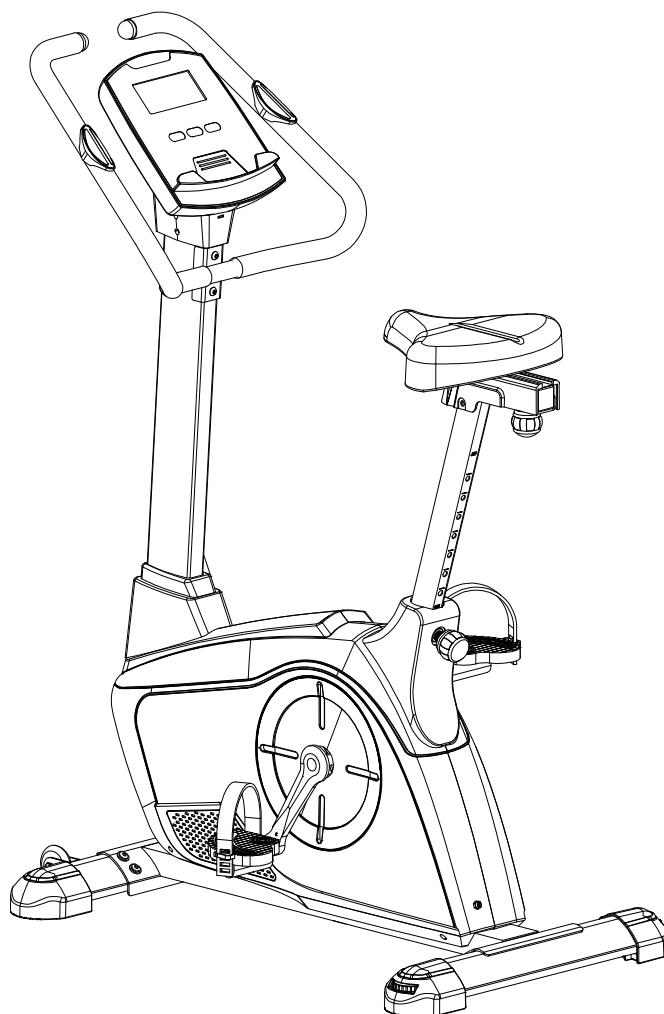# PT-1730 BIKE

MANUAL DEL USUARIO
**OWNER'S MANUAL**
MANUEL DE L'UTILISATEUR

1. SAFETY INSTRUCTIONS

1. Read all warnings posted on the equipment.
2. Read this Owner's Manual and follow it carefully before using the equipment.
3. We recommend that two people be available for assembly of this product.
4. Keep children and pets away from the equipment. Do not allow children and pets to use or play on the equipment.
5. Make sure it is correctly assembled before start using it.
6. Place the equipment in a dry area away from humid, saline or corrosive environments.
7. Set up and operate the equipment on a solid level surface. Do not position the equipment on loose rugs or uneven surfaces.
8. Inspect the equipment for worn or loose components prior to each use.
9. Replace any loose or worn components prior to using the equipment and/or or keep the equipment out of service until it has been completely repaired.
10. Do not wear loose or dangling clothing while using the equipment.
11. Never exercise in bare feet or socks; always wear correct footwear, such as running, walking, or cross-training shoes.
12. Be careful to maintain your balance while using, mounting, dismounting, or assembling the equipment loss of balance may result in a fall and serious bodily injury.
13. Keep both feet firmly and securely on the foot pedals or on the band (in case of treadmills) while exercising.
14. The equipment should not be used by persons weighing over 130 kg.
15. The equipment should be used by only one person at a time.
16. The equipment is for home usage.
17. Make sure that adequate space is available for access to and passage around the equipment; keep at least a distance of 1 meter from any obstruction object while using the machine.
18. Do the maintenance of the equipment indicated in this manual.

ATTENTION: Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. If, at any time during exercise, you feel faint, dizzy, or experience pain, stop and consult your physician. Follow your physician's recommendations in developing your own personal fitness program. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.

