

# V-fit



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## **Air Cycle - ATC1**

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### *Assembly & User Manual*

**Please ensure that you read this manual carefully before attempting to assemble or use your new product and retain for future use**



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# General Information

## Quality

This exercise product has been designed and manufactured to comply with the latest (BS EN 957) British and European Safety Standards.

## Questions

Should you encounter any difficulty with the assembly, operation or use of your exercise product or if you think that you may have parts missing, please **DO NOT** return it to your retailer but contact us first for help and advice, asking for **CUSTOMER SUPPORT**, by any of the following means.

Tel:- 01535 637711 or  
Fax:- 01535 637722 or  
Email:- [support@benysports.co.uk](mailto:support@benysports.co.uk)  
Website:- [www.benysports.co.uk](http://www.benysports.co.uk)

**CUSTOMER SUPPORT** is open from 9.00am to 5.00pm from Monday to Friday

Beny Sports Co. UK Ltd.  
Unit 8, Riparian Way,  
The Crossings, Cross Hills,  
West Yorkshire.  
BD20 7BW

## Queries

If you do have any queries, please ensure that you have the following information ready for our Customer Support Staff:

YOUR NAME  
YOUR ADDRESS  
YOUR PHONE NUMBER  
PRODUCT MAKE OR BRAND  
PRODUCT MODEL  
PRODUCT SERIAL NUMBER  
DATE OF PURCHASE  
NAME OF RETAILER  
PART NUMBERS REQUIRED

## Guarantee

This product is guaranteed for **DOMESTIC USE ONLY** for a period of **1 YEAR** from the original certified date of purchase. During this period we have the right to: -

- Provide parts for the purchaser to effect repair.
- Repair the product, returned to our warehouse (at the purchaser's cost).
- Replace the product if it is deemed (by us) to be economical to do so.

This guarantee does not cover wear and tear on upholstery or consumables.

This guarantee does not cover abuse, defects caused by storage or use outside those intended.

If you need to advise us of a defect with your product and in order for us to service any requirement for replacement parts or repairs, we will ask for proof of purchase. Failure to do so will result in any claim for replacement parts or repairs being refused.

This guarantee, (both given and implied) applies to the original purchaser only, is not transferable and will be invalidated if used outside of the above criteria.

This guarantee is valid only in the United Kingdom and Eire.

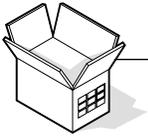
This does not affect your statutory rights as a consumer.

## Customer Support

Tel:- 01535 637711 or  
Fax:- 01535 637722 or  
Email:- [support@benysports.co.uk](mailto:support@benysports.co.uk)  
Website:- [www.benysports.co.uk](http://www.benysports.co.uk)

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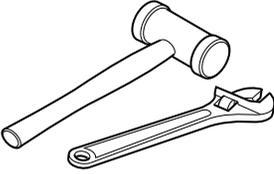
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West Yorkshire  
BD20 7BW



# Before you Start

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## Tools



*If required, most of our products are supplied with basic tools, which will enable you to successfully assemble your product. However, you may find it beneficial to have a soft-headed hammer and perhaps an adjustable spanner handy as this may help.*

## Prepare the Work Area

*It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and will reduce the possibility of injury during assembly.*

## Work with a Friend

*You may find it quicker, safer and easier to assemble this product with the help of a friend as some of the components may be large, heavy or awkward to handle alone.*

## Open the Carton.

*Carefully open the carton that contains your product, taking note of the warnings printed on the carton to ensure that the risk of injury is reduced. Be aware of sharp staples that may be used to fasten the flaps as these may cause injury. Be sure to open the carton the right way up, as this will be the easiest and safest way to remove all the components.*

## Unpack the Components

*Carefully unpack each component, checking against the parts list that you have all the necessary parts to complete the assembly of your product.*

*Please note that some of the parts may be pre-fitted to major components, so please check carefully before contacting our CUSTOMER SUPPORT team.*

*In any event, please do not return the product to your retailer before contacting us first.*



# Safety

*Before you undertake any programme of exercise that will increase cardiovascular activity 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. Please read this manual carefully before commencing assembly of your product or starting to exercise.*

- \* Please keep all children away from exercise products when in use. Do not allow children to climb or play on them when they are not in use. If children are allowed to use the equipment, their mental and physical development and above all their temperament should be taken into account. They should be controlled and instructed to the correct use of the equipment. The equipment is under no circumstances suitable as a children's toy.*
- \* For your own safety, always ensure that there is at least 2 metres 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 checking all moving parts for obvious signs of wear or damage.*
- \* Clean only with a damp cloth, do not use solvent cleaners. If you are in any doubt, do not use your product, but contact CUSTOMER SUPPORT by any of the means listed on the opposite page.*
- \* 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 in use.*
- \* Always wear appropriate clothing and footwear such as training shoes when exercising. Do not wear loose clothing that could become caught or trapped during exercise.*
- \* Parents and others in charge of children should be aware of their responsibility because the natural play instinct and the fondness of experimenting of children can lead to situations and behavior for which the training equipment is not intended.*



## Warning

*If any part of your product becomes damaged, broken or badly worn do not use the equipment until the defective parts have been replaced*

## 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 that are outside our control.*

## Weight Limit

*Your product is suitable for users weighing:  
253LBS / 18.0 Stones / 115KG or less.*

## Conformity

*This product conforms to:  
BS EN ISO 20957-1 and BS EN 957-5 Class (H)-HOME USE-Class (C).  
It is NOT suitable for therapeutic purposes.*



# Exercising Information

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## **Beginning**

*How you begin to exercise will vary from person to person. If you have not exercised for a long period of time, have been inactive for a while, or are severely overweight you **MUST** start slowly, increasing your exercise time gradually, by perhaps only a few minutes for each session per week.*

*Combine a carefully structured nutritious diet with a simple but effective exercise routine and this can help make you feel better, look better and will almost certainly enable you to enjoy life more.*

