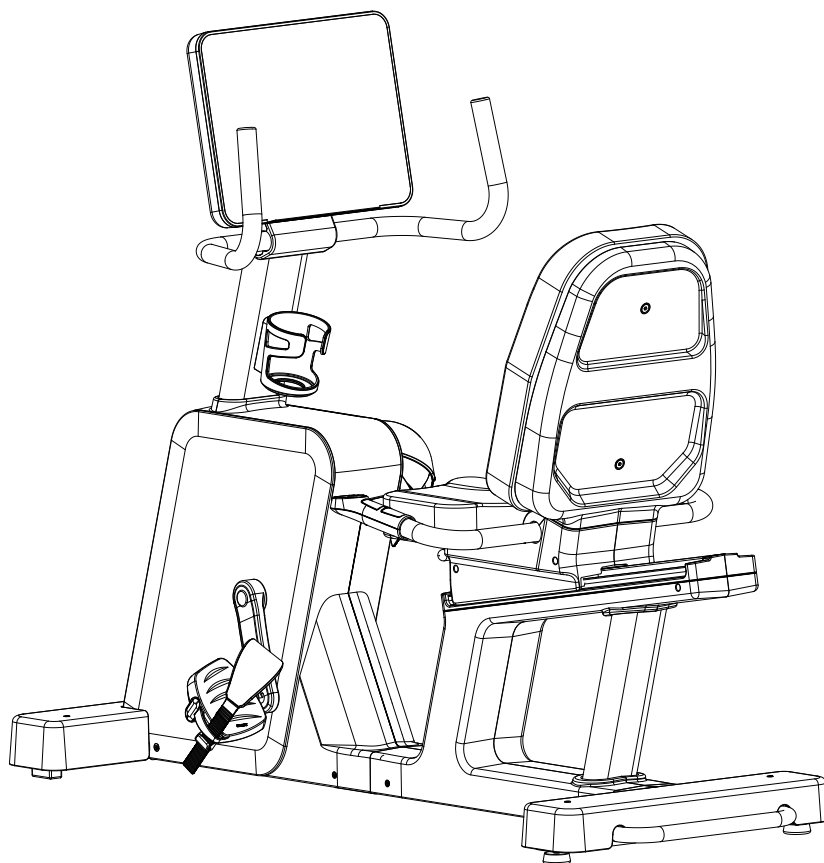




BLACK SERIES RECUMBENT BIKE

SK-BLK-RB

USER MANUAL



**TO OBTAIN THE WARRANTY OF THIS
PRODUCT, WE RECOMMEND THAT
A QUALIFIED TECHNICIAN
CARRIES OUT THE FULL ASSEMBLY.**



CAUTION

**BEFORE USING THIS EQUIPMENT.
READ ALL PRECAUTIONS AND
INSTRUCTIONS IN THIS MANUAL.
KEEP THIS MANUAL FOR FUTURE
REFERENCE.**

IMPORTANT WARNINGS & SAFETY INSTRUCTIONS

PROPER INSTALLATION

The Gym facility shall ensure that all exercise equipment and machines are properly installed, anchored, and secured to the floor or wall in accordance with the manufacturer's instructions and applicable safety standards to prevent tipping, movement, or other hazards.

LIMITATION OF LIABILITY

Evolution Group LLC and its affiliates shall not be liable for any damages, injuries, or losses arising from the improper installation, maintenance, or use of the equipment. The Gym facility agrees to hold harmless and indemnify Evolution Group LLC and its affiliates against any claims, demands, or liabilities resulting from such incidents.

COMPLIANCE WITH INSTRUCTIONS

The Gym facility confirms that it has received and understood the manufacturer's instructions and safety guidelines for the equipment. The Gym facility is responsible for ensuring that its staff and members are aware of and comply with these instructions.

NO WARRANTY FOR MISUSE

Evolution Group LLC and its affiliates do not warrant the equipment's performance or safety in cases of misuse, improper installation, or failure to maintain the equipment as recommended.

PURCHASER INSTRUCTIONS

It is the sole responsibility of the purchaser of products to read, understand, and comply with the this equipment. Use this product only for its intended purpose as described in the owner's manual. Failure to do so may result in injury or damage . It is recommended that all users be informed of the following information prior to use.

RISK OF INJURY AND ASSUMPTION OF RISK; NO CHILDREN

- Before starting any exercise or conditioning program, you should consult your physician. This is especially important if you are new to exercise or training equipment, inactive, pregnant, or suffer from any illness or mental condition. Using training equipment can result in injury or death, and the purchaser is assuming that risk. This makes understanding the owner's manual and instructing others particularly important.
- If at any time during exercise you feel faint, dizzy, or experience pain, stop exercising immediately and consult your physician.
- Keep children away from the equipment, and particularly moving parts. If using the product near children or pets, ensure constant supervision to prevent accidents and ensure that there is no ability for the child or pet to get near the moving parts. If authorized by a legal guardian or parent, a child should be under direct and immediate supervision at all times. Under no circumstances should a child younger than 15 years old use the equipment.

SECURE ENVIRONMENT

Skelcore equipment must:

- Be secured to or set up on a solid, level surface to stabilize and eliminate rocking or tipping over during training.
- Be set up with sufficient ventilation to ensure proper operation.

IMPORTANT WARNINGS & SAFETY INSTRUCTIONS

- Be set up with sufficient space around the equipment so that all exercises can be completed safely. It is recommended that there should be at least 1 meter of space around the equipment where access is required to exercise.

INSTALLATION

Risk of Injury:

- Installation of this product involves certain risks, including the risk of injury. Follow the installation instructions carefully, and if you are unsure, seek professional assistance.
 - For optimal safety, professional installation is recommended. If you choose to install the product yourself, ensure that you have the necessary skills and tools.
 - Before installation, verify that the installation location can support the weight and forces exerted by the product. Consult a professional if needed.
- If you encounter difficulties during installation or have any questions, contact the distributor/sales person from which you purchased the equipment from for assistance.

Failure to follow these installation guidelines may result in injury or damage or void your warranty. By installing and using this product, you acknowledge and accept all associated risks. If you have questions, please contact our customer support.

USER WEIGHT LIMITATIONS

This product has a maximum weight limit. Do not exceed the specified weight capacity. Doing so may compromise the stability of the equipment and result in injury. This machine has a max. user weight of **180 KG / 397 LB**

INSPECTION AND CLEANING

- Before any use, examine all accessories approved for use with the Skelcore equipment for damage or wear.
- Do not use or permit the use of any equipment that is damaged or has worn or broken parts. For all Skelcore equipment, use only replacement parts supplied by Skelcore.
- Always make sure that all nuts and bolts are tightened prior to each use.
- Maintain labels and nameplates – do not remove labels for any reason. They contain important information.
- Equipment maintenance – preventative maintenance is the key to smooth operating equipment. Please ensure that you follow our maintenance tips to ensure the continued correct function of your Skelcore equipment.
- If there are damages to small parts, please stop using the equipment at once and contact the purchasing company or agency for replacements. Install the new small parts properly and make sure the connected joints and working parts are fastened, avoiding danger during use.
- Should your Skelcore equipment appear damaged or worn, do not attempt to use or repair the equipment yourself.
- Do not use caustic cleansers to clean and/or wipe it.

OPERATING PROCEDURES AND WARNINGS

- It is the purchaser's responsibility to instruct all users as to the proper operating procedures of all

IMPORTANT WARNINGS & SAFETY INSTRUCTIONS

Skelcore equipment.

- Do not wear loose-fitting clothing or jewelry when using the equipment. It is also recommended that users tie up long hair to avoid contact with moving parts.
- Ensure that anyone not using the equipment stays clear of the user, accessories, and moving parts while the machine is in operation.
- To avoid muscular pain and strain, begin each workout by stretching and warming up, and end each session by cooling down and stretching.
- If the user experiences any injury during use, they should immediately stop using the product and seek medical attention.

PROPER INSTALLATION

The Gym facility shall ensure that all exercise equipment and machines are properly installed, anchored, and secured to the floor or wall in accordance with the manufacturer's instructions and applicable safety standards to prevent tipping, movement, or other hazards.

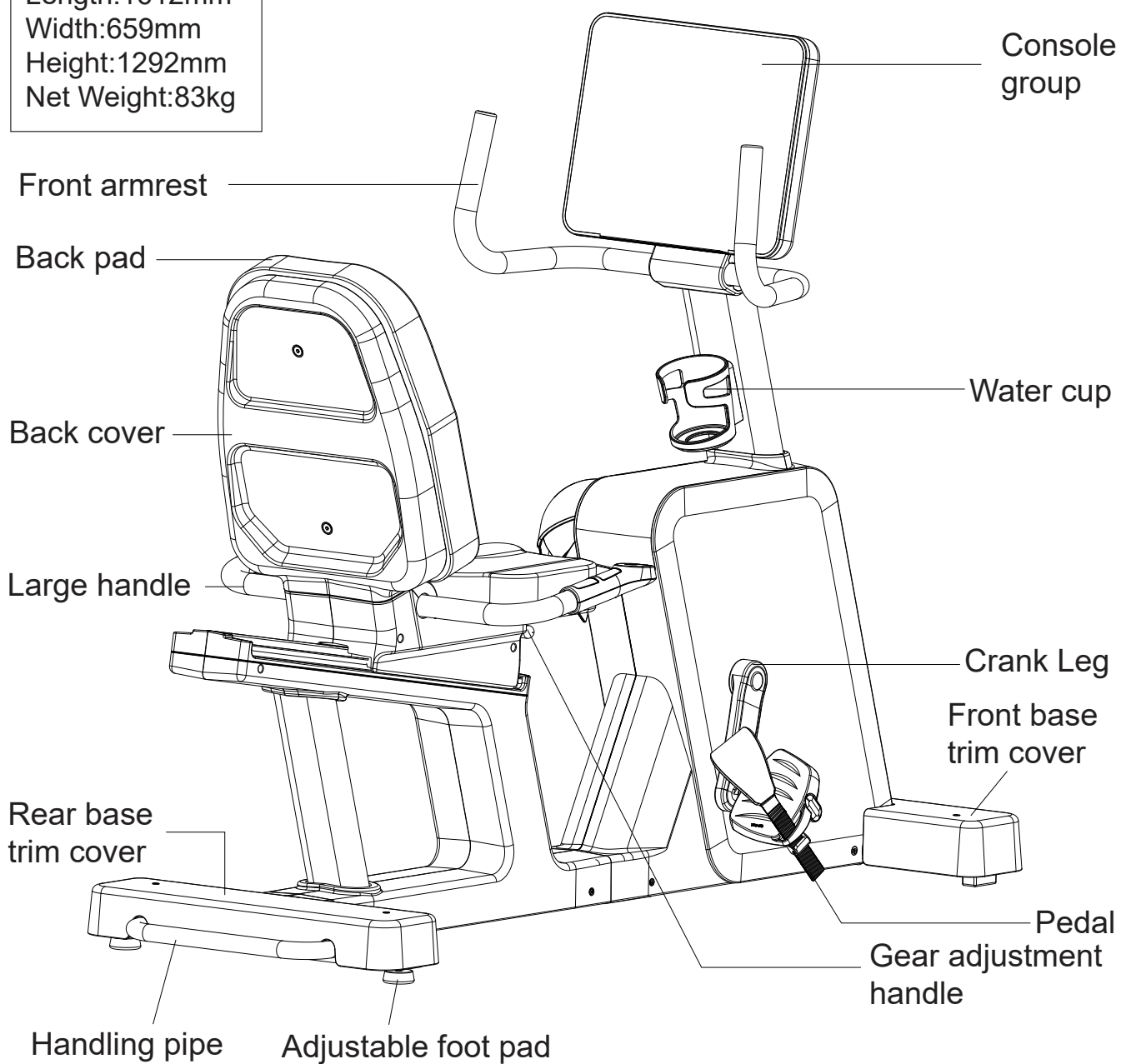
LIMITATION OF LIABILITY

Evolution Group LLC and its affiliates shall not be liable for any damages, injuries, or losses arising from the improper installation, maintenance, or use of the equipment. The Gym facility agrees to hold harmless and indemnify Evolution Group LLC and its affiliates against any claims, demands, or liabilities resulting from such incidents.