2. EXPLODED DRAW
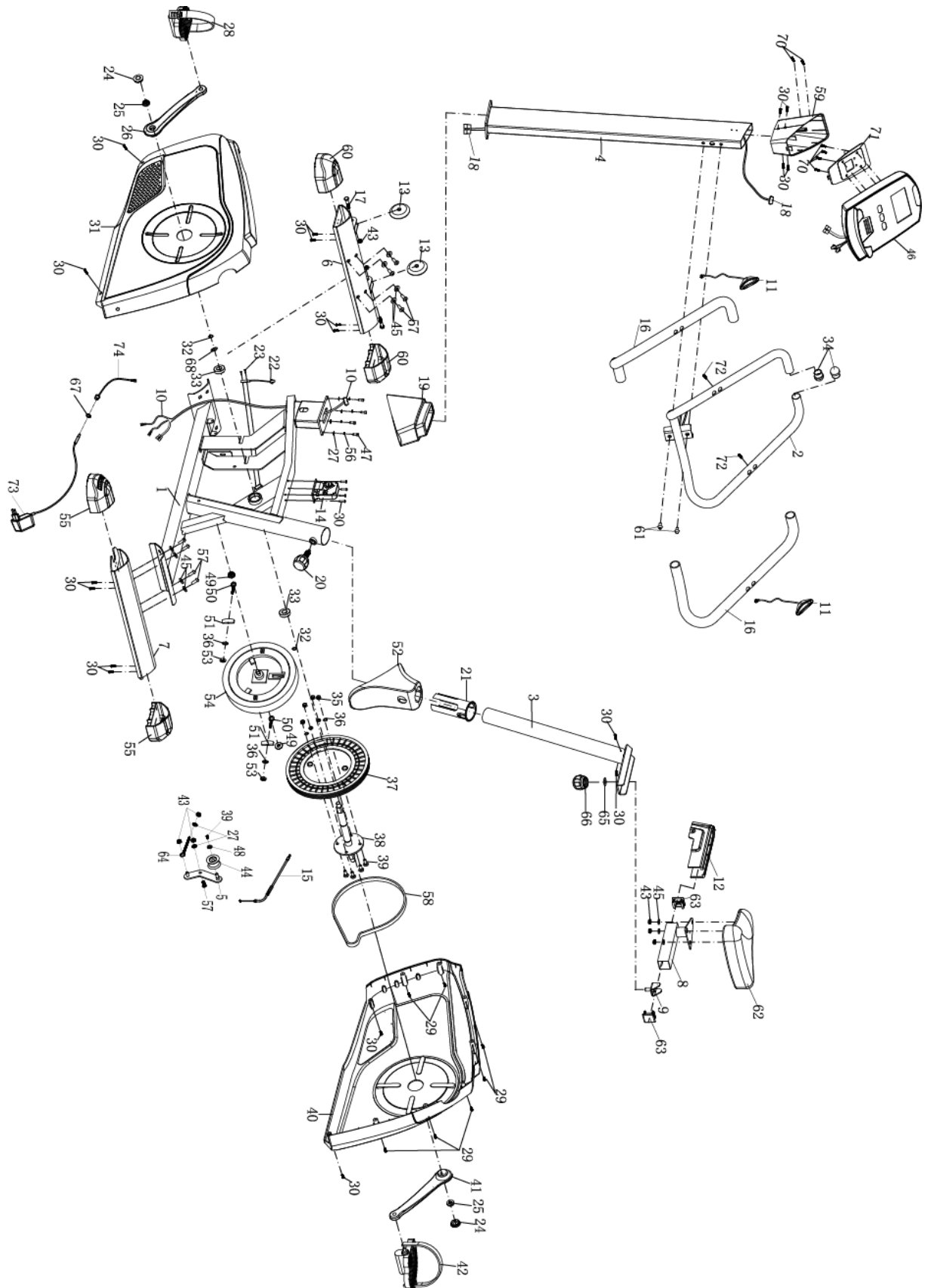
3. PARTS LIST

No.	Qty	No.	Qty	No.	Qty
001	1	032	2	063	2
002	1	033	2	064	1
003	1	034	2	065	1
004	1	035	4	066	1
005	1	036	6	067	1
006	1	037	1	068	1
007	1	038	1	069	2
008	1	039	5	070	6
009	1	040	1	071	1
010	1	041	1	072	2
011	2	042	1	073	1
012	1	043	8	074	1
013	2	044	1		
014	1	045	11		
015	1	046	1		
016	2	047	4		
017	2	048	1		
018	1	049	2		
019	1	050	2		
020	1	051	2		
021	1	052	1		
022	1	053	2		
023	2	054	1		
024	2	055	2		
025	2	056	4		
026	1	057	9		
027	6	058	1		
028	1	059	1		
029	7	060	2		
030	22	061	2		
031	1	062	1		

