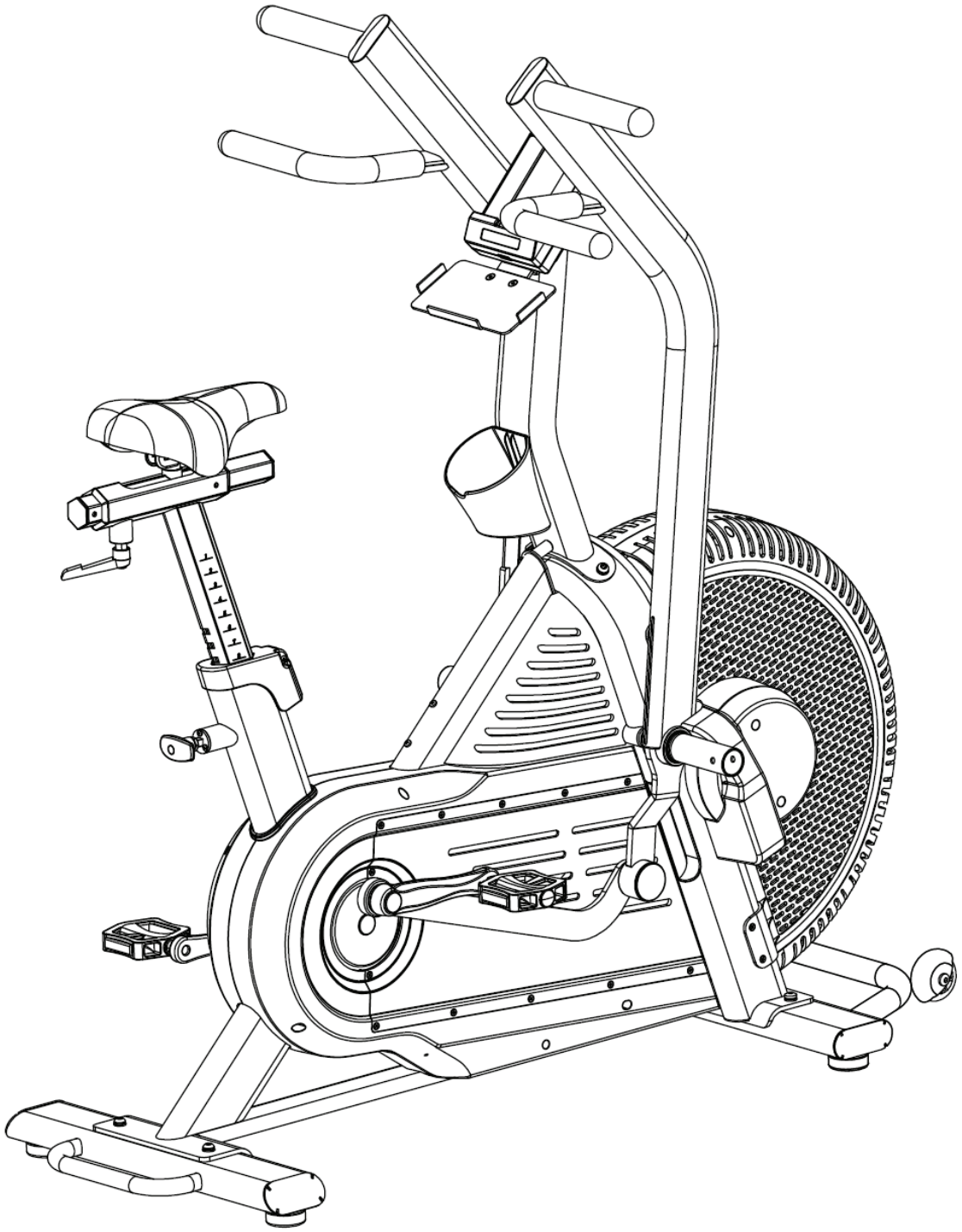
PLAE

Owner’s Manual | Bike



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1. BEFORE YOU START

It is the sole responsibility of the purchaser of PLAE Performance products to read the owner's manual, warning labels and instruct all individuals, whether they are the end user or supervising personnel on proper usage of the equipment. It is recommended that all users of PLAE Performance exercise equipment be informed of the following information prior to its use. PLAE recommends that all commercial fitness equipment be used in a supervised area. It is recommended that the equipment be located in an access-controlled area. Control is the responsibility of the facility owner. The extent of control is at the discretion of the owner.

1.1 SAFETY INSTRUCTIONS

Proper Usage

- Do not use any PLAE Performance equipment in any way other than designed or instructed.
- PLAE is not responsible for injuries or equipment issues arising from unauthorized use or ignoring the guidance provided.
- All users are responsible for assessing their own physical capabilities and using the machine accordingly. Misuse voids all implied liability.
- The product must be correctly assembled and tested before operation.
- Do not use machine with air cover (shroud) removed.
- Keep hands and feet clear at all times from moving parts to avoid injury.
- The equipment must be installed indoors in a location free of moisture and dust.
- Regularly check operation and component parts of the machine. Securely tighten any loose fittings or connections. To ensure that the safety level of this cycle is maintained, examine components for wear and tear on a regular basis. Components that are excessively worn or inoperable should be replaced immediately or the cycle should be put out of use until it is repaired
- Routinely protect all metal and plastic surfaces with Lanolin Spray. Spray onto a cloth and wipe surfaces.
  * Note: Do not apply Lanolin directly to the machine.
- It is the purchaser's sole responsibility to properly instruct its end users and supervising personnel as to the proper operating procedures of all PLAE equipment.

Check for Damanged Parts

- DO NOT use any equipment that is damaged and/or has worn or broken parts. Use only replacement parts supplied by PLAE.
- Maintain Labels and Nameplates: Do not remove labels for any reason. They contain important information. If unreadable or missing, contact PLAE or your re-seller for a replacement.
- Securing Equipment: All equipment MUST be installed on a solid, level surface to stabilize and eliminate rocking or tipping over. Ensure leveling feet are set properly and locked into position.
- Maintain all Equipment: Preventative maintenance is the key to smooth operating equipment as well as keeping your liability to a minimum. Equipment needs to be inspected at regular intervals.
- Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so.

Specific Operating Warning

- The maximum weight supported by the PLAE Performance AIR Bionic Bike is 160kg/353lbs. Do not exceed maximum user weight.
- Only one user at a time is permitted to use the PLAE Performance AIR Bionic Bike.
- Children under the age of 12 are not allowed to use the machine.
- Always operate the equipment in accordance with these instructions.
- Do not remove your feet from the pedals or your hands from the handlebar while they are in motion.
- Do not dismount the bike until both the pedals and handlebars have come to a complete stop.