## **Aerobic Fitness**

*Aerobic exercise is simply defined as any sustained activity that increases the supply of oxygen to your muscles via the blood pumped by your heart. With regular exercise, your cardiovascular system will become stronger and more efficient. Your recovery rate i.e. the time taken for your heart to reach its normal resting level, will also decrease.*

*Initially you may only be able to exercise for a few minutes each day. Do not hesitate to breathe through your mouth should you need more oxygen. Use the "talk test". If you cannot carry on a conversation while exercising, you are working too hard! However, aerobic fitness will be gradually built up with regular exercise, over the next six to eight weeks.*

*Do not be discouraged if it takes longer than this to begin to feel less lethargic, everyone is different and some will achieve their targets quicker than others. Work at your own, comfortable pace and the results will come. The better your aerobic fitness the harder you will have to work to stay in your target zone.*



# Exercising Information

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## Warm Up

*A successful exercise programme consists of three parts, Warm Up, Aerobic Exercise and Cool Down. Never start a training session without warming up. Never finish one without cooling down correctly. Perform between five and ten minutes of stretching before starting your workout to prevent muscle strains, pulls and cramps.*

## Aerobic Exercise Session

*Those new to exercise should exercise no more than every other day to start with.*

*As your fitness level increases, increase this to 2 in every 3 days.*

*When you are comfortable with your routine, exercise for 6 days per week. Always take at least one day off per week.*



## Note

*Incorrect or excessive training may damage your health. Please read the exercise information first.*

## Exercising in your Target Zone

*To ensure that your heart is working in its exercise target zone, you need to be able to take your pulse. If you do not have a pulse monitor (either from the product you are using or a proprietary independent unit) you will need to locate the pulse in your carotid artery. This is situated in the side of the neck and can be felt by using the index and middle fingers. Simply count the number of beats you feel in 10 seconds and then multiply by six to get your pulse rate. This should be taken before you start to exercise for easy reference.*

*People who have a greater aerobic fitness, have a lower resting pulse level and will also be able to exercise with a higher pulse level.*

## Target Zone

*To determine your target zone, see the chart opposite. If you are new to exercise and by definition unfit, refer to the left column. If you exercise regularly and have good aerobic fitness, refer to the right column.*



# Exercising Information

## Target Zone (con't)

<b>USERS AGE</b>	<b>UNCONDITIONED TARGET ZONE - A</b>	<b>CONDITIONED TARGET ZONE - B</b>
(Years)	(Beats per Minute)	(Beats per Minute)
20-24	145 - 165	155 - 175
25-29	140 - 160	150 - 170
30-34	135 - 155	145 - 165
35-39	130 - 150	140 - 160
40-44	125 - 145	135 - 155
45-49	120 - 140	130 - 150
50-54	115 - 135	125 - 145
55-59	110 - 130	120 - 140
60 and over	105 - 125	115 - 135

## Cool Down

To decrease fatigue and muscle soreness, you should also cool down by walking at a slow relaxed pace for a minute or so, to allow your heart rate to return to normal.

## Warm Up and Cool Down Exercises

Hold each stretch for a minimum of ten seconds and then relax. Repeat each stretch two or three times. Do this before your Aerobic Exercise session and also after you have finished.



## Head Roll

Rotate your head to the right for one count, feeling a slight pull on the left side of your neck. Next, rotate your head back for one count, stretching your chin. Then rotate your head to the left for one count, feeling a slight pull on the right side of your neck. Lastly, drop your head to your chest for one count. Repeat 2 to 3 times.



## Toe Touch

Slowly bend forward from your waist, letting your back and shoulders relax as you lower your trunk. Gently stretch down as far as is comfortable and hold for 10 seconds.

# Exercising Information

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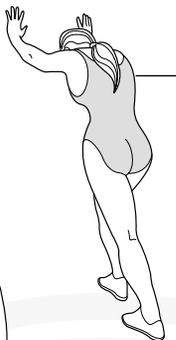


## Shoulder Lift

Rotate and lift your right shoulder up towards your ear for one count. Relax then repeat for the left shoulder. Repeat 3 - 4 times.

## Calf / Achilles Stretch

Turn towards the wall and place both hands on it. Support yourself with one leg while the other is placed behind you with the sole flat on the floor. Bend the front leg and lean towards the wall, keeping the rear leg straight so that the calf and Achilles tendon are stretched hold for 5 seconds. Repeat with the other leg. Repeat 2 - 3 times.



## Side Stretch

Open both arms to the side and gently lift them above your head. Reach your right arm as high as you can for one count, gently stretching the muscles of the stomach and lower back. Repeat the action with your left arm. Repeat 3 - 4 times.



## Inner Thigh Stretch

Sit on the floor and pull your legs toward your groin, the soles of your feet together. Hold your back straight and lean forward over your feet. Tighten the thigh muscles and hold for 5 seconds. Release and repeat 3 - 4 times.



## Hamstring Stretch

Sit on the floor with your right leg extended and place your left foot flat against the right inner thigh. Stretch forward toward the right foot and hold for 10 seconds. Relax and then repeat with the left leg extended. Repeat 2 - 3 times.





# Exercising Information

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## Basic Aerobic Training Programme

For your basic Aerobic Exercise routine we suggest that you try the following. Remember, breathe correctly, exercise at your own pace and do not over-train as injury may result.

