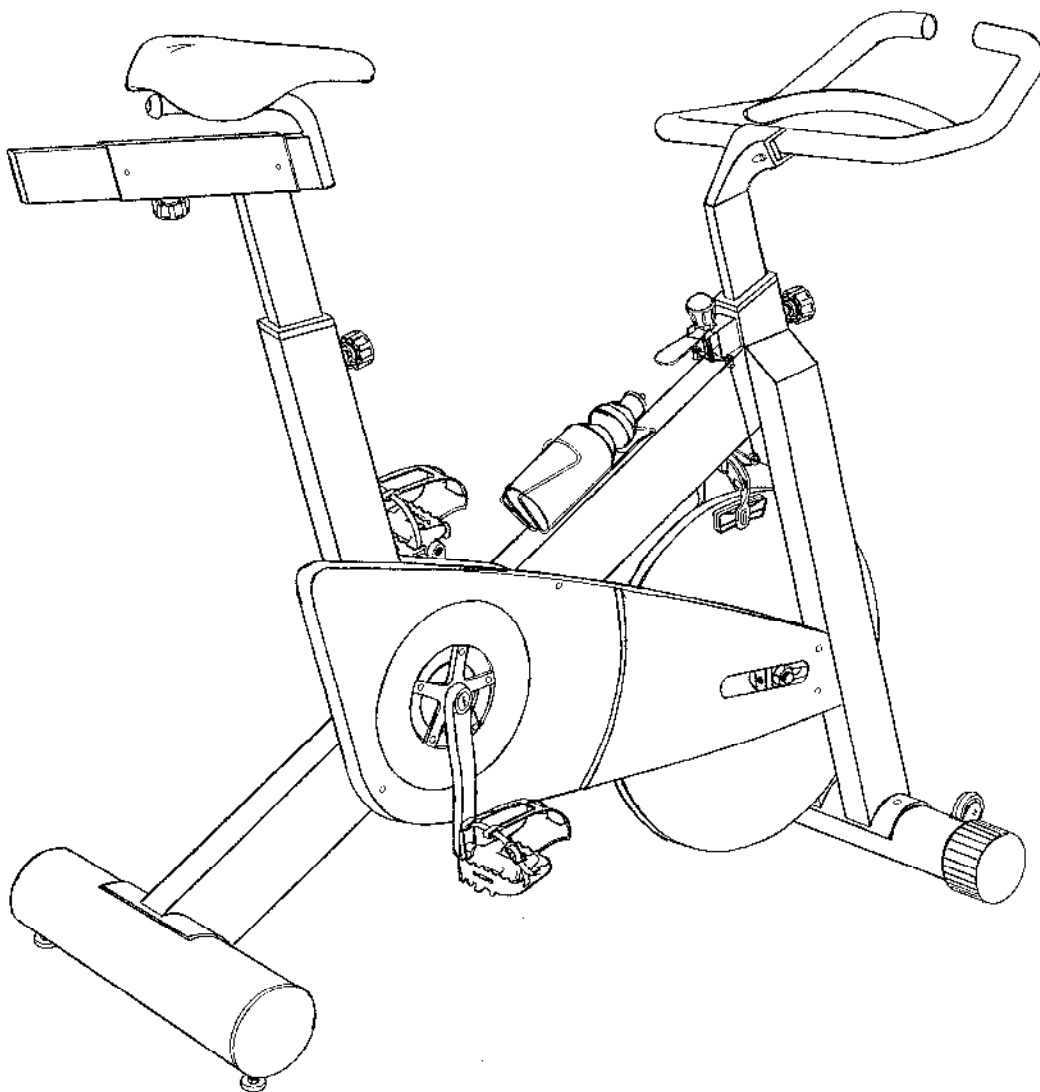


Enduro-Cycle Training Bike

ENC-600

Owner's Manual



MULTISPORTS

THE FUTURE OF FITNESS

4660 Pine Timbers, Suite 138, Houston, Tx 77041

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MultiSports Enduro-Cycle 600

Congratulations on your purchase of your new MultiSports Enduro-Cycle Training Bike. Although we go to great lengths to ensure the quality of our products, occasionally errors or omissions occur. Should you find either a defective or a missing part in this product, please contact us within thirty days for a replacement at the following address or telephone number:

MultiSports, Inc., P.O. Box 800059, Houston, Texas 77280

Ph: 800-877-0588, 713-460-8188 FX: 713-460-8180

Please provide the part number when requesting parts.

WARRANTY GUIDELINES

The MultiSports Enduro-Cycle Training Bike is warranted to the original retail purchaser to be free from defects in materials and workmanship.

TIME PERIOD

MultiSports extends the following exclusive, limited warranty, which shall apply only to the use of the device in the home, for residential, non-commercial purposes only. Any other use of the device shall void this warranty.

Home-use warranty for frame and welds: Limited Lifetime

Home-use warranty for moving parts: One Year

MultiSports extends the following limited warranty, which shall apply for use in lite commercial facilities.

