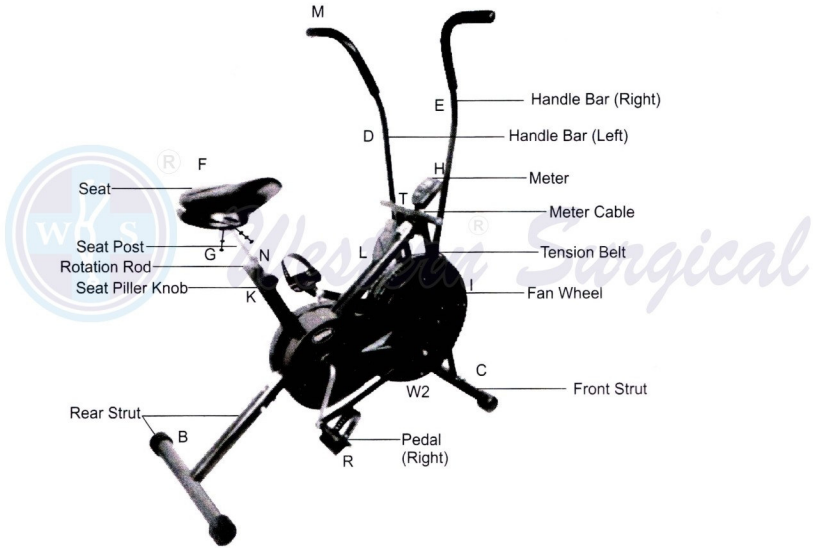


AIR BIKE 1213M



# AIR BIKE

## USER MANUAL - 2020



# WESTERN SURGICAL

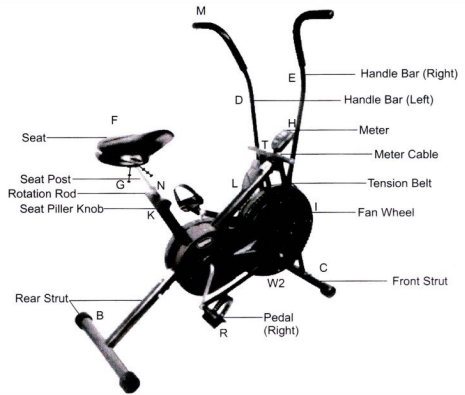
*Western Surgical*

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# AIR BIKE 1213M



# AIR BIKE DIXON



# AIR BIKE 1209F



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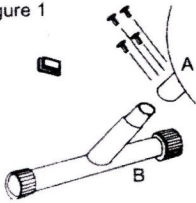
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## Step 1. Attach the rear strut.

Remove the indicated end cap from the Rear of the main frame (part A). Discard it. Slide rear strut (part B) into the rear of the main frame (part A), screw in 4 Phillips screws, securing rear strut to main frame.

Figure 1



## Step 2. Mount the front strut.

Place front strut (part C) into saddle bracket at the front of the frame. The square holes must be placed in down position. Align the holes in the front strut with the holes in the bracket and put 2 carriage bolts through the holes.

Place 2 washers on bolts and screw on 2 dome nuts and tighten.

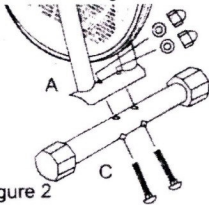


Figure 2

## Step 3. Attach the handlebars..

Remove the screw, nuts and washers from the rotation rod (part N).

Slide handlebar rotation rod through the linkage tube at the top of main frame. The rod may need a little lubricant to easily slide through the bushings at either end to the linkage tube.

Center the rod and rotate it until the set hole in the rod aligns with the hole in the center of the linkage tube. Screw the fixing screw into the aligned hole and secure it.

Attach the right handle (part D), the right handle is marked with on "R" Put the handlebar pivot housing on the right side

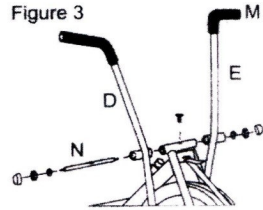
of the rotation rod.

Slide the rotation nod's thread stem through pivot Housing bushings. Place a washer on stem and screw on nut. Place the plastic end cap you can find it in the screw pack onto nut after final lightening.

Attach the left handle (part E) in the same manner.