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1.1 SPECIFIC OPERATING WARNING (CONT.)

- Do not attempt to use this bike at high speeds or in standing positions until you have practiced and are comfortable at lower speeds.
- Do not spill food or drink on the product.
- Keep pets away from this machine.
- Never drop or insert any object into any opening on this bike.
- Routinely inspect all bolts, nuts and fixings are secure. Tighten where needed.
- Routinely check the machine for smooth operation, feeling for loose cranks, rough bearings or belts, and listen to any abnormal noises like squeaks or clunks.
- Do not allow users to wear loose fitting clothing while using equipment. It is also recommended to have users secure long hair back and up to avoid contact with moving parts.
- When adjusting any seat, make certain that the adjusting pin is fully engaged in the hole or slot to avoid injury.
- Keep children away from all exercise machines. Parents or others supervising children must provide close supervision of children if the equipment is used in the presence of children.
- Injuries may result if exercising improperly or excessively. It is recommended that all individuals consult a physician prior to commencing an exercise program. If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your physician.
- Understanding each and every wanring to the fullest is important. If any of these warning are unclear, ask for clarification from PLAE Personnel or the equipment reseller.

1.2 DANGER

- Do not wet the surface of the PLAE Performance AIR Bionic Bike with any liquids. Cleaning involves only the use of a fine mist sprayer or a damp cloth.
- Any liquid container in proximity to the PLAE Performance AIR Bionic Bike must have a tight-fitting cap or lid. Do not use the PLAE Performance AIR Bionic Bike if a liquid has been spilt on any surface.

1.3 ATTENTION

- Please consult your physician before commencing any exercise program.
- Clearance must be obtained from a health professional if suffering from any of the following health conditions of the user:
    - Pregnancy
    - Heart Disease
    - High Blood Pressure
    - Diabetes
    - Chronic Respiratory Disease
    - High cholesterol
    - Cigarette related or other chronic disease
    - Physical disability
- Stop exercising immediately if you are experiencing any of the following symptoms: dizziness, chest pain, nausea, or any other health abnormality during exercise. Please consult your physician before continuing the exercise.
- A qualified engineer or recognized service agent must conduct any repair or maintenance work.

1.4 WARNING

- The PLAE Performance AIR Bionic Bike is user powered. The user controls the speed of movement.
- There is no emergency stop function in the PLAE Performance AIR Bionic Bike.
- Every user must become familiar with the mechanism and functions before using the PLAE Performance AIR Bionic Bike.

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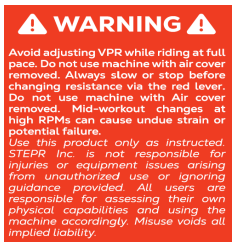
1.4 WARNING (CONT)

- Ensure entry to the PLAE Performance AIR Bionic Bike is via the rear, gripping the handles when embarking or disembarking.
- The PLAE Performance AIR Bionic Bike must be installed on a hard, level surface.
- Keep hands away from all moving surfaces and components.
- Do not allow a towel or clothing to become caught in the moving surface of the PLAE Performance VPR Bionic Bike.
- Shoelaces must be tied and short enough not to touch the foot pedals.
- Do not wear high heels, or shoes with leather soles.
- Always use the handles when embarking or disembarking the PLAE Performance VPR Bionic Bike.
- Examine the PLAE Performance AIR Bionic Bike regularly for safe operation.
- Do NOT remove below warning label from the machine:



2. INSTALLATION AND ASSEMBLY

2.1 TECHINCAL SPECIFICATIONS

- The PLAE Performance VPR Bionic Bike does not require any electrical wall outlet. The PLAE Performance AIR Bionic Bike is a non-motorized product. The PLAE Performance AIR Bionic Bike uses uniquely patented Air Resistance turbine to provide an unprecedented resistance.

Dimensions

- Product: 143cm(L) x 76cm(W) x 145cm(H) / 56” x 30” x 57”

2.2 INSTALLATION AND PRECAUTIONS

Installation

- It is important that the PLAE Performance AIR Bionic Bike is correctly assembled, and we recommend that installation and assembly should be carried out by suitably qualified personnel.

Precautions

- Before assembling, make sure that you have enough space around the machine.
- Use the supplied tools for assembling.
- Before assembling, please check whether all the supplied parts are available.
- It is recommended that this machine is assembled by two or more persons to avoid any injuries or damage to the machine.

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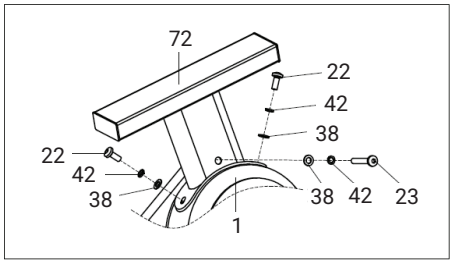
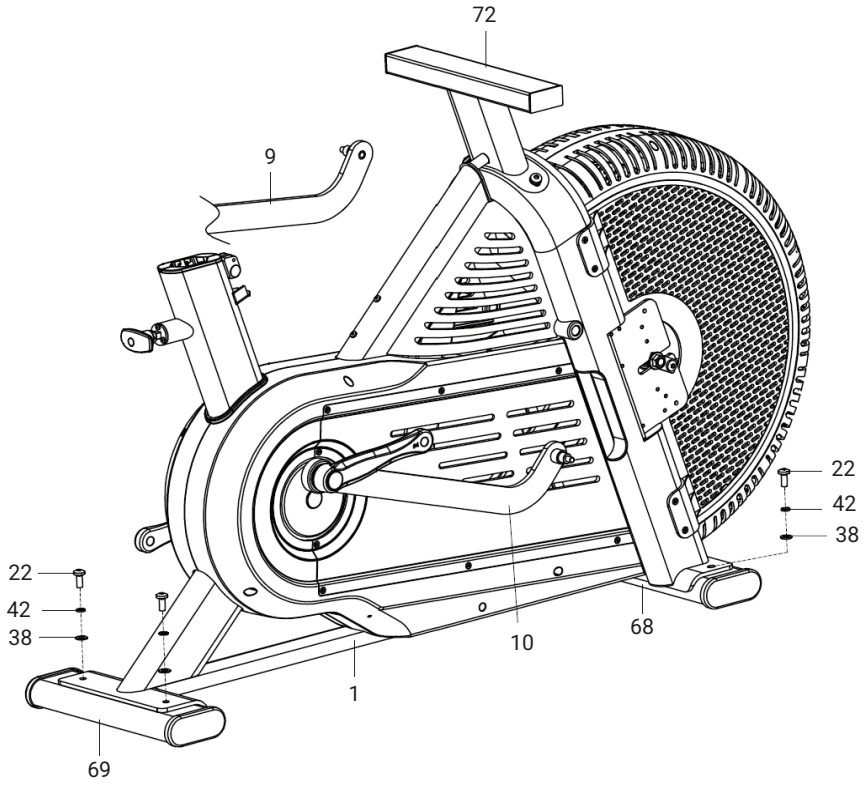
2.3 ASSEMBLY STEPS

STEP 1

1. Remove the packing tube 72, 68 and 69 respectively by unscrewing the related screws/spring washers/flat washers, keep the bolts/washers for next step use and dispose the tubes.
2. Cut the cable ties on the left connecting rod (9) and right connecting rod (10), gently lower the left connecting rod (9) and right connecting rod (10) to avoid damaging the cover, and then remove the foam package.





