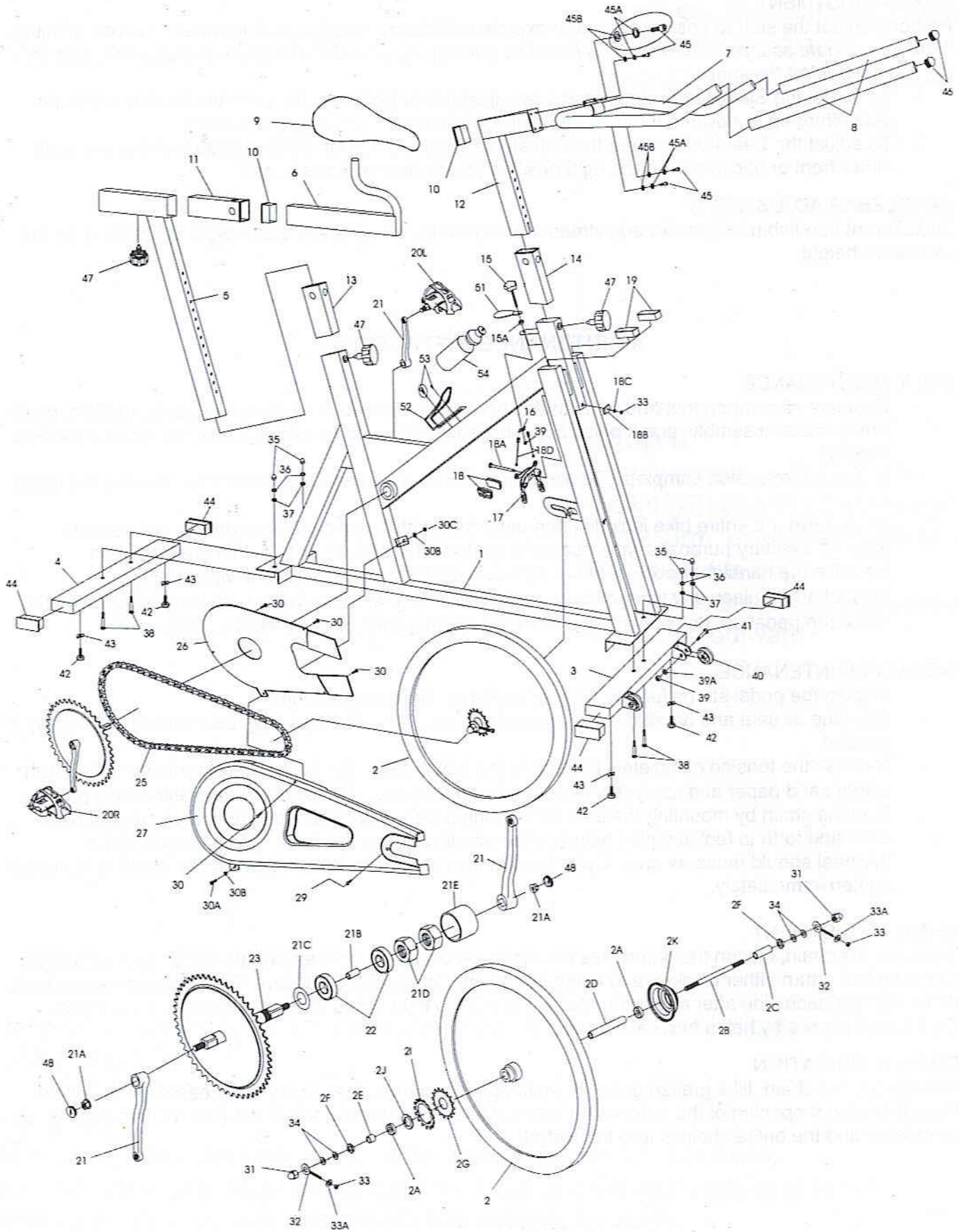


EXPLODED VIEW



Enduro-Cycle™ 200 Parts List

<u>Part#</u>	<u>Description</u>	<u>Q'ty</u>	<u>Part#</u>	<u>Description</u>	<u>Q'ty</u>
1	Main frame	1pc	*21C	Washer , M17	1pc
*2	Flywheel	1pc	*21D	Nut, M17*1.0*8T,BK	2pcs
*2A	Bearing	2pcs	*21E	Flywheel PVC cover	1pc
*2B	Axle, 150L	1pc	*22	Bearing, SKF 6203ZZ	2pcs
*2C	Bushing, 20L	1pc	*23	Axle / Chain wheel	1pc
*2D	Bushing, 56L	1pc	*25	Chain	1pc
*2E	Bushing, 6L	1pc	*26	Inner chain cover	1pc
*2F	Nut, 3/8' 6T	2pcs	*27	Outer chain cover,BK	1pc
*2G	16T Fixed Wheel	1pc	*29	Screw, M5 *10L	1pc
*2I	Toothed washer	1pc	*30	Screw, M4*15L	4pcs
*2J	Threaded washer	1pc	*30A	Screw, M5*15L	1pc
*2K	Protection cover	1pc	*30B	Washer, M5	2pc
3	Front Stabilizer	1pc	*30C	Nylon Nut, M5	1pc
4	Rear Stabilizer	1pc	*31	Dome nut, M3/8	2pcs
5	Seat Post	1pc	*32	Chain Adjustable Screw, M5*56L	2pcs
6	Seat Bar	1pc	*33	Nut, M6	3pcs
7	Handlebar	1pc	*33A	Washer,M6	2pcs
*8	Foam Grip	2pcs	*34	Washer,3/8	4pcs
9	Seat	1pc	35	Dome nut, M8	4pcs
*10	End Cap, 23 * 53 mm	2pcs	36	Spring washer,M8	4pcs
*11	Seat Bar sleeve	1pc	37	Washer,M8	4pcs
*12	Handlebar post	1pc	38	Carriage Bolt, M8*45	4pcs
*13	Seat post sleeve	1pc	*39	Nylon nut, M8	2pcs
*14	Handlebar sleeve	1pc	*39A	Washer,M8	2pcs
*15	Tension knob, M8 *50L,BK	1pc	*40	Moving Wheel , ϕ 50	2pcs
*15A	Rubber washer	1pc	*41	Hex Bolt, M8*40	2pcs
*16	Butterfly nut, M8,BK	1pc	*42	Adjustable Foot, M8*25	4pcs
*17	Caliper brake	1pc	*43	Butterfly nut, M8	4pcs
*18	Brake pad	2pcs	*44	End cap, 30*60mm	4pcs
