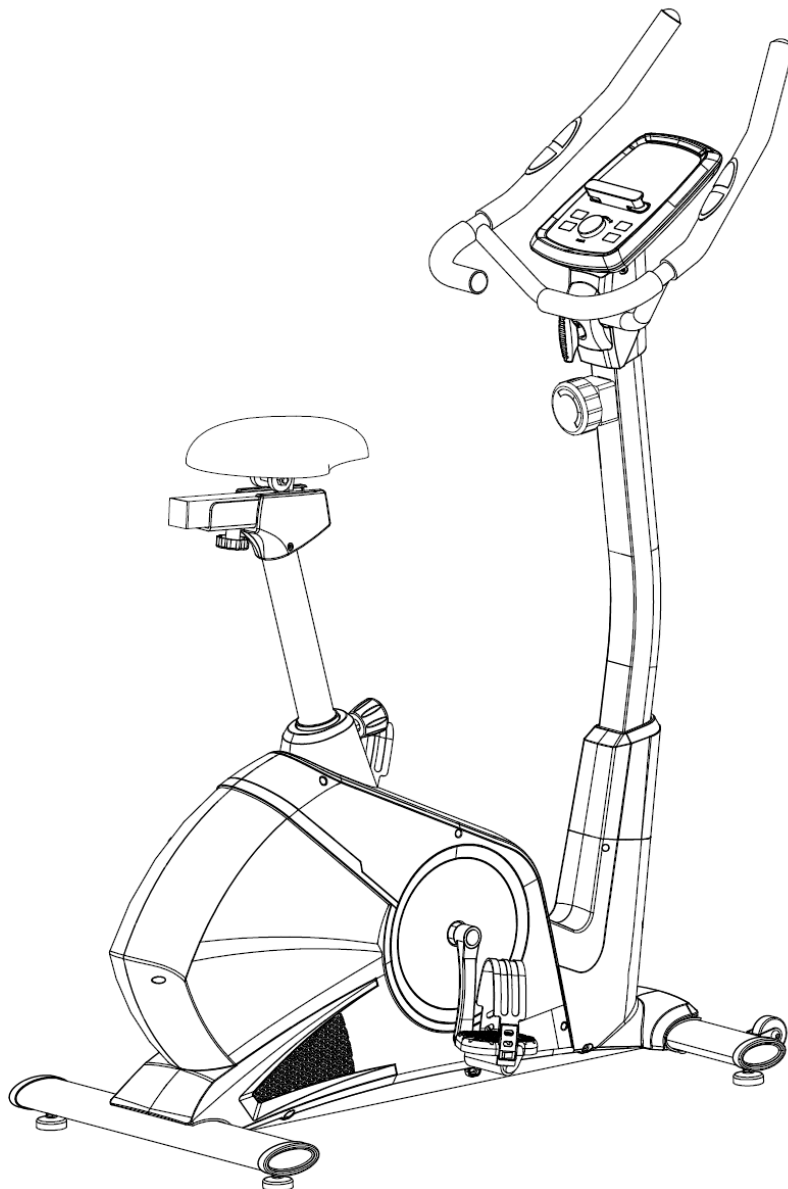




D.C. ATHLETICS®

Ergo Pro 3

MANUAL



IMPORTANT!

Please read all instructions carefully before using this product.

Retain this manual for future reference.

The specifications of this product may vary slightly from the illustrations and are subject to change without notice.

Before You Start

Thank you for purchasing this Fitness Product! For your safety and benefit, read this manual carefully before using the machine.

Prior to assembly, remove components from the box and verify that all the listed parts were supplied. Assembly instructions are described in the following steps and illustrations.

