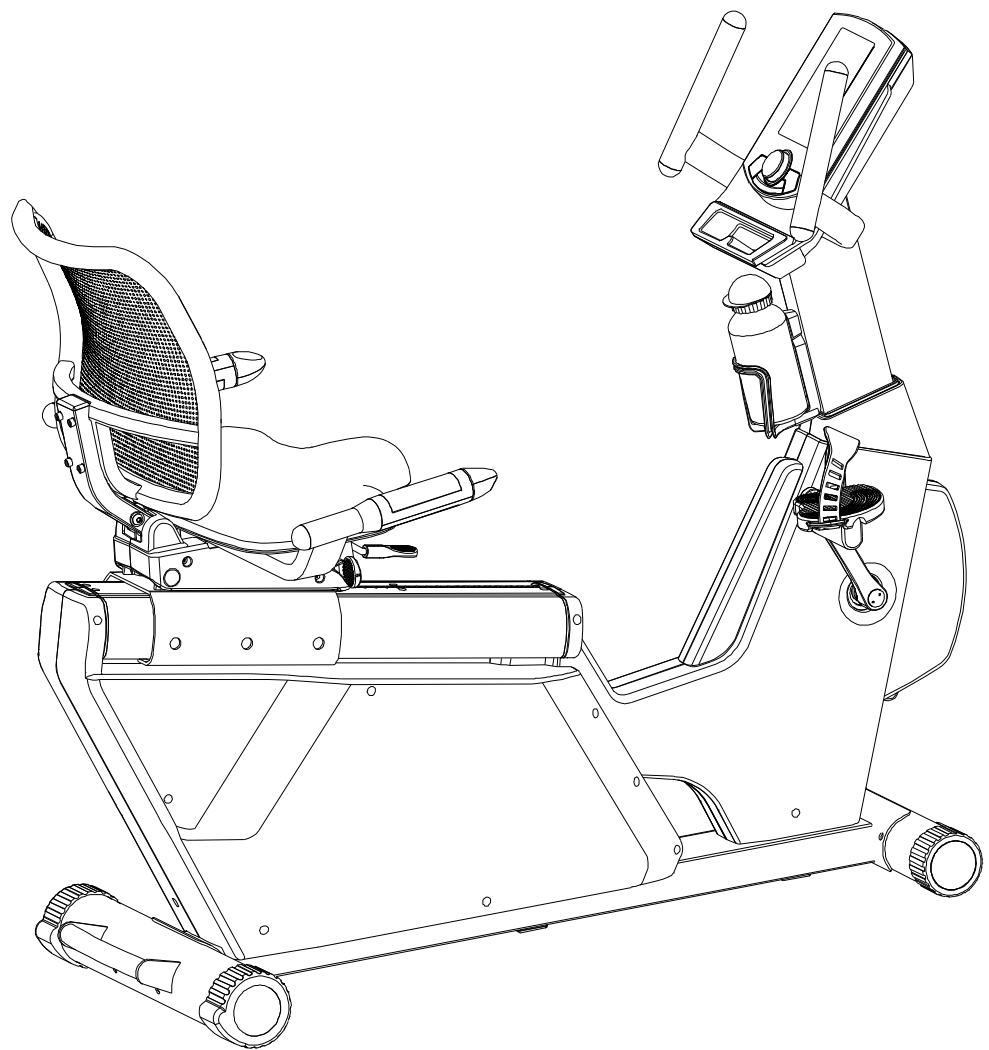


# ***R*ECUMBENT BIKE**



MODEL: ***RB300***

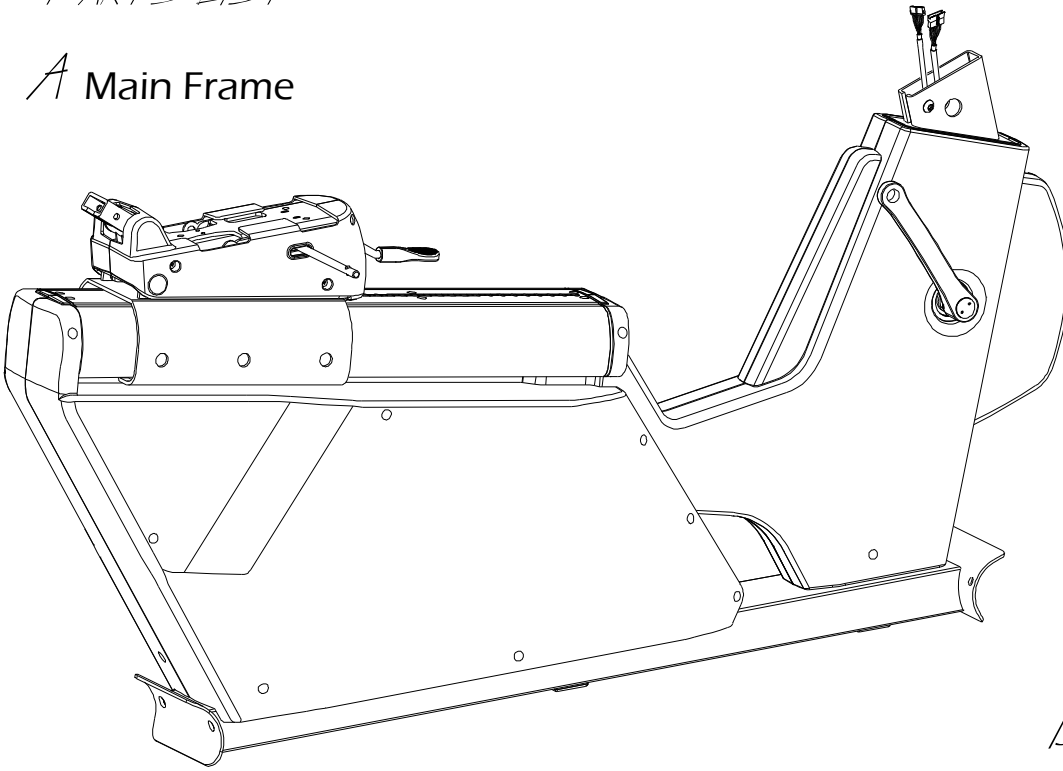
***SPORTOP***®

Owner's Operating Manual

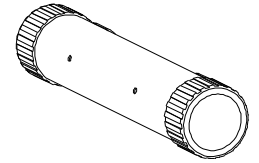
***ENGLISH***

PARTS LIST

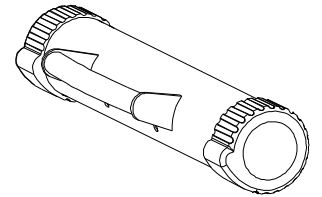
A Main Frame



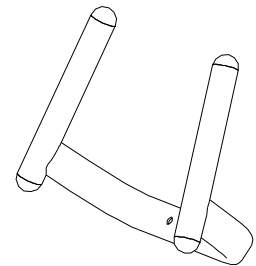
B Front Stabilizer



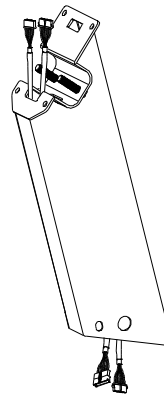
C Rear Stabilizer



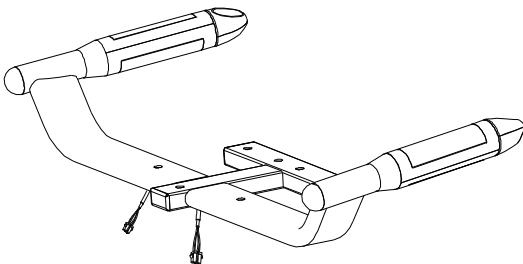
D Front Handle Bar



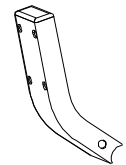
E Central Support Tube



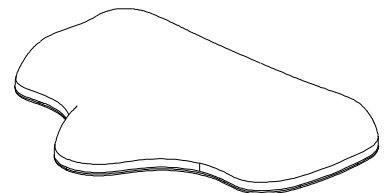
F Side Handle Bar



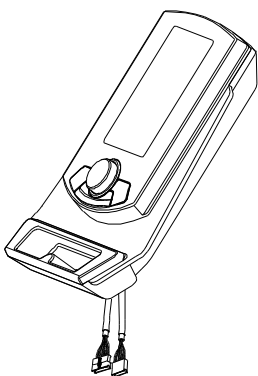
G Back Pad Support Tube



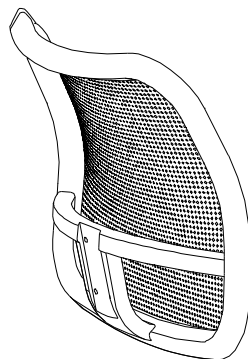
K Saddle Pad



H Monitor



L Back Pad



(J1) Water Bottle

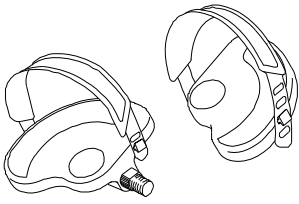


(J2) Bottle Holder

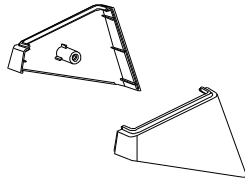


PARTS LIST

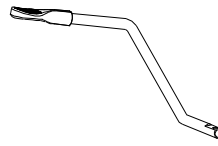
M (M1 & M2) Pedal



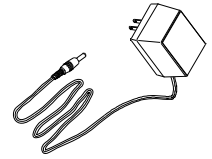
(M3 & M4) Decoration



(M5) Bar

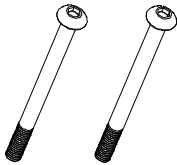


(M6) Adaptor

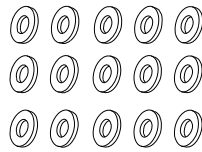


N

(N1) Screw



(N2) Washer



(N3) Screw



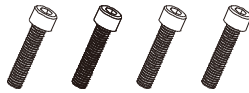
(N4) Screw



(N6) Screw



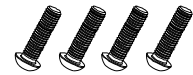
(N7) Screw



(N9) Nut



(N10) Screw



(N11) Adjust handle



(N13) Screw



(N15) Spring washer



(N16) Screw



## ⚠ NOTICE :

Turn the arrow of adjust handle (N11) toward the left and then insert adjust handle (N11) into axle .

