3-in-1 Trio Trainer

BODYRider BRT3980/3880

* This item is for consumer use only and it is not meant for commercial use.

OWNER’S MANUAL
WARNING: SERIOUS INJURIES AND EVEN DEATH CAN OCCUR IF THE PROPER SAFETY PRECAUTIONS ARE NOT FOLLOWED.

The diagram below highlights and reviews many of the important Safety and Warning labels also found on the unit. Please ensure any user of the unit familiarizes themselves with these Safety and Warning guidelines before use.

**WARNING!**

The use of this exercise equipment involves a RISK OF PHYSICAL INJURY as well as property damage, which can be minimized by observing the following guidelines:

1. **ALWAYS** wear comfortable clothing and shoes with good traction.
2. **ALWAYS** make sure all nuts and bolts are secured before use. TIGHTEN PEDAL HINGE BOLTS EVERY 30 DAYS.
3. **STOP EXERCISING** if you become dizzy, nauseous, have irregular heartbeats or breathing difficulties. Contact your physician immediately.
4. **ALWAYS** keep a large mat under the Equipment to protect the floor or carpet.
5. **ALWAYS** use your Equipment in a warm, dry, level well-lit and ventilated indoor area.
6. **ALWAYS** keep body and clothing free and clear of all moving parts.
7. **ALWAYS** keep your Equipment clean and free of dust, moisture, debris and loose objects.
8. **NEVER** use the Equipment if you are injured or have a physical condition that impairs your balance. DO NOT exercise under the influence of medication or alcohol.
9. **NEVER** allow small children or pets to approach the Equipment. It is not a toy.
10. **NEVER** use the Equipment if you exceed its weight limit of 250 lbs.
11. **NEVER** use the Equipment if it does not function properly.

**WARNING

DO NOT REMOVE THE SEAT FOR ANY REASON.

Exercising on this unit without the seat installed can result in SERIOUS INJURY.

Ensure the seat is fully locked in place by tightening the knobs prior to use.
General Information

Safety
Before you undertake any exercise program, please be sure to consult with your doctor. Frequent strenuous exercise should be approved by your doctor and proper use of your product is essential. Excessive or incorrect training may result to health injuries. Please read this manual carefully before commencing the assembly of your product or starting to exercise.

• Please keep all children away from this item when in use. Do not allow children to climb or play on them when they are not in use.
• Supervise teenagers while they use this unit.
• For your own safety, always ensure that there is at least 3 feet of free space in all directions around your product while you are exercising.
• Regularly check to see that all nuts, bolts and fittings are securely tightened. Periodically check all moving parts for obvious signs of wear or damage.
• Any adjustment devices that could interfere with the user's movement on this unit should not be left projecting.
• Clean only with a damp cloth, do not use solvent cleaners. If you are in any doubt, do not use your product; contact CUSTOMER SUPPORT.
• Before use, always ensure that your product is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of slipping.
• Always wear appropriate clothing and footwear such as training shoes when exercising. Do not wear loose clothing that could become caught in moving parts during exercise.
• Do not use this unit if it is not functioning properly or if it is not fully assembled.
• Do not use this unit for commercial purposes. This unit is for home use only.
• Before use, you must read and understand all instructions & warnings stated in this Owner's Manual as well as posted on the equipment.
• It is the facility owner’s responsibility to properly instruct users on the proper operation of the equipment and to warn them of the potential hazards.
• If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your physician.

Assembling Tools
- Ruler with both metric and English measurements
- 2 x Adjustable Wrenches
- 1 x Philips (“Crosshead”) Screw Driver

Weight Limit
Your product is suitable for users weighing: 250 pounds or less.

Storage and Use
Your product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems.

Warranty
Body Flex Sports warrants your product for a period of 1 year for the frame and 90 days on all parts if the item is used for the intended purpose, properly maintained and not used commercially. Any alterations or incorrect assembly of the product will void this warranty.

Proof of purchase must be presented for any warranty validation (no exceptions). This warranty applies to the original purchaser only and is not transferable.

This warranty does not cover abuse or defects caused during use, storage or assembly.

During the warranty period, Body Flex Sports reserves the right to:

a). provide replacement parts to the purchaser in an effort to repair the item.
b). repair the product returned to our warehouse (at the purchaser’s cost).
c). replace the product if neither of the two previously mentioned actions effect repair.

This warranty does not cover normal wear and tear on upholstery.

Questions
If you have any questions concerning the assembly of your item or if any parts are missing, please DO NOT RETURN THE ITEM TO THE STORE OR CONTACT THE RETAILER. Our dedicated customer service staff can help you with any questions you may have regarding the assembly of this unit and can also mail you replacement parts.

