

Synergy Air Bionic Cycle

SYN-KABC

User Manual

Version: 1.2



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BEFORE YOU START

The following safety sign is affixed to the Synergy Air Bionic Cycle.



***Please read the following safety instructions, precautions and information before operating the Synergy Air Bionic Cycle. Failure to adhere to the following will void warranty.**

Safety Instructions

- The product must be correctly assembled and tested before operation.
- The Synergy Air Bionic Cycle must remain vertical when installed.
- The equipment must be installed indoors in a location free of moisture and dust.
- The owner of this equipment must inform all users of the safety precautions and the methods of correct usage. Use this bike only for its intended purpose as described in the manual
- Always operate the equipment in accordance with these instructions.
- Keep your hands away from all moving parts. Never turn the pedal crank arms by hand.
- Do not remove your feet from the pedals or your hands from the handlebar while they are in motion.
- Do not dismount the bike until both the pedals and handlebars have come to a complete stop.
- Do not attempt to use this bike at high speeds or in standing positions until you have practiced and are comfortable at lower speeds.
- The user is to wear appropriate clothing and shoes whilst using the Synergy Air Bionic Cycle. Baggy or loose clothes will catch on the equipment and must be avoided.
- Never drop or insert any object into any opening on this bike.

- Do not spill food or drink on the product.
- Children under the age of 12 are not to use the machine.
- Pets are not to use the machine.
- The maximum weight supported by the Synergy Air Bionic Cycle is 180kg/396lbs.
- Only one user at a time is permitted to use the Synergy Air Bionic Cycle.
- Regularly check operation and component parts of the machine. Securely tighten any loose fittings or connections. To assure that the safety level of this bike is maintained, examine components for wear and tear on a regular basis. Components that are worn excessively or inoperable should be replaced immediately or the bike should be put out of use until it is repaired.

DANGER

- Do not wet the surface of the Synergy Air Bionic Cycle with any liquids. Cleaning involves only the use of a fine mist sprayer or a damp cloth.
- Any liquid container in proximity to the Synergy Air Bionic Cycle must have a tight fitting cap or lid. Do not use the Synergy Air Bionic Cycle if a liquid has been spilt on any surface.
- If the operation of the Synergy Air Bionic Cycle, does not feel correct, or a hazard is suspected, do not attempt to repair the Synergy Air Bionic Cycle. Contact your service agent.

ATTENTION

Please consult your physician before commencing any exercise program.

If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing.

Permission must be obtained from a health professional for any of the following health conditions of the user:

- pregnancy,
- heart disease,
- high blood pressure,
- diabetes,
- chronic respiratory disease,
- high cholesterol,
- cigarette related or other chronic disease,
- physical disability.

Stop exercising immediately if dizziness, chest pain, nausea or other health abnormality is felt during exercise. Please consult your physician before continuing the exercise.

Any repair or maintenance work must be conducted by a qualified engineer or recognized service agent.

WARNING

The Synergy Air Bionic Cycle is user powered. The user controls the speed of the movement.

There is no emergency stop function in the Synergy Air Bionic Cycle.

Every user must become familiar with the mechanism and functions before using the Synergy Air Bionic Cycle.

Ensure entry to the Synergy Air Bionic Cycle is via the rear, gripping the handles when embarking or disembarking the Synergy Air Bionic Cycle.

The Synergy Air Bionic Cycle must be installed vertically on a hard, level surface.

Keep hands away from all moving surfaces and components.

Do not allow a towel or clothing to become caught in the moving surface of the Synergy Air Bionic Cycle. Shoelaces must be enclosed and short enough not to touch the foot pedals. Do not use high heels, or shoes with leather soles.

Always use the handles when embarking or disembarking the Synergy Air Bionic Cycle.

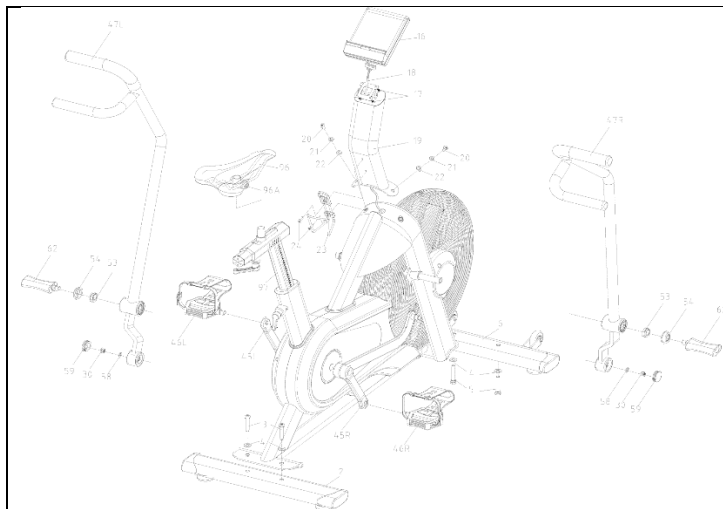
Examine the Synergy Air Bionic Cycle regularly for safe operation. Repair any problem immediately it is identified. Implement a regular maintenance plan for the Synergy Power Tower at minimum quarterly intervals.



