

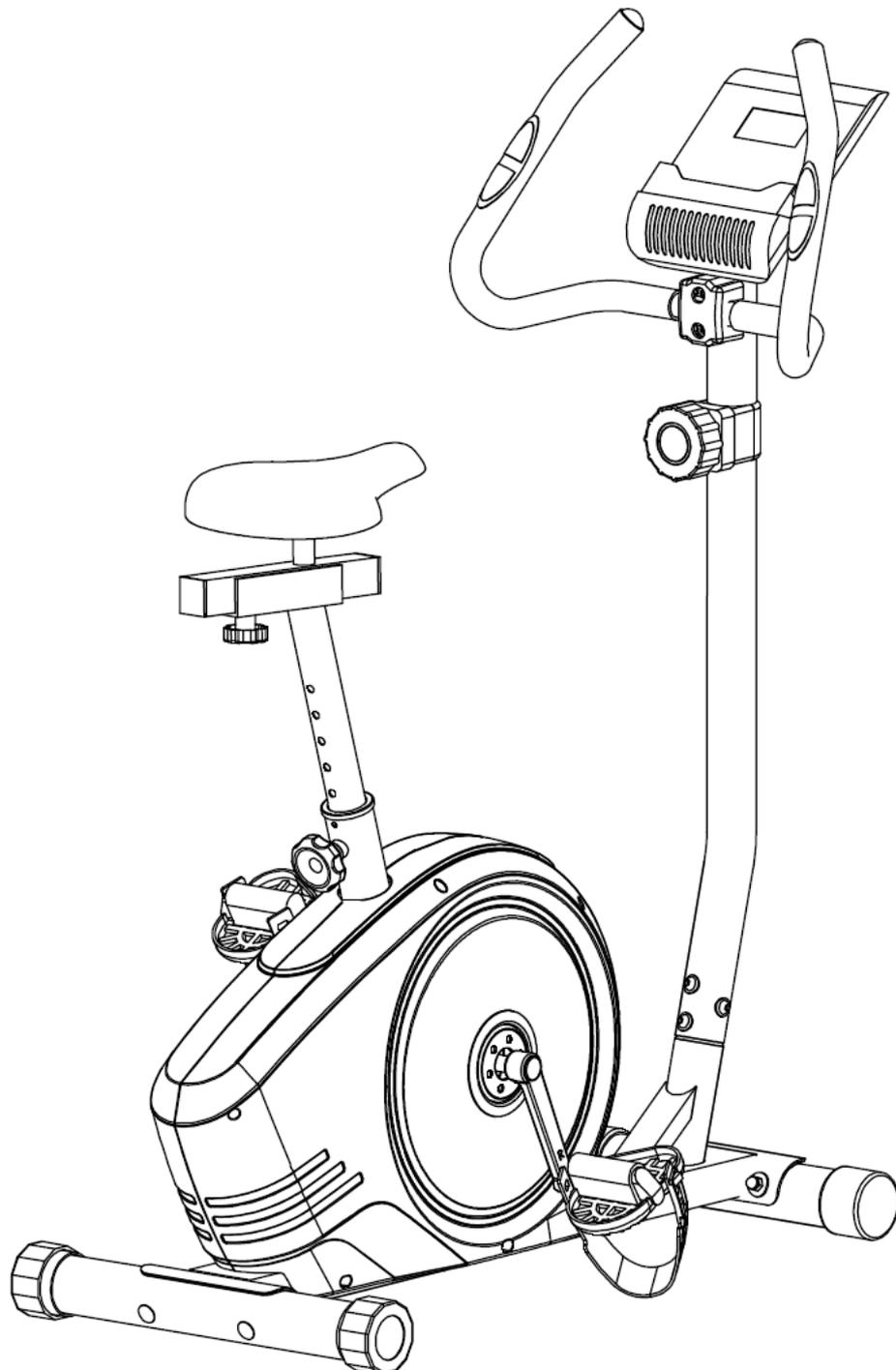


***D.C. ATHLETICS***®

# Golf A.C.C

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## MANUAL



## **IMPORTANT !**

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Please read all instructions carefully before using this product.

Retain this manual for future reference.

The specifications of this product may vary slightly from the illustrations and are subject to change without notice.

## **Before You Start**

Thank you for purchasing this Magnetic Bike! For your safety and benefit, read this manual carefully before using the machine.

