

# FB800 EMS ERGOMETER

Enjoy the Sensation



ASSEMBLY INSTRUCTION

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# FB 800 ASSEMBLY INSTRUCTIONS

## Introduction

Congratulations on your purchase of this FB800. This product has been designed and manufactured to meet the needs and requirements of light commercial use.

Please carefully read the instructions prior to assembly and first use. Be sure to keep the instructions for reference and/or maintenance.

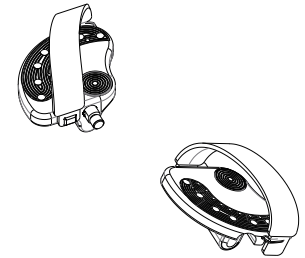
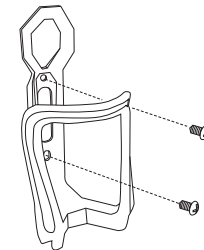
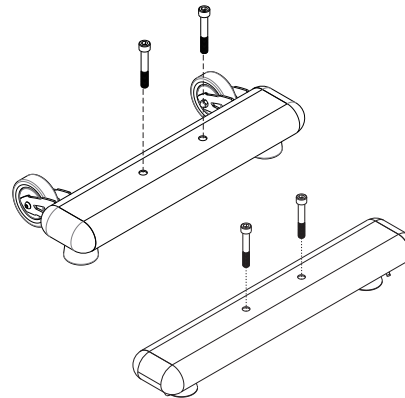
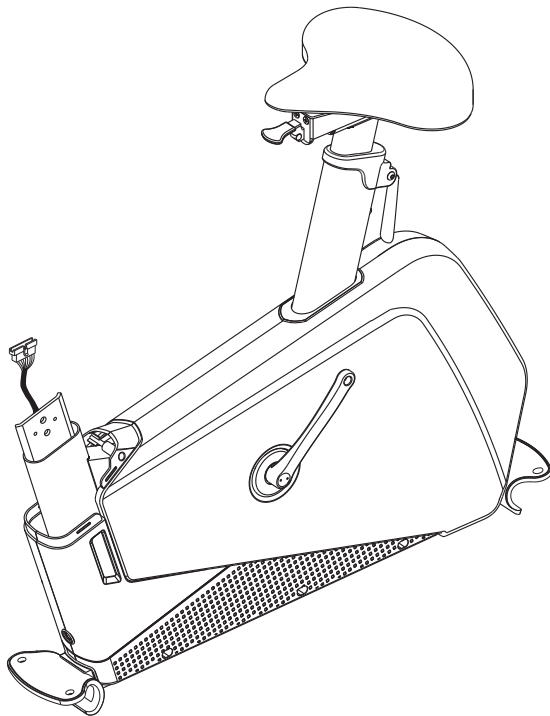
If you have any further questions, please contact us. We wish you lots of success and fun while training.

## Table of Contents

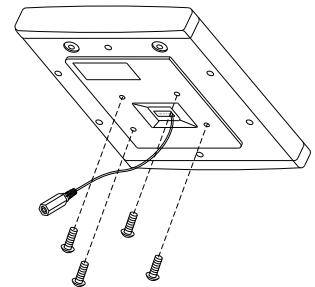
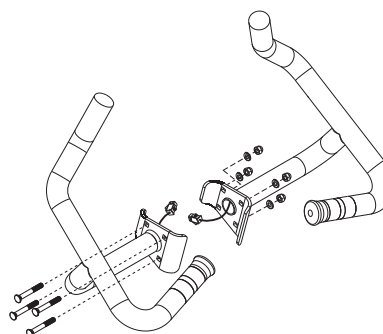
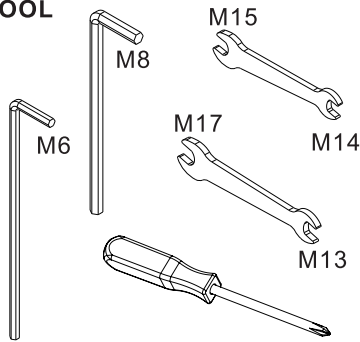
|                     |        |
|---------------------|--------|
| Introduction        | page 1 |
| Check List          | page 1 |
| Table of Contents   | page 1 |
| Assembly Steps 1~7  | page 2 |
| Assembly Steps 8~10 | Page 3 |
| Detailed Parts List | page 4 |
| Exploded Drawing    | page 5 |

## Check List

IF ANY OF THESE PARTS ARE MISSING, CONTACT YOUR DEALER IMMEDIATELY.



