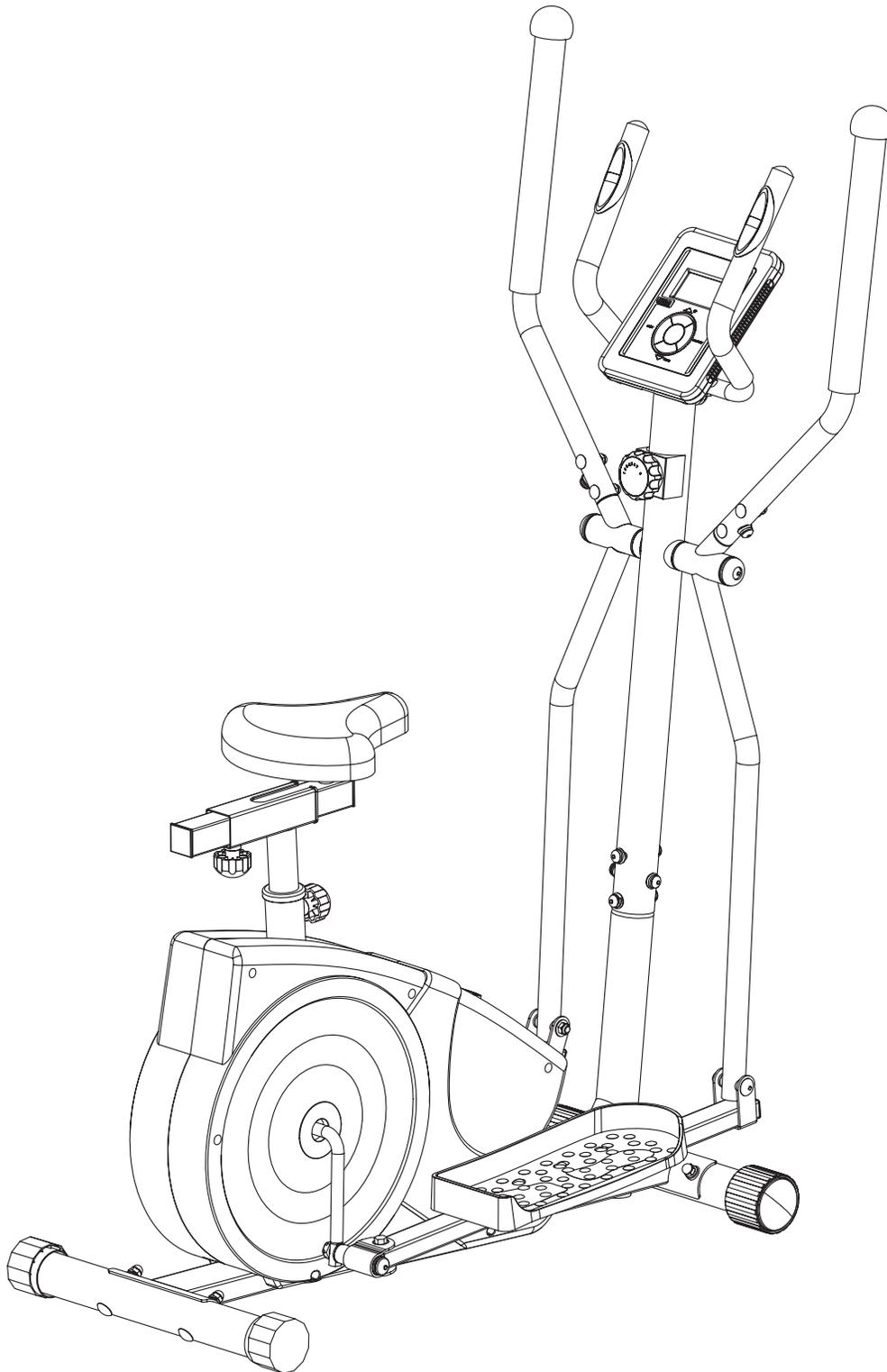




# BRM2720X BRM2780 Cardio Dual Trainer



This product is intended for indoor, home use only and is not to be used in a commercial setting.

## OWNER'S MANUAL

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**PLEASE KEEP THESE INSTRUCTIONS FOR FUTURE USE & REFERENCE.  
DO NOT DISCARD.**

**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!**

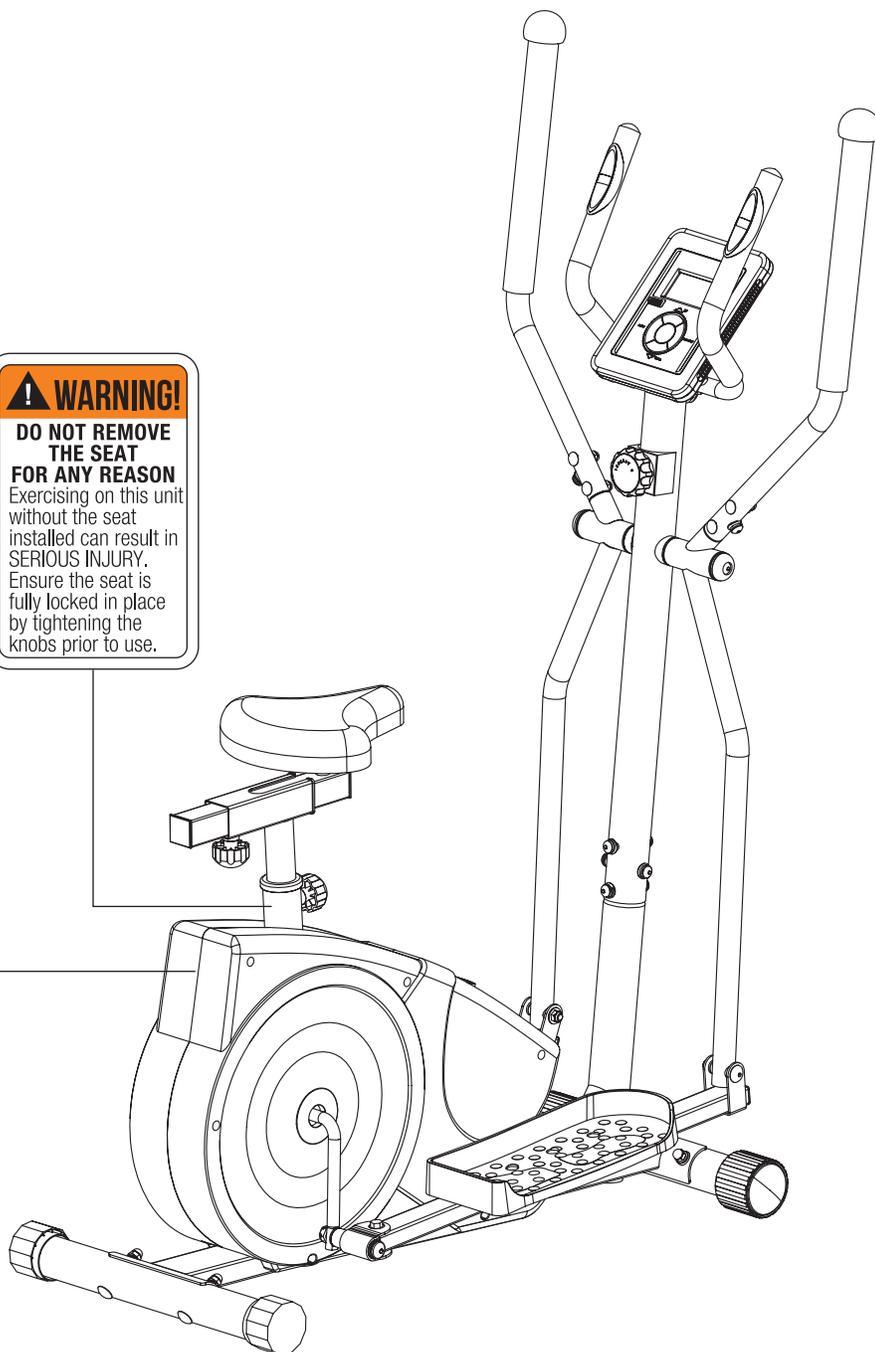
The use of this exercise equipment involves a RISK OF PHYSICAL INJURY as well as property damage, which can be minimized by observing the following guidelines:

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 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. Keep all children away from this equipment. **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.
12. This equipment meets ASTM F1749 standards for fitness equipment.
13. Refer to the Owner's Manual for additional warnings and safety information.
14. The possibility of serious injuries or death, or both (if applicable) if caution is not used.