IMPORTANT SAFETY NOTICE

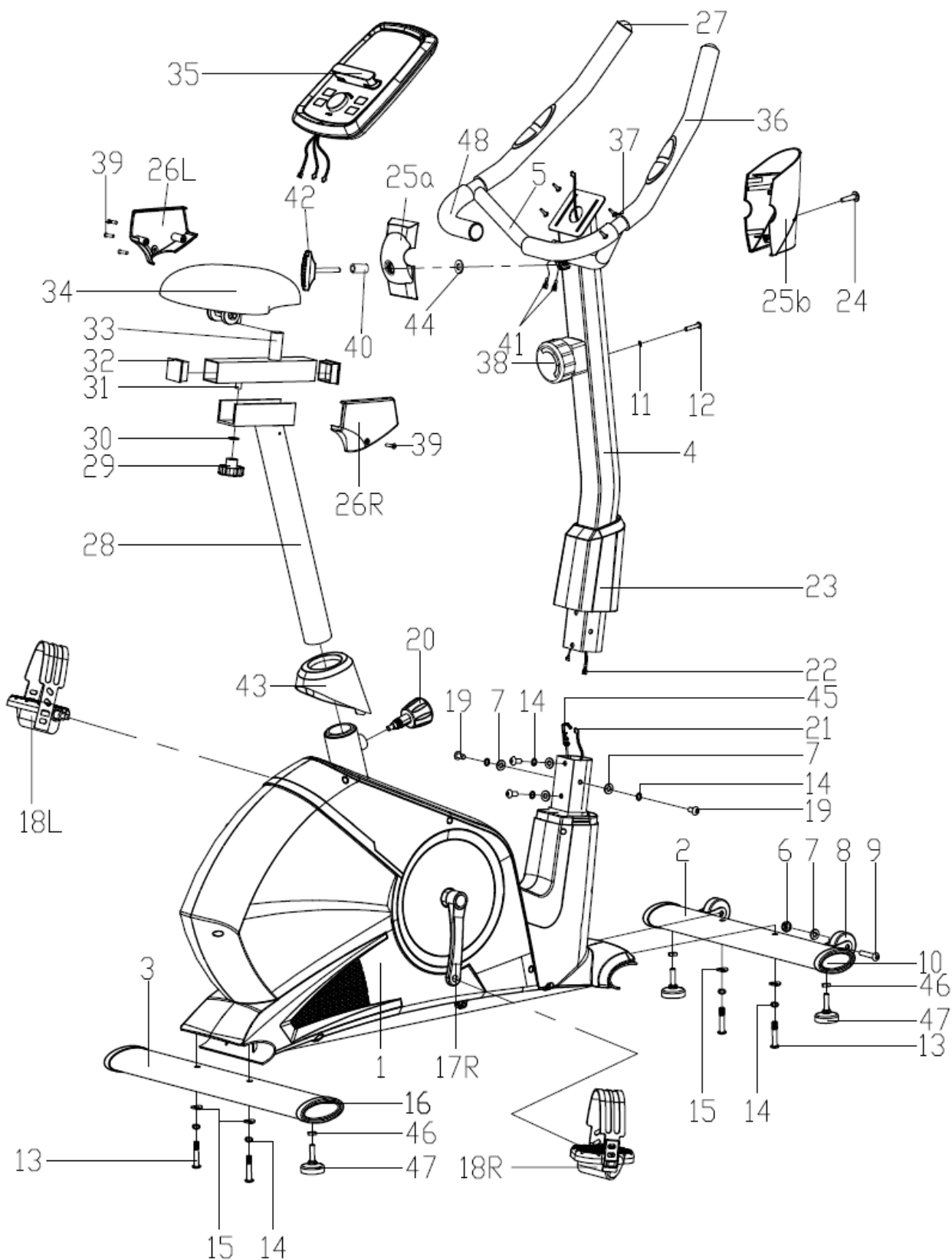
Note the following precautions before assembling or operating the machine.

01. Assemble the machine exactly as the descriptions in the instruction manual.
02. Check all the screws, nuts and other connections before using the machine, only do exercising on the machine when it is in correct working way. Ensure that all users are adequately informed of all precautions.
03. Set up the machine in a dry level place and leave it away from moisture and water; before beginning exercising, remove all objects within a radius of 2 meters from the machine.
04. Place a suitable base (e.g. rubber mat, wooden board etc.) beneath the machine in the area of assembly or exercise to avoid scratch, dirt and etc.
05. Do not use aggressive cleaning articles to clean the machine, remove drops of sweat from the machine immediately after finishing exercising.
06. Only use the supplied tools or suitable tools of your own to assemble the machine or repair any parts of machine, use only original spare parts for any necessary repairs.
07. Your health can be affected by incorrect or excessive exercising. Before beginning this or any exercise program, consult your doctor. This is especially important for people over the age of 35 or those with pre-existing health problems.
08. This machine is intended for home use only, not suitable for therapeutic purpose.
09. Wear appropriate clothes and athletic shoes when exercising.
10. If you have a feeling of dizziness, sickness or other abnormal symptoms, please stop immediately and consult your doctor.