Slide the form grips (Part M) on to the handlebars. A small amount of liquid soap will ease installation.

Figure 3



Step 4. Install the pedals. The right pedal (part R) is marked with on "R". The left pedal (part R) is marked with and "L". It is important that each pedal goes on the proper side.

Select the right pedal. Slide a two step pedal bushing on the pedal First then side a ball bearing next the bushing. Now screw the pedal Stem into the right pedal arm. right pedal tightens clockwise. You must secure it tightly. Screw on the pedal's stem the lock nut (SILVER) until tight.

Rotate the handlebar's link arm to meet the pedal. Bring the "C" slot on the link arm up from the Bottom to hook on the bearing on the pedal stem.

Now place the "C" clip locking the link arm on the bearing.

Install left pedal in the same manner except **left pedal tightens counter clockwise**. The left pedal lock nut is GOLD.

**VERY IMPORTANT :** Please follow the Figure 4 step by step. The pedal stem must be secured tightly, the lock nut got to be secured tightly too. Check them from time to time to insure a longer life time for using this equipment.

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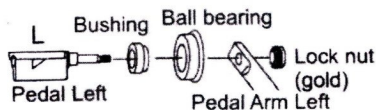
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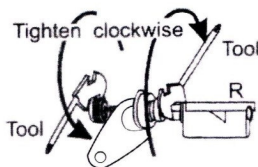
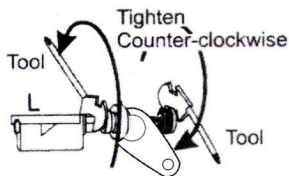
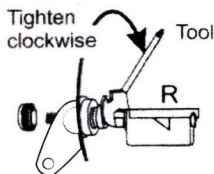
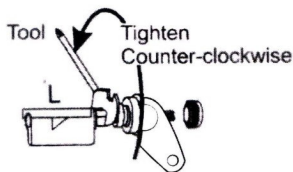
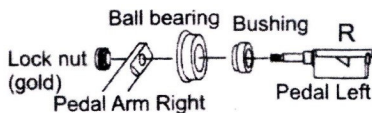
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Figure 4

Left Pedal L

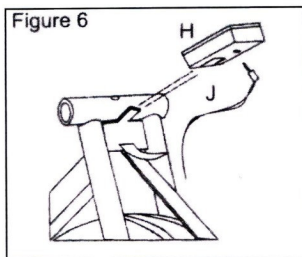
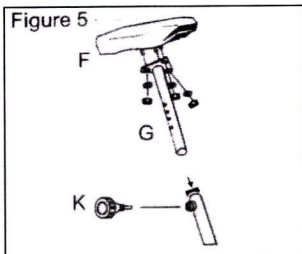


Left Pedal R



Step 5. Remove nuts and washers from studs on Bottom of seat (part F). Place seat onto seat post (part G) and replace washers and nuts. Secure tightly, Select seat height adjust knob (part K), Slide the seat post into main frame aligning a set of holes in the seat post with the seat height screw hole. Screw in seat post knob, Secure tightly.

Step 6. Mount monitor (part H). Insert batteries into battery holder being sure to follow battery diagram. check to be sure monitor shows a display. If it does not, check batteries and battery installation. Plug monitor cable (part J) coming from main frame into back of monitor Slide monitor on to the main frame.



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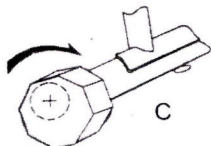
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## 1. LEVELING THE BICYCLE EXERCISER.

Place the BICYCLE EXERCISER in the location it will be used. The floor should be hard and flat and the bike should sit firmly on the floor. If the bike is not stable, turn the end caps on the front strut (part C) until the bike is stable. Turn one end cap at a time as it may only be necessary to adjust one.

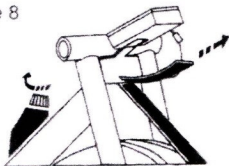
Figure 7



## 2. ADJUSTING THE TENSION

The BICYCLE EXERCISER has a tension control knob on the main frame that can be turned to increase or decrease the tension. Turn clockwise to increase, counter-clockwise to decrease. The tension range can be increased or decreased by adjusting the tension step (part 1). Turn the tension knob counter clockwise until it stops. Pull the tension strap through the strap's buckle at the top of the main frame to make the strap tighter around the fan disk increasing the strength of the tension range. Loosen the strap to decrease it. Use the tension knob to further adjust the tension.

