

**BLADEZ<sup>®</sup>**

**E600**



# **OWNER'S MANUAL**

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

**FOR SERVICE PLEASE CONTACT BLADEZ FITNESS  
TOLL FREE: 866-325-2339**

# ***BLADEZ***<sup>®</sup>

## TABLE OF CONTENTS

| <b>Title</b>             | <b>Page</b> |
|--------------------------|-------------|
| Introduction             | 03          |
| Warning Labels           | 04          |
| Safety Information       | 05          |
| Exercise Instruction     | 06          |
| Training Guidelines      | 07          |
| Suggested Stretches      | 11          |
| Tools & Parts            | 13          |
| Assembly Instructions    | 14          |
| Exploded View Drawing    | 19          |
| Parts List               | 21          |
| Console Operations       | 22          |
| Maintenance and Cleaning | 25          |
| Warranty                 | 26          |

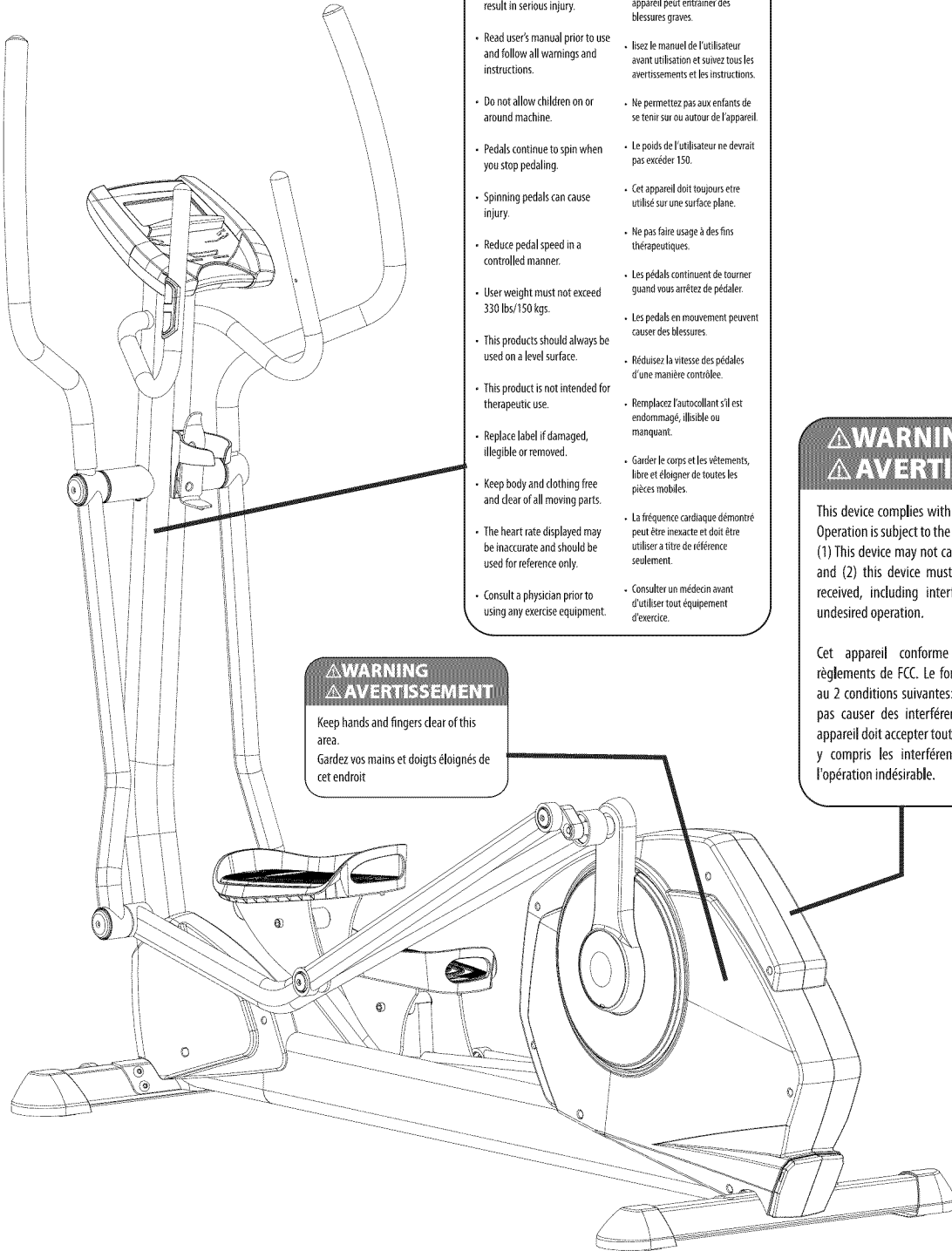
## CONGRATULATIONS

Congratulations on your purchase of Bladez Fitness equipment. We hope you appreciate the style, quality, and value that exercisers around the world have come to expect from Bladez Fitness.

If you have any questions, concerns or product issues please call our Customer Service Team at 1-866-325-2339 or email us at [CustomerSupport@BHNorthAmerica.com](mailto:CustomerSupport@BHNorthAmerica.com).

Carefully read through the instructions contained in this manual. They provide you with important information about assembly, safety, fitness and use of the machine. Please read ALL the safety information contained on the following page.

# WARNING LABELS



## ⚠ WARNING ⚠ AVERTISSEMENT

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Pedals continue to spin when you stop pedaling.
- Spinning pedals can cause injury.
- Reduce pedal speed in a controlled manner.
- User weight must not exceed 330 lbs/150 kgs.
- This products should always be used on a level surface.
- This product is not intended for therapeutic use.
- Replace label if damaged, illegible or removed.
- Keep body and clothing free and clear of all moving parts.
- The heart rate displayed may be inaccurate and should be used for reference only.
- Consult a physician prior to using any exercise equipment.
- La mauvaise utilisation de cet appareil peut entraîner des blessures graves.
- lisez le manuel de l'utilisateur avant utilisation et suivez tous les avertissements et les instructions.
- Ne permettez pas aux enfants de se tenir sur ou autour de l'appareil.
- Le poids de l'utilisateur ne devrait pas excéder 150.
- Cet appareil doit toujours être utilisé sur une surface plane.
- Ne pas faire usage à des fins thérapeutiques.
- Les pédales continuent de tourner quand vous arrêtez de pédaler.
- Les pédales en mouvement peuvent causer des blessures.
- Réduisez la vitesse des pédales d'une manière contrôlée.
- Remplacez l'autocollant s'il est endommagé, illisible ou manquant.
- Garder le corps et les vêtements, libre et éloigner de toutes les pièces mobiles.
- La fréquence cardiaque démontré peut être inexacte et doit être utilisé à titre de référence seulement.
- Consulter un médecin avant d'utiliser tout équipement d'exercice.

## ⚠ WARNING ⚠ AVERTISSEMENT

Keep hands and fingers clear of this area.  
Gardez vos mains et doigts éloignés de cet endroit

## ⚠ WARNING ⚠ AVERTISSEMENT

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Cet appareil conforme avec Article 15 des règlements de FCC. Le fonctionnement est soumis au 2 conditions suivantes: (1) Cet appareil ne peut pas causer des interférences nuisible, et (2) cet appareil doit accepter toutes les interférences reçues, y compris les interférences qui peuvent causer l'opération indésirable.

# SAFETY INFORMATION

## PRECAUTIONS

This equipment 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 machine. Please observe the following safety precautions:

1. Keep children and pets away from this equipment at all times. DO NOT leave them unsupervised in the room where the machine is kept.
2. If you experience dizziness, nausea, chest pains or any other symptom while using this machine STOP EXERCISING AND SEEK IMMEDIATE MEDICAL ATTENTION!
3. Use the machine on a level and solid surface. Adjust the feet for stability.
4. Keep your hands away from any of the joints and moving parts.
5. Wear clothing suitable for doing exercise. Do not wear baggy clothing that might get caught in the machine. Always wear athletic shoes when using the machine and tie the laces securely.
6. This machine must only be used for the purposes described in this manual. DO NOT use accessories that are not recommended by Bladez Fitness. Read manual prior to use and follow all warnings and instructions.
7. Do not place sharp objects near the machine.
8. Any person with physical or coordination limitations should not use the machine without the assistance of a qualified person or doctor. Misuse of this machine may result in serious injury.
9. It is recommended to do warm-up stretches before using the equipment.
10. Do not use the machine if it is not working correctly.
11. Before using the machine, thoroughly inspect the equipment for proper assembly.
12. Keep a perimeter of 3 feet (1 meter) around the machine before operating the equipment.
13. Use only authorized and trained technicians if a repair is needed.
14. Please follow the advice for correct training, as detailed in the Training Guidelines.
15. Use only the tools provided to assemble this machine.
16. Replace warning labels if damaged, illegible or removed.
17. This machine was designed for a maximum user weight of 330 lbs (150 kgs)
18. The machine can only be used by one person at a time.