Prior to assembly, remove components from the box and verify that all the listed parts were supplied. Assembly instructions are described in the following steps and illustrations.

## **IMPORTANT SAFETY NOTICE**

### **PRECAUTIONS**

**BE SURE TO READ THE ENTIRE MANUAL BEFORE YOU ASSEMBLE OR OPERATE YOUR MACHINE. IN PARTICULAR, NOTE THE FOLLOWING SAFETY PRECAUTIONS:**

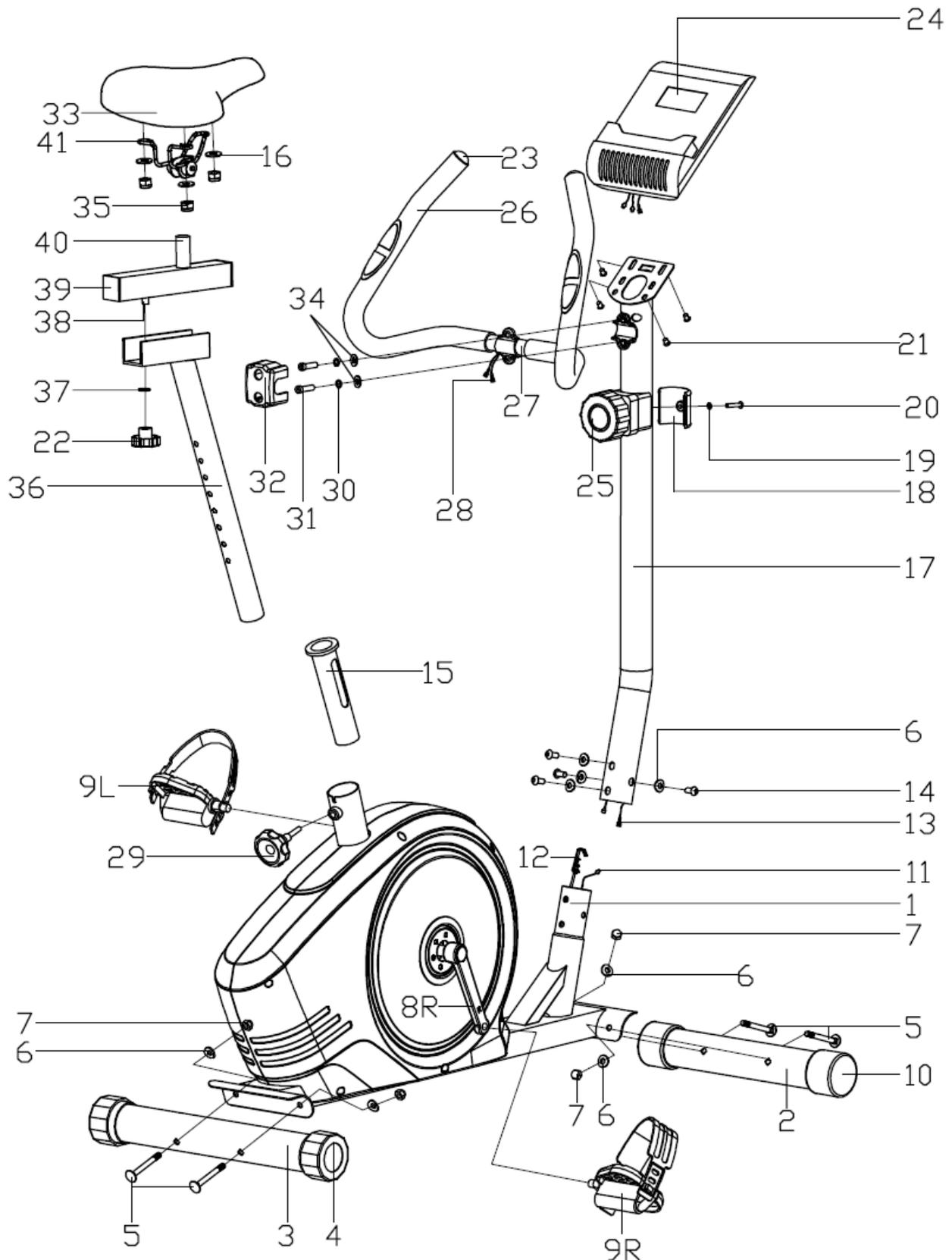
- 1、 Check all the screws, nuts and other connections before using the machine for the first time and ensure that the trainer is in the safe condition.
- 2、 Set up the machine in a dry level place and leave it away from moisture and water.
- 3、 Place a suitable base (e.g. rubber mat, wooden board etc.) beneath the machine in the area of assembly to avoid dirt and etc..
- 4、 Before beginning training, remove all objects within a radius of 2 meters from the machine.
- 5、 DO NOT use aggressive cleaning articles to clean the machine, Only use the supplied tools or suitable tools of your own to assemble the machine or repair any parts of machine. Remove drops of sweat from the machine immediately after finishing training.
- 6、 Your health can be affected by incorrect or excessive training. Consult a doctor before beginning a training program. He can define the maximum setting (Pulse. Watts. Duration of training etc) to which you may train yourself and can get precise information during training. This machine is not suitable for therapeutic purpose.
- 7、 Only do training on the machine when it is in correct working way. Use only original spare parts for any necessary repairs.
- 8、 This machine can be used for only one person's training at a time.
- 9、 Wear training clothes and shoes which are suitable for fitness training with the machine. Your training shoes should be appropriate for the trainer.
- 10、 If you have a feeling of dizziness, sickness or other abnormal symptoms, please stop training and consult a doctor asap.
- 11、 People such as children and handicapped persons should only use the machine in the presence of another person who can give aid and advice.
- 12、 The power of the machine increases with increasing the speed, and the reverse. The machine is equipped with adjustable knob which can adjust the resistance. Reduce the resistance by turning the adjusting knob for the resistance setting towards stage 1. Increase the resistance by turning the adjusting knob for the resistance setting towards stage 8.

**WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN.**

THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT.

SAVE THESE INSTRUCTIONS / Maximum user's weight: 100KG

## EXPLODED DIAGRAM



## PARTS LIST

NO.	DESCRIPTION	Q'TY	NO.	DESCRIPTION	Q'TY
1	Main frame	1	22	Knob nut	1
2	Front Stabilizer	1	23	Round end cap	1
3	Rear Stabilizer	1	24	Computer	1
4	Rear End Caps	2	25	Tension controller	1
5	Carriage bolt M8×L74	4	26	Foam grip	2
6	Arc Washer $\phi 8.5 \times 1.5 \times \phi 25 \times R33$ .	8	27	Handlebar	1
7	Acorn nut M8	4	28	Pulse wire	2
8 L/R	Crank	1 pr.	29	Knob	1
9 L/R	Pedal	1 pr.	30	Spring washer D8	2
10	Front End Caps	2	31	Inner hex bolt M8×30	2
11	Sensor wire	1	32	Handlebar Chuck Cover	1
12	Tension Cable	1	33	Saddle	1
13	Extension Wire	1	34	Flat washer D8	2
14	Inner hex bolt M8×16	4	35	Nylon nut M8	3
15	Saddle bushing	1	36	Saddle post	1
16	Flat Washer D8		37	Flat washer D10	1
17	Handlebar Post	1	38	U saddle winch	1
18	Tension control rear cover	1	39	Square end cap	2
19	Flat washer	1	40	Saddle horizontal tube	1
20	Cross pan head screw	1	41	Saddle joint	1
21	Cross pan head screw M4×10	4			

### NOTE:

Most of the listed assembly hardware has been packaged separately, but some hardware items have been preinstalled in the identified assembly parts. In these instances, simply remove and reinstall the hardware as assembly is required.

Please reference the individual assembly steps and make note of all preinstalled hardware.

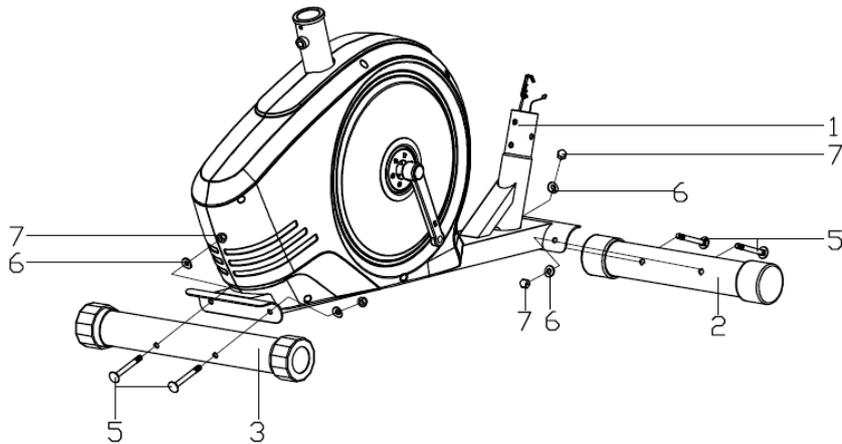
**PREPARATION:** Before assembling, make sure that you will have enough space around the item; Use the present tooling for assembling; before assembling please check whether all needed parts are available.