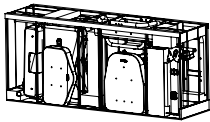
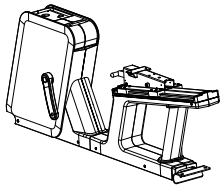
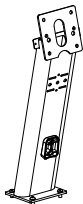
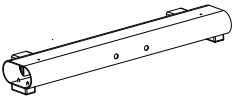
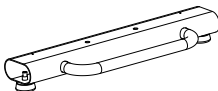
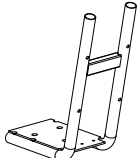
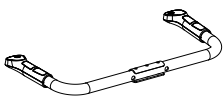
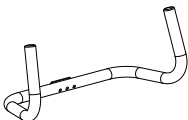
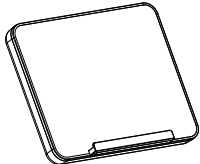
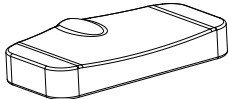
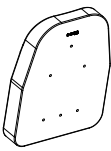
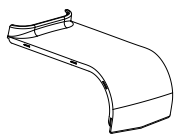
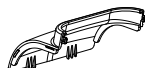
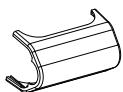
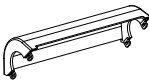
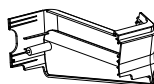
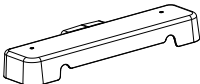
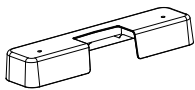
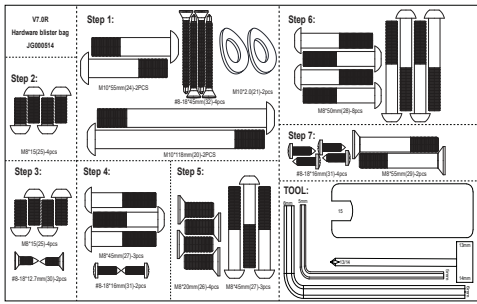
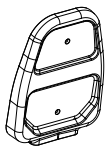
SAVE THIS INSTRUCTION MANUAL FOR FUTURE USE AND REFERENCE.

ASSEMBLY LIST

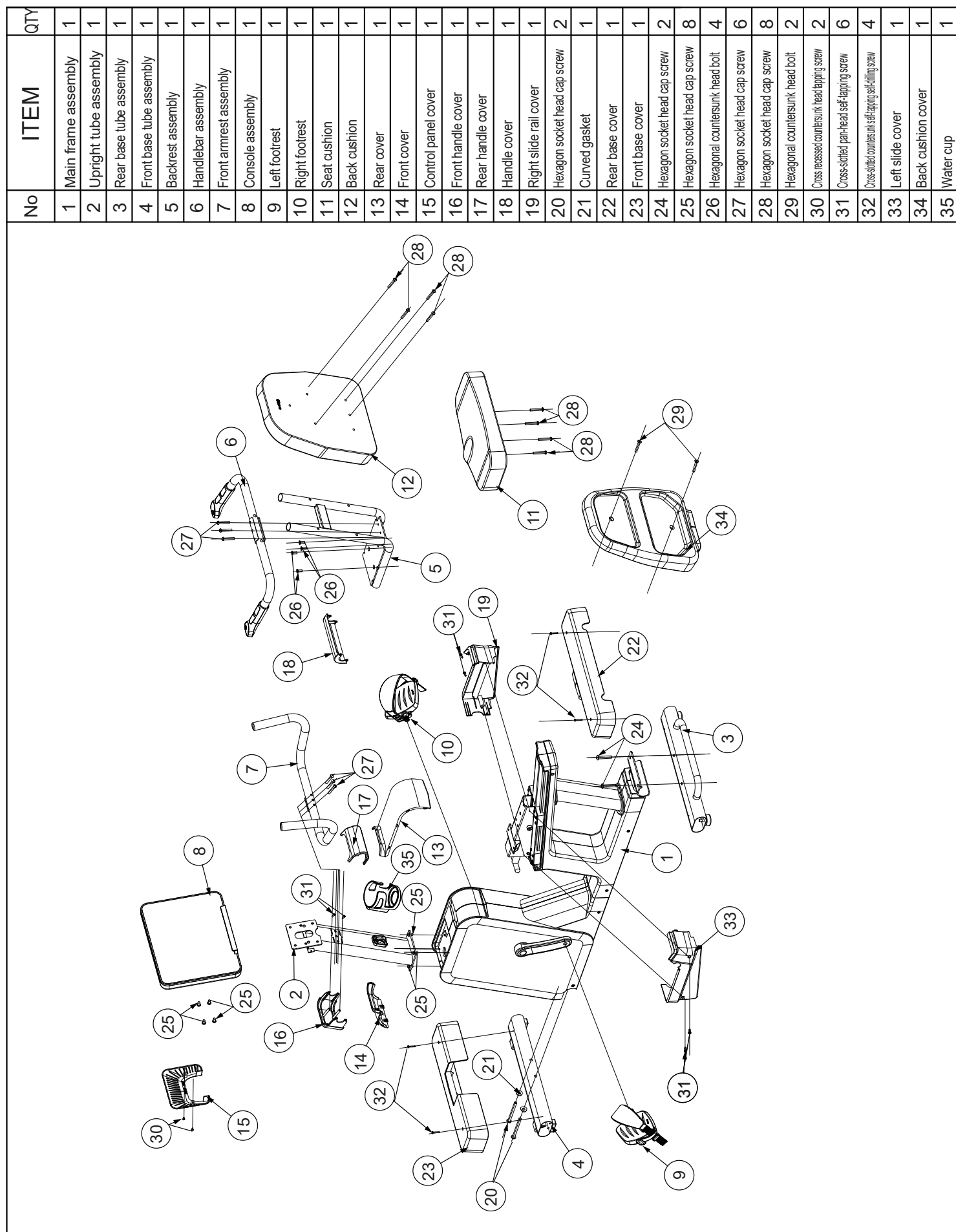
Length:1612mm
Width:659mm
Height:1292mm
Net Weight:83kg



ASSEMBLY LIST

 Main frame assembly	 1 Column tube assembly	 2 Column tube assembly	 3 Front bottom tube assembly	 4 Rear bottom tube assembly
 5 Backrest frame assembly	 6 Large handle assembly	 7 Front armrest assembly	 8 Control panel	 9 Left footrest
 10 Right footrest	 11 Seat cushion	 12 Backrest cushion	 13 Rear cover of protective cover	 14 Front cover of protective cover
 15 Lower cover of control panel	 16 Front cover of handle	 17 Handle Rear Trim Cover	 18 Handle Rear Trim Cover	 19 Slide Rail Right Trim Cover
 22 Rear Base Trim Cover	 23 Front Base Tube Trim Cover	 35 Cup Holder		
 Slide Rail Left 33 Trim Cover	 34 Backrest Rear Cover	 36 Instruction Manual	 37 Screwdriver set	

EXPLODED DIAGRAM



ASSEMBLY STEPS

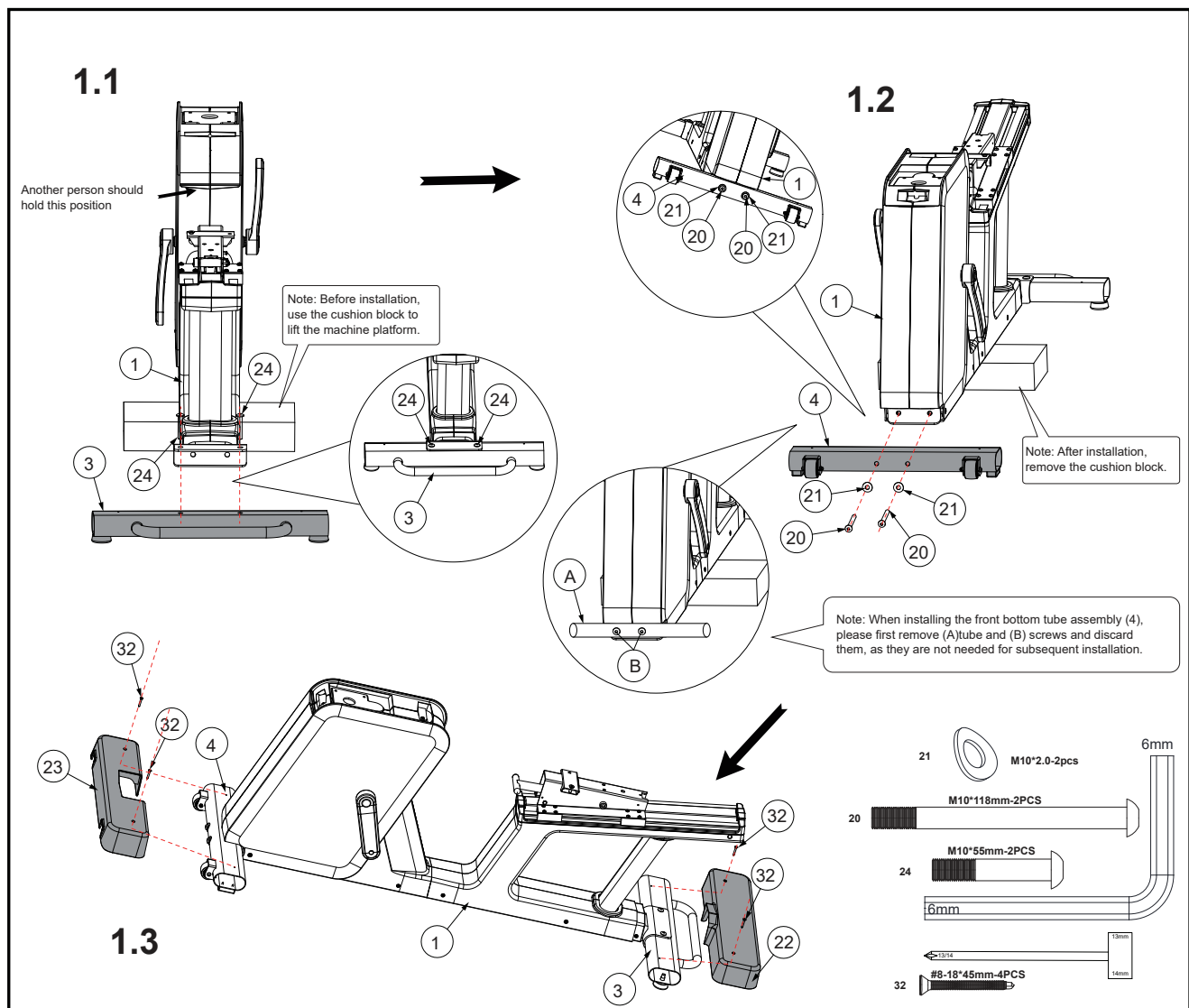
1. Installation of front and rear base tube assemblies and decorative covers

(This step requires 2 people)

1.1. Align the rear bottom tube assembly (3) with the main frame assembly (1) so that the sheet metal parts are tightly aligned with the screw holes. Use a 6mm hex wrench to tighten the two M10x55mm hex socket head cap screws (24), securing the rear bottom tube assembly (4) to the main frame assembly (1) (As shown in Figure 1.1).