### TOOL



# FB 800 ASSEMBLY INSTRUCTIONS

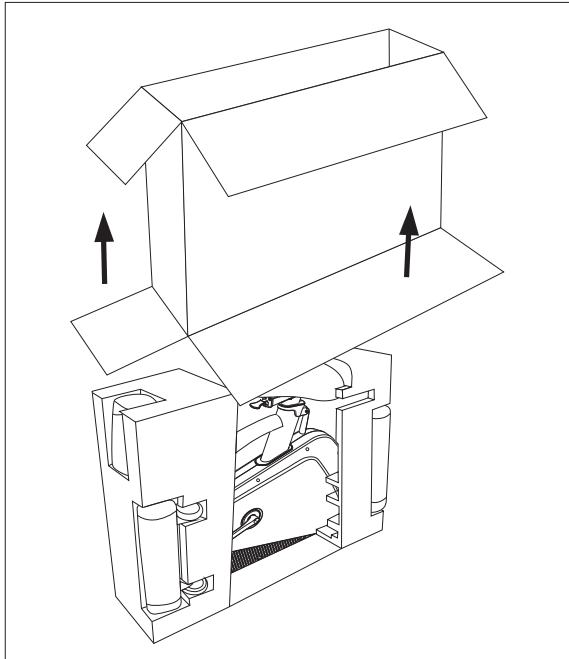
## STEP 1

Clear a 2 Meter by 2.5 Meter working space before unpacking your FB800 EMS ERGOMETER.

## STEP 2

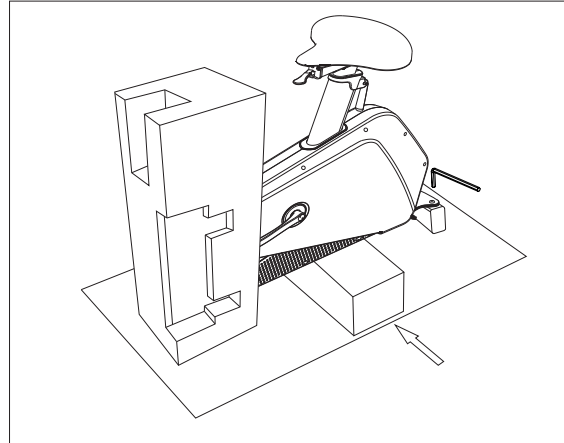
- a) Use a sharp knife, open the carton and lay it flat on the floor.
- b) Remove all loose components.
- c) Refer to the checklist and check that everything is present.

**NOTE:** To protect the FB800 while assembling we suggest that you do not remove the Protective Packing Material until it is absolutely necessary.



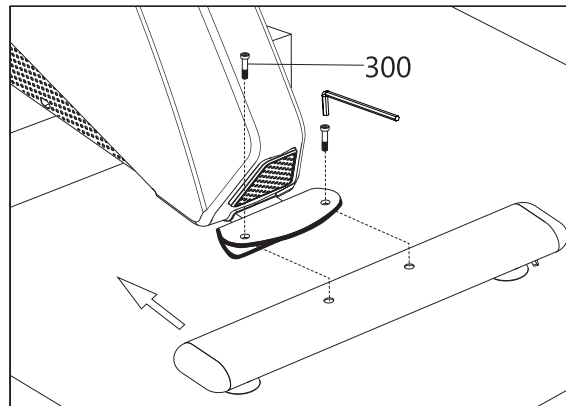
## STEP 3

- a) Lift the rear of the machine off the floor and slide a polystyrene block under the rear-end remove packing material.
- b) Undo 2 x BOLT and remove the transportation tube.