Figure 8



3. Wear the proper clothing. Clothes that are not restrictive and are comfortable. NOTE : When wearing long pants, be sure the legs are not too floppy so that they will not get caught in the chain sprocket.

4. Wear suitable footwear. rubber soled shoes and athletic socks are recommended.

5. Place the exercise bike on a hard flat surface in a convenient area. Be sure there is good air circulation at its location. it is recommended that the surface be easy to clean so that any residual from using, such as perspiration, may be cleaned without a problem.

6. The bike should not be used by children or handicapped persons without a qualified person in attendance.

7. Diet is as important as exercising for good physical conditioning. The practice of good nutrition is essential for your fitness program.

8. DO NOT OVER DO IT. Set goals you can achieve without overexertion.

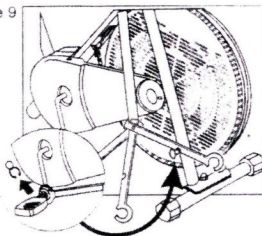
9. Always to a warm-up and cool-down period when exercising. Start slow and finish slow.

10. Consult with a physician before starting any exercise program or diet.

## 11. HOW TO MAKE THE HANDLEBARS STATIONARY

The handlebars can be made stationary by unlocking the connecting bars from the pedal stems and hooking onto the pegs on the main frame's front upright. Pull the "C" clip from the pedal stem. Drop the connecting bar (part W) down from the pedal sem. Drop the connecting bar (part W) down from the pedal. When free from the pedal, swing the connecting bar forward and hook notch in the edge of connecting bar into the peg, located on the main frame's front upright. Be sure it is hooked firmly. Replace the "C" clip on the pedal stem so it will not be misplaced. Do the other side in the same manner.

Figure 9



**WARNING:** Consult your physician before beginning any exercise program. Children or handicapped persons should not use any exercise equipment without a qualified person in attendance.

## MAINTENANCE

1. Check pedal and its lock nut, be sure they are always secured tightly.
2. Periodically lubricate the moving parts with a light weight household lubricant.
3. Check all nuts, bolts and clamp assemblies to be sure they are tight and secure.
4. Check tension strap for wear and tear. Replacement strap are available through our service department.
5. Check monitor batteries. Monitor uses "AA" batteries (or uses AG-13 batteries).

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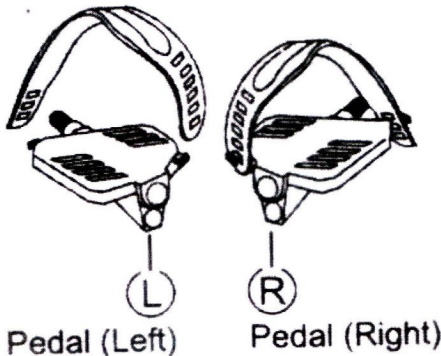
## IMPORTANT SAFETY PRECAUTIONS

**WARNING :** To reduce the risk of serious injury, read the following important precautions before using this Bicycle Exerciser.

1. It is the responsibility of the owner to ensure that all users to the exerciser are adequately informed of all warnings and precautions.
2. Read all instructions in this manual before using the exerciser. Use the exerciser only as described.
3. Place the exerciser on a level surface. Cover the floor beneath the exerciser to protect the floor or carpet.
4. Inspect and tighten all parts regularly, Make sure that the chain is properly adjusted. Replace any worn parts immediately.
5. Keep children under age of 12 and pets away from the exerciser at all times.
6. The exerciser should not be used by persons weighing more than 100 kgs or 250 pounds.
7. Keep hands and feet away from the chain wheel, link chain and other moving parts.
8. Do not wear loose clothing that could become caught on the exerciser. Always wear athletic shoes for foot protection.
9. When adjusting the seat, insert the seat knob through one of the holes in the seat post. Do not insert the seat knob under the seat post.
10. If you feel faint, dizzy, or short of breath while exercising, stop immediately and begin cooling down.
11. The exerciser is intended for home use only. Do not use the exerciser in any commercial, rental or institutional setting.

**WARNING :** Before beginning this or any exercise program, consult your physician. This is especially important of persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. We assume no responsibility for personal injury or property damage sustained by through the use of this product.

