

**BODY
CHAMP®**

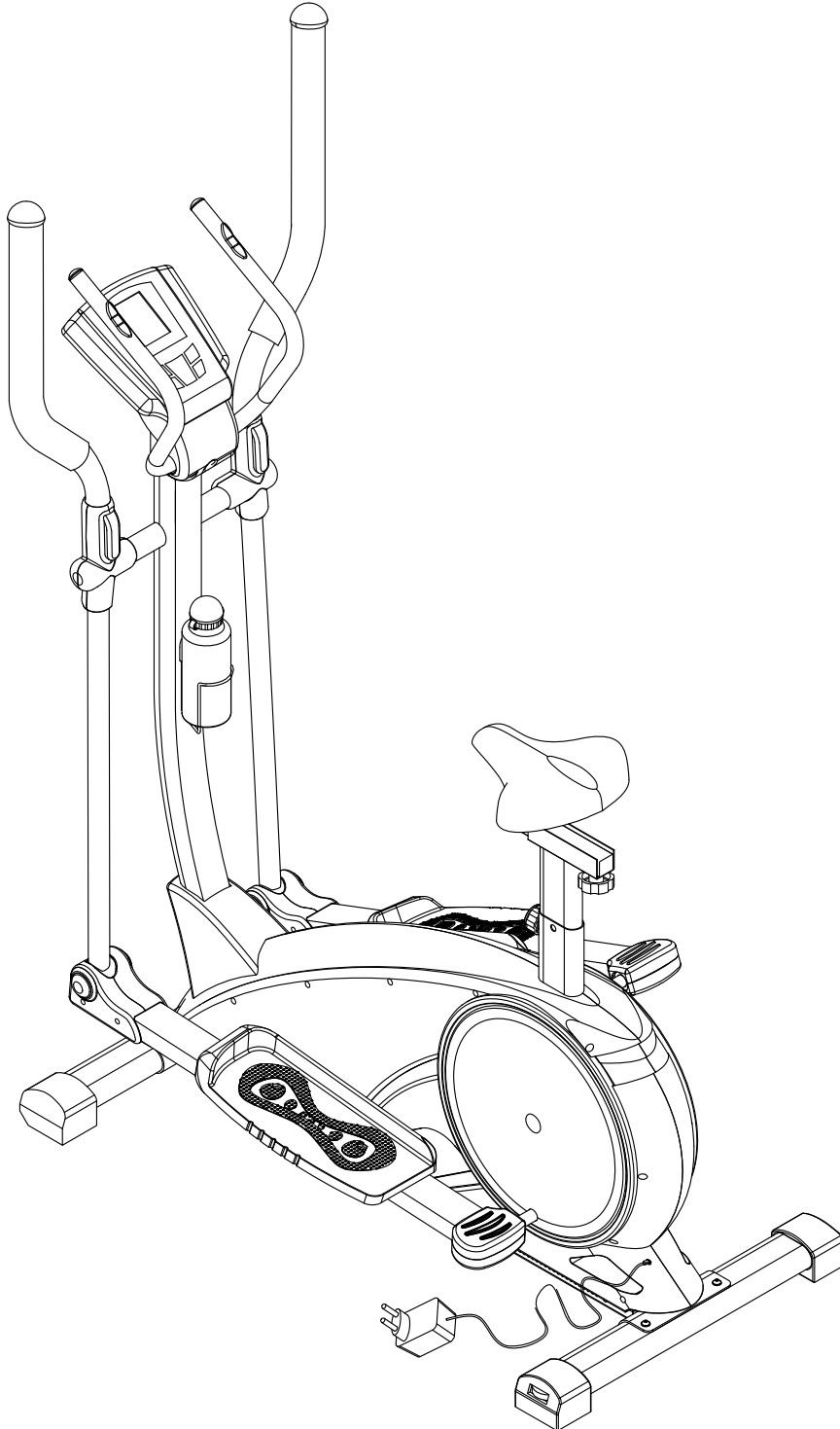
Cardio
Dual Trainer

BRM 6110# & %\$

For use under U.S. Patent numbers 6159132, D459773, D438264

2 IN ONE

Use as an Exercise Bike or Elliptical



*This item is for consumer use only and it is not meant for commercial use.

OWNER'S MANUAL



General Information



Safety

Before you undertake any exercise program, please be sure to consult with your doctor. Frequent strenuous exercise should be approved by your doctor and proper use of your product is essential. Excessive or incorrect training may result to health injuries. Please read this manual carefully before commencing the assembly of your product or starting to exercise.