*18A	Hex bolt, M6*80L,BK	1pcs	45	Allen head bolt, M8*20 Ne	4pcs
*18B	Bracket,bk	1pc	45A	Spring washer, M8, Ne	4pcs
*18C	Washer , M6	1pc	45B	Washer, M8 ,Ne	4pcs
*18D	Brake cable, 140L	2pcs	*46	End Cap , ϕ 1' BK	2pcs
*19	End cap, 25*50mm	2pcs	47	Adjustable Knob	3pcs
20R	Right Pedal	1pcs	*48	End Cap for Crank	2pcs
20L	Left Pedal	1pcs	*51	Emergency brake	1pc
*21R	Right Crank arm	1pcs	*52	Aluminum Water Bottle Holder	1pc
*21L	Left Crank arm	1pcs	*53	Bolt ,M5*15 Ne	2pcs
*21A	Crank nut	2pcs	*54	Water Bottle	1pc
*21B	Spacer for Crank	1pc			

*Indicates pre-assembled parts.

Note:Specifications subject to change without notice

ENDURO-CYCLE™ TRAINING BIKE ENC-200N

OWNER'S MANUAL



MULTISPORTS
THE FUTURE OF FITNESS

4660 Pine Timbers, Suite 138, Houston, Tx 77041

Phone: 713-460-8188 Fax: 713-460-8180

Web-site: www.multisportsfitness.com E-mail: mltisprt@swbell.net

- The Specifications and descriptions in this manual were accurate at the time of printing. Improvement is a constant goal at MultiSports; therefore we reserve the right to make changes in specifications at any time without notice and without incurring obligation.
- The information in this manual is given in good faith. However any person who uses this information in any way, does so entirely at his or her own risk. Neither MultiSports, nor its representatives can accept responsibility for any damage or injury incurred as a result of information presented here except under the terms of warranty of MultiSports products.