TOOLS

Allen Wrench S6
1 PC
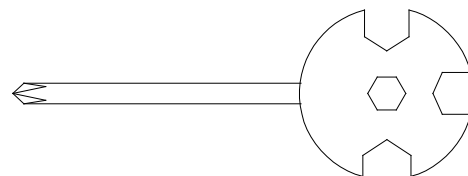
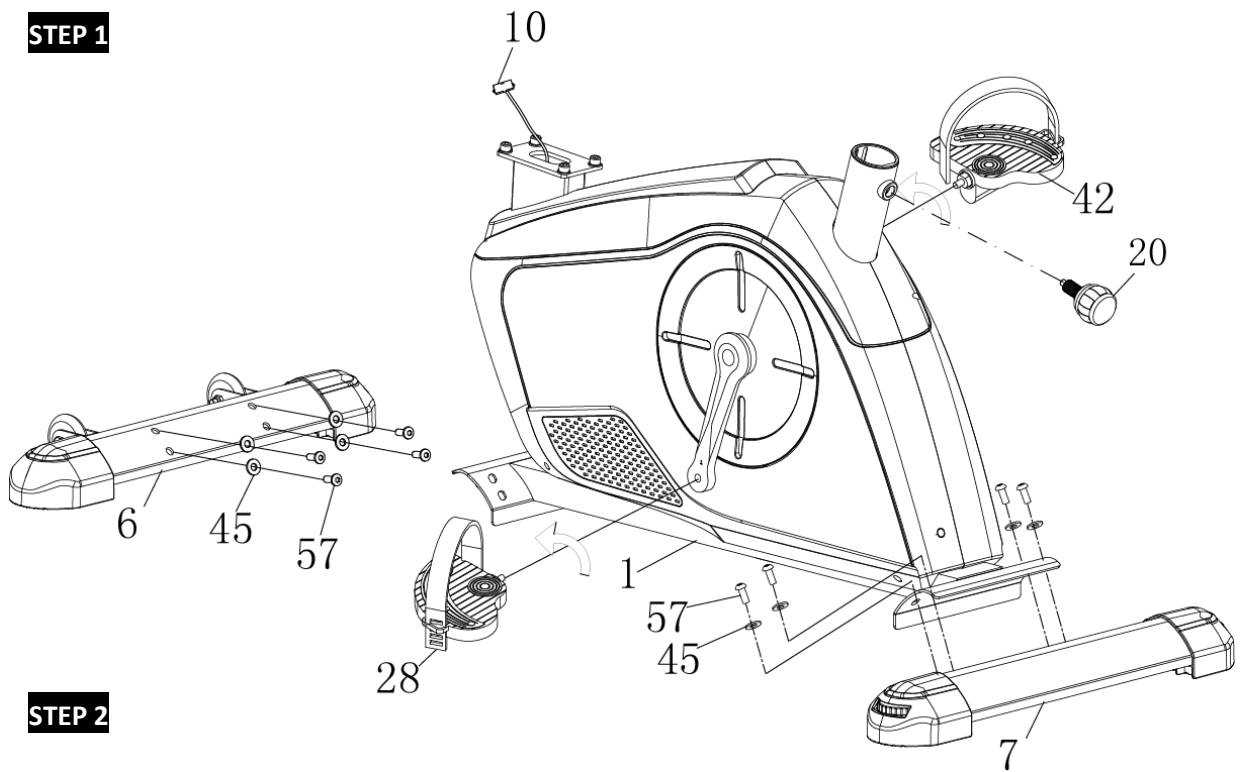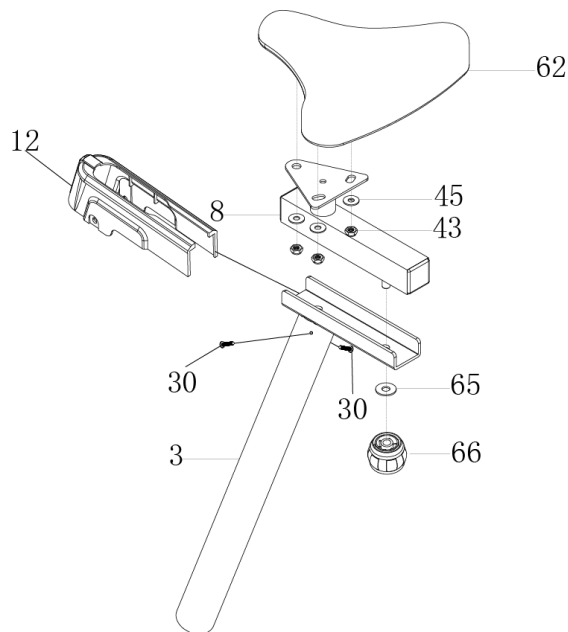Multi Hex Tool with Phillips Screwdriver
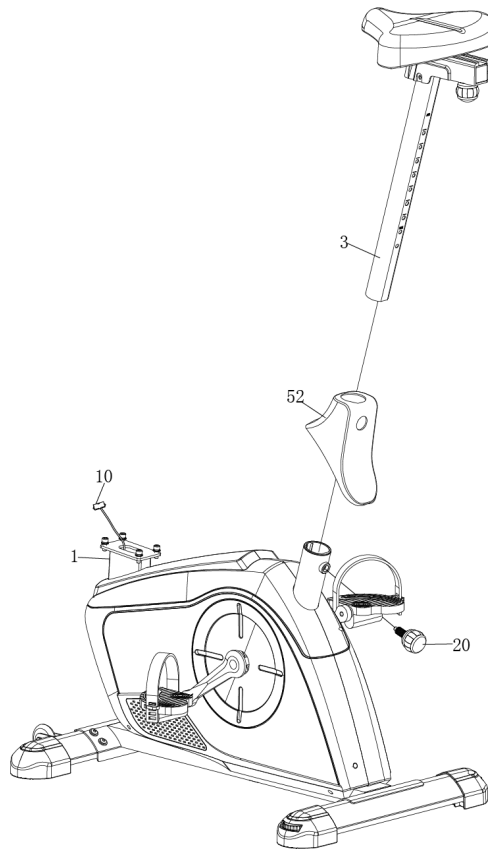S10, S13, S14, S15
1 PC

