
4. Slide the Handlebar Post (pt.D-1) into the Main Frame then fix with four sets of M8x16
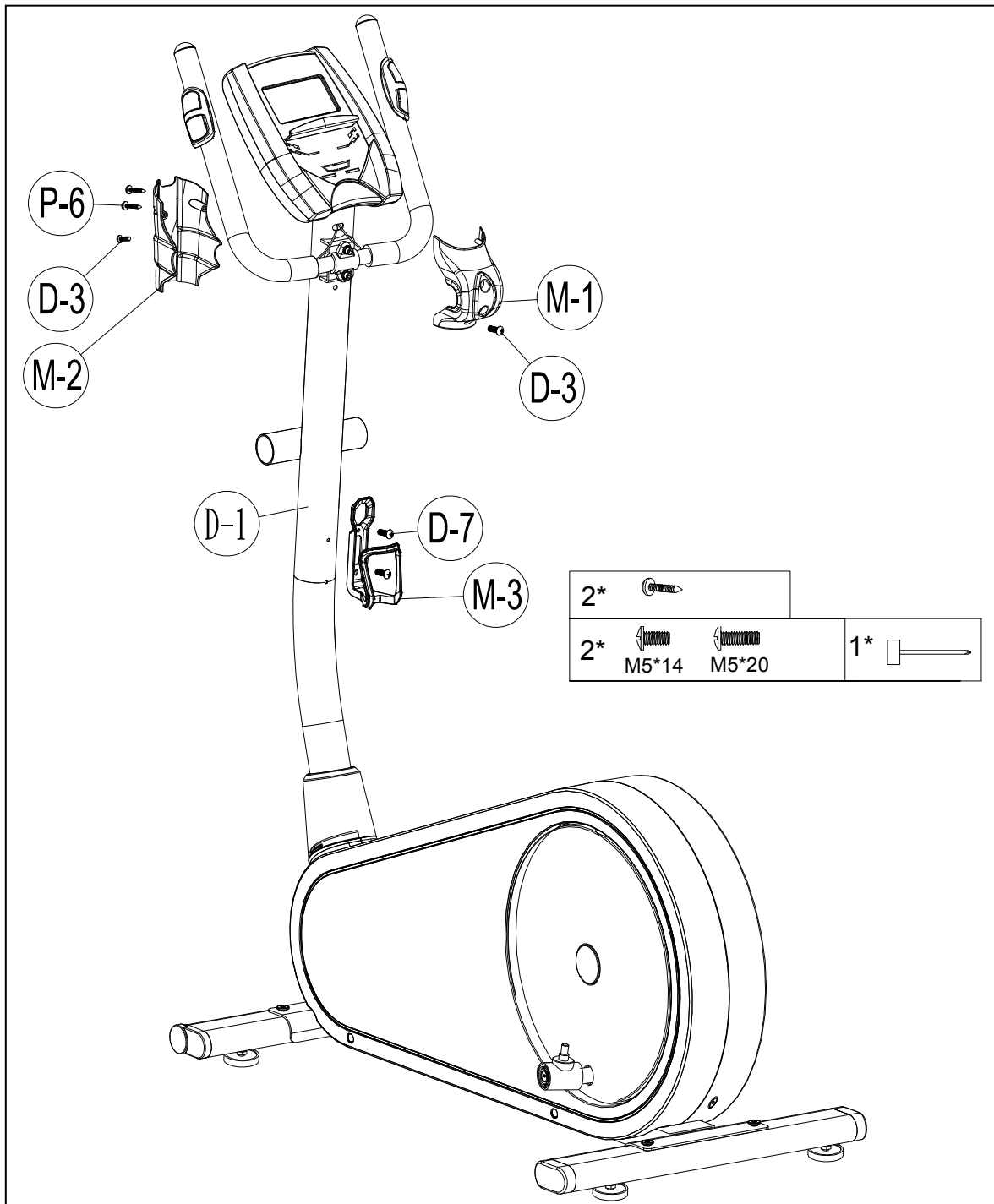Allen bolt (pt.D-5) and Flat Washers (pt.D-6)
.
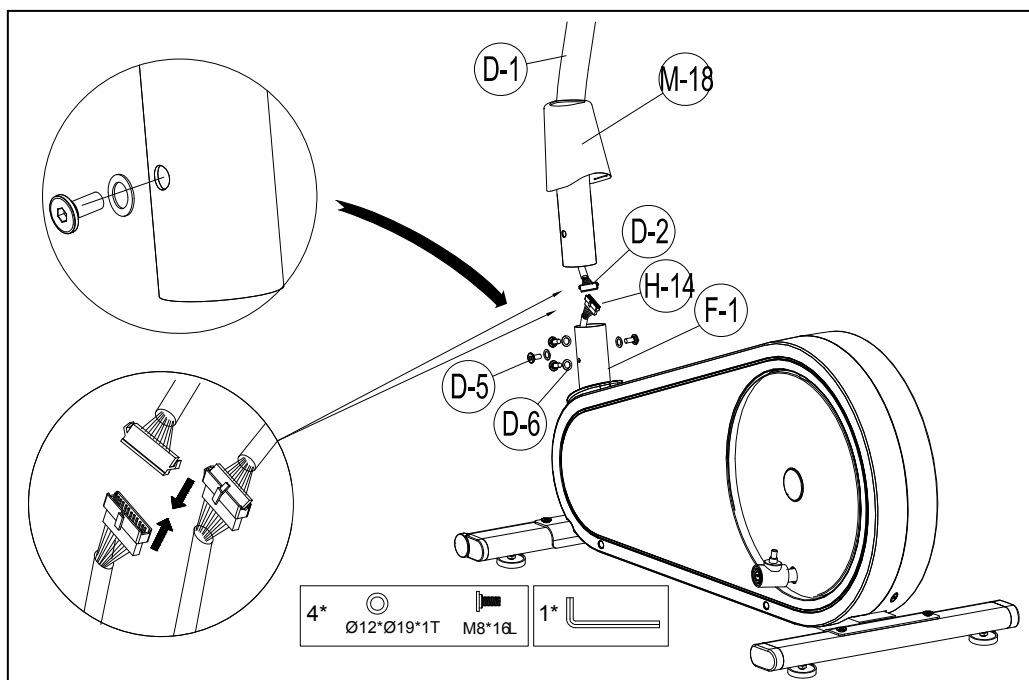
STEP 3

1. Attach the Front handlebar (pt.B-1) to the Handlebar post (pt.D-1) using the clamp cover (pt.P-3), and then fix with two Flat Washers (pt.P-2), two Spring Washers (pt.P-4), two Fixing Bolt (pt.P-1).