Lite-commercial warranty for frame and welds: Two Years

Lite-commercial warranty for moving parts: Six months

MultiSports extends the following limited warranty, which shall apply for use in commercial facilities.

Commercial warranty for frame and welds: Two Years

Commercial warranty for moving parts: Six months

These warranties extend only while owned by the original retail purchaser.

This warranty does not cover:

1. Any component on original equipment, which carries a separate consumer warranty of the parts supplier.
2. Normal wear and tear.
3. Any damage, failure or loss caused by accident, misuse, neglect, abuse, improper assembly, improper maintenance, or failure to follow instructions or warnings in owners manual.
4. Use of products in a manner for which they were not designed.
5. Use of any product in other than a home or residential setting unless otherwise noted in the owners manual.

LIMITATIONS

The foregoing warranties are in lieu of and exclude all other warranties not expressly set forth herein, whether express or implied by operation of law or otherwise, including but not limited to any implied warranties of merchantability of fitness. MultiSports, Inc., shall in no event be liable for incidental or consequential losses, damages or expenses in connection with exercise products. MultiSports' liability therefore is expressly limited to the replacement of goods not complying with this warranty or, at MultiSports election, to the repayment of an amount equal to the purchase price of the exercise product in question.

Some states do not permit the exclusion or limitation of implied warranties or incidental or consequential damages, so the preceding limitations and exclusions may not apply to you.

PROCEDURES

Warranty service will be performed by MultiSports or the authorize MultiSports fitness dealer from whom you bought the product. MultiSports will have the option of either repair or replacement at no charge for any defective product. Transportation to and from the authorized MultiSports fitness dealer is the responsibility of the purchaser. The following procedures will apply:

1. MultiSports will replace any bike frame that is structurally defective with a new frame or replace the unit with a unit of equal or greater value. MultiSports is not responsible for labor charges in replacing defective frames.
2. MultiSports will have the option to either repair or replace a defective part or product. Dealer labor charges for installing replacement or repaired parts are not covered by this warranty.
3. If you elect to repair a defective product or part yourself or use the services of someone other than an authorized MultiSports fitness dealer, or if you use a replacement part not supplied by MultiSports, MultiSports will not be liable for any defects of damage caused by the use of such unauthorized service or parts.
4. See you authorized MultiSports fitness dealer for service, call 800-877-0588 for Multisports Customer Service Hotline between 9:00 AM – 5:30 PM CST, or write the Customer Service Department, MultiSports, Inc. P.O. Box 800059, Houston, Texas 77280.
5. This warranty gives you specific legal rights and you may also have other rights which may vary from state to state.

IMPORTANT SAFETY INFORMATION

Please follow the safety rules below to avoid injury and/or accidents.