4. ASSEMBLY INSTRUCTION

STEP 1

STEP 2

STEP 3

3

52

10

1
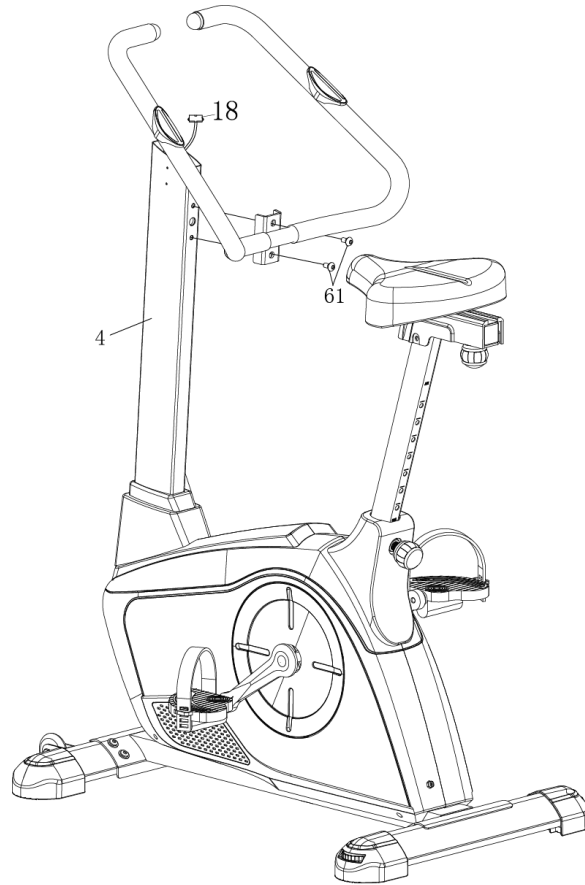
20

STEP 4

19

18

4

47

56

27

18

10

STEP 5

18

61

4

STEP 6

59

46

71

70

11   18

30   30

STEP 7