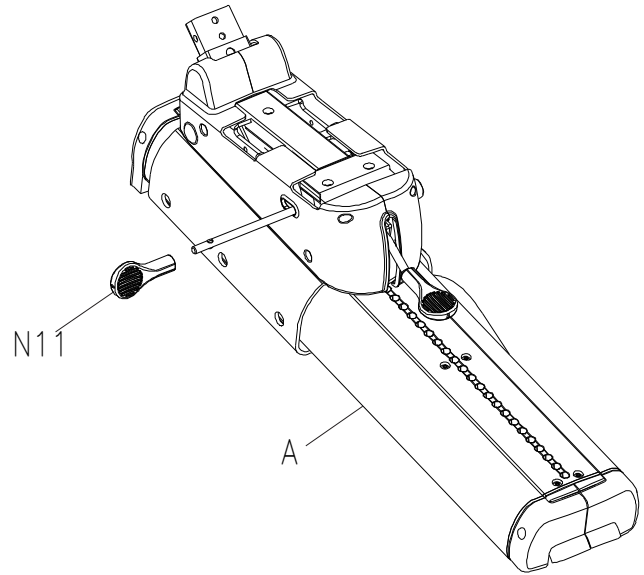
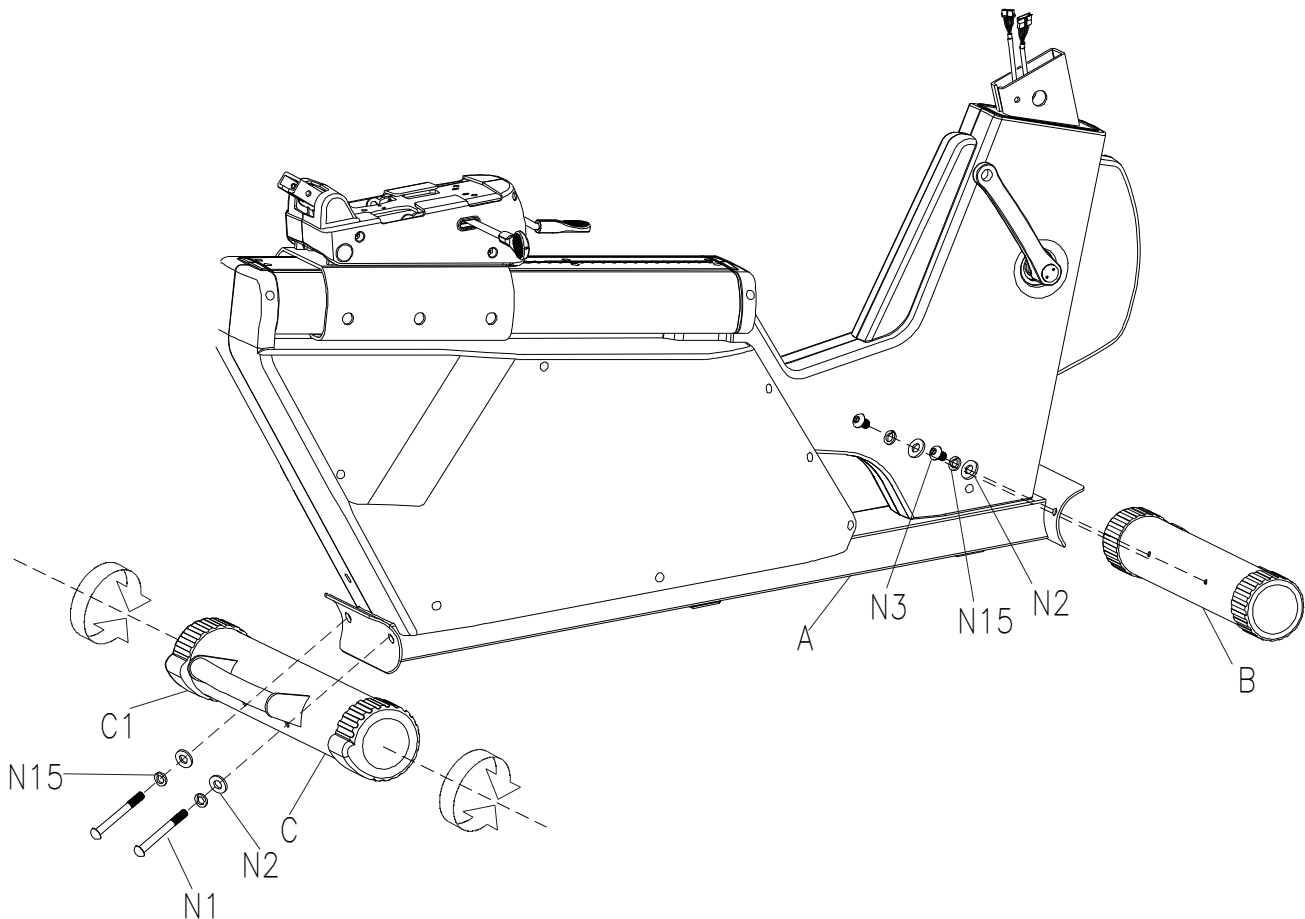


FIGURE 1

### FIGURE\_1 ASSEMBLY THE REAR & FRONT STABILIZER

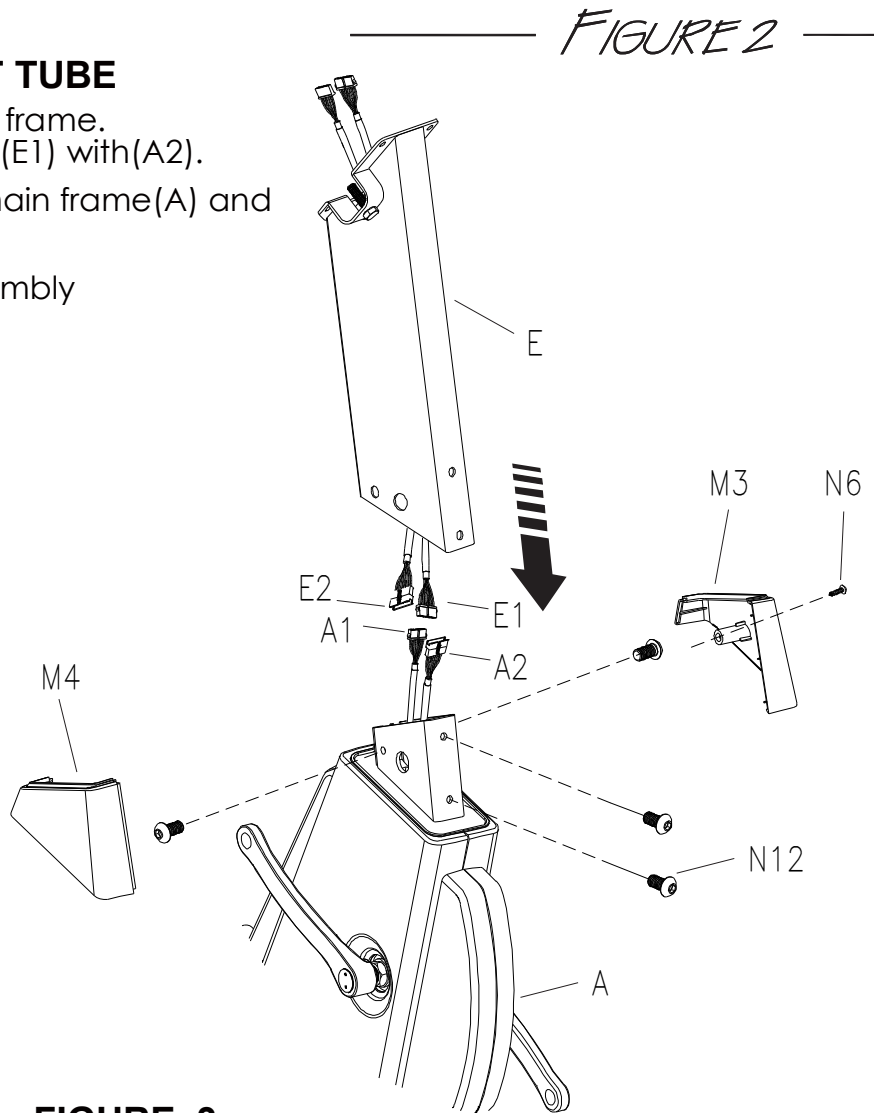
Fix the rear stabilizer(C) with the main frame(A) by screw(N1), washer(N2) and spring washer(N15). Then, fix the front stabilizer(B) with the main frame(A) by screw(N3), washer(N2) and spring washer(N15).

\*\* After you finish assembly FIGURE 1, if the machine can't stand stable, you can use adjusted stabilizer(C1) to adjust the machine.



**FIGURE\_2**  
**ASSEMBLY THE CENTRAL SUPPORT TUBE**

First, release the screws(N12) from the main frame.  
 Step 1. Connect the sensors, (E2) with (A1), (E1) with(A2).  
 Step 2. Equip central support tube(E) into main frame(A) and use screws(N12) to tighten.  
 Step 3. Slide decoration cover(M3,M4) assembly the central support tube(E) by screw(N6).

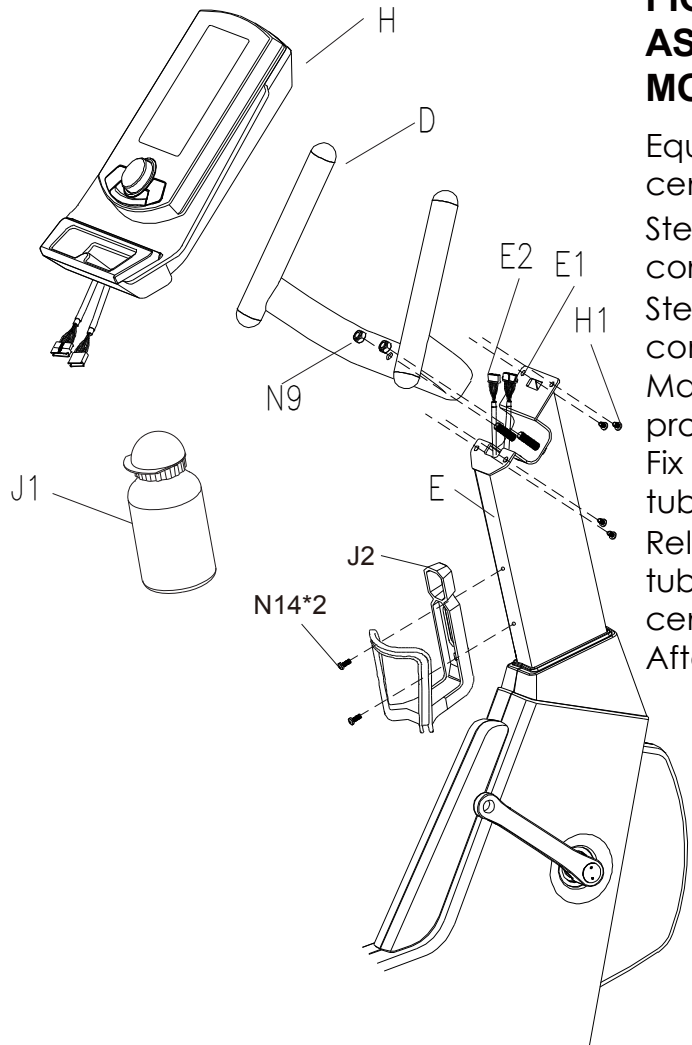


*FIGURE 2*

*FIGURE 3*

**FIGURE\_3**  
**ASSEMBLY THE FRONT HANDLE BAR & THE MONITOR & THE BOTTLE HOLDER**

Equip front handle bar(D) onto the iron plate of central support tube(E) and tightened it by nuts(N9).  
 Step 1. Remove 4 pieces of screws (H1) from console (H).  
 Step 2. Connect console wires (E1 & E2 ) to the console.  
 Make sure that the wires are connected together properly.  
 Fix the console (H) onto the central supporting tube (E) using screws (H1).  
 Release the two screws(N14) from the central tube (E), equip the bottle holder (J2) with the central tube (E) by the two screws(N14).  
 After then, put water bottle (J1) into bottle holder.