11. The power of the machine increases with increasing the speed, and the reverse. The machine is equipped with adjustable knob that can adjust the resistance.

12. The maximum user's weight is 120KGS.

EXPLODED DIAGRAM



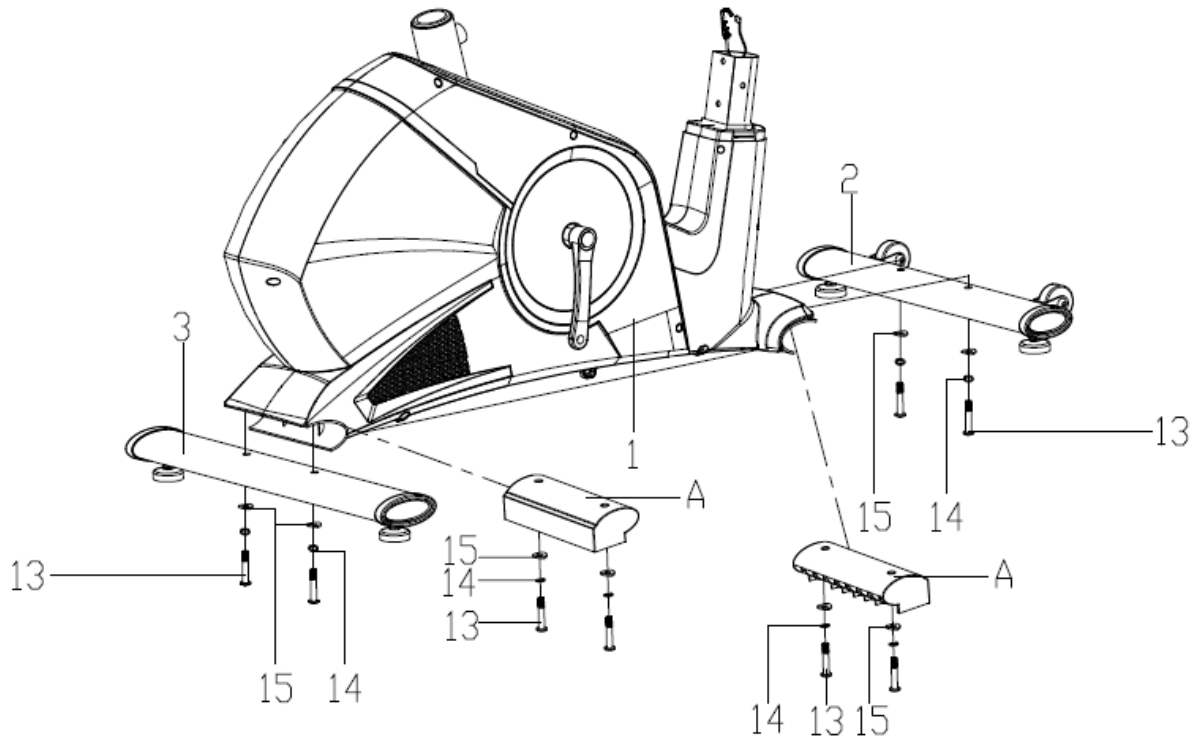
PARTS LIST

Part No.	Description	Qty	Part No.	Description	Qty
1	Main frame	1	25a/b	Protective guard	1pr.
2	Front stabilizer	1	26L/R	Saddle protective guard	1pr.
3	Rear stabilizer	1	27	End cap	4
4	Handlebar post	1	28	Seat upright tube	1
5	Handlebar	1	29	Plum knob	1
6	Nylon nut M8	2	30	Flat washer D10xΦ25x2	1
7	Flat washer D8	6	31	U-bracket	1
8	Roller	2	32	Square end cap	2
9	Hex bolt M8x38xL12	2	33	Seat horizontal tube	1
10	End cap	2	34	Saddle	1
11	Arc washer	1	35	Computer	1
12	Cross head screw	1	36	Foam grip 1	2
13	Hex bolt M8xL58	4	37	Cross head screws	4
14	Spring washer D8	8	38	Tension controller	1
15	Arc washer d8x2xΦ25xR39	4	39	Cross head screws ST4.2*12	4
16	End cap	2	40	Sleeve Φ13*2*35	1
17L/R	Crank	1pr.	41	Pulse wire	2
18L/R	Pedal	1pr.	42	T-Handle knob	1
19	Hex bolt M8x16	4	43	Protective guard	1
20	Spring knob	1	44	Flat washer D8*Φ13*1.5	1
21	Sensor wire	1	45	Tension connecting wire	1
22	Extension wire	1	46	Hex nut M10	4
23	Protective guard	1	47	Adjusting pad	4
24	Cross head screws ST4.2x18	1	48	Foam grip 2	2