Customer Support
Customer Support is open 9:00 a.m. to 5:00 p.m. (Pacific Time) Monday through Friday. Please contact us by any of the following means.

Body Flex Sports, Inc.
21717 Ferrero Parkway, Walnut, CA 91789
Telephone: (888) 266 - 6789
Fax: (909) 598 - 6707
Email: info@bodyflexsports.com
Hardware List

The following hardware is used to assemble your unit. Please take a moment to familiarize yourself with these items. Please note, most of these parts are already pre-assembled on your unit. Do not be alarmed if you see parts on this page that are not included in your hardware packet.

<table>
<thead>
<tr>
<th>BOLTS</th>
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<tbody>
<tr>
<td>#20. Carriage Bolt (M8x70 mm) [4 Pieces]</td>
</tr>
<tr>
<td>#21. Pedal Hinge Bolt (φ16x1/2&quot;x97 mm) [2 Pieces]</td>
</tr>
<tr>
<td>#22. Screw (M10x58 mm) [2 Pieces]</td>
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<tr>
<td>#23. Hex Bolt (M8x105 mm) [4 Pieces]</td>
</tr>
<tr>
<td>#24. Hex Bolt (M8x70 mm) [2 Pieces]</td>
</tr>
<tr>
<td>#25. Screw (M8x45 mm) [2 Pieces]</td>
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<tr>
<td>#26. Hex Bolt (M8x40 mm) [6 Pieces]</td>
</tr>
<tr>
<td>#27. Hex Bolt (M8x40 mm) [2 Pieces]</td>
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<tr>
<td>#28. Screw (M8x35 mm) [1 Piece]</td>
</tr>
<tr>
<td>#29. Bolt (M8x30 mm) [2 Pieces] Pre-assembled</td>
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<tr>
<td>#30. Screw (M8x20 mm) [2 Pieces]</td>
</tr>
<tr>
<td>#31. Screw (M8x15 mm) [14 Pieces] Pre-assembled [10 Pieces]</td>
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<tr>
<th>WASHERS</th>
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<tbody>
<tr>
<td>#32. Screw (M5x12 mm) [4 Pieces] Pre-assembled</td>
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<tr>
<td>#33. Washer (M10) [4 Pieces] Pre-assembled [2 Pieces]</td>
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<tr>
<td>#34. Arc Washer (M8) [10 Pieces] Pre-assembled [6 Pieces]</td>
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<tr>
<td>#35. Washer (M8) [26 Pieces] Pre-assembled [4 Pieces]</td>
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<tr>
<td>#36. Washer (M8) [26 Pieces] Pre-assembled [4 Pieces]</td>
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<tr>
<td>#37. D Shape Washer (19 mm) [2 Pieces]</td>
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<tr>
<td>#38. Special Washer (ID19 mm) [2 Pieces]</td>
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<tr>
<td>#39. Special Washer (ID16 mm) [2 Pieces]</td>
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<tr>
<th>NUTS</th>
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<tbody>
<tr>
<td>#34. Nut (M8) [4 Pieces]</td>
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<tr>
<td>#35. Nylon Nut (1/2&quot;) [2 Pieces]</td>
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<tr>
<td>#36. Nylon Nut (M10) [2 Pieces]</td>
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<tr>
<td>#37. Nylon Nut (M8) [12 Pieces]</td>
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<table>
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<tr>
<th>Others</th>
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<tbody>
<tr>
<td>#47. Knob (M8) [2 Pieces] Pre-assembled</td>
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<tr>
<td>#48. Knob (M10) [2 Pieces] Pre-assembled</td>
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<tr>
<td>#49. Axle Cover [2 Pieces]</td>
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<td>#50. Tool 1 [2 Pieces]</td>
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<td>#51. Tool 2 [2 Pieces]</td>
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The following diagram is provided to help you familiarize yourself with the parts and hardware that will be used during the assembly process. Please note that not all of the parts and hardware you see here will be used while you are assembling the machine because some of these items are already pre-installed. Please continue to the next page to begin the assembly process and use this page only as a reference guide for parts and hardware.
**Assembly Step 1**

**FRONT STABILIZER ASSEMBLY**
Using the drawing below for reference, secure the Front Stabilizer (#14) to the Main Frame (#01) using a total of two Carriage Bolts (#20), two Arc Washers (#39), two Spring Washers (#41), and two Nuts (#34).

**REAR STABILIZER ASSEMBLY**
Secure the Rear Stabilizer (#15) to the Main Frame (#01) using a total of two Carriage Bolts (#20), two Arc Washers (#39), two Spring Washers (#41), and two Nuts (#34).