### Week 1 & 2

Warm Up 5 - 10 Minutes  
Cool Down 5 Minutes

Exercise 4 minutes at 'A'  
Rest 1 minute  
Exercise 2 minutes at 'A'  
Exercise slowly 1 minute

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### Week 3 & 4

Warm Up 5 - 10 Minutes  
Cool Down 5 Minutes

Exercise 5 minutes at 'A'  
Rest 1 minute  
Exercise 3 minutes at 'A'  
Exercise slowly 2 minutes

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### Week 5 & 6

Warm Up 5 - 10 Minutes  
Cool Down 5 Minutes

Exercise 6 minutes at 'A'  
Rest 1 minute  
Exercise 4 minutes at 'A'  
Exercise slowly 3 minutes

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### Week 7 & 8

Warm Up 5 - 10 Minutes  
Cool Down 5 Minutes

Exercise 5 minutes at 'A'  
Exercise 3 minutes at 'B'  
Exercise 2 minutes at 'A'  
Exercise slowly 1 minute  
Exercise 4 minutes at 'A'  
Exercise slowly 3 minutes

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### Week 9 & beyond

Warm Up 5 - 10 Minutes  
Cool Down 5 Minutes

Exercise 5 minutes at 'A'  
Exercise 3 minutes at 'B'  
Exercise 2 minutes at 'A'  
Exercise slowly 1 minute  
Repeat entire cycle 2 or 3 times

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*This is only a suggested programme and may not suit every individual's needs.*



# Exercising Information

## EXERCISING WITH YOUR AIR CYCLE

It is possible to use your Air Cycle in three different ways, made possible by its ability to be converted quickly from its special DUAL ACTION mode with linked Handlebars to normal SINGLE ACTION, cycle only mode with static Handlebars.

## TOTAL BODY WORKOUT

With your Air Cycle set up with the Handlebars to linked to the Pedals in synchronised mode, sit on the cycle and start pedalling, initially with the cycle tension set to a low setting while holding the Handlebars. Increase the cycle tension as desired while exercising or when your fitness level increases. Muscles in the legs and thighs are exercised by the pedalling motion and the lower back and arm muscles are exercised by the rotational effort generated by the Handlebars.



### Note

Refit the Pedal-Link Plate Lock Ring to each Pedal Assembly again before use.

## LOWER BODY WORKOUT

To convert your Air Cycle for CYCLE ONLY mode, simply remove the Pedal-Link Plate Lock Ring (31) from each Pedal Bearing (32) and disconnect the left and right hand Link Plates (3) from each Pedal (53). At this point rotate each Link Plate 180 and locate the small cut-out which is positioned approximately halfway along the plate onto the Lock Peg which is welded to the lower part of the Front Stabiliser. The Handlebars will then be locked in position. See figures A and B below.

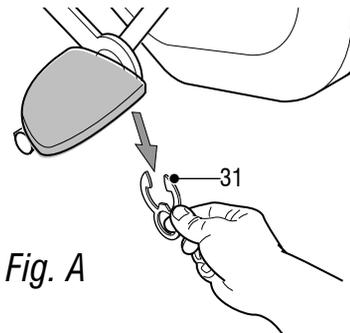


Fig. A

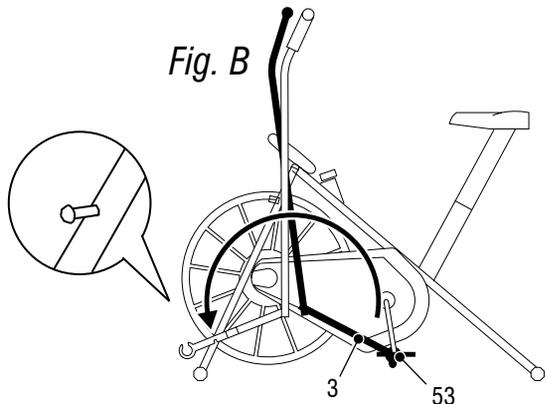


Fig. B



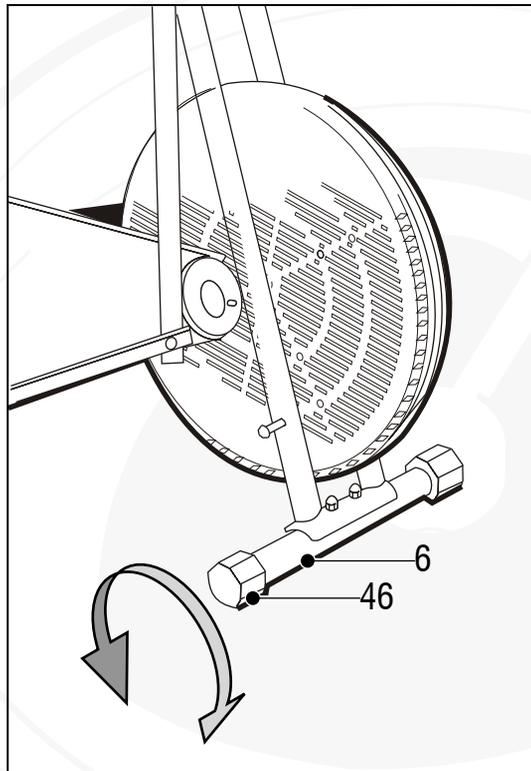
# Exercising Information

## UPPER BODY WORKOUT

With the Handlebars linked to the Pedals in special DUAL ACTION synchronised mode, stand on the Rear Frame Stabiliser (5) with the back of the Seat (44) positioned comfortably in the midriff area for support. With the cycling resistance set at a low setting, lean slightly forward to grasp both Handlebars. Using a push - pull motion, move the Handlebars towards your body and maintain a good momentum. This will provide rotational exercise to aid mobility to the lower back, as well as helping increase arm muscle tone and strength.

## LEVELLING THE CYCLE

For security and stability, your Air Cycle has a factory welded main frame and once fully assembled correctly, should not need further alignment. However, in the interest of safety, please always ensure that your Air Cycle is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of slipping in use. If you need to make a fine adjustment, simply twist the end of either Adjustable Hex End Cap (46) fitted to the Front Frame Stabiliser (6), to compensate for uneven floors.



# Exercising Information



## Note

In accordance with BS EN 957, the braking (resistance) system on this cycle is speed independent.

