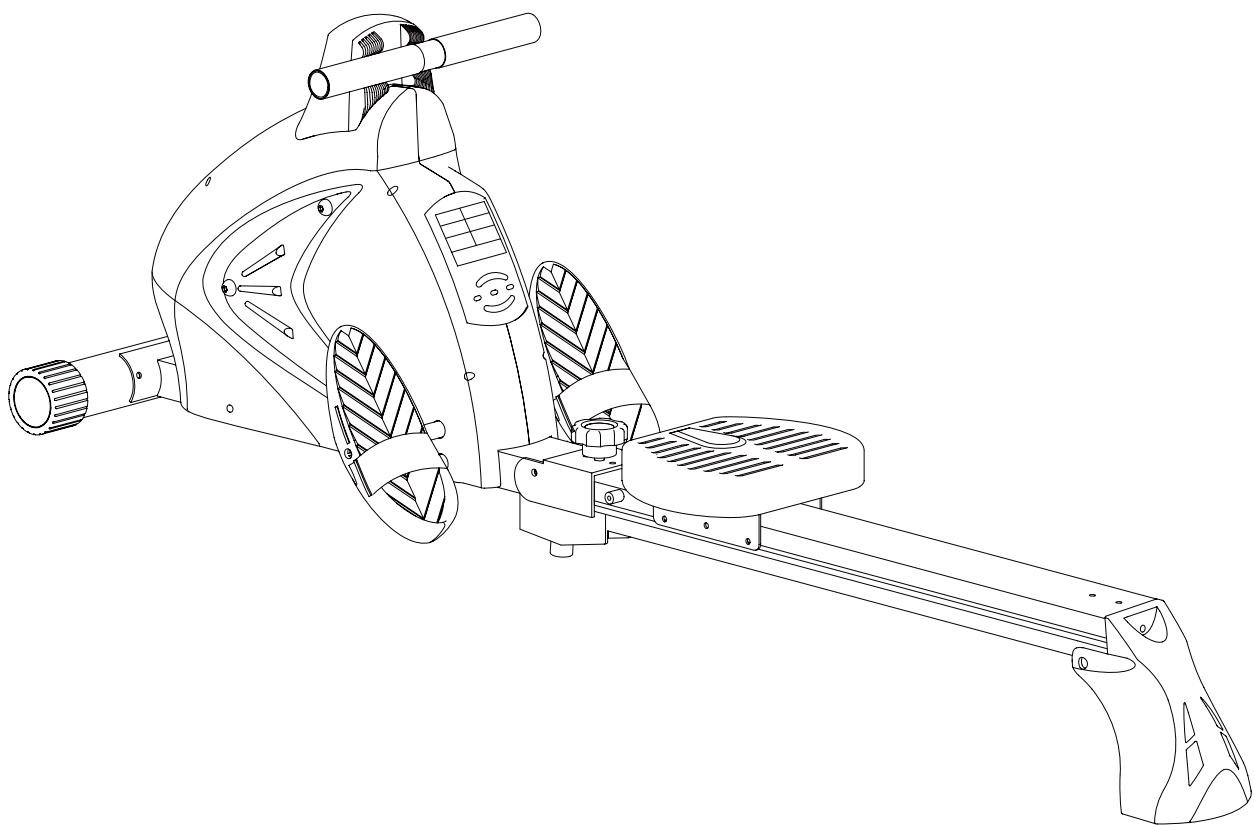




# **Healthstream**

*Make it happen*

## **HS1.0RW**



# *User's Manual*

If you have any questions , please contact The Fitness Generation, +61 (03) 9765 9999.

Free call number 1300 796 636

[www.healthstreamfitness.com.au](http://www.healthstreamfitness.com.au)

# SAFETY HINTS

## ***WARNING* - Read all instructions before using this appliance.**

- Do not operate machine on deeply padded, plush or shag carpet. Damage to both carpet and machine may result.
- Keep children away from the machine. There are obvious pinch points and other caution areas that can cause harm.
- Keep hands away from all moving parts.
- Never operate the machine if it has a damaged cord or plug. If the machine is not working properly, call your dealer.
- Keep the cord away from heated surfaces.
- Never drop or insert any object into any openings.
- Do not use outdoors.
- The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your machine. Quality athletic shoes are recommended to avoid leg fatigue.
- Instructions for assembly, including correct fitting of guards and other safety devices, and warning about the likely injuries to young children if exercises cycles are operated in their vicinity without properly fitted guards.
- Instructions for maintenance, including regular checking of the integrity of guards and safety devices.
- Instructions for the correct adjustment of the seat.

## **SAVE THESE INSTRUCTIONS - THINK SAFETY!**

**CAUTION!! Please be careful when opening this unit.**

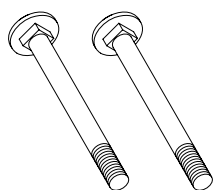
*HS1.0RW- Ver.A*



## ASSEMBLY PACK CHECK LIST

FIGURE 1

(1) SCREW



(2) NUT

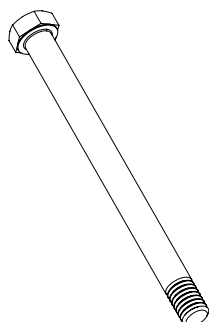


(27) WASHER



FIGURE 2

(11)SCREW



(12)NUT



(C2)KNOB

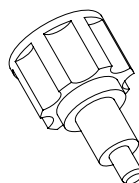
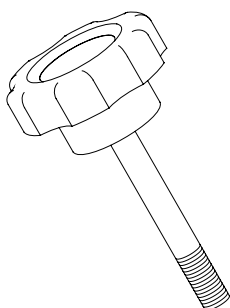


