



CARDIO
CARDIO

**PB30 BIKE /
PR30 RECUMBENT BIKE
USER MANUAL**

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SAFETY INSTRUCTIONS

IMPORTANT SAFETY INSTRUCTIONS SAVE THESE INSTRUCTIONS

When using an electrical product, follow basic precautions, including the following:

WARNING!

To reduce the risk of burns, fire, electrical shock or injury to persons:

- Use this exercise product for its intended use as described in this User Manual. Do not use attachments not recommended by the manufacturer.
- Never drop or insert any object into any opening.
- Do not remove the Bike / Recumbent Bike side covers.
Only an authorized **STEELFLEX** retailer should perform Service.
- Never operate this product if it has a damaged cord or plug, if it is not working properly, if it has been damaged, or immersed in water. Have equipment examined as required by an authorized **STEELFLEX** service provider.
- Do not use outdoors.
- When the **STEELFLEX** product is in use, young children and pets should be kept at least 10 feet away.
- Keep children off your **STEELFLEX** product at all times.

SAFETY INSTRUCTIONS

SAFETY INSTRUCTIONS:

CAUTION!

- If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing.
- Do not wear clothing that might catch on any part of the **STEELFLEX** product.
- Read this User Manual before operating this product.

MOVING

Each **STEELFLEX** product equips with a pair of transport wheels built into the front leg. Follow instructions below to move your **STEELFLEX** product.



- To move PR30, firmly grasp rear handlebar, carefully lift and roll on transport wheels.



- To move PB30, firmly grasp the handlebars, carefully tip toward you and roll on the transport wheels.

Caution:

The product is heavy. Take caution and use additional help if necessary.

SEAT ADJUSTMENT

The seat is at the proper position when your knee is slightly bent when the pedal is in the furthest position.

Item : PB30 and PR30

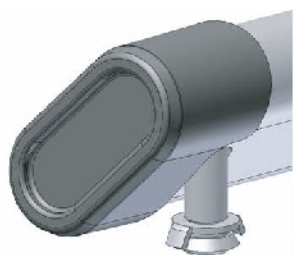
To adjust PB30 and PR30 seat position, all you need to do is pull the adjusted handle up and move the seat to the position you feel comfortable. When the seat position is set, let your hand off the adjusted handle.



LEVELER ADJUSTMENT

Before exercising, ensure machine is level. If not level, adjust levelers.

Item : For PB30 and PR30.



Two are in the front and two are in the rear.



Adjust to level and stabilize unit.



Tighten upper disk to lock position.

SAFETY INSTRUCTIONS

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER-Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product- if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

- The appliance must be positioned so that the plug is accessible.
- If the power cord is damaged; it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a safety hazard.

IMPORTANT SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed, including the following:

Read all instructions before using the PB30/PR30.

DANGER - To reduce the risk of electric shock:

Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

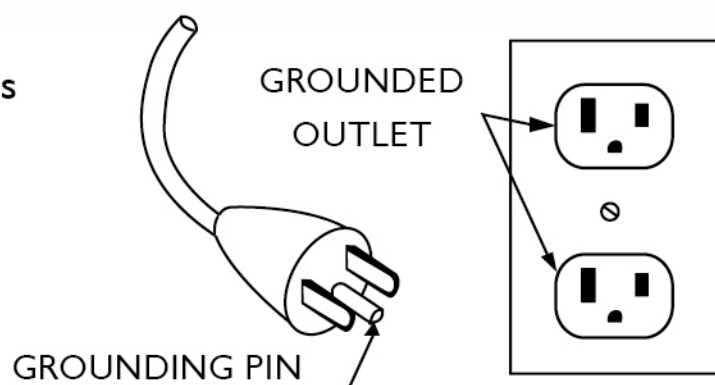
WARNING - To reduce the risk of burns, fire, electric shock, or injury to persons:

1. An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
2. Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
3. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacture.
4. Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Call service for examination and repair.
5. Keep the cord away from heated surfaces.
6. Never drop or insert any object into any opening.

7. Do not use outdoors.
8. To disconnect, turn all controls to the off position, then remove plug from outlet.
9. Connect this appliance to a properly grounded outlet only.
See Grounding Instructions.
10. Never Tie off Safety Cord, as this will bypass the SAFE use, could cause a choking hazard for children, and / or present other unsafe use of product. Remove and store safety cord and plug after use. Keep out of reach of children.
11. The appliance is not to be used by children or persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction.
12. Children being supervised not to play with the appliance.
13. For commercial use.
14. CAUTION:
To Reduce The Risk Of Injury From Moving Parts - Unplug Before Servicing.
15. WARNING:
To Reduce the Risk of Electric Shock – Unplug Before Cleaning or Servicing.