Synergy Air Bionic Cycle ASSEMBLY INSTRUCTIONS

The model SYN-KABC is designed to be used as an individual or group cycle in fitness studios and health clubs.

In your cardboard box you will find the following:

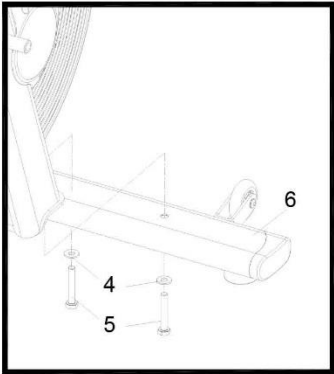
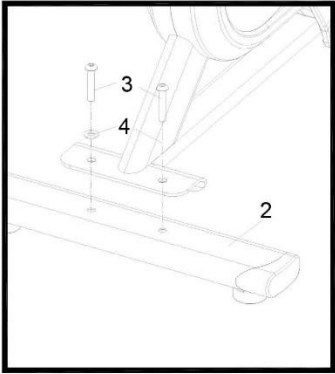
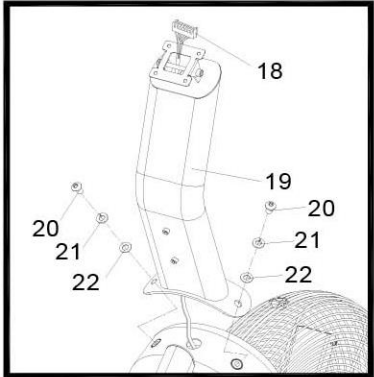


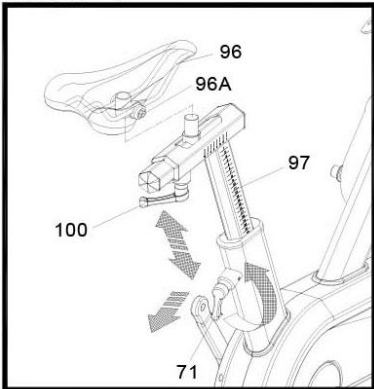
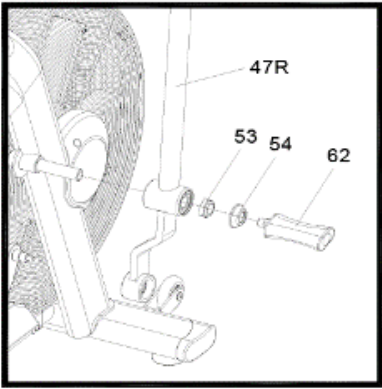
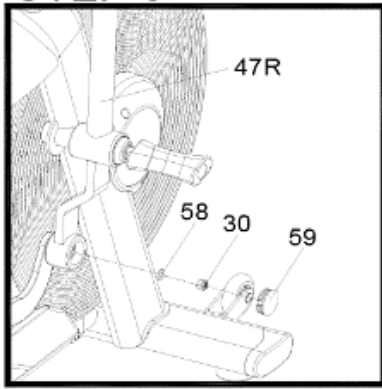
Parts

1. Frame
2. Rear Ground Tube
3. Screw M10 x 2
4. Washer x 4
5. Bolt M10 x 2
6. Front Ground Tube
16. Console
17. Console fixing plate
18. Console Cable
19. Front stem
20. Screw M8 x 2
21. Washer x 2
22. Spring washer x 2
23. Bottle cage
24. Screw M5 x 2
30. Nylon nut M8 x 4
- 45L. Left crank
- 45R. Right crank
- 46L. Left pedal
- 46R. Right pedal
- 47L. Left dual swing bar
- 47R. Right dual swing bar
53. Nylon nut x 3
54. Dusty cover x 2
58. Washer x 2
59. Pivots cap