2. Pass the hand-pulse wire (pt.B-6) through the hole.

3. Connect the Computer cables (pt .D-2) and connect the Hand pulse wire (pt.B-6), then attach the Computer (pt .A-1) to the Computer bracket with the enclosed Screws (pt .A-2).
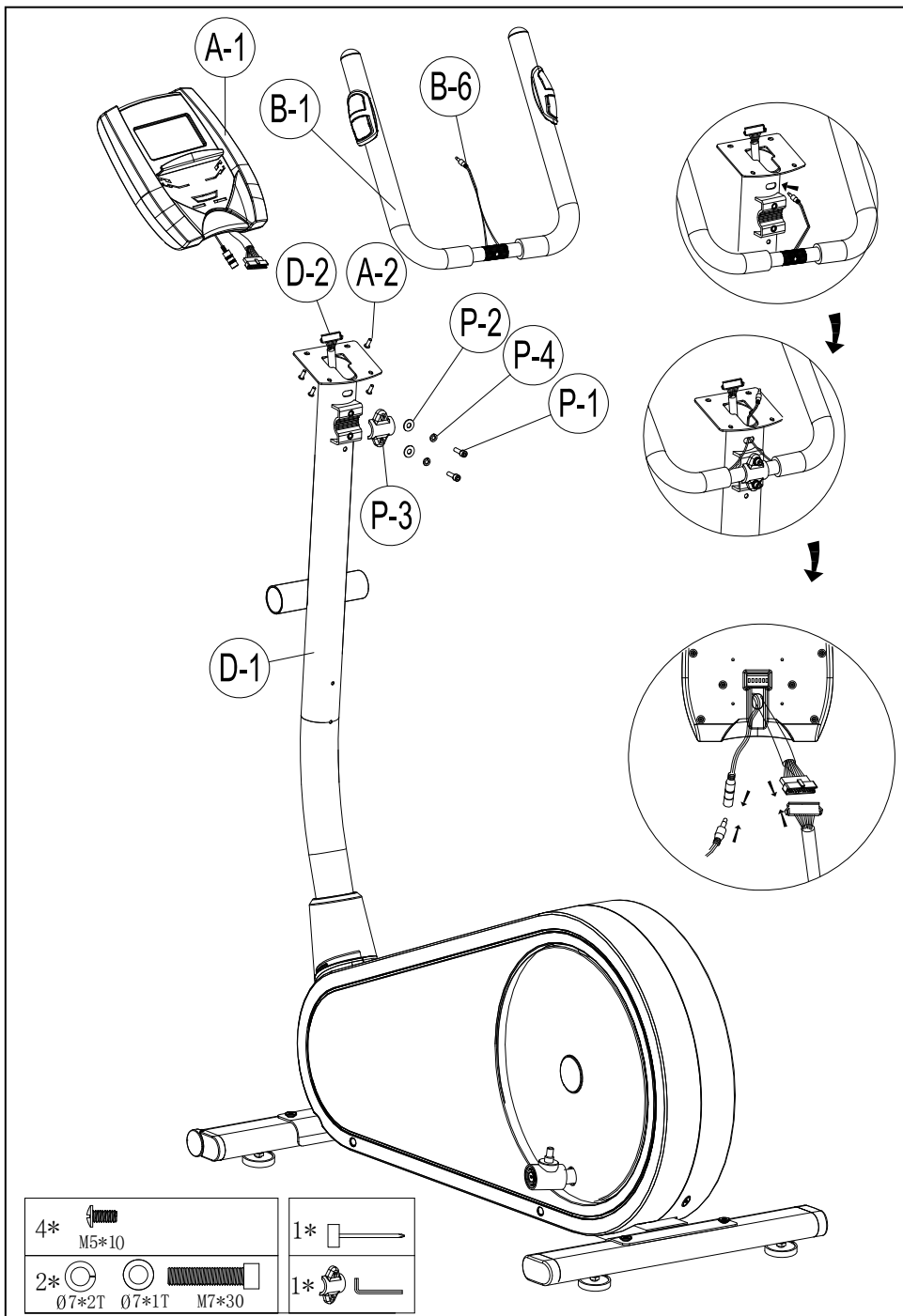
STEP 4

1. Remove the pre-installed Screws (pt.D-3) on the handlebar post first.

2. Attach the Rear cover (pt.M-2) using two of Screws (pt.P-6) and one of Screws (pt.D-3) .

3. Attach the Front cover (pt.M-1) using Screws (pt.D-3)

4. Remove the pre-installed Screws (pt.D-7) on the handlebar post, and then assemble the Bottle holder (pt.M-3) by Screw (pt. D-7).

STEP 5   Fix the two Lower handlebar (pt.E-1) to the Handlebar Post (pt.D-1) with one Axle (pt.M-19), two sets of Wave washer (pt.P-13), Flat washers (pt.P-12) and Gasket (pt.P-11) and Allen bolt   (pt.P-10).