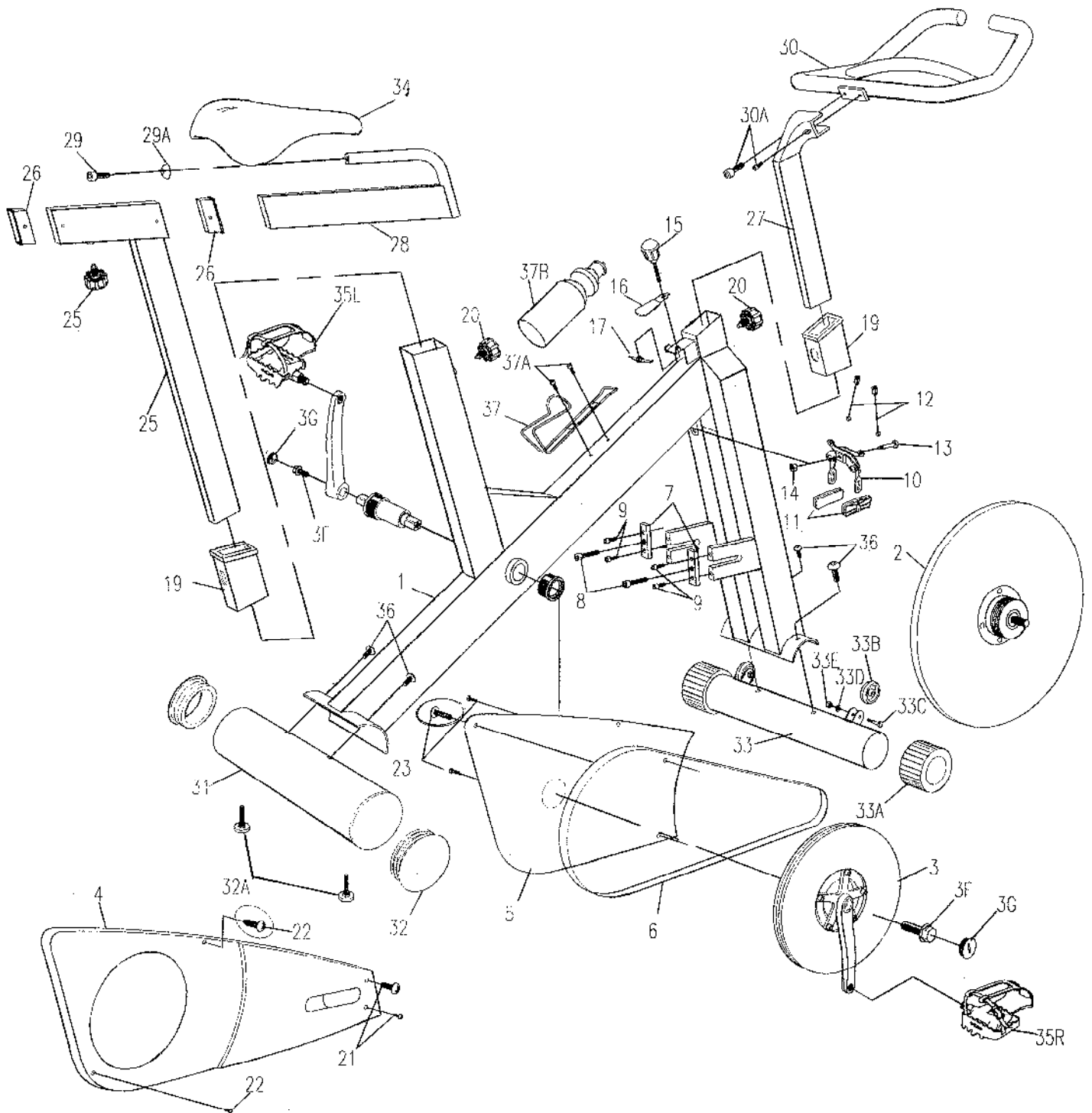
1. You may stop the bike immediately by pulling up or pushing down the emergency brake on the tension knob while you are exercising.
2. Keep the bike away from children. Do not allow the children to be around when using the machine.
3. Do not ride the bike standing up.
4. Do not ride while wearing loose clothing (robes, pants, skirts etc...)
5. Wear only rubber sole shoes or tennis shoes when riding. Hard sole or high heel shoes may cause user to slip or fall. **DO NOT USE** barefooted or wearing only socks.
6. Place the bike on a smooth hard surface.
7. The user's max weight is 220 lbs.
8. The braking system of the bike is speed dependent.
9. Securely tighten all nuts and bolts and regularly check to insure that all bolts and nuts have not loosened. ****If you find that any repairs are needed, please keep the bike out of use until repair.**
10. With use, normal wear of components can be expected. Therefore, periodic inspection of moving components should be performed. Note: The brake pad is most susceptible to wear, so before use make sure it has complete function.
11. Any adjustment devices should not be left projection.
12. The safety level of the equipment can be maintained only if it is examined regularly for damage and wear.
13. This bike is not suitable for therapeutic use.

WARNING: 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.

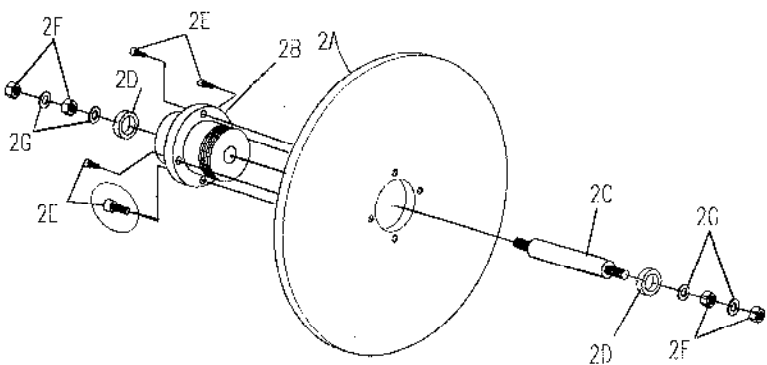
*MultiSports assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

- 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 their 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.