ASSEMBLY INSTRUCTIONS

Step 1:

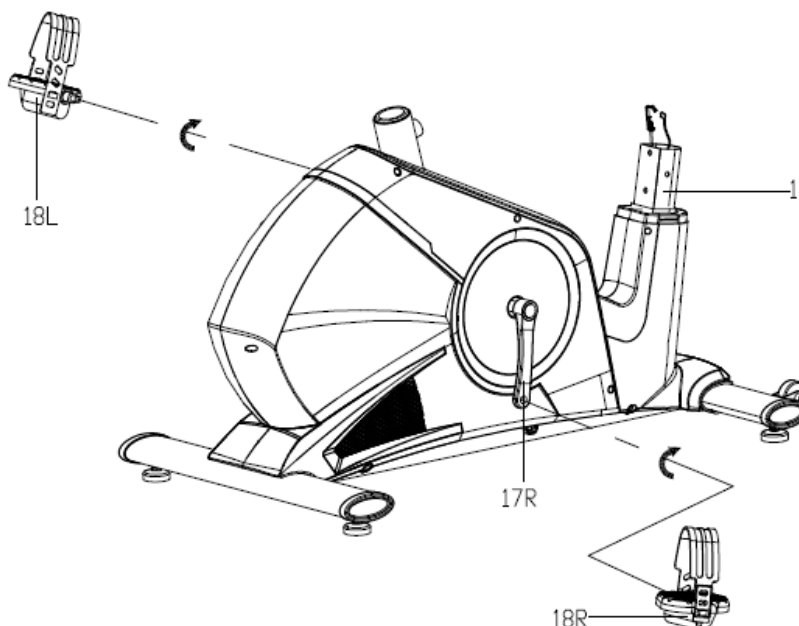
1. Remove the plastic blocks (A), Hex bolt (13), Spring washer (14), Arc washer (15) from the Front stabilizer (2) and Rear stabilizer (3).
2. Lock the front stabilizer(2) and rear stabilizer(3) to the main frame(1) with the Hex bolt (13), spring washer (14) and arc washer(15).



Step 2:

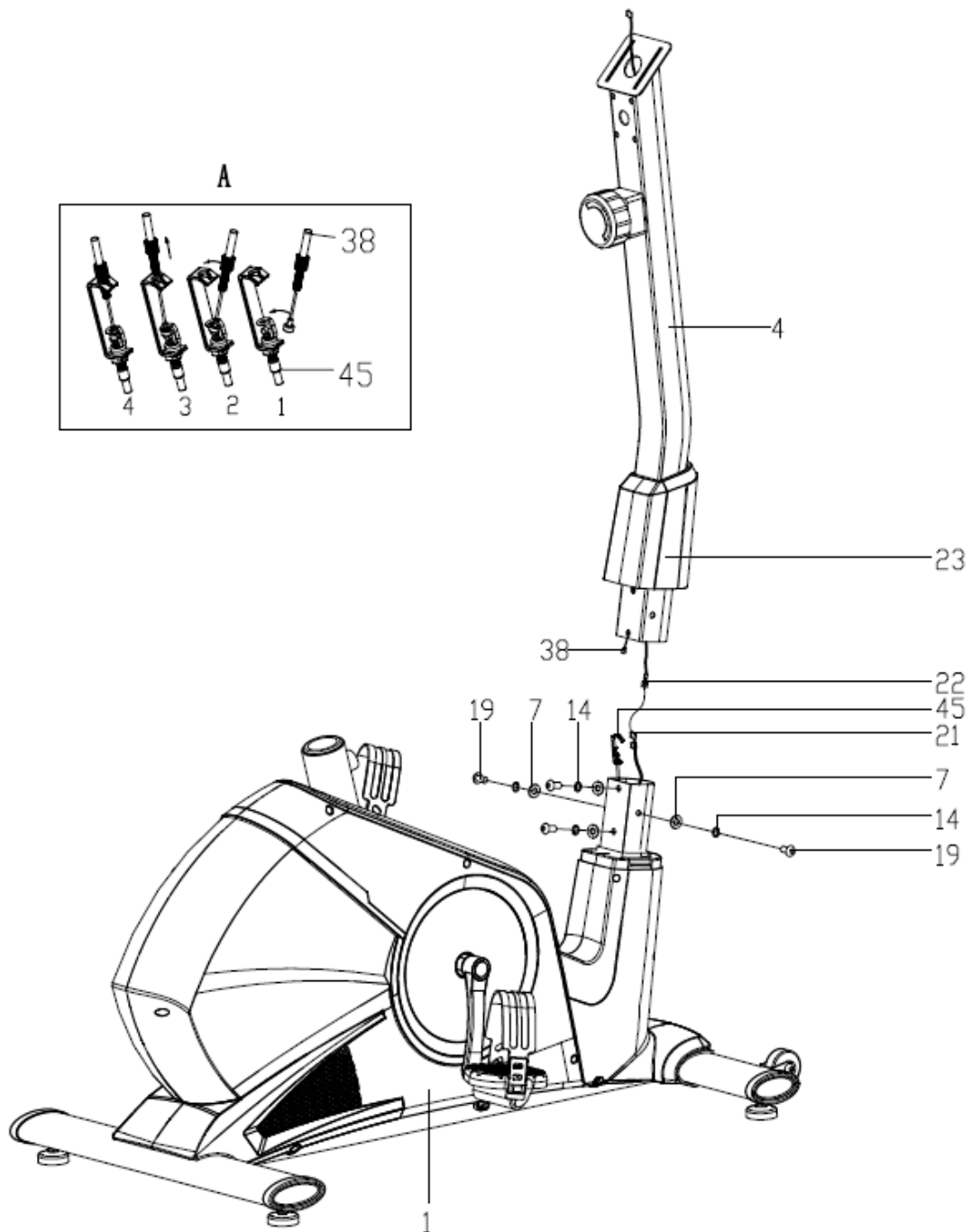
Lock the pedal (18L/R) to the crank (17L/R) with wrench.

Please note: lock the pedal (18L) in counter-clockwise and lock the pedal(18R) in clockwise as shown. And make sure the pedal(18L/R) are locked tightly during your movement, otherwise the pedal will be broken.



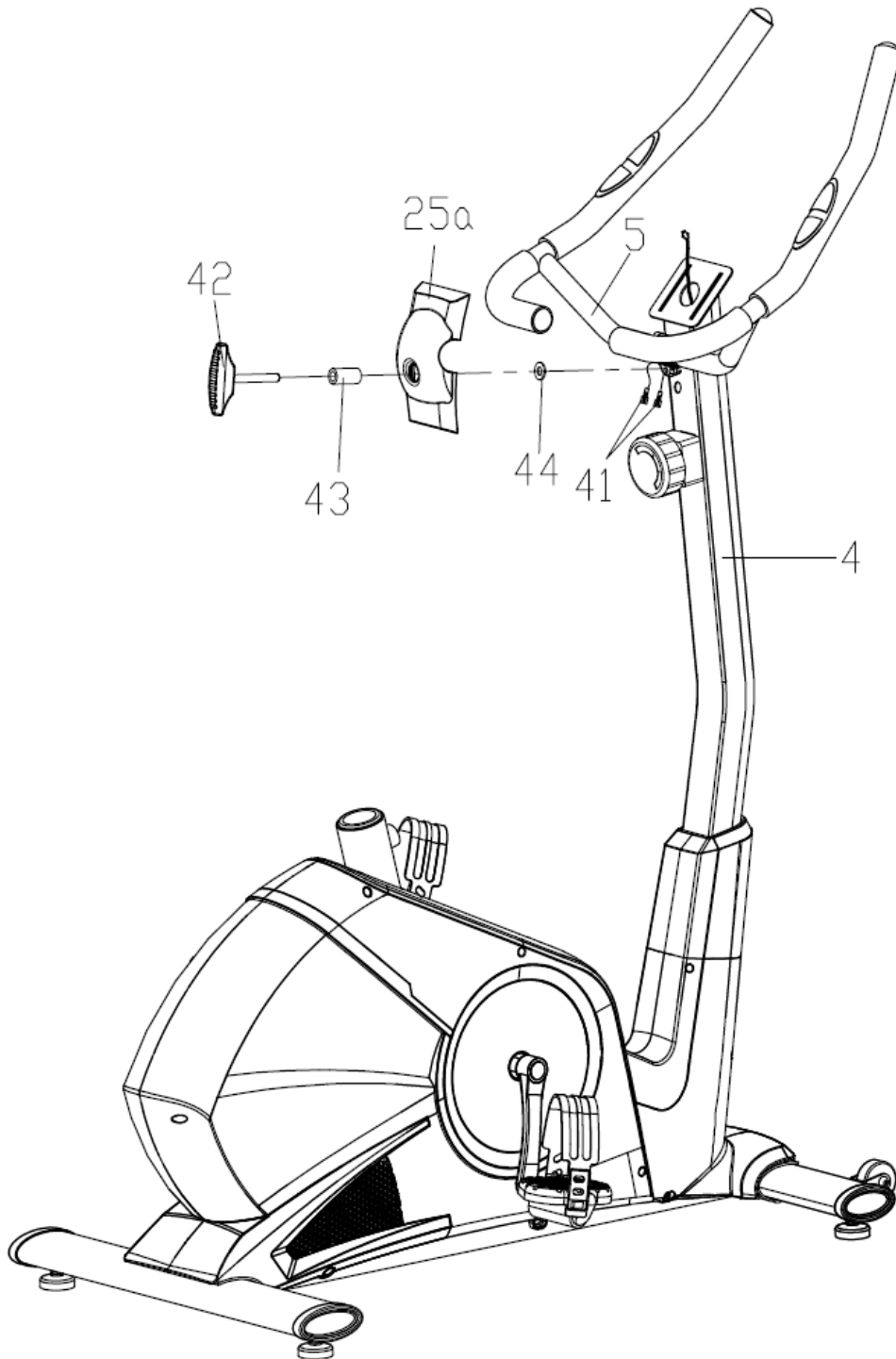
Step 3:

1. Cover the protective guard(23) on the handlebar post (4).Connect the extension wire(22) with the sensor wire(21),then connect the Tension connecting wire (45) with the cable of the tension controller (38) as the picture A shown.
2. Lock the handlebar post (4) on the main frame(1) with hex bolt (19),spring washer(14) and flat washer (7), then cover the protective guard(23).



Step 4:

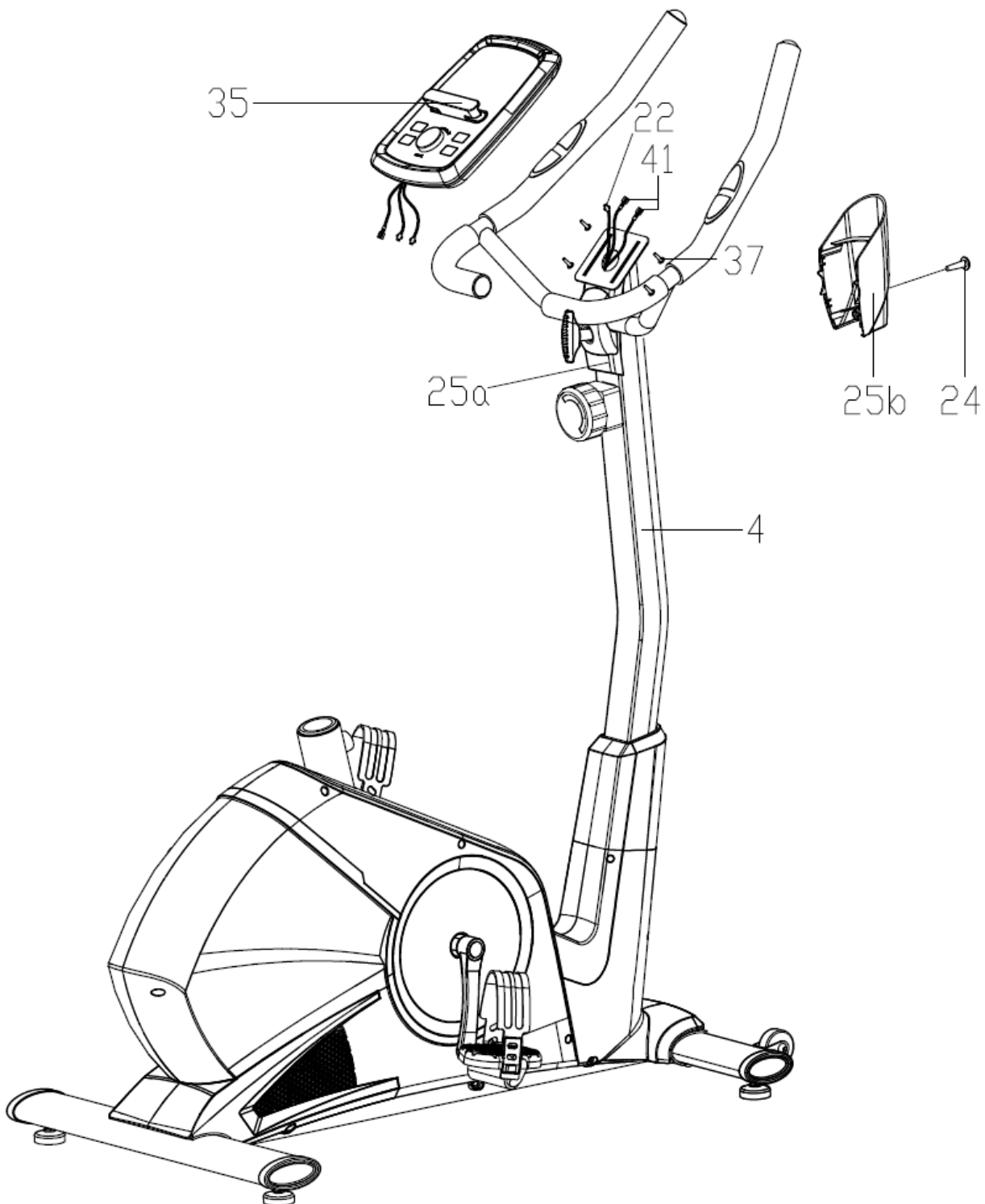
1. Pass the pulse wire (41) from the hole of handlebar post (4) and out of the hole of the computer bracket.
2. Lock the handlebar (5) on the handlebar post (4) with T-Handle knob (42) Protective guard (43) Protective guard (25a) and Flat washer (44).



