

Prospera PL050 bYoung™ Duo Bike

User Manual



Can you feel it?

This user manual provides detailed installation and use information. Please read this manual carefully before installation and operation. Keep this manual for future reference.

Warning

If you have heart or other severe illness, please consult your doctor before using this bike.

Use instruction

1. Set up your bike in kitchen, living room, patio or a place in the house that you have a view. A brief check on parts, such as bolts, screws are all tightened.
2. Wear comfortable clothes for the bike exercise.
3. Select a comfortable chair to sit down and start to exercise.

Some tips for consideration: Allow two feet space around the bike when you exercise. Place a mat under the bike to prevent scratches on your hardwood floor or carpet.

Before exercise, warm up your arms and legs.

User maximum weight is limited to 250 pounds.

Child shall be supervised if s/he uses the Duo Bike.

Maintenance

If you exercise regularly with the Duo bike, please check bolts, screws, stoppers and washers are firmly locked or tightened, each month.

Cleaning

Wipe it clean.

LCD shows

TIME 00:00---99:59MIN

COUNT 0---999(In Total)

CALORIE(CAL) 0---999 KCAL

CIRCLE/MIN 0---999 PER your new Duo Bike MIN

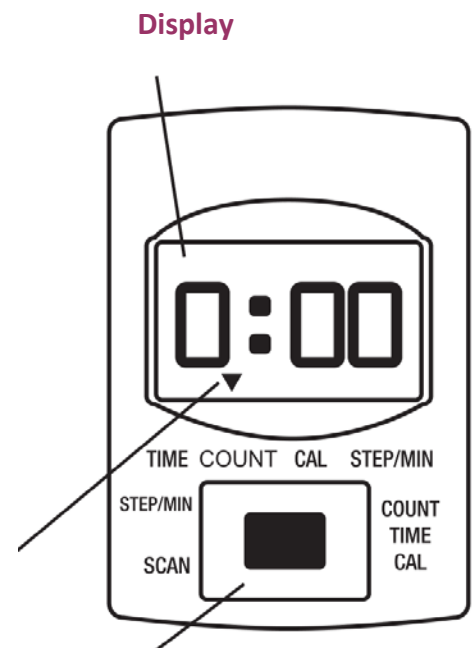


The gray push button allows you to select time lapse, count, calories burned and RPM circle per minute. The little triangle pointer indicates which mode you are at.

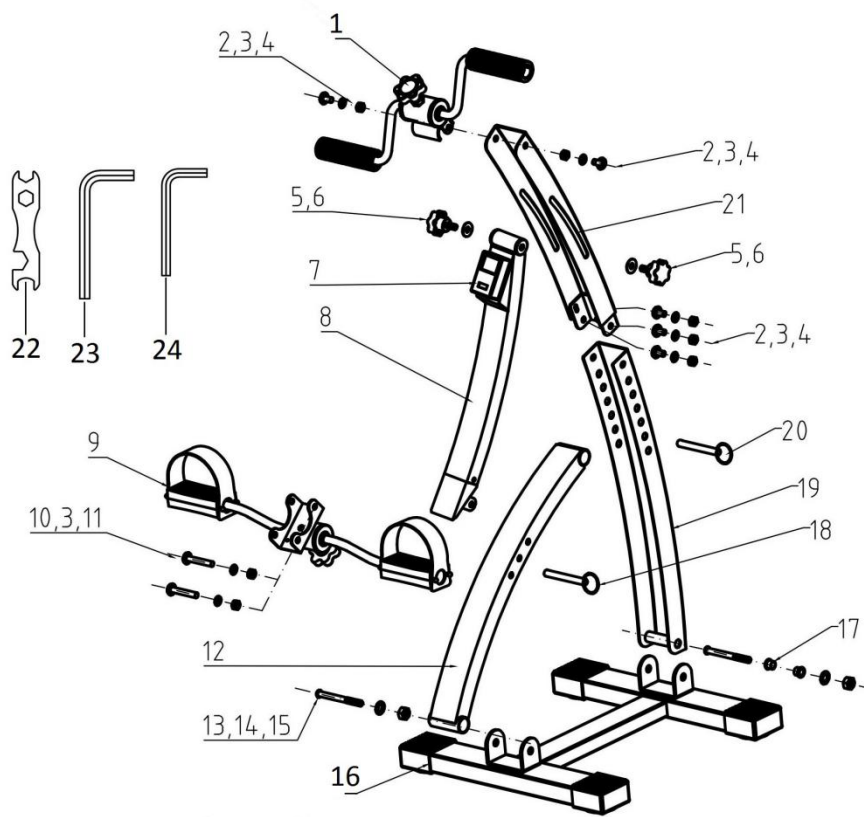
To reset, press and hold the button until the display shows zero.

About the LCD display:

1. TIME: Press and hold the button until the pointer indicates the function TIME, which displays total workout time.
2. COUNT: Press the button until the pointer indicates total circles accumulated of exercises.
3. CAL (CALORIES): Press the button until the pointer indicates calorie burned during exercise.
4. STEP / MIN: Press the MODE button until the pointer indicates the STEP / MIN which displays speed during exercise.
5. Scan: The display mode changes automatically every 4 seconds.