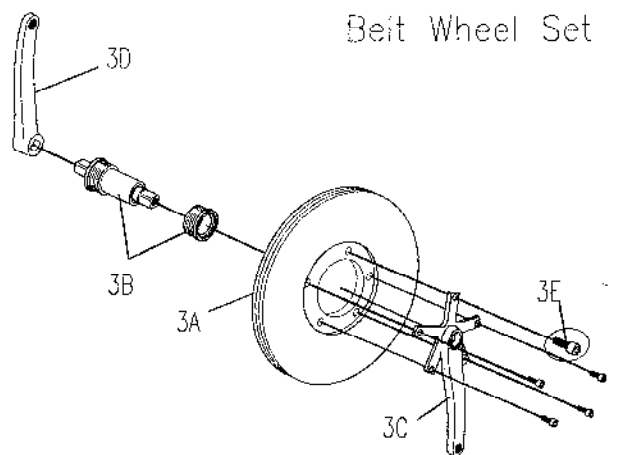
Exploded Drawing



Flywheel Set



Belt Wheel Set



ENC-600 Parts List

	Description	Q'TY		Description	Q'TY
*1	Main frame	1	*19	Seat Post & Handlebar Sleeve	2
*2	Flywheel Set(31kgs)		20	Adjustable Knob M16x25mm	2
*2A	Flywheel	1	21	Screw M6x15mm	2
*2B	Front Belt Wheel	1	22	Tapping Screw 3/16"x3/4" L	2
*2C	Axle 20x164mm	1	23	Tapping Screw M4x20mm	3
*2D	Bearing 6004ZZ	2	24	Seat Post	1
*2E	Bolt M8x25mm	4	*25	Adjustable Knob M16x15mm	1
*2F	Nut M10	4	*26	Seat Bar Sleeve 30x60mm	2
*2G	Washer M10	4	*27	Handlebar Post	1
*3	Belt Wheel Set		*28	Seat Bar	1
*3A	Rear Belt Wheel L3	1	*29	Bolt M8x10	1
*3B	B.B. Parts	1	*29A	Fix Cap	1
*3C	Crank(R) 170mm	1	30	Handlebar	1
*3D	Crank(L) 170mm	1	30A	Bolt M8x10	2
*3E	Bolt M10x12	5	31	Rear Stabilizer	1
*4	Outer Chain Cover	1	*32	End Cap 4"	2
*5	Inner chain Cover	1	*32A	Adjust Screw M8x25mm	2
*6	Belt PL-590-L3	1	33	Front Stabilizer	1
*7	Adjusting Bracket	2	*33A	End Cap 3"	2
*8	Bolt M8x40	2	*33B	Transportation Wheel	2
*9	Bolt M6x20	4	*33C	Bolt M8x40mm	2
*10	Caliper Brake	1	*33D	Washer M8	2
*11	Brake Pad	2	*33E	Nut M8	2
*12	Cable 140mm	2	34	Seat	1
*13	Bolt M6 x 20	1	35R	Pedal (R)	1
*14	Nut M6	1	35L	Pedal (L)	1
*15	Adjustable Knob M8x50	1	36	Screw M8x16mm	4
*16	Emergency Brake	1	*37	Bottle Holder	1
*17	Cable Hook	1	*37A	Bolt M5x12mm	2
*18	Nut M8	1	37B	Water Bottle	1

*Indicates Pre-Assembled parts.

Note: Specifications are subject to change without notice.

Parts List

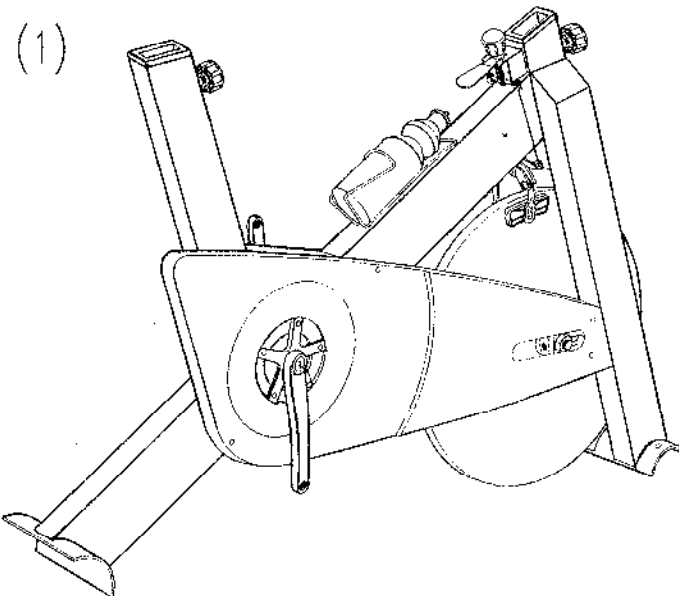
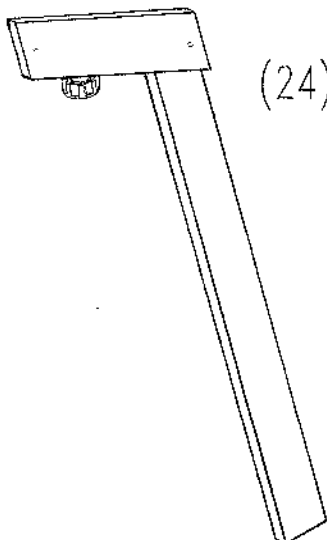
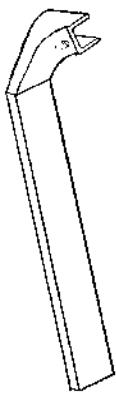
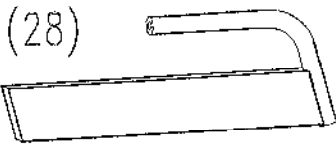