Congratulations on your purchase of the new MultiSports equipment. Although we go to the great lengths to ensure the quality of our products, occasionally errors or omissions occur. Should you find a missing or defective part in this product, please contact us within thirty days for a replacement by calling us at 713-460-8188, Emailing us at mssales@swbell.net or visiting our web site at www.multisportsfitness.com. ***Please provide the equipment "item number" and "part number" when requesting parts.**

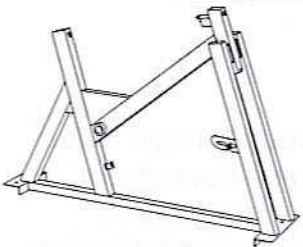
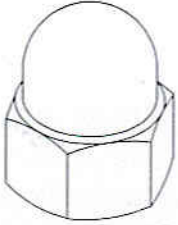
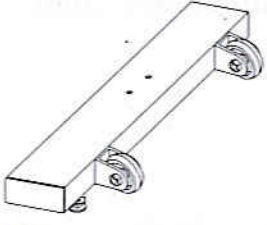
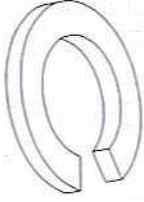
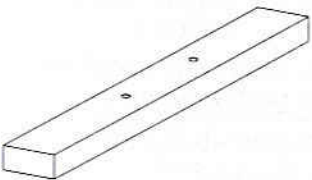
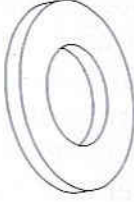
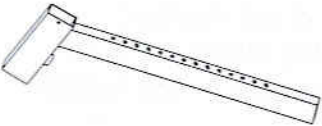

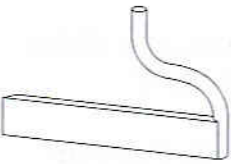
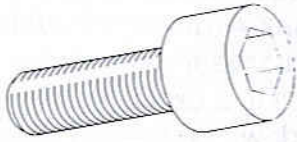

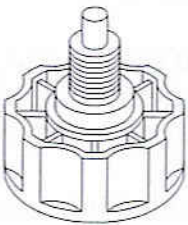
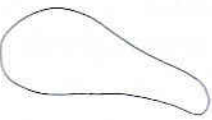
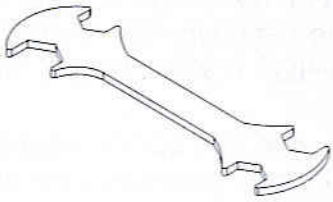
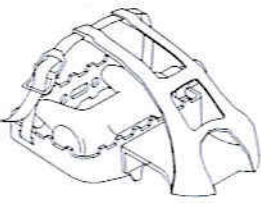