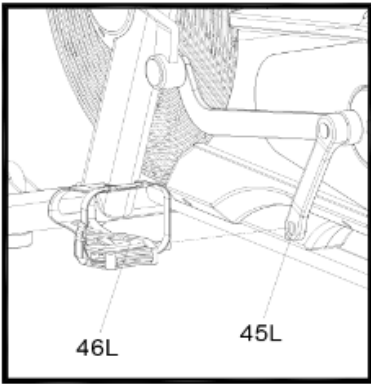
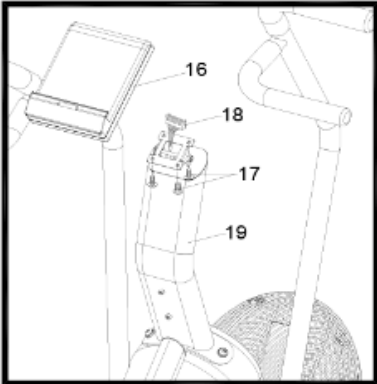
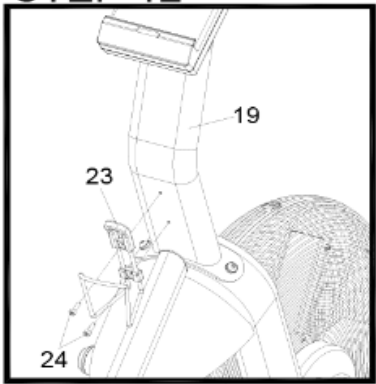
62. Axle peg
96. Saddle
96a. Saddle clamp
97. Rhombus post with hexagon sliding tupe

Assembly

ASSEMBLY STEPS		
<p>STEP 1</p> 	<p>STEP 2</p> 	<p>STEP 3</p> 
Align and assemble the front stabiliser (6) to the frame by using the bolt (5) and washer (4).	Align and assemble the rear stabiliser (2) by using the bolt (3), washer (4).	Pull the cable (18) through the front stem (19) before securing the stem to frame using the screw, washer, spring washer.
Use a 6mm allen key	Use a 6mm allen key	Use a 5mm allen key

ASSEMBLY STEPS		
<p>STEP 4</p> 	<p>STEP 5</p> 	<p>STEP 6</p> 
Place seatpost (97) into frame, and place saddle (96) with saddle clamp (96A).	Slide right dual swing bar (47R) onto right side, followed by nylon nut (53), dust cover (54) and finally screw on the axle peg (62).	Attach the dual swing bar (47R) to linkage arm using washer (58), nylon nut (30), and pivots cap (59).
Use a 14mm open wrench	Use a 30mm plum wrench	13mm open wrench

ASSEMBLY STEPS		
<p>STEP 7</p>	<p>STEP 8</p>	<p>STEP 9</p>
Slide left dual swing bar (47L) onto right side, followed by nylon nut (53), dust cover (54) and finally screw on the axle peg (62)	Attach the dual swing bar (47R) to linkage arm using washer (58), nylon nut (30), and pivots cap (59).	Attach the right peddle to the right crank
Use a 30mm plum wrench	13mm open wrench	15mm open wrench

ASSEMBLY STEPS		
<p>STEP 10</p> 	<p>STEP 11</p> 	<p>STEP 12</p> 
Attach the left peddle to the left crank	Attach the cable (18) to the console (16). Screw on the console (16) to the console post (19)	Attach the bottle holder (23) using the screws (24) to the console post(19)
Use a 15mm open wrench	+/- screw driver	4mm allen key

Technical Specifications

The Synergy Air Bionic Cycle does not require any electrical wall outlet.

The Synergy Air Bionic Cycle is a non-motorized product.

The Synergy Air Bionic Cycle uses air turbine to provide resistance.

Dimensions: 143cm(H) x 60cm(W) x 120cm(L)

56" x 23" x 47"

No	Description	QTY
1	Left handle arm	1
2	Right handle arm	1
3	Main frame with turbine	1
4	Left crank with peddle	1
5	Right crank with peddle	1

6	Seat	1
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SYN-KABC INSTRUCTIONS FOR USE

The model SYN-KABC is designed to be used as an individual or group cycle in fitness studios and health clubs.

It has a fixed wheel driven fan with handlebars and should only be used under professional supervision.

Installation

It is important that the SYN-KABC is correctly assembled and we recommend that installation and assembly be carried out by suitably qualified personnel.

Handlebar and seat adjustment.

It is important that the seat is set at the correct height for your body. Ask your instructor for assistance.

Adjusting the Seat height (plus forward & backward position)

1. Make sure the seat is securely tightened and that there is no lateral or vertical movement of the seat tube.
2. Undo the Quick Release knob. Slide the seat/stem up or down to the required height and then retighten.
3. The seat/stem position can also be adjusted forwards or backwards. Undo the Quick Release lever located below the slider.

4. Slide the seat/stem assembly forwards or backwards until you reach the required position, then securely re-tighten the Quick Release lever.

***Note: there is a STOP line engraved on the seat post. On no account should the seat post ever be raised above this line.**

Pedals and toe straps

Your feet should be securely positioned in the toe clips during the exercise. Put your foot as far forward as you can into the toe-clip and then pull the strap tight.

Maintenance

Like any other mechanical cycling device, the SYN-KABC should be regularly maintained.