46

11

18

70

73

This manual can be downloaded on **www.salter.es**
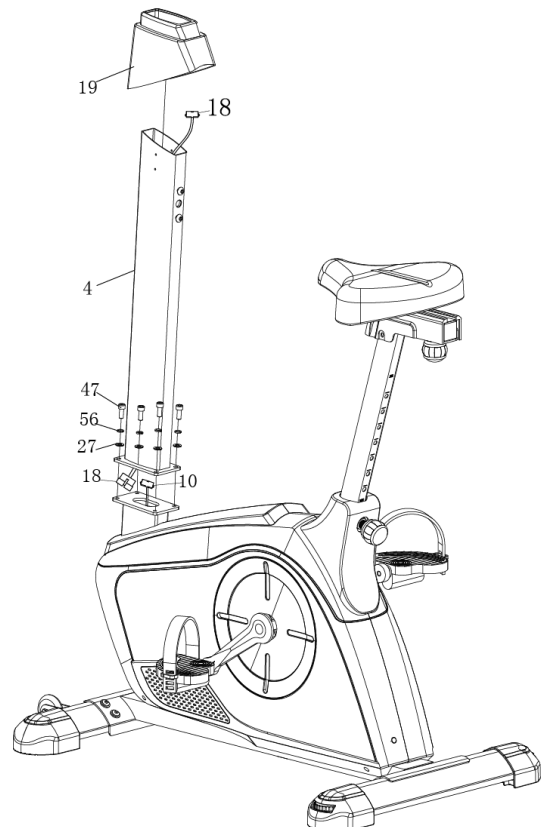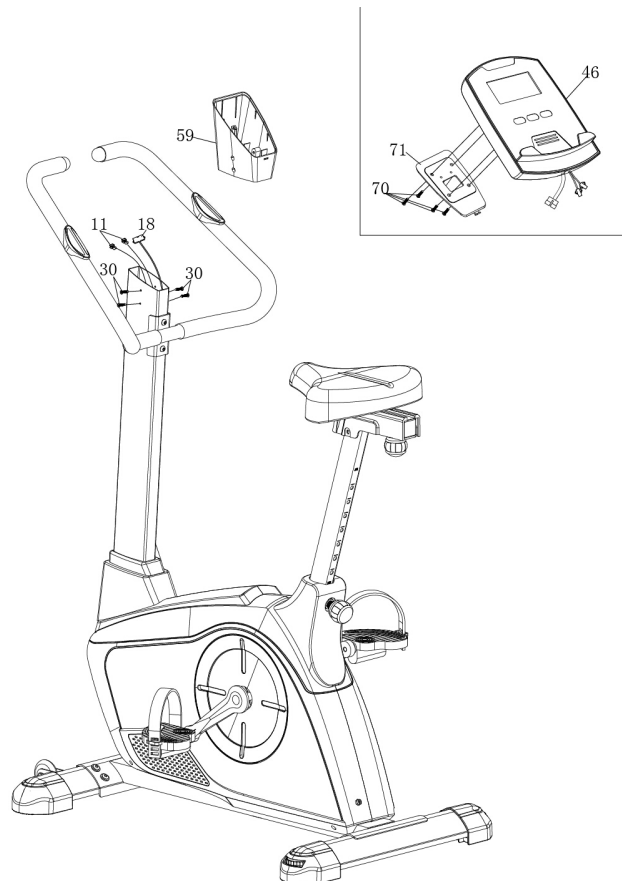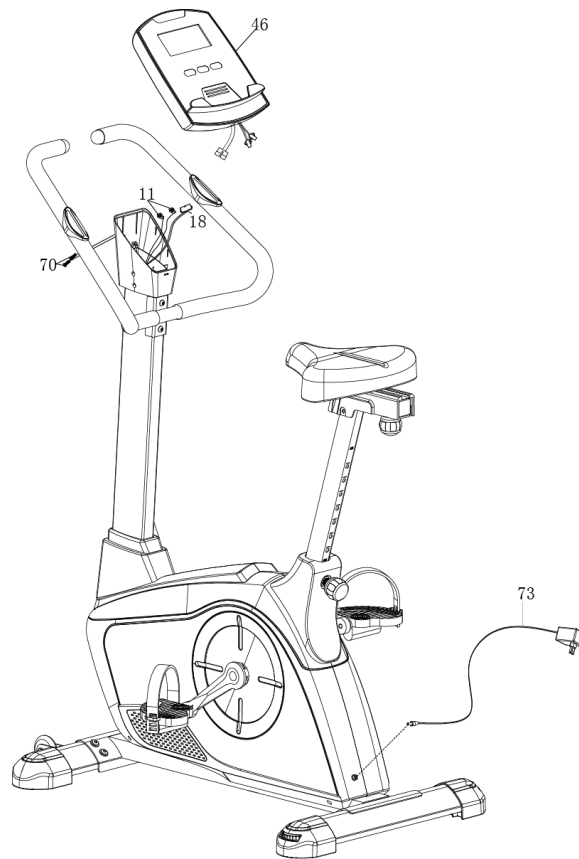
5. USE INTRUCTIONS