Pay attention : Please use two allen key tools to fix bolt (P-10) on both side at the same time.

| 2* | steel washer | Ø10*Ø26*2T | Ø17.5*Ø25*0.3T | M8*30L | 1* | |
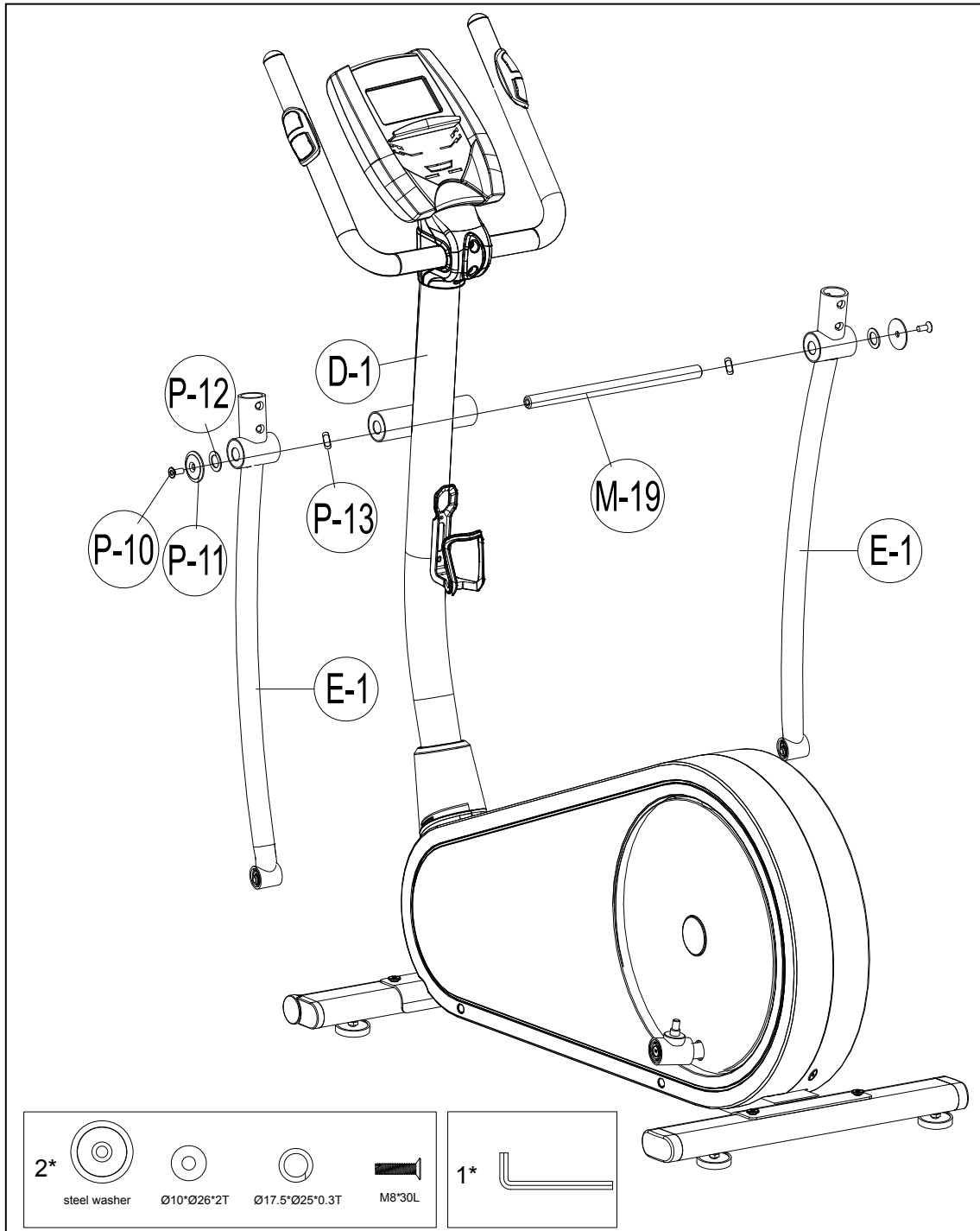
STEP 6

1. Attach the Left and Right lower Handlebar (pt.E-1 L/R) to the Left and Right pedal post (pt.I-1 & I-3) using two Allen bolt (pt.P-14), four Flat washers (pt.P-15) and two Nylon nuts (pt.P-9). --- **Figure A**

2. Attach the Pedal post (pt.I-1 & I-3) onto the Crank connation set using one of Nylon nuts (pt.S-4), Flat washers (pt.S-3) and Plastic washers (pt.S-8). --- **Figure B**

3. Connect the Right rear cover (upper) (pt.M-8) and Right rear cover (lower) (pt.M-7) to the Left pedal post (pt.I-1) using screw (pt.P-5). --- **Figure C**

4. Connect the Left rear cover (upper) (pt.M-10) and Left rear cover (lower) (pt.M-11) to the Right pedal post (pt.I-3) Using screw (pt.P-5).