Button (SLECT/RESET)



Item No:	Part Name	Specification	QTY
01	Handle bar assembly		1
02	Socket head bolts	M8*16	5
03	Flat washer	φ8	7
04	Locknut	M8	5
05	Adjusting knob	M8	2
06	Gasket	M8	2
07	Monitor		1
08	Arc frame		1
09	Pedal assembly		1
10	Socket head bolts	M8*55	2
11	Cap nut	M8	2
12	Fixed foot bracket		1
13	Socket head bolts	M10*85	2

14	Flat washer	φ10	2
15	Locknut	M10	2
16	Base		1
17	Powder spacer bush		2
18	Safety pin	M8	1
19	Long body frame A		1
20	Safety pin	M10	1
21	Short body frame B		1
22	Multi Wrench	13-17#	1
23	Allen wrench	6MM	1
24	Allen wrench	5MM	1

Installation

There are total 5
Bike

Instructions

steps to assemble the Duo



Step 5:
Assemble Handle

Step 4:
Assemble
Magnet Sensor

Step 2:
Assemble Frame

Step 3:
Assemble Pedal

Step 1:
Assemble Base

Details

Step1 Assemble Base

- 1.1- Assemble the Fixed foot bracket (12) on the base(16), and fix it by using the M10*85 head bolts(13),the flat washer(14) and the M10 locknut(15). Use the Allen Wrench to hold one side and tighten it by the multi wrench. (See figures 1 and 2)
- 1.2- Assemble the long body frame A (19) on the base(16), and fix it by using the M10*85 head bolts(13), Powder spacer bushes (17), the flat washer(14) and the M10 locknut(15). Use the Allen Wrench to hold one side and tighten it by the multi wrench.

(See figures 1 and 2)



Figure 1

Figure 2

Step2 Assemble Frame

2.1- Place the short body frame A (21) on the long body frame B(19) and tighten the screws of (02/03/04) with the Allen Wrench and the multi wrench. (See figures 3 and 4)



Figure 3

Figure 4

2.2 - Connect the long body frame (19) with Fixed foot bracket (12) by using safety pin(18).
(See figures 5)

2.3- Connect the acr frame (08) with Fixed foot bracket (12) by using safety pin(18).
(See figures 6)



Figure 5

Figure 6

2.4- Join the upper end of acr frame(08) to Short body frame B (21) and fix it by using M8 adjusting knobs(05) and gaskets (06).

(See figure 7)



Figure 7

Step 3 Assemble Pedal

3.1- Connect the pedal assembly(09) with Fixed foot bracket(12) and fix it by using the M8*55 Socket head bolts(10), $\phi 8$ flat washer(03) and the M8 cap nut(11). Use the Allen Wrench to hold one side and tighten it by multi wrench. (See figure7).



Figure 8

Step4 Assemble Magnet Cable

4.1- Connect the cable with sensor for the calorie counter simply, joining it with the DUO BIKE (P1) and the end of it (P2) in the pedal(P3), pressing it gently.



Step5 Assemble Handle

5.1- Place the handle bar(1) in the correct position on the base, put the bolts(2), $\phi 8$ flat washers(3) and M8 locknuts(4) in their respective holes. Use Allen Wrench and multi wrench to tighten the bolts. (See figures 9 and 10).



Figure 9



Figure 10

Your Duo Bike is ready to use!

How to Use

1- Choose a comfortable chair to sit down.



2- Adjust the resistance of the pedals by turning the adjusting screw. Figure 1

3- Adjust resistance and work out intensity by turning the adjusting knob. Figure 2



4- Start exercise by pushing your legs and arms to rotate the handle and pedals at the same time. (Figure 3)

5- Exercise and tone your arms and legs muscles at home.



Consumer Limited Manufacturer's Warranty

Prospera warrants the Covered Product to be free of all defects in material and workmanship for 90 days from date of purchase. This warranty extends to the original buyer (only or and each successive buyer within the warranty period). Labor and parts are included during warranty period. Consumers are required to provide model number and dated proof of purchase (sales receipt) when contacting Prospera for the warranty service. This warranty is valid for all US customers in the 48 continental states, and two non-continental states: Alaska and Hawaii.

Within the period of this warranty, Prospera will repair or replace, free of charge, any part proving defective in material and workmanship. All warranty repairs and service must be performed by Prospera authorized technician and service facility.

All expenses related to replacing or repairing a defective part under this warranty shall be assumed by Prospera. In except for the following expenses, which shall be assumed by the buyer:

Warranty exclusions:

This warranty does not apply to any costs, repairs, or services for the following:

1. Repairs necessitated by use other than normal home use.
2. Damaged resulting from misuse, abuse, accidents, alternation or improper installation.
3. Corrective work necessitated by repairs made by anyone other than Prospera authorized service technicians.

Non-warranty service is provided on a "per incident" basis. Consumer will verify that the product has failed and provide information for servicing the unit. All applicable repairs, parts, shipping, handling, local tax and "per incident" fees will be charged for non-warranty repairs and support calls.

For warranty service, please call 925-292-5978, M-F, 9:00am to 4:00pm, Pacific Standard Time. Or send email to sales@prosperacorp.com. Consumer may also mail service request to this address:

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