IMPORTANT SAFETY INFORMATION

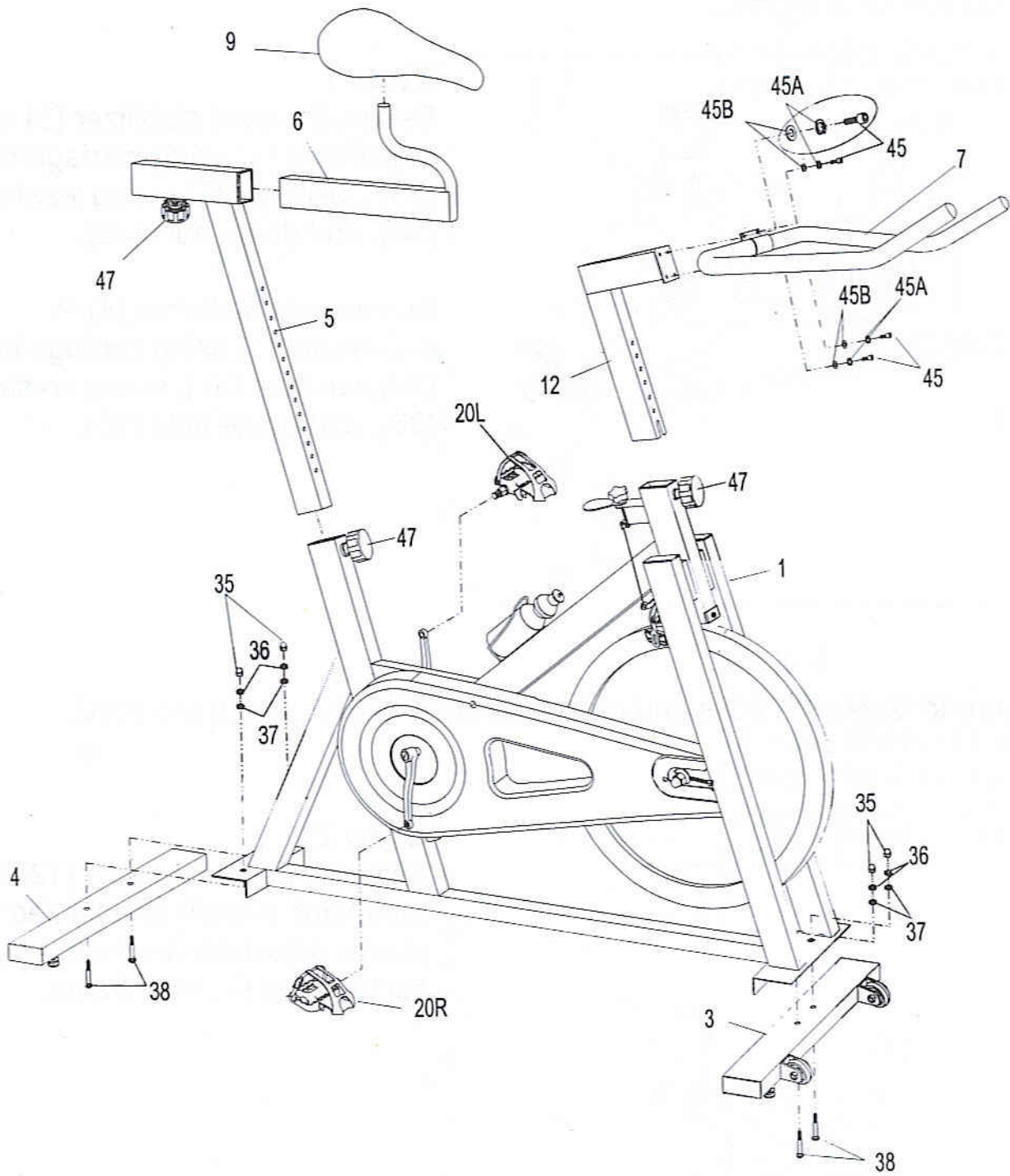
WARNING:

Before starting any exercise program, it is recommended that you consult your physician, especially for persons with pre-existing health problems. Before using the new equipment, please review this manual to learn about the features, functions, and safety operations. Should you experience any irregular physical conditions such as dizziness, severe muscle or joint pain, pain in your chest or should any other symptoms appear: **STOP EXERCISING** and consult with your physician immediately. ****MultiSports assumes no responsibility for personal injury or property damage sustained by or through the use of this product.****

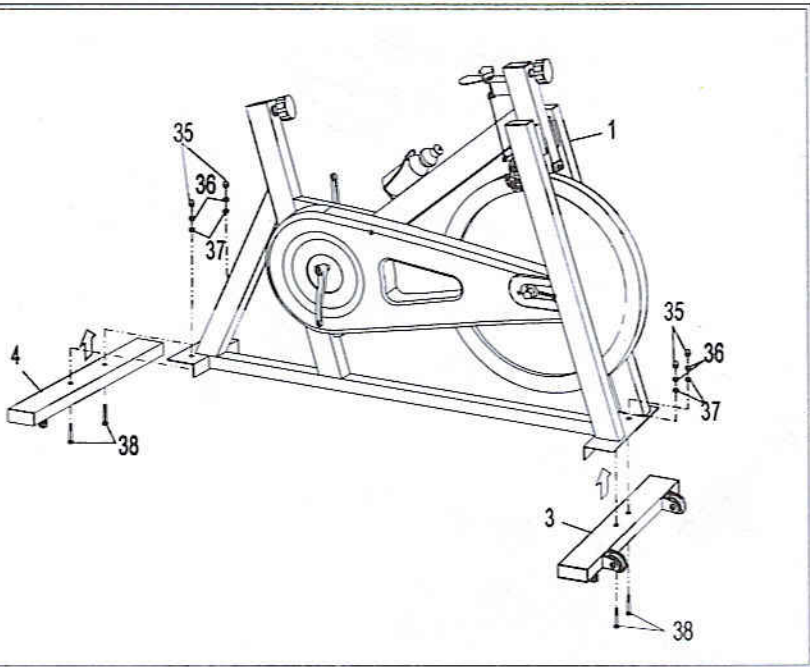
SAFETY TIPS AND PRECAUTIONS:

1. Read all instructions in this manual before using this equipment. It is the owner's responsibility to ensure that all users of this equipment are thoroughly informed of all warnings and precautions. Use this equipment for its intended use as described in this manual.
2. Securely tighten all nuts and bolts and inspect and tighten all parts each time you use the equipment. ****Replace any worn parts immediately and if you find that any repairs are needed, please keep the equipment out of use until repair.**
3. **Inspect the Crank Arms and Pedals** daily for any signs of stress fatigue, and check **Brake Pads** for its wear periodically. The safety level of the equipment can be maintained only if it is examined regularly for damage and wear.
4. Pull up or push down on the red emergency brake under the tension knob to **STOP** cycling immediately.
5. The equipment should only be used on a level surface and is designed for indoor use only.
6. Warm up before you start exercising to prevent injuries
7. No more than one person should operate the equipment at one time.
8. It is recommended that you do not initiate any type of exercising within 40 minutes after a meal.
9. Keep small children and pets away from the equipment at all times
10. Appropriate clothing should be worn while exercising. Never wear loose clothing that could be caught in moving parts. It is recommended that athletic support clothing be worn for both men and women. Athletic shoes should always be worn while exercising. **DO NOT USE** with bare feet, wearing sandals, or wearing only socks or stockings.
11. The user's max weight to operate the equipment is 250 lbs.
12. **DO NOT USE** the equipment around water or while you are wet. Using the unit around a pool, hot tub or sauna will void the warranty and is potentially hazardous.
13. The equipment is **NOT** suitable for medical/therapeutic use.

	<p>(1) Main Frame Q"TY: 1PC</p>		<p>(35) Dome nut M8 Q"TY: 4PC</p>
	<p>(3) Front stabilizer Q"TY: 1PC</p>		<p>(36 / 45A) Spring washer M8*16,NE Q"TY: 8PC</p>
	<p>(4) Rear stabilizer Q"TY: 1PC</p>		<p>(37 / 45B) Washer M8*16,NE Q"TY: 8PC</p>
	<p>(5) Seat Post Q"TY: 1PC</p>		<p>(38) Carriage Bolt M8*45 Q"TY: 4PC</p>
	<p>(6) Seat Bar Q"TY: 1PC</p>		<p>(45) Allen head bolt M8*19 Q"TY: 4PC</p>
	<p>(7) Handlebar Q"TY: 1PC</p>		<p>(47) Adjustable Knob Q"TY: 3PC</p>
	<p>(9) Seat Q"TY: 1PC</p>		<p>Tool Wrench 13-17 14-15</p>
	<p>(20) Pedal Q"TY: 1PAIR</p>		<p>Tool Allen Wrench M6</p>



Assembly Instructions

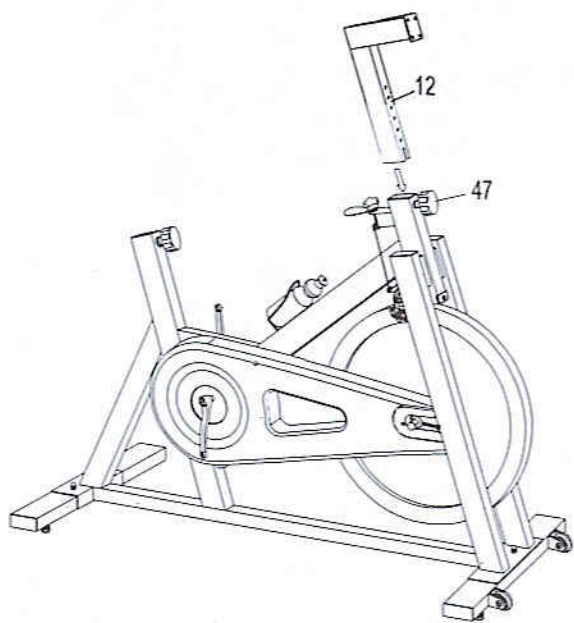


Step 1

Secure the front stabilizer (3) to mainframe (1) using carriage bolts (38), washers (37), spring washers (36), and dome nuts (35).