**⚠ 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

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## 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 this item when it is 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. Lubricate the moving parts of your unit every 30 days with a silicone-based grease or product. 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, hard-flat surface.
- Do not place on carpet. 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:

1. provide replacement parts to the purchaser in an effort to repair the item.
2. repair the product returned to our warehouse (at the purchaser's cost).
3. 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: 1 (888) 266A - 6789  
Fax: 1 (909) 598 - 6707  
Email: [info@bodyflexsports.com](mailto:info@bodyflexsports.com)

# Before Assembly

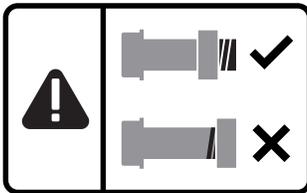
## ⚠ WARNING

1. Take a few minutes to familiarize yourself with the parts and hardware included with your product.
2. Assembly may require two people.
3. Check the frame for any damage and check any wiring (if present) for rips or tears. If you detect damage, rips, or tears, please contact our Customer Support Team before beginning any assembly.
4. Make sure all the hardware needed is included.
5. It is very important to follow the assembly instructions correctly and to make sure all parts are attached correctly and firmly tightened when the assembly process is complete.
6. Parts that are not tightened correctly will seem loose and can cause irritating noises and will cause damage to the equipment.

**PLEASE NOTE** : Many of the parts and hardwares listed on the parts list are already *pre-assembled* or installed on the unit.

## Nylon Lock Safety Nuts

1. It is only necessary to tighten the bolts and nuts to “finger tight” during the assembly process. This will make it easier to complete certain steps by allowing more tolerance for all the parts to fit properly.
2. Do not tighten all the nuts onto the bolts securely until after you have completed assembly of your product.
3. Use wrenches, pliers, or ratchet and sockets to tighten the bolts and nuts.
4. The Nylon Nut should thread onto the Hex Bolt until the end of the Hex Bolt has passed through the Nylon insert inside the Nut. Please follow this guideline everytime you see this *Nylon Nut icon* throughout the assembly steps.



## Tools Required For Assembly

Tool	Description/Purpose
Ruler (with both Metric and English measurements) QTY: 1	Use to measure the length or size of hardware including bolts to ensure you are using the correct part.
Adjustable or flat wrenches QTY: 2	Use to securely install parts including nuts and bolts.

# Part Listing

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The following parts list describes all of the parts illustrated on the exploded diagram on the following page.

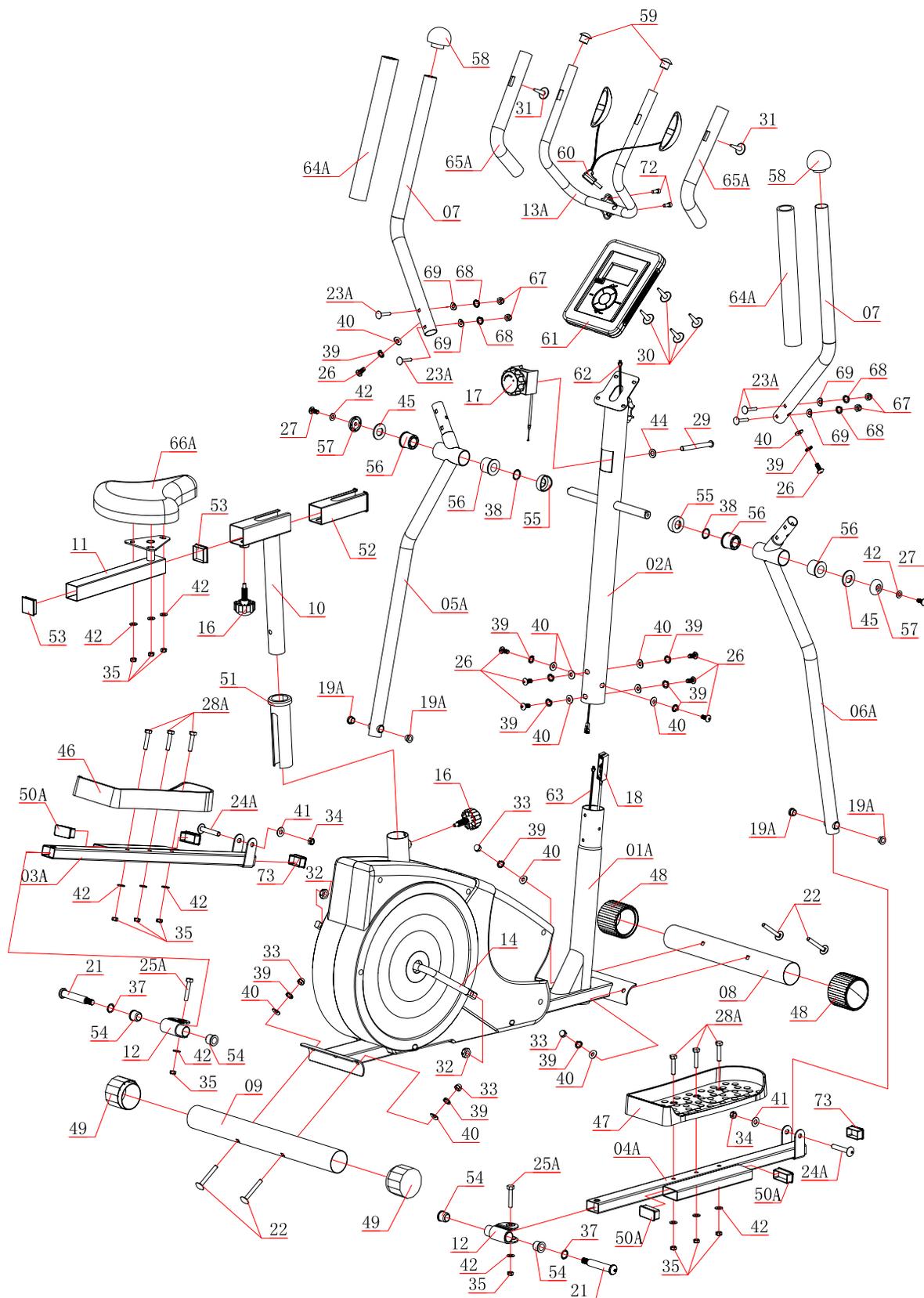
**PLEASE NOTE**: most of these parts are already pre-assembled on your unit.

# Description	# Description
01A Main Frame	39 Spring Washer (M8)
02A Center Post	40 Arc Washer (M8)
03A Left Pedal Tube	41 Washer (M10)
04A Right Pedal Tube	42 Washer (M8)
05A Left Coupler Bar	44 Washer (M5)
06A Right Coupler Bar	45 D Shape Washer
07 Handle Bar	46 Left Pedal
08 Front Stabilizer	47 Right Pedal
09 Rear Stabilizer	48 End Cap for Front Stabilizer
10 Seat Post	49 End Cap for Rear Stabilizer
11 Horizontal Seat Bar	50A Rectangular Inner Plug (25x50 mm)
12 Pedal Connection Joint	51 Round Open End Plug (50x38 mm)
13A Pulse Handle Bar	52 Square Open End Plug (45x38 mm)
14 Crank	53 Square Open Plug (38 mm)
16 Knob Bolt	54 Plastic Bushing
17 Tension Controller	55 Plastic Bushing
18 Tension Wire	56 Plastic Bushing
19A Metal Bushing	57 Round Cap
21 Bolt (1/2"x97 mm)	58 Round Cap
22 Carriage Bolt (M8x65 mm)	59 Round Inner Cap
23A Carriage Bolt (M6x38 mm)	60 Pulse Sensor Wire
24A Bolt (M10x58 mm)	61 Monitor
25A Hex Bolt (M8x45 mm)	62 Monitor Wire (Upper)
26 Bolt (M8x15 mm)	63 Monitor Wire (Lower)
27 Bolt (M8x20 mm)	64A Handle Bar Foam Grip
28A Hex Bolt (M8x40 mm)	65A Pulse Handle Bar Foam Grip
29 Screw (M5x45 mm)	66A Seat
30 Screw (M5x12 mm)	67 Cap Nut (M6)
31 Screw (M4x25 mm)	68 Spring Washer (M6)
32 Nylon Nut (1/2")	69 Arc Washer (M6)
33 Cap Nut (M8)	70 Tool 1
34 Nylon Nut (M10)	71 Tool 2
35 Nylon Nut (M8)	72 Bolt (M8x30 mm)
37 Special Washer (16 mm)	73 Rectangular Inner Plug (25x40 mm)
38 Special Washer (19 mm)	

# Exploded View

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** : 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 use this page only as a reference guide for parts and hardware.