## RESISTANCE ADJUSTMENT

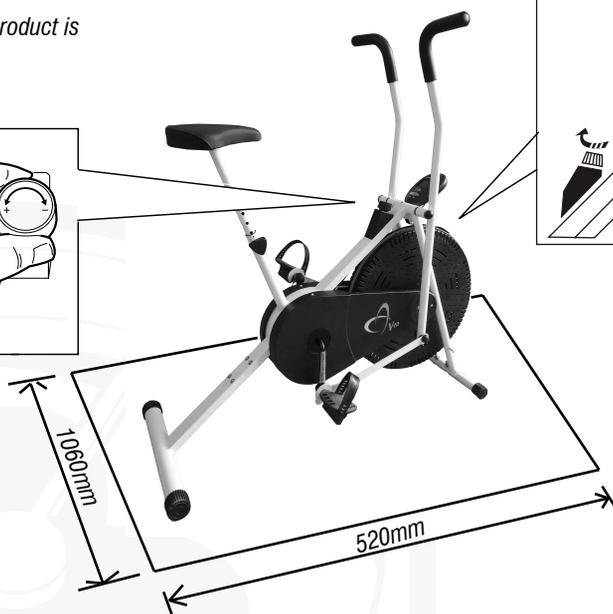
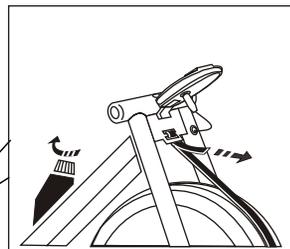
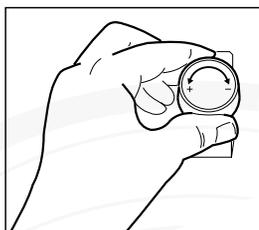
To ensure smooth efficient cycling action, it is essential that the Tension Belt (57) is correctly adjusted. To adjust the belt, turn the Tension Controller Knob (56) fully ANTI-CLOCKWISE and slightly loosen the belt through the small bracket at the top of the Main Frame (1) until minimal resistance is felt when the Fan Wheel (54) is rotated by hand.

To INCREASE cycling resistance during use, gradually turn the Tension Controller Knob CLOCKWISE to the desired setting.



## Note

The foot print for this product is 1060mm x 520mm.



## Note

There will be a small amount of built in resistance present at first due to the general tight fit of the new bearings, bushes and chain.

When you have finished your routine, turn the Tension Controller Knob (56) fully ANTI-CLOCKWISE again to ensure that neither the Tension Adjuster Cable or the Tension Belt are under tension when your Air Cycle is not in use.



# Exercising Information

Your Exercise Monitor has been specially designed to help you plan and view your exercise performance.

## EXERCISE MONITOR FUNCTIONS

**SCAN** ~ (CHANGING FROM FUNCTION TO FUNCTION)

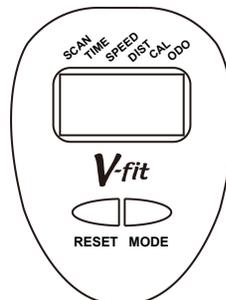
**TIME** ~ (COUNT UP [minutes and seconds])

**SPEED** ~ (CYCLE SPEED [KM/H])

**DISTANCE** ~ (EXERCISE DISTANCE [KM])

**CALORIES** ~ (COMPUTED THEORETICAL CALORIE BURN)

**ODO** ~ (ACCUMULATED TOTAL DISTANCE [KM])



## MONITOR FUNCTION SPECIFICATIONS

<b>SCAN</b>	SHOWS EACH FUNCTION EVERY 5 SECONDS
<b>TIME</b>	0.00 - 99.59 MINUTES (COUNT UP)
<b>SPEED</b>	0.00 - 99.9 KM/H
<b>DISTANCE</b>	KM (COUNT UP)
<b>CALORIES</b>	0.00 - 999.9 Kcal (THEORETICAL)
<b>ODOMETER</b>	0 - 999.9 KM

## MONITOR OPERATING SPECIFICATIONS

<b>POWER SOURCE</b>	2 x AA CELLS
<b>STORAGE TEMPERATURE</b>	-10°C - +60°C
<b>NORMAL OPERATING TEMPERATURE</b>	0°C - +50°C

## USING YOUR EXERCISE MONITOR

To provide ease of use, there are 2 buttons on your Exercise Monitor: - **RESET** and **MODE**

Press the **MODE** button to manually move through each of the Exercise Monitor's functions in turn. The Exercise Monitor's Functions are: - **TIME**, **SPEED**, **DISTANCE**, **CALORIES** and **ODO**. If you press the **MODE** button until you reach the **SCAN** mode and then release it, the display will change approximately **EVERY 5 SECONDS** to show each function in turn while set to **SCAN**.

To reset any of the functions after your exercise routine, select the desired function by pressing the **MODE** button and then press **RESET**. This will enable you to set to zero any previous figures remaining in each individual function. The only function that cannot be reset to zero in this way is **ODO** as this shows accumulated total exercise distance. Resetting this function requires removal of the batteries.

**START** to exercise or press the **MODE** button and the Exercise Monitor will begin to register the various functions.

## BATTERY INSTALLATION

To fit the necessary **BATTERIES** - to your Exercise Monitor, remove the **BATTERY COVER** at the **REAR** of the monitor.

Carefully fit the new batteries by fitting between the exposed contacts in the battery compartment.

Ensure that batteries are fitted with the '+' / '-' ends matching the outline on the sticker or in the battery compartment. Failure to fit batteries correctly may result in damage to your Exercise Monitor which is not covered by our guarantee.

**PLEASE DISPOSE OF OLD BATTERIES CAREFULLY AND CONSIDERATELY.**



# Exercising Information



## **CUSTOMER NOTICE - EXERCISE MONITOR CABLE CONNECTION**

In most cases where there is an apparent failure of your Exercise Monitor to work, it is due to incorrect fitment of the Exercise Monitor cable connections. So, please ensure that there is NO GAP between the connectors on the Exercise Monitor cables when finally assembled.