Secure rear stabilizer (4) to mainframe (1) using carriage bolts (38), washers (37), spring washers (36), and dome nuts (35).

" Make sure to fasten the bolts and nuts securely with the wrench provided.

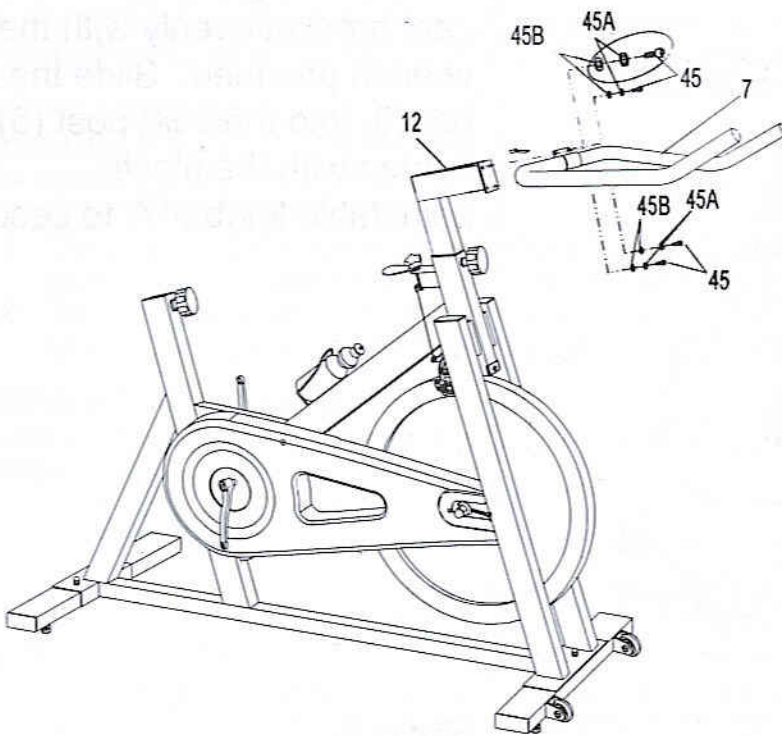


Step 2

Slide the handlebar post (12) into the mainframe (1) and tighten the plastic adjustable knob (47) to secure onto the mainframe.