SAVE THESE INSTRUCTIONS

Figure Grounding methods



Note : Illustration is for Example purposes only. Your plug and required outlet may look different. **DO NOT MODIFY** plug that comes with PB30/PR30.

OPERATION INSTRUCTION

The display of your PB30/PR30 is used to operate the bike, and it is a touch screen.



OPERATION INSTRUCTION

INFORMATION DISPLAYED

User information data	Description
TIME	Indicates time in minutes and seconds(mm:ss).
DISTANCE	Indicates exercising distance during your workout.
CALORIES	Indicates accumulated calories burned during your workout.
PULSE	Indicates heart rate beats per minute during your workout. (Only displayed when you use heart rate contact bar or chest belt.)
RPM	Indicates pedal rotations : per minute.
SPEED	Indicates speed of your workout. (Either miles or kilometers.)
MET	Indicates metabolic equivalents during your workout.
WATT	Indicates power consumption of your workout.
RESISTANCE	Indicates current resistance level of your workout.
INTENSITY	Indicates intensity level of your workout.


OPERATION INSTRUCTION

PROGRAM

There are different exercise programs which include Manual, Cardio, Fat Burn, Interval, Endurance, Rolling Hills, H.R.C., Custom and Constant Watt. Operations are as below.

Manual

Turn on the power and it will enter standby mode.

Press  to start your workout.



OPERATION INSTRUCTION

Cardio/Fat Burn/Interval/Endurance/Rolling Hills

Step 1

Turn on the power and it will enter standby mode.

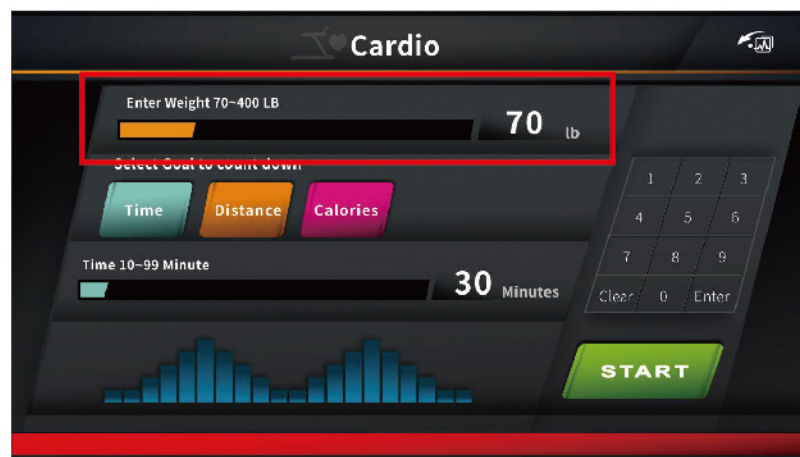


Step 2

Press **WORKOUTS** and then select Cardio/
Fat Burn/Interval/Endurance/Rolling Hills program.

Step 3

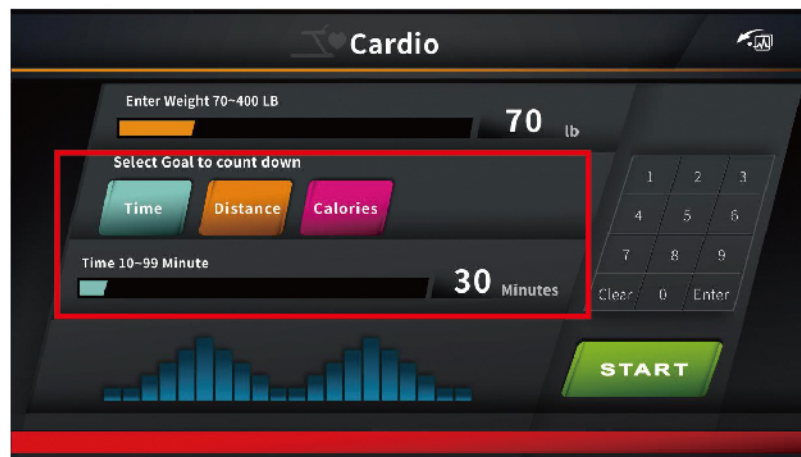
Set weight by adjusting the bar of weight directly or
clear weight number, then enter weight by numerical
keys of the console.



OPERATION INSTRUCTION

Step 4

There are three goals which are Time, Distance and Calories. Choose one goal and set by adjusting the bar directly or clear number, then enter by numerical keys of the console.



Step 5

Press



to start your workout.

OPERATION INSTRUCTION

H.R.C.