- Please keep all children away from this item when in use. Do not allow children to climb or play on them when they are not in use.
- Supervise teenagers while they use this unit.
- For your own safety, always ensure that there is at least 3 feet of free space in all directions around your product while you are exercising.
- Regularly check to see that all nuts, bolts and fittings are securely tightened. Periodically check all moving parts for obvious signs of wear or damage.
- Any adjustment devices that could interfere with the user's movement on this unit should not be left projecting.
- Clean only with a damp cloth, do not use solvent cleaners. If you are in any doubt, do not use your product; contact CUSTOMER SUPPORT.
- Before use, always ensure that your product is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of slipping.
- Always wear appropriate clothing and footwear such as training shoes when exercising. Do not wear loose clothing that could become caught in moving parts during exercise.
- Do not use this unit if it is not functioning properly or if it is not fully assembled.
- Do not use this unit for commercial purposes. This unit is for home use only.
- Before use, you must read and understand all instructions & warnings stated in this Owner's Manual as well as posted on the equipment.
- It is the facility owner's responsibility to properly instruct users on the proper operation of the equipment and to warn them of the potential hazards.
- If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your physician.

Assembling Tools

- Ruler with both metric and English measurements
- 2 x Adjustable Wrenches
- 1 x Philips ("Crosshead") Screw Driver

Weight Limit

Your product is suitable for users weighing: 300 pounds or less.

Storage and Use

Your product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems.

Warranty

Body Flex Sports warrants your product for a period of 1 year for the frame and 90 days on all parts if the item is used for the intended purpose, properly maintained and not used commercially. Any alterations or incorrect assembly of the product will void this warranty.

Proof of purchase must be presented for any warranty validation (no exceptions). This warranty applies to the original purchaser only and is not transferable.

This warranty does not cover abuse or defects caused during use, storage or assembly.

During the warranty period, Body Flex Sports reserves the right to:

- provide replacement parts to the purchaser in an effort to repair the item.
- repair the product returned to our warehouse (at the purchaser's cost).
- replace the product if neither of the two previously mentioned actions effect repair.

This warranty does not cover normal wear and tear on upholstery.



Questions

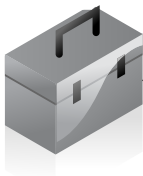
If you have any questions concerning the assembly of your item or if any parts are missing, please DO NOT RETURN THE ITEM TO THE STORE OR CONTACT THE RETAILER. Our dedicated customer service staff can help you with any questions you may have regarding the assembly of this unit and can also mail you replacement parts.

Customer Support

Customer Support is open 9:00 a.m. to 5:00 p.m. (Pacific Time) Monday through Friday. Please contact us by any of the following means.

Body Flex Sports, Inc.
21717 Ferrero Parkway, Walnut, CA 91789
Telephone: (888) 266 - 6789
Fax: (909) 598 - 6707
Email: info@bodyflexsports.com

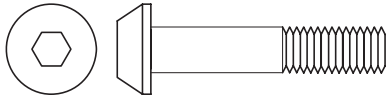




Hardware & Tool List

The following hardware is used to assemble your unit. Please take a moment to familiarize yourself with these items. **PLEASE NOTE:** some of these parts may have already been pre-assembled on your unit.

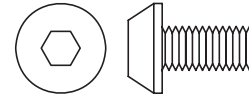
BOLT



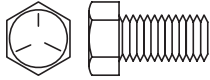
#35. Bolt (M8x45 mm) [4 Pieces]



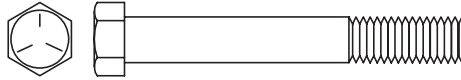
#36. Screw (M4x20 mm) [6 Pieces]



#39. Bolt (M8x16 mm) [6 Pieces]



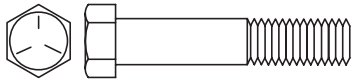
#41. Hex Bolts (M8x15 mm) [2 Pieces]



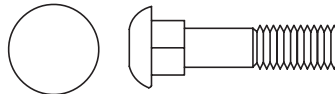
#46. Hex Bolt (M8x75 mm) [2 Pieces]



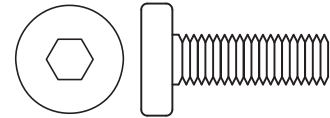
#47. Screw (M3x15 mm) [6 Pieces]