1.2. Place the front bottom tube assembly (4) against the sheet metal of the main frame assembly (1) and align the screw holes. Use a 6mm hexagonal wrench to insert two hexagonal pan head screws M10*118mm (20) into the curved washers M10*2.0 (21) to secure the front bottom tube assembly (4) to the main frame assembly (1) (see Figure 1.2).

1.3. Place the front and rear base covers (23) and (22) on the front and rear base tube assemblies (4) and (3) respectively, aligning the screw holes, then secure the front and rear base covers (23) and (22) with four #8-18*45mm cross-slot countersunk self-tapping screws (32). (As shown in Figure 1.3)



Note: This machine is relatively heavy, so please take safety precautions when installing it.

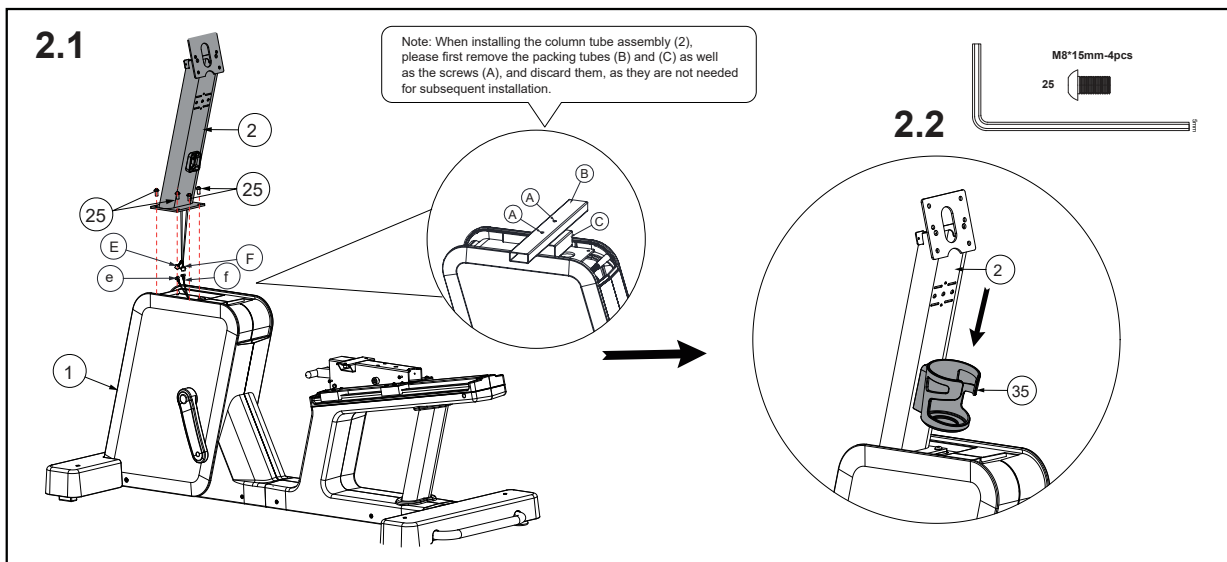
ASSEMBLY STEPS

2. Installation of the column assembly and cup holder

(This step requires 2 people)

2.1. First, connect signal data cable E to e and F to f. Then connect the column tube assembly (2) to the main frame assembly (1). Finally, use a 5mm hex wrench to secure the column tube assembly (2) to the main frame assembly (1) with four M8*15mm hex socket head cap screws (25) (As shown in Figure 2.1).

2.2. Position the cup holder (35) near the column tube assembly (2) and insert it vertically downward along the arrow direction into the column tube assembly (2). Secure the cup holder by snapping it into place. (As shown in Figure 2.2)



3. Installation of the control panel and control panel trim cover

(This step requires 2 people)

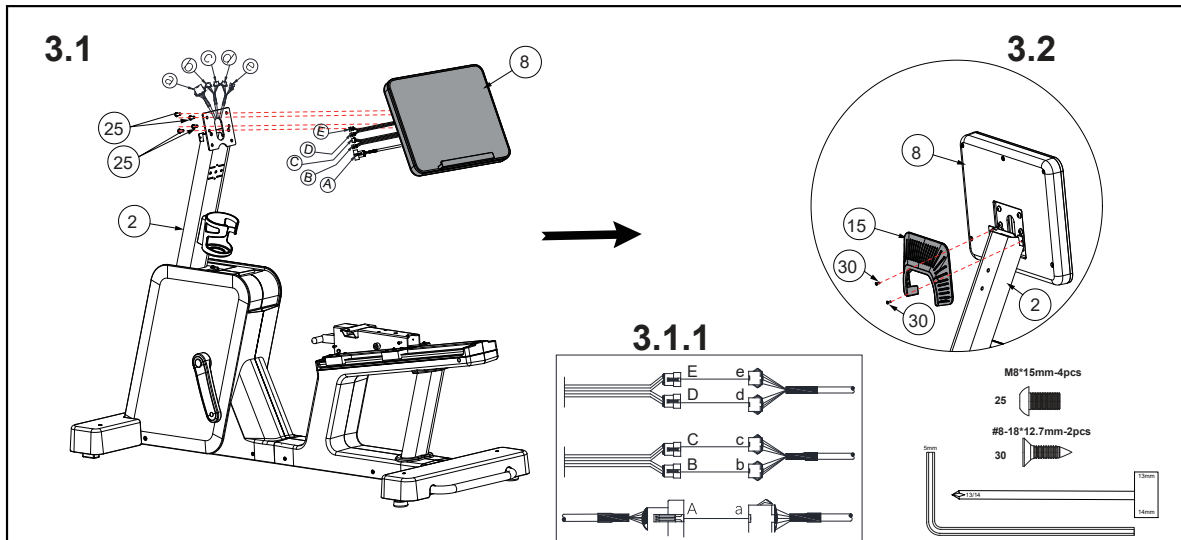
3.1. First, position the control panel (8) near the column tube assembly (2). The other person then connects the communication cable (A) to (a), holds the heart rate cable (B) and connects it to (b), connects (C) to (c), connects (D) to (d), and connects (E) to (e). (For specific connections, please refer to Figure 3.1.2).

Note: Correct terminals are easy to connect; do not force incorrect terminals. After connecting, insert the terminals into the holes in the large sheet metal of the column tube assembly (2) to avoid pinching the signal wires.

Align the control panel (8) flush with the large sheet metal panel of the column tube assembly (2), ensuring proper alignment with the holes. Secure it using four M8x15 (25) hex socket head cap screws, tightening them firmly to the large sheet metal panel of the column tube assembly (2).

3.2. Securely attach the console lower cover (15) to the back of the console (8). Use a socket wrench to fasten the two Phillips-head countersunk self-tapping screws #8-18*12.7mm (30) to the sheet metal of the column tube assembly (2). (As shown in Figure 3.2)

ASSEMBLY STEPS



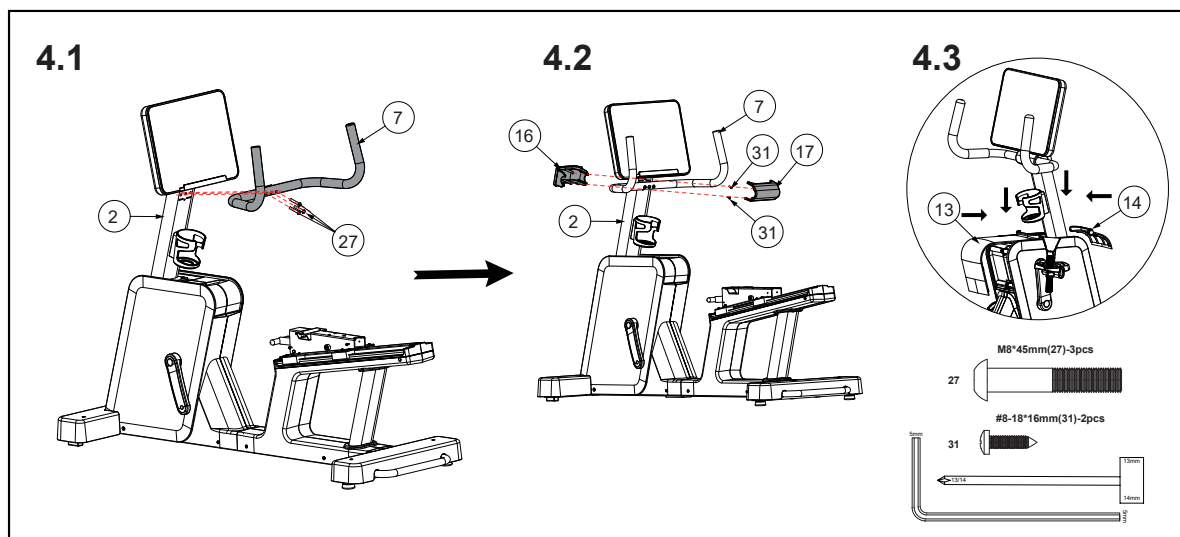
4. Installation of the front armrest assembly and trim cover

4.1. Align the front armrest tube assembly (7) with the upright tube assembly (2) and align the screw holes. Then, use three M8x45 hex socket head screws (27) to thread through the screw holes on the front armrest tube assembly (7) and secure them to the upright tube assembly (2).

4.2. First, insert the front trim cover (16) of the front armrest into the rubber column hole of the column tube assembly (2), then use a socket wrench to tighten the two cross-slot pan head self-tapping screws #8-18*16mm (31) onto the column tube assembly (2). Finally, place the rear trim cover (17) of the front armrest over the front trim cover (16). (As shown in Figure 4.2)

4.3. As shown in Figure 4.3: First install the protective cover, then the decorative cover (13). Align the rear decorative cover (14) of the protective cover with the positions on the left and right protective cover brackets of the main frame assembly (1). First press down to flatten it, then push forward to secure it in place.