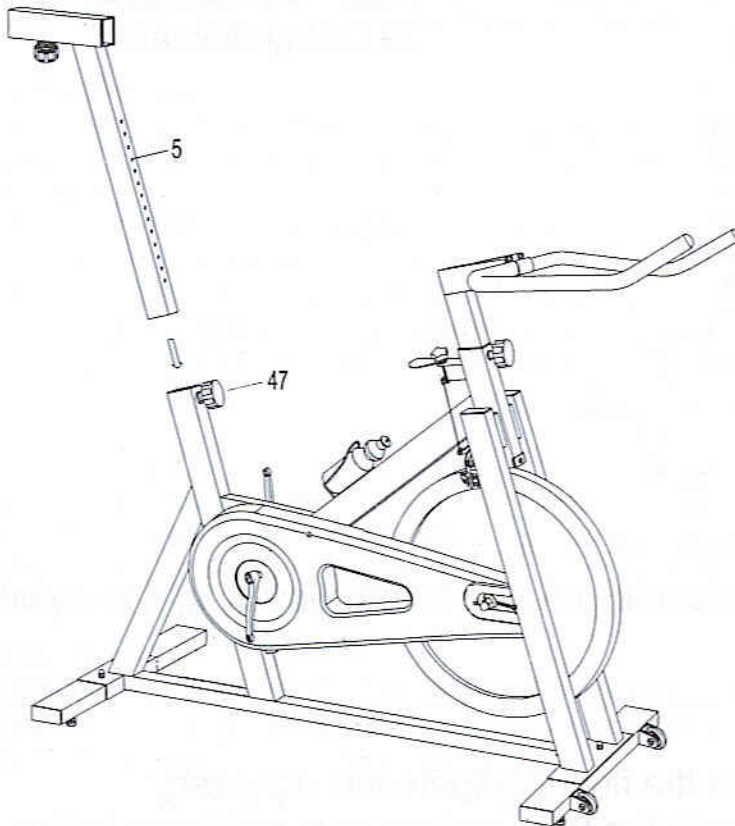
Step 3

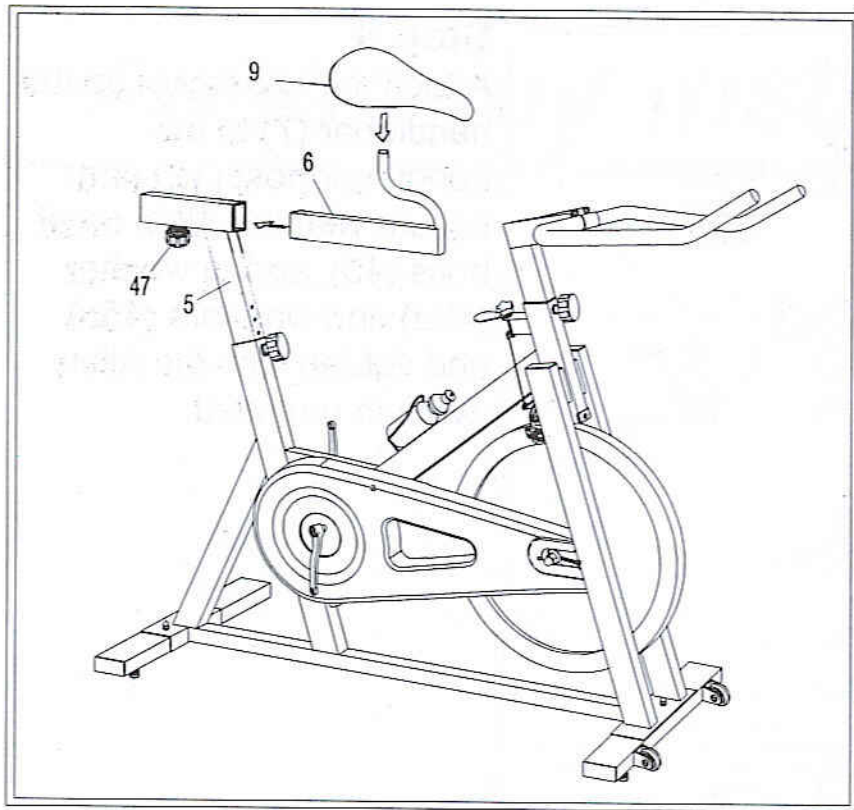
Attach the U-bracket on the handlebar (7) to the handlebar post (12) and secure with the Allen head bolts (45), spring washer (45a) and washers (45b) and tighten with the Allen wrench provided.



Step 4

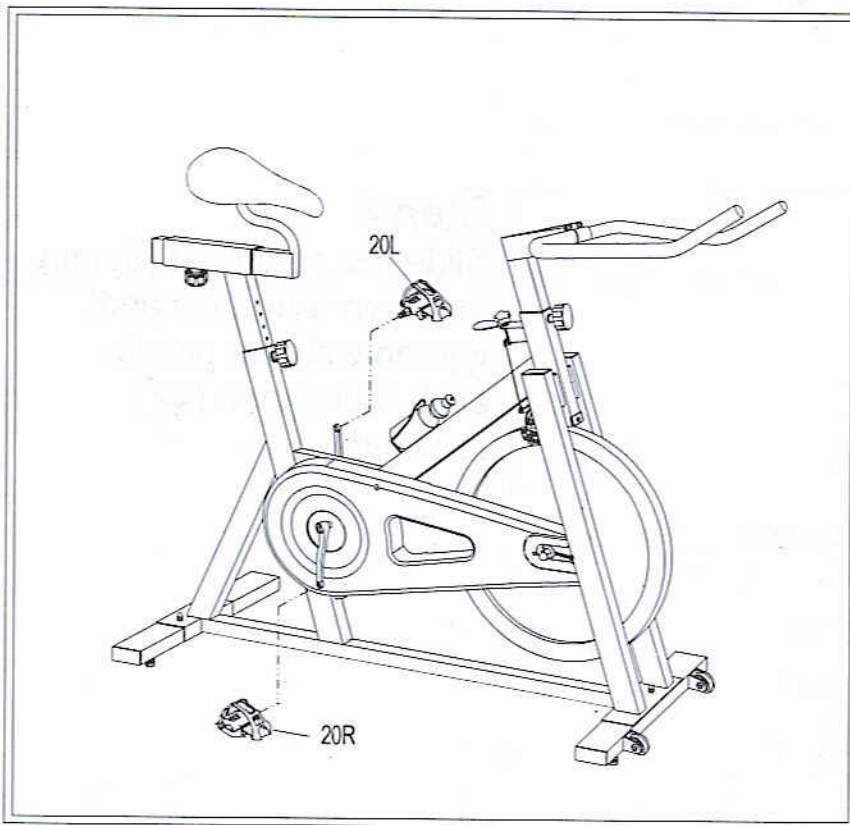
Slide the seat post (5) into the main frame (1) and tighten with the plastic adjustable knob (47) to secure.