**Caution:** Consult your doctor before beginning to use the machine or any exercise program. Read all of the instructions before using any exercise equipment.

KEEP THESE INSTRUCTIONS SAFE FOR FUTURE USE.

NOTE: This equipment has been tested and found to comply with the limits for Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide a reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna
- Increase the separation between the equipment and the receiver
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected
- Consult the dealer or an experienced radio/TV technician for help

## EXERCISE INSTRUCTION

Use of the machine offers various benefits; it can improve fitness, muscle tone and when used in conjunction with a calorie controlled diet, it can help you lose weight.

1. Consult your doctor before starting any exercise program. It is advisable to undergo a complete physical examination.
2. Work at the recommended exercise level. Do not over exert yourself.
3. If you feel any pain or discomfort, stop exercising immediately and consult your doctor.
4. Wear appropriate clothing and footwear for the exercise; do not wear loose clothing; do not wear leather soled shoes or footwear with high heels.
5. It is advised that you do warm-up stretches before working out.
6. Get on the equipment slowly and securely.
7. Select the program or workout option that is most closely aligned with your workout interests.
8. Start slowly and work your way up to a comfortable pace.
9. Be sure to cool down after your workout.

## 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
- Reduction in stress, increase in self-confidence, etc.

There are several components of physical fitness and each is defined below.

### *STRENGTH*

The capacity of a muscle to exert a force against resistance. Strength contributes to power and speed.

### *MUSCULAR ENDURANCE*

The capacity to exert a force repeatedly over a period of time, e.g. it is the muscular endurance of your legs to carry you 10 km without stopping.

### *FLEXIBILITY*

The range of motion of your joints. Improving flexibility involves the stretching of muscles and tendons to maintain or increase suppleness, and it provides increased resistance to muscle injury or soreness.

### *CARDIO-RESPIRATORY ENDURANCE*

The most essential component of physical fitness. It is the efficient functioning of the heart and lungs.

### *AEROBIC FITNESS*

Is an exercise of relatively low intensity and long duration, which depends primarily on the aerobic energy system. Aerobic means "with oxygen", and refers to the use of oxygen in the body's metabolic or energy-generating process. Many types of exercise are aerobic, and by definition are performed at moderate levels of intensity for extended periods of time.

### *ANAEROBIC TRAINING*

Is an exercise intense enough to trigger anaerobic metabolism. 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, a 100 meter sprint.)

### *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 VO<sub>2</sub> Max indicates an increased ability of the heart to pump blood, of the lungs to ventilate oxygen, and of the muscles to take up oxygen.

### *THE TRAINING THRESHOLD*

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

### *OVERLOAD*

This is where you exercise above your comfort level. The intensity, duration and frequency of exercise should be above the training threshold and should be gradually increased as the body adapts to the increasing demands. As your fitness level improves, the training threshold should rise. Working through your program and gradually increasing the overload factor is important.

### *PROGRESSION*

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

### *SPECIFICS*

Different forms of exercise produce different results. The type of exercise that is carried out is specific 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 group 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 calisthenic 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, your heart beat increases. This is often used as a measure of the required intensity of an 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 when developing an exercise program for you. When starting, 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 Target Heart Rate | 25  | 30  | 35  | 40  | 45  | 50  | 55  | 60  | 65  |
| 10 Second 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: (a) 10 seconds is 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 with your fitness, you may work comfortably a little above that suggested for your age group. The following table is a guide.

|                       |     |     |     |     |     |     |     |     |     |
|-----------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Age Target Heart Rate | 25  | 30  | 35  | 40  | 45  | 50  | 55  | 60  | 65  |
| 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 over exercise. 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, muscle soreness 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 gives you no advantage. The extra weight you lose is body fluid and will be replaced with the next glass of water you drink. Always wear athletic shoes.

### *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.

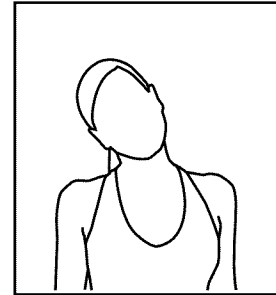
### *REST PERIODS*

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 exercises may vary from person to person.

## SUGGESTED STRETCHES

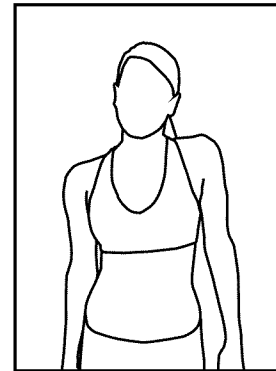
### *Head Rolls*

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



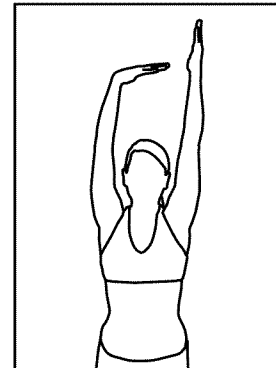
### *Shoulder Lifts*

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



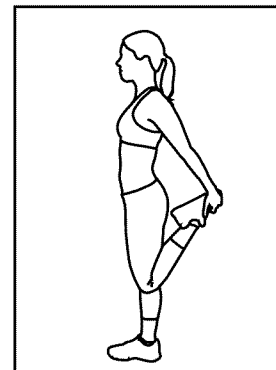
### *Side Stretches*

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



### *Quadriceps Stretch*

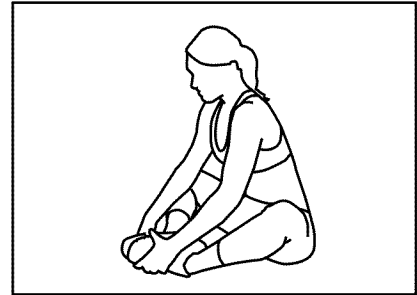
With one hand against a wall for balance, reach behind you and pull your left foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with right foot up.



## SUGGESTED STRETCHES

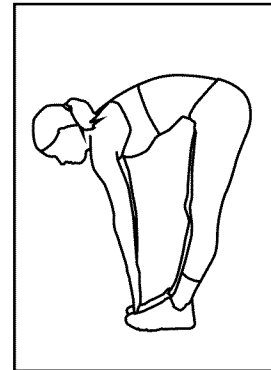
### *Inner Thigh Stretch*

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.



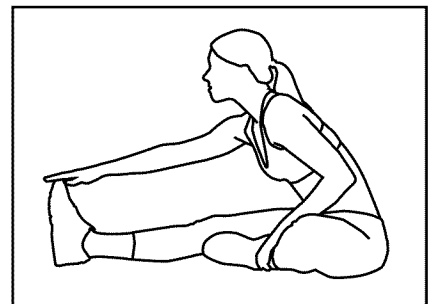
### *Toe Touches*

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



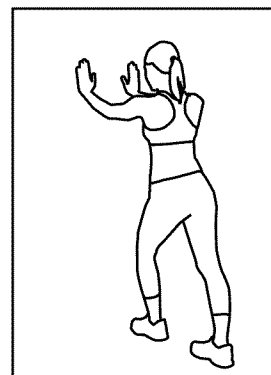
### *Hamstring Stretches*

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

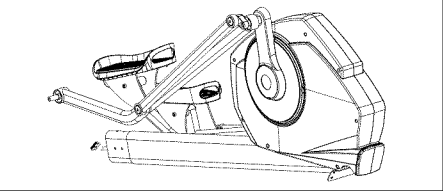
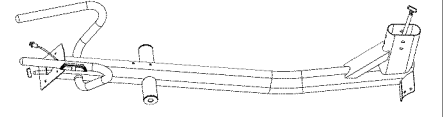
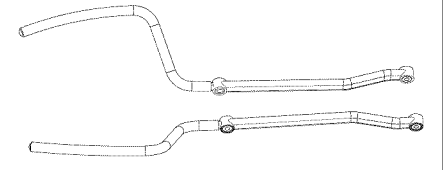
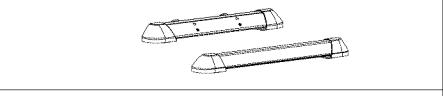