# Hardware and Tool List

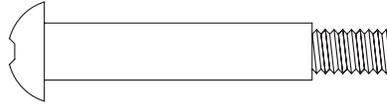
The following hardware is used to assemble your unit. Please take a moment to familiarize yourself with these items.

**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.

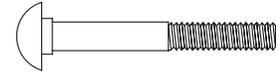
## Bolts



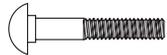
(#72) Bolt (M8x30 mm)  
[2 Pieces]



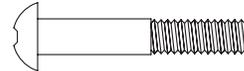
(#21) Bolt (1/2"x97 mm)  
[2 Pieces]



(#22) Carriage Bolt (M8x65 mm)  
[4 Pieces]



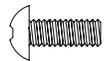
(#23A) Carriage Bolt (M6x38 mm)  
[4 Pieces]



(#24A) Bolt (M10x58 mm)  
[2 Pieces]



(#28A) Hex Bolt (M8x40 mm)  
[6 Pieces]



(#27) Bolt (M8x20 mm)  
[2 Pieces]

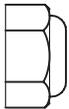


(#26) Bolt (M8x15mm)  
[8 Pieces] pre-assembled



(#30) Screw (M5x12 mm)  
[4 Pieces] pre-assembled

## Nuts



(#32) Nylon Nut (1/2")  
[2 Pieces]



(#33) Cap Nut (M8)  
[4 Pieces]



(#34) Nylon Nut (M10)  
[2 Pieces]



(#35) Nylon Nut (M8)  
[9 Pieces]  
[3 Pieces] pre-assembled

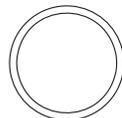


(#67) Cap Nut (M6)  
[4 Pieces]

## Washers



(#37) Special Washer  
(16 mm)  
[2 Pieces]



(#38) Special Washer  
(19 mm)  
[2 Pieces]



(#39) Spring Washer (M8)  
[12 Pieces]  
[8 Pieces] pre-assembled



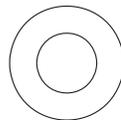
(#68) Spring Washer  
(M6)  
[4 Pieces]



(#40) Arc Washer (M8)  
[12 Pieces]  
[8 Pieces] pre-assembled



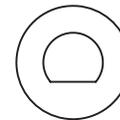
(#69) Arc Washer  
(M6)  
[4 Pieces]



(#41) Washer  
(M10)  
[2 Pieces]

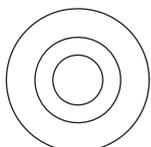


(#42) Washer (M8)  
[11 Pieces]  
[3 Pieces] pre-assembled

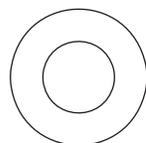


(#45) D Shape Washer  
[2 Pieces]

## Others



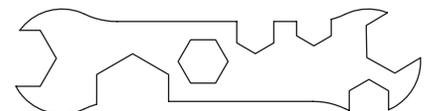
(#57) Round Cap  
[2 Pieces]



(#55) Plastic Bushing  
[2 Pieces]



(#70) Tool 1  
[1 Piece]



(#71) Tool 2  
[1 Piece]

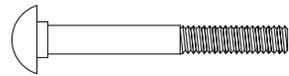
# Assembly STEP 1

With the help of an assistant, attach the Front Stabilizer (#08) to the front of the Main Frame (#01A). Insert two Carriage Bolts (#22) through the Front Stabilizer (#08) followed by the front of the Main Frame (#01A). Secure them together using two Arc Washers (#40), two Spring Washers (#39) and two Cap Nuts (#33).

Now attach the Rear Stabilizer (#09) to the rear of the Main Frame (#01A). Insert two Carriage Bolts (#22) through the Rear Stabilizer (#09) followed by the rear of the Main Frame (#01A). Secure them together using two Arc Washers (#40), two Spring Washers (#39) and two Cap Nuts (#33).

Please Note that the Front Stabilizer (#08) has end caps that spin for ease of relocating the unit and the Rear Stabilizer (#09) has height adjustable end caps for leveling of the unit.

## Hardware Required



#22 Carriage Bolt (M8x65 mm)  
[4 Pieces]



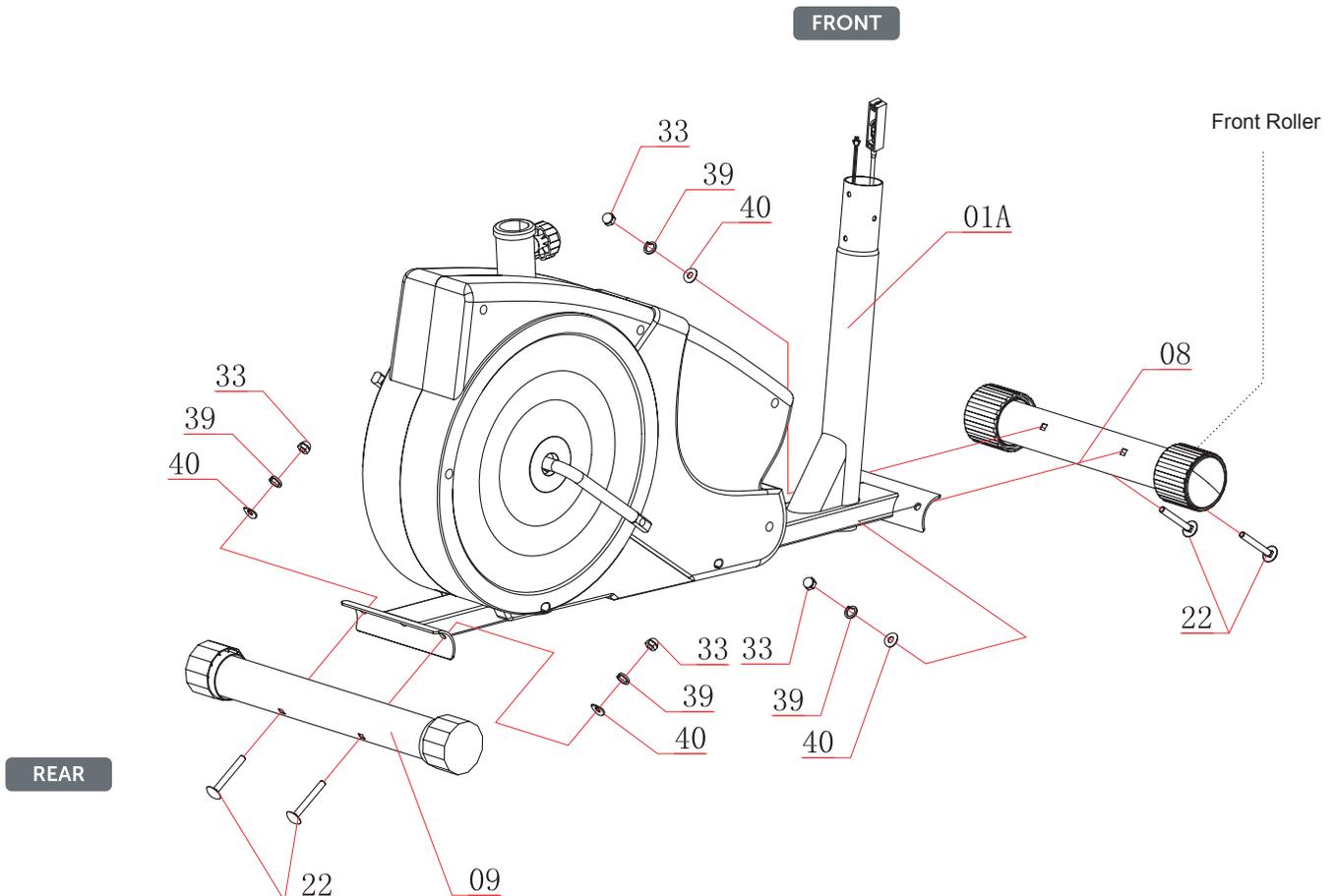
#33 Cap Nut (M8)  
[4 Pieces]



