

BECYCLE



TBU9000



TBR9000



Be sure to read the manual before using the product in order to use safely and correctly. Please keep user manual at a place to be available easily.

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1 GETTING STARTED

SAFETY INSTRUCTIONS

Please read and fully understand this user manual prior to using this machine. Please keep this manual in a safe and handy place for future reference.

Failure to adhere to the following could potentially void your warranty.

Warning

Always disconnect power supply when servicing/cleaning or during extended periods of non-operation of this exercise equipment.

Do not attempt to disassemble this exercise equipment.

Only authorized service providers may service this equipment.

Do not operate this exercise equipment if damaged or if any abnormal noises are heard.

Please Contact DRAX INC. Customer Support Center for assistance.

Caution

- The owner of exercise equipment must inform all users of the safety instructions and correct operating procedure for this exercise equipment.
- Always operate the exercise equipment in accordance with the supplied instructions.
- Always ensure that this exercise equipment is installed on flat level ground prior to operation.
- Always ensure that this exercise equipment installed in a low humidity and low dust environment.
- Do not operate this exercise equipment prior to proper installation.
(Please refer to installation instructions)
- Always ensure that children and pets are kept off this exercise equipment.
- The maximum user weight supported by the exercise equipment is 150kg.(330lbs)
- Never allow more than one person on this exercise equipment at any one time.
- Always wear appropriate clothing and footwear when using this exercise equipment.
Do not wear baggy loose clothes.
- Always ensure that the machines power cord is neatly wrapped up and protected from being walked on, pinched or damaged in anyway.
A damaged power cord has the potential to cause an electrical shock or fire.
- Do not remove the plug by pulling on the cord and do not handle the plug with wet hands.
This could result in electric shock, fire or damage to the cord and equipment.
- Do not allow uncontained food or drink on or near this exercise equipment.
- Regularly inspect this exercise equipment to ensure safe operation.

SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE.

2 INSTALLATION

PRECAUTIONS _

- (1) Always ensure that this exercise equipment is installed on flat level ground and feet are leveled and locked into place prior to operation.
- (2) Always only use the grounding type power cord that is supplied with the exercise equipment.

PART NAME _

UpRight Bike



- | | | |
|------------------|-------------------------|------------------------|
| ① Display | ② book hanger Supported | ③ Touch type Heartrate |
| ④ Console Column | ⑤ Console | ⑥ Cup Holder |
| ⑦ Foot | ⑧ Pedal | ⑨ Saddle |
| ⑩ Saddle Lever | ⑪ Operation Panel | |

Recumbent Bike



- | | | |
|------------------|-------------------------|------------------------|
| ① Display | ② book hanger Supported | ③ Touch type Heartrate |
| ④ Console Column | ⑤ Console | ⑥ Cup Holder |
| ⑦ Foot | ⑧ Pedal | ⑨ Saddle |
| ⑩ Saddle Lever | ⑪ Operation Panel | |

HOW TO ASSEMBLE/INSTALL _

- (1) Make sure whether “components as shown below” are delivered or not.
- (2) If some of components are not delivered, Contact DRAX INC. Customer Support Center.
- (3) To make a installation, deliver components into a flat place. For delivery, 1 or 2 Persons lift the Exercise Bike-rear side. You can conveniently deliver it by pushing Exercise Bike due to front roller.
※ Caution: The Exercise Bike must be installed in the environment where it is low humidity and low dust area.
- (4) Make a connection of Cables among “Bike Body ASSY” and “Console and Handle ASSY”.

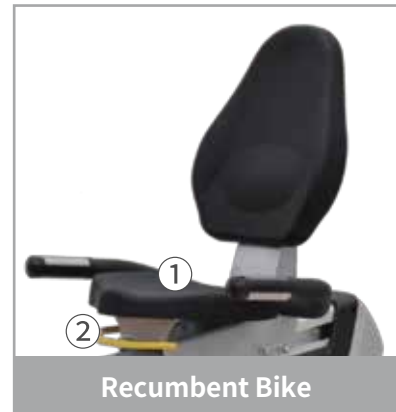
CHECK OPERATION _

- (1) After plugging , check that the screen power is ON.
- (2) Press the pedal on the bike to see if it rotates normally .
- (3) If it rotates normally, press all the switches on the control panel to check whether it operates normally.
- (4) If abnormal vibration or noise occurs on the product, please contact the DRAX Service Center.

