

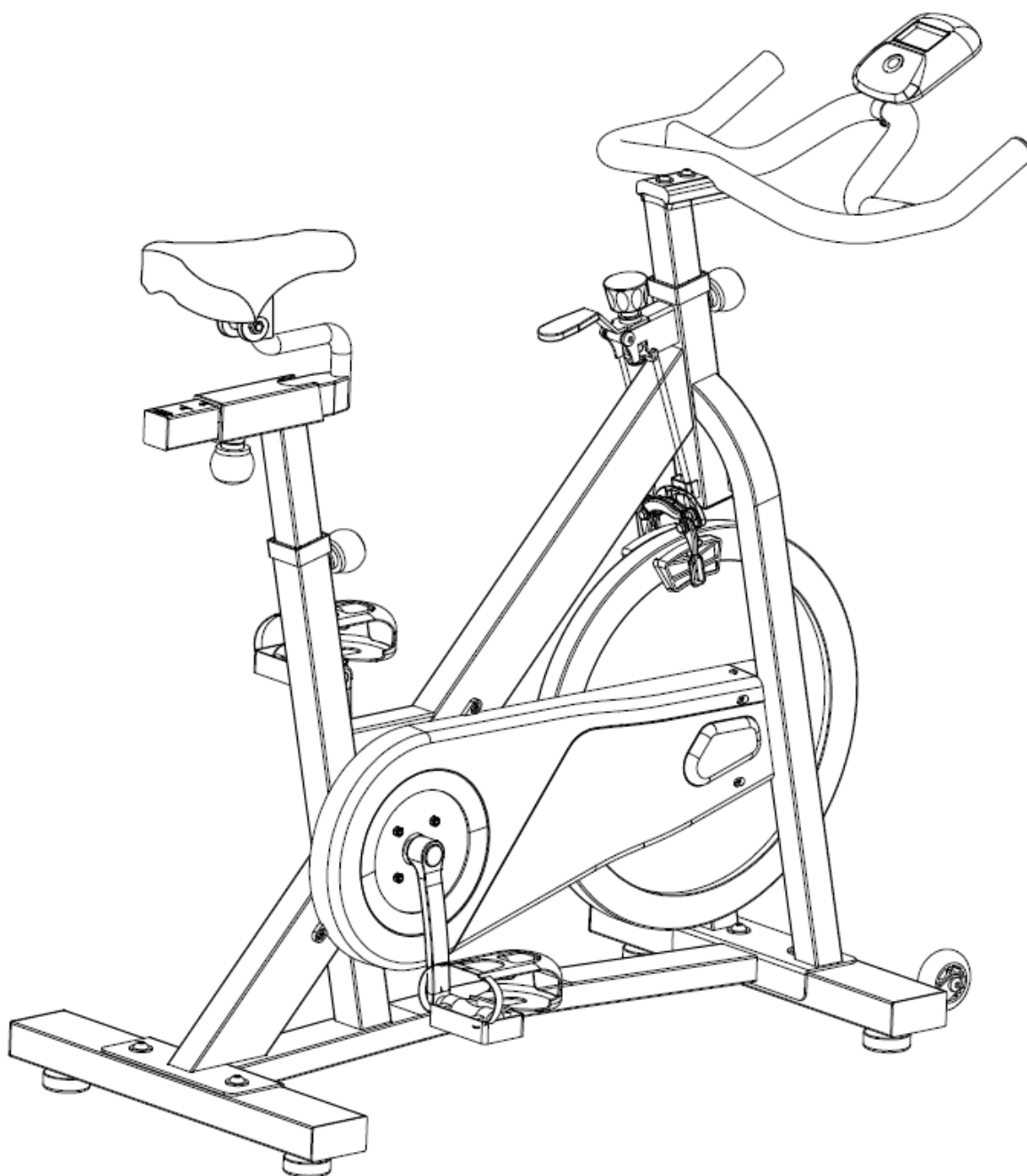


***D.C. ATHLETICS®***

# Stelvio

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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 Product! 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.