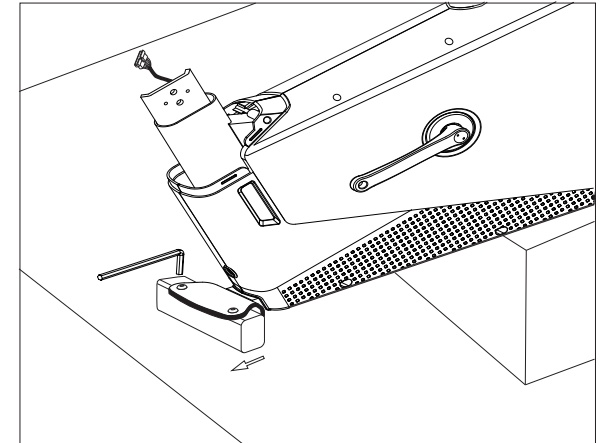
## STEP 4

- a) Assemble the STABILIZER-BACK [004] with 2 x BOLT [300] tighten firmly.
- b) Remove the polystyrene block and place it under the front end of the machine.



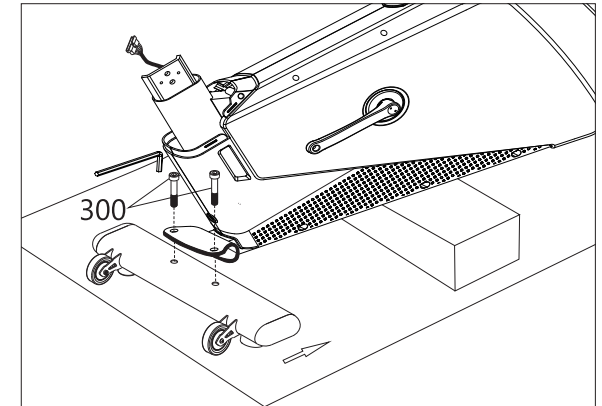
## STEP 5

- a) With the front end now raised off the floor remove packing material.
- b) Undo 2 x BOLT and remove the transportation tube.



## STEP 6

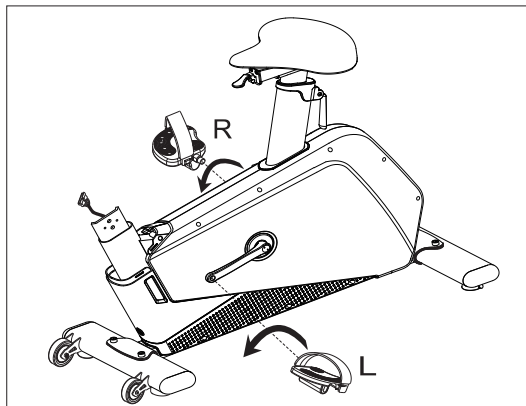
- a) Assemble the STABILIZER-FRONT [003] with 2 x BOLT [300] tighten firmly.



# FB 800 ASSEMBLY INSTRUCTIONS

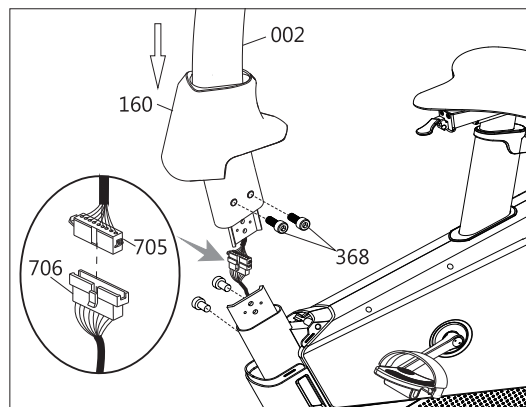
## STEP 7

- Warning:** Do NOT force the pedals into their sockets, if they do not screw in easily you may be trying to fit the wrong pedal or you are rotating the pedal in the wrong direction.
- Thread the pedals onto the crank arms. The pedals are marked with R and L at the screw. Tighten the left pedal anti-clockwise and the right pedal clockwise.



