

BLADEZ
FITNESS

Sears Item No.

21976

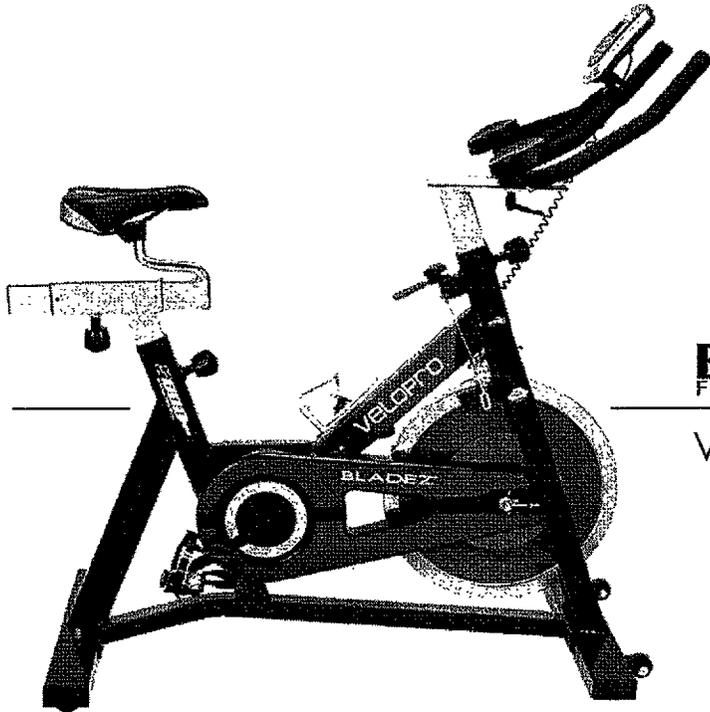
SERIAL NO: _____

DATE OF PURCHASE: _____

Write the serial number in the space above for reference.



SERIAL
NUMBER
DECAL



BLADEZ
FITNESS

VeloPro HW3018B

OWNER'S MANUAL

**ASSEMBLY OPERATION MAINTENANCE
WARRANTY PARTS ORDERING**

CAUTION: Exercise of a strenuous nature, as is customarily done on this equipment, should not be undertaken without first consulting a physician. No specific health claims are made or implied as they relate to the equipment.

IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference.

TABLE OF CONTENTS

Safety	1
Training	3
Pre-Assembly Instructions	8
Assembly Instructions	9
Monitor Operations	13
Maintenance	14
Troubleshooting	15
Exploded View	16
Parts List	17
Warranty	18

IMPORTANT SAFETY ADVICE

Carefully read through the instructions contained in this manual. It provides you with important information about assembly, safety and use of the machine.

- 1 This unit has been designed for home use. The weight of the user must not exceed 275 lbs. (125 kg.)
- 2 Parents and/or those responsible for children should always take their curious nature into account and how this can often lead to hazardous situations and behavior resulting in accidents. Under no circumstances should this appliance be used as a toy.
- 3 The owner is responsible for ensuring that anyone who uses the machine is duly informed about the necessary precautions.

PRECAUTIONS

This bike has been designed and constructed to provide maximum safety. Nevertheless, certain precautions should be taken when using exercise equipment. Read the whole manual before assembling and using the bike. The following safety precautions should also be observed:

1. Keep children or pets away from this equipment at all times. DO NOT leave them unsupervised in the room where this bike is kept.
2. This bike does not free-wheel. You can stop the bike immediately by pushing down the emergency brake on the tension knob while you are exercising.
3. It can only be used by one person at a time.
4. If you experience dizziness, nausea, chest pains or any other symptom while using this appliance STOP the exercise. SEEK MEDICAL ATTENTION IMMEDIATELY!
5. Use the unit on a mat placed level, solid surface. Adjust the stabilizer for assure stability.
6. Keep your hands well away from any of the moving parts.
7. Wear clothing suitable for doing exercise. Do not use baggy clothing that might get caught up in the bike. Always wear running shoes or trainers when using the machine.
8. This appliance must only be used for the purposes described in this manual. DO NOT use accessories that are not recommended by the manufacturer.
9. Do not place sharp objects near the machine.
10. Disabled person should not use the machine without the assistance of a qualified trainer or a doctor.
11. Do warm up stretching exercises before using the equipment.
12. Do not use the bike if it is not working correctly
13. Review all the warnings affixed to the machine and replace all the labels if damaged, illegible, or removed.
14. Functional and visual inspections of the equipment shall be made after assembly is complete.
15. Don't exceed the MAX mark when you're adjusting the handlebar post or seat post.

KEEP THESE INSTRUCTIONS SAFE FOR FUTURE USE

BLADEZ
FITNESS

IMPORTANT SAFETY ADVICE

14. Spinning pedals can cause injury. Pedal speed should be reduced in a controlled manner.
15. For safety, a perimeter distance of 3 feet / 1 meter is required before operating the unit.
16. User must adjust the seat and handlebars to the user's height requirements. Please be sure the adjustment knob is locked tight and seat and handlebars are secure.
17. Do not ride the bike in a standing position.
18. The bike should only be used for the home. Not meant for commercial use.
19. Before every use please examine brake pads for signs of wear. Brake pads are susceptible to damage and should be replaced over time.
20. This bike is not suitable for therapeutic use. Consult a physician prior to starting an exercise program.
21. This bike should only be used after a thorough review of the assembly, operation manual and the warnings
22. Distributed by BH North America Corporation 20155 ellipse, Foothill Ranch, California, 92610 USA
Toll Free: (866) 325-2339

CAUTION: Consult your doctor before beginning to use the bike. This advice is especially important for those over 35 or suffering from health problems. Read all of the instructions before using any exercise equipment.