#39 Spring Washer (M8)  
[4 Pieces]



#40 Arc Washer (M8)  
[4 Pieces]



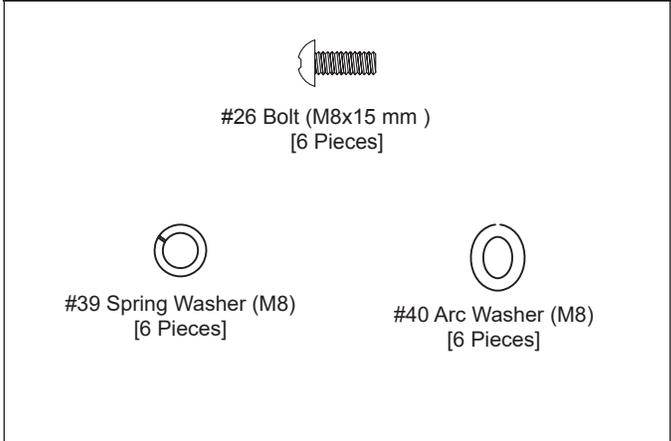
# Assembly STEP 2

Remove the Bolts (#26), Spring Washers (#39), and Arc Washers (#40) that are pre-assembled on the Main Frame (#01A) and set them aside as they will be used later in this step.

Connect the Monitor Wire (Upper) (#62) to the Monitor Wire (Lower) (#63) and then follow the instructions in the diagram below to connect the Tension Wire (#18).

After connecting the Tension Wire (#18) to the Tension Controller (#17) slide the Center Post (#02A) onto the Main Frame (#01A) and secure it using the Bolts (#26), Spring Washers (#39), and Arc Washers (#40) that were previously removed.

## Hardware Required



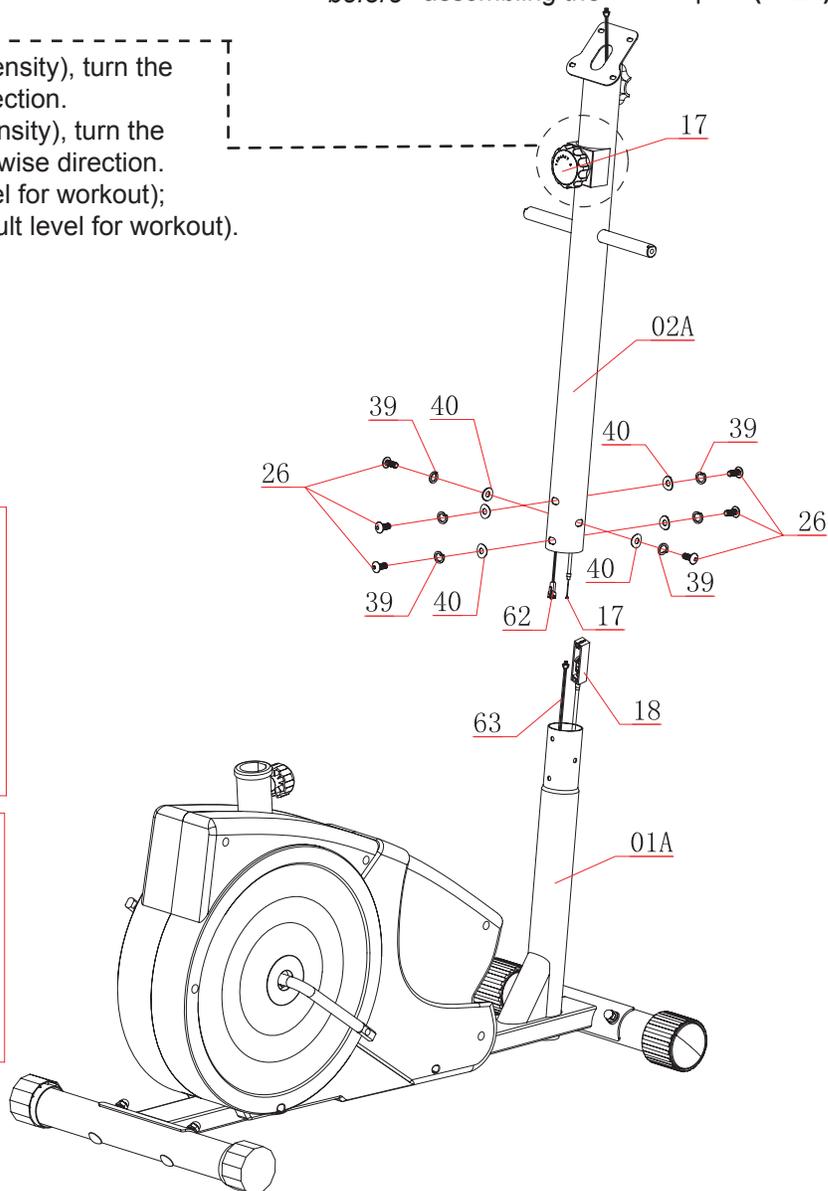
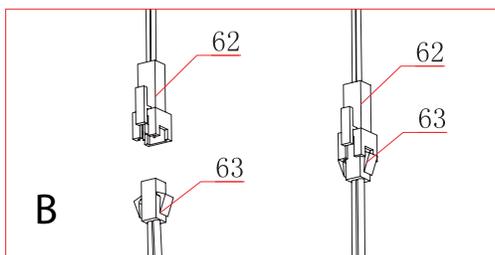
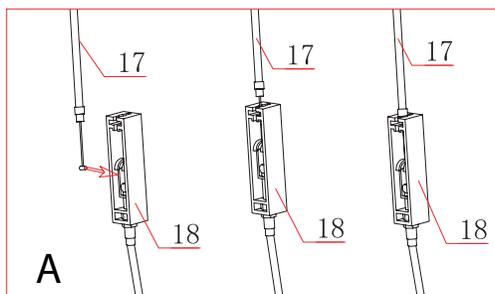
### Tension Adjustment

To increase the tension (+ higher level of intensity), turn the **Tension Controller (#17)** in a clockwise direction.  
 To decrease the tension (- lower level of intensity), turn the **Tension Controller (#17)** in a counter-clockwise direction.  
 "1" is the lowest level of tension (easiest level for workout);  
 "8" is the highest level of tension (most difficult level for workout).

*Make sure this wire is exposed and accessible before assembling the Center post (#02A).*

### TENSION WIRE ASSEMBLY

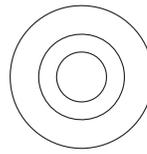
Insert the tip of the **Tension Controller (#17)** wire into the **Tension Wire (#18)** head at an angle. Tilt the **Tension Controller (#17)** wire into the crevice and then pull upward.



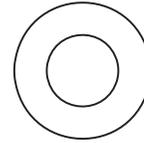
# Assembly STEP 3

Slide two Plastic Bushings (#55) onto the left and right side of the bar that is protruding from the Center Post (#02A). Please ensure that the Plastic Bushings (#55) are resting flushed against the Center Post (#02A). Slide one Special Washer (#38) on each side then followed by Left Coupler Bar (#05A) and Right Coupler Bar (#06A). Secure each side with a D Shape Washer (#45), Round Cap (#57), Washer (#42) and a Bolt (#27).