Please Note that the Front Stabilizer (#14) has end caps that spin for ease of relocating the unit and the Rear Stabilizer (#15) has height adjustable end caps for leveling of the unit.

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**Hardware Required**

<table>
<thead>
<tr>
<th><strong>BOLTS</strong></th>
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<tr>
<td>#20. Carriage Bolt (M8x70 mm) [4 Pieces]</td>
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<th><strong>WASHERS</strong></th>
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<tbody>
<tr>
<td>#39. Arc Washer (M8) [4 Pieces]</td>
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<tr>
<td>#41. Spring Washer (M8) [4 Pieces]</td>
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<tr>
<th><strong>NUTS</strong></th>
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<tbody>
<tr>
<td>#34. Nut (M8) [4 Pieces]</td>
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</table>
**Assembly Step 2**

**WIRE CONNECTIONS**
Connect the *Main Sensor Wire (Lower)* (#52) to the *Main Sensor Wire (Upper)* (#51).

**CENTER POST ASSEMBLY**
Remove the *Screws (#31), Spring Washers (#41), and Arc Washers (#39)* that are pre-assembled on the *Main Frame (#01)* and set them aside nearby as they will be used later in this step.

Being careful not to pinch any wires, slide the *Center Post (#02)* onto the *Main Frame (#01)* and secure it using the previously removed six *Screws (#31), six Spring Washers (#41), and six Arc Washers (#39)* as shown in drawing below.
Assembly Step 3

COUPLER BAR ASSEMBLY (Part I)
Referring to the diagram below, insert the *Axle* (#19) through the horizontal stems on the *Center Post* (#02). Then, on the left side of the *Axle* (#19)—in the following order—slide on one *Special Washer* (#43) followed by the *Left Coupler Bar* (#05), one *D Shape Washer* (#42), one *Axle Cover* (#61), one *Washer* (#40), and secure using one *Screw* (#30).

On the opposite side of the *Axle* (#19), assemble—in the following order—one *Special Washer* (#43) followed by the *Right Coupler Bar* (#06), one *D Shape Washer* (#42), one *Axle Cover* (#61), one *Washer* (#40), and secure using one *Screw* (#30).

COUPLER BAR ASSEMBLY (PART II)
Attach the *Right Pedal Tube* (#04A) onto the *Crank* (#18) as illustrated and secure by inserting from the outer edge of the *Right Pedal Tube* (#04A): one *Pedal Hinge Bolt* (#21) and one *Special Washer* (#44). Secure from the inner edge (behind the *Crank* (#18)) with one *Nylon Nut* (#35). Repeat this process on the other side using the *Left Pedal Tube* (#03A).

COUPLER BAR ASSEMBLY (PART III)
Using the drawings as reference, attach the free end of the bottom of the *Right Coupler Bar* (#06) to the front of the *Right Pedal Tube* (#04A) by aligning the holes. After the holes are aligned, insert one *Screw* (#22) through the *Right Pedal Tube* (#04A), the *Right Coupler Bar* (#06) and secure using one *Washer* (#38) followed by one *Nylon Nut* (#36). Repeat this process on the other side using *Left Coupler Bar* (#05) and *Left Pedal Tube* (#03A).

Hardware Required

**BOLTS**
- #21. Pedal Hinge Bolt (φ16x1/2"x97 mm) [2 Pieces]
- #22. Screw (M10x58 mm) [2 Pieces]
- #30. Screw (M8x20 mm) [2 Pieces]

**WASHERS**
- #38. Washer (M10) [2 Pieces]
- #40. Washer (M8) [2 Pieces]
- #42. D Shape Washer (19 mm) [2 Pieces]
- #43. Special Washer (ID19 mm) [2 Pieces]
- #44. Special Washer (ID16 mm) [2 Pieces]

**NUTS**
- #35. Nylon Nut (1/2") [2 Pieces]
- #36. Nylon Nut (M10) [2 Pieces]

**Others**
- #61. Axle Cover [2 Pieces]
Assembly Instructions

**Assembly Step 4**

**PEDAL ASSEMBLY**
Attach the Left/Right Pedals (#54/#55) onto the Left/Right Pedal Tubes (#03A/#04A) as shown in the drawing below using a total of three Hex Bolts (#27), three Washers (#40), and three Nylon Nuts (#37).

**FOOT PEDAL ASSEMBLY**
On the left side, attach the Left Foot Pedal (#56) to the front of Left Pedal Tube (#03A) using two Hex Bolts (#23) through two Washers (#40) and secure with two Washers (#40) and two Nylon Nuts (#37). Repeat this process on the other side.

Note:
Care should be used when mounting or dismounting the equipment. Before mounting or dismounting, move the pedal on the mounting or dismounting side to its lowest position and bring the machine to a complete stop.
This unit is not equipped with a free-wheel. Pedal speed should be reduced in a controlled manner.