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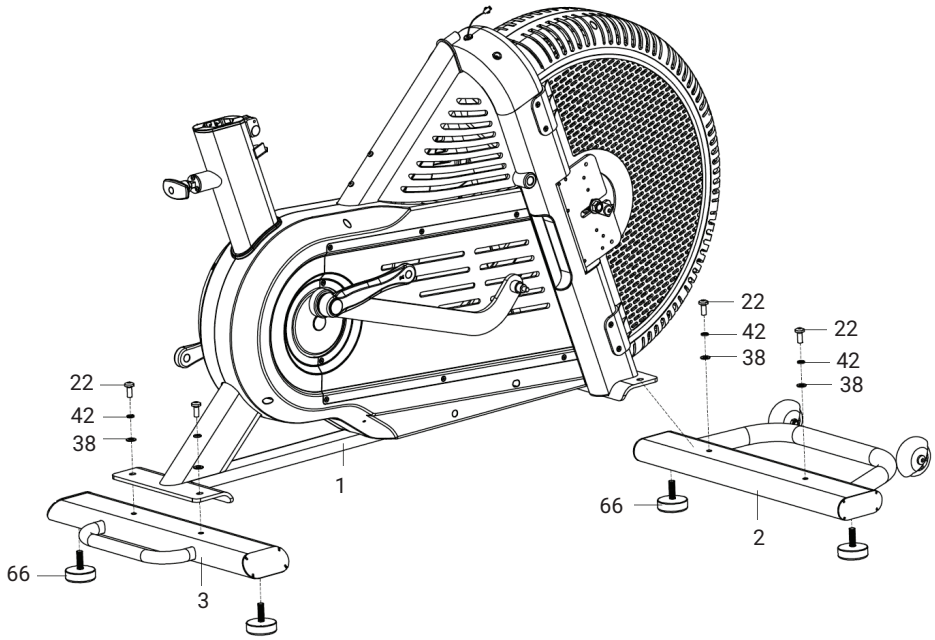
2.3 ASSEMBLY STEPS (CONT)

STEP 2

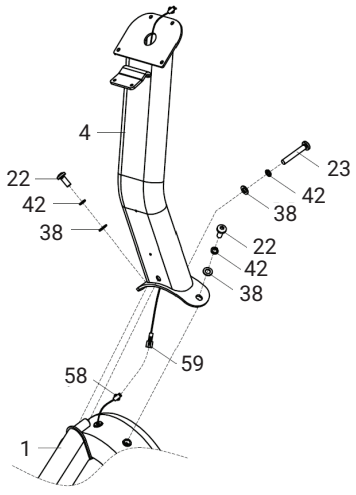
1. Tighten the leveling feet (66) to the bottom of front stabilizer leg (2), then lock the front stabilizer leg (2) to the front of main frame (1) with the bolts (23), spring washers (42), and flat washers (38).
2. Repeat above step to assemble the rear stabilizer leg (3) to the rear of main frame (1).



STEP 3

1. Connect Sensor Wire (58) and Connection Wire 1 (59)
2. Lock the Resistance Control Mast (4) onto the Main Frame (1)

*Note: Be mindful when locking the bolts to avoid pinching any wires. Store the excess wire inside the Resistance Control Mast (4).



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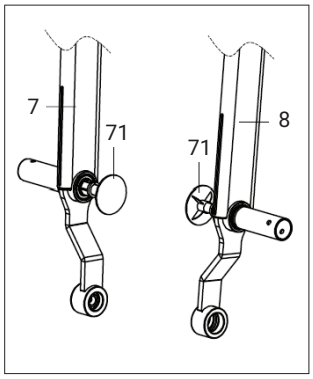
2.3 ASSEMBLY STEPS (CONT)

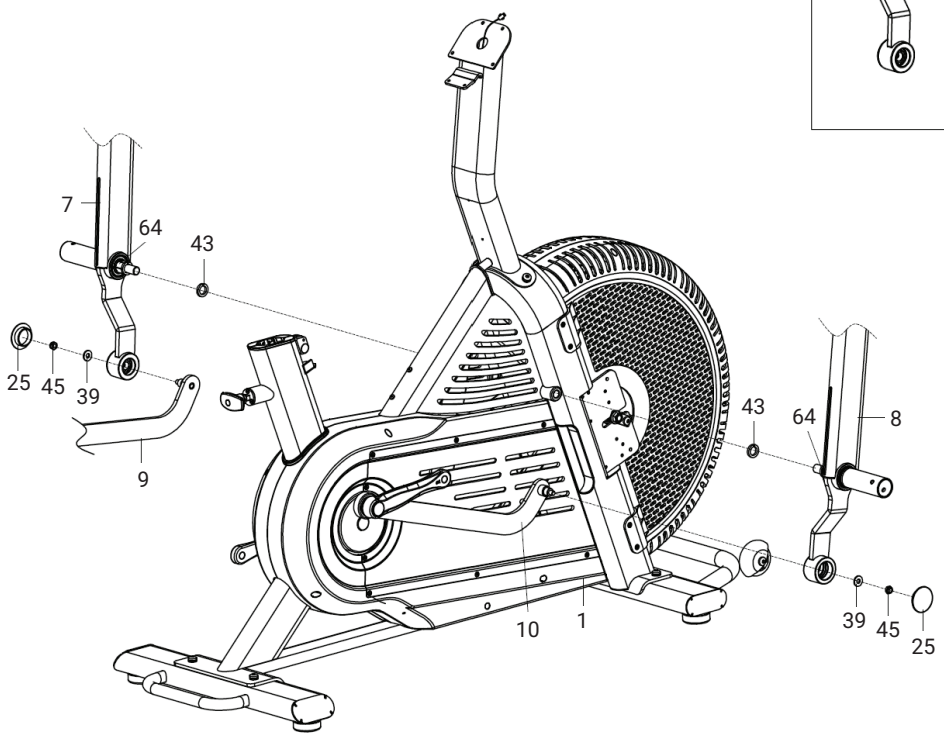
STEP 4

1. Remove peg thread Protector (71) from both Moving Arms (7 and 8) and discard.
2. Hand tighten Left Handlebar Assembly (7) into Main Frame (1) (appr. 1/3 threads) with a large spring washer (43), whilst holding tight Left Handlebar Assembly (7) connect Left Coupling Arm (9) to the bottom of Left Handlebar Assembly (7) using the supplied flat washer (39) and Nyloc nut (45).