Next, install the front decorative cover (14) of the protective cover. Align the front decorative cover (14) of the protective cover with the left and right guard brackets on the main frame assembly (1), press it down flat, and push it forward to secure it in place until it is flush with the left and right guard brackets and the rear decorative cover of the protective cover. (As shown in Figure 4.3)

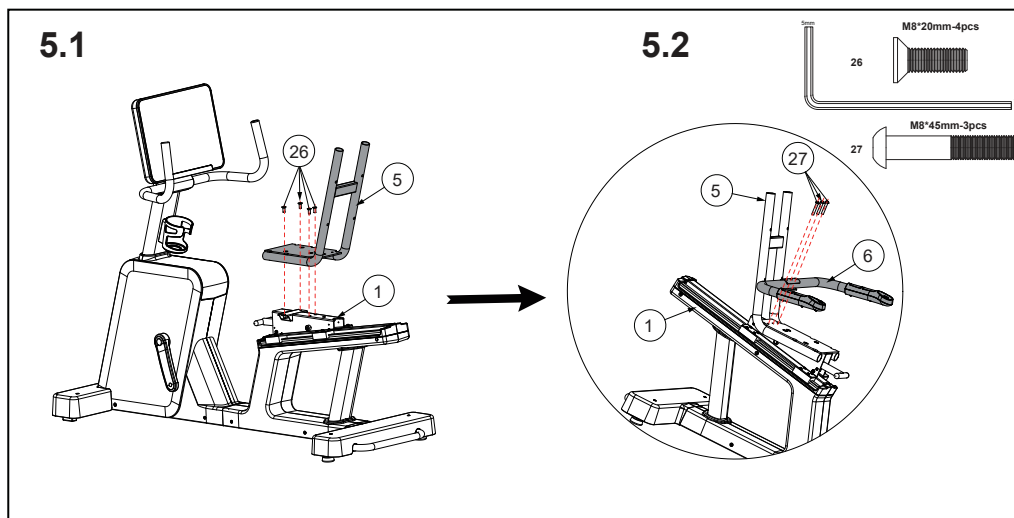


ASSEMBLY STEPS

5. Installation of the backrest assembly and large handle assembly

5.1. Align the backrest frame assembly (5) with the seat cushion slide plate of the main frame assembly (1). Using a 5mm hex wrench, insert the 4 M8*20mm hex socket head cap screws (26) into the backrest frame assembly (5) and secure them to the seat cushion slide plate of the main frame assembly (1). (As shown in Figure 5.1)

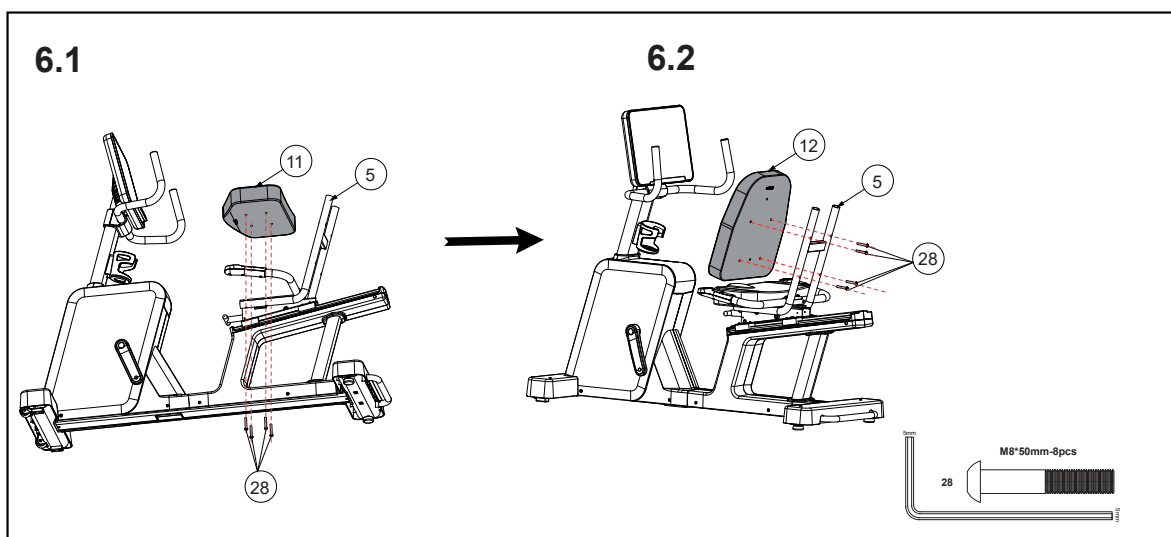
5.2. Align the large handle assembly (6) with the backrest frame assembly (5). Using a 5mm hex wrench, insert the three M8x45mm hex socket head cap screws (27) into the large handle assembly (6) and secure them to the backrest frame assembly (5). (As shown in Figure 5.2)



6. Seat cushion and backrest cushion installation

6.1. Secure the seat cushion (11) to the backrest frame assembly (5). Using a 5mm hex wrench, insert the four M8*50mm hex socket head cap screws (28) into the screw holes of the backrest frame assembly (5) and secure the seat cushion (11) to the backrest frame assembly (5). (As shown in Figure 6.1)

6.2. Secure the backrest cushion (12) tightly against the backrest frame assembly (5). Using a 5mm hex wrench, insert the four M8x50mm hex socket head cap screws (28) into the screw holes of the backrest frame assembly (5) and secure the backrest cushion (12) to the backrest frame assembly (5). (As shown in Figure 6.2)



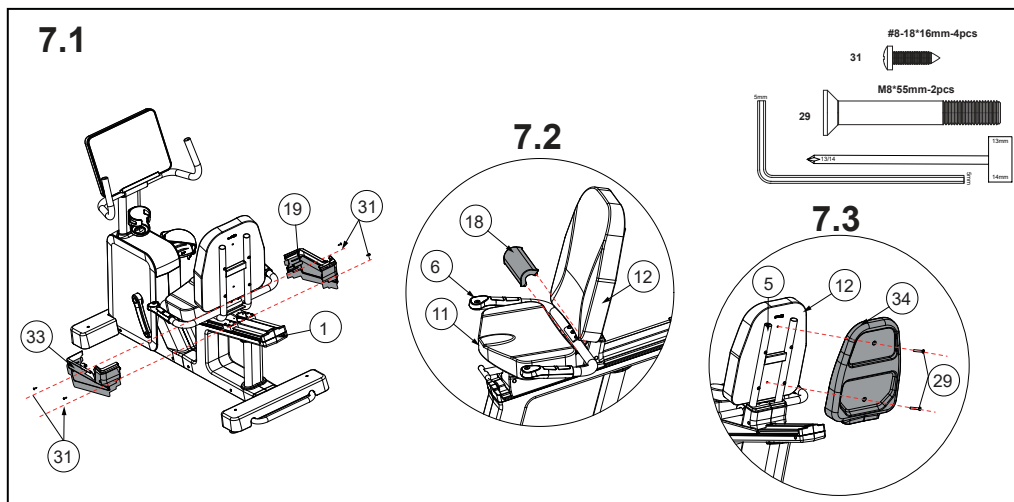
ASSEMBLY STEPS

7. Installation of the left and right decorative covers and handle rear cover of the slide rail

7.1. Attach the left slide rail cover (33) and right slide rail cover (19) to the left and right slide rails of the main frame assembly (1), respectively. Using a socket wrench, insert the four Phillips-head self-tapping screws #8-18*16mm (31) into the left cover (33) and right cover (19), respectively, and secure them to the left and right slide rails of the main frame assembly (1). (As shown in Figure 7.1)

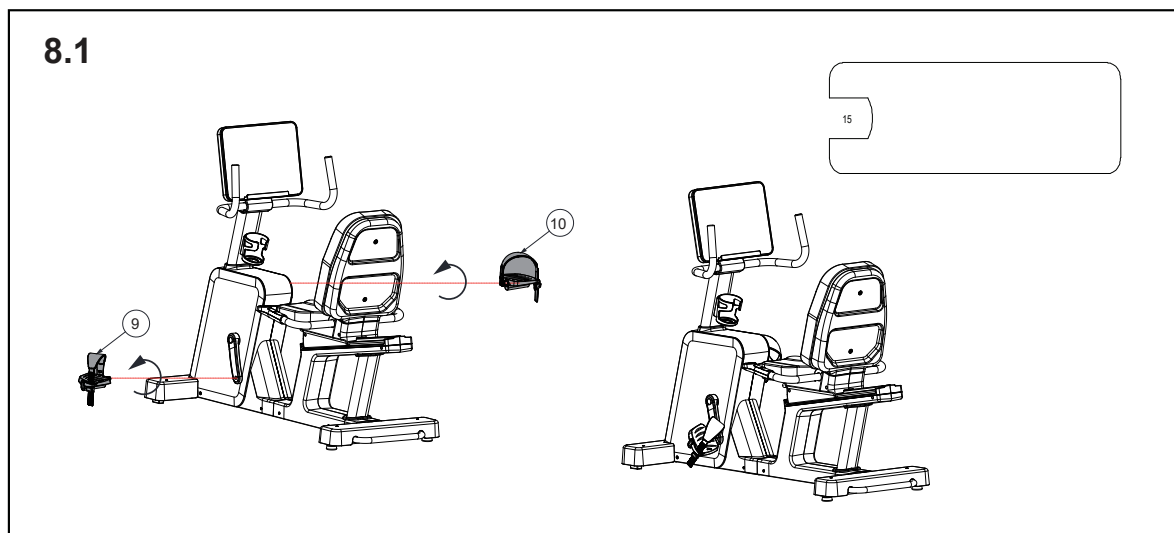
7.2. Simply snap the handle rear decorative cover (18) into the left decorative cover (33) and right decorative cover (19) of the slide rail (As shown in Figure 7.2).

7.3. Securely attach the backrest cover (34) to the backrest (12). Using a 5mm hex wrench, insert two M8*55mm hex socket countersunk screws (29) into the backrest cover (34) and secure them to the backrest (12). (As shown in Figure 7.3)



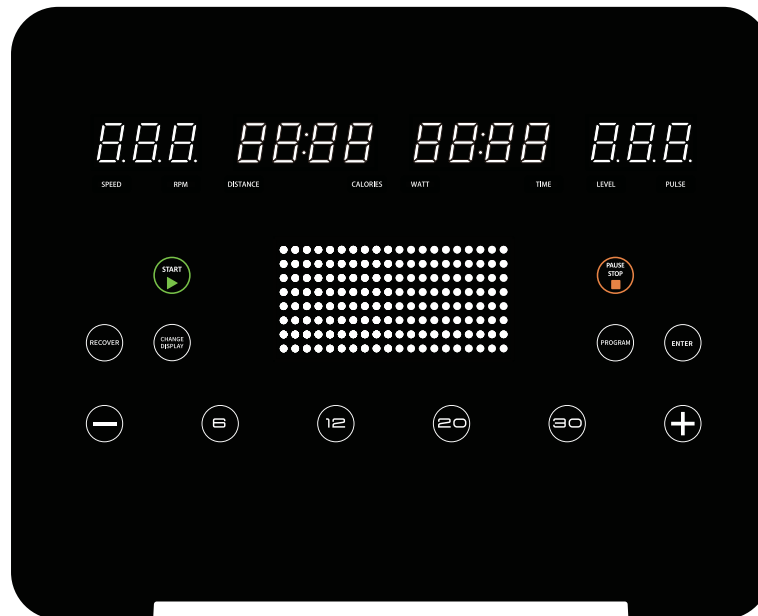
8. Installation of left and right footrests.cover of the slide rail

8.1. Refer to Figure (8.1) to locate the left footrest (9) and right footrest (10) (Note: "L" denotes the left side, and "R" denotes the right side). Use an open-end wrench to screw the left footrest (9) counterclockwise into the left crank threaded hole of the main frame assembly (1) and tighten it. Then screw the right footrest (10) clockwise into the right crank threaded hole of the main frame assembly (1) and tighten it.