FIGURE 4

(C1)KNOB

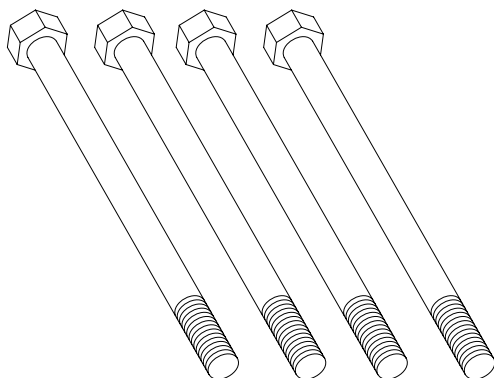


(28)WASHER



FIGURE 4

(10)SCREW



(24)SCREW



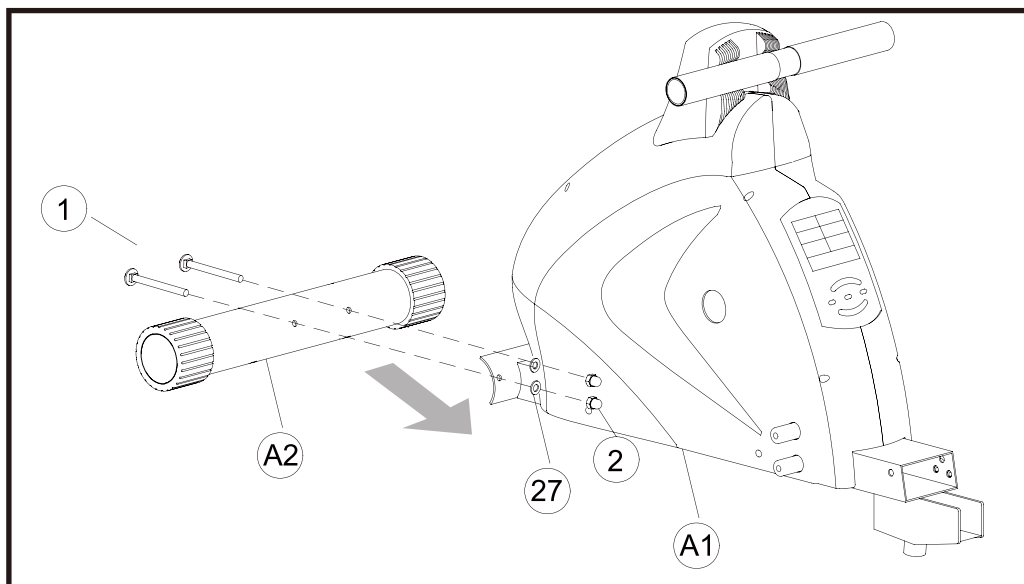


Figure 1

Assembly for front stabilizer with main frame

Step 1. Secure the front stabilizer (A2) and main frame (A1) using carriage bolts (1) & Nuts (2), and Washers (27).

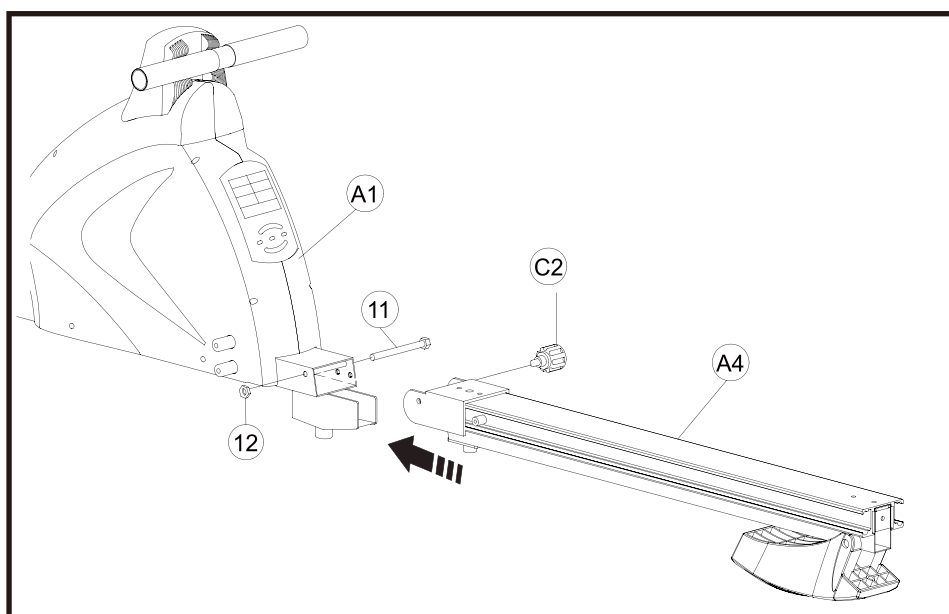


Figure 2

Assembly for upper track

Step 1. Secure main frame (A1) with upper slide track (A4) using bolt (11), Nut (12) and tight it by knob (C2).