CAUTION

- ✓ Keep children off and away from the bike.
- ✓ Spinning pedals can cause injury.
- ✓ This bike does not free-wheel.
- ✓ Pedal speed should be reduced in a controlled manner.
- ✓ The exercise bicycle should only be used after a thorough review of the operation manual

TRAINING GUIDELINES

Exercise is one of the most important factors in the overall health of an individual. Listed among its benefits are:

- Increased capacity for physical work (strength endurance)
- Increased cardiovascular (heart and arteries/veins) and respiratory efficiency
- Decreased risk of coronary heart disease
- Changes in body metabolism, e.g. losing weight
- Delaying the physiological effects of age
- Physiological effects, e.g. reduction in stress, increase in self-confidence, etc.

Basic Components of Physical Fitness

There are four all encompassing components of physical fitness and we need to briefly define each and clarify its role:

Strength is the capacity of a muscle to exert a force against resistance. Strength contributes to power and speed and is of great importance to a majority of sports people.

Muscular Endurance is the capacity to exert a force repeatedly over a period of time, e.g. it is the capacity of your legs to carry you 10 Km without stopping.

Flexibility is the range of motion about a joint. Improving flexibility involves the stretching of muscles and tendons to maintain or increase suppleness, and provides increased resistance to muscle injury or soreness.

Cardio-Respiratory Endurance is the most essential component of physical fitness. It is the efficient functioning of the heart and lungs.

Aerobic Fitness

The largest amount of oxygen that you can use per minute during exercise is called your maximum oxygen uptake (MVo₂). This is often referred to as your aerobic capacity. The largest amount of oxygen that you can use per minute during exercise is called your oxygen uptake. The effort that you can exert over a prolonged period of time is limited by your ability to deliver oxygen to the working muscles. Regular vigorous exercise produces a training effect that can increase your aerobic capacity by as much as 20 to 30%. An increased MVO₂ indicates an increased ability of the heart to pump blood, of the lungs to ventilate oxygen and of the muscles to take up oxygen.

Anaerobic Training

This means “without oxygen” and is the output of energy when the oxygen supply is insufficient to meet the body’s long term energy demands. (For example, 100 meter sprint).

The Training Threshold

This is the minimum level of exercise which is required to produce significant improvements in any physical fitness parameter.

Progression

As you become more fit, a higher intensity of exercise is required to create an overload and therefore provide continued improvement

Overload

This is where you exercise at a level above that which can be carried out comfortably. The intensity, duration and frequency of exercise should be above the training threshold and should be gradually

TRAINING GUIDELINES (cont'd)

increased as the body adapts to the increasing demands. As your fitness level improves, the training threshold should be raised. Working through your program and gradually increasing the overload factor is important.

Specifics

Different forms of exercise produce different results. The type of exercise that is carried out is specific both to the muscle groups being used and to the energy source involved. There is little transfer of the effects of exercise, i.e. from strength training to cardiovascular fitness. That is why it is important to have an exercise program tailored to your specific needs.

Reversibility

If you stop exercising or do not do your program often enough, you will lose the benefits you have gained. Regular workouts are the key to success.

Warm Up

Every exercise program should start with a warm up where the body is prepared for the effort to come. It should be gentle and preferably use the muscles to be involved later. Stretching should be included in both your warm up and cool down, and should be performed after 3-5 minutes of low intensity aerobic activity or callisthenic type exercise.

Warm Down or Cool Down

This involves a gradual decrease in the intensity of the exercise session. Following exercise, a large supply of blood remains in the working muscles. If it is not returned promptly to the central circulation, pooling of blood may occur in the muscles.

Heart Rate

As you exercise, the rate at which your heart beat increases. This is often used as a measure of the required intensity of exercise. You need to exercise hard enough to condition your circulatory system, and increase your pulse rate, but not enough to strain your heart. Your initial level of fitness is important in developing an exercise program for you. If you are starting off, you can get a good training effect with a heart rate of 110-120 beats per minute (bpm). If you are more fit, you will need a higher threshold of stimulation. To begin with, you should exercise at a level that elevates your heart rate to about 65 to 70% of your maximum. If you find this is too easy, you may want to increase it, but it is better to lean on the conservative side.

As a rule of thumb, the maximum heart rate is 220 minus your age. As you increase in age, your heart, like other muscles, loses some of its efficiency. Some of its natural loss is won back as fitness improves. The following table is a guide to those who are "starting fitness".

Age	25	30	35	40	45	50	55	60	65
Target heart Rate									
10Second Count	23	22	22	21	20	19	19	18	18
Beats per Minute	138	132	132	126	120	114	114	108	108

Pulse Count

The pulse count (on your wrist or carotid artery in the neck, taken with two index fingers) is done for ten seconds, taken a few seconds after you stop exercising. This is for two reasons:

TRAINING GUIDELINES (cont'd)

a) Ten seconds are long enough for accuracy, (b) The pulse count is to approximate your BPM rate at the time you are exercising. Since heart rate slows as you recover, a longer count isn't as accurate. The target is not a magic number, but a general guide. If you're above average fitness, you may work quite comfortably a little above that suggested for your age group.

The following table is a guide to those who are keeping fit. Here we are working at about 80% of maximum.

Age	25	30	35	40	45	50	55	60	65
Target heart Rate									
10 Second Count	26	26	25	24	23	22	22	21	20
Beats per Minute	156	156	150	144	138	132	132	126	120

Don't push yourself too hard to reach the figures on this table. It can be very uncomfortable if you overdo it. Let it happen naturally as you work through your program. Remember, the target is a guide, not a rule, a little above or below is just fine.

Two final comments:(1) don't be concerned with day to day variations in your pulse rate, being under pressure or not enough sleep can affect it;(2) your pulse rate is a guide, don't become a slave to it.