## **SAFETY & MAINTENANCE INSTRUCTION**

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

- 01- Once fully assembled, please check that all hardware parts such as bolts, nuts and washers are positioned and secured firmly.
- 02- Please check regularly that the safety chain guard that protects the moving parts of the machine is secured and in good order.
- 03- Please always check the seat post, seat slider; pedals and handlebar are secured firmly before getting on the bike.
- 04- To lubricate all moving parts annually is recommended.
- 05- Do not wear loose clothing to avoid entangling in any moving parts.
- 06- Do not remove feet from the pedals while they are in motion.
- 07- Always wear shoes when using the machine.
- 08- Dry the bike after each use to remove sweat and moisture. Wipe the machine with a damp cloth, water and mild soap. Do not use a petroleum-based solvent to clean the machine in order not to damage the finish.
- 09- Please keep children away from the bike while it is in use. Do not allow children to use the bike. This bike is designed for adults, not children.
- 10- Do not dismount the bike until the pedals have stopped completely.
- 11- Stop exercise immediately in case of nausea, shortness of breath, faint, headache, pain, tightness in your chest or any discomfort.
- 12- Do not place fingers or any other objects into the moving parts of the bike.
- 13- Prior to any exercise, consult with your physician first to establish the exercise frequency, time and intensity appropriate for your particular age and condition.
- 14- After exercising, please pull down the tension controller to increase resistance so that the pedals will not rotate freely and possibly hurt someone.

**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.**

This exploded perspective view illustrates the assembly of a stationary bike. The main frame (1) is shown with various components being attached. Key parts include the seat (20) mounted on a post (17) with a seat clamp (27) and a seat post cap (26). The handlebars (28) are attached to the frame via a handlebar clamp (28) and a handlebar post (32). The pedals (13L, 13R) are shown being attached to the crank arms (14R) using pedal spacers (10) and pedal caps (5). The rear wheel assembly (2) is shown with a rear wheel cap (3) and a rear wheel cap screw (4). The front wheel assembly (11) is shown with a front wheel cap (3) and a front wheel cap screw (4). The bike also features a flywheel (1) and a chain drive system (31). Other components include a seat post cap (15), a seat post cap screw (16), a seat post cap nut (18), a seat post cap washer (19), a seat post cap (21), a seat post cap (22), a seat post cap (23), a seat post cap (24), a seat post cap (25), a seat post cap (26), a seat post cap (27), a seat post cap (28), a seat post cap (29), a seat post cap (30), a seat post cap (31), a seat post cap (32), a seat post cap (33), a seat post cap (34), a seat post cap (35), and a seat post cap (36).

# PARTS LIST

Part No.	Description	Qty	Part No.	Description	Qty
1	Main frame	1	19	Saddle slide tube	1
2	Front stabilizer	1	20	Saddle	1
3	Hex nut M10	4	21	Nylon Nut M10	1
4	Adjustable foot pad	4	22	Adjustable bracket	1
5	Allen bolt M10x25	4	23	Brake Bar	1
6	Nylon Nut M8	3	24	Allen bolt M8x38	1
7	Flat washer D8*D16*1.5	3	25	Round rubber washer	1
8	Transport wheel	2	26	Flat washer D10*D25*2	1
9	Allen bolt M8x45	2	27	Fixed knob	1
10	Flat washer D10*D20*2	4	28	Handlebar	1
11	Square end cap	4	29	Cable	2
12	Rear stabilizer	1	30	Meter	1
13L/R	Pedal	Per 1	31	Sensor wire	1
14L/R	Crank	Per 1	32	Handlebar post	1
15	Pop-pin Knob	3	33	Allen bolt M10*25	2
16	Square Bushing	3	34	Flat washer D10*D20*1.5	2
17	Saddle post tube	1	35	Meter pallet	1
18	Saddle slide tube end cap	2	36	Cross head screw	1

## Note:

Some of the above accessories are pre-fitted to the master component. They may not be supplied separately.

# ASSEMBLY

## Prepare the Work Area

It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and will reduce the possibility of injury during assembly.

## Work with a Friend

You may find it quicker, safer and easier to assemble this product with the help of a friend as some of the components may be large, heavy or awkward to handle alone.

## Open the Carton

Carefully open the carton that contains your product. Be sure to open the carton the right way up, as this will be the easiest and safest way to remove all the components.