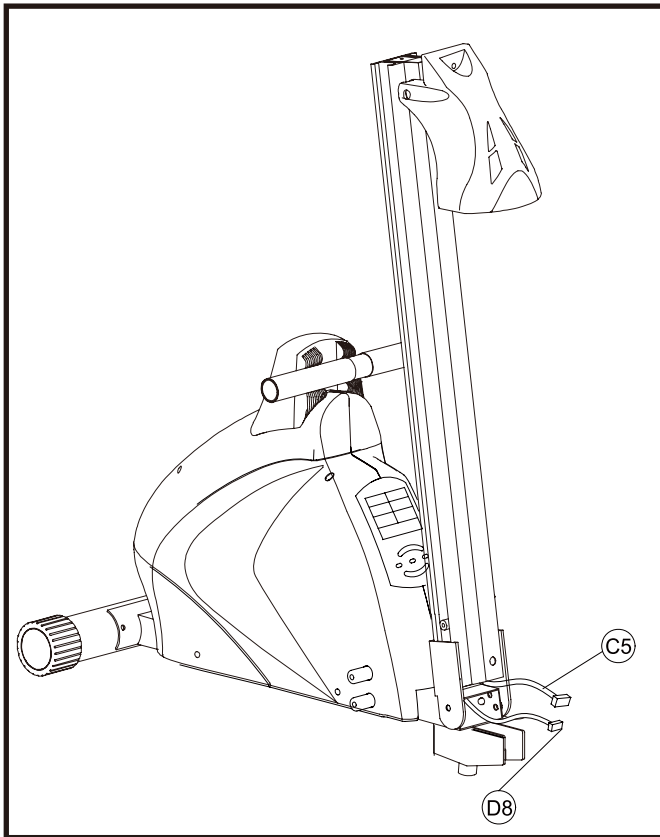


Figure 3

Assembly for Wireless Pulse Receiver  
Step 1. Lift up the Power 10 slide track by pull-ing out knob (C2).

Once the slide track is in place, release knob (C2) to secure it in the elevated position.  
Step 2. Connect cable (D8) & wireless pulse receiver (C5).

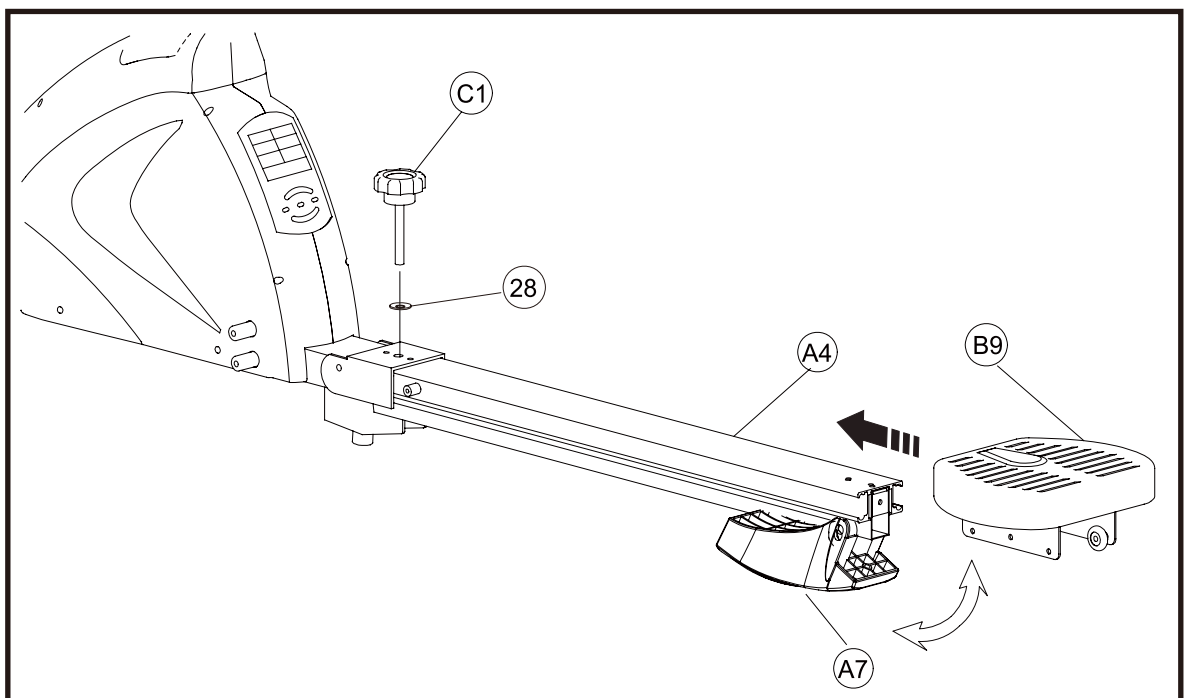


Figure 4

Assembly for saddle seat with slide track

Step 1. Lower slide track back into place.

Step 2. Equip saddle (B9) into slide track (A4).

Step 3. Fold up rear stabilizer (A7)

Step 4. Secure the knob with (C1) and washer (28).