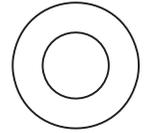
## Hardware Required



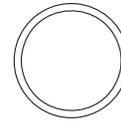
#57 Round Cap  
[2 Pieces]



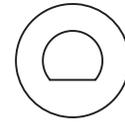
#55 Plastic Bushing  
[2 Pieces]



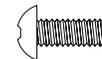
#42 Washer (M8)  
[2 Pieces]



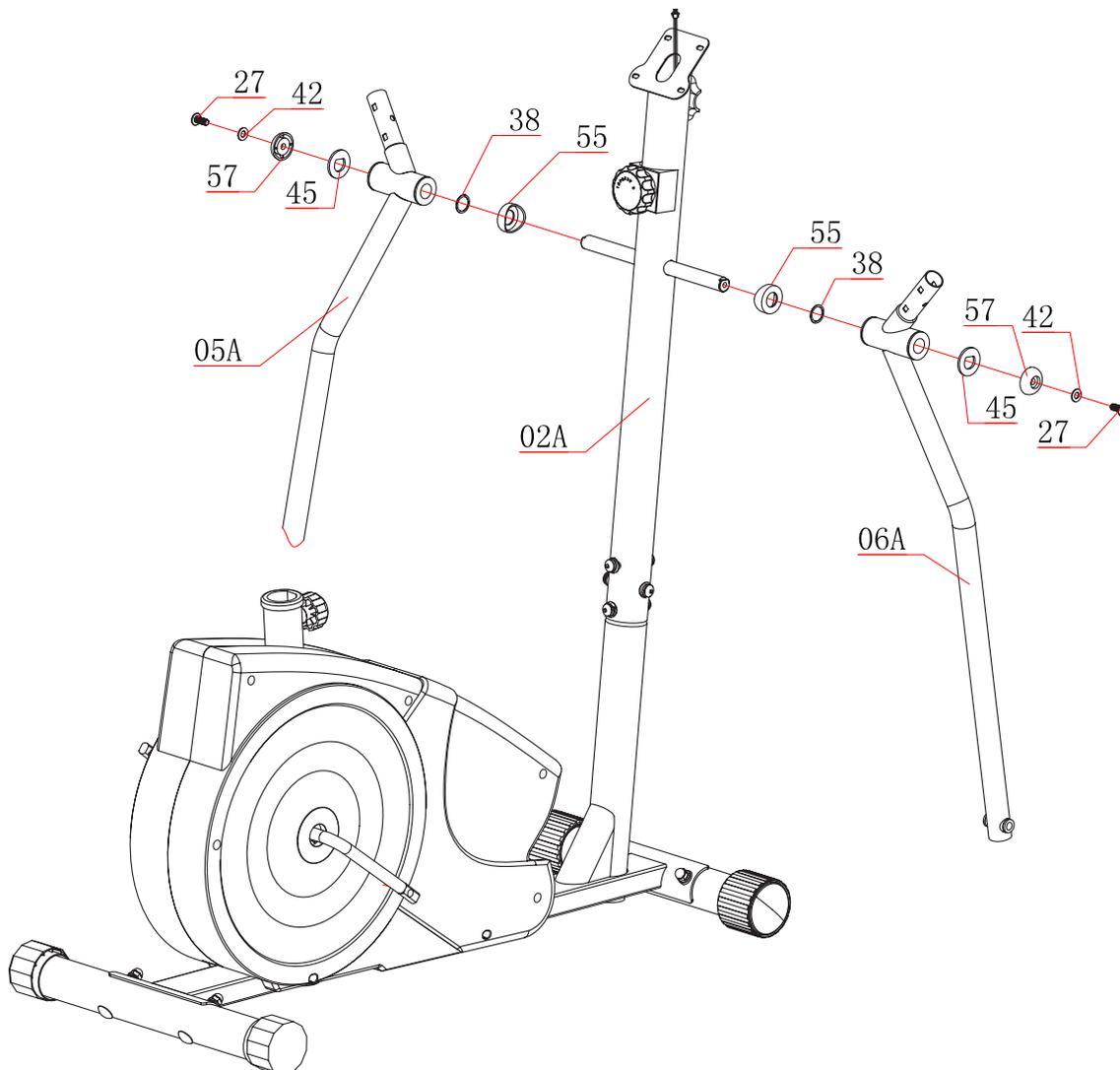
#38 Special Washer  
[2 Pieces]



#45 D Shape Washer  
[2 Pieces]



#27 Bolt (M8 x 20mm)  
[2 Pieces]



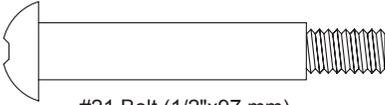
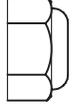
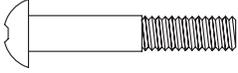
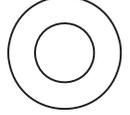
# Assembly STEP 4

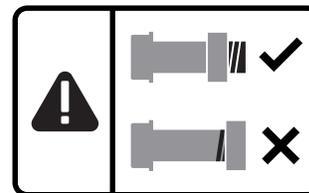
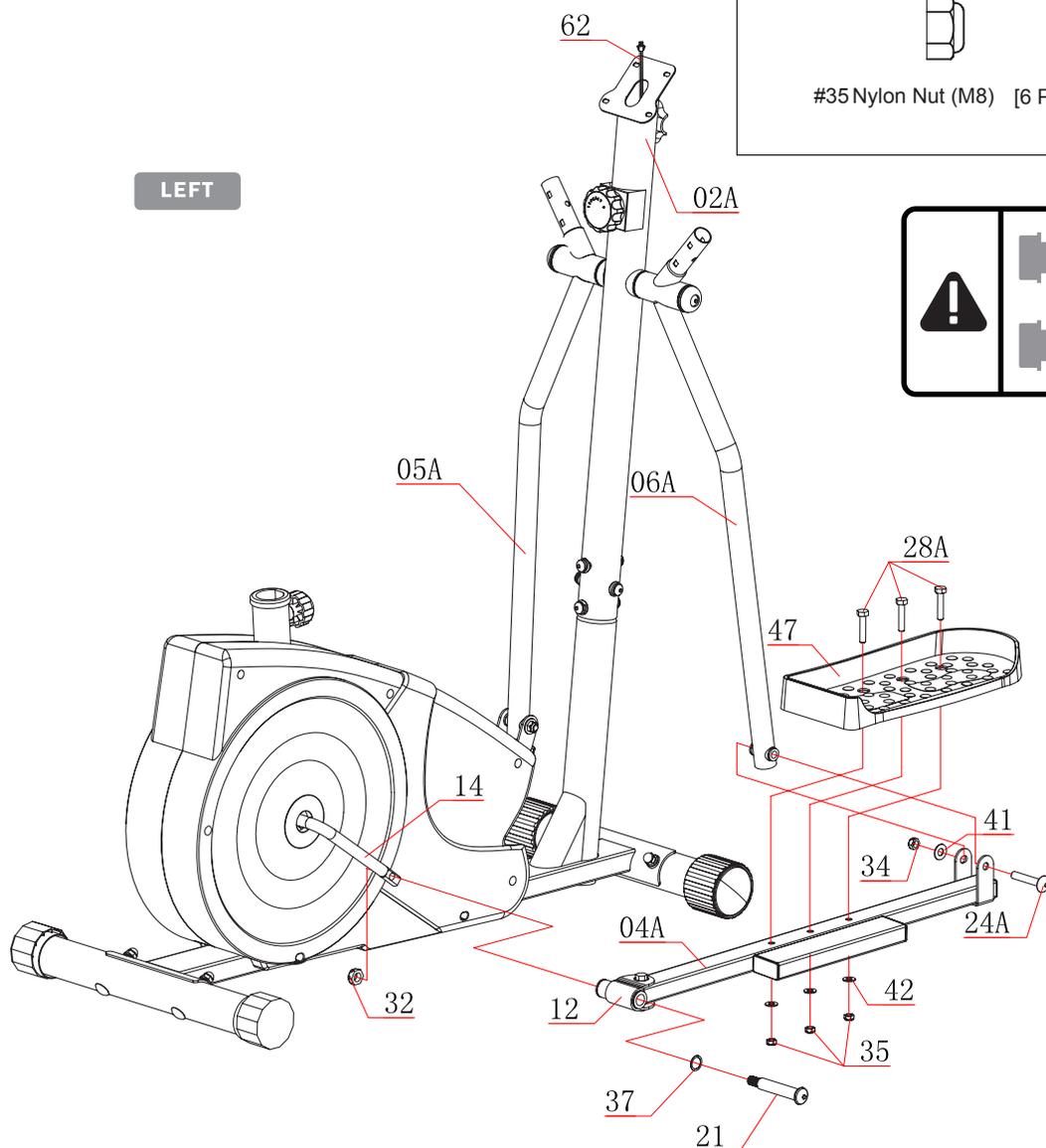
Align and attach the Pedal Connection Joint (#12) on the Right Pedal Tube (#04A) to the Right Crank (#14). Insert a Bolt (#21) through a Special Washer (#37) followed by Pedal Connection Joint (#12) and Crank (#14). Screw the Bolt (#21) tightly into the Crank (#14) by turning CLOCKWISE and then secure it with the Nylon Nut (#32) by turning it COUNTERCLOCKWISE.