Step 5:

1. Connect the pulse wire(41) and sensor wire(22) with the cables of the computer(35), then lock the computer(35) on the bracket of the handlebar post(4) with Cross head screws(37).

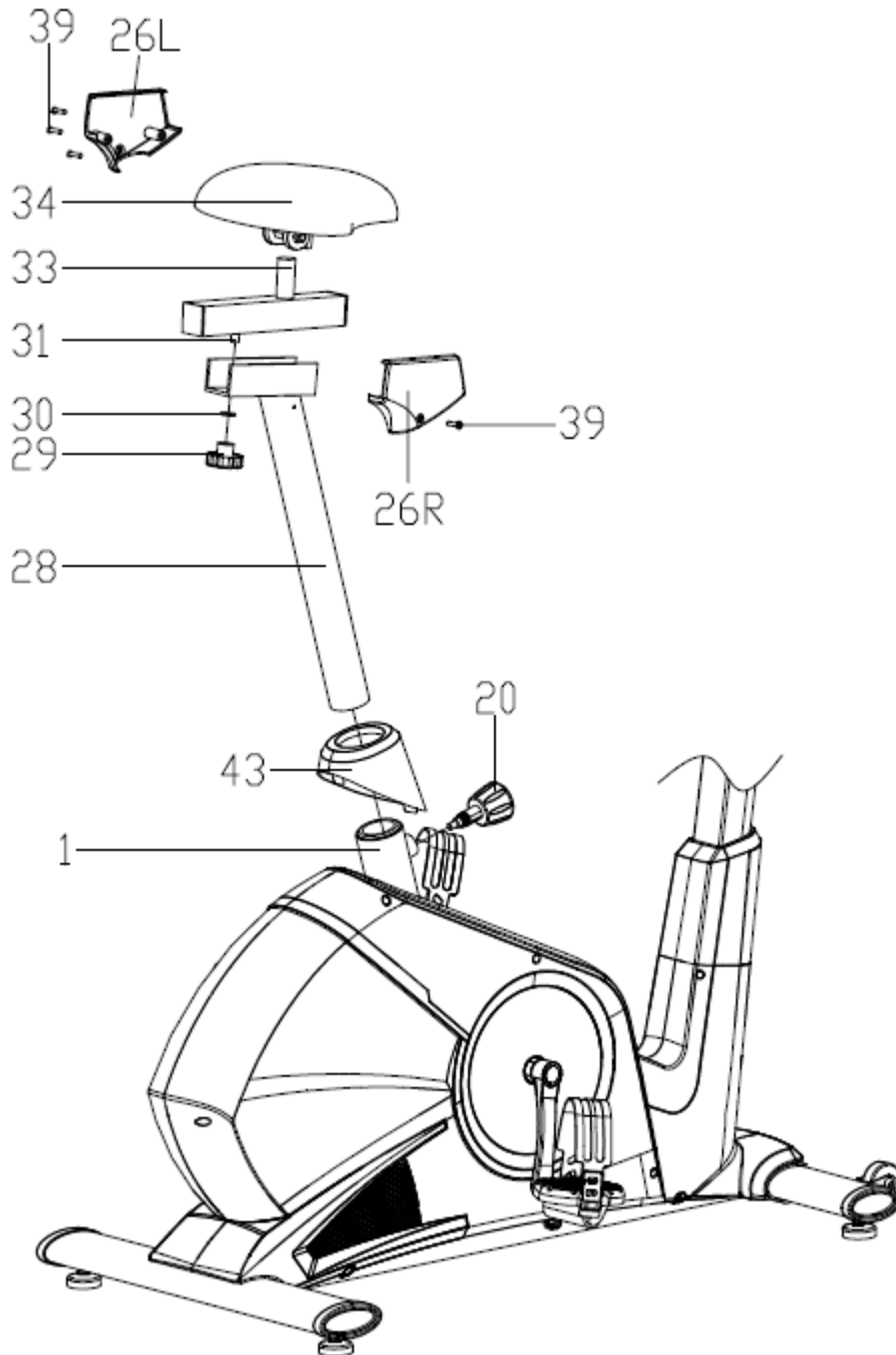
2. Lock the protective guard(25a/b) to the handlebar post(4) with Cross head screws (24).