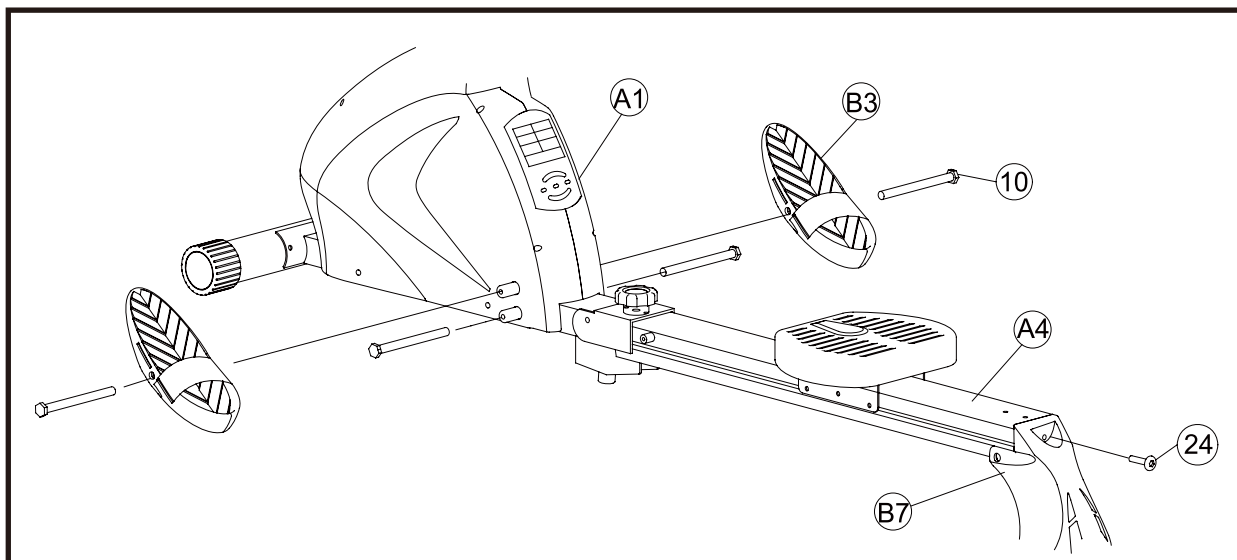


Figure 5

#### Assembly for pedals

Step 1: Insert shaft bolt (10) into pedal (B3) and secure it into main frame.

Step 2: Use screw (24) to secure rear stabilizer to slide track.