.
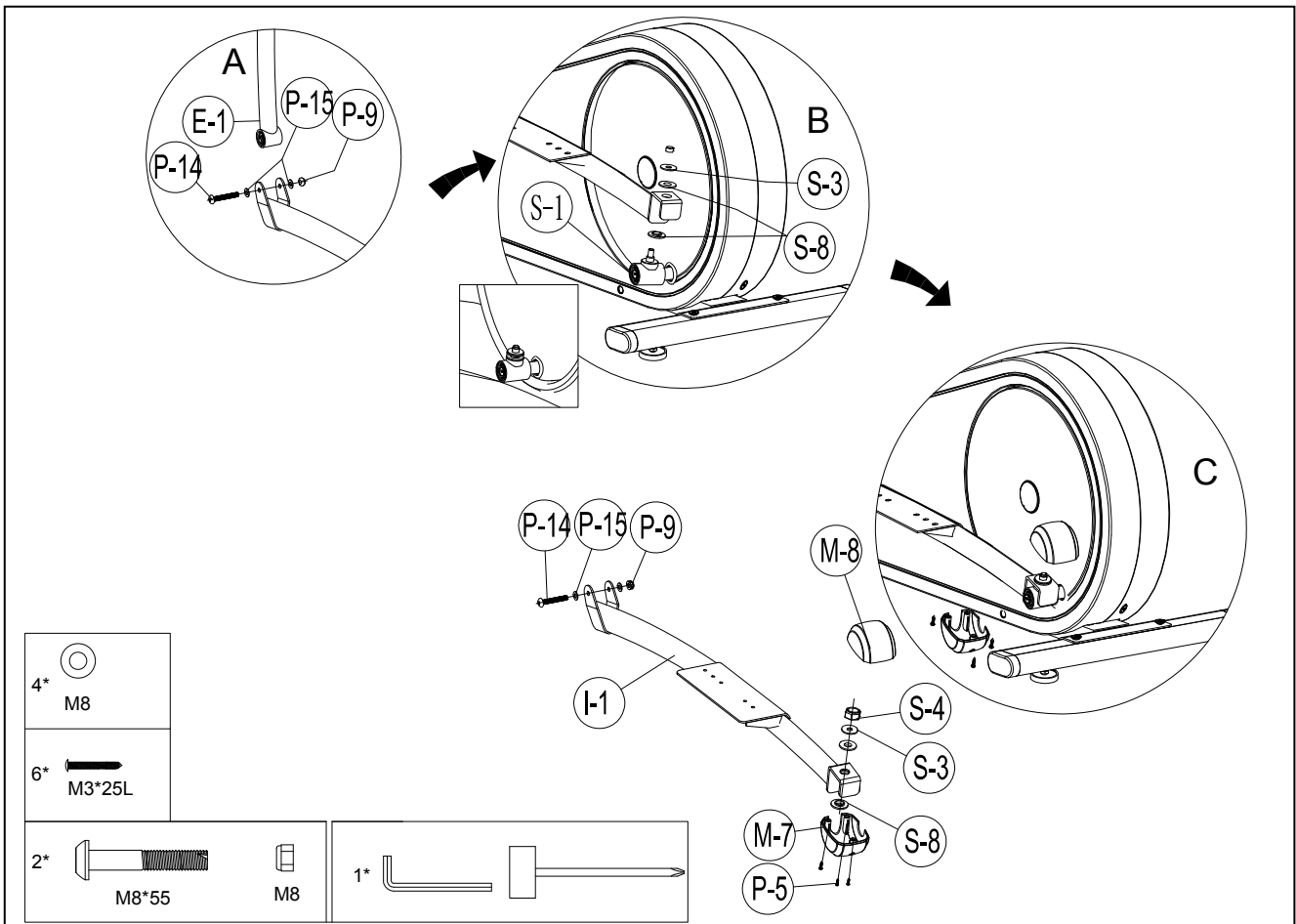
STEP 7

1. Remove the pre-installed screws (pt.I-2) on the Pedal post first.

2. Attach the Lower handlebar (E-1 R/L) to the left and right pedal post (I-1), and then close the cover (M-4 & M-5) using screws (pt.P-5 & I-2).

3. Assemble the Right pedal (pt.M-9) onto the Pedal post (pt. I-3) with 2 Knobs (pt. P-16), 2 Spring washers (pt.P-18),2 Bushings (pt.P-19) and 2 Carriage bolts (pt.P-17).

4. Assemble the Left pedal (pt.M-6) onto the Pedal post (pt. I-3) with 2 Knob (pt. P-16), 2 Spring washers (pt.P-18),2 Bushings (pt.P-19) and 2 Carriage bolts (pt.P-17).
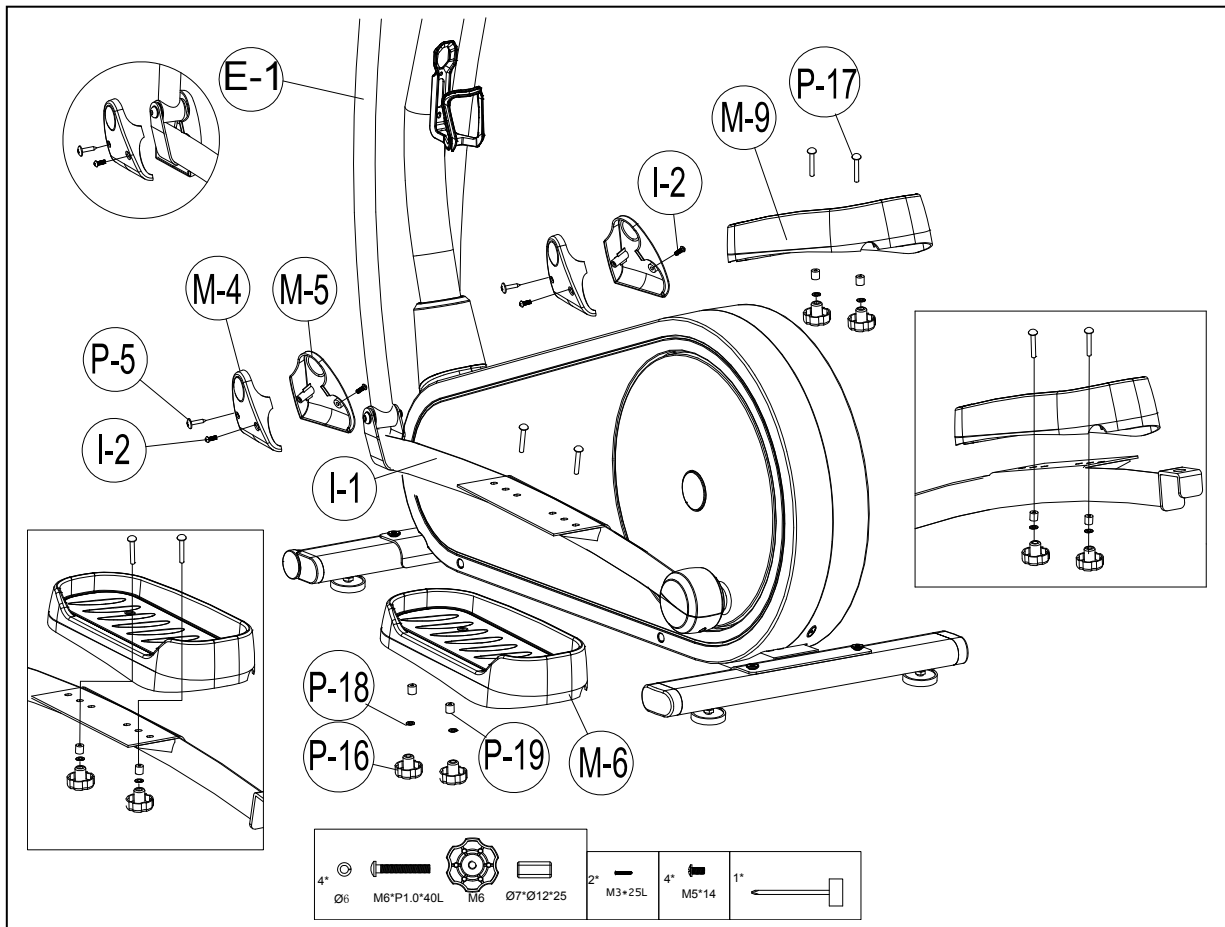
STEP 8   Slide the Upper handlebar post (C-1,C-4) (R/L) into the Lower handlebar (E-1) and then fix with the eight Allen bolts (P-8)