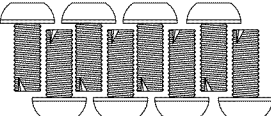




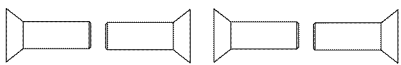
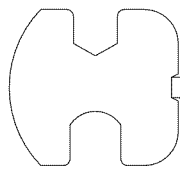
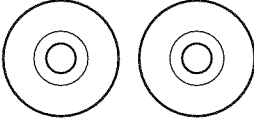
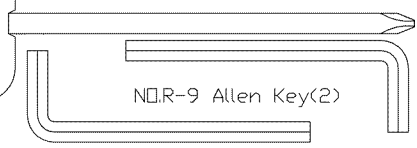
### *Calf/Achilles Stretches*

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



# TOOLS & PARTS

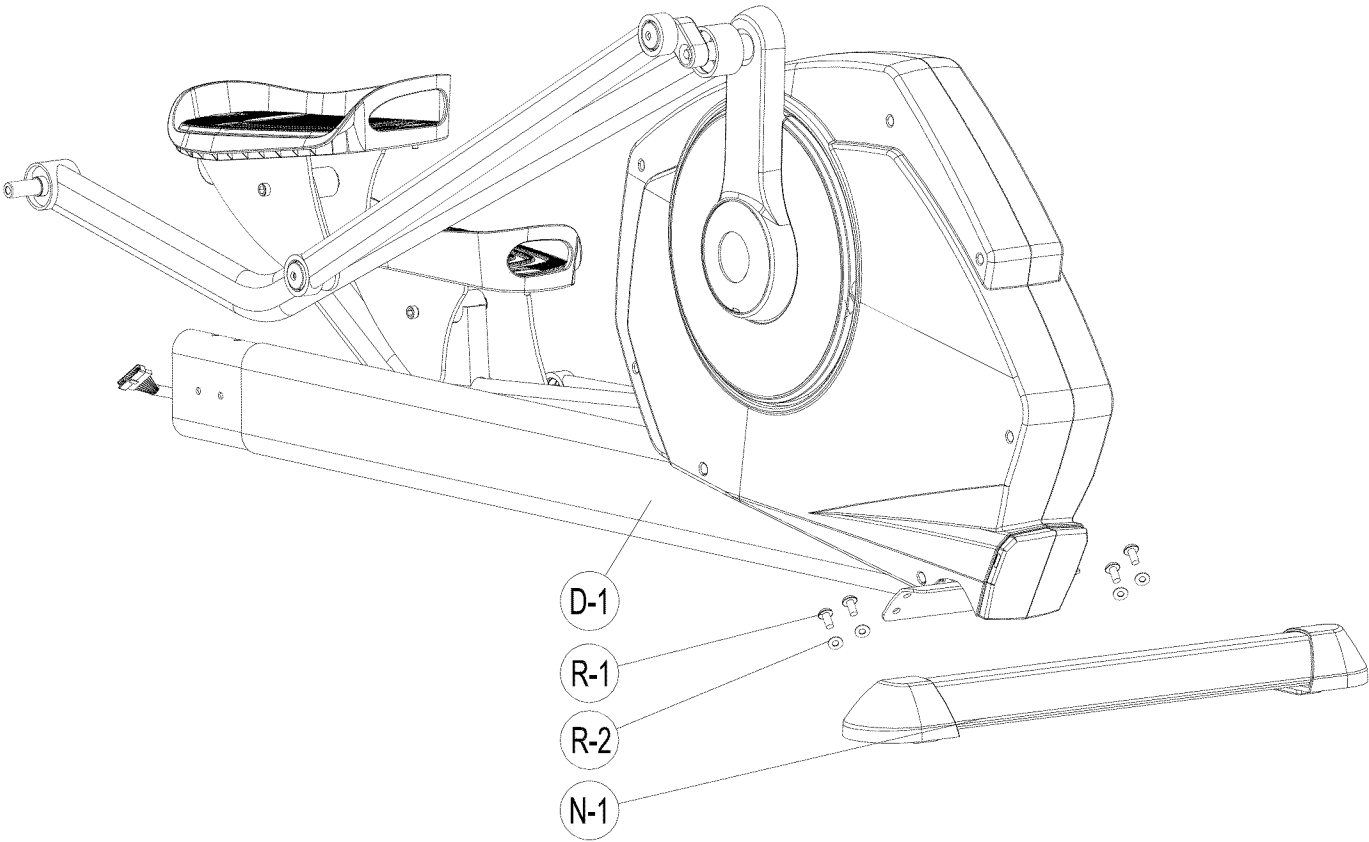
|   |              |
|---|--------------|
|    | D            |
|    | B            |
|    | E-1<br>C-1   |
|    | N-1<br>M-1   |
|    | D-24<br>D-25 |
|  | D-22<br>D-23 |
|  | A<br>D-26    |
|  | R            |

|   |  |  |
|---|--|--|
| <br>N0.R-1 Allen Bolt<br>M8*P1.25*20L(8) | <br>N0.R-7 Regular Washer Ø25*1t(2) | <br>N0.R-2 Regular Washer Ø8*Ø19*2t(8) |
| <br>N0.R-3 Screws M4*30MM (2)            | <br>N0.R-4 Screws M5*14MM (2)       | <br>N0.R-6 Screws M8*25MM (4)          |
| <br>N0.R-8 Screwdriver (1)               |  | <br>N0.R-5 Regular Washer Ø8*Ø34*6t(4) |
| <br>N0.R-9 Allen Key(2)                  |  |  |