Align and attach the Right Coupler Bar (#06A) to the Right Pedal Tube (#04A). Secure them together using a Bolt (#24A), Washer (#41) and Nylon Nut (#34). Attach the Right Pedal (#47) to the Right Pedal Tube (#04A) and secure them together using three Hex Bolts (#28), three Washers (#42) and three Nylon Nuts (#35).

Repeat this process on the other side.

### Hardware Required

	
#21 Bolt (1/2"x97 mm) [2 Pieces]	#32 Nylon Nut (1/2") [2 Pieces]
	
#24A Bolt (M10x58 mm) [2 Pieces]	#37 Special Washer (16mm) [2 Pieces]
	
#28A Hex Bolt (M8x40 mm) [6 Pieces]	#41 Washer (M10) [2 Pieces]
	
#34 Nylon Nut (M10) [2 Pieces]	#42 Washer (M8) [6 Pieces]
	
#35 Nylon Nut (M8) [6 Pieces]	



# Assembly STEP 5

Remove the Bolts (#26), Spring Washers (#39) and Arc Washers (#40) that are pre-assembled on the Left Coupler Bar (#05A) and set them aside.

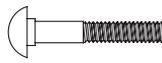
Insert the Left Handle Bar (#07) into the opening at the end of the Left Coupler Bar (#05A) and secure it on the side using one Bolt (#26), one Spring Washer (#39) and one Arc Washer (#40) that was previously removed.

Insert two Carriage Bolts (#23A) through the Left Handle Bar (#07) and Left Coupler Bar (#05A). Secure them together using two Arc Washers (#69), two Spring Washers (#68) and two Cap Nuts (#67).

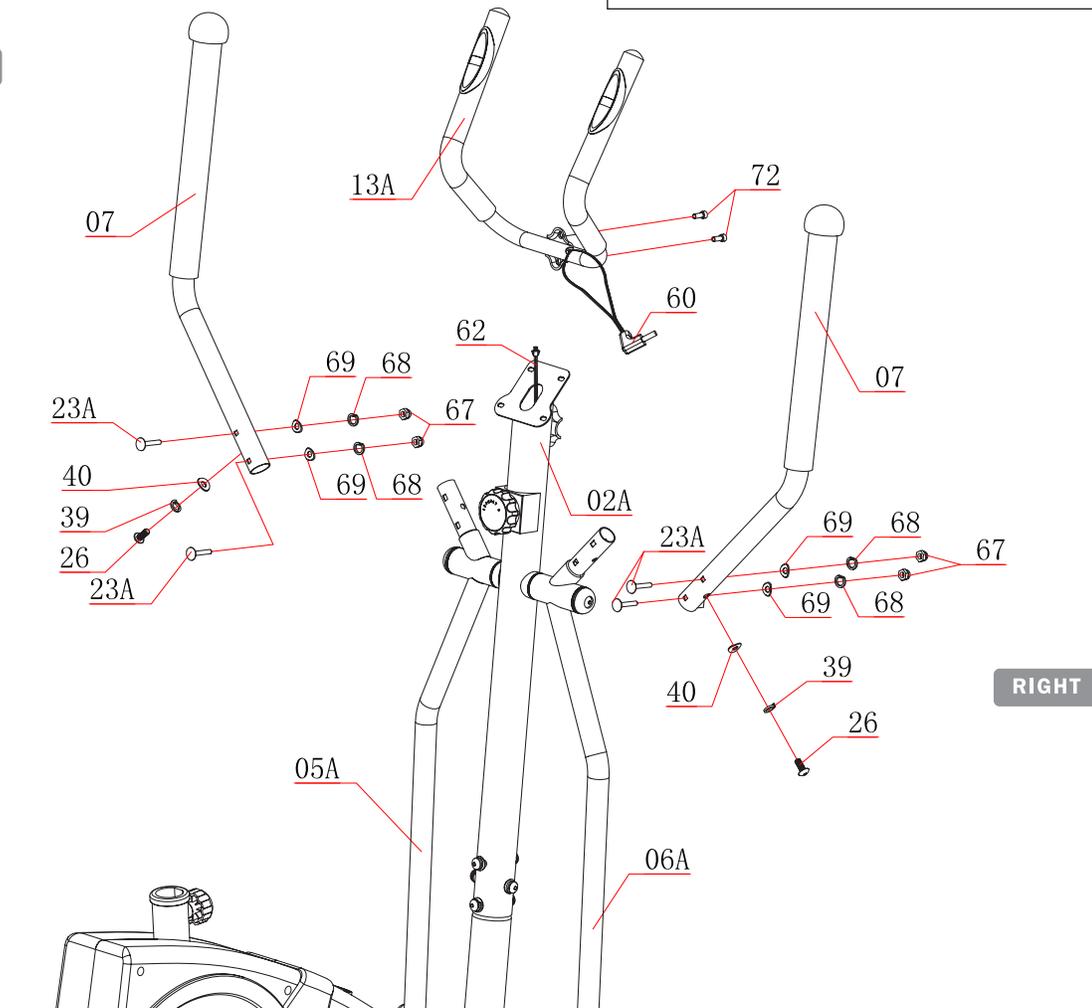
Repeat this process on the other side.

Install the Pulse Handle Bar (#13A) onto the bracket of the Center Post (#02A) as shown in the illustration below using two Bolts (#72A). Please ensure the Pulse Sensor Wire (#60) is free and clear, avoiding pinching it during this assembly step. You will need to connect this wire to the Monitor (#61) later.

### Hardware Required

 #23A Carriage Bolt (M6x38 mm) [4 Pieces]	 #26 Bolt (M8x15) [2 Pieces]
 #72 Bolt (M8x30) [2 Pieces]	 #39 Spring Washer (M8) [2 Pieces]
 #40 Arc Washer (M8) [2 Pieces]	 #68 Spring Washer (M6) [4 Pieces]
 #69 Arc Washer (M6) [4 Pieces]	 #67 Cap Nut (M6) [4 Pieces]

LEFT



RIGHT

# Assembly STEP 6

Remove the Bolts (#30) that are pre-assembled on the back of the Monitor (#61) and set them aside as they will be used in a later process.