For **Jack Plug** fittings, push together the Male and Female ends to make initial contact. Push again to make final connection. When fitted correctly, the Jack Plug faces touch each other.

For **2-Pin** fittings, ensure that you carefully line up the contacts in both of the connectors and then push firmly together ensuring that the clips lock together.

Before contacting our Customer Support Team (see contact details below), please re-check all cable connections, disconnecting and re-making where necessary.

Should you encounter any difficulty with the operation of your Exercise Monitor that is not solved by re-connection, please return it to us at the address below for inspection.

## **WE REGRET THAT ARE UNABLE TO REPLACE ANY DAMAGED OR FAULTY UNITS BEFORE INSPECTION BY US.**

We reserve the right to repair or replace the Exercise Monitor at our discretion.

### **Beny Sports Co. UK Ltd.**

Unit 8, Riparian Way, The Crossings, Cross Hills, West Yorkshire. BD20 7BW

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Fax: - 01535 637722

e-mail: - [support@benysports.co.uk](mailto:support@benysports.co.uk)

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## **Caution**

*In the interest of safety, do NOT use polish or any lubricant on the saddle or pedals*

## **LUBRICATION and MAINTENANCE**

*The moving parts in your Air Cycle are all pre-lubricated at assembly and should not require further attention. We recommend however that the cycle is used inside and stored in a dry condition. To clean the metal and plastic components, a general household cleaner can be used, but please be sure to dry the cycle and any attachments before use.*

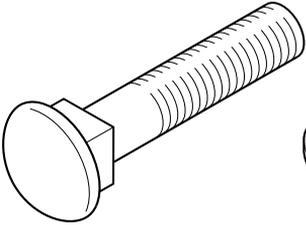
# Assembly



## ACCESSORY FITMENT LIST

**These are all the accessories you will need to complete the assembly of your product.**

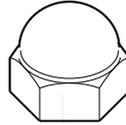
The following accessories are supplied in a pack and should be checked before attempting assembly.



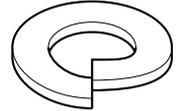
Item 10  
Qty 2



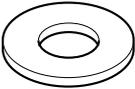
Item 16  
Qty 2



Item 23  
Qty 2



Item 62  
Qty 2



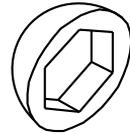
Item 12  
Qty 4



Item 7  
Qty 4



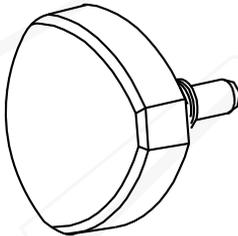
Item 52  
Qty 6



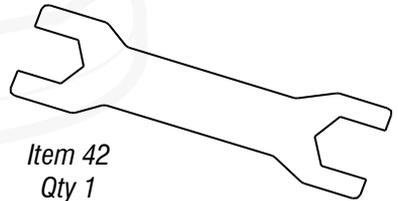
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Qty 2



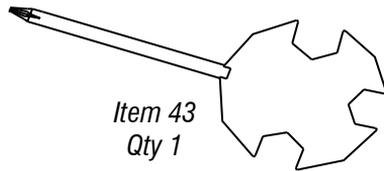
Item 31  
Qty 2



Item 41  
Qty 1



Item 42  
Qty 1



Item 43  
Qty 1

# Assembly



## **Beny Sports Co. UK Ltd**

Unit 8, Riparian Way,  
The Crossings, Cross Hills,  
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BD20 7BW

Carefully unpack each component, checking against the parts list that you have all the necessary parts to complete the assembly of your product.

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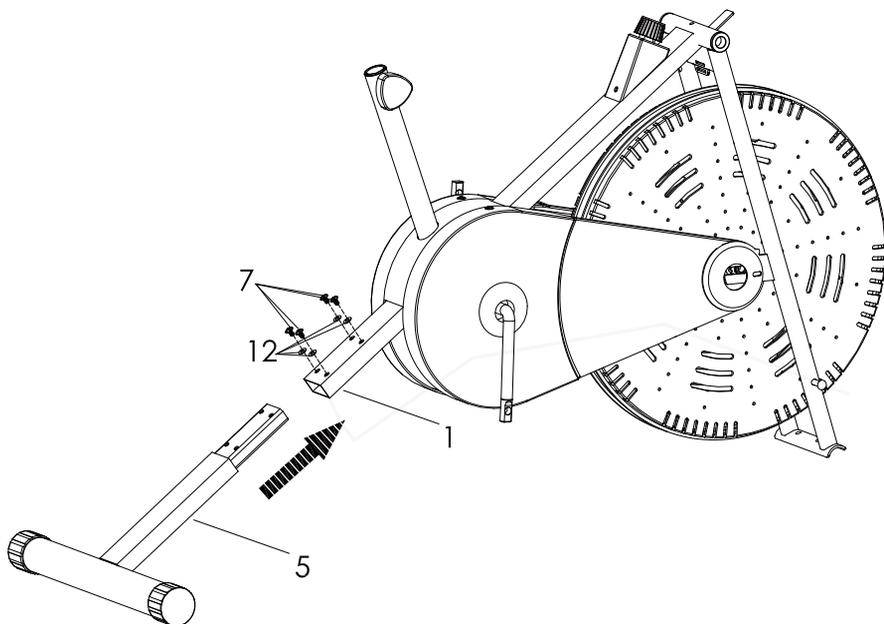


## **Note**

Make sure you fasten the bolts securely to avoid shaking and discomfort when cycling.

Do NOT FULLY TIGHTEN any Bolts, Nuts or Fittings at this stage unless specifically instructed to do so.

- 1** Attach the Rear Stabiliser (5) to the Main Frame (1) and secure, using 4 x M5 Flat Washers (12) and 4 x M5 x 10mm Screws (7).