KEY FUNCTIONS

START/STOP:
1.Start and Pauses workouts.
2.Start body fat measurement and quit the body fat program.
3.Operates only when in stop mode. Holding key 3 seconds will reset all function value to be zero.
DOWN: Decrease value of selected workout parameter: TIME, DISTANCE, etc. During the workout, it will decrease the resistance load.
UP: Increases value of selected workout parameter. During the workout, it will increase the resistance load.
ENTER: To input desired value or work out mode.
TEST (RECOVERY): Press to enter into Recovery function. When you have finished your workout, press RECOVERY. For RECOVERY to function correctly, it needs your Heart Rate input. Place both hand on the pulse sensors. TIME will count - from 1 minute and then your fitness level from F1 to F6 will be displayed.

Condition	Score	Heart Rate
Excellent	F1	Above 50
Good	F2	40 ~ 49
Average	F3	30 ~ 39
Fair	F4	20 ~ 29
Poor	F5	10 ~ 19
Very Poor	F6	Under 10

MODE: Press to switch display form RPM to SPEED, ODO to DIST, WATT to Calories during workout.

WORKOUT SELECTION

After power-up, use UP/ DOWN keys to select your desired program. Then press ENTER to enter to the desired mode.

SETTING WORKOUT PARAMETERS

After selecting your desired program, you may pre-set several workout parameters for desired results.

WORKOUT PARAMETERS

TIME/DISTANCE/CALORIES/AGE
Note: Some parameters are not adjustable in certain programs.
Once a program has been selected, pressing ENTER, will make "Time" parameter flash. Using UP OR DOWN KEY you may select desired time value. Press ENTER KEY to input value.
Flashing prompt will move to the next parameter. Continue using UP OR DOWN KEY.
Press START/STOP to start workout.

More About Workout Parameters

Field	Setting Range	Default value	Increment/ Decrement	Description
Time	0:00~99:00	00:00	±1:00	When display is 0:00, Time will count up. When Time is 1:00~99:00, It will count Down to 0.
Distance	0.00~999.0	0.00	±1.0	When display is 0.0, Distance will count up. When distance is 1.0~999.0, it will count Down to 0.
Calories	0~9950	0	±50	When display is 0, Calories will count up. When Calories is 50~9950,it will count down to 0.
Age	10~99	30	±1	Target HR will be based on Age. When Heart Rate exceeds Target H.R, the number of Heart Rate will flash in programs.

PROGRAM OPERATION

- **Manual (P1)**

Select **"Manual"** using UP OR DOWN KEY; then press ENTER KEY. "Time" will flash so value can be adjusted using UP OR DOWN KEY. Press ENTER KEY to save value & move to next parameter to be adjusted.
Continue through all desired parameters.
Press START/STOP to start workout.

Note: When one of workout parameters counts down to be zero, it will have bi sounds and stop the workout automatically. Press START KEY to continue the workout to reach the unfinished workout parameters.

- **Pre-Programs (P2-P7)**

There are 6 program profiles ready for use. All program profiles have 16 level of resistance.

Setting Parameters for Pre-programs:
Select one of pre-programs using UP OR DOWN KEY; then press ENTER KEY. "Time" will flash so value can be adjusted using UP OR DOWN KEY. Press ENTER KEY to save value & move to next parameter to be adjusted.
Continue through all desired parameters.
Press START/STOP to start workout.