Complete installation of the entire machine

OPERATION GUIDE



INITIAL SPECIFICATION

1. When the device is powered on, during the initial boot screen, it emits one long beep. Simultaneously, the DM window displays all active graphics for 2 seconds. The TIME window shows the [Total Hours], The DISTANCE window displays the [Total Mileage], The DM window then switches to show the firmware version date for 4 seconds. User Interaction: During the 4-second firmware version display, pressing the START button begins the exercise mode. If no button is pressed, the device automatically enters IDLE MODE after 4 seconds.

FUNCTION DESCRIPTION

1. IDLE MODE

1.1. The DM display shows the standby message 'WELCOME', while all other DATA windows display '0'."

1.2. In non-exercise mode, the system enters IDLE MODE if no button is pressed for 20 seconds."

2. EXERCISE MODE

2.1. During exercise mode, the system automatically switches between LEVEL and PULSE displays every 10 seconds and illuminates the corresponding indicator lights.

OPERATION GUIDE

2.2. During exercise mode, the system automatically switches between LEVEL and PULSE displays every 10 seconds and illuminates the corresponding indicator lights

2.3 The user can manually switch the exercise information display by pressing the CHANGE DISPLAY button: SPEED/DISTANCE/WATT/LEVEL→RPM/CALORIES/TIME/PULSE→SCAN→SPEED/DISTANCE/WATT/LEVEL.

3. PAUSE MODE

3.1. During exercise, pressing the PAUSE/STOP button once enters PAUSE MODE, where all DATA stops counting, the DM window displays 'PAUSE', and the RESISTANCE LEVEL resets to LEVEL 1. Pressing the PAUSE/STOP button again resumes exercise, and the LEVEL returns to its original value before pausing.

3.2. Pressing the PAUSE/STOP button in PAUSE MODE transitions the system to END MODE.

3.3. In PAUSE MODE, if no button is pressed and RPM signal is absent for 20 seconds, the system automatically returns to IDLE MODE.

4. END MODE

4.1. When the countdown ends, the electronic timer beeps 3 times, the DM window displays 'END', the RESISTANCE LEVEL resets to LEVEL 1, and pressing the PAUSE/STOP button transitions the system back to IDLE MODE.

4.2. In END MODE, if no button is pressed for 20 seconds, the system automatically returns to IDLE MODE.

5. Handgrip Heart Rate Detection

5.1. The system can automatically detect the user's heart rate when both hands grip the handgrip heart rate sensors during standby, exercise, or pause states.

6. Wireless Heart Rate / Bluetooth Heart Rate Detection

6.1. The system can detect the user's heart rate when the chest strap is worn during exercise.

7. Sports Show Bluetooth

7.1. For connecting to ZWIFT, KINOMAP, When the Bluetooth connection is disconnected, the electronic watch emits a "BI" sound.

OPERATION GUIDE

POWER-ON DISPLAY INFORMATION

- 1.Total Hours: Calculation range is 00:00 (hours:minutes) to 9999 (hours). When accumulated time exceeds 99:59, it automatically carries over to 100 hours (hours-only calculation). When exceeding 9999 hours, it resets to zero and restarts counting. Time is accumulated every 2 minutes during operation, and continues to accumulate during pause or stop (including manual stop)。
- 2.Total Distance: Calculation range is 00.00 ~ 9999 KM/MILE. When the accumulated value exceeds 9999, it resets to zero and restarts counting。
- 3.The system accumulates and records the total distance every 2 minutes during operation, and continues to accumulate even during pause or stop (including manual stop)。

EXERCISE STATUS DISPLAY

1.TIME

- 1.1.Display Range: 00:00 to 99:59 (minutes:seconds), with rollover recalculation upon overflow.
- 1.2.In IDLE MODE, pressing the START/STOP button initiates a QUICK START, with the timer counting up from 0:00。
- 1.3.For other PROGRAM modes, if the set time is 0:00, the timer counts up from 0:00; if the set time is greater than 0:00, the timer counts down from the set value.。
- 1.4.MANUAL Mode, P1~P12 Modes, H1~H3 Modes: Default preset value is 16:00, with adjustable setting range.:0:00~10:00 ~ 99:00。
- 1.5.U1~U4 Modes: The TIME window displays the stored value, with a default preset of 0:00 and an adjustable range from 0:00 to 10:00~99:00.
- 1.6.The display consists of 16 lines. When counting up from 0:00, the line switches every 60 seconds; when counting down from a set value, the line switches at intervals of the set time divided by 16.

2.DISTANCE

- 2.1.DISTANCE Display Range: 0.00 to 99.99 (KM). When the accumulated value exceeds 99.99, it resets to 0.00 and restarts counting。
- 2.2.In MANUAL Mode, the DISTANCE is preset to 5.0 (KM), with an adjustable range from 0.0 to 99.0 (KM).

OPERATION GUIDE

3.CALORIE

3.1. CALORIE Display Range: 0 to 999 (KCAL). When the accumulated value exceeds 999, it resets to 0 and restarts counting.

3.2 .All calculations are initially performed in MILE units and then converted to KM units for display.

3.3. $KCAL/HR = \{ [1 + (12.256 * SPEED) + (1.37 * SPEED * LEVEL)] + WEIGHT_LB \text{ IN LBS} / 2.2 \} * 1.5$

3.4. In MANUAL Mode, the CALORIE is preset to 200 (KCAL), with an adjustable range from 0 to 10 to 999 (KCAL)

4.SPEED

Display Range: 0.0~99.9KPH

5.RESISTANCE LEVEL

5.1. MIN RESIST LEVEL IS 1

5.2. MAX RESIST LEVEL IS 32

6.PULSE

6.1. Display Range: 40~ 220.No Heart Rate Detected During Exercise, PULSE Window Display『0』

7. WATT

7.1. Map RPM and Resistance Level to Wattage Table

8.WEIGHT

8.1 Metric Setting Range: 30 ~ 150 KG, Default Value: 70 KG

9.AGE

9.1. Setting Range: 10 to 99, Default Value: 30 Years Old.

10. T.H.R

10.1.Formula: $(220 - AGE) \times \%*$, where $\%*$ represents the PERCENT value.

10.2.HRC1 (THR 60 PCT) HRC1 (Target Heart Rate at 60% Intensity): The default heart rate value is 114 BPM, calculated based on the preset age formula

10.3.HRC2 (THR 70 PCT) HRC2 (Target Heart Rate at 70% Intensity): The default heart rate value is 133 BPM, calculated based on the preset age formula.

10.4.HRC3 (THR 80 PCT) HRC3 (Target Heart Rate at 80% Intensity): The default heart rate value is 152 BPM, calculated based on the preset age formula.

KEY FUNCTION

1. RECOVERY

1.1.In EXERCISE, PAUSE, or END state, press this key to activate the RECOVERY function; press it again to exit the mode.

OPERATION GUIDE

2. CHANGE DISPLAY

2.1. In EXERCISE, PAUSE, or END state, pressing this key switches the window display: SPEED/DISTANCE/WATT/LEVEL → RPM/CALORIES/TIME/PULSE → SCAN → SPEED/DISTANCE/WATT/LEVEL.

3. START

3.1. Pressing the START key initiates the program, adjusts resistance according to the selected PROGRAM mode, and starts accumulating data.

3.2. Pressing the START key in IDLE MODE triggers a QUICK START.

3.3. If the START key is pressed while adjusting parameters without pressing the ENTER key, the data will still be accepted.

4. PAUSE/STOP

4.1. Pressing this key once during exercise switches to PAUSE MODE.

4.2. Pressing this key during exercise or in PAUSE MODE switches to IDLE MODE.

5. PROGRAM

5.1. In IDLE MODE, pressing this key allows selection of PROGRAM MODEs, including P00-P12, U01-U04, and H01-H03. The DM displays the program PROFILE, and the RPM window shows the corresponding program name (e.g., "PXX", "UXX", "HXX")

6. ENTER

6.1. Press this key to enter the parameter setting or modification mode. If the START key is pressed during adjustment without pressing the ENTER key, the data will still be accepted.

7. LEVEL +/- KEYS (HANDREST BUTTONS)

7.1. This key functions as an increment/decrement control key when setting values. Pressing and holding for more than 1 second enables continuous adjustment.

7.2. During exercise, each press increases or decreases the LEVEL by 1 unit.

8. RESISTANCE QUICK ACCESS KEY

8.1. This key serves as a resistance quick access key, allowing users to quickly set resistance levels to 6, 12, 20, 30 during exercise.

PROGRAMS DESCRIPTION

1. QUICK START

1.1. When the user presses the START key in IDLE MODE, the time starts counting up from 0:00. All other data (e.g., distance, calories) also initialize to zero, and the resistance level defaults to 1.

OPERATION GUIDE

2. MANUAL

2.1. In IDLE MODE, press the PROGRAM key to select MANUAL MODE. The DM displays the preset PROFILE, and the RPM window shows the program name "P00". Press the ENTER key to enter the setting mode, or press the START key directly to start without modification (using preset values). Alternatively, press and hold the PAUSE/STOP key for 3 seconds to return to IDLE MODE.

2.2. Press the ENTER key to modify age. The DM displays "AGE", and the LEVEL window shows the blinking number "30". Use the LEVEL +/- keys to adjust the value. Press START to confirm and start the program, or press ENTER to skip to the next setting

2.3. Press the ENTER key to modify weight. The DM displays "WEIG", and the LEVEL window shows the blinking number "70". Use the LEVEL +/- keys to adjust the value. Press START to confirm and start the program, or press MODE to skip to the next setting

2.4. Press the ENTER key to select time modification. The DM displays "TIME", and the TIME window flashes "16:00" (indicating time setting). Use the LEVEL +/- keys to adjust the time. Press START to confirm and start the program, or press ENTER to skip to the next setting.

2.5. Press the ENTER key to select distance modification. The DM displays "DIST", and the DISTANCE window flashes "5.0" (indicating distance setting). Use the LEVEL +/- keys to adjust the distance. Press START to confirm and start the program, or press ENTER to skip to the next setting.

2.6. Press the ENTER key to select calorie modification. The DM displays "CAL", and the CALORIES window flashes "200" (indicating calorie setting). Use the LEVEL +/- keys to adjust the calorie value. Press START to confirm and start the program, or press ENTER to finish editing and exit the setting.