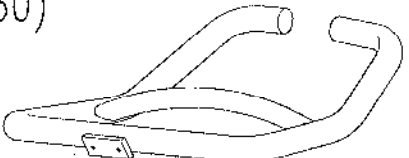

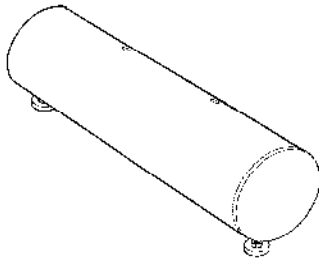
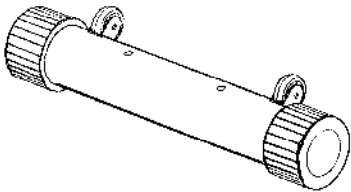

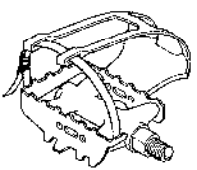
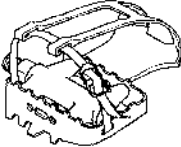
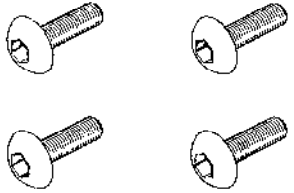
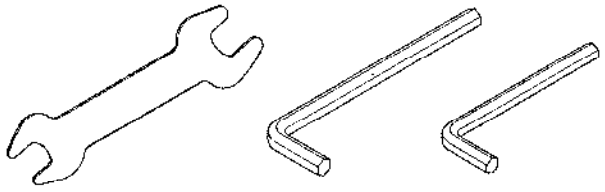
<p>(1)</p> 	 <p>(24)</p>  <p>(27)</p>
 <p>(28)</p>  <p>(29)</p>  <p>(29A)</p>	 <p>(30)</p>  <p>(30A)</p>
<p>(31)</p> 	<p>(33)</p> 
<p>(34)</p> 	<p>(35R)</p>  <p>(35L)</p> 
<p>(36)</p> 	<p>TOOLS</p> 

FIGURE 7

ATTACH THE FRONT & REAR STABILIZERS

Step 1. Fix the Front & Rear Stabilizers(31,33) to the main frame(1) and secure using a screw(36).

Step 2. Fix the Right Pedal(screw clockwise) and Left Pedal (screw counter-clockwise) to the crank.

* Inspect the pedal & crank bolts and nuts before each use to insure that the connection is tight to avoid any safety hazards.