   NOTE: BE VERY CAREFUL NOT TO DAMAGE THE SELF ALIGNING BEARING (54) WHEN ASSEMBLING.

   Once all pre-assembled, tighten all parts properly with the supplied tools and then press the End Cap (25) onto the bottom end of Handlebar Assembly.
3. Repeat above step to assemble the Right Handlebar Assembly (8) to the Main Frame (1) and connect with Right Coupling Arm (10).





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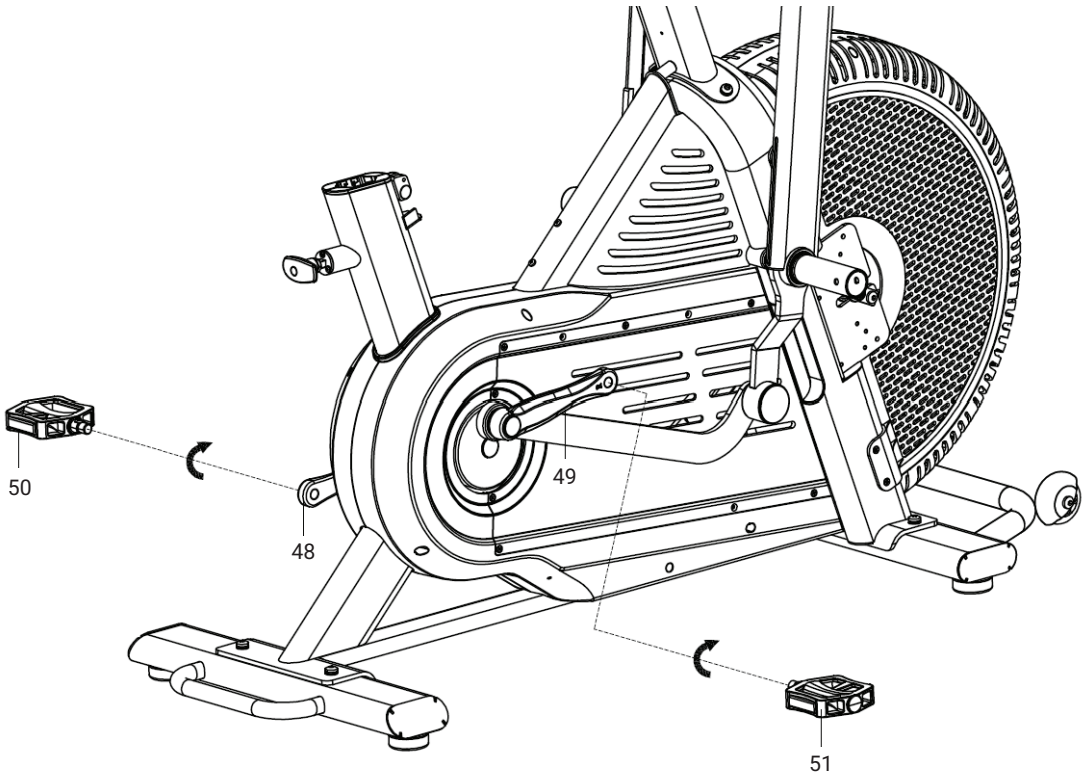
2.3 ASSEMBLY STEPS (CONT)

STEP 5

1. Hand thread Left Pedal (50) into the Left Crank Arm (48), then tighten securely with supplied Open Wrench (77).
2. Repeat above step to attach the Right Pedal (51) to Right Crank Arm (49) securely.

*Please note: The left pedal should be locked counterclockwise, and the right pedal should be locked clockwise. Follow the direction indicated by the arrow in the following figure. Keep the left pedal (50) and the right pedal (51) always tightened to avoid any thread damage.



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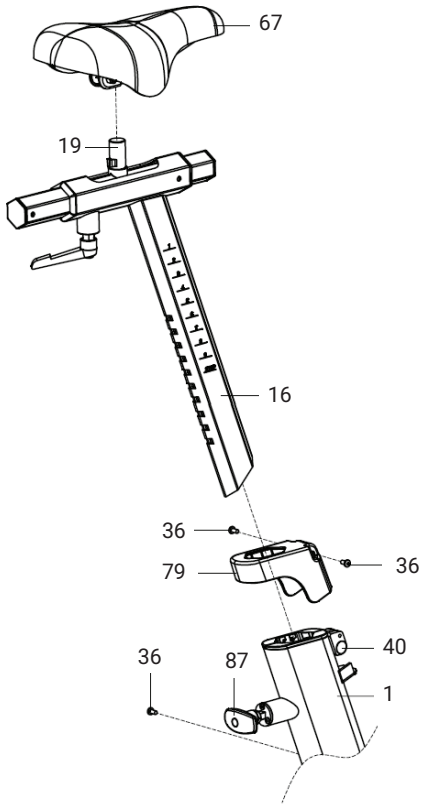
2.3 ASSEMBLY STEPS (CONT)

STEP 6

1. Fasten Saddle (67) to Saddle Post (19) with Open Wrench (77)
2. Slide the Top Seat Post Cover (79) onto the Seat Post (16).
3. Loosen the Philips pan head screw (36) on the left side of Main Frame (1) first, pull the T-Handle (87) outward and insert Seat Post (16) into seat tube, then tighten the Philips head screw (36) when the Seat Post inserted at least to the “STOP” marking.
4. Tighten Square Neck Bolt (40) to put the desired clamping pressure onto seat post (16). Slide down the top seat post cover (79) and secure with 2 Philips pan head screws (36).

*Note: Make sure Seat Post (16) and Saddle (67) are locked tightly before every workout!



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3. INSTRUCTIONS FOR USE

The PLAE Performance VPR Bionic Bike has variable pitch turbine blades that can be adjusted by the user via the red VPR lever forward/aft in order to change the resistance level. This can be adjusted when stationary or while in use.