Daily Maintenance

Daily cleaning and inspection, and lubrication will keep the Synergy Air Bionic Cycle in optimal condition.

Listen out for any unusual noise and loose components. Do not ignore but address the issue immediately.

The following is the recommended maintenance schedule. In environments with severe pollution, the frequency of inspections and maintenance should be increased.

Weekly Maintenance

Clean the frame and plastic surfaces with a soft cloth or brush. Do not use abrasive cleaning materials or brushes.

Protect all metal surfaces with Lanolin Spray. Spray onto a cloth and wipe surfaces. Note- Do not apply Lanoline to handles and/or Foot plates

Clean the console with a soft cloth.

Check all bearings, pedals, handlebar, seat adjustment knobs are still secure and functioning optimally. If required, tighten crank arms, handlebars, pedals.

Six Monthly Maintenance

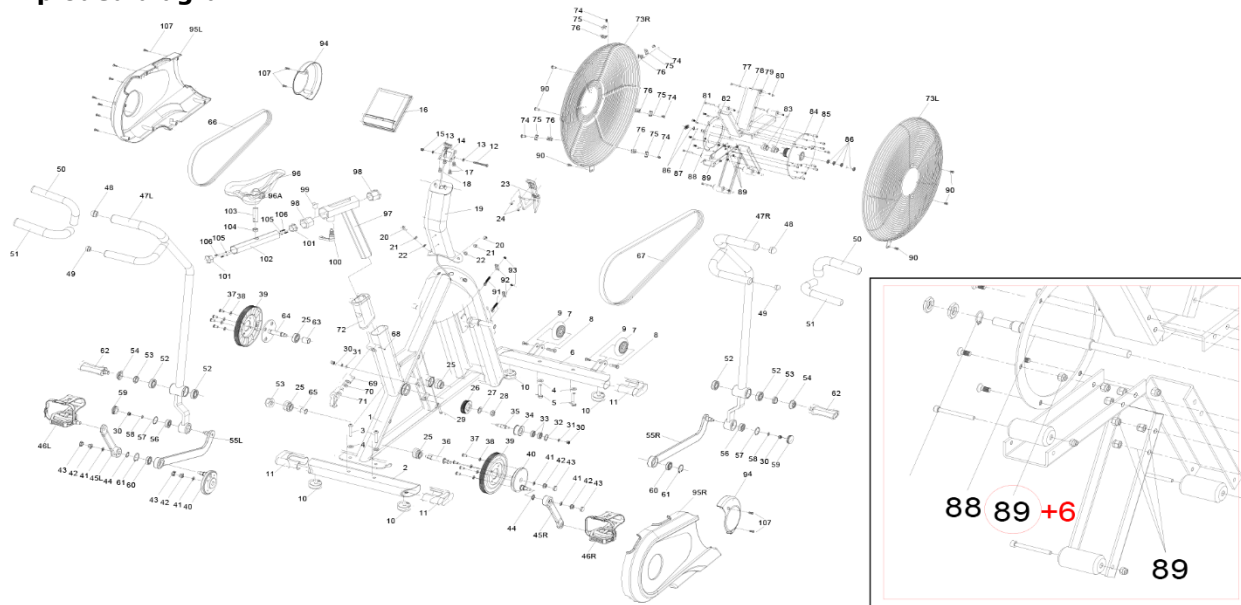
Check of belt/chain tension. Call a service agent if in doubt

Inspect main frame bolts

Twelve Monthly Maintenance

Tighten main frame bolts and feet bolts.

Exploded diagram



Synergy Air Duty of Care Acknowledgement

DUTY OF CARE ACKNOWLEDGEMENT: I acknowledge & understand that the fitness equipment being to our Facility must be used correctly and that incorrect use or using excessive weight relative to the capability of the user can easily result in injury. Accordingly, as part of our 'Duty of Care', I understand that it is our responsibility to ensure:

1. *That all equipment users, prior to using the equipment must receive a comprehensive induction, by a qualified fitness professional, in the correct use and safe operation of the fitness equipment. As part of the equipment induction process, we must ensure that patrons are made aware of the safety 'Warning' labels on each machine and that reference is made to the exercise Instructional Placards' fitted to Strength pin loaded machines.*

2. It is understood that many of the machines, racks & benches can be used for a wide range of variable exercise options, making it impossible to provide an instructional placard for every exercise option & variant. Accordingly, the equipment purchaser acknowledges that it is the responsibility of the exercise facility to instruct and supervise users in the safe, correct and appropriate use of these machines.

PLEASE NOTE - Any piece of fitness equipment is capable of being pulled over if used incorrectly. It is the buyer's responsibility to determine if they wish to fix the equipment to the floor.

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NOTE: Synergy Physical Conditioning Systems reserve the right to change the specification without notice