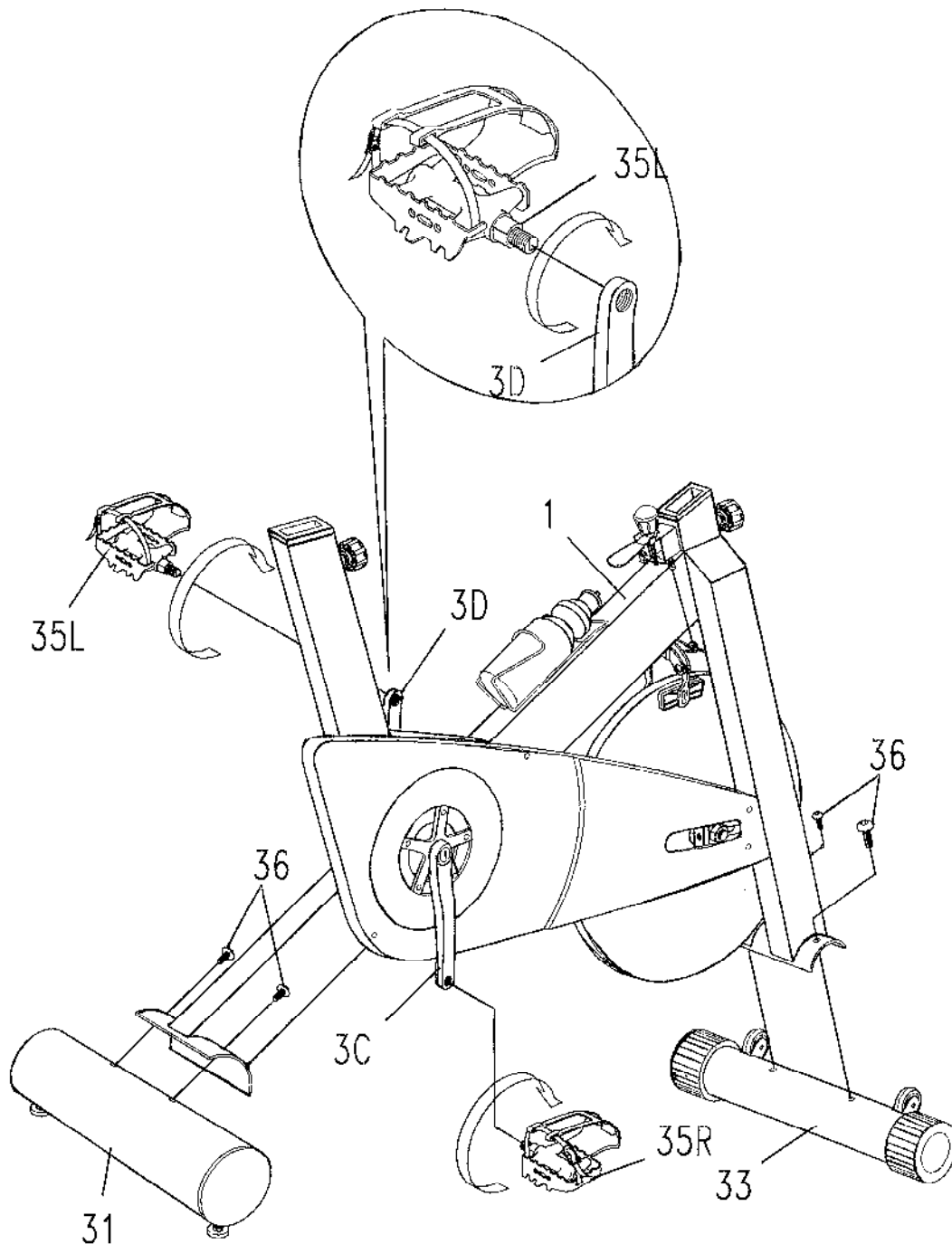


FIGURE 2 ATTACH THE HANDLEBAR & HANDLEBAR POST

- Step 1. Loosen adjustable knob(20) and pull.
- Step 2. Attach the handlebar post(27) to the main frame(1) and tighten the adjustable knob(20).
- Step 3. Tighten handlebar(30) and handlebar post(27) with bolt(30A).

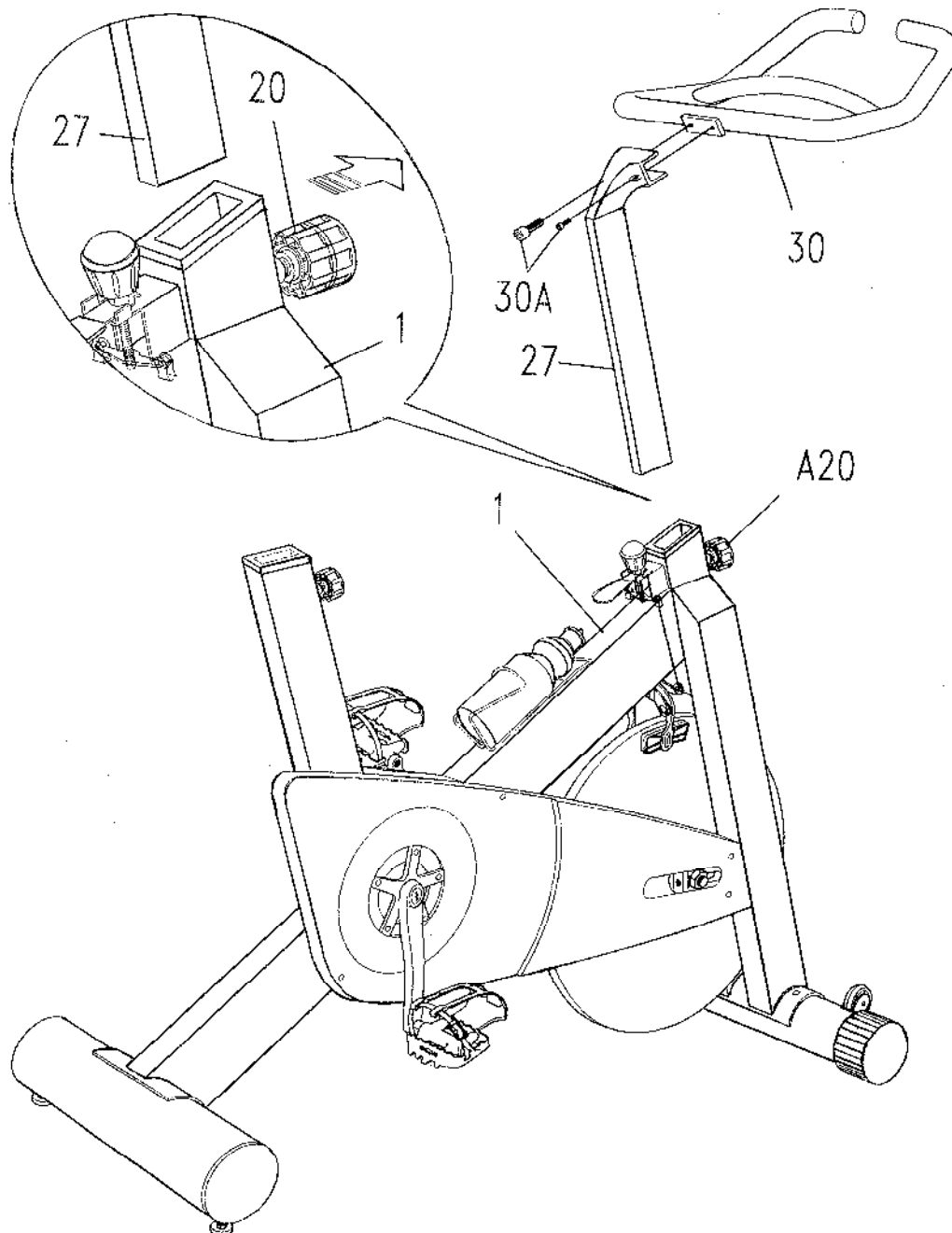


FIGURE 3

ATTACHED THE MAIN FRAME & SEAT POST

Step 1. Loosen Adjustable Knob(20) and pull. Slide the seat post(24) into the main Frame, then tighten the adjustable knob to secure.