- Gear 1 = Low resistance
- Gear 10 = High effort

WARNING!

- The maximum weight supported by the STEPR Performance AIR Bionic Bike is 160kg/353lbs. Do not exceed maximum user weight.
- Only one user at a time is permitted to use the AIR Bionic Bike.
- Children under the age of 12 are not allowed to use the machine.
- Do not use the machine with shrouds/covers removed.

Seat Adjustment (both up/down and forward/back)

It is important that the seat is set at the right position for your body. Ask your instructor for assistance if required.

1. Make sure the seat is securely tightened and that there is no lateral or vertical movement of the seat tube.
2. To lower the seat height, pull the seat pop pin and drop the seat to the desired height. To raise the seat simply lift the seat and it will ratchet up to the desired height.
3. To move the seat forward and aft simply loosen and pull downwards the knob under the seat, then slide the seat into the desired position, then tighten the knob to hold the seat in set position.

4. MAINTENANCE

Like any other mechanical cycling device, the PLAE Performance AIR Bionic Bike should be maintained regularly.

DAILY MAINTENANCE

- Daily cleaning and inspection, and lubrication will keep the PLAE Performance AIR Bionic Bike in optimal condition.
- Listen to any unusual noise and loose components. Do not ignore but address the issue immediately.
- The following is the recommended maintenance schedule. In environments with severe pollution, the frequency of inspections and maintenance should be increased.

WEEKLY MAINTENANCE

- Clean the frame and plastic surfaces with a soft cloth or brush. Do not use abrasive cleaning materials or brushes.
- Protect all metal surfaces with Lanolin Spray. Spray onto a cloth and wipe surfaces.
  - NOTE: Do not apply Lanolin to handles and/or Foot plates or pedals.
- Clean the console with a soft cloth.
- Check all bearings, pedals, handlebar, seat adjustment knobs/ratchet are still secure and functioning optimally. If required, tighten crank arms, handlebars, footrests/pedals.

SIX MONTHLY MAINTENANCE

- Check belt tension. Call a service agent if in doubt.
- Inspect main frame bolts.

TWELVE MONTHLY MAINTENANCE

- Tighten main frame bolts and feet bolts.

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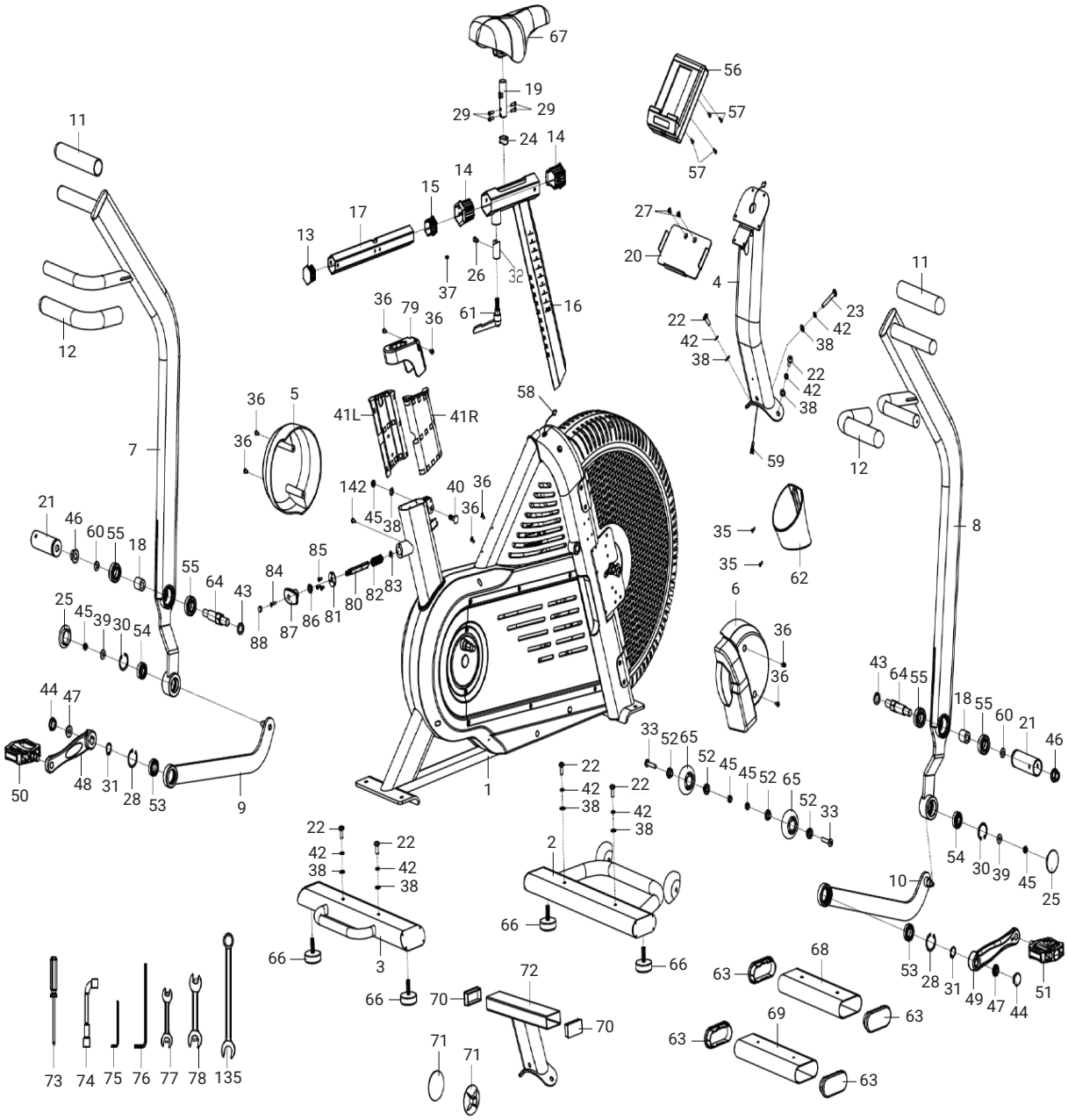
5. EXPLOADED DIAGRAM