C-1

C-4

E-1

P-8

8*
M8*12L

1*
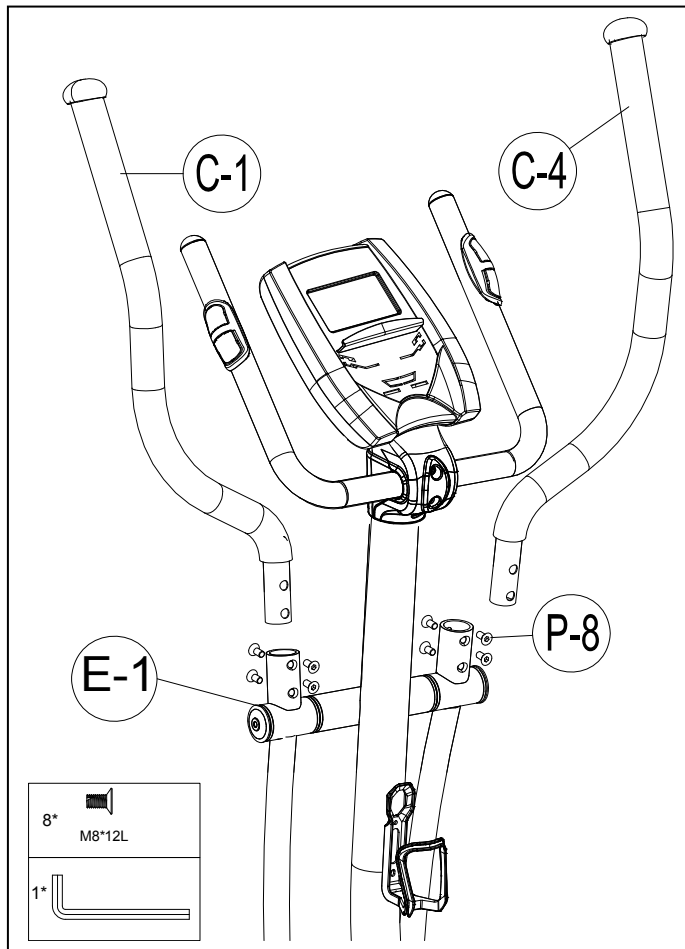
STEP 9
Connect the adaptor (N) to the DC hole (located on the back of the chain cover).
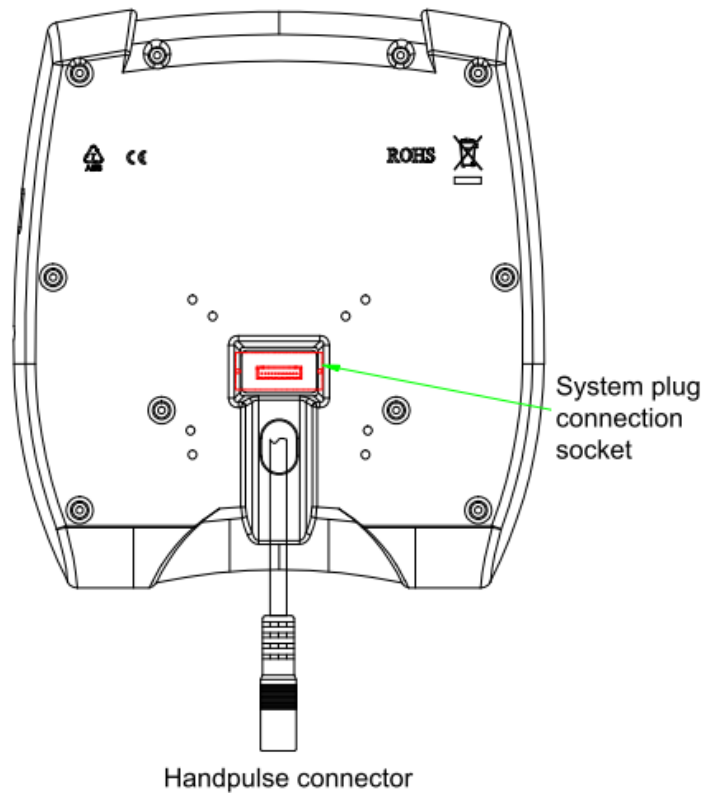
N
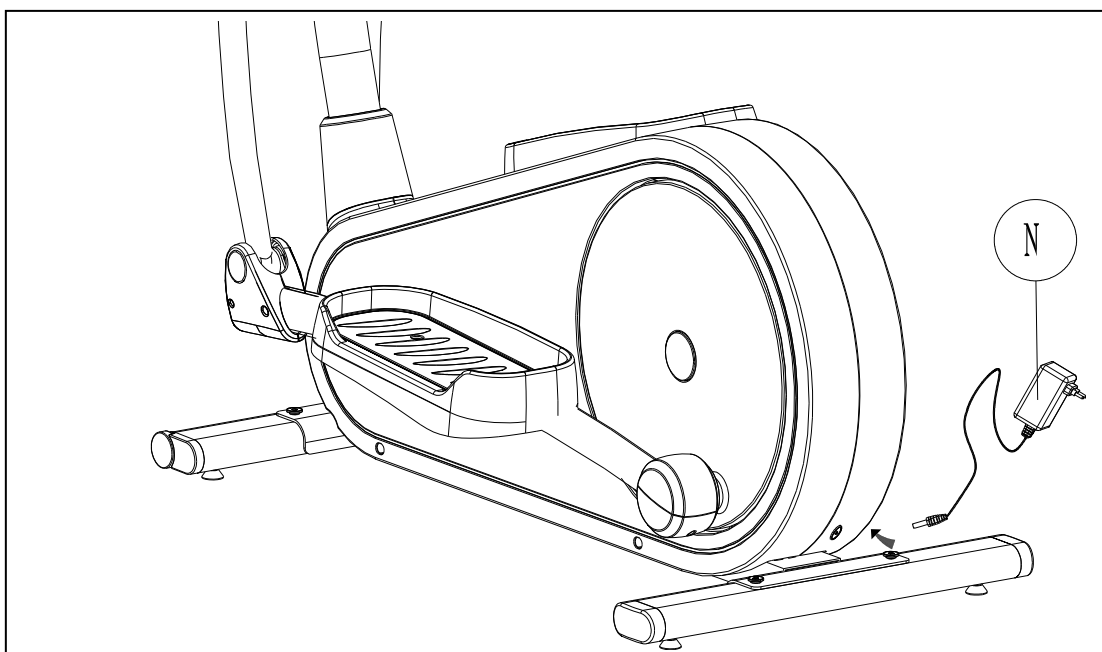
SM1705-67 INSTRUCTIONAL MANUAL