Step 2. Loosen the Adjustable Knob(25) and pull. Slide the Seat Bar(28) into the Seat Post(24) and tighten the adjustable knob to secure.

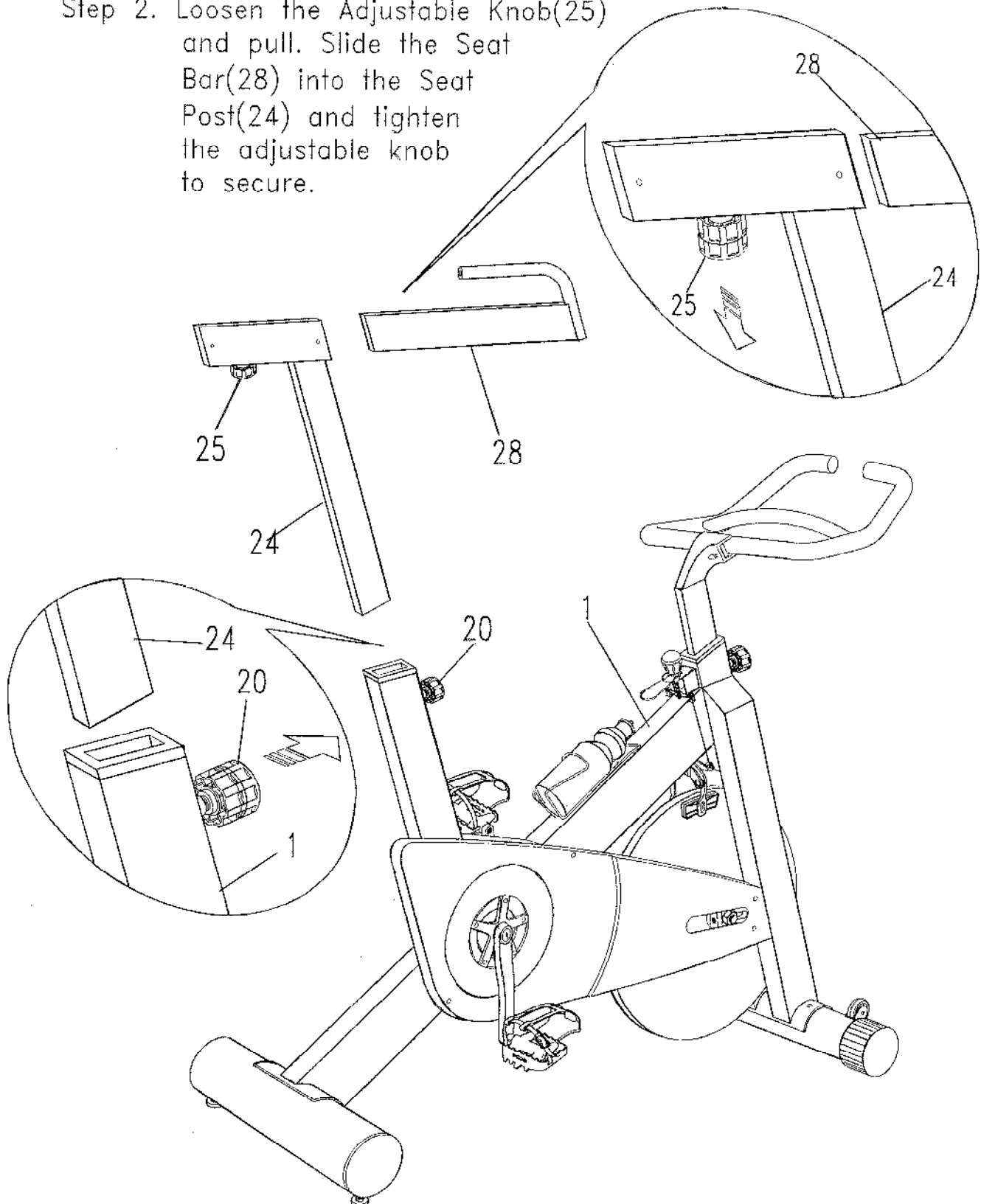
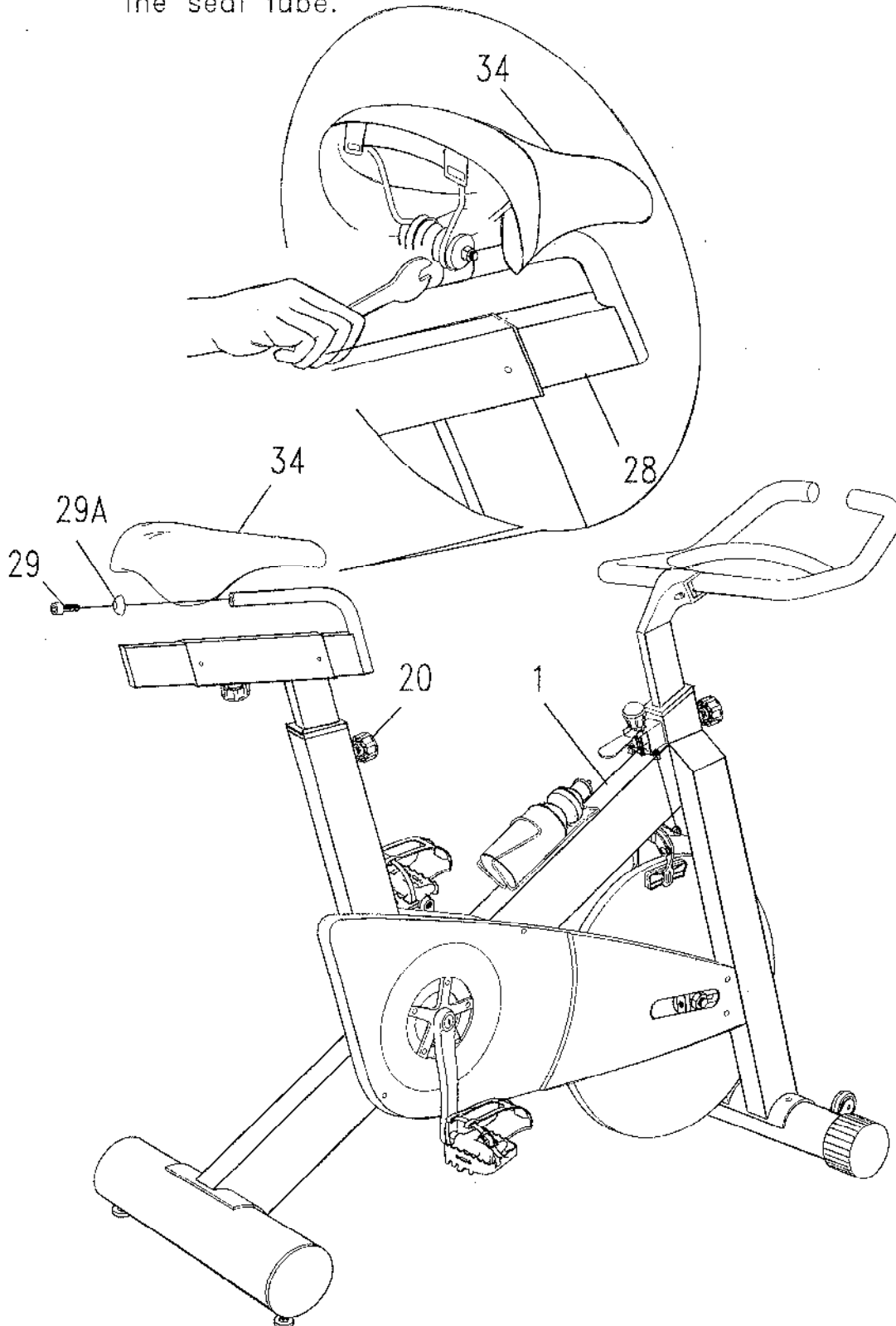