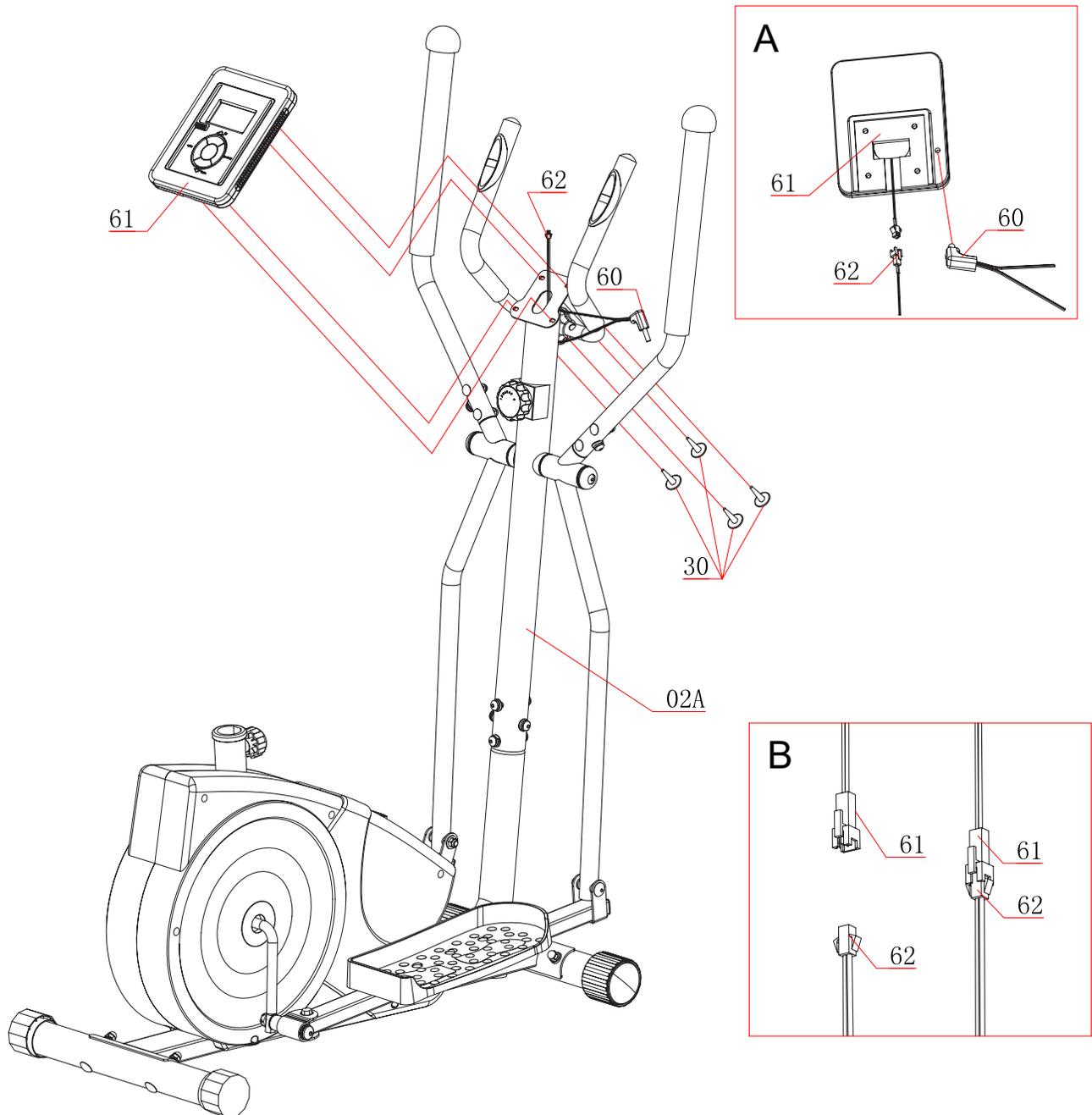
Connect the Monitor Wire (Upper) (#62) to the Monitor (#61) and connect the Pulse Sensor Wire (#60) to the Monitor (#61).

Secure the Monitor (#61) to the bracket of the Center Post (#02A) with four Screws (#30) that were previously removed.

## Hardware Required



#30 Screw (M5x12mm)  
[4 Pieces]



# Assembly STEP 7

Remove the three Washers (#42) and three Nylon Nuts (#35) that are pre-assembled on the back of the Seat (#66A) and set them aside as they will be used in a later process.

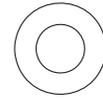
Attach the Seat (#66A) onto the Horizontal Seat Bar (#11) and make sure that the Seat (#66A) is pointing directly toward the short end of it and then tighten with three Washers (#42) and three Nylon Nuts (#35) that were previously removed. The Knob Bolt (#16) can be loosened to adjust the distance of the seat from the handlebars. Make sure to tighten the knob after making any adjustment.

Insert the Seat Post (#10) into the mouth of the post that is protruding from the Main Frame (#01A). Make sure the holes in the Seat Post (#10) are facing the front before inserting. The Knob Bolt (#16) has a safety feature that allows you to loosen it by turning it counter clockwise three times as you pull it outward. Adjust the seat height and then pop the knob back in. Tighten the knob by turning CLOCKWISE.

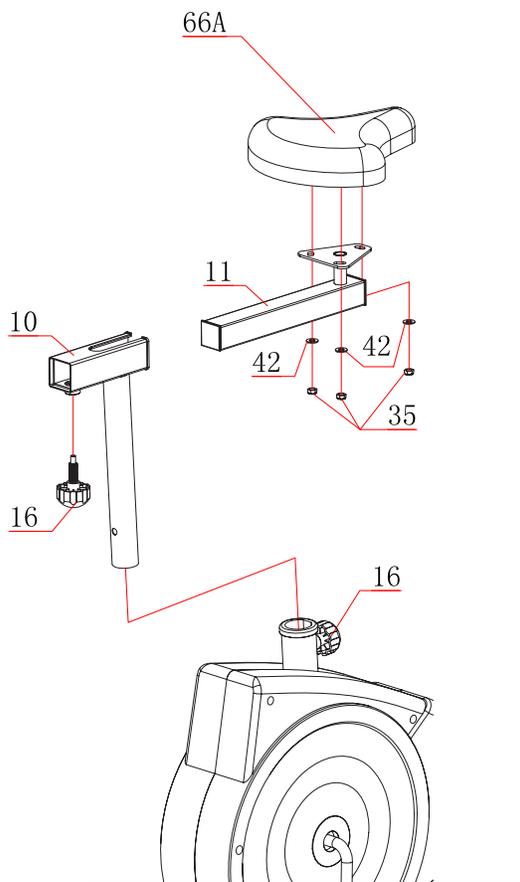
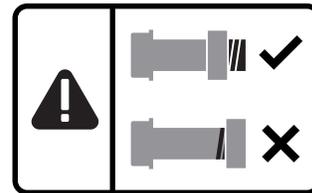
## Hardware Required



#35 Nylon Nut (M8)  
[3 Pieces]



#42 Washer (M8)  
[3 Pieces]



### WARNING:

*Do not remove the Seat (#66AA) for any reason after you have installed it.*

*Exercising on this unit without the Seat (#66AA) can result in **SERIOUS INJURY**. Ensure the seat is locked in place by tightening the two knobs prior using 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.

# Computer Operation

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## KEY GUIDE

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### RECOVERY:

Press this button to enter into pulse recovery detection. ENTER: Press this button to perform any of the tasks below:

1. Enter into mode-setting for any of the functions:  
Normal→Time→DIST→CAL→T.H.R
2. Confirm the setting values
3. Hold for 3 seconds to reset all of the values to zero.

UP: Increase the setting value of the following functions.  
Time→DIST→CAL→T.H.R

DOWN: Decrease the setting value of the following functions.  
Time→DIST→CAL→T.H.R

## FUNCTION AND OPERATIONS

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### AUTO ON/OFF:

The monitor will automatically begin to measure & display if the exercise machine is in motion. If the machine is not in use and/or not in motion for over 4 minutes, the monitor will turn off and reset all function values to zero.

### TIME:

Press ENTER button until the TIME function is selected and press the UP or DOWN button to enter the value you wish to choose.

Count up:

If you do not set a time value with the UP or DOWN button, the monitor will count up the time from 00:00~99:59.

# Computer Operation

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## FUNCTION AND OPERATIONS (CONTINUE)

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Count down:

If you set a time value from 1:00~99:00 minute(s), the monitor will count down from the value you have selected. Once you have reached the set value, the monitor will beep and signal you have reached your set value.

### **SPEED:**

Displays your workout speed in miles per hour. The monitor will display the current speed from 0.00 ~ 99.9 mile(s) per hour.

### **RPM:**

Displays your workout RPM (rotations per minute). The monitor will display the current RPM from 15 ~ 999.

### **DISTANCE:**

Press the ENTER button until you select the DIS function and press the UP or DOWN button to enter the value you wish to choose.

Count up:

If you do not set a time value with the UP or DOWN button, the monitor will count up the distance from 0.1~999.

Count down:

If you set a time value from 1.0~999 mile(s), the monitor will count down from the value you have selected. Once you have reached the set value, the monitor will beep and signal you have reached your set value.

### **CALORIE:**

Press the ENTER button until you select the CAL function and press the UP or DOWN button to enter the value you wish to choose.

Count up:

If you do not set a time value with the UP or DOWN button, the monitor will count up the distance from 0.1~999.