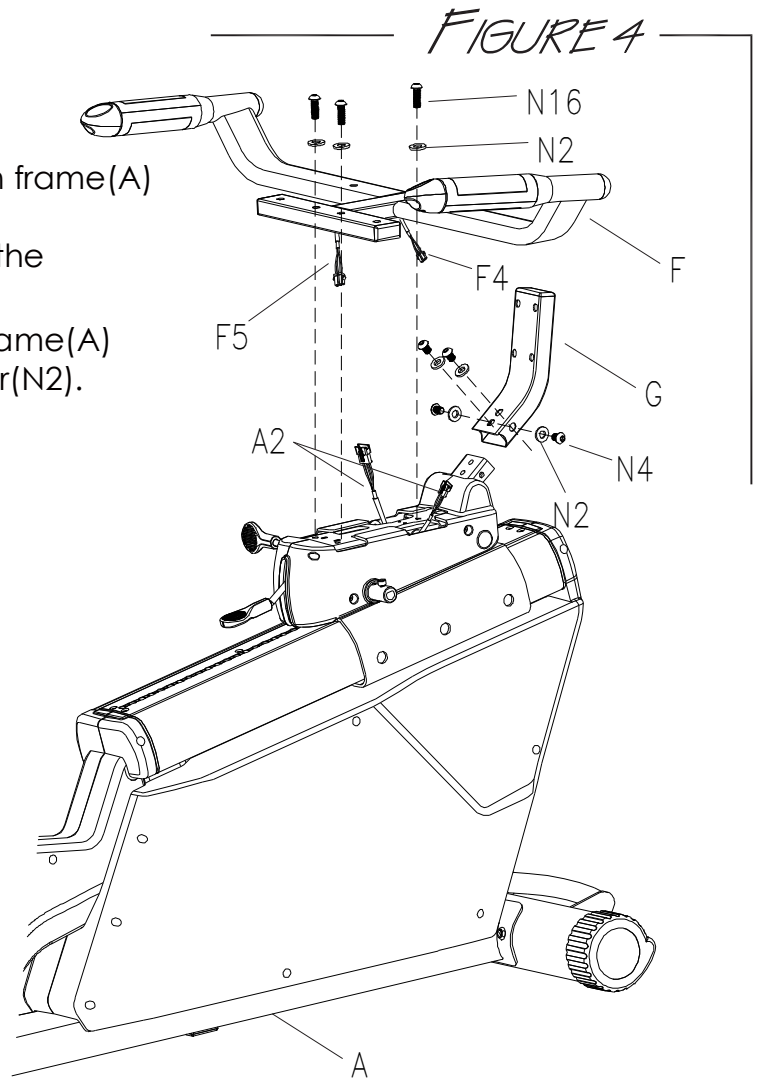


**FIGURE\_4**  
**ASSEMBLY FOR BACK PAD TUBE &  
 THE SIDE HANDLE BAR**

Fix the back pad support tube(G) with the main frame(A) by screws(N4) & washers(N2).

Step 1. Then, connect the sensor(F5 & F4) with the control sensor(A2).

Step 2. Fix the side handle bar(F) on the main frame(A) using the disassembled screws(N16) and washer(N2).



**FIGURE\_5**  
**ASSEMBLY FOR BACK PAD & THE SADDLE PAD**

Step 1. Equip back pad(L) onto back pad tube(G) and tight it by screws(N7).

Secure the saddle pad(K) onto the side handlebar (F) by washers(N2) and screws(N10).

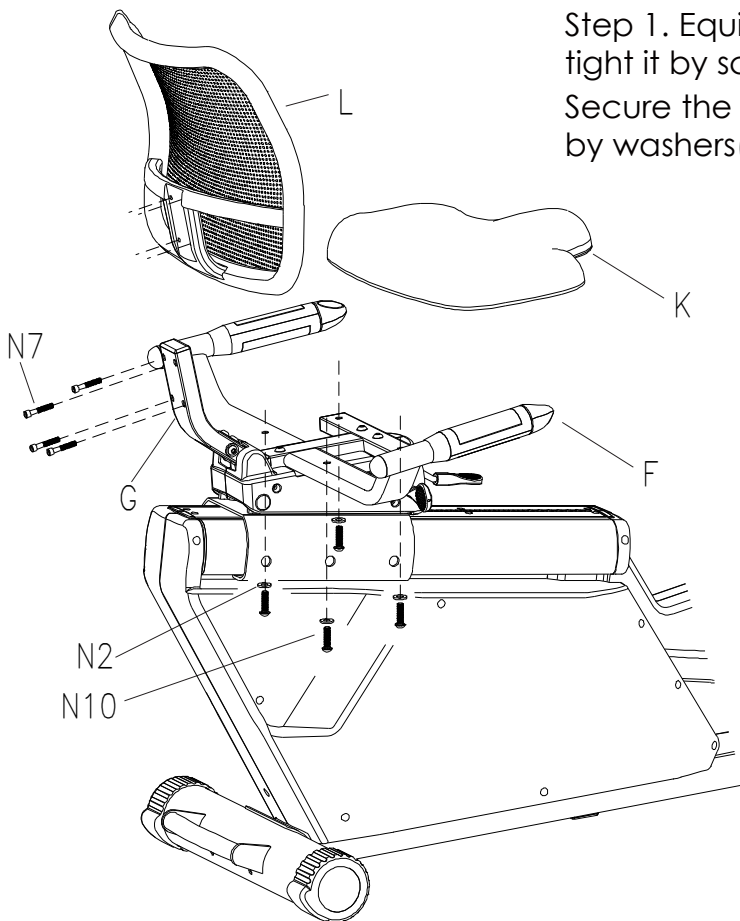
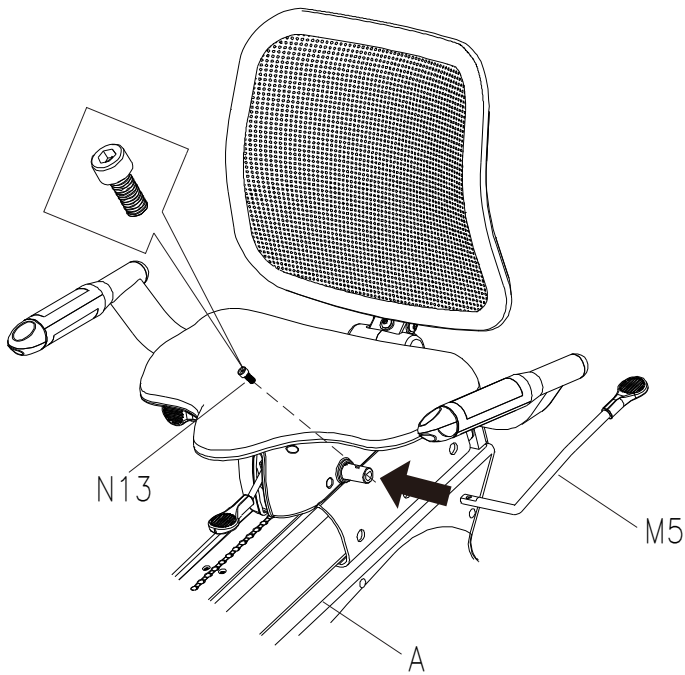


FIGURE 6



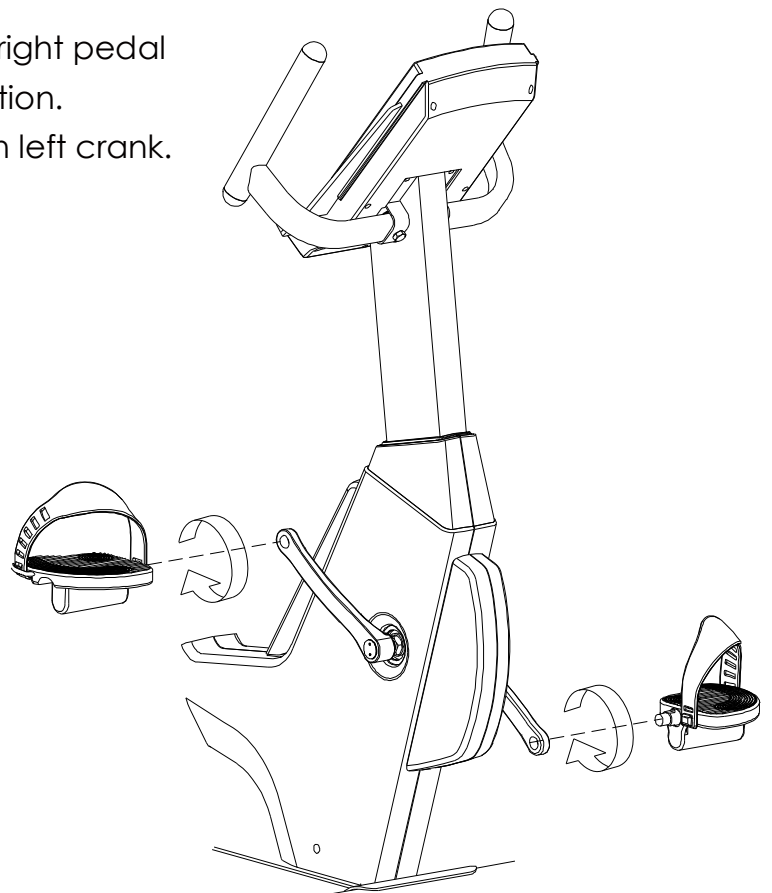
**FIGURE\_6 ASSEMBLY THE BAR**

Insert the bar(M5) into the main frame (A) and use stopping screws(N13) to fix it.

FIGURE 7

**FIGURE\_7 ASSEMBLY THE PEDAL**

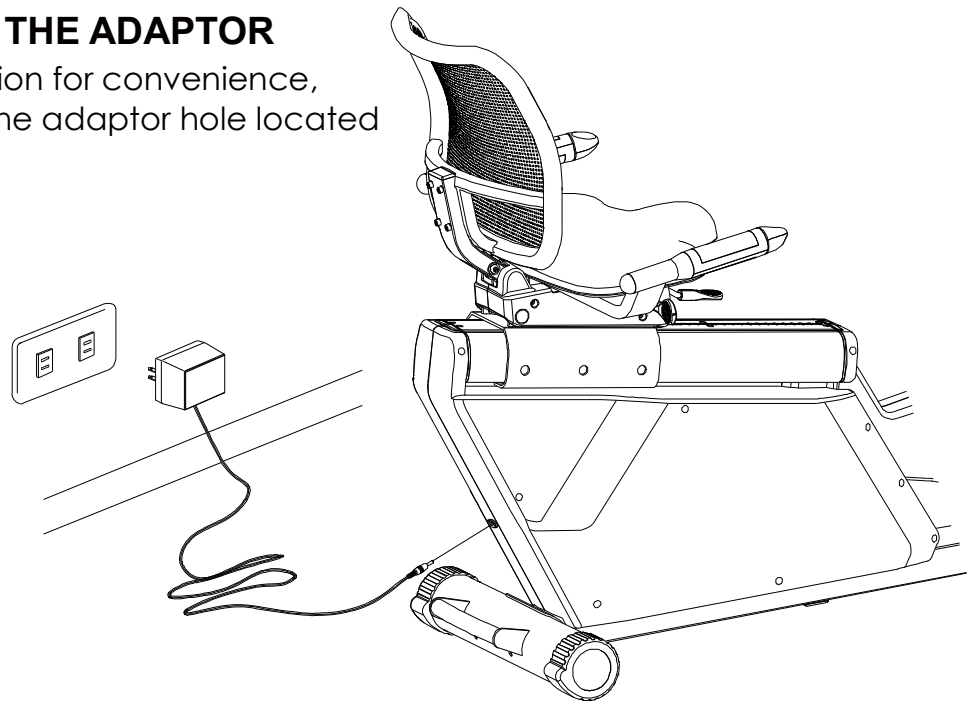
Attach the right pedal to right crank. The right pedal thread into the crank in a clockwise direction. The same assembly way for left pedal with left crank.