Muscle Soreness

For the first week or so, this may be the only indication you have that you are on an exercise program. This, of course, does depend on your overall fitness level. A confirmation that you are on the correct program is a very slight soreness in most major muscle groups. This is quite normal and will disappear in a matter of days. If you experience major discomfort, you may be on a program that is too advanced or you have increased your program too rapidly.

If you experience PAIN during or after exercise, your body is telling you something. **Stop** exercising and consult your doctor.

What to Wear

Wear clothing that will not restrict your movement in any way while exercising. Clothes should be light enough to allow the body to cool. Excessive clothing that causes you to perspire more than you normally would while exercising, gives you no advantage. The extra weight you lose is body fluid and will be replaced with the next glass of water you drink. It is advisable to wear a pair of gym or running shoes or "sneakers".

Breathing during Exercise

Do not hold your breath while exercising. Breathe normally as much as possible. Remember, breathing involves the intake and distribution of oxygen, which feeds the working muscles.

Rest periods

Once you start your exercise program, you should continue through to the end. Do not break off halfway through and then restart at the same place later on without going through the warm-up stage again. The rest period required between strength training exercises may vary from person to person. This will depend mostly on your level of fitness and the program you have chosen. Rest between exercises by all means, but do not allow this to exceed two minutes. Most people manage with half minute to one minute rest periods

TRAINING GUIDELINES (cont'd)

STRETCHING

Stretching should be included in both your warm up and cool down, and should be performed after 3-5 minutes of low intensity aerobic activity or callisthenic type exercise. Movements should be performed slowly and smoothly, with no bouncing or jerking. Move into the stretch until slight tension, not pain, is felt in the muscle and hold for 20-30 seconds. Breathing should be slow, rhythmical and under control, making sure never to hold your breath.

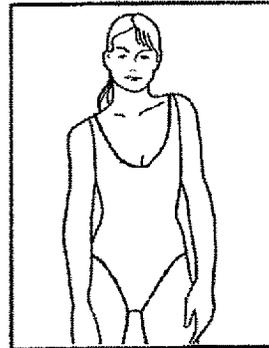
Head Roll

Rotate your head to the right for one count, feeling the stretch up the side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count



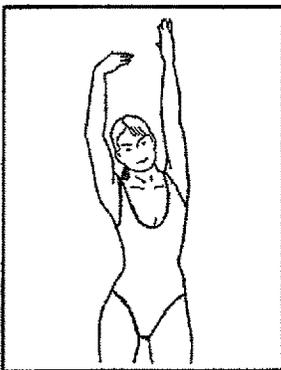
Shoulder Lifts

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



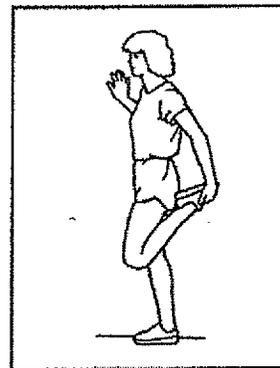
Side Stretches

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm



Quadriceps Stretch

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your right heel as close to your buttock as possible. Hold for 15 counts and repeat with left foot up



TRAINING GUIDELINES (cont'd)

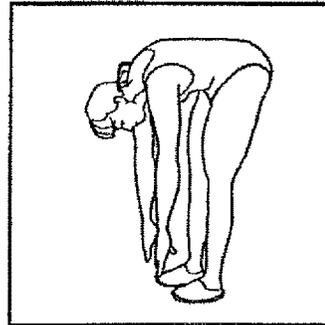
Inner Thigh Stretch

Sit with the soles of your feet together with your knees pointing outward. Put your feet as close into your groin as possible. Gently push your knees towards the floor. Hold your mouth open. Rotate your head to the left for 15 counts.



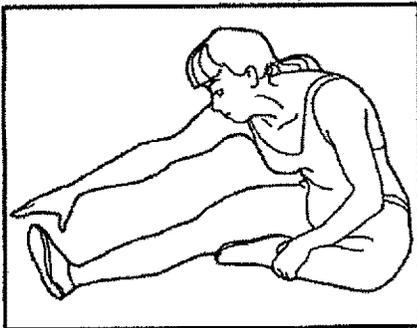
Toe Touches

Slowly bend forward from your waist, letting your back and shoulder relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



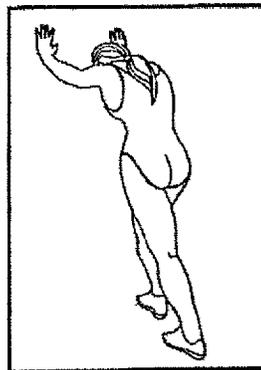
Hamstring Stretches

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.