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**Hardware Required**

**BOLTS**

- #23. Hex Bolt (M8x105 mm) [4 Pieces]

- #27. Hex Bolt (M8x40 mm) [6 Pieces]

**WASHERS**

- #40. Washer (M8) [14 Pieces]

**NUTS**

- #37. Nylon Nut (M8) [10 Pieces]
**Assembly Step 5**

**HANDLE BAR ASSEMBLY**
Please remove the two **Bolts (#29)** pre-assembled on **Center Post (#02)** and the two **Knobs (#47)** pre-assembled on the **Left/Right Coupler Bars (#05/#06)**.

On the left side, insert **Left Handle Bar (#11)** into the opening at the tip of **Left Coupler Bar (#05)**. Align the holes of the **Left Handle Bar (#11)** and **Left Coupler Bar (#05)** and secure by using one **Knob (#47)** through.

Repeat this process on the other side using **Right Handle Bar (#12)** and **Right Coupler Bar (#06)**.

**PULSE HANDLE BAR ASSEMBLY**
Install the **Pulse Handle Bar (#13)** onto the front side of the **Center Post (#02)** as shown in the illustration below using two **Bolts (#29)**. Please ensure the wire of the **Handle Pulse (#50)** is free and clear, avoiding pinching it during this assembly step. You will need to connect this wire to the **Computer (#49)** later.

**Hardware Required**

<table>
<thead>
<tr>
<th>BOLTS</th>
</tr>
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</table>
| #29. Bolt (M8x30 mm)  
[2 Pieces] |

<table>
<thead>
<tr>
<th>Others</th>
</tr>
</thead>
</table>
| #47. Knob (M8)  
[2 Pieces] |
Assembly Step 6

COMPUTER ASSEMBLY

Remove the four **Screws (#32)** that are pre-assembled on the **Computer (#49)**. Set them aside nearby as they will be used later in this process.

With the help of an assistant, connect the **Main Sensor Wire (Upper) (#51)** to the corresponding wire on the **Computer (#49)**(diagram A). Connect the end of wire of **Handle Pulse (#50)** to the **Computer (#49)** by inserting it into the back hole as illustrated below (diagram B).

Being careful not to pinch/damage any of the wires, attach the **Computer (#49)** to the bracket on the **Center Post (#02)** by using the four **Screws (#32)** that were previously removed.
**Assembly Step 7**

**SEAT FRAME ASSEMBLY**

Please remove the four Screws (#31) and four Washers (#40) that are pre-assembled on the Cushion Frame (#07). Set them aside nearby as they will be used later in this step.

With the help of an assistant, loosen the pre-assembled Spring Loaded Knob (#46) and pull back slightly on it so that you may proceed to insert the Seat Post (#09) into the mouth of the post that is protruding from the Main Frame (#01) down a minimum of four inches so that the corresponding holes can engage. Screw in the Spring Loaded Knob (#46) through the Main Frame (#01) and then through any one of the holes located on the Seat Post (#09).

**Note:** The Spring Loaded Knob (#46) has a safety feature that allows you to loosen it by turning it counter-clockwise three times as you pull it outward. This knob can be loosened to adjust the seat height. Adjust the seat height and then pop the knob back in. Tighten the knob by turning clockwise. See the more detailed explanation and illustrations below.

Next, slide the Horizontal Seat Cushion Bar (#08) onto the Seat Post (#09) as shown below. Secure using two Knobs (#48) and two Washers (#38).

Please note, the Horizontal Seat Cushion Bar (#08) has labels indicating “REAR” and “FRONT” to ensure correct assembly. Please ensure the end with “REAR” is facing the back of the unit. For reference, the “REAR” is also distinguishably longer than the “FRONT”.

Then, slide the Cushion Frame (#07) onto Horizontal Seat Cushion Bar (#08). Secure by using one Screw (#28) from top, two Hex Bolt (#24) through two Washers (#40) from side.

**REAR HANDLEBAR ASSEMBLY**

Next, using the illustration below for reference, align the four holes of the Rear Handle Bar (#10) to the holes on the Cushion Frame (#07) and secure using the four Screws (#31) and four Washers (#40) which were previously removed.

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**Hardware Required**

**BOLTS**

- #24. Hex Bolt (M8x70 mm) [2 Pieces]
- #28. Screw (M8x35 mm) [1 Piece]
- #31. Screw (M8x15 mm) [4 Pieces]

**WASHERS**

- #38. Washer (M10) [2 Pieces]
- #40. Washer (M8) [8 Pieces]
- #37. Nylon Nut (M8) [2 Pieces]
- #48. Knob (M10) [2 Pieces]
Assembly Step 8

CUSHION ASSEMBLY
First, attach the Seat Cushion (#75) to the horizontal bar of the Cushion Frame (#07) and secure from the bottom using four Screws (#31).