# FIGURE 8

## FIGURE\_8 HOW TO USE THE ADAPTOR

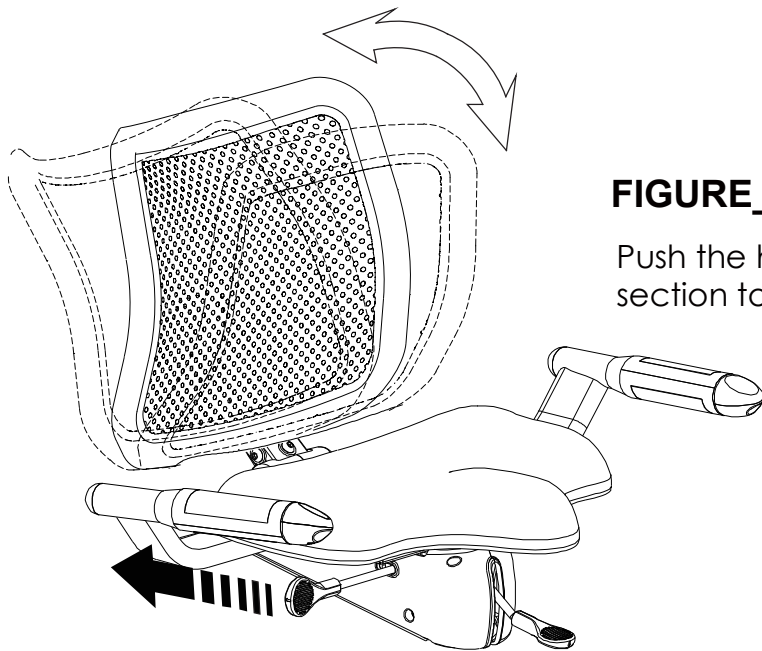
Position machine consideration for convenience, using the adaptor, there is one adaptor hole located at the rear of the machine.



# FIGURE 9

## FIGURE\_9 HOW TO ADJUST THE BACK PAD

Push the handle bar and adjust the back pad section to have different position as required.



# FIGURE 10

## FIGURE\_12 HOW TO ADJUST THE SEAT PAD

Step 1. Pull up the stop bar(G44) and adjust the seat to a comfortable distance you required, then pull down.

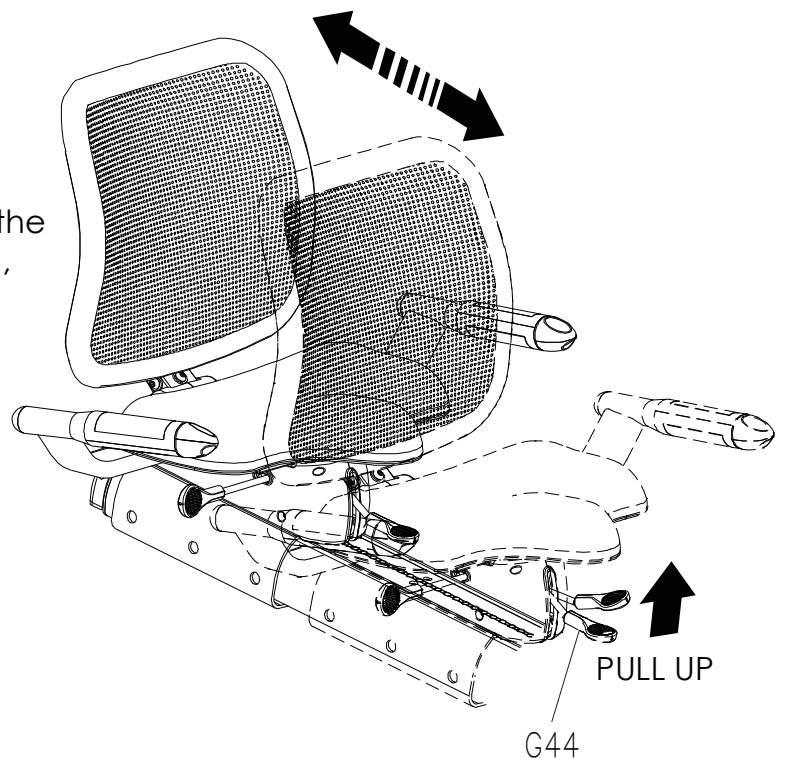




FIGURE 11

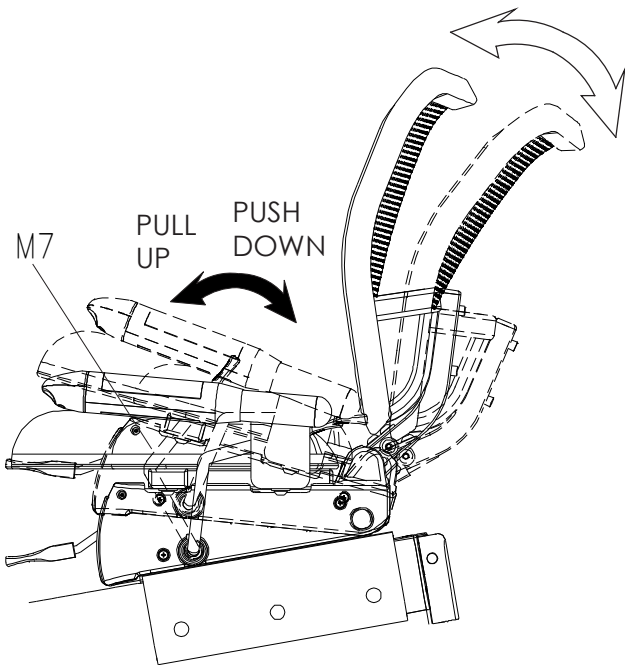


FIGURE 11

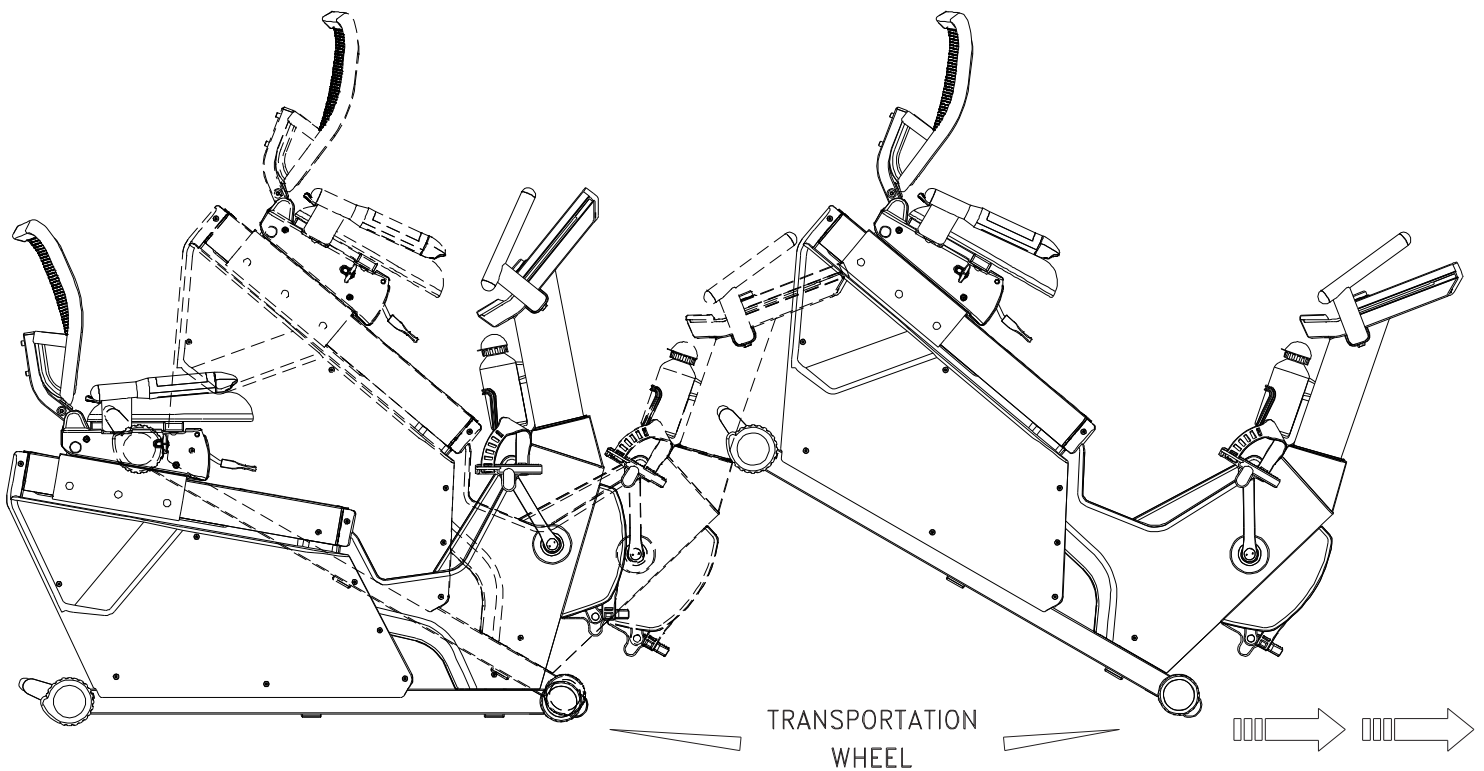
**HOW TO ADJUST SITTING POSITION ANGLE**

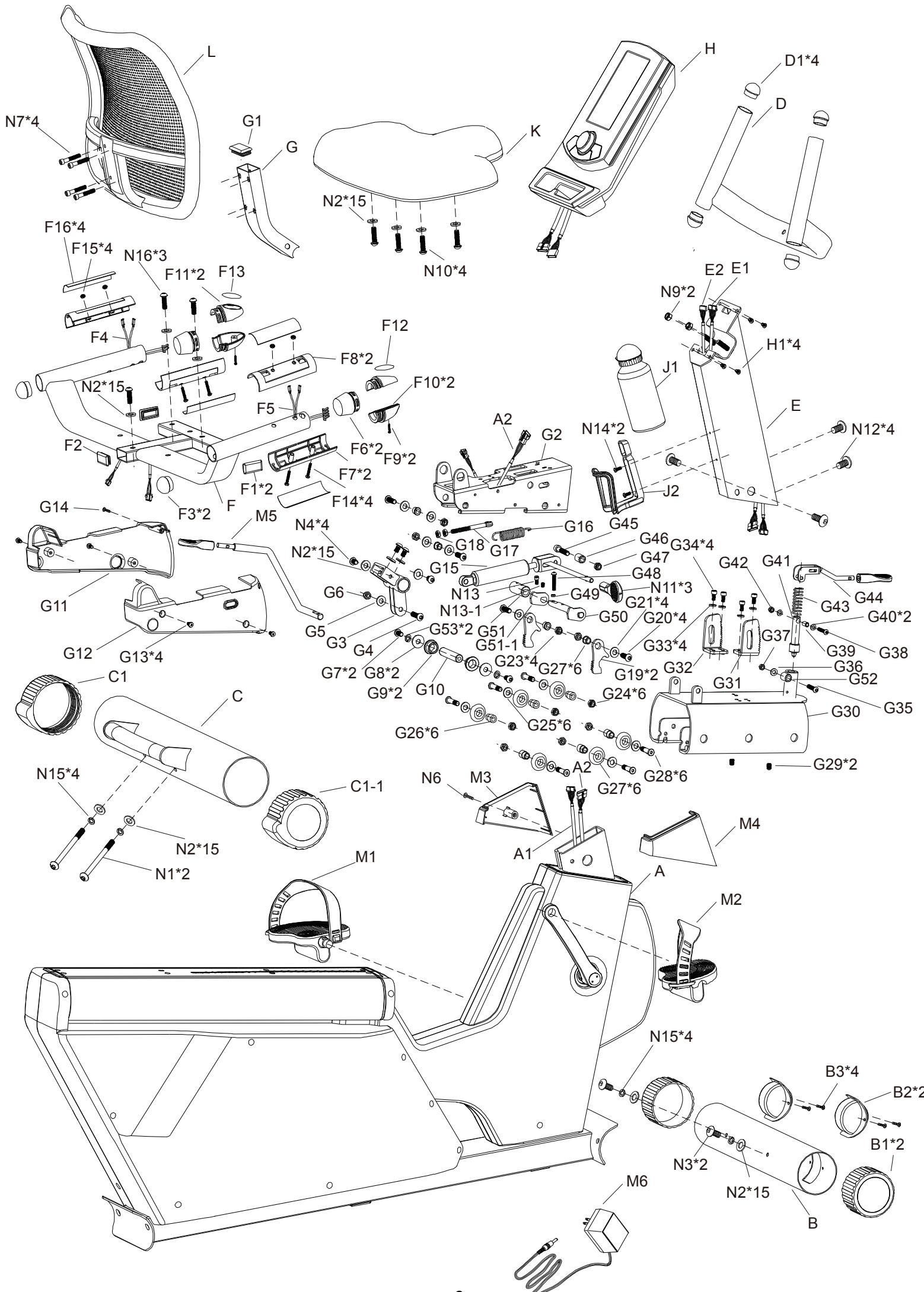
Using bar (M7) via pull up direction for inclination and push down for declination.