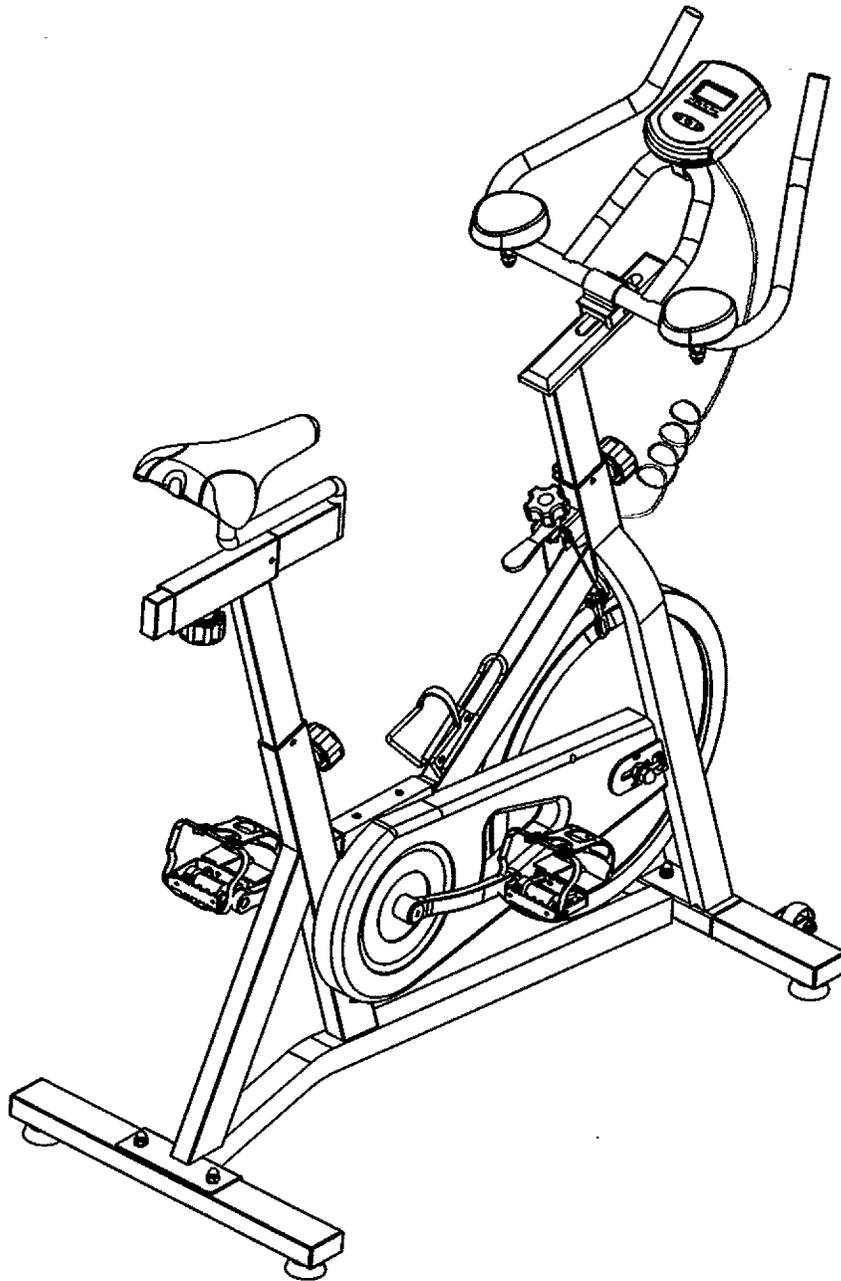
Calf/Achilles Stretch

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.



ASSEMBLY

Notice: Line sketches used in this section are for reference only. They do not necessarily reflect the actual unit in detail.



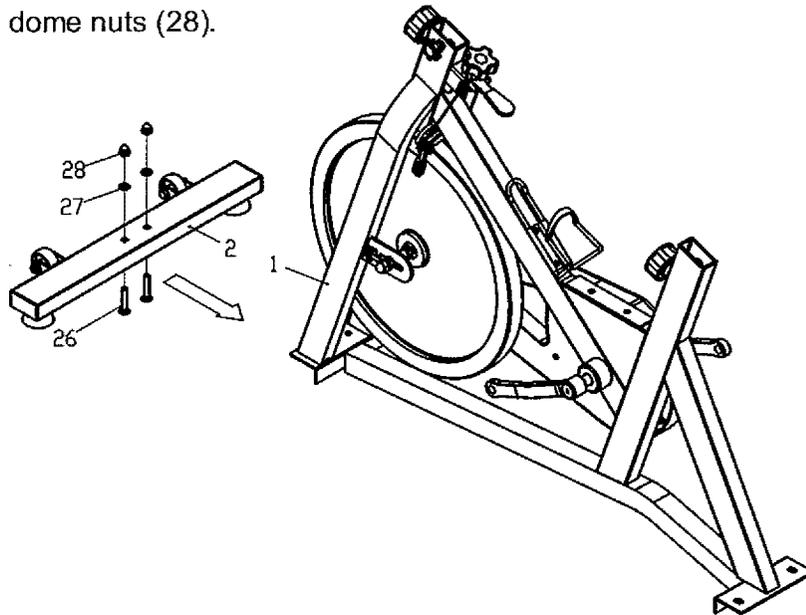
If you are missing parts or require information on how to operate this product please call 1-800-469-4663

ASSEMBLY INSTRUCTIONS

Note: Assembly of this unit should take TWO persons about 45 minutes to properly assemble.

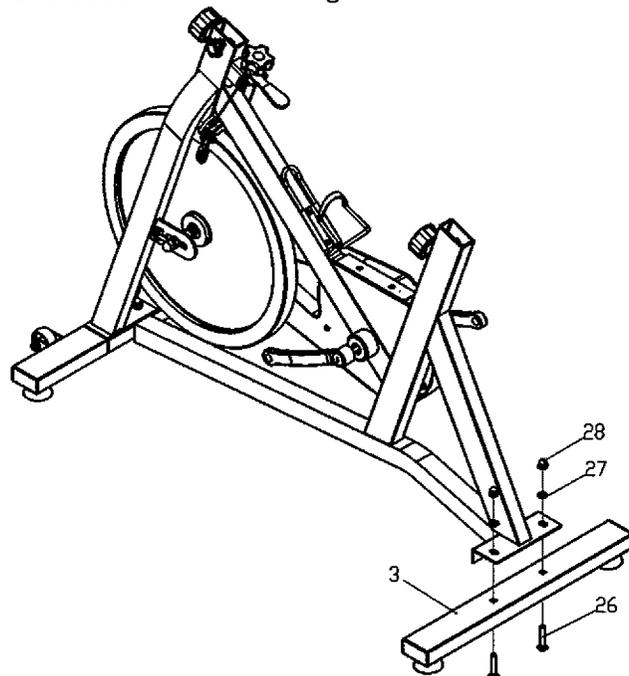
STEP 1

Attach front stabilizer (2) to main frame (1) and secure it with carriage bolts (26), washers (27), and dome nuts (28).