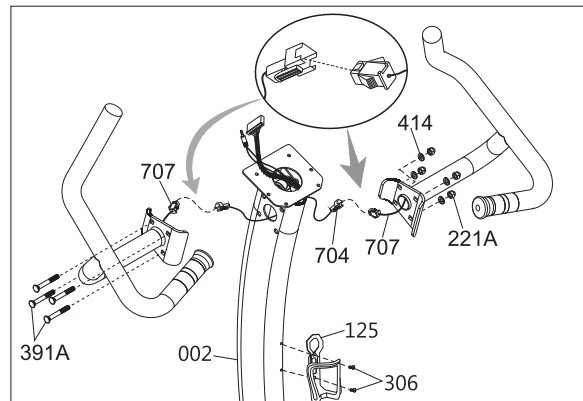
## STEP 8

- Hold the HANDLE BAR POST [002] in the correct position over the MAIN FRAME [001] and join the RESISTANCE COMPUTER - CABLE [705] & COMPUTER CABLE [706].
- Carefully slide the HANDLE BAR POST [002] into the MAIN FRAME [001]. Take care not to damage the COMPUTER - CABLE [705] & COMPUTER - CABLE [706].
- Lift the HAT COVER [160] out of the way and align the holes and fit 4 x BOLT [368] then firmly tighten 4 x BOLT [368]. Slide down the HAT COVER [160] and push firmly.



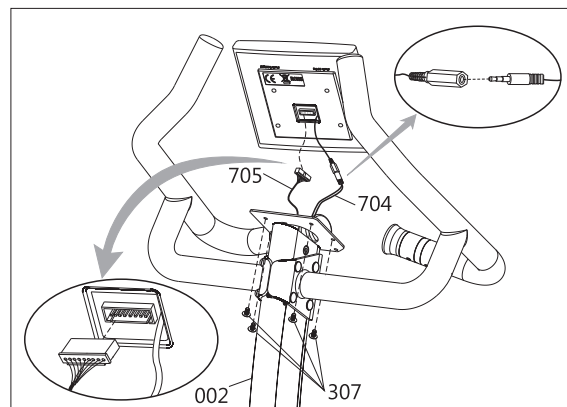
## STEP 9

- Connect the HANDLE BAR HAND PULSE CABLE [707] to HANDLEBAR and HAND PULSE CABLE [704] to COMPUTER.
- Slide the HANDLE BAR - RIGHT [013] and the HANDLE BAR - LEFT [014] into HANDLE BAR POST [002] and secure with 4x BOLT [391A]+4x NUT [221A]+4x WASHER [414].
- Remove 2 x BOLT [306] from HANDLE BAR POST [002]. Align WATER BOTTLE HOLDER [125] and fasten with the same 2 x BOLT [306].



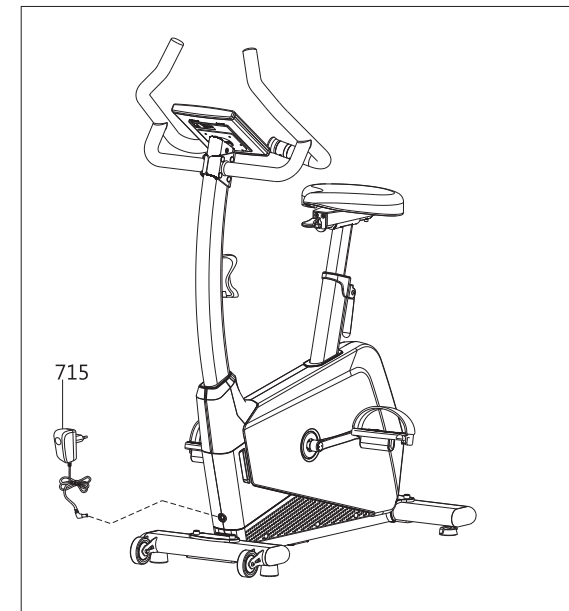
## STEP 10

- Connect the HAND PULSE CABLE to COMPUTER [704] and RESISTANCE ADJUSTMENT - CABLE [705] to the COMPUTER [718].
- Feed excess cable into the hole in the HANDLE BAR POST [002]. Make sure the cable remain undamaged.
- Check that all connections are correct.
- Slide the computer onto the mounting plate and secure using the 4 x BOLT [307].