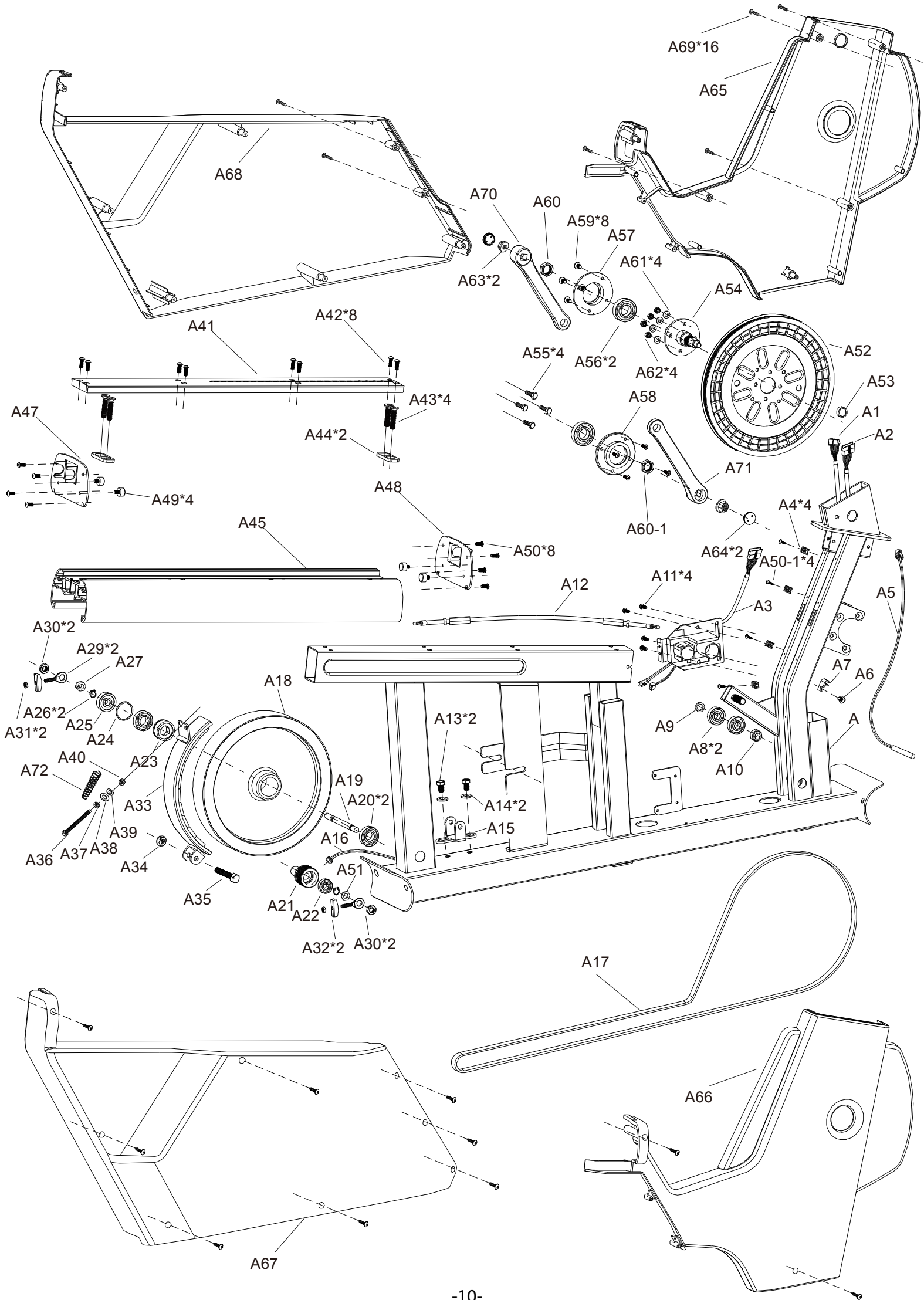
FIGURE 12

**FIGURE\_12 HOW TO MOVE THE MACHINE**

The front stabilizer has built-in transport wheels. Stand at front of the machine and lift it up until the weight of the machine is transferred to the transport wheels. You can now easily move the machine to a new location.







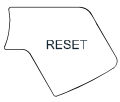



P/N	DESCRIPTION	Q"TY	P/N	DESCRIPTION	Q"TY
A	MAIN FRAME	1	A51	NUT	1
A1	SENSOR(1100MM)	1	A52	DRIVING WHEEL	1
A2	SENSOR(1350MM)	1	A53	MAGNETIC	1
A3	MOTOR	1	A54	AXLE	1
A4	SENSOR HOUSING	4	A55	SCREW	4
A5	SENSOR(950MM)	1	A56	BEARING	2
A6	SCREW	1	A57	PULLEY HOUSING ( L )	1
A7	SENSOR HOLDER	1	A58	PULLEY HOUSING ( R )	1
A8	BEARING	2	A59	SCREW	8
A9	BUSH	1	A60	NUT	1
A10	NUT	1	A60-1	NUT	1
A11	SCREW	4	A61	WASHER	4
A12	TENSION CABLE	1	A62	SCREW	4
A13	SCREW	2	A63	NUT	2
A14	WASHER	2	A64	END CAP	2
A15	MAGNETIC HOUSING	1	A65	FRONT CHAIN COVER(L)	1
A16	SENORE WIRE(950MM)	1	A66	FRONT CHAIN COVER(R)	1
A17	BELT	1	A67	REAR CHAIN COVER(R)	1
A18	MAGNETIC	1	A68	REAR CHAIN COVER(L)	1
A19	AXLE	1	A69	SCREW	16
A20	BEARING	2	A70	CRANK(L)	1
A21	ONE WAY BEARING	1	A71	CRANK(R)	1
A22	BEARING	1	A72	SPRING	1
A23	PULLY	1	B	FRONT STABILIZER	1
A24	WASHER	1	B1	END CAP	2
A25	BEARING	1	B2	WHEEL	2
A26	C CLIP	2	B3	SCREW	4
A27	NUT	1	C	REAR STABILIZER	1
A29	SCREW	2	C1	END CAP	1
A30	NUT	2	C1-1	END CAP	1
A31	NUT	2	D	FRONT HANDLE BAR	1
A32	STEEL SHIELD	2	D1	END CAP	4
A33	MAGNETIC HOUSING	1	E	CENTRAL SUPPORT TUBE	1
A34	NUT	1	E1	SENSOR WIRE(500MM)	1
A35	SCREW	1	E2	SENSOR WIRE(500MM)	1
A36	SCREW	1	F	SIDE HANDKE BAR	1
A37	NUT	1	F1	END CAP	2
A38	WASHER	1	F2	END CAP	1
A39	WASHER	1	F3	END CAP	2
A40	NUT	1	F4	SENSOR WIRE(L)(650MM)	1
A41	STRIP OF TRACKING HOUSING	1	F5	SENSOR WIRE(L)(650MM)	1
A42	SCREW	8	F6	END CAP	2
A43	SCREW	4	F7	SENSOR BOX(BELOW)	2
A44	ALUMINUM HOUSING	2	F8	SENSOR BOX(ABOVE)	2
A45	ALUMINUM TRACK	1	F9	SCREW	2
A47	ALUMINUM HOUSING (REAR)	1	F10	CONTROL BOX(BELOW)	2
A48	ALUMINUM HOUSING (FRONT)	1	F11	CONTROL BOX(ABOVE)	2
A49	SCREW	4	F12	MYLAR BUTTON(R)	1
A50	SCREW	8	F13	MYLAR BUTTON (L)	1
A50-1	SCREW	4	F14	SCREW	4

P/N	DESCRIPTION	Q"TY	P/N	DESCRIPTION	Q"TY
F16	SENSOR SHEET METAL	4	G41	AXLE	1
G	BACK PAD SUPPORT TUBE	1	G42	NUT	1
G1	END CAP	1	G43	SPRING	1
G2	SADDLE BASEMENT	1	G44	ROTATE SHAFT	1
G3	ROTATE RECIPROCATOR	1	G45	SCREW	1
G4	SCREW	1	G46	BUSH	1
G5	WASHER	1	G47	NUT	1
G6	NUT	1	G48	SCREW	1
G7	SCREW	2	G49	NUT	1
G8	WASHER	2	G50	AXLE GRIP	1
G9	POWDER METALLURGY	2	G51	ADJUSTING AXLE	1
G10	BUSH	1	G51-1	BRACKET	1
G11	COVER OF SEAT TUBE (L)	1	G52	BUSH	1
G12	COVER OF SEAT TUBE (R)	1	G53	SPRING WASHER	2
G13	SCREW	4	H	CONSOLE	1
G14	SCREW	1	H1	SCREW	4
G15	GAS CYLINDNER	1	J1	WATER BOTTLE	1
G16	SPRING	1	J2	BOTTLE HOLDER	1
G17	SCREW	1	K	SADDLE	1
G18	NUT	2	L	BACK PAD	1
G19	BRACKET	2	M1	PEDAL(L)	1
G20	SCREW	4	M2	PEDAL(R)	1
G21	WASHER	4	M3	CENTRAL SUPPORTING TUBE COVER (L)	1
G23	WASHER	4	M4	CENTRAL SUPPORTING TUBE COVER (R)	1
G24	NUT	6	M5	BAR	1
G25	WASHER	6	M6	ADAPTOR	1
G26	BUSH	6	N1	SCREW M8X100	2
G27	WHEEL	6	N2	WASHER M8X16	15
G28	SCREW	6	N3	SCREW M8*20	2
G29	SCREW	2	N4	SCREW M8X15	4
G30	MOVING BASEMENT	1	N6	SCREW M4X20	1
G31	SLIDING HOUSING (R )	1	N7	SCREW 1/4X40	4
G32	SLIDING HOUSING (L)	1	N9	NUT M8	2
G33	WASHER	4	N10	SCREW M8X35	4
G34	SCREW	4	N11	ADJUST HANDLE	3
G35	SCREW	1	N12	SCREW	4
G36	WASHER	1	N13	SCREW	1
G37	NUT	1	N13-1	SCREW	1
G38	SCREW	1	N14	SCREW M5*15	2
G39	BUSH	1	N15	SPRING WASHER M8	4
G40	WASHER	2	N16	SCREW M8X30	3



### 【BUTTON FUNCTIONS】

	UP	To make upward adjustment to each function data or increase training resistance.
	DOWN	To make downward adjustment to each function data or decrease training resistance.
	ENTER	To confirm all settings.
	START / STOP	To start or stop workout. Turn the START/ STOP joggle wheel under standby mode, it can be a quick start key to the Manual Program.
	RESET	To reset current setting and have the monitor switch to initial training mode for selection. Press the RESET button for 2 seconds under standby mode for a Total Reset.
	RECOVERY	To active RECOVERY function.

### 【DISPLAY FUNCTIONS】

TIME	Time will count up from 00:00 to maximum 99:00 with each increment is 1 minute.
SPEED	Displays current training speed. Maximum speed is 99.9 KM/H or ML/H.
RPM	Displays the Rotation Per Minute. Display range 0~100 RPM
DISTANCE	Accumulates total distance from 00:0 up to 99.9 KM or ML. The user may preset target distance data by turning the UP/DOWN joggle wheel. Each incensement is 0.1KM or ML.