STEP 2

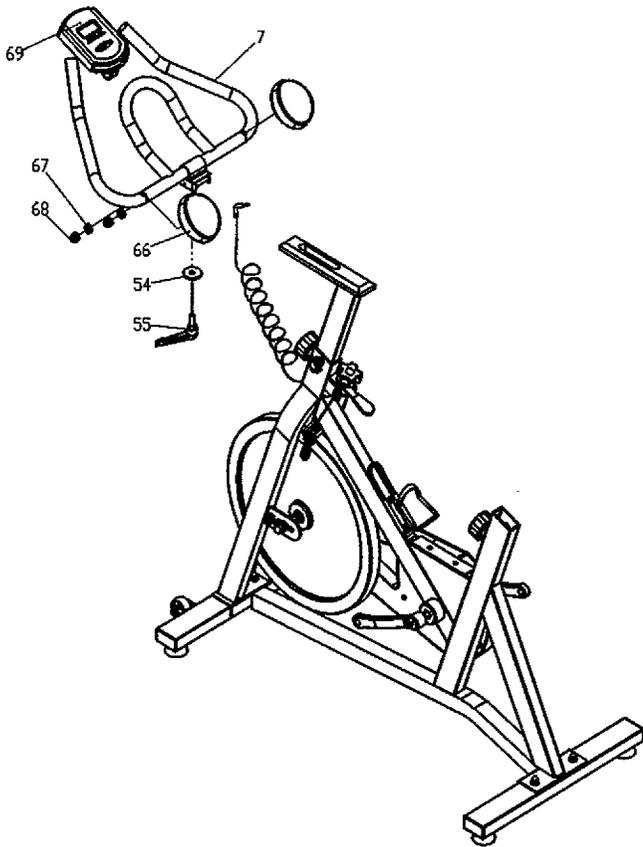
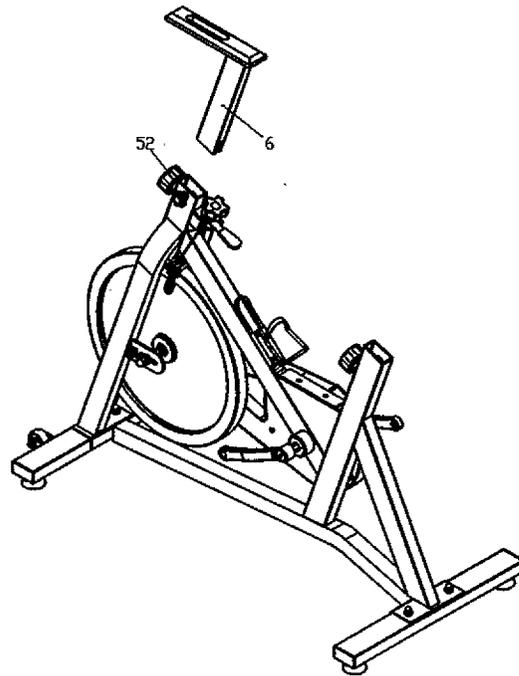
Attach rear stabilizer (3) to main frame (1) and secure it with carriage bolts (26), washers (27), and dome nuts (28).



ASSEMBLY INSTRUCTIONS (cont'd)

STEP 3

Slide the handlebar post (6) into the main frame (1) and tighten with the spring loaded knob (52) to secure from vibrating and wobbling