Step 1

Turn on the power and it will enter standby mode.



Step 2

Press **WORKOUTS** and then select H.R.C. program.

Step 3

Set weight/time/age/target hear rate by adjusting weight/time/age/target hear rate bar directly or clear weight/time/age/target hear rate number, then enter weight/time/age/target hear rate by numerical keys of the console.



Step 4

Press **START** to start your workout.



OPERATION INSTRUCTION

Custom

Step 1

Turn on the power and it will enter standby mode.

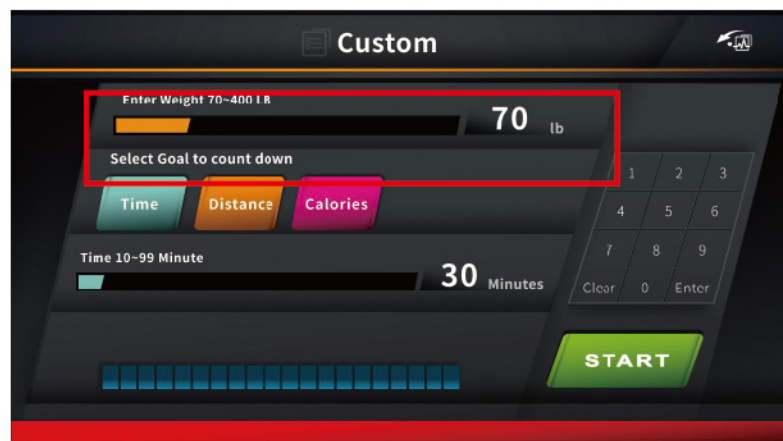


Step 2

Press **WORKOUTS** and then select Custom program.

Step 3

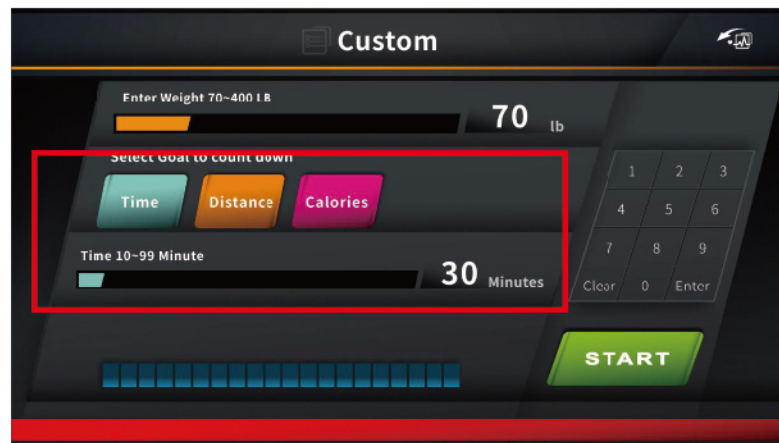
Set weight by adjusting the bar of weight directly or clear weight number, then enter weight by numerical keys of the console.



OPERATION INSTRUCTION

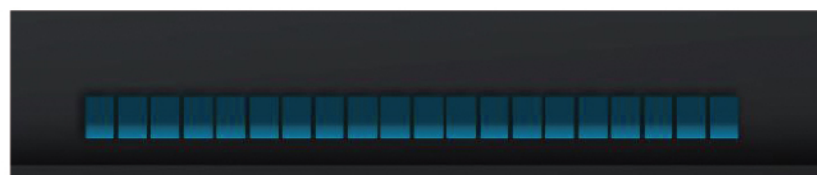
Step 4

There are three goals which are Time, Distance and Calories. Choose one goal and set by adjusting the bar directly or clear number, then enter by numerical keys of the console.



Step 5

Set workout profile by adjust profile bars of the console.



Step 6

Press



to start your workout.

OPERATION INSTRUCTION

Constant Watt

Step 1

Turn on the power and it will enter standby mode.

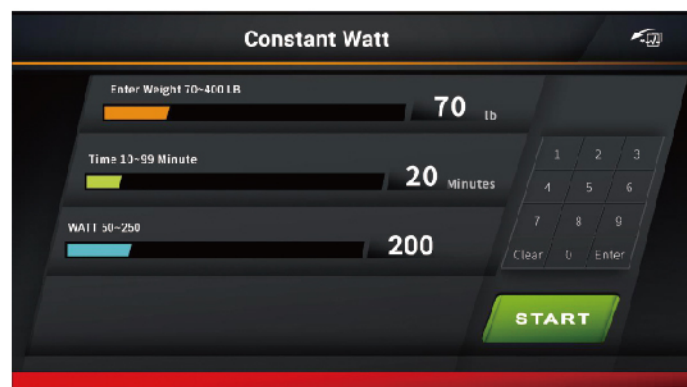


Step 2

Press **WORKOUTS** and then select Constant Watt program.