Then, attach the Backrest Cushion (#74) to the vertical bar of the Cushion Frame (#07) and secure using two Bolts (#25) and two Washers (#40).

Hardware Required

BOLTS

#25. Screw (M8x45 mm)  
[2 Pieces]

#31. Screw (M8x15 mm)  
[4 Pieces]

WASHERS

#40. Washer (M8)  
[2 Pieces]
Assembly Instructions

Assembly Step 9

Plug in the Adapter (#53) male plug into the female socket located at the rear end of the unit.

The assembly process is now complete. However, for your own safety, please make sure to read this entire Owner’s Manual which includes safety instructions and warnings, as well as any safety/warning labels affixed to the product before use.

For your safety, please visually and functionally inspect and test the unit after assembly is complete.

Note:
This Magnetic Recumbent Bike is intended to be correctly orientated in a vertical or floor mount position.

Troubleshooting

HAND PULSE SIGNAL

After complete assembly: If the computer is not picking up your hand pulse signal (or you are getting inaccurate readings), Please refer to our “Troubleshooting” section on Page 21 for other troubleshoot issues.
Safety & Maintenance

SAFETY & WARNINGS

• Make sure all nuts, bolts, and screws are tightened prior to use.
• Be sure that all adjustment locking devices and safety devices are properly engaged prior to use!
• Never over-tighten the above-mentioned devices and parts to avoid damage to the unit.
• Check for loose parts and components and make proper adjustments prior to use.
• Check to see if there are any tears or bends in the welding or metal prior to use. If tears or bends are found, do NOT use the unit and contact our CUSTOMER SUPPORT.
• Extreme care must be taken to not allow your feet, fingers, hair, clothing, and/or any loose items to be snagged into any portion of the bike when the unit is in motion. Failure to follow these instructions could result in serious injury, including the loss of fingers.
• Always wait for the pedals and other moving parts (which can gain great momentum during riding) to come to a complete stop before dismounting the unit to avoid serious injury.

Maintenance & Care

• Please review all safety instructions and warnings in this entire Owner’s Manual, as well as any safety/warning labels affixed to the product before use.
• Do not use solvent cleaners. If you are in any doubt, do not use your cleansing product; contact CUSTOMER SUPPORT.
• The specific Parts on your unit which may see possible signs of wear after prolonged use are listed as follows (please check these parts before each use):
  Left/Right Pedals (#54/55); Left/Right Handlebars (#10/11)
• For any replacement warning labels, please contact our CUSTOMER SUPPORT at (888) 266-6789 or (909) 598-9876, or mail in a written request to: Body Flex Sports, Inc. 21717 Ferrero Parkway, Walnut, CA 91789. More detailed information about how to reach our CUSTOMER SUPPORT may be found on Page 1 of the Owner’s Manual under the “CUSTOMER SUPPORT” section.
**Computer Operation**

**BUTTON FUNCTIONS:**

2. Start body fat measurement*.  
3. Holding key for 3 seconds will reset all function values to be zero. |
| DOWN: | Decreases value of selected workout function*. During the workout, it will decrease the resistance level. |
| UP : | Increases value of selected workout function*. During the workout, it will increase the resistance level. |
| ENTER: | To input/confirm desired value or workout mode. |
| RECOVERY: | Press to enter into Recovery function when computer picks up and displays the heart rate value. Recovery fitness level (F1 - F6) will display after 1 minute. "F1" = excellent; "F6" = poor. |
| MODE: | Press to switch the display data from: RPM to SPEED, ODO to DIST, WATT to CALORIES during workout session. |

* = TIME / DISTANCE / CALORIES / AGE / WATT / TARGET HEART RATE

**COMPUTER FUNCTIONS:**

| SPEED (MPH): | Shows your current speed. |
| RPM: | Shows your current rotations per minute. |
| TIME: | Shows accumulated exercise time. User may also preset this function. |
| DIST: | Shows exercise accumulated distance. |
| ODO: | Shows the total accumulated distance. |
| CAL: | Shows accumulated calories burnt. User may also preset this function. |
| WATT: | Shows current wattage output of user during exercise. User may also preset this function. |
| HEART RATE*: | Shows the user’s heart rate value in BPM (beats per minute)*. |
| TARGET H.R.: | User can preset a target heart rate. |
| PROGRAM: | There are a total of 24 programs to select from for training. |
| LEVEL: | The computer display shows 16 columns of loading bars with 8 rectangular increments per bar. Each column (normally) represents 1 minute in time and each rectangular increment represents 2 levels of resistance. |