3 HOW TO USE

HOW TO ADJUST THE SADDLE

For effective exercise, the saddle should be in the proper position or height, As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position.



① Saddle

② Saddle Lever

③ Pedal

④ Pedal Strap

(1) UPRIGHT BIKE

To check the proper position, if you need to adjust the seat, mount on the bikes seat.

Pull up the seat adjustment lever as shown in figure.

Adjust the seat post up or down into the desired position.

(2) RECUMBENT BIKE

To adjust the seat, pull up the seat adjustment lever and slide the seat guide to the desired position.

Release the lever and slide the seat guide back and forth slightly until it locks into position.

(3) HOW TO ADJUST THE PEDAL STRAPS

To adjust the pedal straps, first pull the end of the straps off the tabs on the pedals.

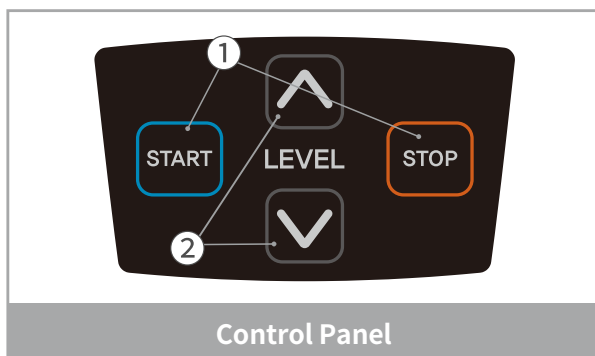
Adjust the straps to the desired positions, and then press the straps back onto the tabs.

DISPLAY AND CONSOLE OPERATION PANEL



- | | | |
|------------------------|--------------------|--------------------|
| ① Pace/Distance Change | ② RPM/Speed Change | ③ Dotmatrix 16 x 8 |
| ④ Program | ⑤ Pause | ⑥ TIME Control |
| ⑦ TIME | ⑧ LEVEL | ⑨ LEVEL Control |
| ⑩ Undo Initialization | | |

CONTROL PANEL _



Control Panel



Control Panel

① START/STOP Button

② Level Adjust Button

① START/STOP Button

When you start exercise or finish exercise, push this button.

② Level Adjust Button

This button is used to adjust the intensity of exercise.

[^ : High intensity, v : Low intensity]

BASIC START-UP _

Quick Start

1. Turn on the console.
when you begin to pedal, the console will automatically be turned on and “select workout or QUICK START will appear on the display.
2. Press the QUICK START key.
3. Begin exercising and adjust the resistance level.
As you exercise, adjust the resistance of the exercise bike as desire by pressing the UP(+) and DOWN(-) or numeric keys.
4. Measure your heart rate if desired.
To use the handgrip heart rate sensor, Place your hands on the metal contacts. Your palms must be on the upper contacts and your fingers must be thuching the lower contacts, Avoid moving your hands. When your heart rate is detected, H/R ♥ will blink for a moment and then your heart rate will be shown.
5. To end your workout, stop pedalling on the bike.
You can also press the PAUSE/STOP key. In either case, the displays on the console freeze, allowing you to review your workout statistics.
If the pedals are not moved, the console will automatically be tumed off to conserve the battery.
To dismount, step off the highest pedal first.



PAUSING WORKOUTS

- To pause a workout, press the PAUSE key, which brigns the resistance level down near zero.
- To continue a paused workout, press the PAUSE key again or the ENTER key. Note that the user must continue pedaling during a pause in order to retain the current workout information.
- If the user stops pedaling, the workout automatically ends, and the information is lost.



HOW TO USE THE PROGRAM MODE _

Weight Loss Mode

1. Select weight Loss Mode.

The message LED will Display TIME GOAL when the Press the weight Loss key.