## STEP 11

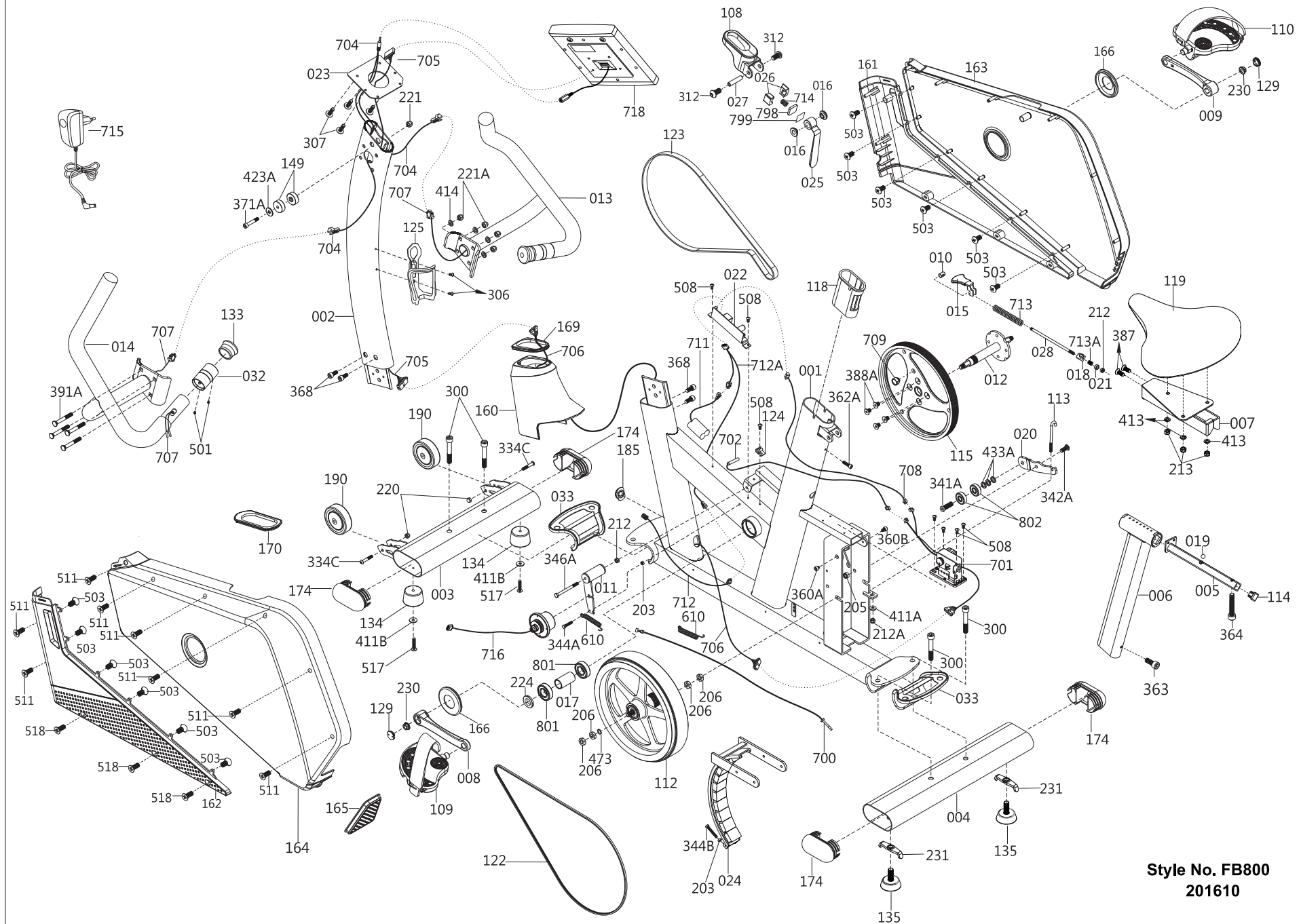
- Plug the AC ADAPTOR [715] into the mains power socket.
- Connect the ADAPTOR [715] into the ADAPTOR SOCKET at the front of the machine.
- The COMPUTER [718] should now be working. If not the re-plug all the COMPUTER CABLE as shown in steps 8 & 10.