It is strongly recommended this machine to be assembled by two or more people to avoid possible injury.

# ASSEMBLY INSTRUCTION

## STEP 1

Attach the front stabilizer (2) and rear stabilizer (3) to the main frame (1) with the carriage bolts (5), arc washers (6) and acorn nuts (7) as shown.



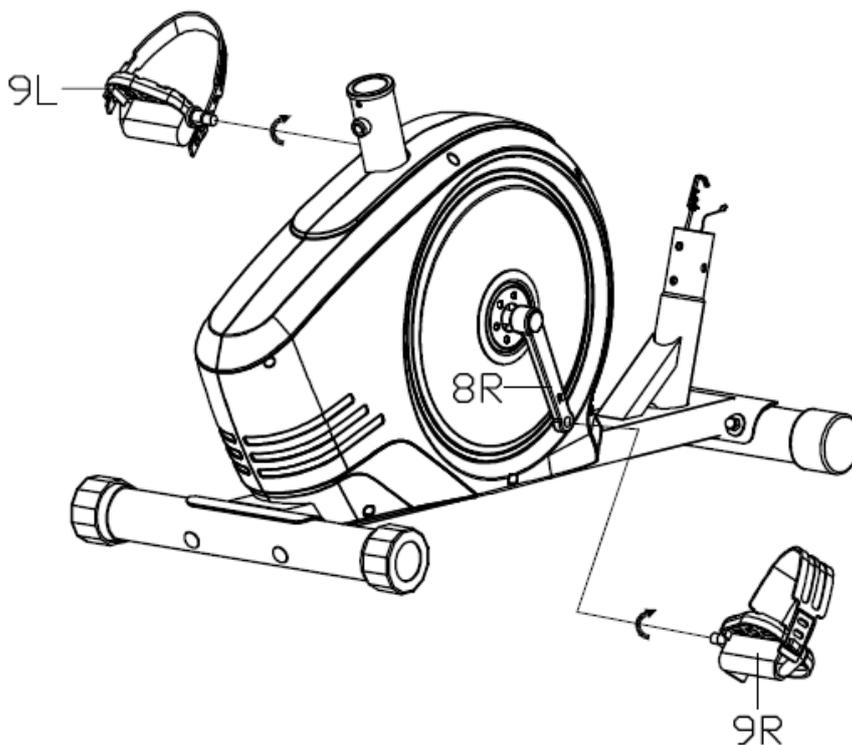
## STEP 2

Attach the pedals (9L/R) to the Crank (8L/R) respectively, viewed from the rider's exercising position.

Always make sure the pedals are securely tightened before any exercise.

**Note:** Both pedals are labeled L FOR LEFT and R FOR RIGHT.

To tighten the left pedal COUNTERCLOCKWISE and the right pedal CLOCKWISE.