Pedal strap



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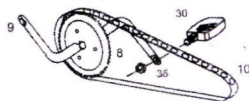
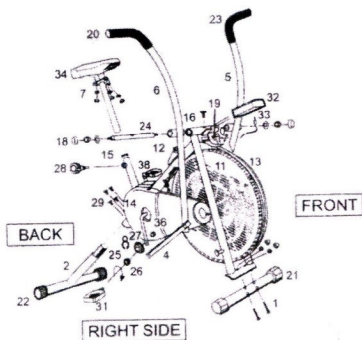
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# PARTS LIST

|     | Diagram No. | Description           |
|-----|-------------|-----------------------|
| 1.  | C           | Front strut           |
| 2.  | B           | Back strut            |
| 3.  | W1          |                       |
| 4.  | W2          | Link arm (left)       |
| 5.  | D           | Link arm (right)      |
| 6.  | E           | Handlebar (left)      |
| 7.  | G           | Handlebar (right)     |
| 8.  |             | Seat post             |
| 9.  |             | Chain Wheel set       |
| 10. |             | Pedal arm             |
| 11. |             | Chain                 |
| 12. |             | Fan wheel             |
| 13. |             | Tension adjuster Belt |
| 14. |             | Chain Cover           |
| 15. |             | Seat Inner Cap        |
| 16. |             | Seat post sleeve      |
| 17. |             | Rotation rod bushing  |
| 18. |             | Cable clip            |
| 19. |             | Rotation rod end cap  |

|     | Diagram No. | Description                |
|-----|-------------|----------------------------|
| 20. |             | Tension Belt Clip          |
| 21. |             | Handlebar end cap          |
| 22. |             | Front strut end cap        |
| 23. | M           | Handle Grip                |
| 24. | N           | Foam grip                  |
| 25. |             | Handlebar rotation rod set |
| 26. |             | Pedal bushing              |
| 27. |             | Pedal bearing              |
| 28. | K           | Seat post knob             |
| 29. |             | Screw pack                 |
| 30. | L           | Pedal (left)               |
| 31. | R           | Pedal (right)              |
| 32. | H           | Monitor                    |
| 33. | J           | Monitor cable              |
| 34. | F           | Seat                       |
| 35. |             | Pedal lock nut (left)      |
| 36. |             | Pedal lock nut (right)     |
| 37. |             | Operator's manual          |
| 38. | A           | Main frame                 |

We are constantly striving to improve the quality of our product. Therefore, these instruction subject to change without prior notice. Please retain these instructions for future reference.



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Dt. : 26-8-2020



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### 7.3 WARRANTY CERTIFICATE

western surgical product is warranted to be free from electrical and mechanical defects in material and workmanship, under normal use. The western surgical product must not have been moved from the site of original installation. A new or remanufactured part to replace the defective part will be provided without charge for the part itself, through an authorized western surgical service dealer. The replacement part assumes the unused portion of the warranty.

**WESTERN SURGICAL WILL NOT BE RESPONSIBLE FOR:**

1. Damage or repairs required as a consequence of faulty installation or application by others.
2. Damage or repairs needed as a consequence of any misapplication, negligent handling, improper servicing, unauthorized alteration, or improper operations.
3. Failure to start due to voltage conditions, blown fuses, open circuit breakers or other damages due to the inadequacy or interruption of electrical service.
4. Damage as a result of floods, winds, fires, lightning, accidents, corrosive atmosphere, or other conditions beyond the control of western surgical
5. Parts not supplied or designated by western surgical.

|                                       |                     |
|---------------------------------------|---------------------|
| <b>Date of Installation</b>           | <b>Installed By</b> |
| <b>Model No.</b>                      | <b>Serial No.</b>   |
| <b>Warranty Period</b>                |                     |
| <b>Name of Doctor &amp; Address :</b> |                     |
|                                       |                     |
|                                       |                     |

**Customer Sign. With Stamps**

**Marketed By: Western Surgical  
Sign. With Stamps**

**No Claim Warranty :**

- 1) Any Defect Throughtout Power Supply
- 2) Any Physical Damage
- 3) Under Warranty Standby Unit Not Provide
- 4) Under Warranty When Company Send Parts or Machine we lmidiat send to Buyer.

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