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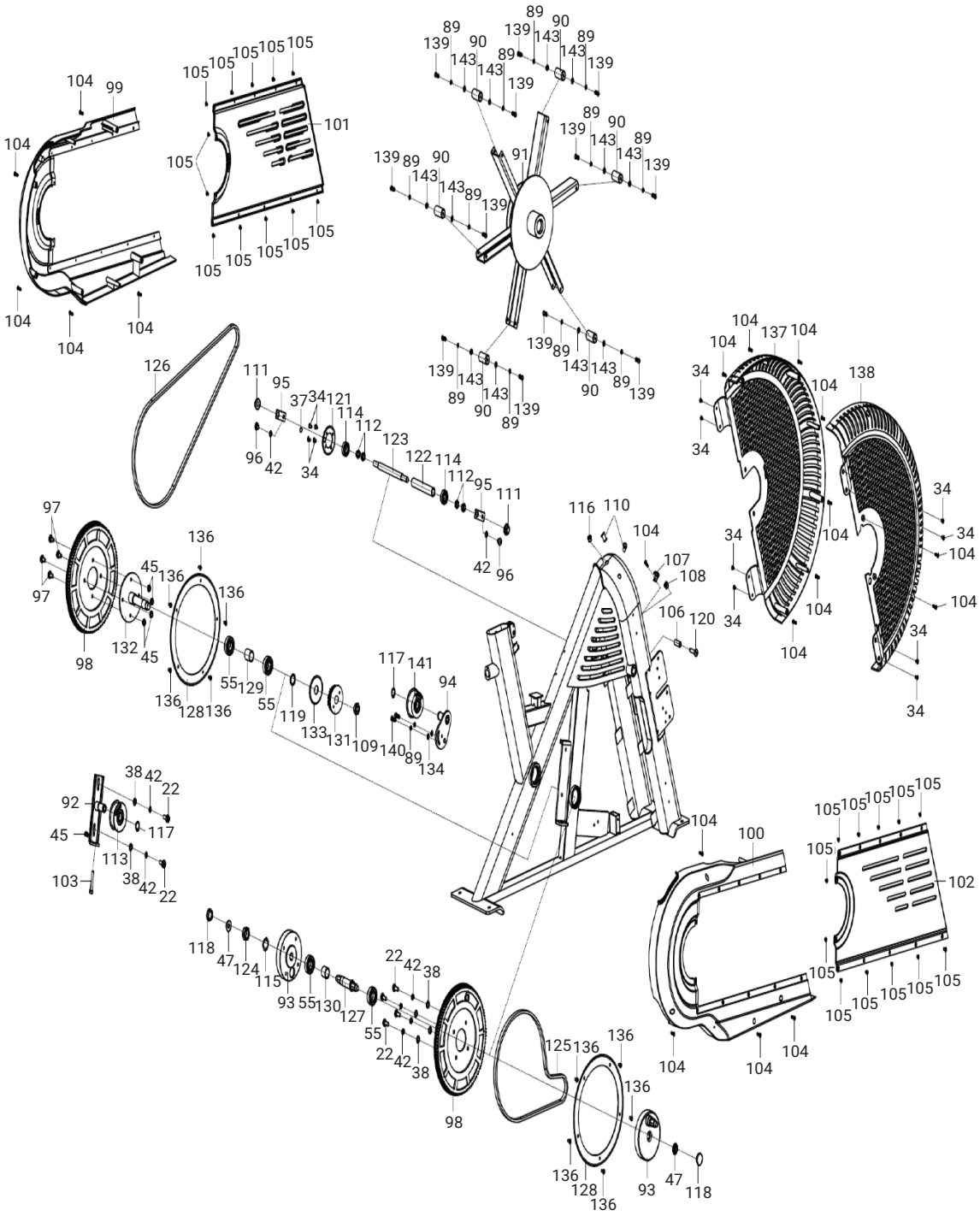
5. EXPLOADED DIAGRAM (CONT)



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6. Parts List

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
1	Main Frame	1	38	Flat washer Φ8*Φ16*1.5	14
2	Front Stabilizer Leg	1	39	Flat washer Φ8*Φ20*2	2
3	Rear Stabilizer Leg	1	40	Square neck bolt M8*30	1
4	Console Mast	1	41L/R	Seat post sleeve 206*100*40	1 pr.
5	Left Hub Cover	1	42	Spring washer D8	15
6	Right Hub Cover	1	43	Spring washer D16	2
7	Left Handlebar Assembly	1	44	Crank cap	2
8	Right Handlebar Assembly	1	45	Nyloc nut M8	10
9	Left Coupling Arm	1	46	Flange nut M14*1.5	2
10	Right Coupling Arm	1	47	Hexagon flange nut M12*1.25*H7	4
11	Top handlebar grip Φ32*T3*200	2	48	Left Crank	1
12	Bottom handlebar grip Φ28*T3*320	2	49	Right Crank	1
13	Hexagonal cap 38*2.0	1	50	Left Pedal BR-04	1
14	Hexagonal fwd/aft seat slide sleeve	2	51	Right Pedal BR-04	1
15	Hexagonal cap 38*2.0	1	52	Bearing 608ZZ	4
16	Seat Post	1	53	Bearing 6904	2
17	Saddle Horizontal Tube	1	54	Self-aligning ball bearing	2
18	Spacer Φ20.1*Φ25*18.2	2	55	Bearing 6004ZZ	8
19	Saddle post	1	56	Console	1
20	Phone Holder	1	57	Phillips head screw	4
21	Foot Peg	2	58	Sensor wire 1	1
22	Hex pan head screw M8*20	12	59	Sensor wire 2	1
23	Hex pan head screw M8*55	1	60	Flat washer Φ14.5*Φ22*1.0	2
24	Plastic spacer Φ26*13	1	61	L-shape knob M16*1.5*17	1
25	Cap Φ50*12	2	62	Accessory Holder	1
26	Hexagon socket head cap screw M6*6	1	63	Packaging Leg end cap	4
27	Hex socket head cap bolt M6*12	4	64	Foot peg shaft Φ25*116.5	2
28	Circlip for hole D37	2	65	Moving wheel Φ64*24	2
29	Hexagon socket head cap bolt M5*14	4	66	Leveling foot	4
30	Circlip for hole D35	2	67	Saddle	1
31	Circlip for shaft D20	2	68	Front packaging leg tube	1
32	V-shaped holding block Φ22.6*25	1	69	Rear packaging tube	1
33	Hex socket pan head screw M8*40	2	70	Top Packaging Tube Cap	2
34	Cross countersunk head screw M5*10	12	71	Peg thread protector (for packaging)	2
35	Phillips head screw M4*10	2	72	Top Packaging Tube	1
36	Phillips head screw M5*12	18	73	Philips screw driver	1
37	Round magnet Φ10*3	2	74	Socket head wrench	1

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6. PARTS LIST (CONT)