Step 3

Set weight/time/watt by adjusting weight/time/watt bar directly or clear weight/time/watt number, then enter weight/time/watt by numerical keys of the console.



Step 4

Press **START** to start your workout.
User must pedal for a while until resistance reaches the watt you set.

OPERATION INSTRUCTION

NOTE

I. During workout, you can press






to switch workout information display.



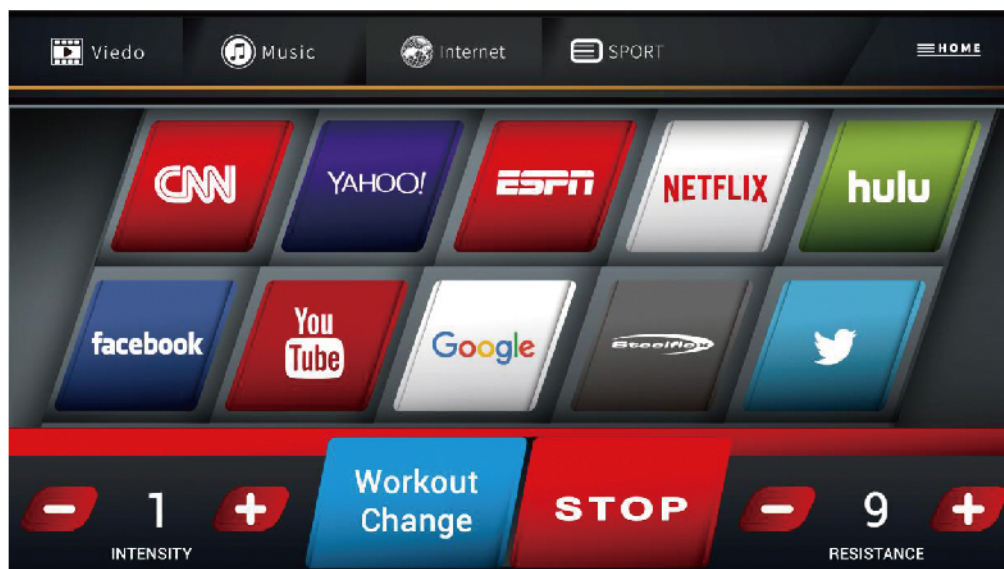
OPERATION INSTRUCTION

2. During workout, you can adjust workout intensity and resistance level from the console.(Except H.R.C., Custom and Constant Watts program.)
3. When program ends, SUMMARY is showed. Press **CONTINUE** to back to exercise data information window. Press **Finish** to back to standby mode. If nothing is pressed, it will back to standby mode after 1 minute.

4. During workout, you can press  Video  Music to play video or music. Upload the video or music from your USB flash drive.

5. During workout, you can press  Internet to browse webpage. Default information is as below.

(Different software version and countries might have different default information.)

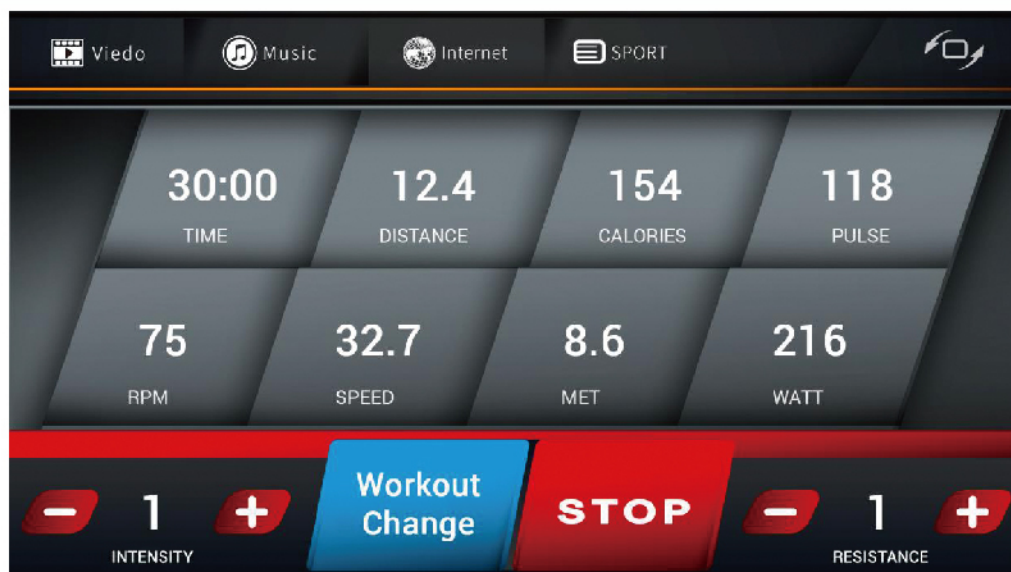


OPERATION INSTRUCTION

6. Press



to back to workout information window.