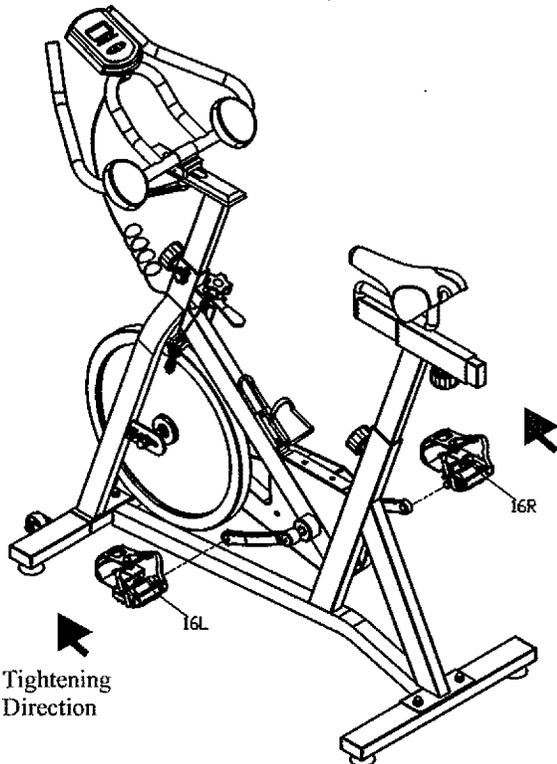
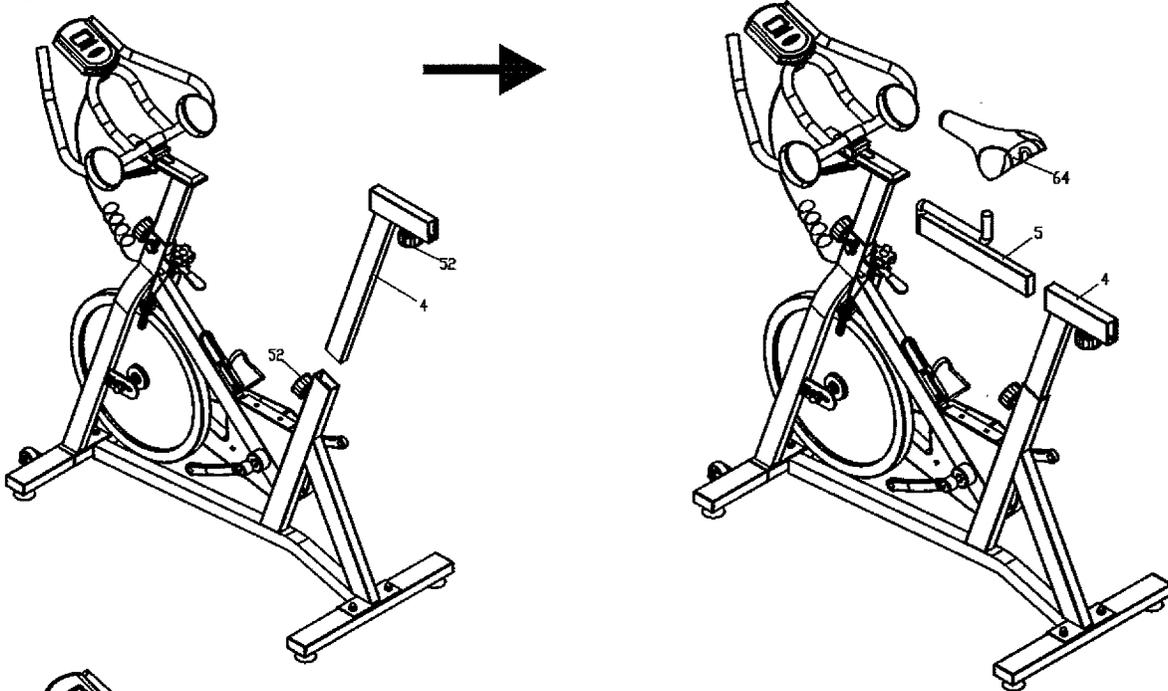
STEP 4

Attach the handle bar (7) to the main frame (1) and attach it with L-shape bolt (55), washers (54). Attach the elbow pads (66) on to the handlebar (7) and locking it with washers (67) and nuts (68). Attach the computer holder (63) on to the handlebar (7) with screw (56) and insert the computer (69)

ASSEMBLY INSTRUCTIONS (cont'd)

STEP 5

Slide the seat post (4) into the main frame (1) and secure it with the spring loaded knob. Securely attach the seat (64) to the seat bar (5). Slide the seat bar (5) into the seat post (4) and tighten the spring loaded knob to secure it



Tightening
Direction

STEP 6

Carefully thread the pedals onto the crank arms. The right-hand pedal, marked with the letter (R), screws onto the right-hand crank, also marked with an (R). First, hand turn the pedal onto the crank in a clockwise direction until tight, then use wrench to tighten further.

The left-hand pedal, marked with the letter (L), screws onto the left-hand crank, also marked with an (L). First hand turn the pedal onto the crank in a counterclockwise direction, then use wrench to tighten further.

Notice: When tightening, both of the pedals should be turning toward the front of the bike

Operation of the Monitor

Getting familiar with the control panel

XLG EXERCISE COMPUTER-2007 K/M

SPECIFICATIONS :

TIME.....00:00-99:59 MIN:SEC
SPEED.....0.0- 999.9KM/H or ML/H
DISTANCE.....0 - 999.9 KM or ML
CALORIES.....0- 999.9KCAL

KEY FUNCTIONS:

MODE: To select a desired function. Hold the key for 4 seconds to have all function values reset to zero (0) - total reset

SET: To input the target value.

RESET: To let the value reset.

KM/ML SWITCH : Switch the unit to KM or ML

Follow the steps below to change measurement unit to English or metric

- 1) Remove batteries then set the switch to ON() for Mile or OFF() for KM
- 2) Install batteries

OPERATION PROCEDURES:

AUTO ON/OFF

To conserve power, the monitor will automatically shut off if there is no speed signal sensed or no key pressed in 4 minutes. The monitor will be auto-powered when the exercise begins or at any key press

- <1>TIME Displays work out time lapse while exercising.
- <2>SPEED Displays the current speed.
- <3>DISTANCE Accumulates the distance while exercising.
- <4>CALORIES Displays calories consumed while exercising.
- <5>SCAN Scans through each function between: TIME-SPEED-CALORIES-DISTANCE.

BATTERY If there is an improper display on the monitor, Please replace or change for new batteries. This monitor uses two "AA" batteries. Always replace both batteries at the same time.

MAINTENANCE INSTRUCTIONS.

CLEANING

Care has been taken to assure that your bike has been properly adjusted and lubricated at the factory. It is not recommended that the user attempt service on the internal components. Instead, seek service from an authorized service center. However, from time to time, the outer surfaces may appear dull or dirty. Follow the instructions below will restore and preserve the original finish.

Cleaning metal surfaces may be accomplished by using a soft cotton or terry cloth rag with a light application of car wax. Do not use aerosol spray or pump bottles as they may deposit harmful substance on the console surface.

Over time, the console surface may collect dust or finger prints. The use of harsh chemicals will destroy the protective coating and cause a static build up that will damage the components. This surface may be cleaned with specially prepared chemicals found in most computer supply stores. It is strongly recommended that you employ such a cleaning compound.