* Please be aware that the pulse sensors and body fat measurement tool are not medical devices; the pulse sensors and body fat measurement tool should not be used or applied for medical reasons.
COMPUTER OPERATION: ("HOW-TO")

1. Ensure that your unit is plugged-in to an electrical source. Press a key and/or pedal to power on the computer.
2. Use UP and DOWN to select your desired workout mode. Then press ENTER.
3. Setting Workout Functions

   The computer allows you to preset certain functions. In other words, you can set your own workout target goals for functions TIME / DISTANCE / CALORIES / AGE / WATT / TARGET HEART RATE.

   Note: Some functions are not adjustable in certain programs. TIME and DISTANCE cannot both be preset during the same workout session.

   Once a program has been selected, press ENTER so that TIME function flashes. Use UP or DOWN to set desired time value. Press ENTER to confirm the value. The flashing prompt will move to the next function. Continue use of UP or DOWN to preset functions as desired. Press START/STOP to begin workout.

4. There are 7 basic workout "modes" which will be detailed below:

   (Manual Program, Preset Workout Programs, Watt Control Program, Body Fat Program, Target Heart Rate Program, Heart Rate Control Program, and User Profiles Program.)

   i. Manual (P1)

      Setting Functions for Manual

      Select MANUAL using UP or DOWN then press ENTER. The function TIME will flash so value can be adjusted using UP or DOWN. Press ENTER to save value and move to next function to be adjusted. Continue through all desired functions, then press START/STOP whenever you are ready to start your workout.

      Note:
      -If user sets up a target TIME for workout, then DISTANCE cannot be adjusted.
      -Once the value of a function countdowns to 0, a beeping sound will indicate this and stop the computer program automatically. Press START to continue the workout to reach the other unfinished workout functions.

   ii. Pre-set Workout (P2 - P13)
ii. Preset Workout (P2 - P13) ................................. continued.

There are 12 preset programs ready for use. Each program has different patterns of resistance to add variety to workout sessions.

Setting Functions for Preset Workout
Select one of the Preset Workouts as displayed on the screen using UP or DOWN then press ENTER. The function TIME will flash so value can be adjusted using UP or DOWN. Press ENTER to save value and move to next function to be adjusted. Continue through all desired functions, pressing START/STOP to start workout.

Adjusting during any Preset Workout
Users can exercise at different resistance levels in different intervals as the profiles flash. Users may exercise at any desired resistance level by using UP/DOWN keys to adjust during the workout.

Note:
- If user sets up a target TIME for workout, then DISTANCE cannot be adjusted.
- Once the value of a function countdowns to 0, a beeping sound will indicate this and stop the computer program automatically. Press START to continue the workout to reach the other unfinished workout functions.

<table>
<thead>
<tr>
<th>iii. Watt Control (P14)</th>
</tr>
</thead>
</table>

Setting Functions for Watt Control
Select “Watt Control” using UP or DOWN then press ENTER. The function TIME will flash so value can be adjusted using UP or DOWN. Press ENTER to save value and move to next function to be adjusted. Continue through all desired functions, pressing START/STOP to start workout.

Note:
- If user sets up a target TIME for workout, then DISTANCE cannot be adjusted.
- Once the value of a function countdowns to 0, a beeping sound will indicate this and stop the computer program automatically. Press START to continue the workout to reach the other unfinished workout functions.
- The computer will adjust the resistance load automatically depending on the user's detected speed to maintain a constant watt value. User can use UP or DOWN to adjust the watt value during workout.

<table>
<thead>
<tr>
<th>iv. Body Fat (P15)</th>
</tr>
</thead>
</table>

Setting Data for Body Fat
Select “BODY FAT” using UP or DOWN then press ENTER. "MALE " icon (default) will flash so gender (male/female) can be selected using UP or DOWN; then, press ENTER to save gender and move to next data function.
iv. Body Fat (P15)................... continued.

“5’ 8”” (default value) of HEIGHT will flash so height can be adjusted using UP or DOWN; then, press ENTER to save gender and move to next data function.

“165” lbs. (default value) of WEIGHT will flash so weight can be adjusted using UP or DOWN; then, press ENTER to save gender and move to next data function.

“30” (default value) of AGE will flash so age can be adjusted using UP or DOWN KEY; then, press ENTER to save value.

Press START/STOP to start measurement, and place hands firmly (but not too tightly) over hand pulse sensor grips.

After 15 seconds, the display will show the detected Body Fat %, BMR, BMI & BODY TYPE.

NOTE: There are 9 body types categorized according to the FAT% calculated.