Weight Loss → **TIME GOAL**

2. Use the arrow key to set the desired time, distance and Calories,

3-1. Selecting the TIME GAOL.

When prompted by the MESSAGE CENTER to EX TIME 15MIN, use the ARROW KEYS to increase or decrease the displayed time to the desired value, and press ENTER.

TIME GOAL → **EX TIME 15MIN**

3-2. SELECTING the Distance Goal.

When prompted by the MESSAGE CENTER to EX DIST 1.0KM, use the ARROW KEYS to increase or decrease the displayed time to the desired value, and press ENTER.

DISTANCE GOAL → **EX TIME 1.0KM**

3-3. Selecting the calories goal.

When prompted by the MESSAGE CENTER to EX CALS 100 CAL, use the ARROW EKYS to increase or decrease the displayed time to the desired value, and press ENTER.

CALORIES GOAL → **EX CALS 100 CAL**

4. Set User's weight.

When prompted by the MESSAGE CENTER to WEIGHT 67KG, use the ARROW KEYS to increase or decrease the displayed time to the desired value, and press ENTER.

WEIGHT 67KG

5. Start the Workout.

Heart Rate Control Program

FAT BURN : Fat burn mode is a heart rate controlled program for effective weight loss and many be adjusted to the resistance level until your heart rate during workout corresponds to the target heart rate. For maximum fat burn, set the target heart rate up to 60%~70% level of your max H/R.

CARDIO : Cardio mode is a heart rate controlled program to strengthen your cardiovascular system effectively and may be adjusted to the resistance level until your heart rate during workout corresponds to target heart rate.

Two workout mode options on the feature alternate ways to vary workouts.

1. Select Heart Rate Mode.

The message LED will Display **CARDIO** when the Press Heart Rate key.



2. When prompted to select a workout, use the ARROW keys to scroll through the workout program names as they appear in the MESSAGE CENTER.

When the desired program(CARDIO/FAT BURN) appears, press ENTER.

3. Set workout Time.

When prompted by the MESSAGE CENTER to EX TIME 15MIN, use the ARROW KEYS to increase or decrease the displayed time to the desired value, and press ENTER. (Max. : 90Min)



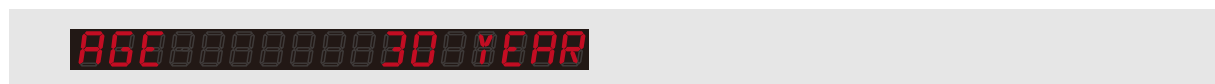
4. Set User's Weight.

When prompted by the MESSAGE CENTER to WEIGHT 67KG, use the ARROW KEYS to increase or decrease the displayed time to the desired value, and press ENTER. (Max. : 180KG)



5. Set User's Age.

When prompted by the MESSAGE CENTER to AGE 30 YEAR, use the ARROW KEYS to increase or decrease the displayed time to the desired value, and press ENTER. (Max. : 99Years)



6. Set Maximum Resistance Level.

When prompted by the MESSAGE CENTER to MAX LEVEL 5, use the ARROW KEYS to increase or decrease the displayed time to the desired value, and press ENTER.



7. Set Target Heart rate.

When prompted by the MESSAGE CENTER to TARGET HR 96 BPM, use the ARROW KEYS to increase or decrease the displayed time to the desired value, and press ENTER.

(*Target Heart Rate(THR) is a percentage of the theoretical maximum. For example, a 40-year-old user's THR for the CARDIO workout is 144. This workout targets 80 percent of the maximum, so the equation would be $(220-40) \cdot 80=144$.)

TARGET HR 96 BPM

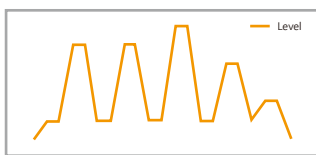
8. Start the Workout.

Interval Training

1. Select Interval Model.

Interval → INTERVAL 1 000000

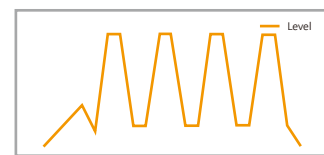
2. The message LED will Display INTERVAL 1 when the Press INTERVAL key.