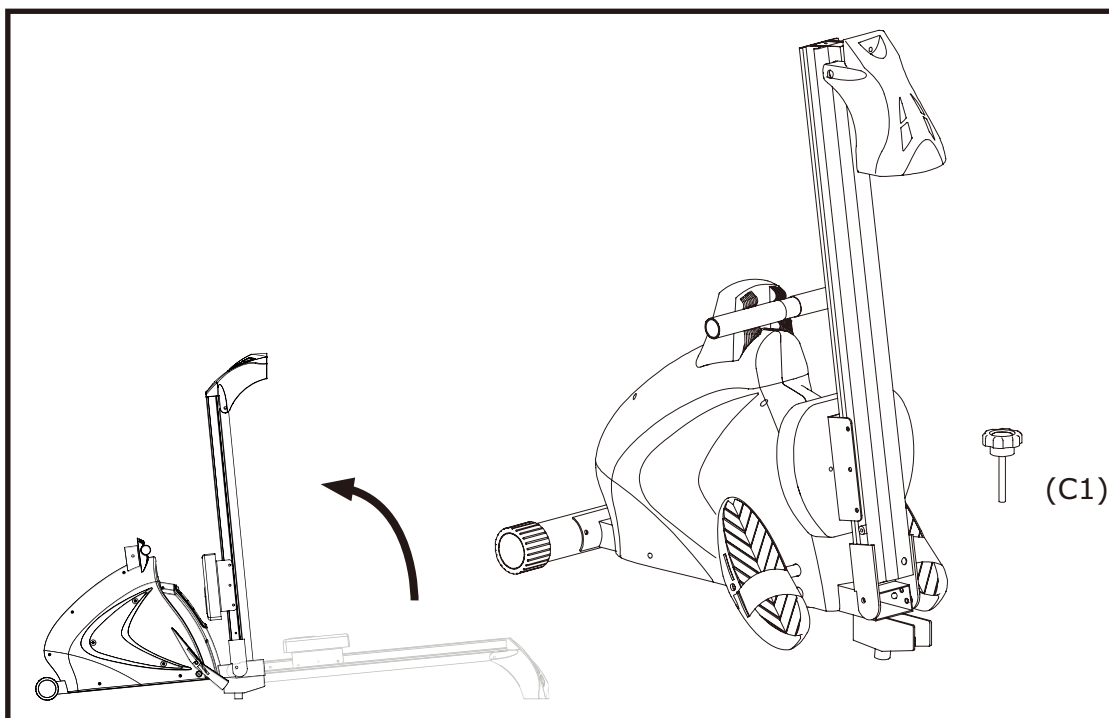


Figure 6

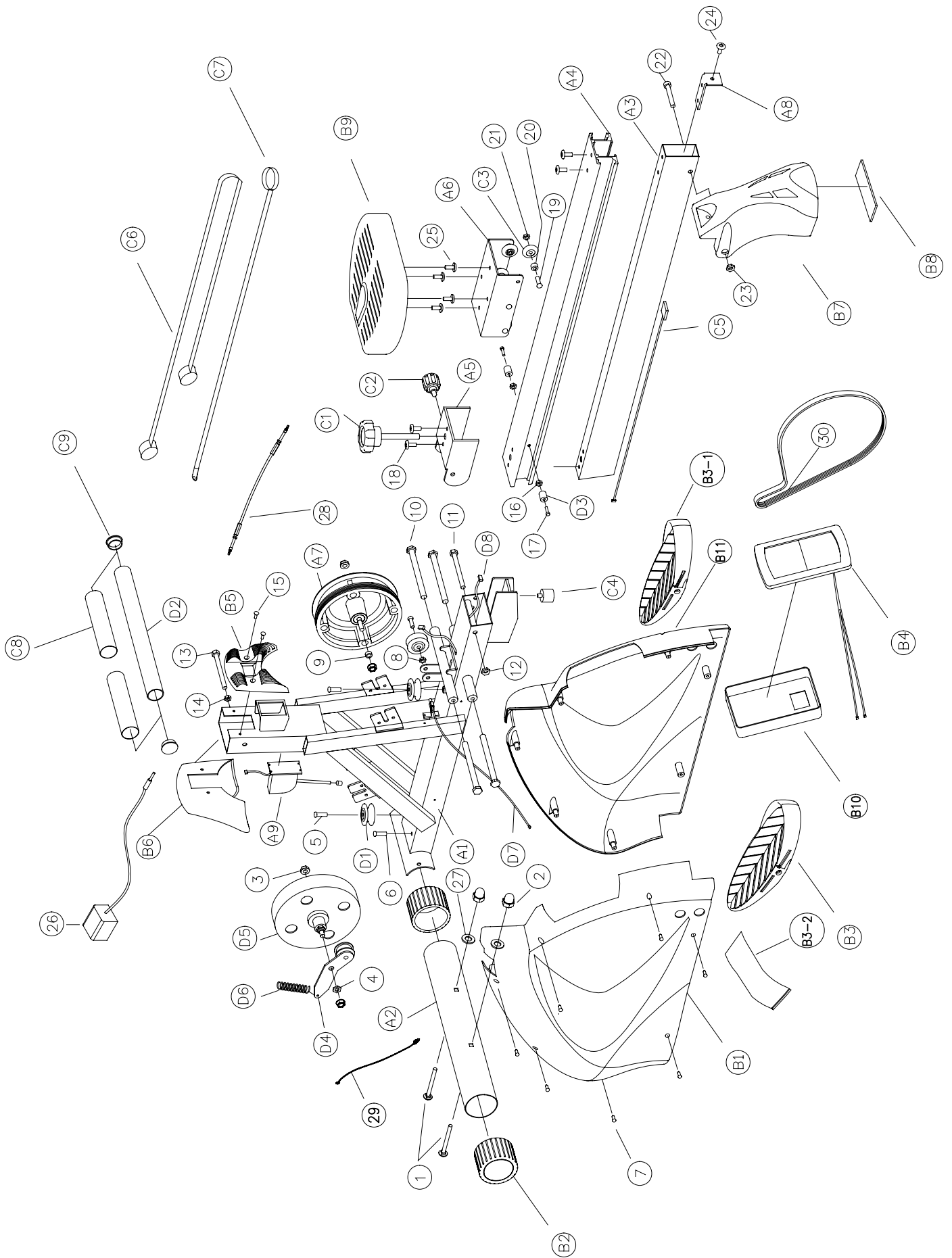
#### How to fold your machine

Step 1. Lift up the machine from it's original extended position.

While holding it in an upright position unscrew the (C1) fix knob that secures the track.

Step 2. Gently lay it back down and pull the knob (C2) to release the Slide track (low) to raise it. You can place the fix knob back into the hole while its at a slight angle and fold it compactly in with the unit.

The knob (C2) shall secure the machine for storage.





NO	DESCRIPTION	Q'TY	NO	DESCRIPTION	Q'TY
A1	Main frame	1	1	Carriage bolt M8=90L	2
A2	Front stabilizer	1	2	M8 Nut	2
A3	Slide track(low)	1	3	Nut 3/8*26	4
A4	Slide track(upper)	1	4	Nut 3 / 8 3T	1
A5	Slide plate	1	5	screw M8=35L	3
A6	Slide plate	1	6	screw M8=30L	1
A7	Pulley	1	7	Tapping screw 4 * 16	8
A8	fixing housing	1	8	M8 Nut	1
A9	Motor	1	9	Nut 3 / 8*4T	1
B1	Chain cover(left )	1	10	Shaft 1/2	4
B2	76 End cap	2	11	Bolt 3/8=120 L	1
B3	Pedal(R)	1	12	3 / 8 Nut	1
B3-1	Pedal(L)	1	13	Bolt 3/8=105L	1
B3-2	Pedal strap	2	14	3 / 8 Nut 7t	1
B4	Console	1	15	Bolt m5*p0.8*15L	2
B5	Plastic cover (upper)	1	16	m6 Nut	2
B6	Plastic cover (lower)	1	17	Screw M6=25L	2
B7	Back cover	1	18	Screw M8=25L	4
B8	Foot cap	1	19	Bolt M8=25L	6
B9	Saddle	1	20	Pipe 12.5*8.2*10L	6
B10	Console cover	1	21	M8 Nut	6
B11	Chain cover(right )	1	22	Bolt 3/8=90L	1
C1	fixed knob	1	23	3 / 8 Nut	1
C2	Knob for folded	1	24	Screw M8=40L	1
C3	Ø37 -PU wheel	1	25	Screw M8=12L	4
C4	Rubber cushion	1	26	Adaptor	1
C5	Wireless pulse receiver	1			
C6	Tension belt	1	27	Washer	2
C7	Ø10 elastic belt	1	28	Tension cable	1
C8	Sponge 35	2	29	Dc wire	1
C9	End cap	2	30	Belt	1
D1	Plastic pulley	3		Tool	
D2	hand grip	1		Tool 6mm	1
D3	Rubber cushion	2		Tool 14mm	2
D4	Tension pulley	1		Tool 21mm	1
D5	Magnetic flywheel	1			
D6	Spring	1			
D7	Sensor pipe	1			
D8	Cable	1			