CALORIES	Accumulates calories consumption during training from 0 to maximum 990 calories. Each unit for increase or decrease is 10 KCL. (This data is a rough guide for comparison of different exercise sessions which can not be used in medical treatment.)
PULSE	User may set up target pulse from 0 - 30 to 230
WATTS	Display current workout watts. Display range 0~999.

### POWER ON

1. Connect power supply to the monitor or press the RESET button for 2 seconds, the LCD will display all segment with a long- beep sound for 2 seconds and display 78.0 in below (FIGURE 1 & 2).

2. User may turn the UP/DOWN joggle wheel to select User 1~4 and press ENTER for confirmation (FIGURE 3~4).

And then preset user information for SEX, AGE, HEIGHT and WEIGHT. (FIGURE 4~7)

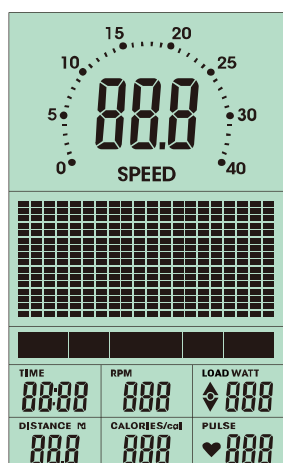


FIGURE 1

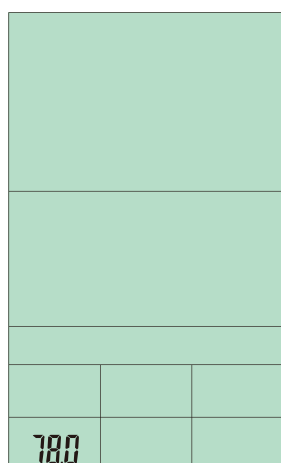


FIGURE 2

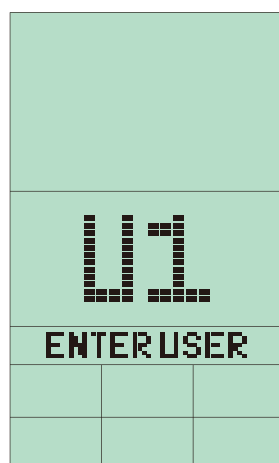


FIGURE 3

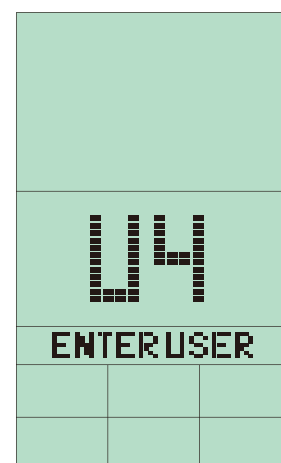


FIGURE 4



FIGURE 5

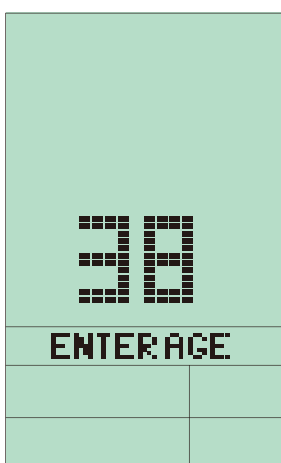


FIGURE 6

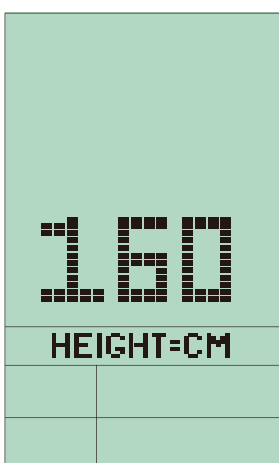


FIGURE 7

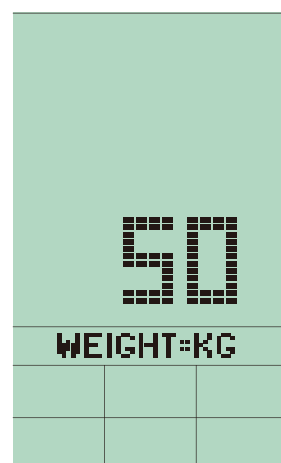


FIGURE 7

### PROGRAMMING MODE

1. Program selections are MANUAL → PROGRAM → USER PROGRAM → H.R.C. → WATT (FIGURE 8~12)

2. Use UP/DOWN joggle wheel to select the program you want and press ENTER to confirm. Or press START/STOP button to start MANUAL mode immediately.

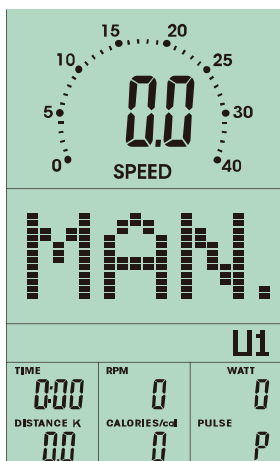


FIGURE 8

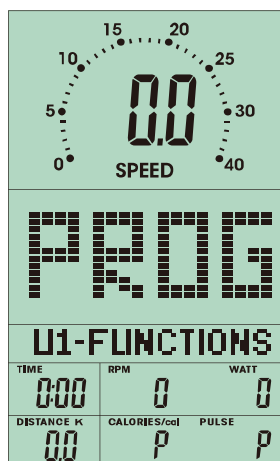


FIGURE 9

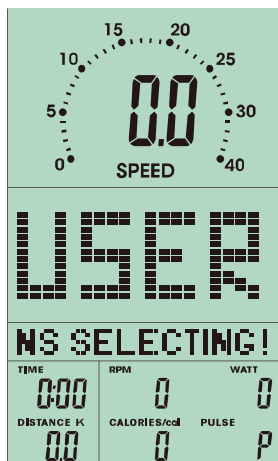


FIGURE 10

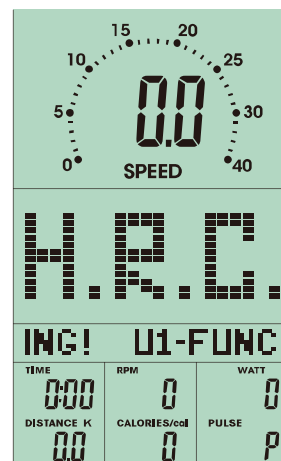


FIGURE 11

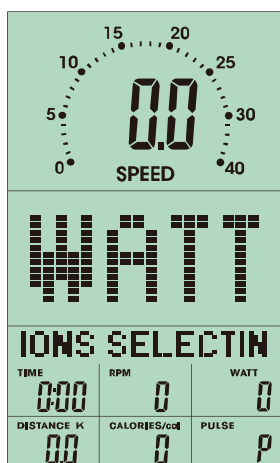


FIGURE 12

### QUICK START IN MANUAL

1. Press ENTER to enter MANUAL program, and the screen is blinking (FIGURE 13).
2. Press START/STOP to start exercising. The resistance level is adjustable during exercising (FIGURE 14).
3. User can press START/ STOP to stop exercising



FIGURE 13



FIGURE 14



## MANUAL MODE

1. After selecting MANUAL mode (FIGURE 13), user can use UP/DOWN joggle wheel to increase or decrease level (from 1 to 16) and press ENTER to confirm.
2. User may preset exercise data (TIME, DISTANCE, CALORIES, PULSE), and press START/STOP to start exercise.  
User can press RESET to return to the MANUAL setting
3. Level is adjustable during training.