2.7. Currently, the editing is complete. You can press the START key to begin the program or press the ENTER key to return to the first option for modification.

2.8. The time, distance, and calories parameters can be set simultaneously. The program ends when any one of the countdowns (TIME/DISTANCE/CALORIES) is completed. If a parameter is not set for countdown, its data will count up during the exercise.

RUNNING:

2.9. Press the START key to begin the program. The built-in program consists of 16 segments, with each segment's exercise time calculated as the set time divided by 16. A single "BI" beep is emitted when transitioning between segments

OPERATION GUIDE

2.10. The DM displays the PROFILE of the current LEVEL. Press the LEVEL +/- keys or the resistance quick access key to adjust the LEVEL, which will apply to the current segment and all subsequent segments.

2.11. During exercise, the DATA window automatically cycles through exercise data every 10 seconds, with the corresponding indicator light illuminated.

2.12. If no RPM input is detected during exercise for 20 seconds, the program exits and returns to IDLE MODE.

2.13. During exercise, press the PAUSE/STOP key once to enter PAUSE MODE, where the DM displays "PAUSE" and the resistance returns to the minimum level. Press START to resume exercise, or press and hold PAUSE/STOP for 3 seconds to enter END MODE. Press and hold PAUSE/STOP for another 3 seconds to return to IDLE MODE.

2.14. When the COUNT DOWN timer reaches zero, the buzzer emits three short beeps to indicate program completion, it indicates program completion. The resistance returns to the minimum level, and pressing and holding the PAUSE/STOP key for 3 seconds returns to IDLE MODE.

3. PRESET PROGRAM

3.1. There are 12 preset programs. Press the PROGRAM key to select PROGRAM MODE, where the DM displays the preset PROFILE and the RPM window shows the program name "PXX". Press the ENTER key to enter the setting mode, or press START directly to start without modification (using preset values), or press and hold the PAUSE/STOP key for 3 seconds to return to IDLE MODE.

3.2. Press the ENTER key to modify age. The DM displays "AGE", and the LEVEL window shows the blinking number "30". Use the LEVEL +/- keys to adjust the value, then press START to confirm and start the program or press ENTER to skip to the next setting.

3.3. Press the ENTER key to modify weight. The DM displays "WEIG", and the LEVEL window shows the blinking number "70". Use the LEVEL +/- keys to adjust the value, then press START to confirm and start the program or press MODE to skip to the next setting.

3.4. Press the ENTER key to select time modification. The DM displays "TIME", and the TIME window flashes "16:00" (indicating time setting). Use the LEVEL +/- keys to adjust the time, then press START to confirm and start the program or press ENTER to finish editing.

3.5. After completing the settings, press START to start the program or press ENTER to return to the first option for modification.

OPERATION GUIDE

RUNNING:

3.6. Press the START key to begin the program. The built-in program consists of 16 segments, with each segment's duration calculated as the total time divided by 16. A single "BI" beep is emitted when transitioning between segments.

3.7. The DM displays the PROFILE of the current LEVEL. Press the LEVEL +/- keys or the resistance quick access key to adjust the LEVEL, which will apply to the current segment.

3.8. During exercise, the DATA window automatically cycles through exercise data every 10 seconds, with the corresponding indicator light illuminated.

3.9. If no RPM input is detected during exercise for 20 seconds, the program exits and returns to IDLE MODE.

3.10. During exercise, press the PAUSE/STOP key once to enter PAUSE MODE, where the DM displays "PAUSE" and the resistance returns to the minimum level. Press START to resume exercise, or press and hold PAUSE/STOP for 3 seconds to enter END MODE, then press and hold again for 3 seconds to return to IDLE MODE.

3.11. When the COUNT DOWN timer reaches zero, the buzzer emits three short beeps to indicate program completion, it indicate program completion. The resistance returns to the minimum level, and pressing and holding the PAUSE/STOP key for 3 seconds returns to IDLE MODE.

4. USER

4.1. There are 4 user-defined programs. Press the PROGRAM key to select USER MODE, where the DM displays the PROFILE and the RPM window shows the program name "UXX". Press the ENTER key to enter the setting mode, or press START directly to start without modification (using preset values), or press and hold the PAUSE/STOP key for 3 seconds to return to IDLE MODE.

4.2. Press the ENTER key to modify age. The DM displays "AGE", and the LEVEL window shows the blinking number "30". Use the LEVEL +/- keys to adjust the value, then press START to confirm and start the program or press ENTER to skip to the next setting.

4.3. Press the ENTER key to modify weight. The DM displays "WEIG", and the LEVEL window shows the blinking number "70". Use the LEVEL +/- keys to adjust the value, then press START to confirm and start the program or press ENTER to skip to the next setting.

4.4. Press the ENTER key to select time modification. The TIME window flashes "0:00" (indicating time setting). Use the LEVEL +/- keys to adjust the time, then press START to confirm and start the program or press ENTER to skip to the next setting.

OPERATION GUIDE

4.5. Press the ENTER key to modify the LEVEL value. The LEVEL window flashes "1" (initial value). Use the LEVEL +/- keys or the resistance quick access key to adjust the resistance for each of the 16 segments. After confirming each segment's setting by pressing the ENTER key, press START to start the program or press ENTER to return to the first segment for further adjustments.

RUNNING:

4.6. Press the START key to begin the program. The built-in program consists of 16 segments, with each segment's duration calculated as the total set time divided by 16. A single "BI" beep is emitted when transitioning between segments.

4.7. The DM displays the PROFILE of the current LEVEL. Press the LEVEL +/- keys or the resistance quick access key to adjust the LEVEL, which will apply to the current segment.

4.8. During exercise, the DATA window automatically cycles through exercise data every 10 seconds, with the corresponding indicator light illuminated.

4.9. If no RPM input is detected during exercise for 20 seconds, the program exits and returns to IDLE MODE.

4.10. During exercise, press the PAUSE/STOP key once to enter PAUSE MODE, where the DM displays "PAUSE" and the resistance returns to the minimum level. Press START to resume exercise, or press and hold PAUSE/STOP for 3 seconds to enter END MODE, then press and hold again for 3 seconds to return to IDLE MODE.

4.11. When the COUNT DOWN timer reaches zero, the buzzer emits three short beeps to indicate program completion, it indicates program completion. The resistance returns to the minimum level, and pressing and holding the PAUSE/STOP key for 3 seconds returns to IDLE MODE.

5. HRC

5.1. There are 3 HRC (Heart Rate Control) programs. The target heart rates are calculated as follows: $HRC1 = (220 - AGE) \times 60\%$, $HRC2 = (220 - AGE) \times 70\%$, $HRC3 = (220 - AGE) \times 80\%$.

5.2. Press the PROGRAM key to select HRC MODE. The DM displays a heart-shaped PROFILE, and the RPM window shows the program name "HXX". Press the ENTER key to enter the setting mode, or press START directly to start without modification (using preset values), or press and hold the PAUSE/STOP key for 3 seconds to return to IDLE MODE.

5.3. Press the ENTER key to modify age. The DM displays "AGE", and the LEVEL window shows the blinking number "30". Use the LEVEL +/- keys to adjust the value, then press START to confirm and start the program or press ENTER to skip to the next setting.

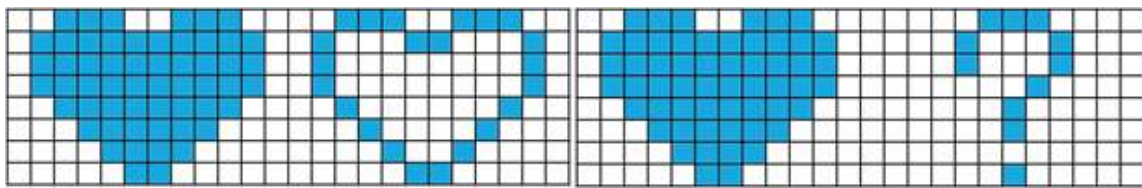
OPERATION GUIDE

5.4. Press the ENTER key to modify weight. The DM displays "WEIG", and the LEVEL window shows the blinking number "70". Use the LEVEL +/- keys to adjust the value, then press START to confirm and start the program or press ENTER to skip to the next setting.

5.5. Press the ENTER key to select time modification. The DM displays "TIME", and the TIME window flashes "16:00" (indicating time setting). Use the LEVEL +/- keys to adjust the time, then press START or STOP to confirm and start the program.

5.6. Press the ENTER key to modify the THR (Target Heart Rate) value. The DM displays "THR", and the PULSE window flashes "114". Use the LEVEL +/- keys to adjust the value within the range of THR-5 to THR+5, then press START to start the program or press ENTER to return to the first setting.
RUNNING:

5.7. The HRC mode can be started even without a heartbeat signal. The DM flashes "♥ ?" to indicate the absence of a heartbeat signal. If no heartbeat signal is detected within 15 seconds, the LEVEL decreases by 1 every 10 seconds until it reaches the minimum level, after which the program ends and enters END MODE.



5.8. The program starts with the preset value at the minimum LEVEL. During operation, press the LEVEL +/- keys to adjust the target heart rate.

5.9. Judgment Method

5.9.1. During exercise, the program compares the actual heart rate with the target heart rate. If the actual heart rate is less than or equal to the target heart rate minus 25 ($\text{actual} \leq \text{target} - 25$), the LEVEL increases by 3 every 30 seconds until reaching the maximum LEVEL.

5.9.2. During exercise, if the actual heart rate is greater than the target heart rate minus 25 but less than or equal to the target heart rate minus 15 ($\text{target} - 25 < \text{actual} \leq \text{target} - 15$), the LEVEL increases by 2 every 30 seconds until reaching the maximum LEVEL.

5.9.3. During exercise, if the actual heart rate is greater than the target heart rate minus 15 but less than or equal to the target heart rate minus 5 ($\text{target} - 15 < \text{actual} \leq \text{target} - 5$), the LEVEL increases by 1 every 30 seconds until reaching the maximum LEVEL.

OPERATION GUIDE

5.9.4. During exercise, if the actual heart rate is greater than the target heart rate minus 5 but less than the target heart rate plus 5 ($\text{target} - 5 < \text{actual} < \text{target} + 5$), the LEVEL remains unchanged.

5.9.5. During exercise, if the actual heart rate is greater than or equal to the target heart rate plus 5 but less than the target heart rate plus 15 ($\text{target} + 5 \leq \text{actual} < \text{target} + 15$), the LEVEL decreases by 1 every 30 seconds until reaching the minimum LEVEL.

5.9.6. During exercise, if the actual heart rate is greater than or equal to the target heart rate plus 15 ($\text{actual} \geq \text{target} + 15$), the LEVEL decreases by 2 every 30 seconds until reaching the minimum LEVEL.

5.9.7. If no heartbeat signal is detected during exercise, the DM flashes " ?". If no heartbeat signal is received within 15 seconds, the LEVEL decreases by 1 every 10 seconds until reaching the minimum LEVEL, after which the program ends and enters END MODE.

5.10 . During exercise, the DATA window automatically cycles through exercise data every 10 seconds, with the corresponding indicator light illuminated.