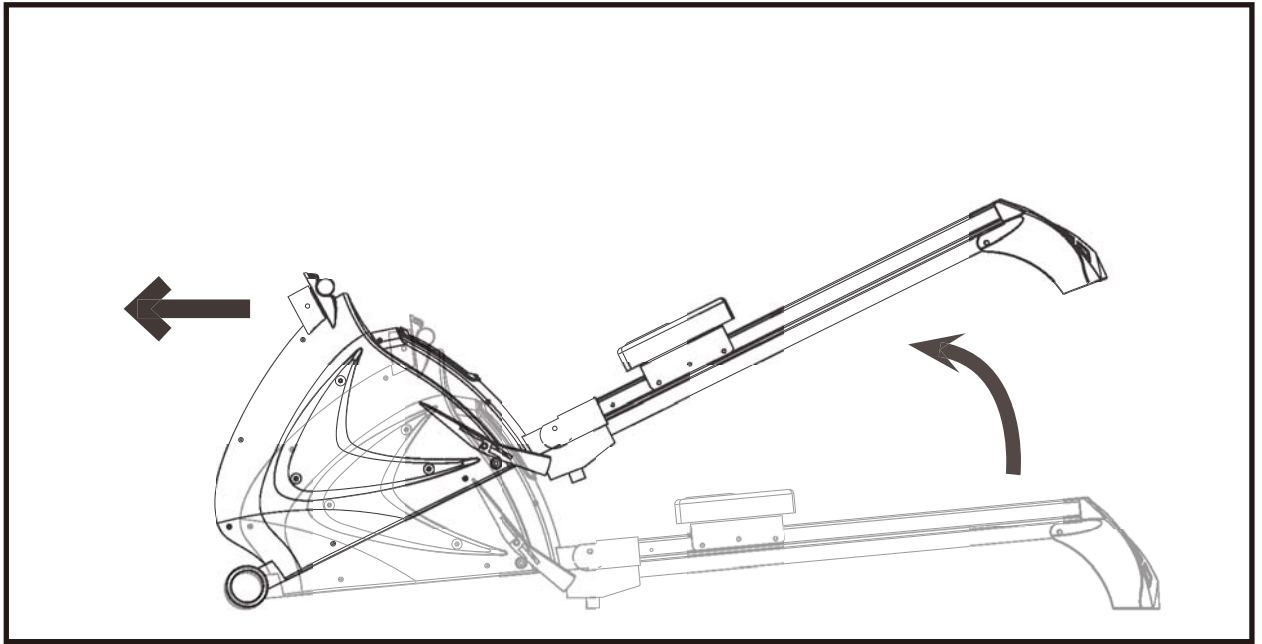


Figure 7

How to move your machine

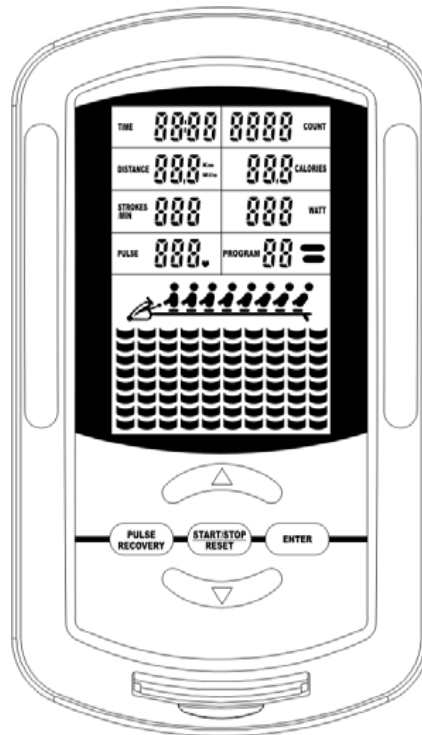
Step 1: Lift up the machine till its on the front stabilizer wheels.

Step 2: Use the rear stabilizer as a anchor to push the machine to its desired piosition

# PROGRAMMABLE MAGNETIC ROLLER

## SUMMARY:

This system is designed for programmable magnetic bike. There are 3 parts to this system the monitor (BC-81186), motor & controller and magnetic braking system.



## A. Power up:

- a. Connect all of the cables to the monitor.
- b. After power up, all LCD segments will light up for 2 seconds and CPU will be reset the resistance into level 1. The monitor will go to initial mode.
1. If the connection cables were installed incorrectly, monitor will display “E1” on matrix display and generate a beep sound. Before asking service, please examine if all connection cables are well connected and then reset the power to release the beep sound or press “START / PAUSE (Hold to reset)” button to restart system. If the monitor still show “E1” message, please call service.
2. If the monitor shows “E2” message, please call service.

## B. KEY BOARD:

- a. ENTER:
  1. During PAUSE mode, press ENTER key to enter desired program.
  2. Confirm the setting values of TIME, COUNT, DISTANCE, CALORIES, PULSE in the heart rate control program 8,

- and PROGRAM PROFILE in the User setting program.
- b. START/PAUSE/ RESET:
1. To start or pause exercising.
  2. Hold this button for 2 seconds can enter initial mode & reset all value to zero.
- c. ⊕ ▲ :
1. During the pause mode, Select Program or increase the setting value of TIME, COUNT, DISTANCE, CALORIES, PULSE in the heart rate control program 8, and PROGRAM PROFILE in the User setting program.
  2. During the exercise mode, Press this button to increase the load level.
- d. ▼ :
1. During the pause mode, Select Program or decrease the setting value of TIME, COUNT, DISTANCE, CALORIES, PULSE in the heart rate control program 8, and PROGRAM PROFILE in the User setting program.
  2. During the exercise mode, Press this button to decrease the load level.
- e. PULSE RECOVERY:
1. Press this button going into pulse recovery detecting.
- F1.0 = Excellent   F2.0 = Good   F3.0 = Fair   F4.0 = below average  
F5.0 = No Good   F6.0 = Poor

## C. FUNCTIONS:

### TIME:

Exercise time will be shown on the display when exercising. If there is no signal is detected within 4 seconds, it will reset zero.

**Count up:** Without setting the time value, the monitor will count up the time from 0:00 to 99:59.

**Count down:** Setting the exercise time, the monitor will count down from your setting values. Once reach setting value, monitor will produce bi sounds, and then the value of time becomes counting up form 0:00.

### Count:

Count will be shown on the display when exercising. If there is no signal is detected within 4 seconds, it will reset zero.

**Count up:** Without setting the count value, the monitor will count up the count from 0 to 9999.

**Count down:** Setting the exercise time, the monitor will count down from your setting values. Once reach setting value, monitor will produce bi sounds, and then the value of count becomes counting up form 0.