# ASSEMBLY INSTRUCTIONS

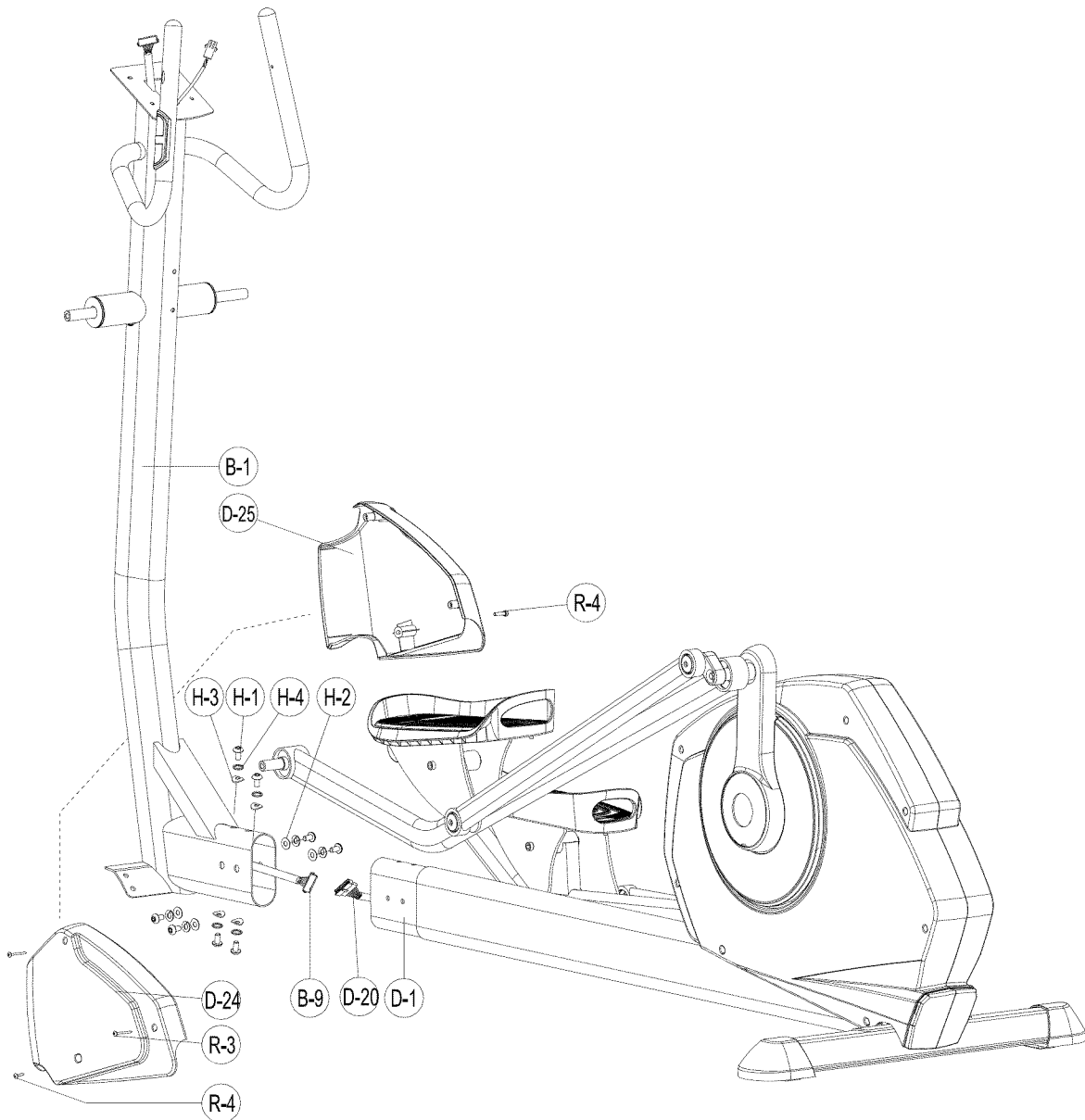
## STEP 1

Assemble the Rear Stabilizer (N-1) to the Main frame (D-1) with 4 Screws (R-1) and 4 Flat Washers (R-2).



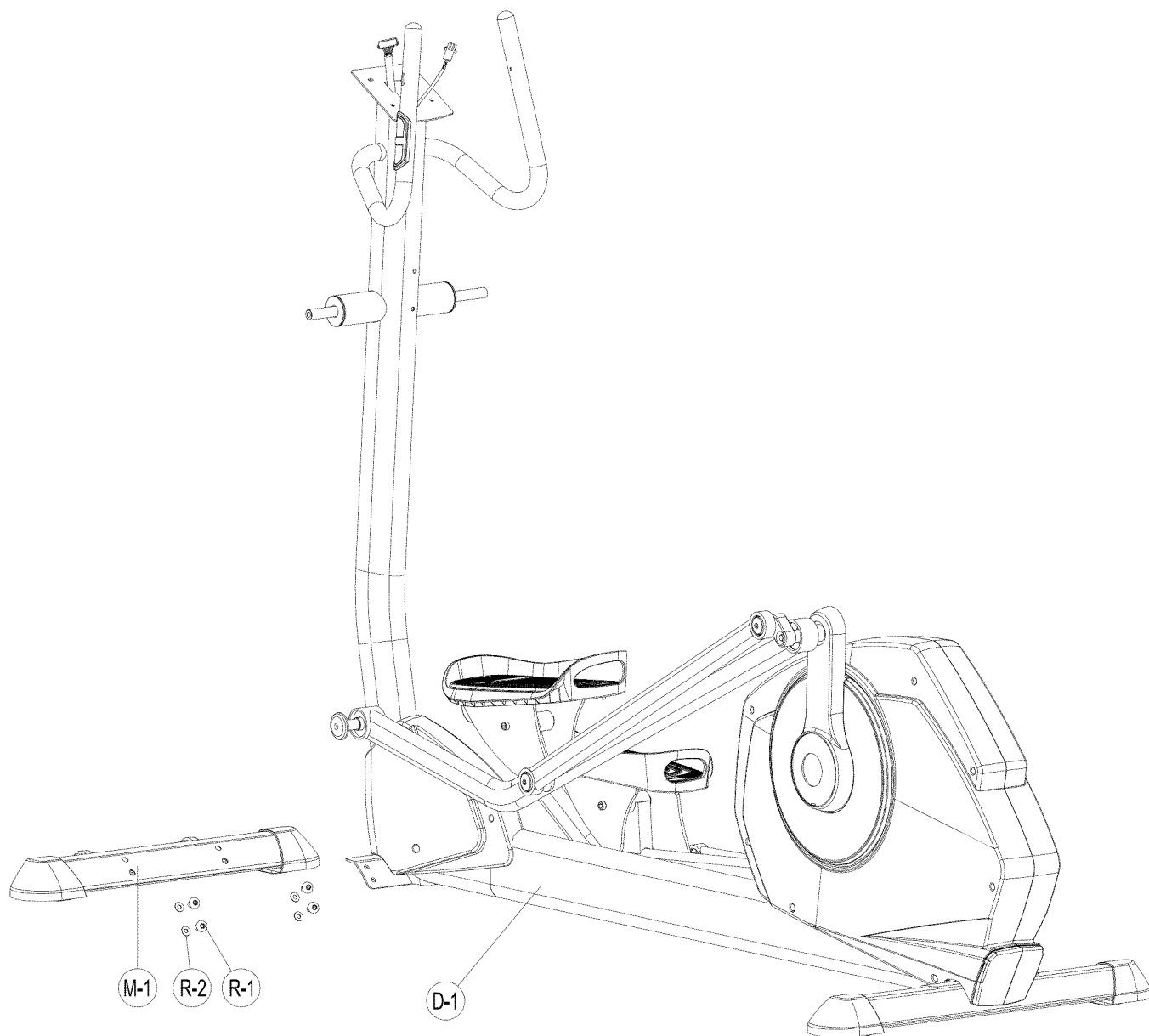
## STEP 2

- 1) Connect the Upper Cable Wire (B-9) with the Lower Cable Wire (D-20). Slide the Handlebar Post (B-1) onto the Main Frame (D-1) and attach with 8 Screws (H-1), 8 Flat Washers (H-2), 8 Semi-washers (H-3) and 8 Spring Washers (H-4).
- 2) Place the Handlebar Post Covers (D-24 Left) and (D-25 Right) at the base of the Handlebar Post (B-1) and align holes.
- 3) Attach the cover for the Handlebar Post (L) (D-24) and the cover for Handlebar Post (R) (D-25) by using 2 Screws (R-3) and 2 Screws (R-4).



### STEP 3

1) Attach the Rear Stabilize (N-1) to the Main frame (D-1) with 4 Screws (R-1) and 4 Flat Washers (R-2).