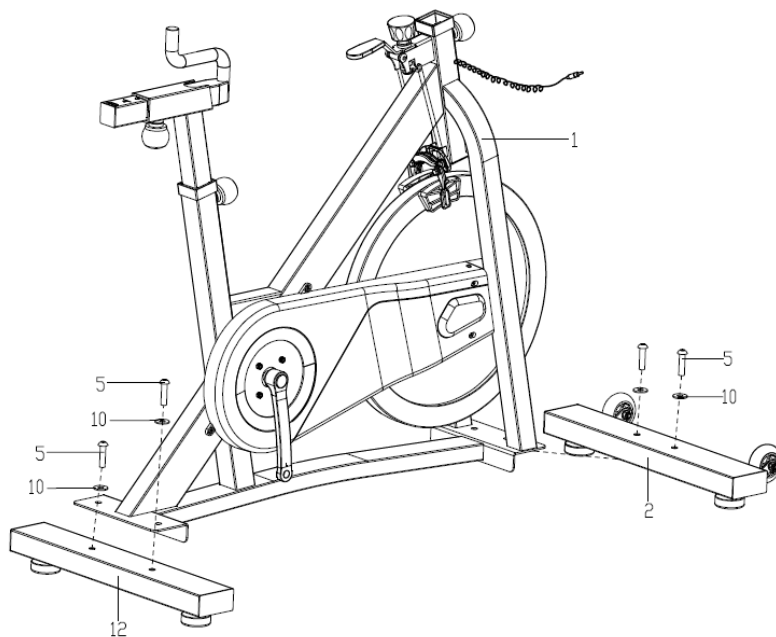
## Unpack the Components

Carefully unpack each component, checking against the parts list that you have all the necessary parts to complete the assembly of your product.

# ASSEMBLY INSTRUCTION

### Step 1:

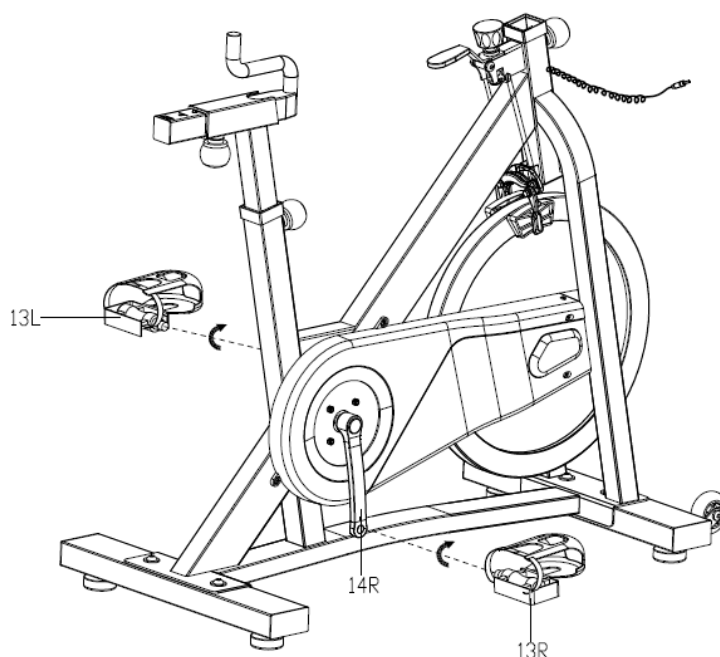
Attach the Front stabilizer (2) and Rear stabilizer (12) onto the Main frame (1), with the Allen bolts (5) and Flat washers (10).



### Step 2:

Attach the Pedals (13R/L) to the Cranks (14R/L) respectively. Always check and keep Pedals (13R/L) locked tightly when exercise, otherwise will wear out the pedals & cranks.

**Note:** Both pedals are labeled **L** FOR **LEFT** and **R** FOR **RIGHT**. To tighten turn the Left pedal COUNTERCLOCKWISE and the Right pedal CLOCKWISE.