<Interval 1, 20min>



<Interval 2, 30min>



<Interval 3, 30min>

When prompted by the MESSAGE CENTER to 3 Graphic, use the ARROW KEYS to increase or decrease the displayed time to the desired value, and press ENTER.

3. When prompted by the MESSAGE CENTER to WEIGHT 67KG, use the ARROW KEYS to increase or decrease the displayed time to the desired value, and press ENTER. (Max. : 180KG)

WEIGHT 00000067KG

4. Select Hill Mode.

Hill

1. Select Hill Mode.

HILL 000000000000

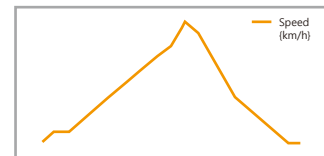
2. The message LED will Display HILL 1 when the Press HILL Key.



<Hill 1, 20min>



<Hill 2, 30min>



<Hill 3, 30min>

When prompted to select a workout, use the ARROW keys to scroll through the workout program Graph as they appear in the MESSAGE CENTER. When the desired program appears, press ENTER.

3. When prompted by the MESSAGE CENTER to WEIGHT 67KG, use the ARROW KEYS to increase or decrease the displayed time to the desired value, and press ENTER. (Max. : 180KG)



4. Start the Workout.

Fitness Test

1. Select FIT TEST Mode.

The message LED will Display EX TIME 15 MIN when the Press FIT TEST key.



2. When prompted by the MESSAGE CENTER to WEIGHT 67KG, use the ARROW KEYS to increase or decrease the displayed time to the desired value, and press ENTER. (Max. : 180KG)



3. Start the Workout.

Manual

1. Select Manual Mode.

When prompted by the MESSAGE CENTER to WEIGHT 67KG, use the ARROW KEYS to increase or decrease the displayed time to the desired value, and press ENTER. (Max. : 180KG)



2. Start the Workout.

4 THE WORKOUTS

WORKOUT DESCRIPTIONS _

Quick START

QUICK START is the fastest way to begin exercising, and it bypasses the steps of selecting a specific workout program. The intensity level for the workout is set automatically and remains the same unless manually changed. To change the level, press the UP or DOWN ARROW keys to enter a higher or lower level number. If the METS display is enabled, the MESSAGE CENTER displays ENTER WEIGHT, which is required to calculate this value. Using the ARROW KEYS, increase or decrease the displayed weight to the correct value.

DISPLAY

To Change The MESSAGE CENTER displays a workout in which the intensity level During exercise.

PRESET MODE _

1. Press the PROGRAM key.

The message LED will Display Program Mode when the Press Program key When prompted to select a workout, use the ARROW keys to scroll through the workout program As they appear in the MESSAGE CENTER. When the desired program appears, press Start.

Program Mode

1. Preset Mode

2. Heartrate Control Mode

2. Select desired program.

Use the ARROW keys to scroll through the workout program as they appear in the MESSAGE CENTER.

When the desired program appears, press Start.



<INTERVAL 1>



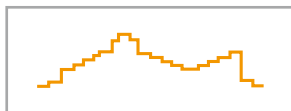
<INTERVAL 2>



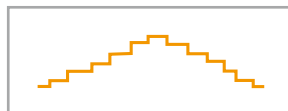
<INCREASING 1>



<INCREASING 2>



<PYRAMID 1>



<PYRAMID 2>

3. Use the ARROW KEYS to increase or decrease the displayed time to the desired value, and press START.

4. Use the ARROW KEYS to increase or decrease the displayed KG to the desired value, and press START.

5. Use the ARROW KEYS to increase or decrease the displayed level to the desired value, and press START.

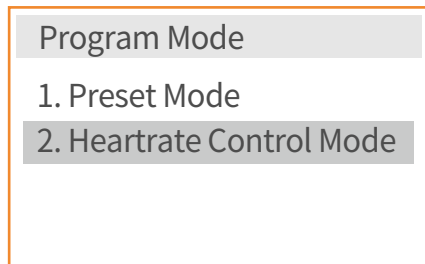
6. Start the Workout.