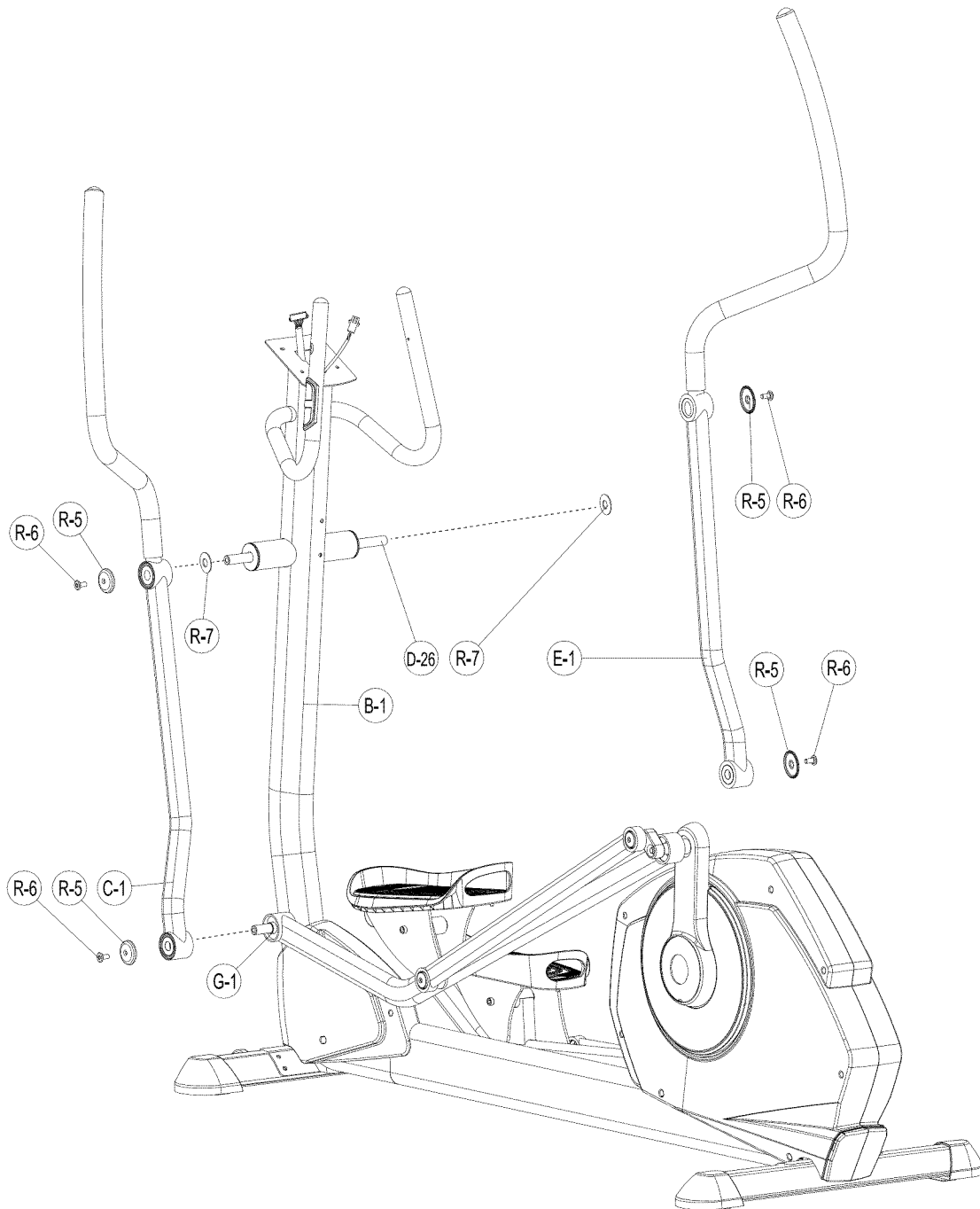




## STEP 4

1) Attach the Flat Washer (R-7) to the Handlebar Fixed Shaft (D-26). Install Left Upper Handlebar (C-1) to the Handlebar Post (B-1) and Left Pedal Arm (G-1) with 2 Aluminum Washers (R-5) and 2 Screws (R-6).

2) Attach Flat Washer (R-7) to Handlebar Fixed Shaft (D-26). Install Right Upper Handlebar (E-1) to Handlebar Post (B-1) and Right Pedal Arm (Q-1) with 2 Aluminum Washers (R-5) and 2 Screws (R-6).

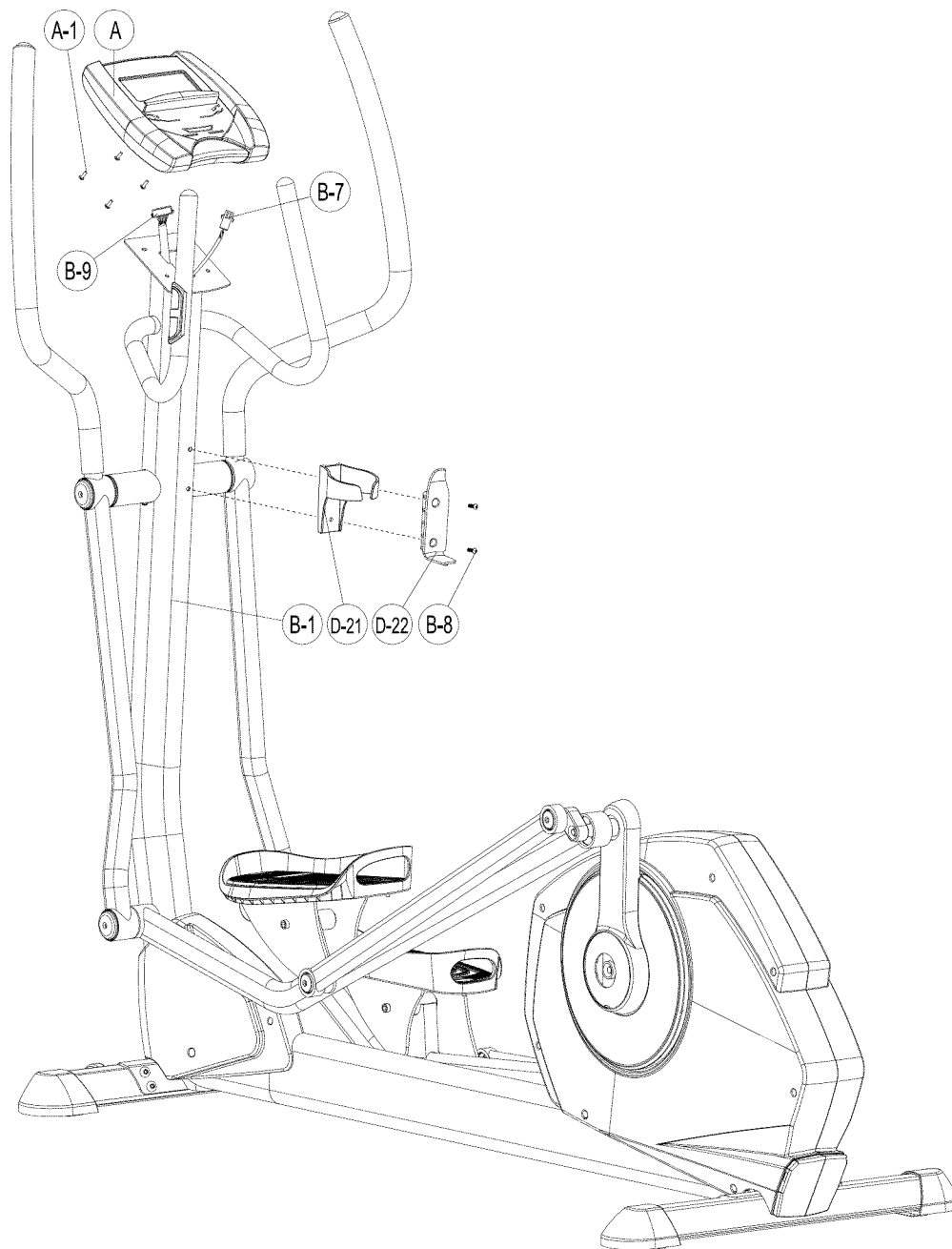


## STEP 5

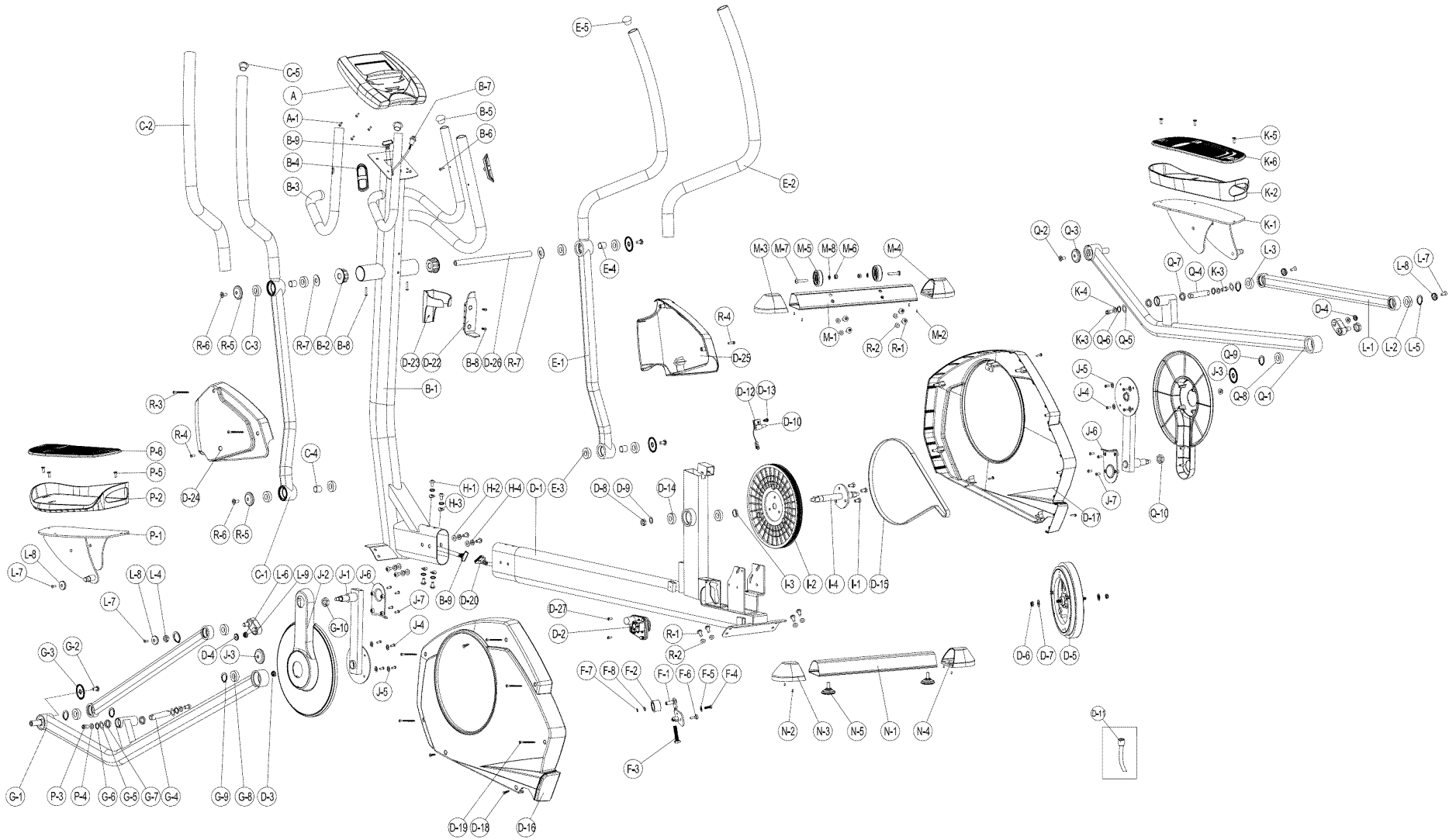
1) Connect the Upper Cable (B-9) and Hand Pulse Wire (B-7) to the back of the Computer (A).