### **Step 3:**

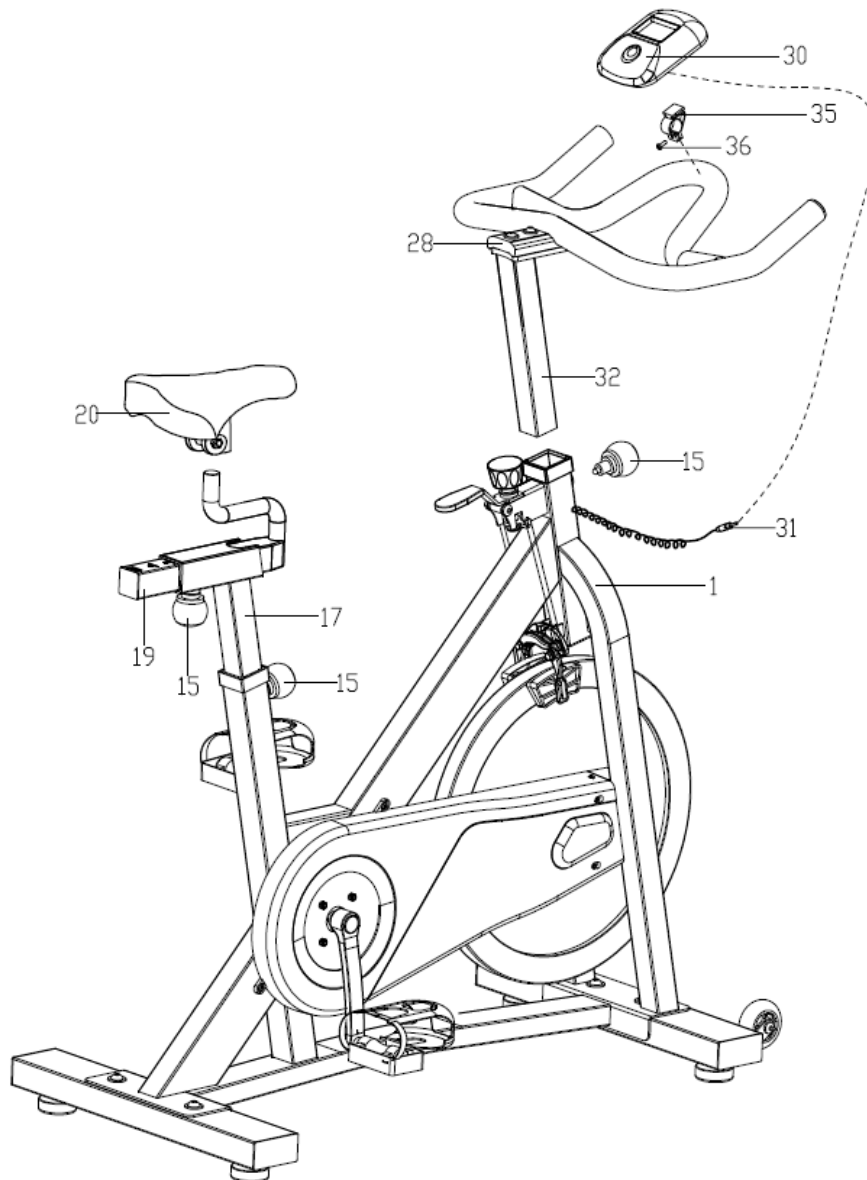
1. Fix the Saddle (20) onto the Saddle slide tube (19) by using the spanner.

**Note:** The Saddle (20) & Handlebar (28) position could be adjusted according to individuals, to adjust by loosening & pulling the Pop-pin knobs (15) on the Main frame (1) respectively.

2. Fix the Handlebar post (32) onto the Main frame (1) tightly by using the Pop-pin knob (15) as shown.

3. Lock the meter pallet (35) on the handlebar (28) tightly with cross head screw (36), then put the meter (30) onto the pallet, insert the sensor wire (31) into the round hole on the back of the meter.

**Note:** Always CHECK & MAKE SURE the Saddle (20) has been tightly fixed onto the Saddle slide tube (19) before getting on the Bike.



## 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

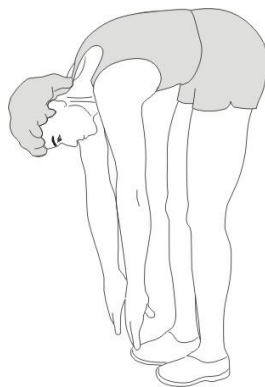
The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks,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



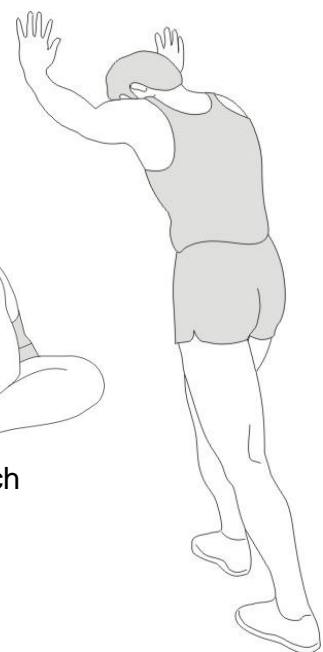
Side Stretch



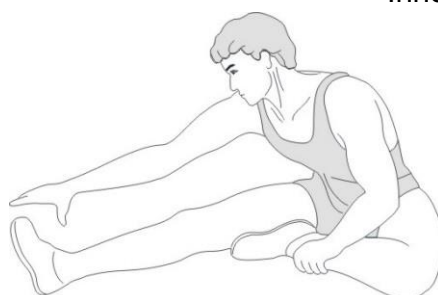
Toe Touch



Inner Thigh Stretch



Calf-Achilles Stretch



Hamstring 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.