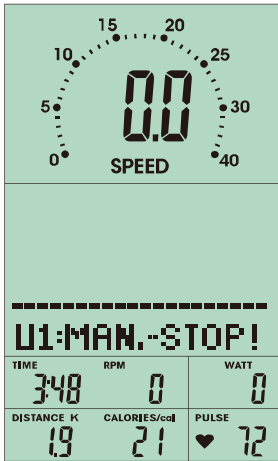


FIGURE 13

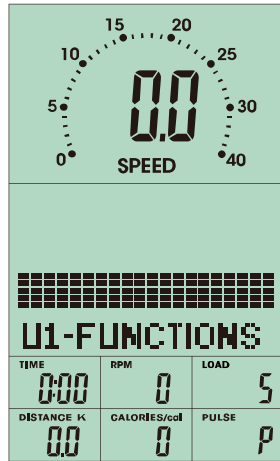


FIGURE 14

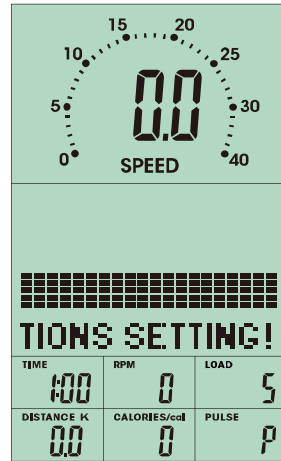


FIGURE 15

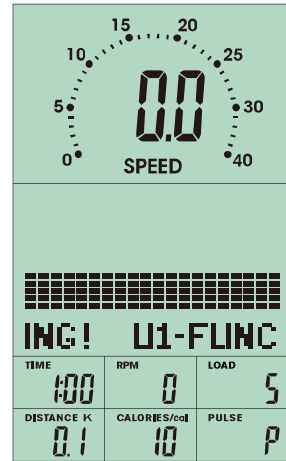


FIGURE 16

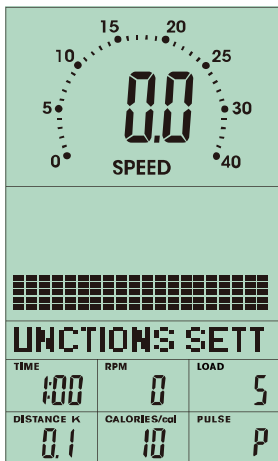


FIGURE 17

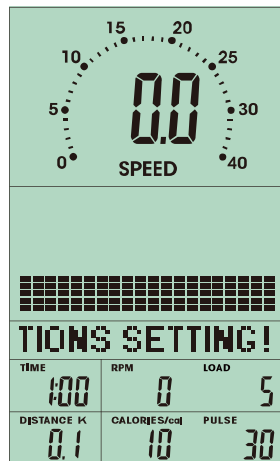


FIGURE 18

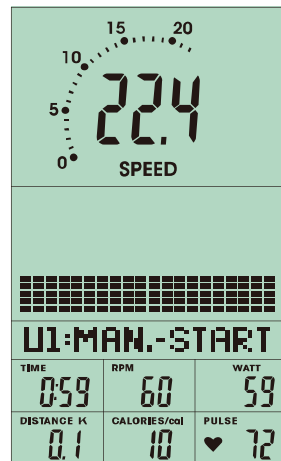


FIGURE 19

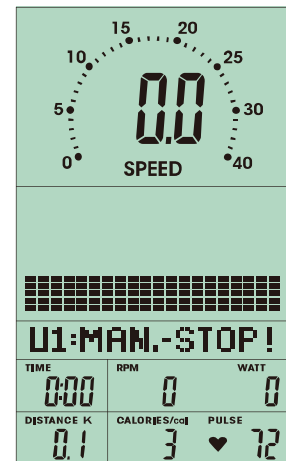
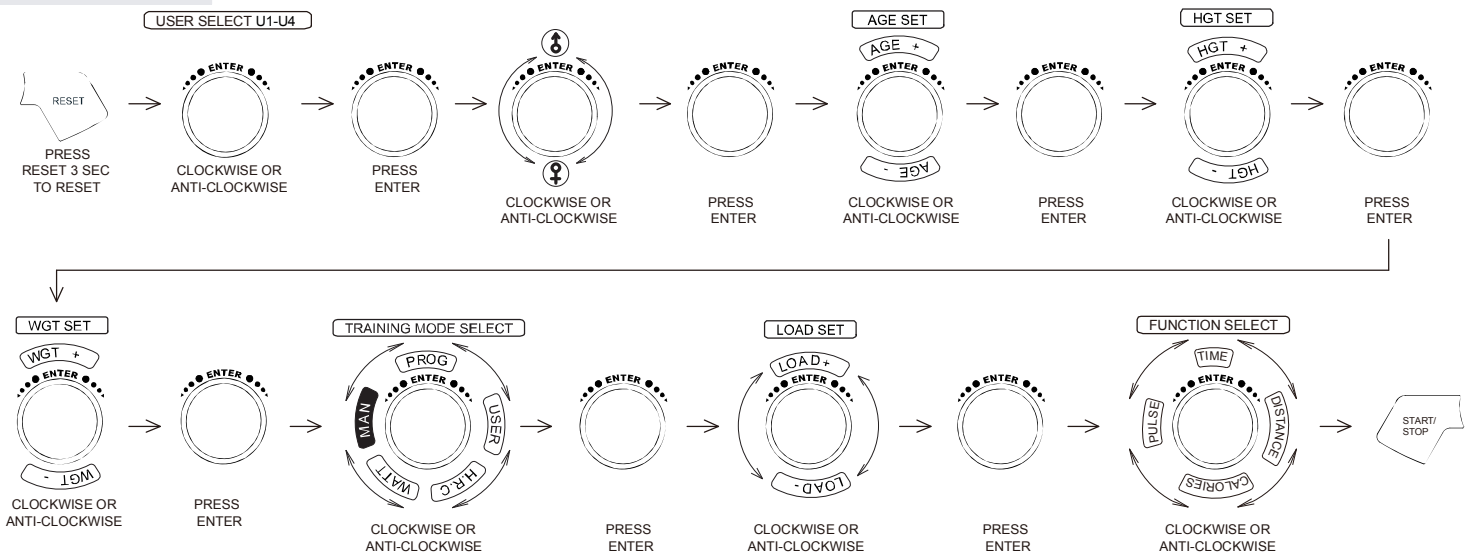


FIGURE 20

### MANUAL mode



# PROGRAM MODE

1. After entering PROGRAM mode, user can turn the UP/DOWN joggle wheel to select program profile from P1 to P12, then press ENTER to confirm.
2. User can preset the TIME data then press START/STOP to start exercise.
3. After start training, TIME will be counted down. When the TIME is counted to 0, the screen is flashing and the alarm is ringing. User can press any button to stop the alarm.



FIGURE 21

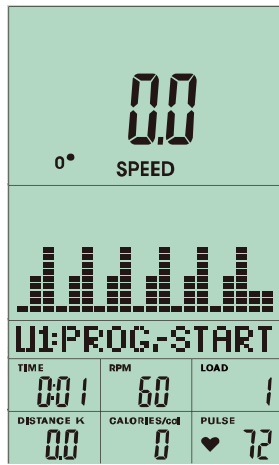


FIGURE 22



FIGURE 23

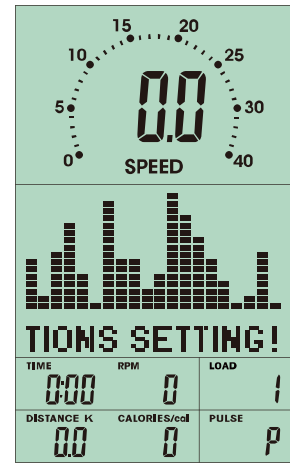
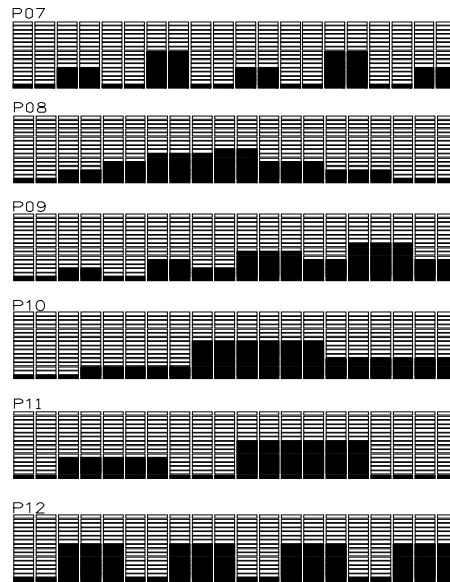
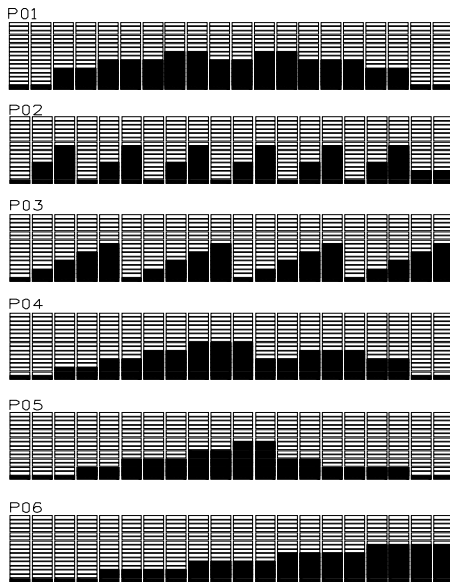
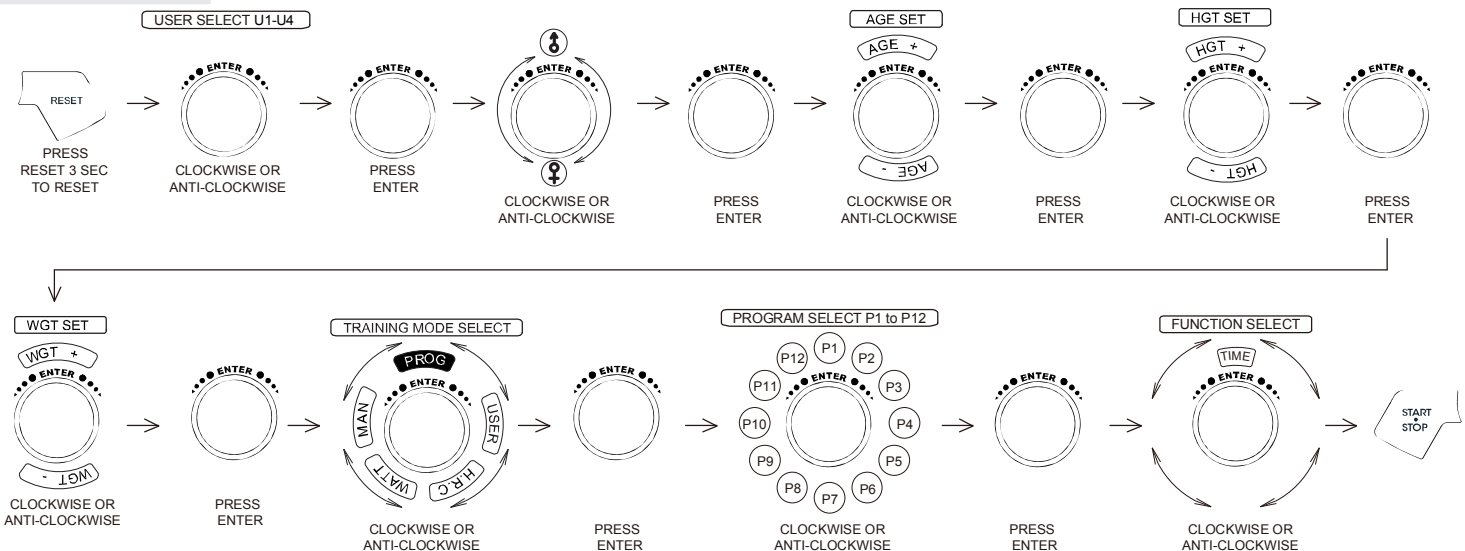


FIGURE 24



## PROGRAM mode



# USER PROGRAM

1. After entering USER PROGRAM mode, the first column of the profile is blinking (FIGURE 25). User may turn the joggle wheel to adjust the resistance level (FIGURE 26) to create his/her own profile.
2. After setting (from column 1 to column 20), user may hold on pressing MODE button for 2 seconds to quit profile setting and enter TIME setting.
3. While making the profile setting, user can press RESET and return to the menu.
4. After start training (FIGURE 27~29), TIME will be counted down. When TIME is counted to 0, the screen is flashing and the alarm is ringing. User can press any button to stop the alarm.