2) Attach the computer to the Handlebar Post (B-1), and fasten it with 4 Screws (A-1).

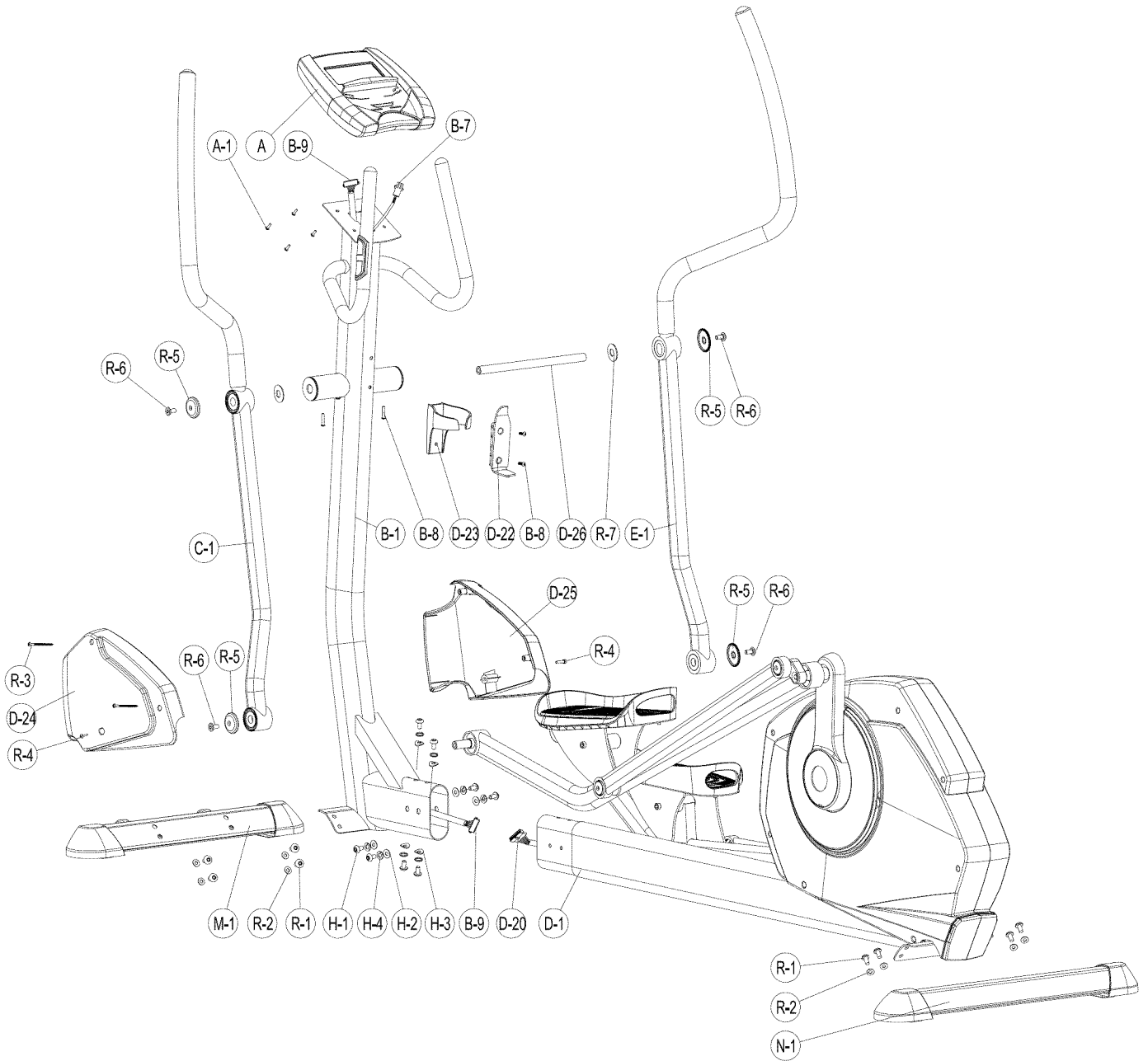
3) Align the holes of the Water Bottle Holder (1)(D-21) with the holes in the Water Bottle Holder (2)(D-22) and Handlebar Post (B-1). Secure Water Bottle Holder onto the Handlebar Post (B-1) with 2 Screws (B-8).



# EXPLODED VIEW DRAWING



# EXPLODED VIEW DRAWING

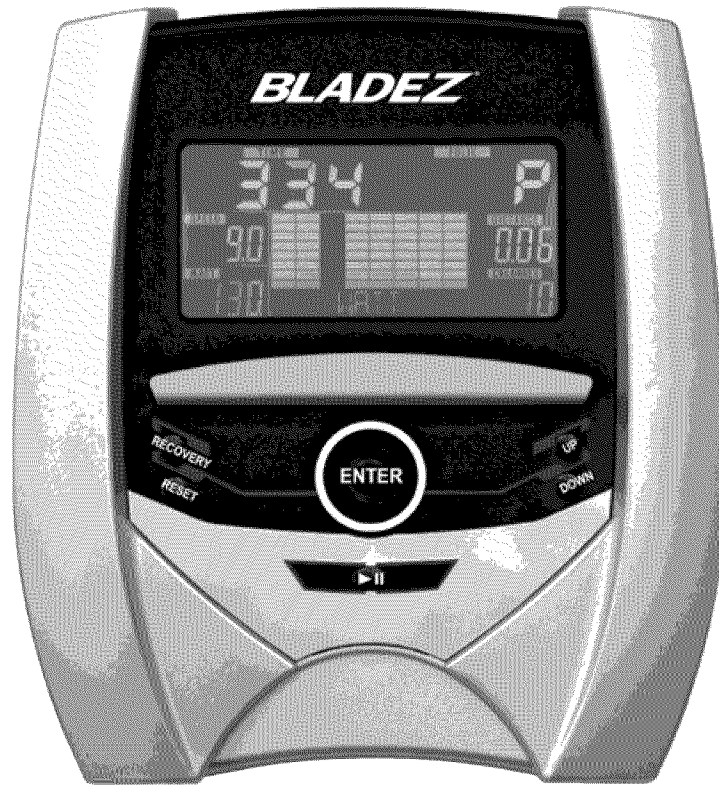


## PARTS LIST

**To order replacement parts: provide your customer service representative with the product model number and the part number located on the Parts List below, along with the quantity you require.**