Count down:

If you set a calorie value from 1.0~999, the monitor will count down from the value you have selected. Once you have reached the set value, the monitor will beep and signal you have reached your set value.

### **PULSE (Target Heart Rate):**

Press the ENTER button until you select the T.H.R function and press the UP or DOWN button to enter the value you wish to choose.

Pulse Limit:

If you set a value between the allowed limits (60 to 220), the monitor will measure your pulse. Once you have reached the set value, the monitor will flash until your pulse reading is below your set value.

# Computer Operation

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## FUNCTION AND OPERATIONS (CONTINUE)

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Place the palms of your hands and grip lightly on both the contact pads and the monitor will display your heartbeat rate in beats per minute (BPM) on the LCD display. NOTE: If there is no pulse signal input within 16 seconds, the display will indicate a "P". This is a power saving mechanism. The user can press any key to restart the pulse (T.H.R.) function.

### **(PULSE) RECOVERY:**

Pulse recovery is a measure of how quickly you return to your resting heart rate after a workout. When you stop from exercising and desire to test your pulse recovery: Press the RECOVERY button and place the palms of your hands on both of the contact pads for one minute. The monitor will show your pulse recovery ratio on the LCD between 1.0 to 6.0 (1.0 being the best and 6.0 being the worst) with increments of 0.1.

### **CAUTION:**

Operating temperature: 0°C - +50°C.

Storage temperature: -10°C - +60°C.

## BATTERY INSTALLATION/REPLACEMENT:

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1. Lift off the battery cover and place two SIZE-AAA or UM-4 batteries into the battery housing on back of monitor with the +/- sides installed correctly.
2. Please ensure batteries are correctly positioned and battery springs are in proper contact with batteries.
3. Replace battery cover and ensure it is tightly closed.
4. Battery life is approx. 1 year under normal usage.
5. If the display is illegible or only partial segments appear, remove batteries and wait 15 seconds before reinstalling.
6. Removing the batteries will erase the computer memory.

**NOTES** (Regarding the Computer Monitor):

**Warning:** This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference.
- (2) This device must accept any interference received, including interference that may cause undesired operation.

### **Caution:**

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

# Safety and Maintenance

## Safety & Warning

- 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.

## How To (Emergency) Stop

**NOTE:** Always wait for the pedals and/or any other moving parts (which can gain great momentum during riding) to come to a complete stop before dismounting the unit to avoid serious injury.

- To reduce speed on the bike, you may use the combinations of your feet on the **Left/Right Pedals (#46/47)** and your hands on the **Handlebars (#07)** to gently and safely apply counter-momentum.
- Wait for the pedals to come to a complete stop.
- Now you may safely dismount the unit

## How To Move/Transport The Bike For

### NOTE:

To safely move, transport, and/or store the unit, please seek the help of capable assistants (minimum of 2 people). The unit has integrated Front Rollers purposely intended to help ease this process.

- Position one person on each side at the front of the bike toward the handle Bar (one person on the left, and one on the right).
- Have each person use both hands to grip the corresponding **Pulse Handle Bar (#13A)**. (These are the safest areas to avoid injury during this process.)
- Have both people simultaneously lift the rear end of the unit, leaving the weight and pressure into the front of the unit and onto the Front Rollers to move/transport the unit to the desired area.

## 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 (**#46/#47**); Handlebars (**#07**).
- For any replacement warning labels, please contact our CUSTOMER SUPPORT at

**1 (888) 266A-6789 or 1 (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 2 of the Owner's Manual under the "CUSTOMER SUPPORT" section.

# Troubleshooting

(AFTER COMPLETE ASSEMBLY)

TROUBLESHOOT AREA	SOLUTION
<b>Hand Pulse Signal</b>	If the computer is <b><u>not picking up your hand pulse signal</u></b> (or you are getting inaccurate readings), please adjust the following: <ol style="list-style-type: none"><li>1. Slightly moisten/dampen the palms with water so the sensors can detect a pulse signal.</li><li>2. Do not grip the sensors too tightly. Only moderate pressure need be applied.</li><li>3. Gripping the sensors too tightly restricts and seizes detection of your pulse.</li><li>4. Remove any rings or jewelry to prevent interference.</li><li>5. Check to ensure all pulse sensor wires are properly connected and are not damaged.</li><li>6. You may need to refer to installation/assembly directions for the pulse sensor wires in this manual.</li></ol>
<b>Calories/Distance/Time (Etc.)</b>	If the computer is <b><u>not displaying the CALORIES/DISTANCE/TIME/(ETC.) functions</u></b> (or you are getting inaccurate readings), please adjust the following: <ol style="list-style-type: none"><li>1. Check to ensure all computer sensor wires are properly connected and are not damaged.</li><li>2. You may need to refer to installation/assembly directions for the sensor wires in this manual.</li></ol>
<b>Computer Display</b>	If the <b><u>computer display is blank &amp; not displaying any data</u></b> (or does not appear to power on), please adjust the following: <ol style="list-style-type: none"><li>1. Check to ensure all sensor wires are all properly connected and are not damaged.</li><li>2. Check to ensure the AC Adapter* or Batteries* are properly plugged in or fully charged.</li><li>3. Check your product manual to determine if your model uses either AC Adapter or batteries to power your unit.</li></ol>

# Warm-Up Instructions

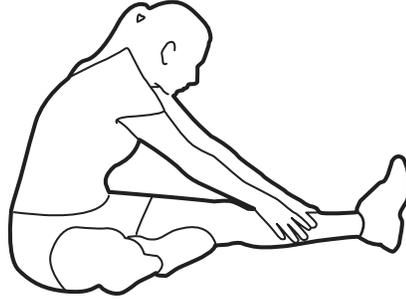
Before use, you must read and understand all instructions & warnings stated in this Owner's Manual as well as posted on the equipment. Before beginning any exercise program including the following flexibility exercises, please consult with your physician.

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.



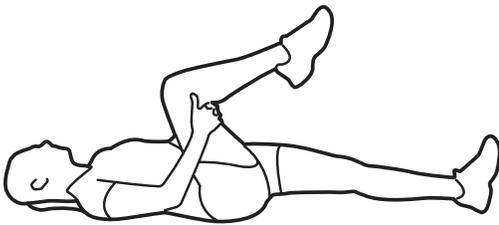
## Hamstring Stretch

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 of your extended leg 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.



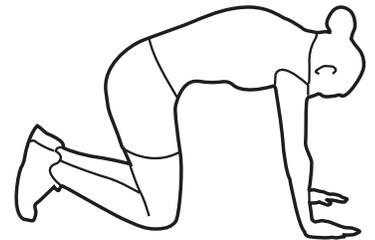
## Groin Stretch

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.



## 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.



# Warm-Up Instructions

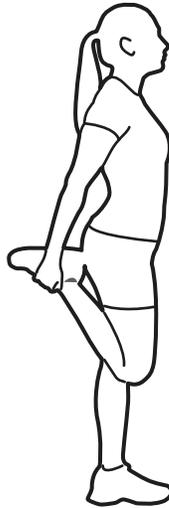
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## Shoulder Stretch

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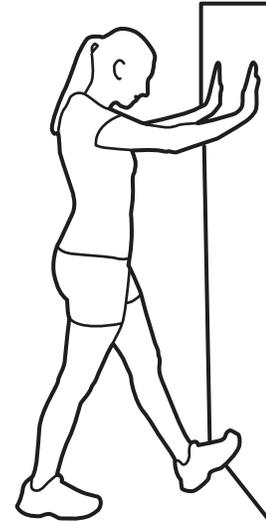
1. Bring your right hand over your right shoulder to the upper back and bring your left hand under your left shoulder to the upper back.
2. Try to reach your fingertips. If you are not able to reach your fingertips, use a towel as an extension of your hands and gently pull one hand toward the other.  
Reverse arm positions and



## Quadriceps Stretch

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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.



## Calf Twister

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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.

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**THANK YOU FOR YOUR PURCHASE**  
**MODEL NO.: BRM2720X/BRM2780**

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

Serial Number :

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Date of Purchase :

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Retailer :

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

Phone: 1 (888) 266A-6789  
Fax : 1 (909) 598-6707  
Email : [info@bodyflexsports.com](mailto:info@bodyflexsports.com)