Step 6:

1. Using the Protective guard (43) to cover the main frame (1), then insert the Seat upright tube (28) to the main frame (1), align the hole then lock it tightly with the spring knob (20).
2. Lock the seat horizontal tube (33) on the seat upright tube (28) with plum knob (29) and flat washer (30) and U-bracket (31).
3. Lock the saddle (34) on the stem of the seat horizontal tube (33) with the wrench.
4. Lock the Saddle protective guard (26L/R) tightly on the seat upright tube (28) with Cross head screws (39).

Please note: Make sure the saddle (34) is locked tightly on the stem of the seat horizontal tube (33) before your movement.



WARM-UP and COOL-DOWN

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

WARM-UP

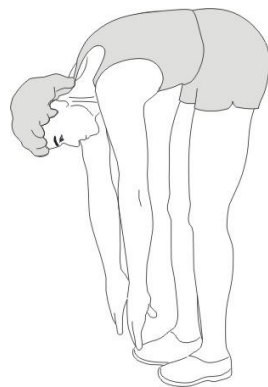
The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

STRETCHING

Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. **DO NOT BOUNCE.**



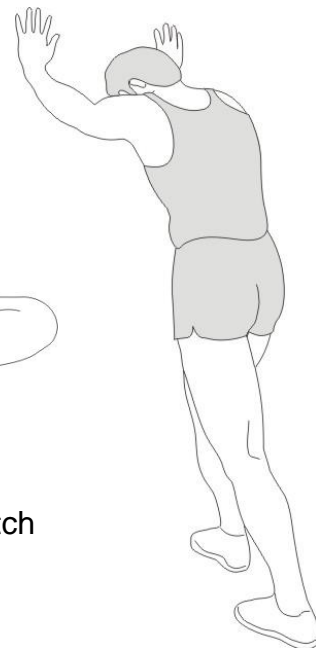
Side Stretch



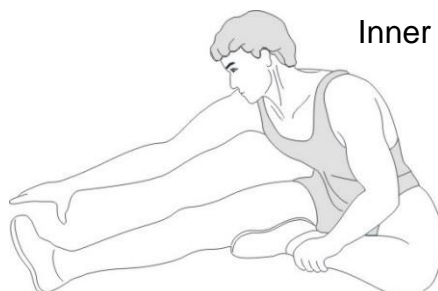
Toe Touch



Inner Thigh Stretch



Calf-Achilles Stretch



Hamstring Stretch

Remember always to check with your physician before starting any exercise program.

COOL-DOWN

The purpose of cooling down is to return the body to its normal or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.