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
75	Allen key S4	1	112	Outer hex nut M12*1*H11	2
76	Allen key S6	1	113	Main drive Tensioner wheel	1
77	Open wrench S13, S15	1	114	Bearing 6002	1
78	Open wrench S17, S19	1	115	Spring washer	1
79	Seat tube top cover	1	116	Wiring grommet	1
80	Seat ratchet pop pin	1	117	Shaft Circlip D17	2
81	Pull pin fastener	1	118	Crank cap M25*1.0	2
82	Spring	1	119	Spacer bush	1
83	Split washer	1	120	Shaft shoulder bolt Φ8*35.5	1
84	Cross countersunk head screw M5*15	1	121	Turbine pulley flange Φ67	1
85	Phillips head screw M4*12	3	122	Shaft sleeve	1
86	Hex nut M10	1	123	Turbine Shaft Φ15*202	1
87	T-Handle	1	124	Nyloc nut M20*1.5*H12.5	1
88	T-Handle cap	1	125	Timing Belt 1048-8M-15	1
89	Spring washer D6	14	126	Timing Belt 1392-8M-12	1
90	Weight block Φ20*44	6	127	Main crank shaft Φ25*132	1
91	Turbine Assembly	1	128	Large Pulley Flange Φ260.6	2
92	Tensioner wheel plate	1	129	Spacer Φ20.1*Φ25*28.2	1
93	Crank Offset hub	2	130	Spacer Φ20.1*Φ25*21.2	1
94	Idler connecting rod 2	1	131	Small intermediate pulley	1
95	Turbine alignment locking tab	2	132	Intermediate shaft Φ25*127	1
96	Hex socket head cap bolt M8*10	2	133	Small pulley flange	1
97	Hex socket head cap bolt M8*16	4	134	Flat washer Φ6.2*Φ16*1.5	2
98	Large pulley Φ260*20.5	2	135	Wrench S22	1
99	Left outer side cover	1	136	Philips head self-tapping screw ST5*16	10
100	Right outer side cover	1	137	Left front turbine shroud	1
101	Left inner side cover	1	138	Right front turbine shroud	1
102	Right inner side cover	1	139	Hex head bolt M6*18	12
103	Hex head bolt M8*50	1	140	Hex head bolt M6*16	2
104	Cross pan head tapping screw ST4.2*18	19	141	Tensioner wheel Φ66*28	1
105	Cross countersunk head screw M4*8	24	142	Philips pan head bolt M5*16	1
106	Plastic spacer	1	143	Flat washer Φ6.2*Φ13*1.5	12
107	Sensor bracket	1			
108	Wire plug	1			
109	Outer hexagon nut M16*1.5*H8	1			
110	Flat head cylindrical head nut M8	2			
111	Hexagon flange nut	2			

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7. PLAE UNIVERSAL CONSOLE

Universal Programable Console to suit all PLAE Performance Series VPR and AIR machines. Machine Type programmed in background to automatically activate appropriate machine specific workout performance calculations and display data.

7.1 DISPLAY

- Auto Start Up with Backlit Screen (2 x D cell batteries).

POWER (Watts) / SPEED (kph/mph)
Simultaneously Displays

- Large Display of Current Operating POWER in Watts on the Bionic, Cycle, Row, Ski and TreadSled Sled Drive. When the TreadSled is being used in a normal Run/Walk mode (without the turbine being activated) POWER SPEED (km/hr, or mile/hr) is displayed, which represents the equivalent speed that would be achieved when running on a flat treadmill without the curve incline, based on the user power actually being exerted to effectively run uphill on the curve (note that the actual raw belt speed is constantly displayed in the bottom left hand console window). The TreadSled automatically reverts to Power (Watts) during the Sled Drive mode, when the turbine resistance is activated. The default POWER SPEED calculation is based on a default user weight of 100kg, so to increase the accuracy of the POWER SPEED metric the user can input their personal body weight by simultaneously holding down the START and CAL buttons, modify the kg value using the up and down buttons and then pressing ENTER. This also changes the calorie display from cal/kg to calories.
- Current and Total Workout Average Watts/Speed. Current and Total Interval Workout Watts/Speed.
- Current and Final Max Workout Watts/Speed

GEAR (Performance + VPR series only)

- Gear level displayed (Levels 1 to 10)
- 100 calibrated finite gear levels calculate watts and other data in the background.

TIME

- Large Workout or Current Interval Elapsed or Programmed Target Time Countdown Display.
- Intra-Interval Rest time counts down
- Displays Cumulative Intervals completed. (interval count ends when STOP button activated to end workout).

INTERVALS

- Programable Interval Work and Rest Time. Activate INTERVAL key to first enter interval EXERCISE time (adjust with the up/down keys), then press ENTER to allow you to enter the desired interval REST time and then press ENTER again. Press START to begin 3 second countdown to begin EXERCISE time countdown.
- Counts Cumulative Intervals completed (interval count ends when STOP button activated to end workout).

HEART RATE

- Current Heart Rate detected from Bluetooth or ANT+ Heart Rate Transmitter.

PACE

- Treadmill/Cycle/Bionic - Pace / KM (1000m).
- Row/Ski - Pace/500m
- Average Pace for the entire completed workout is displayed after the STOP key is pressed for a second time after the workout is initially ended, by initially pressing the STOP key.

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DISTANCE

- Cumulative or Programmed Target Countdown Meters

RPM / SPEED

- Cycle/Bionic - Pedal Cadence RPM
- Row/Ski - Strokes per minute
- Treadmill - Running Speed (km/hr or miles/hr).

CALORIES

- Cycle/Bionic/Row/Ski: Cumulative or Programmed Target Calories Countdown.
- Treadmill - CAL/KG: Cumulative Calories per kg of body weight. Entering user weight in kg (via START+CAL) changes to absolute cumulative calories.

BLUETOOTH

- Press and hold to activate
- Transmits workout data to third party Apps.

SOFTWARE UPDATES

- Via Bluetooth from file download to email or any message Application.

CALIBRATION

- 1-99 gear calibration on VPR and AIR models

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7.2 PLAE CONSOLE TECHNICAL GUIDE

*Note: This is one console for all machines.

MPH to KPH

1. Press and hold ARROW RIGHT key for three seconds.
2. Toggle the value between 0 or 1.
    - (0)=KPH, (1)=MPH
3. Press ENTER to confirm selection.