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 work out.

System plug connection socket

Handpulse connector

As soon as the computer is connected with power supply, an acoustic signal sounds and all of the displays are shown on LCD for 2 seconds, then showing wheel diameter.
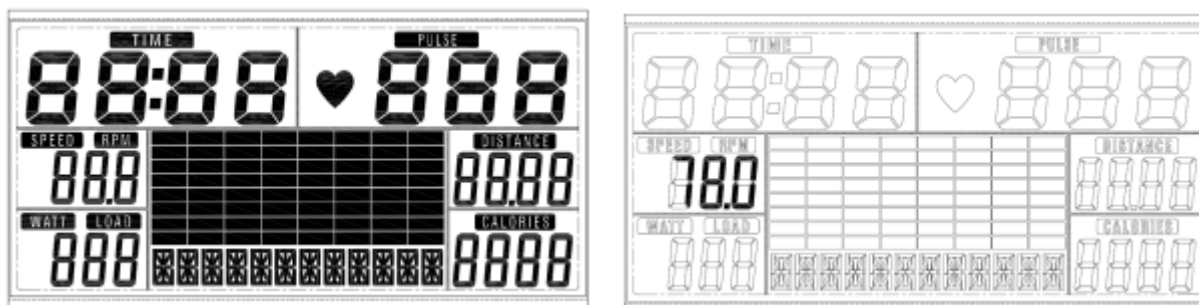
If no button are pressed and the pedals have not been moved for approx. 4 minutes, the computer will switch to power saving mode. All setting and data will be saved until user start next training.

DISPLAY & BUTTON FUNCTIONS

Training Values	Display Range	Description/ Setting Range
RPM	0~999	-Revolution per minute
TIME	0.0 ~ 99:99min.	-User exercising time displaying; -Setting range 0:00~99:00.
SPEED	0~99.9km	-User exercising speed.
DISTANCE	0~99.99m	-User exercising distance. - Setting range 0.00~99.90km
CALORIES	0 ~ 9999 Cal.	-Burned calories during exercising. -Setting range 0~9990
WATT	0~999	-Power consumption during exercising. -Setting range 10~350
PULSE	30-230 BPM	-User current Heart Rate value. -Setting range 0-30~230Bpm.

BUTTON	FUNCTION
UP	- Increase resistance level - Function selection
DOWN	- Decrease resistance level - Function selection
ENTER	- Confirm setting or selection.
Reset	- Hold on pressing for 2 seconds, computer will reboot. - Reset all values to zero. - Reverse to main menu after finishing a workout.
Start/ Stop	- Start or Stop training.
Recovery	- Track user Heart rate in recovery phase.

Acoustic Signals

All settings made with the computer are confirmed with an acoustic signal:

1 shot beep = setting confirmed

2 shot beeps =It is impossible to make any settings

Training Data

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

Take note:

* If only a "P" is shown instead of pulse value, it is impossible to measure the HR. Keep both hands holding on the handbar properly so that computer can detect your hear rate.