# FB 800 DETAILED PARTS LIST

| PART No. | DESCRIPTION                          | Q'TY | PART No. | DESCRIPTION                              | Q'TY | PART No. | DESCRIPTION                         | Q'TY |
|----------|--------------------------------------|------|----------|------------------------------------------|------|----------|-------------------------------------|------|
| 001      | MAIN FRAME                           | 1    | 125      | WATER BOTTLE HOLDER                      | 1    | 363      | BOLT                                | 1    |
| 002      | HANDLE BAR POST                      | 1    | 129      | CRANK PLUG                               | 2    | 364      | BOLT                                | 1    |
| 003      | STABILIZER - FRONT                   | 1    | 133      | PLUG                                     | 2    | 368      | BOLT                                | 4    |
| 004      | STABILIZER - BACK                    | 1    | 134      | STABILIZER PADS                          | 2    | 371A     | BOLT                                | 1    |
| 005      | HORIZONTAL SEAT ADJUSTER             | 1    | 135      | STABILIZER LEVELER                       | 2    | 387      | BOLT                                | 2    |
| 006      | SEAT POST                            | 1    | 149      | BUSHING                                  | 2    | 388A     | BOLT                                | 4    |
| 007      | SEAT HOLDER                          | 1    | 160      | HAT COVER                                | 1    | 391A     | BOLT                                | 4    |
| 008      | CRANK - LEFT                         | 1    | 161      | SHROUD SMALL - FRONT RIGHT               | 1    | 411A     | WASHER                              | 1    |
| 009      | CRANK - RIGHT                        | 1    | 162      | SHROUD SMALL - FRONT LEFT                | 1    | 411B     | WASHER                              | 2    |
| 010      | HORIZONTAL SEAT ADJUSTER - NUT       | 1    | 163      | SHROUD LARGE - FRONT RIGHT               | 1    | 413      | WASHER                              | 3    |
| 011      | GENERATOR BRACKET                    | 1    | 164      | SHROUD LARGE - FRONT LEFT                | 1    | 414      | WASHER                              | 4    |
| 012      | MAIN AXLE                            | 1    | 165      | SHROUD - INSERT                          | 1    | 423A     | WASHER                              | 1    |
| 013      | HANDLE BAR - RIGHT                   | 1    | 166      | SHROUD - CRANK INSERT                    | 2    | 433A     | WASHER                              | 3    |
| 014      | HANDLE BAR - LEFT                    | 1    | 169      | HAT COVER - INSERT                       | 1    | 473      | WASHER                              | 1    |
| 015      | HORIZONTAL SEAT ADJUSTER - HANDLE    | 1    | 170      | SHROUD - SEAT POST INSERT                | 1    | 501      | SCREW                               | 4    |
| 016      | VERTICAL SEAT ADJUSTER - BUSHING     | 2    | 174      | PLUG                                     | 4    | 503      | SCREW                               | 12   |
| 017      | CASING                               | 1    | 185      | RESISTANCE ADJUSTMENT - A/C CABLE HOLDER | 1    | 508      | SCREW                               | 7    |
| 018      | HORIZONTAL SEAT ADJUSTER - SLIDER    | 1    | 190      | TRANSPORTATION WHEEL                     | 2    | 511      | SCREW                               | 8    |
| 019      | BALL BEARING                         | 1    | 203      | NUT                                      | 2    | 517      | SCREW                               | 2    |
| 020      | TENSION WHEEL BRACKET                | 1    | 205      | NUT                                      | 1    | 518      | SCREW                               | 6    |
| 021      | HORIZONTAL SEAT ADJUSTER - SPACER    | 1    | 206      | NUT                                      | 4    | 610      | TENSION WHEEL - SPRING              | 2    |