CONSOLE MACHINE SELECTION PROCEDURE

1. Press any key to power the console up
2. Simultaneously press and hold ENTER + START keys for 3 seconds
3. Use UP + DOWN arrow keys to select desired machine (see list for relevant machine code)
4. Once the desired machine code is flashing, hit ENTER to select that machine

CALIBRATION PROCEDURE

1. Press any key to power the console up
2. Simultaneously press and hold ENTER + STOP keys for 3 seconds
3. Adjust the turbine pitch to the lightest setting
4. Press ENTER key
5. Adjust the turbine pitch to the heaviest setting
6. Press ENTER key
7. Then wait and the console will restart - the calibration procedure is now complete

TEST MODE PROCEDURE

1. To enter test mode whereby the console will show 1 to 99 gears as opposed to 1 to 10 gears
2. Simultaneously press and hold ENTER + INTERVAL keys for 3 seconds

7.3 CONSOLE SOFTWARE UPDATE PROCEDURE (USING BLUETOOTH OTA)

iOS PROCEDURE

1. Go to Apple App Store.
2. Search for and download the SUNRISE OTA App to your device.

3. Ensure you have already downloaded the latest .BIN software file to your device.
4. Press any key to power the console up.
5. Simultaneously press and hold ARROW UP + ARROW DOWN keys for 3 seconds to enter the program update mode. The console will display OTA once successful.
6. Open the SUNRISE OTA App on your device and allow Bluetooth access when prompted.
7. Click the SCAN BLUETOOTH button. The app will search for nearby Bluetooth devices.
8. Select the available device named CRW-XXXX for pairing. Once successfully paired, a small Bluetooth symbol will be displayed in the upper right corner of the console.

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7.3 CONSOLE SOFTWARE UPDATE PROCEDURE (CONT)

iOS PROCEDURE (CONT)

9. Click the START TO LOAD button on the App, then select the relevant previously downloaded .BIN software file for loading.
10. Click the START TO UPDATE button on the App. The console will start updating the new software.
11. When the progress bar reaches 100%, the console will emit a beep and restart, indicating a successful update.
12. Go to the CONSOLE MACHINE SELECTION PROCEDURE above and follow steps 1-4 to ensure the correct machine code is selected to match the machine the console is fitted to.
13. Go to the CALIBRATION PROCEDURE above and follow steps 1-7 to ensure the console is correctly calibrated.

ANDROID PROCEDURE

1. Go to Google Play Store.
2. Search for and download the ANPLUS-OTA App to your device.

3. Ensure you have already downloaded the latest .BIN software file to your device.
4. Press any key to power the console up.
5. Simultaneously press and hold ARROW UP + ARROW DOWN keys for 3 seconds to enter the program update mode. The console will display OTA once successful.
6. Open the ANPLUS-OTA App on your device and allow Bluetooth access when prompted.
7. Click the SCAN BLUETOOTH button. The app will search for nearby Bluetooth devices.
8. Select the available device named CRW-XXXX for pairing. Once successfully paired, a small Bluetooth symbol will be displayed in the upper right corner of the console.
9. Click the START TO LOAD button on the App, then select the relevant previously downloaded .BIN software file for loading.
10. Click the START TO UPDATE button on the App. The console will start updating the new software.
11. When the progress bar reaches 100%, the console will emit a beep and restart, indicating a successful update.
12. Go to the CONSOLE MACHINE SELECTION PROCEDURE above and follow steps 1-4 to ensure the correct machine code is selected to match the machine the console is fitted to.
13. Go to the CALIBRATION PROCEDURE above and follow steps 1-7 to ensure the console is correctly calibrated.

7.4 MACHINE CODES

1A	Row VPR	(4 blade adjustable pitch)
1C	Row AIR	(Standard Row - no pitch adjustment)
2A	Ski VPR	(4 blade adjustable pitch)
2C	Ski AIR	(Standard Ski - no pitch adjustment)
3A	Cycle VPR	(4 blade adjustable pitch)
3C	Cycle AIR	(Standard Cycle - no pitch adjustment)
4A	Bionic VPR	(4 blade adjustable pitch)
4C	Bionic AIR	(Standard Bionic - no pitch adjustment)
5A	TreadSled VPR	(4 blade adjustable pitch)

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7.4 MACHINE CODES (CONT)

5B	TreadSled AIR	(Standard Tread/Sled - no pitch adjustment)
5C	Curved Treadmill	(No Turbine/Sled)

DUTY OF CARE ACKNOWLEDGEMENT: I acknowledge and understand that the fitness equipment being supplied by PLAE to our Facility must be used correctly and that incorrect use could potentially result in injury. Accordingly, as part of our ‘Duty of Care’, I understand that it is our responsibility to ensure:

1. That all equipment users, prior to using the equipment, must receive a comprehensive induction, by a qualified fitness professional, in the correct use and safe operation of the fitness equipment. As part of the equipment induction process, we must ensure that patrons are made aware of the safety ‘Warning’ labels on each machine and that reference is made to the exercise Instructional Placards fitted to equipment.
2. It is understood that many of the machines can be used for a wide range of exercise options, making it impossible to provide an instructional placard for every exercise option & variant. Accordingly, the equipment purchaser acknowledges that it is the responsibility of the exercise facility to instruct and supervise users in the safe, correct and appropriate use of these machines.

*NOTE: Any piece of fitness equipment is capable of being pulled over if used incorrectly. It is the buyer’s responsibility to determine if they wish to fix the equipment to the floor.

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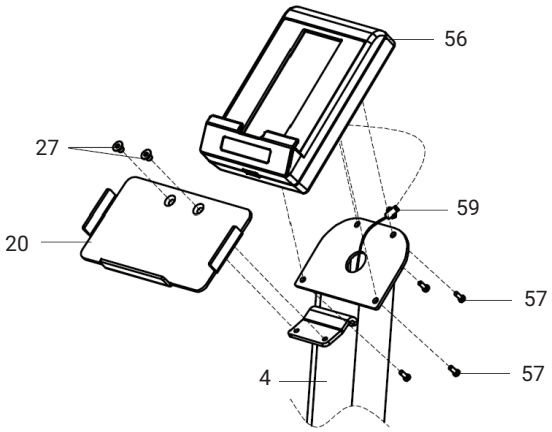
2.3 ASSEMBLY STEPS (CONT)

STEP 7

1. Lock Phone Holder (20) to the bracket on Console Mast (4) with M6*12 Screws (27).
2. Insert Connection Wire 1 (59) into the back port of Console (56), store the excessive wires inside Console Mast (4) and lock the Console (56) with 4 Phillips pan head screws (57) to the Console Mast



STEP 8

1. Lock Bottle Holder (62) on Console Mast (4)
2. Lock tightly Left Hub Cover (5) and Right Hub Cover (6) with Philips head screws (36) on left and right front turbine shroud respectively.
3. Check all the bolts/screws in the previous assembly steps to ensure they are all secure, then the bike is ready for your workout.