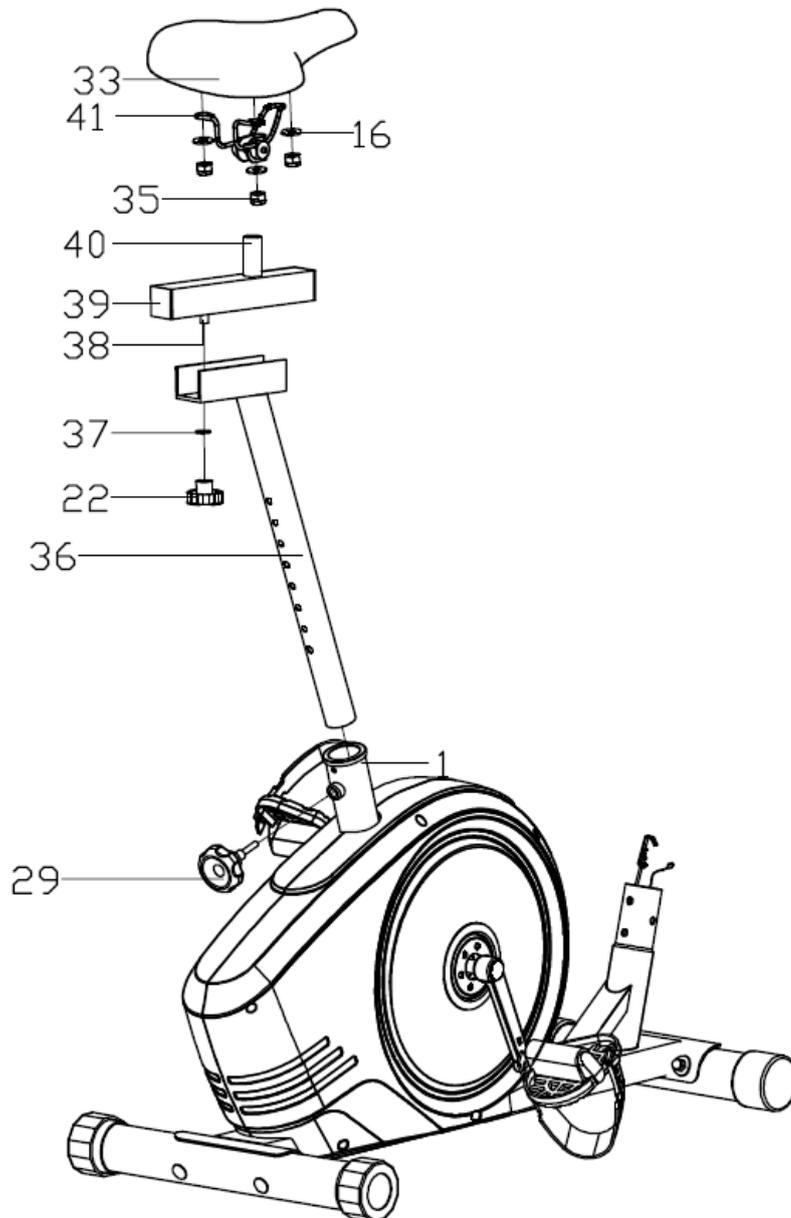
### STEP 3

A: Attach the saddle joint(41) to the saddle(33) with nylon nut(35) and flat washer(16) as shown.

B: Tighten the saddle(33) to the upright post of saddle horizontal tube(40)with cross wrench, then attach the saddle horizontal tube(40) to the saddle post(36) with flat washer(37) and knob nut(22) as shown.

C: Insert the saddle post(36) to the upright tube of main frame(1), make sure the position, and last tighten it with the knob(29) as shown.

Note: Please make sure the saddle (33) tightens in the saddle horizontal tube (40) when do exercise.