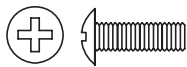
#49. Hex Bolt (M8x45 mm) [4 Pieces]



#50A. Carriage Bolt (M8x43 mm) [4 Pieces]



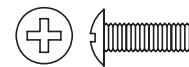
#53. Bolt (M8x25 mm) [2 Pieces]



#54. Screw (M5x10 mm) [2 Pieces]
Pre-assemble



#55. Screw (M4x25 mm) [1 Piece]



#58. Screw (M4x15 mm) [2 Pieces]
Pre-assemble

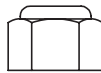
NUT



#38. Nylon Nut (M8) [5 Pieces]
Pre-assemble [3 pieces]



#52A. Nylon Nut (M8) [4 Pieces]

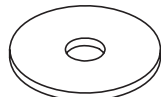


#45. Nylon Nut (M10) [2 Pieces]

WASHER



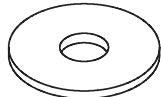
#37. Washer (M8) [13 Pieces]
Pre-assemble [3 pieces]



#40. Washer (M8) [2 Pieces]



#42. Spring Washer (M8) [4 Pieces]



#43. Washer (M10) [2 Pieces]



#44. Special Washer [4 Pieces]
Pre-assemble



#51. Arc Washer (M8) [4 Pieces]



#59. Washer (M4) [2 Pieces]
Pre-assemble



#61. Washer (M5) [2 Pieces]
Pre-assemble



#71. Arc Washer (M8) [2 Pieces]

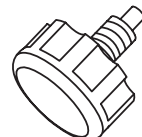
KNOB



#48. Knob (M8) [4 Pieces]



#66. Knob (M10) [1 piece]
Packed in the small brown box

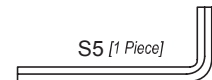


#63. Spring Loaded Knob [1 piece]
Pre-assembled

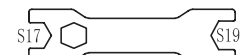
TOOL



S6 [1 Piece]



S5 [1 Piece]



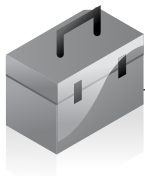
S17-19 [1 Piece]



S13-14 [1 Piece]



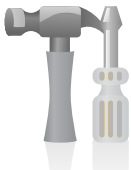
S13-14-15 [1 Piece]



Parts Listing

The following parts list describes all of the parts illustrated on the exploded diagram on the following page. Please note, most of these parts are already pre-assembled on your unit.

#	Description	#	Description
1A	Main Frame	33	Screw (M4x19 mm)
2	Front Stabilizer	34	Washer (M4)
3	Rear Stabilizer	35	Bolt (M8x45 mm)
4A	Front Post	36	Screw (M4x20 mm)
5	Middle Handlebar	37	Washer (M8)
6	Computer	38	Nylon Nut (M8)
7L/7R	Right/Left Lower Handlebar	39	Bolt (M8x16 mm)
8R/8L	Right/Left Upper Handlebar	40	Washer (M8)
9R/9L	Right/Left Pedal Arm	41	Hex Bolts (M8x15 mm)
10R/10L	R/L Pedal	42	Spring Washer (M8)
11R-1/11R-2	End Cap (112×75×28)	43	Washer (M10)
11L-1/11L-2	End Cap (112×75×25)	44	Special Washer (ID19.4xOD24)
12	Steel Bushing	45	Nylon Nut (M10)
13	Plastic Spacer	46	Hex Bolt (M8x75 mm)
14	End Cap (90×72×65)	47	Screw (M3x15 mm)
15	Washer (M4)	48	Knob (M8)
16	Screw (M4x16mm)	49	Hex Bolt (M8x45 mm)
17	AC Adapter	50A	Carriage Bolt (M8x43 mm)
18R-R/18R-L	End Cap (148×81×48)	51	Arc Washer (M8)
18L-R/18L-L	End Cap (148×81×54)	52A	Nylon Nut (M8)
19	Bushing	53	Bolt (M8x25 mm)
20R-1/20L-1	End Cap (185×105×43)	54	Screw (M5x10 mm)
20L-2/20L-2	End Cap (185×105×25)	55	Screw (M4x25 mm)
21	Plastic Spacer	56A	Water Bottle Holder
22R-1/22R-2	Cover of Right Handlebar	57A	Aluminum Water Bottle
22L-1/22L-2	Cover of Left Handlebar	58	Screw (M4x15 mm)
23	Foam of Upper Handlebar	59	Washer (M4)
24	End Cap (Φ50)	60	Crank Stud
25-1/25-2	Cover of Handlebar	61	Washer (M5)
26	Foam of Middle Handlebar	62	Bearing
27	End Cap (Φ22)	63	Spring Loaded Knob
28a	Sensor Wire (lower)	64	Seat Post Sleeve
28b	Sensor Wire (middle)	65	Seat Post
28c	Sensor Wire (upper)	66	Knob (M10)
29	Cover of Post	67	Square End Plug
30	Wire Cap	68	U Bracket Seat
31	Sensor Wire of Handle Pulse	69	Horizontal Seat Bar
32	Steel Plate of Handle Pulse	70	Seat
		71	Arc Washer (M8)