5.11. If no RPM input is detected during exercise for 20 seconds, the program exits and returns to IDLE MODE.

5.12. During exercise, press the PAUSE/STOP key once to enter PAUSE MODE, where the DM displays "PAUSE" and the resistance returns to the minimum level. Press START to resume exercise, or press and hold PAUSE/STOP for 3 seconds to enter END MODE, then press and hold again for 3 seconds to return to IDLE MODE.

5.13. When the COUNT DOWN timer reaches zero, the buzzer emits three short beeps to indicate program completion. The resistance returns to the minimum level, and pressing and holding the PAUSE/STOP key for 3 seconds returns to IDLE MODE.

6 Constant watt

6.1. Press up/down key and +/- key to select constant watt mode, dm will show the program name "watt", press enter key to enter its setting mode. Press start key to start the program without modification, or press and hold stop key for 3 seconds to return to idle mode.

6.2. Press enter key to modify the age, dm display 『age』, level window display 『30』 numbers are blinking, press level +/- key to modify the value, modify the completion of the direct start key to confirm and execute the program or press enter key to jump to the next project setup.

6.3 . Press the enter key to modify the weight, the dm displays "weig" and the level window "70" is flashing, press the level +/- key to modify the value, press the start key to confirm the completion of the modification and execute the program, or press the enter key to jump to the next item setting.

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6.4. Press enter to select the time to modify, the dm displays "time", the time window blinks to show 16:00 (indicating the time setting), level +/- keys to modify the time, modify the completion of the direct start key to confirm and execute the program or press enter to end the editing settings.

6.5. Press enter key for target watt modification, [125] will flash in watt window, press up/down key and +/- key to modify the value (each time increase/decrease by 1), the setting range is 20~350, and so on, and then press start key to execute the traveling mode or press and hold the stop key for three seconds to return to idle mode.

6.6. This target watt function is a fixed watt value for the target movement, the movement will be based on the target watt value and rpm, against the watt table, to determine the load level.

Running:

6.7. In the motion status, the data window will automatically cycle every 5 seconds to display the motion data, you can press enter to switch to display the motion data, [dm] to display the level profile, you can press up/down and +/- to adjust the watt, the watt window will switch to display the target watt [xx] for 3 seconds and then jump back to the level display screen.

6.8. Press the start key to enter pause mode in motion, the resistance returns to the lowest, you can press the start/stop key to start again, or press the stop key again to return to idle mode.

6.9 . When the target time has been selected and counted down, the buzzer emits three short beeps to indicate program completion.

7.RECOVERY

7.1. When the RECOVERY key is pressed during exercise, PAUSE/STOP state, or after exercise, the system first enters a 10-second heart rate detection phase. The MW displays "TESTING", the PULSE indicator light turns on, the PULSE window shows the user's current actual heart rate, and the TIME window counts down from 0:10. If no heartbeat signal is received within 10 seconds, the PULSE window displays 0, and returns to the previous state before entering RECOVERY mode.

7.2 . If a heartbeat signal is detected within 10 seconds, the system enters a 1-minute RECOVERY mode. The TIME window counts down from 0:60, and the MW displays "RECOVERY".

7.3 . If no keys are pressed during the 1-minute RECOVERY countdown and a stable heartbeat signal is continuously received, the DM displays "FX" (where X=1-6) after the countdown ends, and the MW shows the corresponding prompt string. The system returns to the previous state before entering RECOVERY mode after 10 seconds.

OPERATION GUIDE

7.4 . If no heartbeat signal is detected for 6 seconds during the 1-minute RECOVERY countdown, the PULSE window displays 0, no result is shown, and the system directly returns to the previous state before entering RECOVERY mode, accompanied by two "BI" beeps.

7.5. P_0 = the heart rate value immediately after pressing the RECOVERY key; P_1 = the heart rate value at the end of the countdown. The RECOVERY test result is determined by the difference ($P = P_0 - P_1$).

7.6 . RECOVERY Test Result Correspondence Table ($P = P_0 - P_1$)

$P \geq 50$	F1	EXCELLENT
$P \geq 40$	F2	VERY GOOD
$P \geq 30$	F3	GOOD
$P \geq 20$	F4	SATISFACTORY
$P \geq 10$	F5	POOR
$P < 10$	F6	VERY POOR

8. APP CONNECTION

8.1. This device supports Kinomap, Sports Show, and Zwift. Users can search and download the apps from Google Play Store or Apple App Store to their tablets or smartphones.

8.2. Open the Bluetooth connection on your smartphone or tablet and launch the APP. When connected, the device will automatically enter exercise mode. During exercise, the LEVEL PROFILE window displays the current level status, while other windows are closed. If the Bluetooth connection is disconnected, the device will end the exercise session and power on.

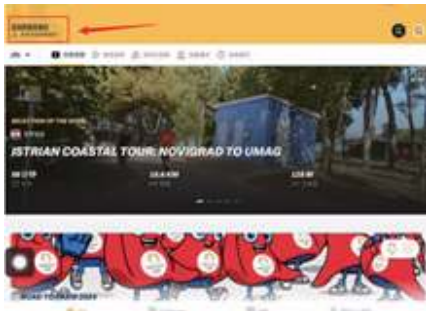
8.3. Bluetooth connection can be established in any device state.

8.4. KINOMAP

8.4.1. Press any mode button on the electronic device to start exercise.

8.4.2. Register and log in to the Kinomap APP on your mobile phone, click "Add New Fitness Equipment", enter the fitness equipment page, click the "+" button in the upper right corner to add new equipment, select "My Bike Trainer" or "My Exercise Bike" and the FTMS brand, then click "Bike Trainer/Exercise Bike" on the corresponding page, and select "FSXXXXX" from the listed equipment to complete pairing.

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8.4.3. The electronic device cannot start or stop the exercise through its buttons during the connection process.

8.4.4. The electronic device cannot start or stop the exercise through its buttons during the connection process.

8.5. ZWIFT

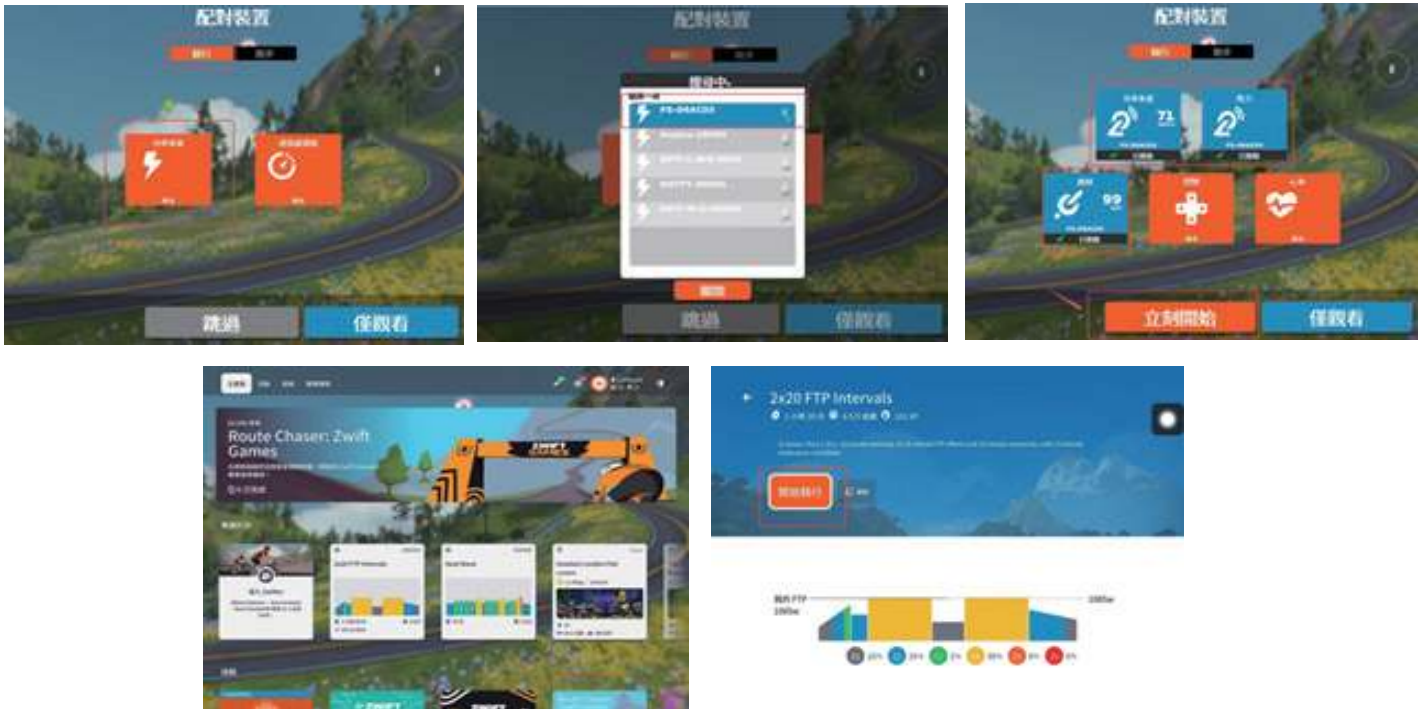
8.5.1. Register and log in to Zwift on your mobile phone, select the power source during cycling on the pairing page, and click "Pair". On the search page, select "FSXXXXX" and press "OK".

8.5.2. After the connection, you can select routes, training programs, and join other Zwift users based on your preferences, or directly click "Ride".