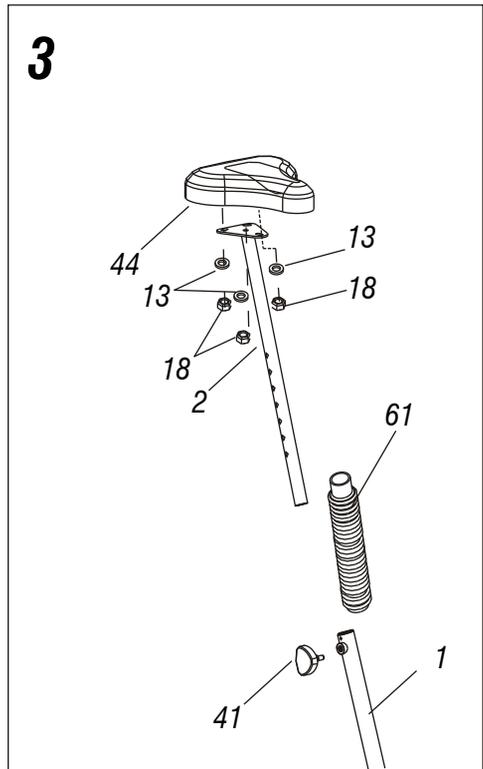
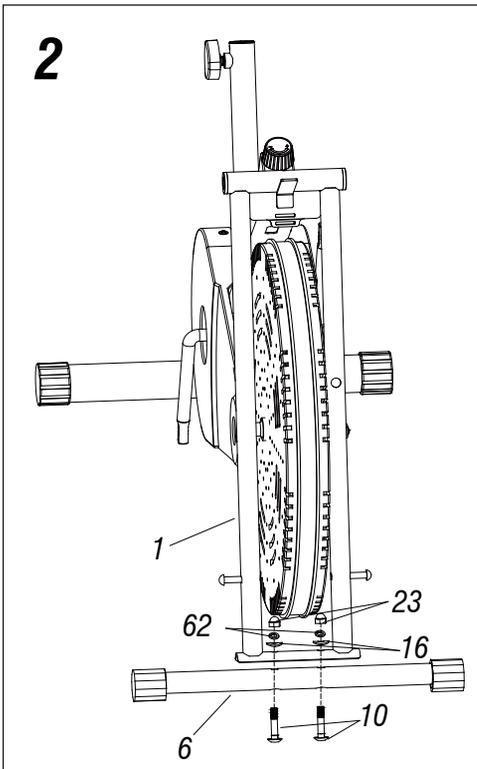
# Assembly



- 2** Attach the Front Stabiliser (6) to the front curved bracket of the Main Frame (1) and secure, using 2 x M8 x 45mm Carriage Bolts (10), 2 x M8 Spring Washers (62), 2 x M8 Curved Washers (16) and 2 x M8 Dome Nuts (23).

- 3** Remove the 3 x M8 Nylon Locknuts (18) and 3 x M8 Flat Washers (13) from the under side of the Seat (44). Attach the Seat (44) to the top triangle bracket of the Seat Post (2), align the 3 holes of the bracket, secure with 3 x M8 Flat Washers (13) and 3 x M8 Nylon Locknuts (18) previously removed.

Insert the Seat Post (2) to Plastic Cover (61) and the Seat Post mounting tube of the Main Frame (1) and secure in position with the Adjustment Knob (41). Adjust the height of the Seat, Allowing for a slight bend in the knee at the bottom of the pedal stroke.



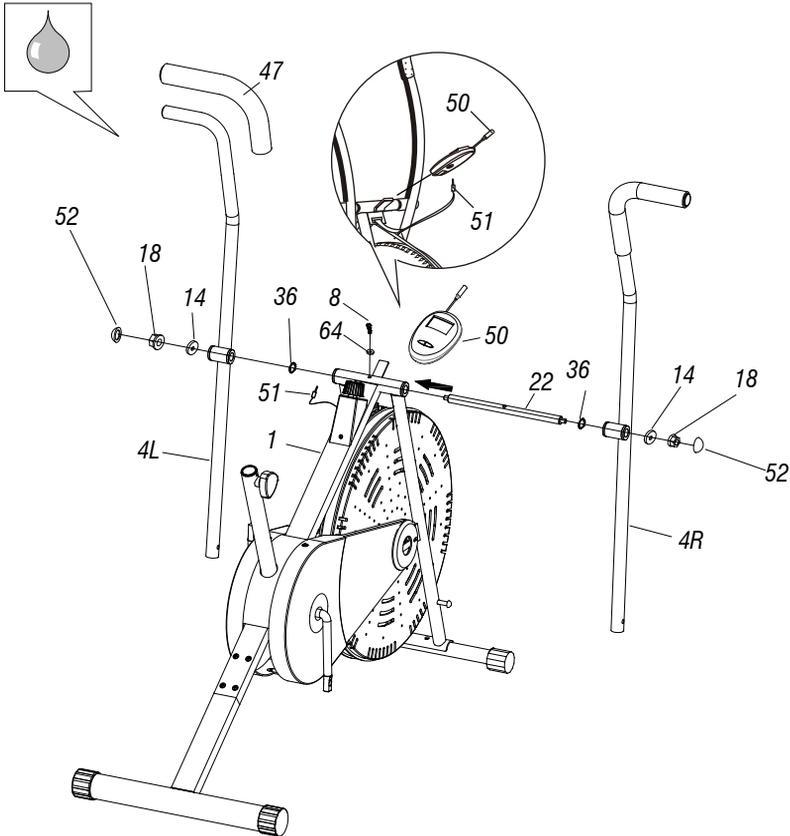
# Assembly



**4**

Remove the Screws, Nuts and Washers from the Pivot Rod (22). Push the Handlebar Pivot Rod (22) through the support tube of the Main Frame (1). Center the Pivot Rod (22) and rotate it until the set hole in the rod aligns with the hole in the center of the support tube and secure with 1 x M5 x 20mm Screw (8) and 1 x M5 Curved Washer (64). Secure both Left and Right Handlebars (4L&4R) using 1 x Wave Washer (36), 1 x M8 Thick Flat Washer (14) and 1 x M8 Nylon Locknut (18) for each side.