HEARTRATE CONTROL MODE _

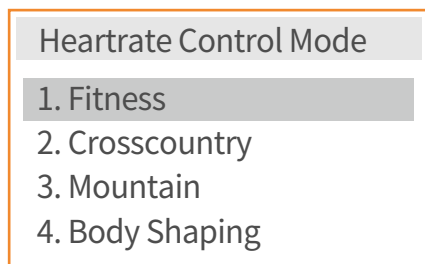
1. Press the PROGRAM key.

The message LED will Display Program Mode when the Press Program key.

When prompted to select a workout, use the ARROW keys to scroll through the workout program as they appear in the MESSAGE CENTER. When the desired program appears, press Start.



2. For Fitness, Crosscountry, Mountain and Body Saping : Select desired Course.



3. Use the ARROW KEYS to increase or decrease the displayed time to the desired value, and press START.
4. Use the ARROW KEYS to increase or decrease the displayed KG to the desired value, and press START.
5. Use the ARROW KEYS to increase or derease the displayed level to the desired value, and press START.
6. Start the Workout.

5 SPECIFICATION

BECYCLE _

Specification	TBR9000 (Recumbent Bike)	TBR9000L (Recumbent Bike)	TBU9000 (Upright Bike)	TBU9000L (Upright Bike)
Intensity Level	25 steps	25 steps	25 steps	25 steps
Control method	Premises generator system	Premises generator system	Premises generator system	Premises generator system
Driving system	V-belt application	V-belt application	V-belt application	V-belt application
Product size	1680 x 590 x 1705 mm (66.1" x 23.2" x 67.1") L x W x H	1680 x 590 x 1705 mm (66.1" x 23.2" x 67.1") L x W x H	1191 x 639 x 1834mm (46.9" x 25.2" x 72.2") L x W x H	1191 x 639 x 1834mm (46.9" x 25.2" x 72.2") L x W x H
Product W.T.	60 kg (132 lbs)	60 kg (132 lbs)	50 kg (110 lbs)	50 kg (110 lbs)
Max. allowable W.T.	150 kg (330 lbs)	150 kg (330 lbs)	150 kg (330 lbs)	150 kg (330 lbs)
Saddle type	Mold-Type Saddle	Mold-Type Saddle	Mold-Type Saddle	Mold-Type Saddle
Saddle	Sliding rack structure	Sliding rack structure	Lever Pull structure	Lever Pull structure
Display	Dot matrix LED 4FND Calorie, Heart-Rate, Time, RPM, exercise intensity level	Dot matrix LED 4FND Calorie, Heart-Rate, Time, RPM, exercise intensity level	Dot matrix LED 4FND Calorie, Heart-Rate, Time, RPM, exercise intensity level	Dot matrix LED 4FND Calorie, Heart-Rate, Time, RPM, exercise intensity level
Exercise Program	16 Kind Workout Program	16 Kind Workout Program	16 Kind Workout Program	16 Kind Workout Program
Heart-Rate	Intelligent Heart-Rate System	Intelligent Heart-Rate System	Intelligent Heart-Rate System	Intelligent Heart-Rate System
Durability	High strength steel materials	High strength steel materials	High strength steel materials	High strength steel materials
	Painting: corrosion-resistant coating(black)	Painting: corrosion-resistant coating(black)	Painting: corrosion-resistant coating(black)	Painting: corrosion-resistant coating(black)
	Double auto-tension system	Double auto-tension system	Double auto-tension system	Double auto-tension system
Usability	Wheel for easy delivery, horizontal positioning control Supported	Wheel for easy delivery, horizontal positioning control Supported	Wheel for easy delivery, horizontal positioning control Supported	Wheel for easy delivery, horizontal positioning control Supported
	Cup holder, mobile storage box, book hanger Supported	Cup holder, mobile storage box, book hanger Supported	Cup holder, mobile storage box, book hanger Supported	Cup holder, mobile storage box, book hanger Supported
Power	Self generation of electricity (12V 5A Power for 15.6" display)	Self generation of electricity (12V 5A Power for 15.6" display)	Self generation of electricity (12V 5A Power for 15.6" display)	Self generation of electricity (12V 5A Power for 15.6" display)
Monitor	-	24" LED HDTV	-	24" LED HDTV
Options	Polar Heart Rate Receiver	Polar Heart Rate Receiver	Polar Heart Rate Receiver	Polar Heart Rate Receiver
Product Picture				