TROUBLE SHOOTING

RESISTANCE ADJUSTMENT:

Pedaling resistance is controlled by the tension knob. Properly adjusting the seat will help reduce the risk of injury and ensure maximum exercise efficiency and comfort. The appropriate position while using this bike is when one pedal is in the bottom position, the other leg is slightly bent at the knee. To adjust the seat height, simply turn the adjustable knob loose; then pull on the knob and move the seat up/down to the desired height (there are different seat heights for adjustment). To adjust the seat position horizontally, turn the adjustable knob loose then pull on the knob and move the seat forward/backward to the desired position.

HANDLEBAR ADJUSTMENT:

There are different handlebar heights that can also be adjusted.

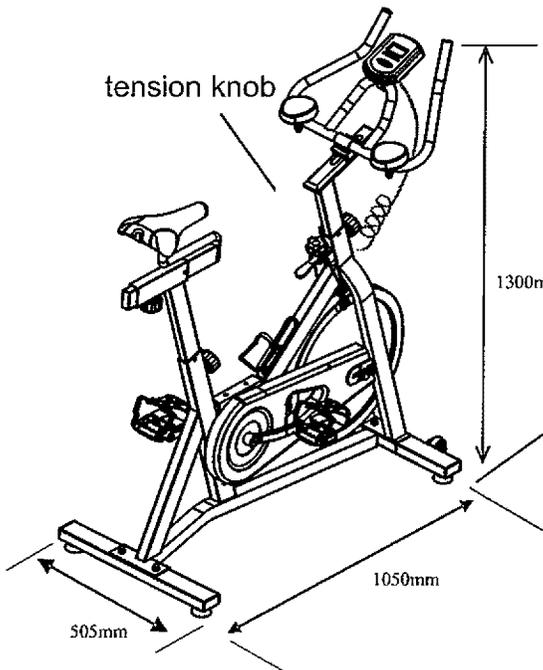
Please adjust the seat height first then adjust the proper height of handlebar to match the seat.

BELT ADJUSTMENT:

The belt has been pre-adjusted and should not require immediate attention. Continuous use of the bike may cause the belt to stretch or become loose prompting the need for belt adjustments. If so, simply loosen the bolts on both side of flywheel and pull forward until the belt becomes tight.

HOW TO LEVEL THE BIKE:

There are a total of 4 footpads under the rear and front stabilizers. Adjust these knobs to achieve level and stability for the bike.

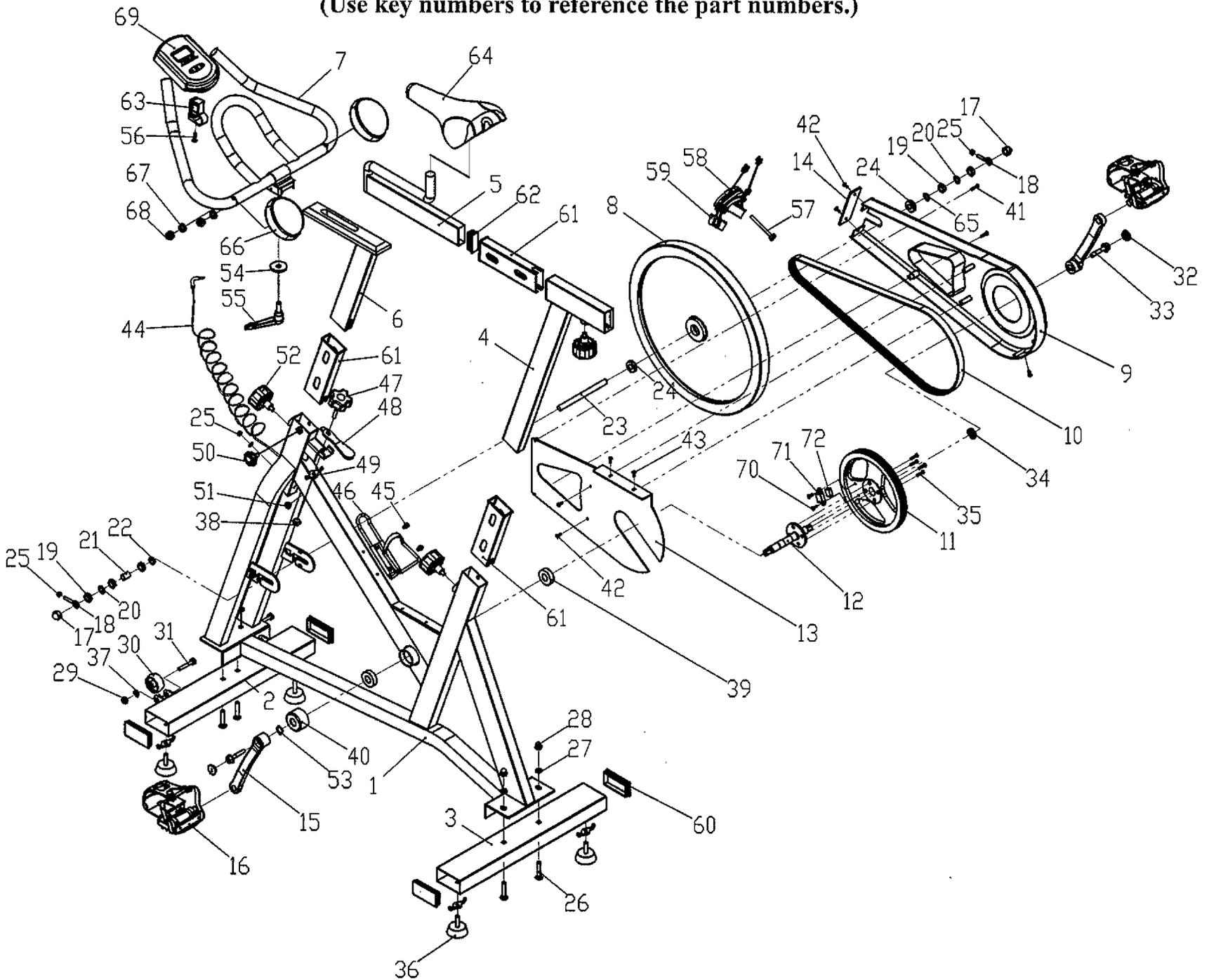


MAINTENANCE INSTRUCTION

1. The safety level of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
2. Care must be taken when lifting or moving the equipment so as not to cause injury. To move the bike, lift the bike by the rear stabilizer until the weight is transferred completely to the front rollers and then move. Alternately, stand in front; press the handlebar downward to raise the rear up until the weight transferred to the front rollers and then move.
3. The brake pad is most susceptible to wear. Before Exercising inspect braking system for functionality.