| No.       | Description                  | Qty | No.       | Description          | Qty | No.       | Description          | Qty |
|-----------|------------------------------|-----|-----------|----------------------|-----|-----------|----------------------|-----|
| E600-A    | Computer                     | 1   | E600-F-1  | Idler                | 1   | E600-M-1  | Front stabilizer     | 1   |
| E600-A-1  | Screw                        | 4   | E600-F-2  | Idler wheel          | 1   | E600-M-2  | Screw                | 4   |
| E600-B-1  | Handlebar post               | 1   | E600-F-3  | Hex screw            | 1   | E600-M-3  | Front foot cap (L)   | 1   |
| E600-B-2  | Bushing                      | 2   | E600-F-4  | Hex screw            | 1   | E600-M-4  | Front foot cap (R)   | 1   |
| E600-B-3  | Foam grip                    | 2   | E600-F-5  | Flat washer          | 1   | E600-M-5  | Transportation wheel | 2   |
| E600-B-4  | Hand pulse set               | 2   | E600-F-6  | Hex screw            | 1   | E600-M-6  | Nylon nut            | 2   |
| E600-B-5  | End cap                      | 2   | E600-F-7  | C-type ring          | 1   | E600-M-7  | Screw                | 2   |
| E600-B-6  | Screw                        | 2   | E600-F-8  | Wave washer          | 1   | E600-M-8  | Flat washer          | 2   |
| E600-B-7  | Hand pulse wire              | 1   | E600-G-1  | Left pedal arm       | 1   | E600-N-1  | Rear stabilizer      | 1   |
| E600-B-8  | Screw                        | 4   | E600-G-2  | Hex screw            | 1   | E600-N-2  | Screw                | 4   |
| E600-B-9  | Cable wire (upper)           | 1   | E600-G-3  | End cap              | 1   | E600-N-3  | Rear foot cap (L)    | 1   |
| E600-C-1  | Left upper handlebar         | 1   | E600-G-4  | Axle for pedal       | 1   | E600-N-4  | Rear foot cap (R)    | 1   |
| E600-C-2  | Foam grip                    | 1   | E600-G-5  | Wave washer          | 2   | E600-N-5  | Adjustable end cap   | 2   |
| E600-C-3  | Bearing                      | 4   | E600-G-6  | C-type ring          | 2   | E600-P-1  | Left pedal arm       | 1   |
| E600-C-4  | Bushing                      | 2   | E600-G-7  | Bearing              | 2   | E600-P-2  | Left pedal           | 1   |
| E600-C-5  | End cap                      | 1   | E600-G-8  | Ball bearing         | 1   | E600-P-3  | Screw                | 2   |
| E600-D-1  | Main frame                   | 1   | E600-G-9  | Stopper              | 1   | E600-P-4  | Spring washer        | 2   |
| E600-D-2  | Gear box set                 | 1   | E600-G-10 | Hex nut              | 1   | E600-P-5  | Screw                | 3   |
| E600-D-3  | Pattern nut                  | 2   | E600-H-1  | Screw                | 8   | E600-P-6  | Pad for left pedal   | 1   |
| E600-D-4  | Cover for crank              | 2   | E600-H-2  | Flat washer          | 4   | E600-Q-1  | Right crank arm      | 1   |
| E600-D-5  | Flywheel                     | 1   | E600-H-3  | Semi-washer          | 4   | E600-Q-2  | Screw                | 1   |
| E600-D-6  | Pattern nut                  | 2   | E600-H-4  | Spring washer        | 8   | E600-Q-3  | End cap              | 1   |
| E600-D-7  | Flat washer                  | 2   | E600-I-1  | Hex screw            | 3   | E600-Q-4  | Axle for pedal       | 1   |
| E600-D-8  | Nylon nut                    | 1   | E600-I-2  | Pulley               | 1   | E600-Q-5  | Wave washer          | 2   |
| E600-D-9  | Flat washer                  | 1   | E600-I-3  | Bushing              | 1   | E600-Q-6  | C-type ring          | 2   |
| E600-D-10 | Sensor box                   | 1   | E600-I-4  | Axle set             | 1   | E600-Q-7  | Bearing              | 2   |
| E600-D-11 | DC wire                      | 1   | E600-J-1  | Crank (L+R)          | 2   | E600-Q-8  | Ball bearing         | 1   |
| E600-D-12 | Sensor bracket               | 1   | E600-J-2  | Disc                 | 2   | E600-Q-9  | Stopper              | 1   |
| E600-D-13 | Screw                        | 1   | E600-J-3  | Cover for disc       | 2   | E600-Q-10 | Hex screw            | 1   |
| E600-D-14 | Bearing                      | 2   | E600-J-4  | Screw                | 8   | E600-R    | Hardware pack        | 1   |
| E600-D-15 | Belt                         | 1   | E600-J-5  | Flat washer          | 8   | E600-R-1  | Screw                | 8   |
| E600-D-16 | Chain cover (L)              | 1   | E600-J-6  | Inner cover for disc | 2   | E600-R-2  | Flat washer          | 8   |
| E600-D-17 | Chain cover (R)              | 1   | E600-J-7  | Screw                | 8   | E600-R-3  | Screw                | 2   |
| E600-D-18 | Screw                        | 6   | E600-K-1  | Right pedal arm      | 1   | E600-R-4  | Screw                | 2   |
| E600-D-19 | Screw                        | 5   | E600-K-2  | Right pedal          | 1   | E600-R-5  | Aluminum washer      | 4   |
| E600-D-20 | Cable wire (lower)           | 1   | E600-K-3  | Screw                | 2   | E600-R-6  | Screw                | 4   |
| E600-D-21 | Water bottle holder (1)      | 1   | E600-K-4  | Spring washer        | 2   | E600-R-7  | Flat washer          | 2   |
| E600-D-22 | Water bottle holder (2)      | 1   | E600-K-5  | Screw                | 3   | E600-R-8  | Screw driver         | 1   |
| E600-D-23 | Cover for handlebar post (L) | 1   | E600-K-6  | Pad for right pedal  | 1   | E600-R-9  | Allen key            | 2   |
| E600-D-24 | Cover for handlebar post (R) | 1   | E600-L-1  | Linkage              | 2   |           |                      |     |
| E600-D-25 | Handlebar fixed shaft        | 1   | E600-L-2  | Ball bearing         | 2   |           |                      |     |
| E600-D-26 | Screw                        | 2   | E600-L-3  | Bearing              | 2   |           |                      |     |
| E600-E-1  | Right upper handlebar        | 1   | E600-L-4  | Hex screw            | 2   |           |                      |     |
| E600-E-2  | Foam grip                    | 1   | E600-L-5  | Stopper              | 4   |           |                      |     |
| E600-E-3  | Bearing                      | 4   | E600-L-6  | Nylon nut            | 2   |           |                      |     |
| E600-E-4  | Bushing                      | 2   | E600-L-7  | Screw                | 4   |           |                      |     |
| E600-E-5  | End cap                      | 1   | E600-L-8  | End cap              | 4   |           |                      |     |
|           |                              |     | E600-L-9  | Small crank          | 2   |           |                      |     |

## CONSOLE OPERATIONS



### BUTTON FUNCTION:

MODE/ENTER: Press to confirm all user entered exercise data setting and to enter into a program.

RESET: Press to return to the main menu and reset all values to zero.

START/STOP: Press to start or stop exercise.

RECOVERY: To test hear rate recovery status.

UP: To select training mode and adjust function value up.

DOWN: To select training mode and adjust function value down.

### DISPLAY EXERCISE DATA:

TIME: Display range 0:00-99:99 ; Setting range 0:00-99:00 minutes.

DISTANCE: Display range 0.00-99.99 ; Setting range 0-99.90 miles or kilometers

CALORIES: Display range 0-9999 ; Setting range 0.00-9990 calories.

PULSE: Display range P-30-230 ; Setting range 0-30-230 (bpm).

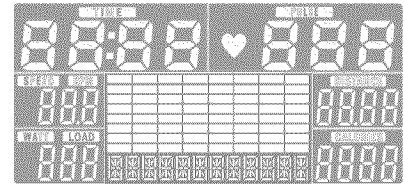
WATT: Display range 0-999 ; Setting range 10-350 watts.

SPEED: Display current training speed from 0.0 to maximum 99.9 km or mph

RPM: Display current training rotation per minute. Display range 0-999

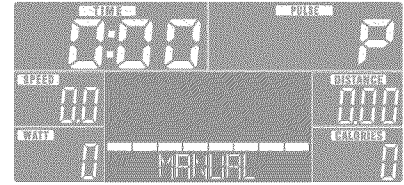
## POWER ON THE MACHINE

When powering on a beep will sound for 1 second. At the same time the LCD will display all options for 2 seconds and then it will display the wheel diameter. After that the screen goes into normal training mode.