Assembly Instructions

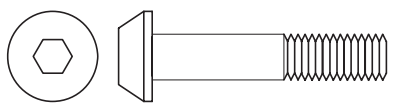
Assembly Step 1

Stabilizer Assembly

Secure the **Front Stabilizer (#2)** and **Rear Stabilizer (#3)** to the **Main Frame (#1A)** by using four **Bolts (#35)** and four **Washers (#37)**.

Hardware Required

BOLT

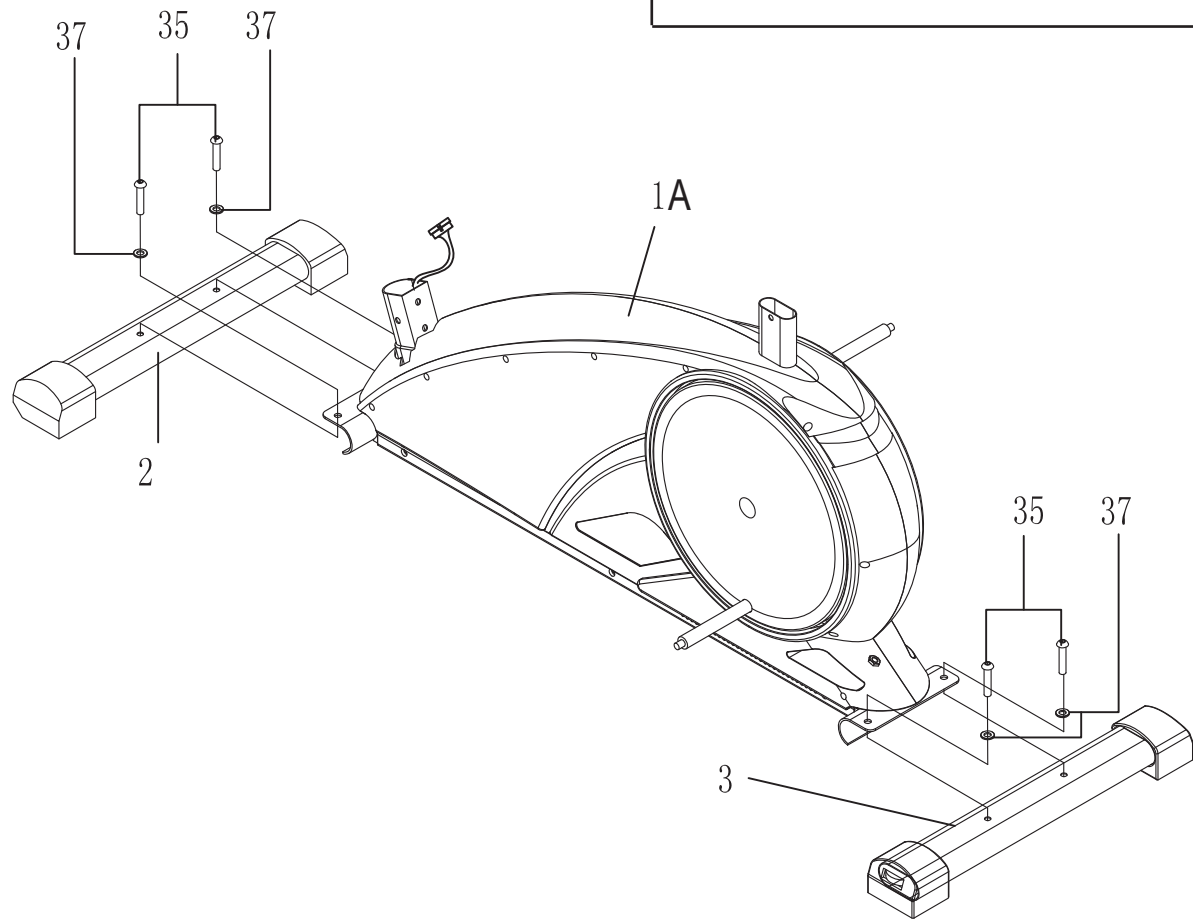


#35. Bolt (M8x45 mm) [4 Pieces]