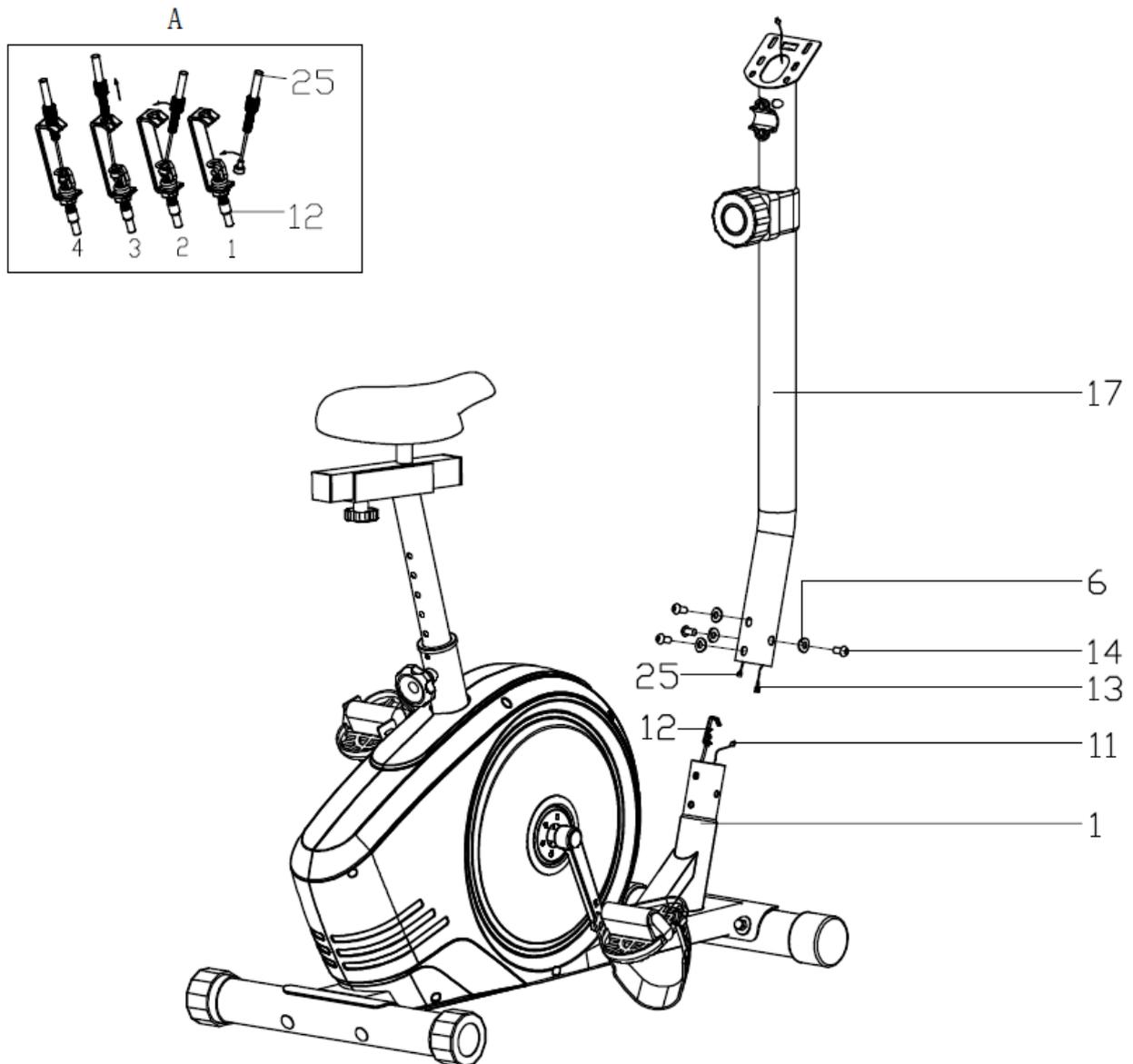


## STEP 4

A: Connect the Extension Wire (13) with the sensor wire (11);