8.5.3. Press any mode button on the electronic device to start the exercise.

8.5.4. The electronic device cannot start or stop the exercise through its buttons during the connection process.

OPERATION GUIDE



8.6. FITSHOW

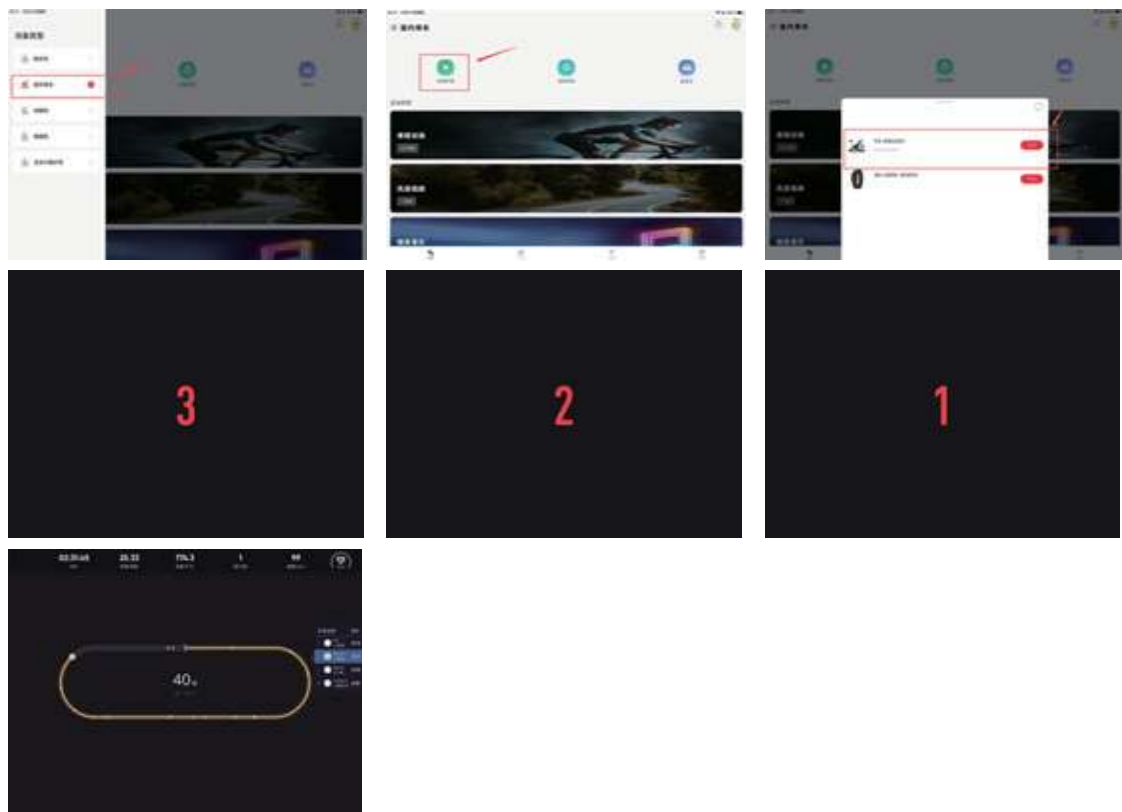
CURRENT IOS VERSION: 4.9.4

8.6.1. Steps: Register and log in to the FITSHOW APP on your mobile phone or electronic device, select a sport mode, and the APP will search for Bluetooth devices. The electronic device's Bluetooth can be detected by the APP. Select the Bluetooth name "FS-XXXXXX" to establish a connection, the console accompanied by "BI" beeps once connected successfully.

8.6.2. When the electronic device is in IDLE MODE and connects to FITSHOW APP: After a successful Bluetooth connection, the electronic device automatically enters exercise mode. The FITSHOW APP synchronizes data from the electronic device, including exercise time, speed, resistance, and heart rate. Simultaneously, users can adjust the exercise speed and incline or exit the exercise through the APP.

8.6.3. During the QUICK START exercise mode, when connecting to FITSHOW APP: The FITSHOW APP synchronizes data from the electronic device, including speed, resistance, heart rate, and exercise time. Users can also adjust the speed and incline through the APP. When connecting to FITSHOW APP during other exercise modes: The FITSHOW APP only synchronizes speed, resistance, and heart rate data from the electronic device.

OPERATION GUIDE

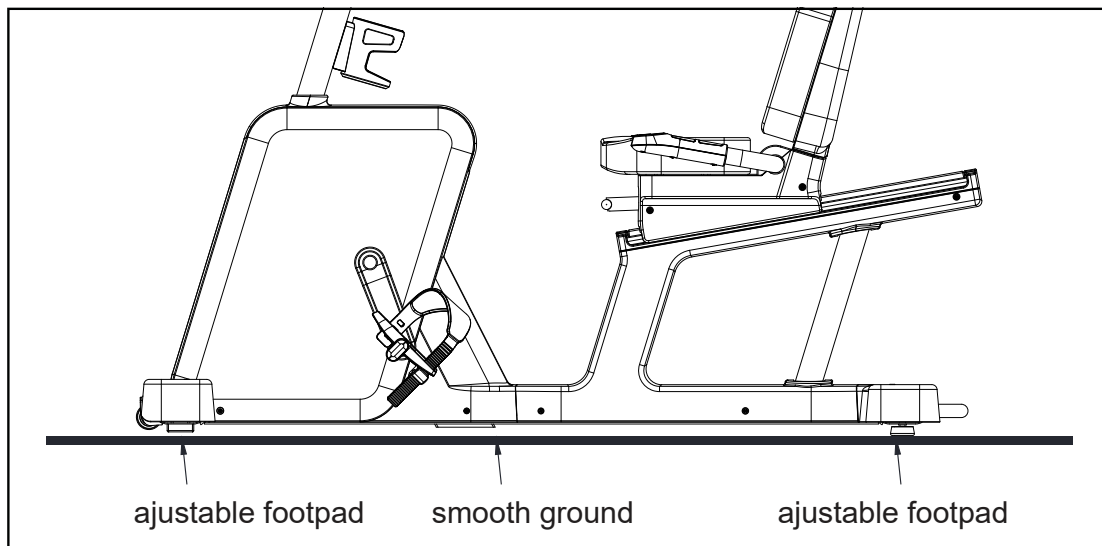


9.ERROR MESSAGE

Error Code	Error Description	Troubleshooting Steps
Connection Error	Connection Failure	1.Check whether the connection cable between the electronic device and the console is loose or disconnected. 2.Verify secure contact between the upper and lower ports of the console. 3.Inspect the console for physical damage.
E2	Overcurrent Error	1. Power cycle the device (turn off and on again). 2.Replace the lower control unit.
E4	Electromagnet Open Circuit	1.Check whether the electromagnet is properly connected to the lower control unit.
E12	Warning: Communication Failure Between Adapter Board and Lower Control Unit	1. The issue must be resolved before restarting the device to restore normal operation.

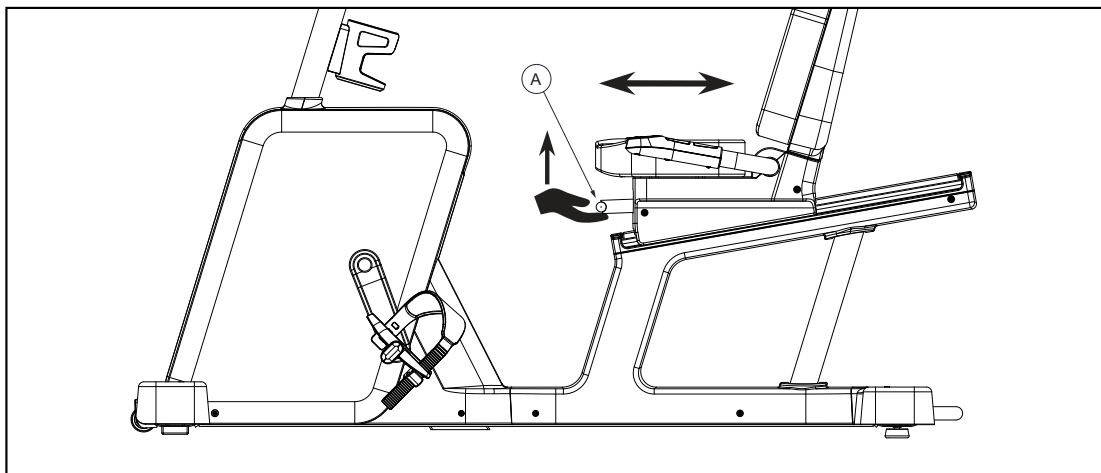
MAINTENANCE

Machine level adjustment



The front two are fixed foot pads, which are not adjustable. If the whole machine is not stable, please use the rear adjustment pad to adjust until the machine is stable

Seat cushion adjustment



Seat cushion adjustment:

Flip the adjustment handle switch (A) upward, move it front-to-back until you hear a “click, click” sound, select the position that suits you, and then release the handle.

Maintenance:

A warning notice to the effect that the safety level of the equipment can be maintained only if it is examined regularly for damage and wear, e.g. ropes, pulleys, connection points;

An advice to replace defective components immediately and/or keep the equipment out of use until repair;

Special attention to components most susceptible to wear.

MAINTENANCE

MAINTENANCE AND TROUBLESHOOTING

- 1.Regular check if all bolts, nuts and knobs are tightened, pivot parts are freely and if there are any worn parts. It is important for optimal performance and to reduce wear.
- 2.Replace any worn parts immediately.
- 3.To clean the elliptical, use a damp cloth and a small amount of mild soap. Never use acid, alkaline and organic solution to clean elliptical.

Troubleshooting

Trouble	Cause	Elimination methods	Remark
Wobbling frame	1.The floor is not flat, or sundries under frame. 2. The leveling foot was not adjusted to the same height.	1. Clean the sundries 2. Adjust the leveling foot on the front and rear stabilizer.	User
Unstable handlebar	Screw are not tightened	Tighten the bolt.	User
Rotating parts noise	Gap issue between the parts	Adjust side shields	Service center
The rotary powerless.	1.Distance between magnet and flywheel is bigger. 2. The trimmer is damaged.	1. remove the side shields and adjust it. 2. replace it. 3.Remove the side shields and adjust it.	Service center

WARRANTY

For a period of either 120 days or 24 months after the purchase date (the “Warranty Period”), a warranty will apply on moving parts, pulley's, cables, buttons, upholstery, hydraulic seats and cables for a period of 120 days, with the balance of the machine being a 24 month warranty. Skelcore warrants that the equipment for materials and workmanship such that, when installed and used in accordance with the owner’s manual, will operate for its intended purpose. The warranty applies to equipment installed in air conditioned and temperature controlled environments and will be null and void if used outdoors or in an environment with no air conditioning. Skelcore will, at its expense and as its sole obligation and your exclusive remedy for any breach of this warranty, repair or replace the equipment or any parts, in its discretion, provided that such malfunction or defect is reported to Skelcore by you in writing during the Warranty Period and that you provide all information that may be necessary or requested to assist Skelcore in resolving the malfunction. If Skelcore determines that it is unable to repair the malfunction or replace the equipment, Skelcore or its authorized reseller may refund you the fees you actually paid for the defective equipment, in which case you agree to immediately cease using and to destroy, throw out, or otherwise take steps to ensure no one can use the equipment ever again.

If there are any problems or malfunctions with the Skelcore equipment you purchased, please contact your sales manager promptly. They will help you identify the cause of the problem and assist you in resolving it. If the issue involves parts that cannot be quickly addressed, the company’s professional after-sales service personnel will provide specialized support.

COST OF REPAIRS

UNDER WARRANTY

Any items still under warranty will be repaired free of charge, if the repair complies with the terms and conditions of the warranty (refer to the “warranties” section in this manual). Any items that need to be repaired that are not covered under the warranty will be at your expense. A quote for the repair or replacement of these items will be provided to you for approval prior to any repairs being conducted.

OUT OF WARRANTY

Any items that need to be repaired once the warranty has expired will be at your expense, including call-out fees. A quote for the repair or replacement of these items will be provided to you for approval prior to any repairs being conducted.

Save this instruction manual for future use and reference.

SAVE THIS INSTRUCTIONAL MANUAL FOR FUTURE USE AND REFERENCE.

WARRANTY

To maintain your warranty, please complete the form below upon receiving your machine and email it back to the representative who sold you the goods.

Failure to do so will result in the loss of warranty.

SKELCORE ATTACH RECEIPT

CLIENT DETAILS

- NAME:
- EMAIL:
- CELL:
- TEL(H):
- TEL(W):
- FAX:
- ADDRESS:

PRODUCT DETAILS

- DATE OF PURCHASE:
- SERIAL NUMBER:
- TILL SLIP NUMBER:
- DESCRIPTION OF PURCHASE:

Signature: _____

Date: _____