### CALORIE

11

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The calories burned will be displayed on the window. Its scope is 0.0–999kcal.

**Count up:** Without setting the calorie value, the monitor will count up the count from 0.0 to 999.

**Count down:** Setting the calorie consumption, the monitor will count down from your setting values. Once reach setting value, monitor will produce bi sounds, and then the value of count becomes counting up form 0.0.

### **DISTANCE**

The distance will be displayed on the window. The monitor begins to calculate from 1 meter to 999meter and the measure unit is 1 meter. After reach 1 KM, the measure unit become to 0.1 KM (100meter). The monitor will display from 1.1KM to 99.9KM.

**Count up:** Without setting the distance value, the monitor will count up from 0.1–99.9 KM or Mile.

**Count down:** Setting the exercise distance, the monitor will count down from your setting values. Once reach setting value, monitor will produce bi sounds, and then the value of count becomes counting up form 1 meter.

### **PULSE**

The monitor will display your current heart beat rate in beats per minute. The value of pulse make count is 40–220. If signal is input, the monitor will count the beats. If no pulse input is detected within 16 seconds, the display will indicate “p”. This is power saving device.

Setting the pulse value, the heart rate will limit on certain value (90–220) as your setting. One your heart rate is more than your setting value. The window will blink and remind you the value is higher than your setting value. You need to work slowly to reduce your heart rate.



The picture indicates the travel distance on the roller machine during exercise.

### **D. OPERATION:**

This system contains of 12 different programs and you can preset the workout time and system will divide the time by 10 intervals. If you don't preset workout time, system will cont up the workout time in one–second increment. Without

setting the workout time, the time will count up and each interval will retain 3 minutes.

## Preset Program: Program 1– Program 7

1. Press the Up and down button to the desired program.
2. Press the Enter Button to enter your desired program.
3. The Time display will flash, and then press the “ up or down” button to set up the desired time to do the exercise. Press ENTER button to confirm your setting value.
4. The count display will flash, and then press the “ up or down” button to set up the desired value. Press ENTER button to confirm your setting value.
5. The distance display will flash, and then press the “ up or down” button to set up the desired distance you would like to reach. Press ENTER button to confirm your setting value.
6. The calorie display will flash, and then press the “ up or down” button to set up the desired calorie you would like to reach. Press ENTER button to confirm your setting value.
7. Press the start/stop to begin exercise.

### Note:

If you would like to skip the function setting, press the Enter button to the next setting function.

1. When you reach the target, the monitor will produce beep sound and then stop.
2. If you set up more than one target and you would like to reach next target, press start to exercise again.

## TARGET HEART RATE PROGRAM: (PROGRAM 8)

In this program, the computer will adjust the level of loading according to the heart rate detected. For example, the level of loading may increase while the heart rate detected is lower than TARGET H.R. Also, the level of loading may decrease while the heart rate detected is

higher than TARGET H.R. As a result, the user's heart rate will be adjusted to close the TARGET H.R. in the range of TARGET H.R. -5 and TARGET H.R. +5.

1. Press the Up and down button to the program 8.
2. Press the Enter Button to enter your target heart rate program.
3. The pulse display will flash, and then press the “ up or down” button to set up the desired limit heart rate you would like to keep. Press ENTER button to confirm your setting value.
4. The Time display will flash, and then press the “ up or down” button to set up the desired time to do the exercise. Press ENTER button to confirm your setting value.
5. The count display will flash, and then press the “ up or down” button to set up the desired value. Press ENTER button to confirm your setting value.
6. The distance display will flash, and then press the “ up or down” button to set up the desired distance you would like to reach. Press ENTER button to confirm your setting value.
7. The calorie display will flash, and then press the “ up or down” button to set up the desired calorie you would like to reach. Press ENTER button to confirm your setting value.
8. Press the start/stop button to begin exercise.

**Note:**

1. You must set up the pulse value in this program, because is a heart rate control program.
2. If you do not set the pulse value, the initial setting value is 90 bpm (heart beats per minute).
3. When you reach the one of the targets such as Time, Count, Distance, and Calories, the monitor will produce beep sound and then stop.

4. If you set up more than one target and you would like to reach next target, press start to exercise again.

## User Setting Program: U1 to U4

Users are free to edit the values in the order of TIME, COUNT, DISTANCE, CAL, and the level of loading in 10 intervals. The values and profiles will be stored in the memory after setup. Users may also change the ongoing loading in each interval by pressing up or down button, and they will not change the level of loading stored in the memory.

1. Press the Up and down button to the User setting program.
2. Press the Enter Button to enter this program.
3. The Time display will flash, and then press the “ up or down” button to set up the desired time to do the exercise. Press ENTER button to confirm your setting value.
4. The count display will flash, and then press the “ up or down” button to set up the desired value. Press ENTER button to confirm your setting value.
5. The distance display will flash, and then press the “ up or down” button to set up the desired distance you would like to reach. Press ENTER button to confirm your setting value.
6. The calorie display will flash, and then press the “ up or down” button to set up the desired calorie you would like to reach. Press ENTER button to confirm your setting value.
7. The column 1 will flash, and then press the “ up or down” button to create your personal exercise profile.
8. Press the Enter button to confirm your first column of your exercise profile.
9. The column 2 will flash, and then turn the “ MODUS” button to create your personal exercise profile.
10. Press the Enter button to confirm your second column of your exercise profile.



11. Follow the above descriptions to finish your personal exercise profile.

12. Press the START/STOP to begin exercise.

NOTE:

1. Your personal exercise profile will be stored in the memory of the monitor.
2. When you reach the one of the targets such as Time, Count, Distance, and Calories, the monitor will produce beep sound and then stop.
3. If you set up more than one target and you would like to reach next target, press start to exercise again.