*Note: The M8 Nylon Locknuts (18) should be tightened fully to ensure that the ends of the Pivot Rod (22) pass through the nylon insert in the Nylon Locknut (18). Fit the 2 x Nut Caps (52) over the locknuts when they are fully tightened. Moisten the inside of the Foam Grips (47) with a little water or household furniture polish and slide onto both ends of the Handlebar (4L&4R).*



**5**

Unclip the battery cover and insert 2 x AA Batteries. (NOT SUPPLIED)  
Attach the Sensor Wire (51) to the back of the Monitor (50).  
Now slide the Monitor (50) onto the Monitor Mount Bracket at the front of the Main Frame (1).

# Assembly



## 6

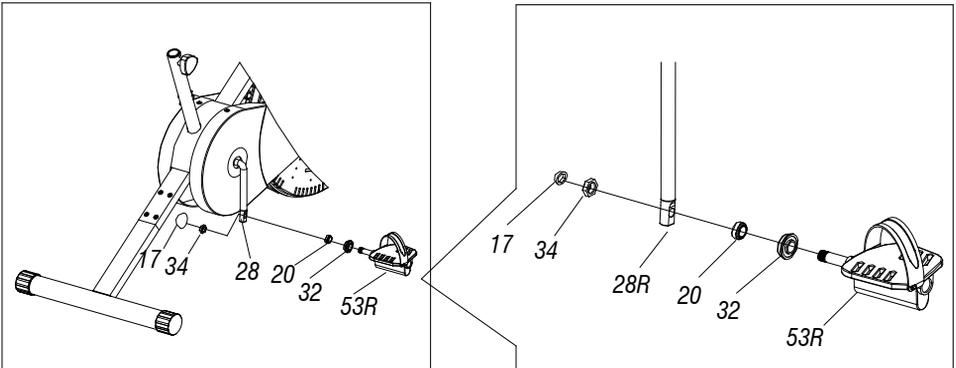
Slide 2 x Pedal Bearings (32) and 2 x Pedal Bushes (20) onto both Pedal Shafts of the Pedals (53) .

*Warning: The Pedal Bush (20) must be between the Pedal Bearing (32) and the Crank (28).*

Fit the Pedals (53) into the Cranks (28) and tighten.

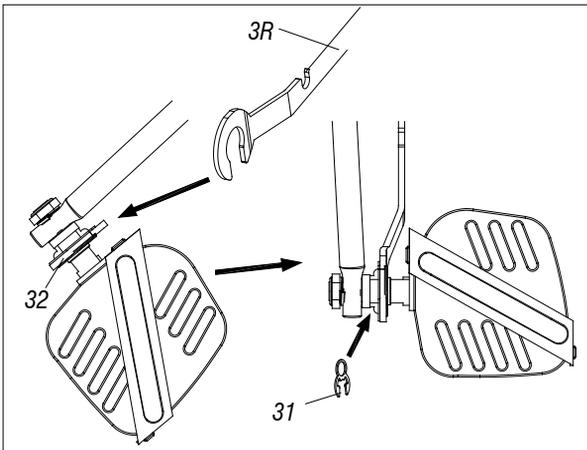
Hold each Pedal Shaft and thread 2 x Pedal Locknuts (33L/34R) onto each Pedal Shaft. Tighten the pedal shafts and Pedal Locknuts (33L/34R) until both Locknuts (33L/34R) are tight against the Crank (28).

Now fit 1 x S19 Nut Cap (17) to each of the Pedal Locknuts (33L/34R).



## 7

Fit both Linkage Bars (3L&3R) onto the Pedal Bearings (32) and secure in place using 2 x Pedal-Link Plate Lock Rings (31).