Step 5

Attach the seat (9) to the seat bar (6) and tighten both sides of seat bracket evenly with the wrench provided. Slide the seat bar (6) into the seat post (5) and tighten with the plastic adjustable knob (47) to secure.



Step 6

Firmly screw each L and R pedal (20) into the left and right crank arm using a wrench to secure tightening. Note: The belt strap buckle must be facing outward.

*Inspect the pedal before each use to insure the connection is tight to avoid any safety hazards.

LEVELING:

After completing the installation, if the floor/equipment is not even, turn the adjustable bolts underneath the front and the rear stabilizers to the desired height and then tighten with the butterfly locknuts.

OPERATING INSTRUCTIONS

RESISTANCE ADJUSTMENT

The tension knob located under the handlebar controls the pedaling resistance. To increase resistance, turn the tension knob clockwise. To decrease, turn counter clockwise.

SEAT ADJUSTMENT

Properly adjust the seat to ensure maximum exercise efficiency, comfort, and to reduce the risk of injury. **The appropriate seat position on bike is found by placing one pedal in the downward position, with that leg slightly bent at the knee.**

1. To adjust the Seat Height simply turn the adjustable knob loose, then pull the knob to move the seat either up or down to the desired height (14 different seat height positions).
2. To adjust the Seat Position turn the adjustable knob loose, then pull the knob to move the seat either front or backwards to the right position (6 different seat positions).

HANDLEBAR ADJUSTMENT

Six different handlebar heights for adjustment are available. Refer to the seat height adjustment for the handlebar height.

MAINTENANCE INSTRUCTION

DAILY MAINTENANCE

- Examine all components and parts that could have loosened or worn during usage (pedals, crank arms, brake assembly, crank bolts, pop pins, seat, bolts and nuts) and secure or replace each as needed.
- Release the tension completely to allow air to flow through and to prevent hardening of the brake pads.
- Wipe down the entire bike including the underside with a damp cloth to remove perspiration. Also, for sanitary purposes wipe down the seat and handlebars with a mild soap solution.
- Remove the handlebar post, seat bar and seat post from the frame and wipe clean.
- Inspect and replace any worn or damaged pedals. To test the spindle, hold the pedal firmly and move the pedal up, down, back and forwards for any signs of movement or clicking.

WEEKLY MAINTENANCE

- Inspect the pedal straps for any wear or damage. Replace if needed.
- Examine all seat and handlebar adjustments for smooth operation. Lubricate with silicone spray if needed.
- Release the tension completely to remove the brake pads. Sand any brake pads hardening with a light sand paper and apply 3-N-ONE® oil onto the pads. Replace any unusable brake pads.
- Test the chain by mounting the bike and standing with the pedals parallel to the floor and rock back and forth to feel any play between the pedals and the flywheel. The pedals and the flywheel should move as one. Cycle for a ½ turn and feel for play again. If the chain is too loose, tighten immediately.

CHAIN ADJUSTMENT

To adjust the chain, loosen the dome nuts on each side of the flywheel and rotate each chain adjustable screw by half a turn either clockwise to tighten or counter-clockwise to loosen. Be sure to re-secure both dome nuts on each side after adjusting. If chain is still too tight or too loose, repeat the above steps. Only adjust screws by half a turn each time.

CHAIN LUBRICATION

To lubricate the chain, fill a grease gun with multi-purpose grease then apply the grease into the chain through the front opening of the outer chain cover, while slowly turning the pedal until a full rotation is completed and the entire chain is fully lubricated.