EXPLODED VIEW

(Use key numbers to reference the part numbers.)



BLADEZ
FITNESS

PARTS LIST

Model No. 21976

REF#	NO.	DESCRIPTION	SIZE	QTY	REF#	NO.	DESCRIPTION	SIZE	QTY
01	2197601	main frame		1	37	2197637	flat washer	ø10	2
02	2197602	front stabilizer		1	38	2197638	nylon nut	m8	1
03	2197603	rear stabilizer		1	39	2197639	bearing	6203	2
04	2197604	seat post		1	40	2197640	decoration cover		1
05	2197605	seat bar		1	41	2197641	bolt	st4.2x20	4
06	2197606	front post		1	42	2197642	bolt	st4.2x12	4
07	2197607	handlebar		1	43	2197643	bolt	st4.2x10	2
08	2197608	flywheel		1	44	2197644	Computer cable		1
09	2197609	Belt cover		1	45	2197645	bolt	m5x12	2
10	2197610	belt		1	46	2197646	bottle holder		1
11	2197611	belt wheel		1	47	2197647	tension knob	m8x55	1
12	2197612	axle		1	48	2197648	emergency brake		1
13	2197613	inner belt cover		1	49	2197649	adjustable knob		5
14	2197614	protection cover		1	50	2197650	knob	m8x12	1
15	2197615	crank		1	51	2197651	End cap		2
16	2197616	pedal	set	1	52	2197652	spring knob	m16x1.5	3
17	2197617	cap nut	m12x1	2	53	2197653	clamp	ø 14	1
18	2197618	adjusting screw	m6	2	54	2197654	washer	ø38xø10x4	1
19	2197619	hex nut	m12x1	5	55	2197655	l shaped knob	m10x25	1
20	2197620	flat washer	φ12	3	56	2197656	bolt		
21	2197621	spacer	ø14xø12x19	1	57	2197657	bolt	m6x75	1
22	2197622	spacer	φ17xφ12x6	1	58	2197658	caliper brake		1
23	2197623	axle		1	59	2197659	brake pad		2
24	2197624	bearing	6001	2	60	2197660	end cap	60x30	4
25	2197625	nylon nut	m6	3	61	2197661	bushing	60x30x1.5x190	3
26	2197626	carriage bolt	m8x40	4	62	2197662	end cap	53x23x1.5	1
27	2197627	washer	φ8	8	63	2197663	computer holder		1
28	2197628	cap nut	m8	4	64	2197664	saddle		1
29	2197629	nylon nut	m10	2	65	2197665	flat washer	ø 12	1
30	2197630	moving wheel		2	66	2197666	elbow pad		2
31	2197631	bolt	m10x45	2	67	2197667	roofing washer	φ 10	2
32	2197632	end cap	for crank	2	68	2197668	cap nut	m10	2
33	2197633	flange bolt	m8x20	2	69	2197669	computer		1
34	2197634	nut	m17x1	1	70	2197670	bolt	m5x10	2
35	2197635	bolt	m8x16	4	71	2197671	magnet holder		1
36	2197636	adjustable foot	m8x30	4	72	2197672	magnet		1

NOTE: Please see the next page of this manual for information about ordering replacement part.
If you are missing parts call 1-800-469-4663 for assistance.

Get it fixed, at your home or ours!

Your Home

For repair—in your home—of all major brand appliances, lawn and garden equipment, or heating and cooling systems, **no matter who made it, no matter who sold it!**

For the replacement parts, accessories, and user's manuals that you need to do-it-yourself.

For Sears professional installation of home appliances and items like garage door openers and water heaters.

1-800-4-MY-HOME® (1-800-469-4663)

Call anytime, day or night (U.S.A. and Canada)

www.sears.com

www.sears.ca

Our Home

For repair of carry-in items like vacuums, lawn equipment, and electronics, call or go on-line for the location of your nearest

Sears Parts & Repair Center.

1-800-488-1222 Call anytime, day or night (U.S.A. only)

www.sears.com

To purchase a protection agreement (U.S.A.) or maintenance agreement (Canada) on a product serviced by Sears:

1-800-827-6655 (U.S.A.)

1-800-361-6665 (Canada)

Para pedir servicio de reparación a domicilio, y para ordenar piezas:

1-888-SU-HOGAR® (1-888-784-6427)



© Registered Trademark / ™ Trademark / ™ Service Mark of Sears Brands, LLC
© Marca Registrada / ™ Marca de Fábrica / ™ Marca de Servicio de Sears Brands, LLC

ONE (1) YEAR WARRANTY

If this Sears Indoor Cycle fails due to a defect in material or workmanship within ONE (1) year of the date of purchase, call 1800-4MYHOME® (1-800 469-4663) to arrange for free repair (or replacement if repair proves impossible).

This warranty does not apply when the equipment is used commercially or for rental purposes.

This warranty gives you specific legal rights and you may also have other rights which vary from state to state.

Sears, Roebuck and Co., Hoffman Estates, IL 60179

BLADEZ
FINESS