| 022      | EMS CONTROLLER                       | 1    | 212      | NUT                                      | 2    | 700      | TENSION CABLE                       | 1    |
| 023      | COMPUTER METAL PLATE                 | 1    | 212A     | NUT                                      | 1    | 701      | MOTOR WITH CABLE                    | 1    |
| 024      | MAGNET HOLDER WITH MAGNET            | 1    | 213      | NUT                                      | 3    | 702      | COMPUTER CABLE WITH SENSOR          | 1    |
| 025      | SEAT POST ADJUSTER - HANDLE          | 1    | 220      | NUT                                      | 2    | 704      | HAND PULSE CABLE                    | 1    |
| 026      | SEAT POST ADJUSTER - CLAMP BLOCKS    | 2    | 221      | NUT                                      | 1    | 705      | COMPUTER CABLE                      | 1    |
| 027      | SEAT POST ADJUSTER - THREADED SPACER | 1    | 221A     | NUT                                      | 1    | 706      | COMPUTER CABLE                      | 1    |
| 028      | HORIZONTAL SEAT ADJUSTER - ROD       | 2    | 224      | NUT                                      | 1    | 707      | HANDLEBAR HAND PULSE CABLE          | 2    |
| 032      | HAND PULSE ASSEMBLY                  | 2    | 230      | NUT                                      | 2    | 708      | DC & MOTOR CABLE                    | 1    |
| 033      | STABILIZER RUBBER MOUNTING           | 2    | 231      | NUT                                      | 2    | 709      | SENSOR - MAGNET                     | 1    |
| 108      | SEAT POST ADJUSTER - CAP             | 1    | 300      | BOLT                                     | 4    | 711      | BATTERY WITH CABLE                  | 1    |
| 109      | PEDAL - LEFT                         | 1    | 306      | BOLT                                     | 2    | 712      | A/C ADAPTOR CABLE                   | 1    |
| 110      | PEDAL - RIGHT                        | 1    | 307      | BOLT                                     | 4    | 712A     | BATTERY & AC ADAPTOR CABLE          | 1    |
| 112      | FLYWHEEL                             | 1    | 312      | BOLT                                     | 2    | 713      | HORIZONTAL SEAT ADJUSTER - SPRING   | 1    |
| 113      | J - BOLT                             | 1    | 334C     | BOLT                                     | 2    | 713A     | SEAT ADJUSTER - SPRING              | 1    |
| 114      | PLUG                                 | 1    | 341A     | BOLT                                     | 1    | 714      | SEAT POST ADJUSTER - SPRING         | 1    |
| 115      | DRIVE PULLEY                         | 1    | 342A     | BOLT                                     | 1    | 715      | A/C ADAPTOR                         | 1    |
| 118      | SEAT POST ADJUSTER - SLIDER PLUG     | 1    | 344A     | BOLT                                     | 1    | 716      | GENERATOR WITH CABLE                | 1    |
| 119      | SEAT                                 | 1    | 344B     | BOLT                                     | 1    | 718      | COMPUTER                            | 1    |
| 122      | POLY V DRVE BELT J2                  | 1    | 346A     | BOLT                                     | 1    | 798      | SEAT POST ADJUSTER - THICK PLATE    | 1    |
| 123      | POLY V DRVE BELT J6                  | 1    | 360A     | BOLT                                     | 1    | 799      | SEAT POST ADJUSTER - THIN S/S PLATE | 1    |
| 124      | SENSOR - HOLDER                      | 1    | 360B     | BOLT                                     | 1    | 801      | BEARING 6004ZZ                      | 2    |
|          |                                      |      | 362A     | BOLT                                     | 1    | 802      | BEARING 6200ZZ                      | 2    |

# FB 800 EXPLODED DRAWING



Style No. FB800  
201610