PROGRAM PROFILE:

1. PROGRAM 1 (MANUAL) :

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2. PROGRAM 2 (POLLING) :

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3. PROGRAM 3 (VALLEY) :

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#### 4. PROGRAM 4 (FAT BURN) :


#### 5. PROGRAM 5 (RAMP) :


#### 6. PROGRAM 6 (MOUNTAIN) :


#### 7. PROGRAM 7 (INTERVALS) :


8. PROGRAM 8 (TRAGET H.R.):


9. PROGRAM 9 (user setting):


10. PROGRAM 10 (user setting):


11. PROGRAM 11 (user setting):


12.PROGRAM 12 (user setting) :

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## AEROBIC EXERCISE

Aerobic exercise is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise fitness is promoted by any activity that uses your large muscle -arms, legs, or buttock, for example. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

## WEIGHT TRAINING

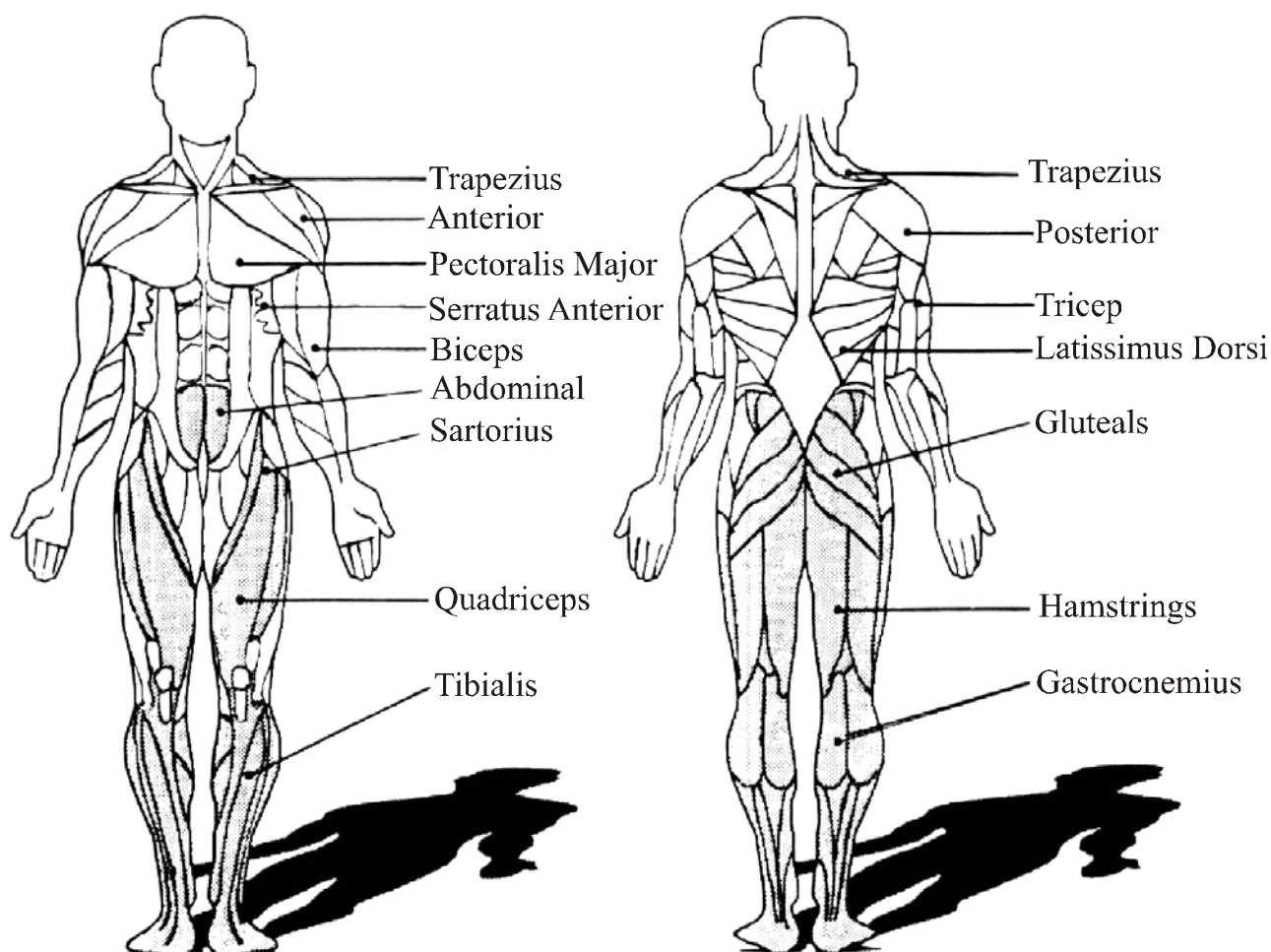
Along with aerobic exercising which helps get rid of and keep off the excess fat that our bodies can store, weight training is an essential part of the exercise routine process. Weight training helps tone, build and strengthen muscle. If you are working above your target zone, you may want to do a less amount of reps. And as always ,consult your physician before beginning any exercise program.

## MUSCLE CHART

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### CYCLE

The exercise routine that is performed on the cycle will develop the lower body muscle group as well as condition the circulatory system and provide a good aerobic workout . These muscle groups are highlighted on the muscle chart below.



### **Quadriceps Stretch**

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot up.

### **Inner Thigh Stretch**

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 10 counts

### **Toe Touches**

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.

### **Hamstring Stretches**

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts Relax and then repeat with left leg extended.

## *WARM UP*