7. Under standby mode, press




to set

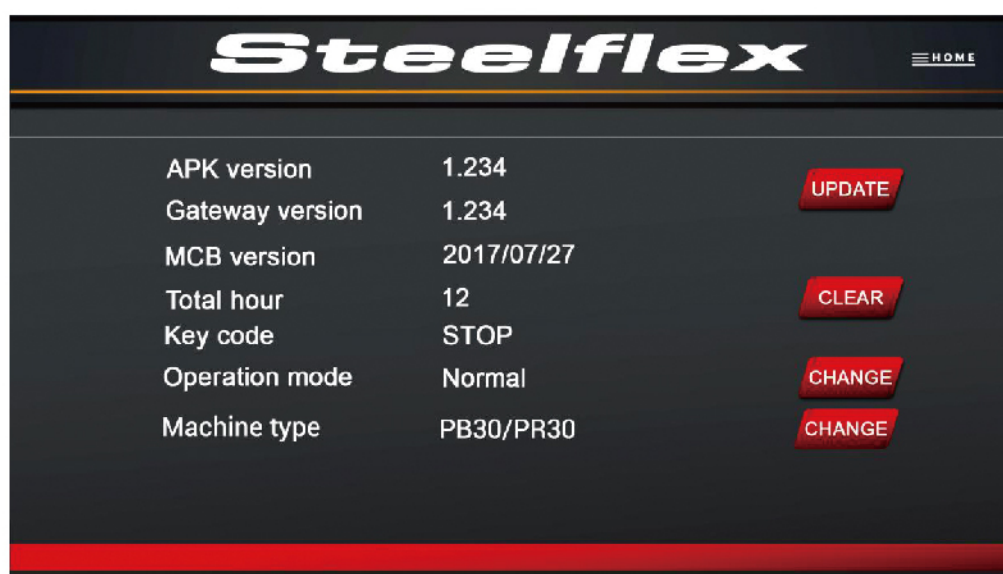
information below.




OPERATION INSTRUCTION

ENGINEER MODE

Under standby mode, use two fingers and press  **SETTING** together and hold for a while until it enters engineer mode.



- a. APK version: Upper controller software version. Update software version through USB flash drive.
- b. Gateway version: Firmware version.
- c. MCB version: Lower board software version.
- d. Total hour: Total workout hours. Press  and hold for over 10 seconds to clear total hour.
- e. Key code: test keys(START/Workout/Resistance+/Resistance-) of console.(Only for PR30)
- f. Operation mode: Normal/Engineer mode.

MAINTENANCE

All STEELFLEX series products are designed for heavy usage environment. To keep your product in good condition, STEELFLEX strongly recommends the following maintenance routines below.

FOR ALL UPRIGHT AND RECUMBENT BIKES

Item	Prior to use	Weekly	Monthly	Quarterly	Bi-Annual
Console		Clean			
Handlebar connection				Inspect Tighten as required	
Outer covers		Clean			
Foot straps	Inspect				
Seat Fasteners			Inspect Tighten as required		
Seat Post					Apply light coat of lubricant
Crank arms			Inspect Tighten as required		

WARRANTY CONDITIONS

1. Ask your dealer about product warranty conditions.
2. The warranty applies only to the original owner, and covers the cost of parts repair or replacement and does not include freight charges. Proof of purchase must be demonstrated.
3. The warranty applies only to the original owner and is non transferable. If you are in US., the warranty card must be completed and sent back to FMI to complete registration. If you are out of US., please contact your dealer about your warranty situation.
4. Labor coverage is provided only by authorized STEELFLEX dealer or if the STEELFLEX factory does the work.
5. Any reimbursement for travel outside of the dealers' normal service or coverage area will be the responsibility of the customer.
6. Warranty does not cover failure due to improper assembly, installation or use.
7. This warranty does not cover customer instruction, installation, set up or adjustment. User is responsible for necessary maintenance.
8. The warranty will not be extended to any product whose serial number has been removed, altered, or defaced.
9. This warranty does not cover damage or equipment failure caused by, or resulting from accident, misuse, abuse, improper assembly or installation, un-authorized modification, or failure to provide reasonable and necessary care as outlined in the owner's manual.

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USER MANUAL

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