FIGURE 4

ATTACH THE SEAT AND THE SEAT BAR

Step 1. Insert seat(34) onto seat bar(28), then tighten the collar with tool.

Step 2. Insert bolt(29) into the fix cap(29A) and tighten into the seat tube.



OPERATING INSTRUCTIONS

RESISTANCE ADJUSTMENT:

Pedaling resistance is controlled by the tension knob located under the handlebar. To increase resistance, turn the tension knob clockwise. To decrease resistance, turn the tension knob counter clockwise.

SEAT ADJUSTMENT:

Properly adjust the seat to ensure maximum exercise efficiency and comfort, while helping to reduce the risk of injury. The most appropriate seat position to bike is when placing one pedal in the downward position, your leg should be 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 up or down to the desire height(there are 14different seat height positions)
2. To adjust the seat position turn the adjustable knob loose then pull the knob to move the seat front or backwards to the right position (there are 6 different seat positions)

HANDLEBAR ADJUSTMENT:

There are six different handlebar heights that can be adjusted to. Refer to the seat height adjustment to adjust the handlebar height.

CHAIN ADJUSTMENT

The chain on your bike has been pre-adjusted and should not require immediate attention. Continuous use of the bike may cause the chain to stretch or become loose and need adjustments. To adjust the chain simply screw the chain adjustable nut to tighten.