Hand sensor
for pulse measurement
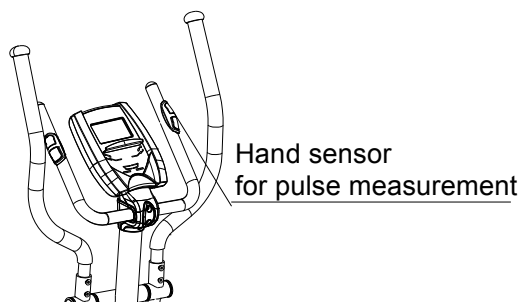
* The profile displayed in the center field depends on the type of exercise that has been set.
  The computer provides a number of ways to vary the exercise session and make it more motivating.

The following exercising are available:

 -Manual Training (training without programs)

 -Training with Programs (there are 12 programs preset, P01~P12)

 -Training with the Heart Rate program (H.R.C)

 -Training with USER program (set your own desired profile)

 -Training with WATT program (Power consumption)

Starting exercise immediately (MANUAL)

Then MANUAL is flashing with 1Hz. Press UP or DOWN to choose MANUAL and confirm by pressing ENTER. If you have previously selected a program or started your workout, press RESET to return to the starting display.
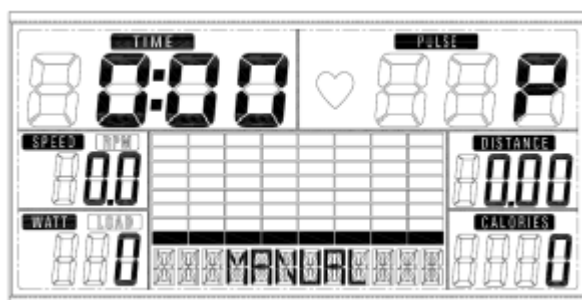
-Press START/STOP button to start workout immediately without entering further settings.

-Press UP and DOWN keys to input your personal settings and press ENTER to confirm. The following fields will flash in turn:

 . Resistance level (1~16)

 . TIME

. DISTANCE

. CALORIES

. PULSE

Use UP & DOWN to set values and confirm your selection by ENTER button.

Press START/STOP button to start workout.

As soon as one of the set values reach the preset Target, the computer will alarm with Bi-bi sound and
stop.

-You can adjust the level of resistance on the pedals while exercising by pressing UP and DOWN keys.
The newly set level value will be shown in the profile(default value is Level 1).

-Press START/STOP button to end exercising. All exercising value will remain.

-Press RESET to reverse to workout selection menu.

Selecting a Program to do training (PROGRAM)

-Press UP and DOWN keys to scan MANUAL→PROGRAM →USER PROGRAM→HRC→WATT.

-Choose PROGRAM and press ENTER to confirm. The programs are preset with 12 profiles. Press UP
and DOWN to select one from the 12 preset profiles. Set the desired session value and confirm by
ENTER:

. Resistance level (1~16)

. TIME
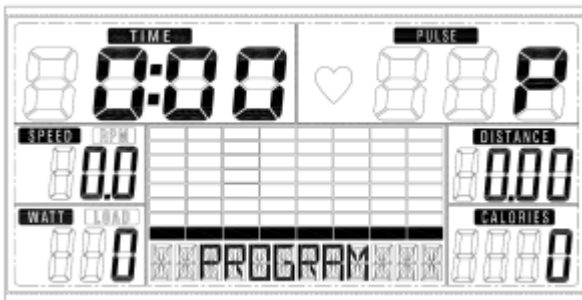
-Press STATR/STOP to start workout.

-You can adjust the level of resistance on the pedals while exercising by pressing UP and DOWN keys.
The newly set level value will be shown in the profile(default value is Level 1).

-Program profile & intensity:
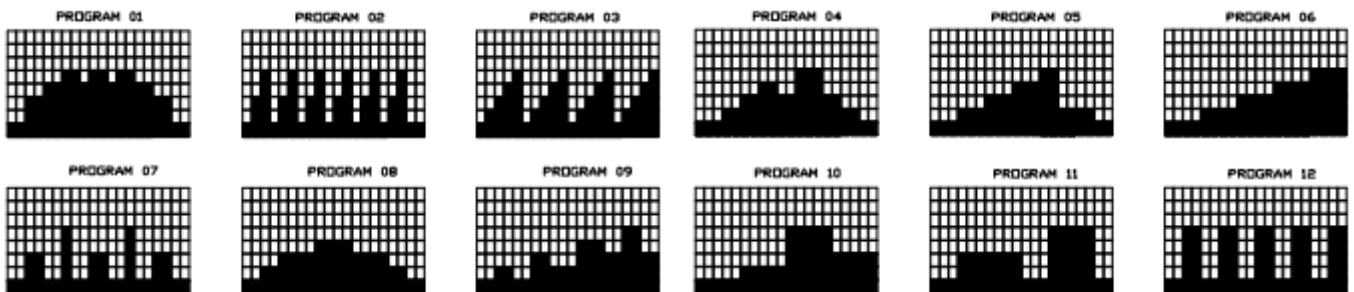
Interval programs P2- P3- P7- P12

Increasing resistance level programs P6- P9- P11

Increasing and decreasing resistance level programs P1- P4- P5- P8 -P10

The stored training programs are designed especially to enhance aerobic base fitness.

. As a beginner you should start with those programs slowly and set a low pedal resistance.

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. You should only graduate to Interval programs once you have exercised for several times.

-Press START/STOP button to end exercising. All exercising value will remain.

-Press RESET to reverse to workout selection menu.

User-defined profile (USER PROGRAM)

Here you can design your own profile with bars just like the preset program profiles.

-Press UP & DOWN to select USER PROGRAM and press ENTER to confirm. The first bar will be
  displayed.

-Press UP & DOWN to set resistance level and confirm by ENTER button. The next bar will be displayed.

-Continue this process till set up 20 bars. The max. resistance level is 16. When come to 9th bar, it scroll
  and shift tonext and so on. To finish your setting or quit setting, hold on pressing ENTER button.
-Set the desired session TIME with UP & DOWN buttons and press ENTER to confirm.