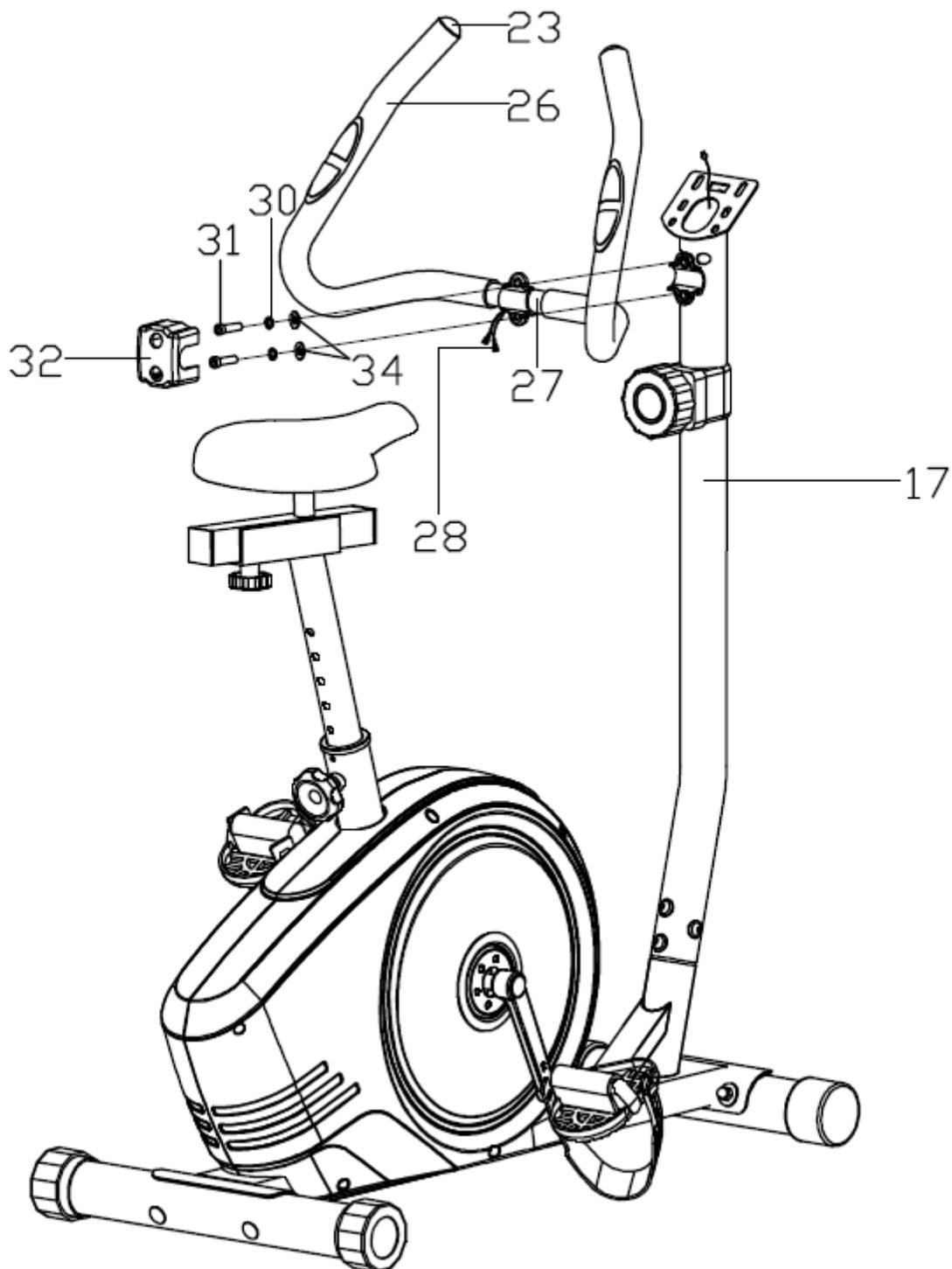
B: Connect the tension cable (12) and tension controller (25) as shown in picture A.

C: Fix the handlebar post (17) to the front upright post of the main frame (1) with the Inner hex bolts (14) and arc washers (6).