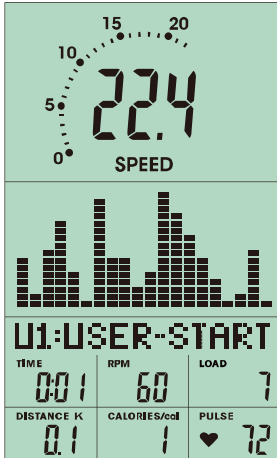


FIGURE 25

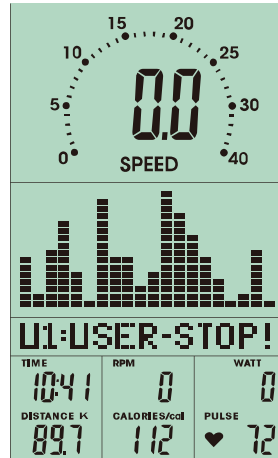


FIGURE 26

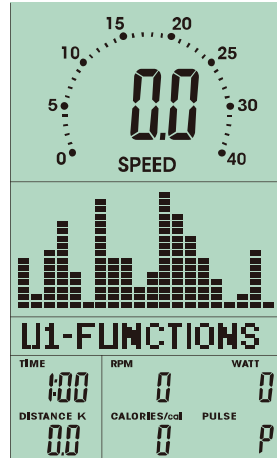


FIGURE 27

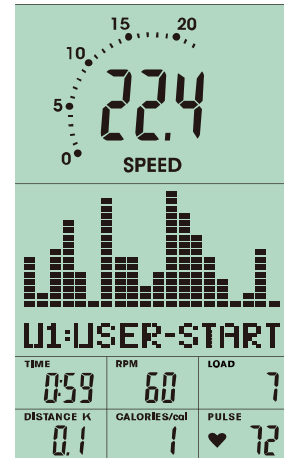


FIGURE 28

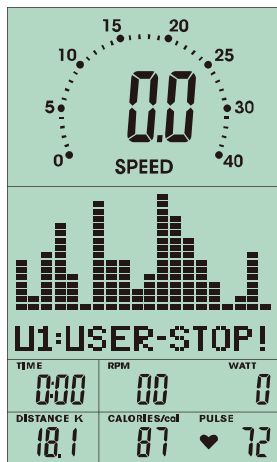
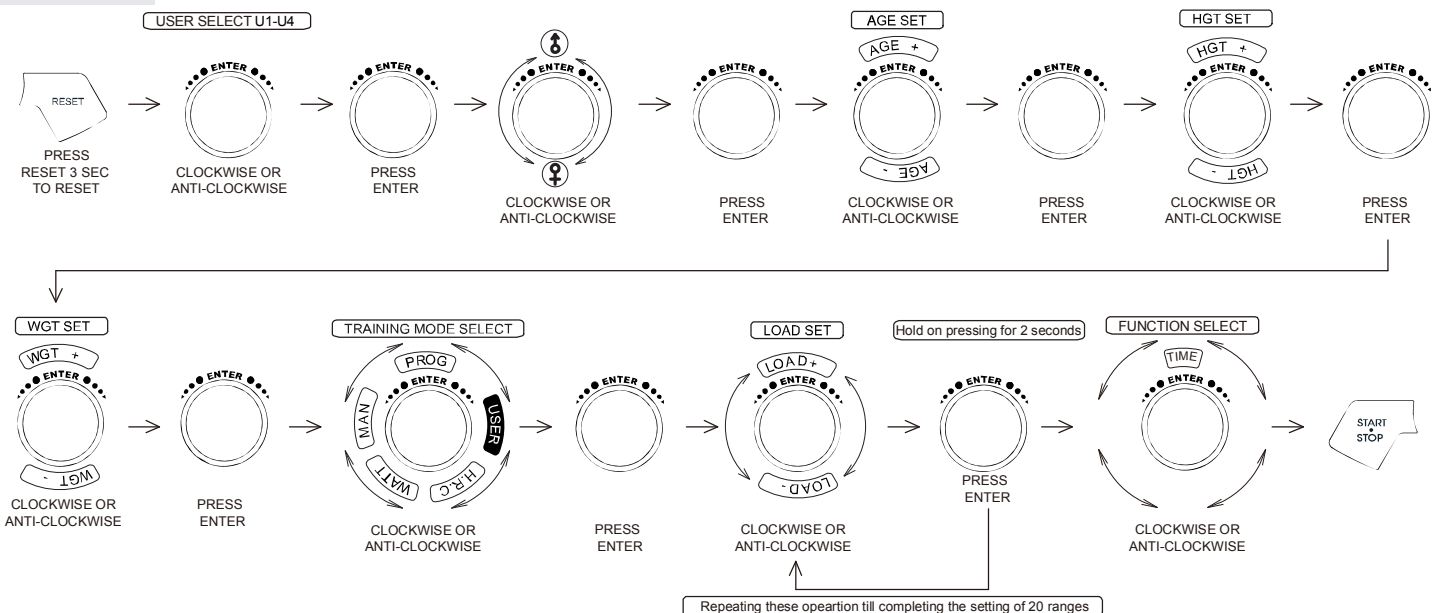



FIGURE 29

## USER mode



# HEART RATE CONTROL

1. After entering HEART RATE CONTROL mode, the screen will show heart rate percentage 55%, 75%, 90% and TARGET. User may select heart rate percentage by turning UP/ DOWN joggle wheel for training.
2. User can preset the TIME data then press START/ STOP to start exercise.
3. After start training, TIME will be counted down. When the TIME is counted to 0, the screen is flashing and the alarm is ringing. User can press any button stop the alarm. If there is no HR input for 5 seconds, LCD will display  until HR signal input.

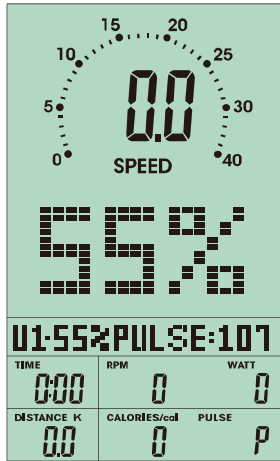


FIGURE 29

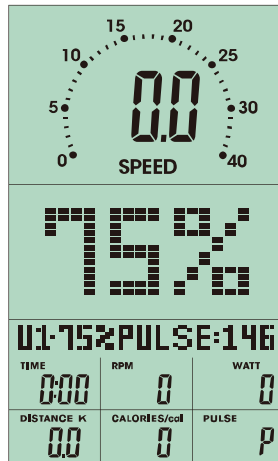


FIGURE 30

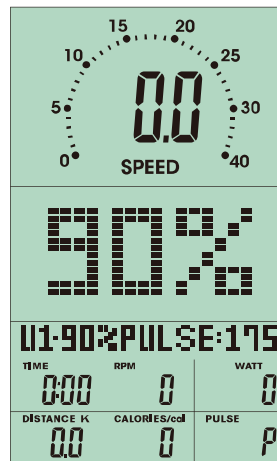


FIGURE 31

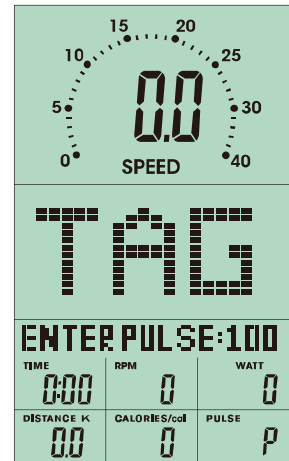


FIGURE 32



FIGURE 33



FIGURE 34



FIGURE 35

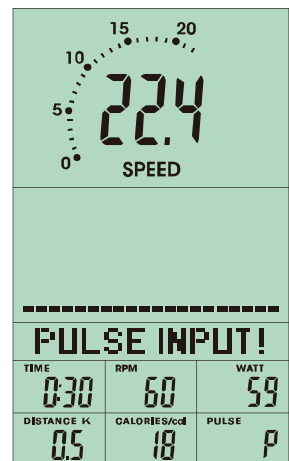
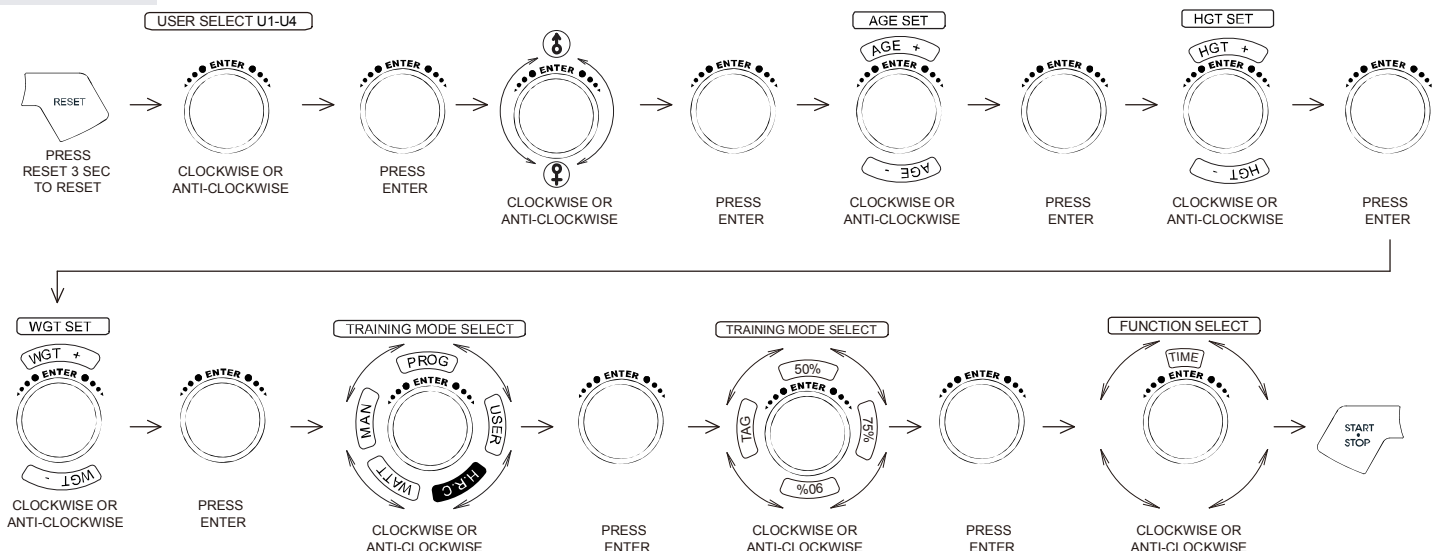


FIGURE 36

## H.R.C. mode



## WATT CONSTANT

1. In standby mode, select WATT and press ENTER to enter.
2. The preset watt value 120 is flashing on screen, use UP/ DOWN joggle wheel to set target value from 10 to 350. Pressing START button to start training.
3. User can preset the TIME data then press START/STOP to start exercise.
4. After start training, TIME will be counted down. When the TIME is counted to 0, the screen is flashing and the alarm is ringing. User can press any button to stop the alarm.
5. Watt value is adjustable during training. User can turn the joggle wheel to adjust the Watt according to the instruction:

▲ : Watt value > Setting value 25% --- User should show down

● : Watt value in the Setting value 25% --- User should keep the same speed

▼ : Watt value < Setting value 25% --- User should ride faster

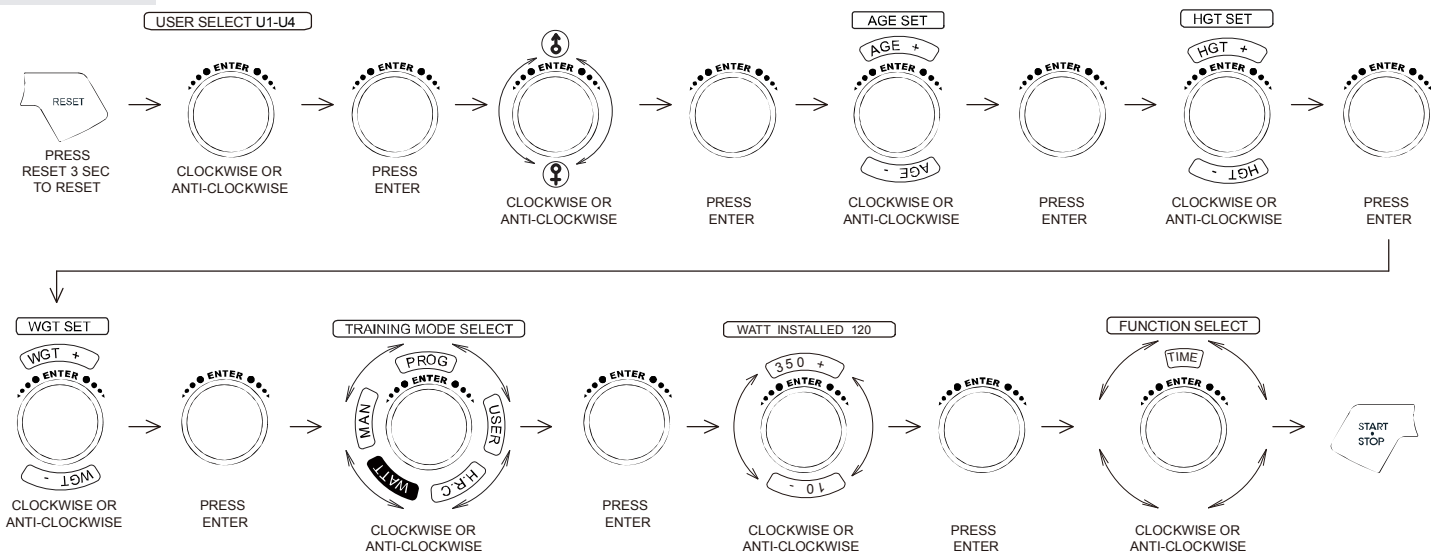


FIGURE 37



FIGURE 38

### WATT mode



## RECOVERY

After exercising for a period of time, keep holding on handgrips and press “RECOVERY” button. All function display will stop except “TIME” starts counting down from 00:60 to 00:00. Screen will display your heart rate recovery status with the F1, F2....to F6. F1 is the best, F6 is the worst. User may keep exercising to improve the heart rate recovery status. (Press the RECOVERY button again to return the main display.)



FIGURE 39

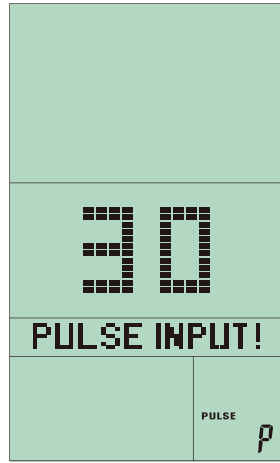


FIGURE 40

**NOTE:**

1. When user stop pedaling for 4 minutes, computer will enter into power save mode, all setting and exercise data will stored until user start exercise again.
2. This computer requires 9V, 1A adaptor.
3. When computer act abnormal, please plug out the adaptor and plug in again.