6 MAINTENANCE

TROUBLE SHOOTING

- **Machine has no power**

- Check the power supply by plugging another device into the power point.
- Check the power switch on the machine.
- Check the power cord is connected properly at both ends.
- Remove the power cord from the power supply and inspect it for damage.
- If the problem continues contact DRAX INC. Customer Support Center.



Notice

Always only use the grounding type power cord that is supplied with the exercise equipment.
Please Contact DRAX INC. Customer Support Center for assistance.

- **Rubbing or scraping sound coming from the machine**

- Check for any foreign objects that might be lodged underneath the machine.
- Check the pedal (foot plate) for foreign objects.

- **Heart rate contact pulse plates not responding**

- Ensure that the heart rate contact pulse plates are clean.
- Ensure good contact with the palm of both hands.

MAINTENANCE

- **Cleaning the unit**

- Spray a clean cloth with a mild cleaning agent, such as a water and dish soap solution and wipe the unit with the damp cloth.
- Do not spray cleaning solution directly on the unit. Direct spraying could cause damage to electronics and may void warranty.
- Do not use harsh cleaning products that contain ammonia or acids.
- Keep the area around the unit clean and free from dust.

- **Inspect the unit**

- Visually inspect the unit for and damage or loose bolts.

- **Test the unit**

- Test all of the units functions and adjustments and listen for any abnormal noises.

- **Prevention for defect of heart rate (pulse) detector**

If the heart rate (pulse) is irregular or abnormal, then do the following.

- Use the sensor so that it can be touched by the hand.
- Clean the exterior of the sensor by using a moist cloth.
- If necessary, dry your hands so that your hands do not slip.
- Apply a constant pressure to the sensor.



Notice

Always disconnect power supply when servicing/cleaning or during extended periods of non-operation of this exercise equipment.

Do not attempt to disassemble this exercise equipment.

Only use authorized service providers to service this equipment.

Do not operate this exercise equipment if damaged or if any abnormal noises are heard.

Please Contact DRAX INC. Customer Support Center for assistance.



Notice

Please use a soft, light cloth when you clean the exterior of product. Rather than cleaning the product directly, clean it by using a vacuum cleaner after using a cloth.

• Product Management Schedule

Please follow the below schedule for maintenance.

Component	Weekly	Monthly	Twice a Year	Yearly
Frame	Clean		Inspect	
Display	Clean		Inspect	
Switch	Clean	Inspect		
Cup holder	Clean			Inspect
Pedal(Foot plate)	Clean	Inspect		
Plastic Cover	Clean		Inspect	
Accessory Cover	Clean		Inspect	
Common				
Machine horizontal	*Inspect			
Bolts / Nuts			Inspect	

* Use horizontal indicator to check.

LIMITED WARRANTY

Product Name	BECYCLE
Model Name	
Serial No.	
Warranty Period	
Purchase Date	

1. DRAX warrants this product to be free from defects in workmanship and material, under normal use and service conditions for a period of one year from the date of purchase (Running Belt and Motor Belt for six months from the date of purchase). This warranty extends only to the original purchaser. DRAX obligation under this warranty is limited to replacing or repairing, at DRAX option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by DRAX at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by DRAX. This warranty does not extend to any product or damage to a product caused by or attributable to DRAX authorized service center, to products used for specifically set forth above is authorized by DRAX.
2. DRAX is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature.
3. The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein.



Designed For Your Health & Happiness

We design for your healthy living and happiness

DRAX



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