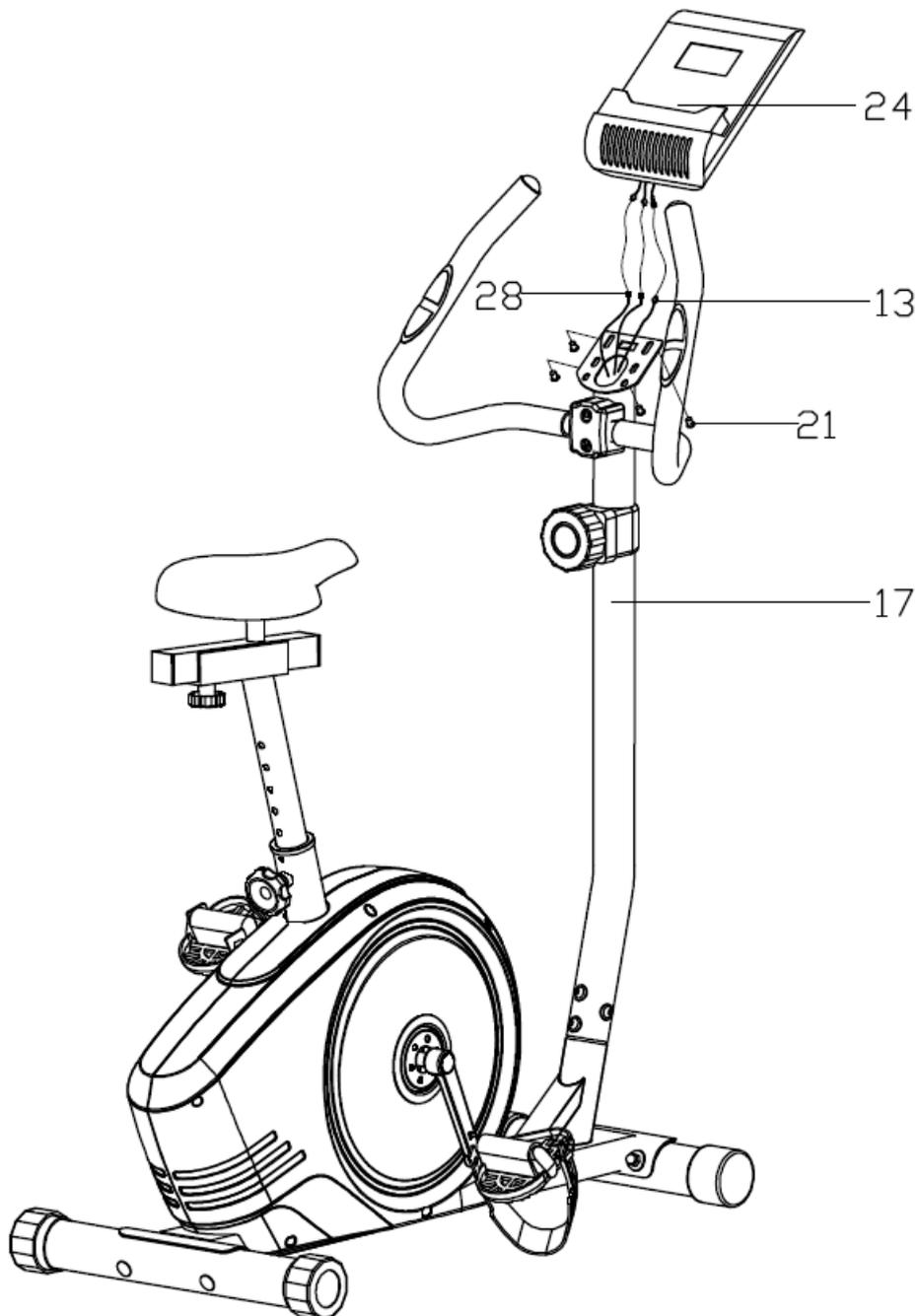
## STEP 5

1. Feed the pulse wire (28) out of the handlebar post (17) through the top of the computer bracket.
2. Attach the handlebar (27) to the handlebar post (17) with the inner hex bolt (31), spring washer (30) and flat washer (34), and then cover the handlebar chuck cover (32) as shown.



## STEP 6

Connect the extension wire(13) and pulse wire(28) to the computer (24), and then install the computer (24) onto the computer bracket on the top of the handlebar post (17) with the cross pan head screw (21) as shown.



# WARM-UP and COOL-DOWN

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

## WARM-UP

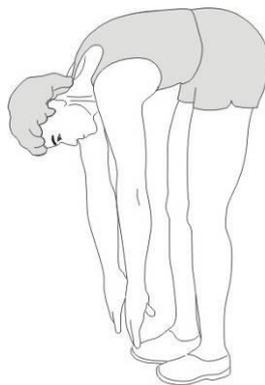
The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

## STRETCHING

Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. **DO NOT BOUNCE.**



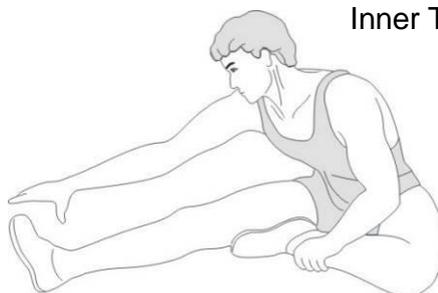
Side Stretch



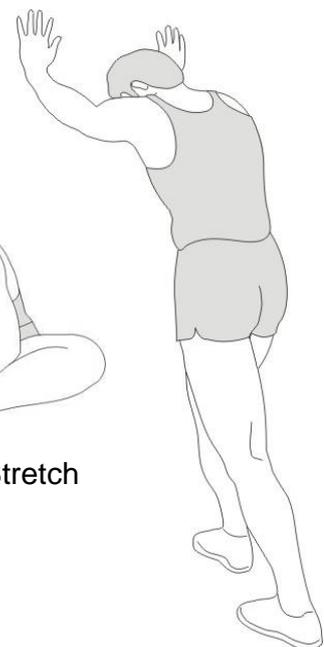
Toe Touch



Inner Thigh Stretch



Hamstring Stretch



Calf-Achilles Stretch

Remember always to check with your physician before starting any exercise program.

## COOL-DOWN

The purpose of cooling down is to return the body to its normal or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.