## SELECTING A WORKOUT

In the main menu the first exercise program to display will be MANUAL and it will flash. The user may press the UP or DOWN buttons to select or scroll through: MANUAL, PROGRAM (12 profiles), USER PROGRAM, H.R.C, WATT.



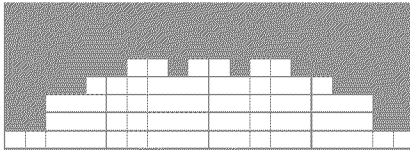
## MANUAL MODE

After powering on, the user may press the START/STOP button to start exercising in MANUAL mode immediately, without inputting any settings. Before exercising in MANUAL mode, user may set up Time, Distance, Calories, and Target Pulse. Press the ENTER button to confirm. After setting up all the parameters, press the START/STOP button to start the workout. Level adjustments can be made during the exercise by pressing the UP or DOWN buttons.

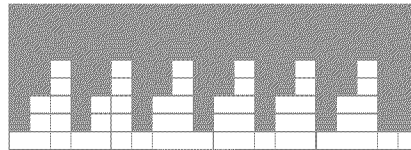
## PROGRAM MODE

Press the UP or DOWN buttons to select a program within the 12 profiles and press ENTER/MODE to confirm. After setting the Target Time, press the START/STOP button to begin the workout. Level adjustments can be made during the exercise by pressing the UP or DOWN buttons.

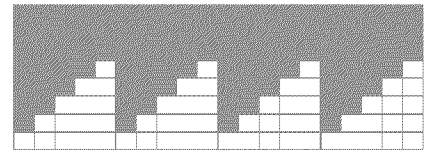
**PROGRAM 1**



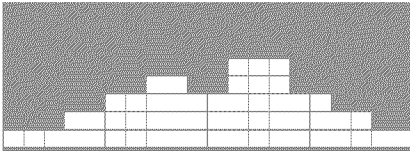
**PROGRAM 2**



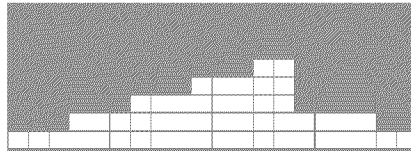
**PROGRAM 3**



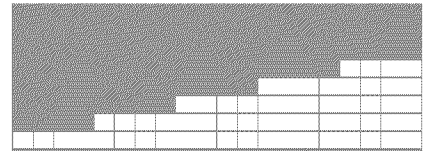
**PROGRAM 4**



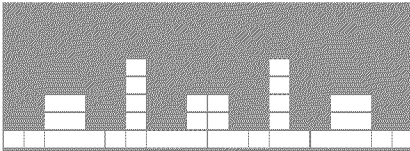
**PROGRAM 5**



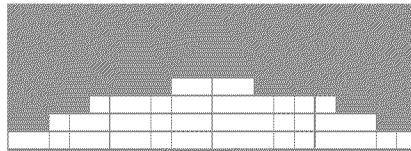
**PROGRAM 6**



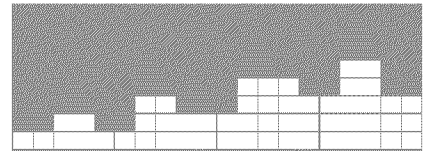
**PROGRAM 7**



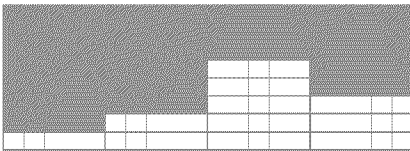
**PROGRAM 8**



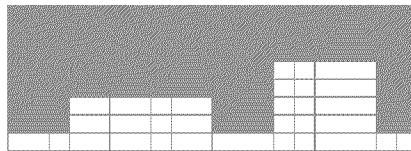
**PROGRAM 9**



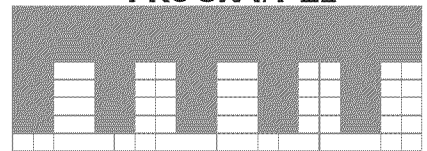
**PROGRAM 10**



**PROGRAM 11**



**PROGRAM 12**



## USER PROGRAM

To create your own profile, use the UP or DOWN buttons to increase or decrease the resistance (1-32 levels of resistance). Press ENTER after setting the resistance for each segment (there are a total of 20 segments). Press the enter button and hold for 2 seconds to confirm the settings. To leave the profile set up at any time also hold the enter button for 2 seconds. After you are done setting up your profile the time will flash. Set the desired time with the UP or DOWN buttons . Press the START/STOP button to begin exercising.

## HRC MODE

There are 4 programs in the HRC MODE: H.R.C.55, H.R.C.75, H.R.C.90 and H.R.C. TAG. Use the UP or DOWN buttons to select a program and then press the MODE button to confirm. After setting the Target Time, press the START/STOP button to begin the workout. If H.R.C. TAG is selected (press the ENTER button to select) the default preset PULSE value of 100 will be shown in flashing text Press the UP or DOWN buttons to adjust target range from 30-230.

- 55%--Diet Program
- 75%--Health Program
- 95%--Sports Program
- Target—User set Target Heart Rate

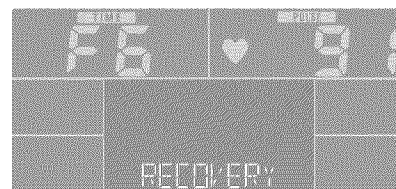
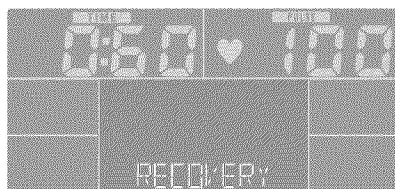
## WATT

Use the UP/DOWN buttons to set the WATT Target value from, 10-350, and then press the ENTER button to confirm. After setting the Target Time, press the START/STOP buttons to begin the workout. During the watt workout, the machine will adjust LOAD level automatically based on WATT Target value and workout status.

## RECOVERY

After exercising for a period of time, hold onto the hand grips and press the RECOVERY button. All display functions will stop except for TIME, which starts counting down from 00:60 to 00:00. The screen will display your heart rate recovery status from F1 to F6. F1 is the best, F6 is the worst. Keep exercising to try and improve your heart rate recovery status. (Press the RECOVERY button again to return the main display.)

| Score           | Condition     |
|-----------------|---------------|
| $\geq 1.0$      | Outstanding   |
| $1.0 < F < 2.0$ | Excellent     |
| $2.0 < F < 2.9$ | Good          |
| $3.0 < F < 3.9$ | Fair          |
| $4.0 < F < 5.9$ | Below Average |
| $\leq 6.0$      | Poor          |



### NOTE:

1. When the user stops pedaling for more 4 minutes, the computer will enter into power save mode. All settings and exercise data will be stored until the user start exercising again.
2. When the computer is not working correctly, please unplug the adaptor and plug it in again to restart the machine.



## MAINTENANCE AND CLEANING

Care has been taken to assure that your equipment 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, you may clean the outer surface. Use a soft cloth, dampened with warm water. Do not use aerosol sprays or pump bottles as they may deposit sediments upon the console surface. The use of harsh chemicals will destroy the protective coating and cause a static build-up that may damage the some of the components.

### ELECTRICAL

Power Adapter Specifications:

Input 100-240V - 50/60HZ 0.2A

Output 6.0V  0.5A 3.0W MAX

## WARRANTY

### LIMITED RESIDENTIAL WARRANTY

Bladez Fitness will repair or replace, free of charge, at its option, parts that are defective as a result of material or workmanship. Lifetime replacement warranty coverage on frame and one (1) year on other parts. Labor warranty coverage is one (1) year. Warranty covers the original consumer purchaser only.

### THIS WARRANTY DOES NOT COVER

- Pre-delivery set-up.
- Components that require replacement due to dirt or lack of regular maintenance.
- Expendable items which become worn during normal use.
- Repairs necessary because of operator abuse or negligence or the failure to operate and maintain the equipment according to the instructions contained in the Owner's Manual.

For more detailed warranty information or to register your product warranty easily online, visit our website at: **[www.BladezFitness.com](http://www.BladezFitness.com)**

**FOR WARRANTY REPAIRS, PLEASE DO NOT TAKE YOUR MACHINE  
BACK TO THE RETAIL STORE. CONTACT BLADEZ FITNESS FIRST.**

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Web: [www.bladezfitness.com](http://www.bladezfitness.com)  
Mon - Fri 8am - 5pm PST