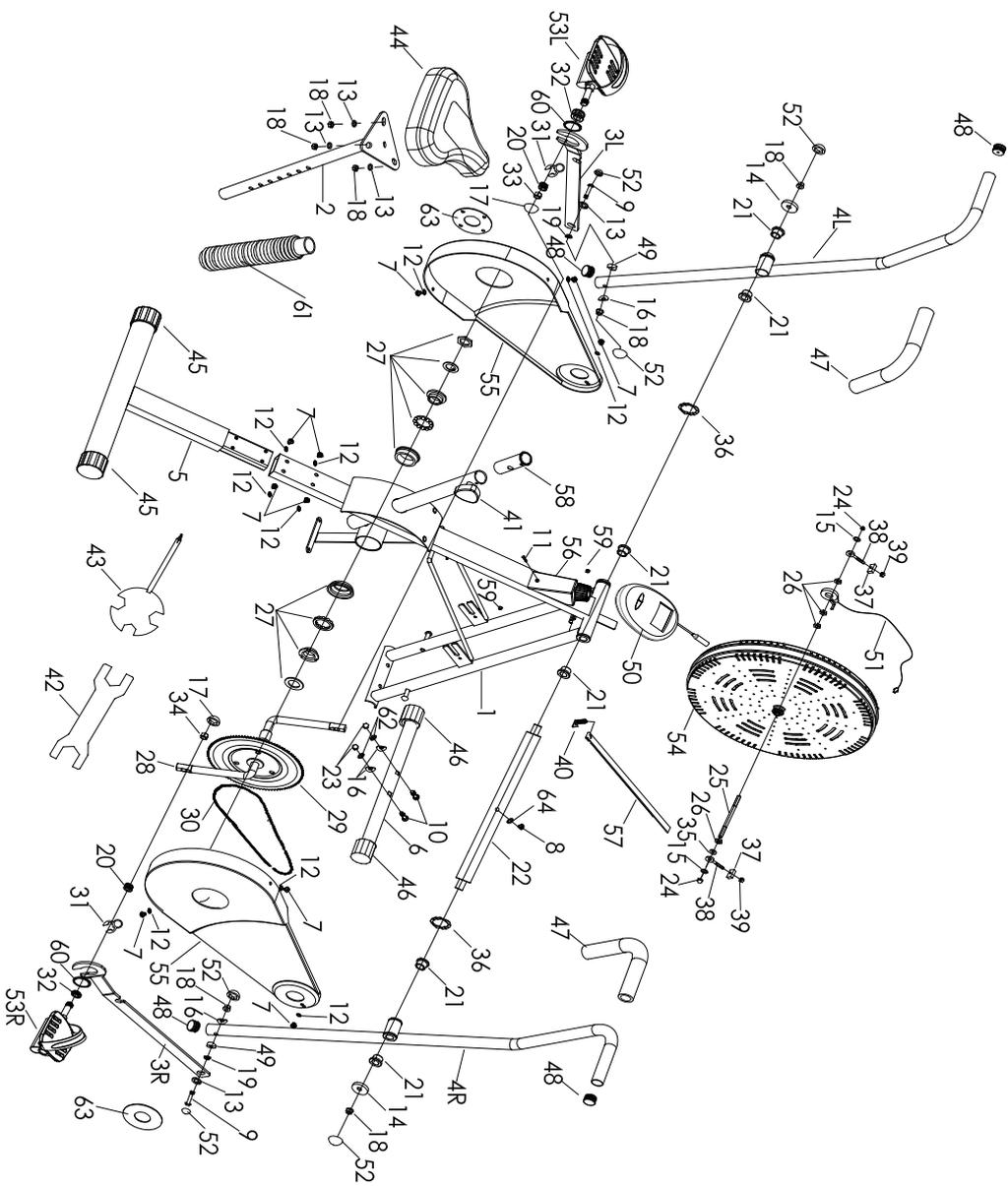


## Note

One Pedal is supplied with a **RIGHT HAND THREAD** for the **RIGHT HAND SIDE** of the cycle and must be fitted by turning **CLOCKWISE**. The other Pedal is supplied with a **LEFT HAND THREAD** for the **LEFT HAND SIDE** and must be fitted by turning **ANTI-CLOCKWISE**.

**FULLY TIGHTEN** all Bolts, Nuts and Fittings now, ensuring that your product is located on a clear flat surface before doing so. Your product will now be ready to use.

# Assembly





# Assembly & Adjustments

## MASTER PARTS & ACCESSORY LIST

### PART No. DESCRIPTION . . . . . QTY

1	Main Frame . . . . .	1	38	M6 x 60mm Screw . . . . .	2
2	Seat Post . . . . .	1	39	M6 Nut . . . . .	2
3	Linkage Bar Left/Right . . . . .	1	40	Spring . . . . .	1
4	Handlebar Bar Left/Right . . . . .	1	41	Adjustment Knob . . . . .	1
5	Rear Stabiliser . . . . .	1	42	S17,S19 Spanner . . . . .	1
6	Front Stabiliser . . . . .	1	43	Screw Driver . . . . .	1
7	M5 x 10mm Screw . . . . .	10	44	Seat . . . . .	1
8	M5 x 20mm Screw . . . . .	1	45	Rear Stabiliser End Cap . . . . .	2
9	M8 x 45mm Allen Bolt . . . . .	2	46	Adjustable Hex End Cap . . . . .	2
10	M8 x 45mm Carriage Bolt . . . . .	2	47	Foam Grip . . . . .	2
11	M4.8 x 20mm Screw . . . . .	1	48	Handlebar End Cap . . . . .	4
12	M5 Flat Washer . . . . .	10	49	Curved Washer . . . . .	2
13	M8 Flat Washer . . . . .	5	50	Exercise Monitor . . . . .	1
14	M8 Thick Flat Washer . . . . .	2	51	Monitor Sensor Wire . . . . .	1
15	M10 Flat Washer . . . . .	2	52	S13 Nut Cap . . . . .	6
16	M8 Curved Washer . . . . .	4	53	Pedal L & R . . . . .	1
17	S19 Nut Cap . . . . .	2	54	Fan Wheel . . . . .	1
18	M8 Nylon Locknut . . . . .	7	55	Chain Guard L & R . . . . .	1
19	Pivot Rod Bushing . . . . .	2	56	Tension Control Knob . . . . .	1
20	Pedal Bush . . . . .	2	57	Tension Belt . . . . .	1
21	Handlebar Bushing . . . . .	6	58	Seat Post Sleeve . . . . .	1
22	Handlebar Pivot Rod . . . . .	1	59	Grommet . . . . .	2
23	M8 Dome Nut . . . . .	2	60	O-Ring . . . . .	2
24	M10 Nut . . . . .	2	61	Plastic Cover . . . . .	1
25	Fan Wheel Axle . . . . .	1	62	M8 Spring Washer . . . . .	2
26	M10 Thin Nut . . . . .	4	63	Crank Cover . . . . .	2
27	Bearing Assembly . . . . .	1	64	M5 Curved Washer . . . . .	1
28	Crank Left/Right . . . . .	1			
29	Chain Wheel . . . . .	1			
30	Chain . . . . .	1			
31	Pedal-Link Plate Lock Ring . . . . .	2			
32	Pedal Bearing . . . . .	2			
33	Pedal Locknut (L) . . . . .	1			
34	Pedal Locknut (R) . . . . .	1			
35	Space Bushing . . . . .	1			
36	Wave Washer . . . . .	2			
37	Adjustable Washer . . . . .	2			



### Note

Some of the above accessories are pre-fitted to the mastercomponent. They may not be supplied separately.

# V-fit



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