<table>
<thead>
<tr>
<th>Type</th>
<th>Percentage Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>5% to 9%</td>
</tr>
<tr>
<td>2</td>
<td>10% to 14%</td>
</tr>
<tr>
<td>3</td>
<td>15% to 19%</td>
</tr>
<tr>
<td>4</td>
<td>20% to 24%</td>
</tr>
<tr>
<td>5</td>
<td>25% to 29%</td>
</tr>
<tr>
<td>6</td>
<td>30% to 34%</td>
</tr>
<tr>
<td>7</td>
<td>35% to 39%</td>
</tr>
<tr>
<td>8</td>
<td>40% to 44%</td>
</tr>
<tr>
<td>9</td>
<td>45% to 50%</td>
</tr>
</tbody>
</table>

- BMR = Basal Metabolism Ratio
- BMI = Body Mass Index

Press START/STOP to return to the Main Display.

Error Code Meanings:
- ‘E1’: Motor malfunction
- ‘E2’: Procedural Error
- ‘E3’: (Not Applicable for this model)
- ‘E4’: Heart Rate sensors are not receiving signal.

Resolution:
1. Reset the computer by holding START/STOP for 3 seconds until all data resets.
   If error still shows, please proceed to:
2. Unplug the AC adaptor from the unit and leave for one minute. Then, plug the AC adaptor back in.
   If error still shows, please:
3. Contact our Customer Service Team for assistance.
4. For “E4”, please note, you do not need to grip the sensors too tightly. A firm hold is enough for the pulse signals to pick up.

v. Target Heart Rate (P16)

Setting Functions for TARGET H.R

Select “TARGET H.R.” using UP or DOWN KEY then press ENTER. The function TIME will flash so value can be adjusted using UP or DOWN. Press ENTER to save value and move to next function to be adjusted. Continue through all desired functions, pressing START/STOP to start workout.

Note:
- If detected PULSE is above or below (± 5) of the set TARGET H.R, computer will adjust the resistance level automatically. A reading will be done approximately every 20 seconds.
- Once the value of a function countdowns to 0, a beeping sound will indicate this and stop the computer program automatically. Press START to continue the workout to reach the other unfinished workout functions.
vi. Heart Rate Control (P17-20)

<table>
<thead>
<tr>
<th>Selection</th>
<th>Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>55%</td>
<td></td>
</tr>
<tr>
<td>60%</td>
<td></td>
</tr>
<tr>
<td>75%</td>
<td></td>
</tr>
<tr>
<td>85%</td>
<td></td>
</tr>
</tbody>
</table>

There are 4 selections for target pulse:

- HRC- 55% TARGET H.R= 55% of (220-AGE*)
- HRC - 65% TARGET H.R= 60% of (220-AGE)
- HRC - 75% TARGET H.R= 75% of (220-AGE)
- HRC - 85% TARGET H.R= 85% of (220-AGE)

*PLEASE NOTE: This is the standard formula for calculating target heart rate.

Setting Functions for HEART RATE CONTROL
Select 1 of the 4 "Heart Rate Control" programs (55%, 65%, 75%, or 85%) using the UP or DOWN KEY then press ENTER. The function TIME will flash so value can be adjusted using UP or DOWN. Press ENTER to save value and move to next function to be adjusted. Continue through all desired functions, pressing START/STOP to start workout.

Note:
- If detected PULSE is above or below (± 5) of the set TARGET H.R, computer will adjust the resistance level automatically. A reading will be done approximately every 20 seconds.
- Once the value of a function countdowns to 0, a beeping sound will indicate this and stop the computer program automatically. Press START to continue the workout to reach the other unfinished workout functions.

vii. User Profiles (P21-P24)

<table>
<thead>
<tr>
<th>Selection</th>
<th>Level</th>
</tr>
</thead>
<tbody>
<tr>
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</table>

There are 4 User Profiles available for multiple users to set their own personalized programs for immediate access and use.

Setting Functions for User Program
Select 1 of 4 "USER" profiles using UP or DOWN KEY then press ENTER. The function TIME will flash so value can be adjusted using UP or DOWN. Press ENTER to save value and move to next function to be adjusted. Continue through all desired functions, pressing START/STOP to start workout.

After finished set up desired function, the level 1 will flash, use UP OR DOWN KEY to adjust then pressing ENTER until finished. Press START/STOP to start workout.