- **BODY FAT program (P8)**

Select "**Body Fat Program**" using UP OR DOWN KEY; then press ENTER.
"Male" will flash so Gender can be adjusted using UP OR DOWN KEY, press ENTER to save gender & move to next data.
"175" of Height will flash so Height can be adjusted to use UP OR DOWN KEY, press ENTER KEY save value & move to next data.
"75"of Weight will flash so Weight can be adjusted to use UP OR DOWN KEY, press ENTER KEY to save value & move to next data.
"30"of age will flash so Age can be adjusted using UP OR DOWN KEY, press ENTER to save value.
Press START/STOP to start measurement, please also grasp hand pulse grips.
After 15 seconds the display will show out Body Fat% , BMR, BMI & BODY TYPE.

NOTE: Body Types: There are 5 body types divided according to the FAT% calculated.
         BMR: Basal Metabolism Ratio.
     BMI: Body Mass Index.
Press START/STOP KEY to return the main Display.

- **TARGET HEART RATE Program (P9)**

Select "***TARGET H.R.***" using UP OR DOWN KEY then press ENTER KEY. "Time" will flash so value can be adjusted using UP OR DOWN KEY. Press ENTER KEY to save value & move to next parameter to be adjusted.

Continue through all desired parameters, pressing START/STOP to start workout.

Note: If Pulse is above or below (±5) the set TARGET H.R., computer will adjust the resistance load automatically. It will check every 20 seconds approx. Note: Each resistance load represents 2 level of loading).

Note: When one of workout parameters counts down to be zero, it will have bi sounds and stop the workout automatically. Press START/STOP to continue the workout to reach unfinished workout parameters.

- **HEART RATE CONTROL Program (P10-P12)**

There are 3 selection for target pulse:
P10-60% TARGET H.R.= 60% of (220-AGE)
P11-75% TARGET H.R.= 75% of (220-AGE)
P12-85% TARGET H.R.= 85% of (220-AGE)

Select "***One of Heart Rate Control Program***" using UP OR DOWN KEY; then press ENTER KEY. "Time" will flash so value can be adjusted using UP OR DOWN KEY. Press ENTER KEY to save value & move to next parameter to be adjusted.

Continue through all desired parameters.

Press START/STOP to start workout.

Note: If Pulse is above or below (±5) the set TARGET H.R., computer will adjust the resistance load automatically. It will check every 20 seconds approx. (Note: each resistance load represents 2 level of loading).

Note: When one of workout parameters counts down to be zero, it will have bi sounds and stop the workout automatically. Press START/STOP KEY to continue the workout to reach unfinished workout parameters.

- **User Program (P13)**

User program allows user to set its own program that can be used immediately.

Select "USER" by pressing UP OR DOWN KEY; then press ENTER KEY. "Time" will flash so value can be adjusted using UP OR DOWN KEY. Press ENTER KEY to save value & move to next parameter to be adjusted.

Continue through all desired parameters.

After finished set up desired parameters, the level 1 will flash; use UP OR DOWN KEY to adjust the resistance level for each individual segment. Then press ENTER until finished. (There are totally 10 times). Press START/STOP to start workout.

Note: When one of workout parameters counts down to be zero, it will have bi sounds and stop the workout automatically. Press START/STOP KEY to continue the workout to reach unfinished workout parameters.

6. MAINTENANCE

- Dry and clean those areas exposed to perspiration. It is recommended to use towels in order to avoid the sweat falling to the equipment.

- Dust and dirt may be the cause of functioning problems in the gears and the internal bearings. It is recommended keeping the equipment casing and its different elements clean.

7. ENVIRONMENTAL NOTE

The symbol with which is marked this unit (waste bin with wheels) indicates that it cannot be thrown for any reason to the domestic waste. When disposing of the product should be taken to a proper recycling point.

If properly dispose of the product may be reused and recycled, and it will help to conserve natural resources, preserve the environment and significally reduce the potential negative impact on our environment.

For more information about the return system, collection and recycling of these products contact your City Council or the retailer.

8. WARRANTY CONDITIONS

Consult the warranty of this equipment on www.salter.es. It is **essential to indicate the serial number** of the equipment for repairs under warranty.