- Press STATR/STOP to start workout.

-During the program profile setting, user may press MODE to finish or holding it for 2s to quit
 setting.

-You can adjust the level of resistance on the pedals while exercising by pressing UP and DOWN keys.
  The newly set level value will be shown in the profile(default value is Level 1).

-As soon as one of the set values reach the preset Target, the computer will alarm with Bi-bi sound and
   stop.

-Press START/STOP button to end exercising. All exercising value will remain.

-Press RESET to reverse to workout selection menu.

Set program according to heart rate (H.R.C.)

In this program, the console reacts to your pulse as measured by the metal handbar.

This program allows you to exercise efficiently and safely within your required heart rate zone.

In addition, simple graphics also show you whether you need to need to increase or decrease your stress
 Level. You can choose between:

HRC55   Here you are exercising in the very efficient range of 55%, ideal for beginners and for general fat
             Burning.

HRC75 This range of 75% of the maximum pulse rate is suitable for experienced users and athletes.

HRC90 The anaerobic range of 90% of the maximum pulse rate is only suitable for competitive athletes
             and short sprint exercises.

TAG   The computer uses your Age to calculate a target pulse rate, which you can change as per your
            willing. Never select a target pulse that is higher than your age-determined maximum pulse rate.
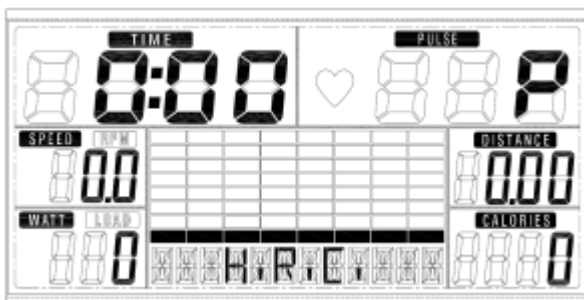
-Press UP & DOWN to select H.R.C. and enter by pressing ENTER. Choose HRC55-->HRC75
 -->HRC90-> TARGET. With HRC55, HRC75,HRC90, the max. Heart rate will be calculated by

the computer automatically.

-With the TARGET program, the preset value 100 will be shown. Press UP & DOWN buttons to set a value
  between 30~230 and confirm by ENTER. The program has been saved.

-Set the desired session TIME with UP & DOWN buttons and press ENTER button to confirm.

-Press STATR/STOP to start workout.

-For this program, it is necessary tokeep your both hands on the hand grips so that computer can
 detect and display your heart rate value.

-Program sequence:

 The computer sets a pedal resistance that keeps you exercising constantly within your target
 pulse rate.

.If you are exercising and go below your preset pulse rate, the pedal resistance will automatically rise by
  one stress level every 30 seconds.

.If you are exercising and go above your preset pulse rate, the pedal resistance will automatically decrease
  by one stress level every 15 seconds. If you have already reached the lowest level "1" and your pulse
  rate is still higher than your preset value, then after about 30 seconds an acoustic signal will alarm and
  computer program will end automatically.

Training with WATT program
In this program, you will notice the power consumption. The preset value 120 is flashing on
screen.
-Press UP & DOWN to select set desired value with range from 10 to 350.
-Press STATR/STOP to start workout.
-Press START/STOP button to end exercising. All exercising value will remain.
-Press RESET to reverse to workout selection menu.

Measuring your pulse with the hand sensors
The hand sensor are not medical products, but rather exercising tools designed for the approxl-mate
measurement and displaying of the pulse rate when exercising with the exercise bike.

Hand sensor
for pulse measurement
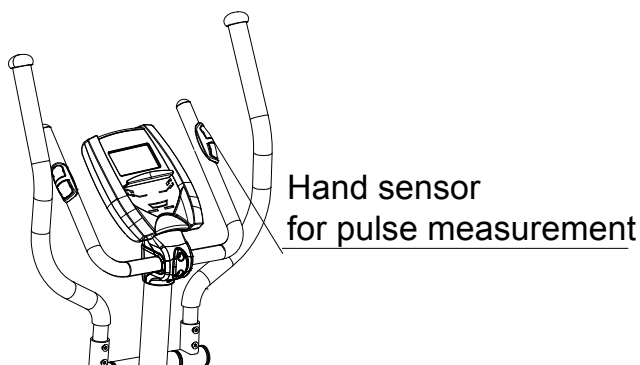
You can measure your pulse with the two
hand sensor on the handle.
>> Place both hands on the hand sensor on
   the handle as you exercise and wait briefly
   for the pulse to be displayed.

Recovery phase
It is recommended to end an intensive exercising session with a recovery phase. During this phase you
 should be able to relax and pedal without strong resistance until your pulse slows close to its usual rate.
-Press RECOVERY button and hold the handgrips again. Then only TIME is showing with counting down
  from 60 seconds to 0, all other functions are not available.
 Once the 60 seconds recovery phase is over, an evaluation of the achieved heart rate will be shown.

1.0	OUTSTANDING
1.0 < F < 2.0	EXCELLENT
2.0 < F < 2.9	GOOD
3.0 < F < 3.9	FAIR
4.0 < F < 5.9	BELOW AVERAGE
6.0	POOR

-If your heart rate is still very high after 60s (F is between 4 and 6), you could restart the recovery program
  to gradually slow your heart rate further.

Trouble shooting:

LCD displaying E-2: Check whether the 5PIN cable is not well connected to console or bad
        contact.
LCD no displaying:
  1. Check whether the adapter is well plugged into the AC socket.
  2. Check the adapter DC pin is plugged into the machine or not, whether contact poorly.
  3. Check the 12 PIN cable is peeling off and poor contact.
  4. Check DC JACK connecting cable is loose or not.
  5. Check the 12PIN cable inside the console is loose or not.

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