Note:
- If user sets up a target TIME for workout, then DISTANCE cannot be adjusted.
- Once the value of a function countdowns to 0, a beeping sound will indicate this and stop the computer program automatically. Press START to continue the workout to reach the other unfinished workout functions.
### Troubleshooting

#### (AFTER COMPLETE ASSEMBLY)

<table>
<thead>
<tr>
<th>Troubleshoot Area</th>
<th>Solution</th>
</tr>
</thead>
</table>
| **HAND PULSE SIGNAL**   | If the computer is **not picking up your hand pulse signal** (or you are getting inaccurate readings), please adjust the following:  
1. Slightly moisten/dampen the palms with water so the sensors can detect a pulse signal.  
2. Do not grip the sensors too tightly. Only moderate pressure need be applied. Gripping the sensors too tightly restricts and seizes detection of your pulse.  
3. Remove any rings or jewelry to prevent interference.  
4. Check to ensure all pulse sensor wires are properly connected and are not damaged. You may need to refer to installation/assembly directions for the pulse sensor wires in this manual. |
| **CALORIES/DISTANCE/TIME/(ETC.)** | If the computer is **not displaying the CALORIES/DISTANCE/TIME/(ETC.) functions**  
(or you are getting inaccurate readings), please adjust the following:  
1. Check to ensure all computer sensor wires are properly connected and are not damaged.  
   You may need to refer to installation/assembly directions for the sensor wires in this manual. |
| **COMPUTER Display**    | If the computer **display is blank & not displaying any data** (or does not appear to power on), please adjust the following:  
1. Check to ensure all sensor wires are all properly connected and are not damaged.  
2. Check to ensure the AC Adapter* or Batteries* are properly plugged in or fully charged.  
   *Please check your product manual to determine if your model uses either  
   1. an AC Adapter, or 2. Batteries to power your unit. |

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*For your safety, please do not discard this Troubleshooting sheet or the Owner’s Manual, and keep them in a place where you can easily access/refer to them at any time. If you are still having any troubleshooting issues, please contact our Customer Support for further assistance.*
Warm-Up Instructions

Before use, you must read and understand all instructions & warning stated in this Owner's Manual as well as posted on the equipment.

The following flexibility exercises are provided to you as a means to prevent injury while you are exercising. A proper warm-up routine decreases the chance of injuring your muscles while you are exercising. Please take the time to do these flexibility exercises before and after each time you exercise.

Groin Stretch
1. Sit with your knees flexed and soles of feet together.
2. Hold your ankles and bend at your hips (keep your back straight) as you press your knees toward the floor with your elbows.

Hamstring Stretch
1. Sit with your left leg extended and bend your right leg at the knee as you place the sole of your right foot against the inner thigh of your extended leg.
2. Flex the foot of your extended leg (toes pointed toward ceiling) and gently bend forward from your hips; keep your back straight.
3. Reach your hands on your extended leg as far as possible and then switch legs and repeat.

Trunk Twister
1. Sit with your leg extended and bend your right knee as you cross your right leg over your left leg. Your right foot should be flat on the floor alongside your left knee.
2. Place your left arm on the outside of your right leg and pull against that leg while twisting your trunk as far as possible to the right. Place your right hand on the floor behind your buttocks. Reverse leg positions and repeat.

Hip Stretch
1. Lie on your back and raise your right leg as you clasp both hands under the back of the knee. Keep your left leg straight.
2. Gently pull your right leg toward your trunk without raising your upper body. Switch leg positions and repeat.

Quadriceps Stretch
1. Stand on your left leg and hold onto a support with your left hand.
2. Flex your right leg behind you, grasp your ankle or foot with your right hand and pull your foot toward your buttocks. Keep your back straight and right knee pointed down. Repeat on the other leg.
Warm-Up Instructions

Trunk Flexion, Prone
1. Assume the depicted position on your hands and knees. Stretch your hands out in front of you and then slowly start to pull them back in toward your body as you tuck your chin and arch your back upward.

2. Return to the starting position slowly.

Shoulder Stretch
1. Bring your right hand over your right shoulder to the upper back and bring your left hand under your left shoulder to the upper back.

2. Try to reach your fingertips. If you are not able to reach your fingertips, use a towel as an extension of your hands and gently pull one hand toward the other. Reverse arm positions and repeat.

Calf Stretch
1. Place both hands against a wall to aid your balance. Press the ball of your left foot against the wall and keep the heel of the same foot rested on the floor (make sure your left knee is bent).

2. Slowly start to straighten your left knee and you will feel the muscles in your left calf stretch. Switch leg positions and repeat.
Thanks for choosing

Body Flex

Model Number BRT 3980/3880

Please fill in the information below and keep this manual along with your sales receipt as proof of purchase.

Serial Number:

Date of Purchase:

Store Name:

Body Flex Sports Inc.
21717 Ferrero Parkway
Walnut, CA 91789

Phone: (888) 266-6789
Fax: (909) 598-6707
Email: info@bodyflexsports.com