WASHER



#37. Washer (M8) [4 Pieces]



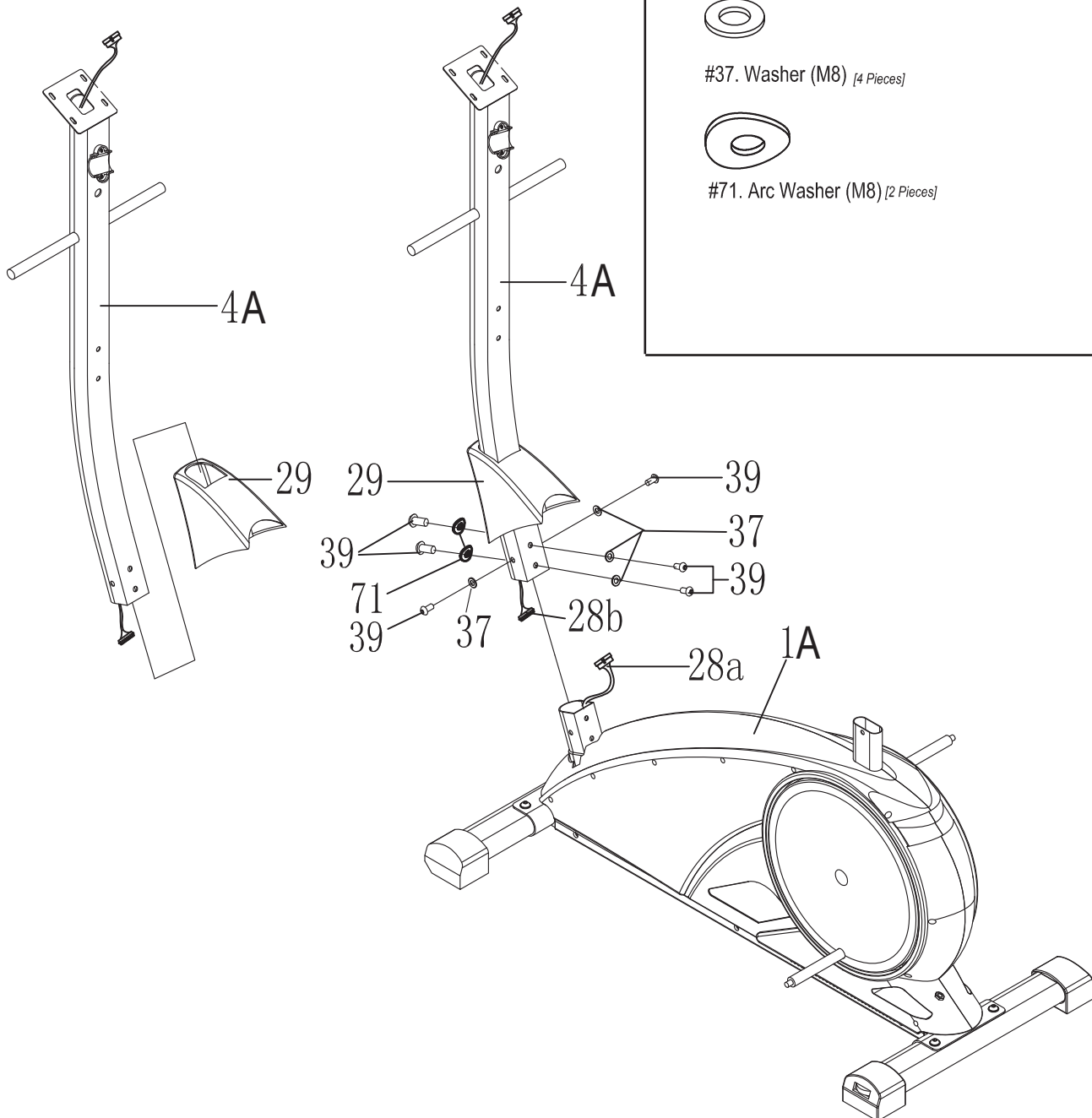


Assembly Instructions

Assembly Step 2

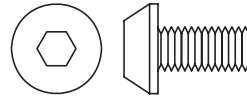
Front Post Assembly:

- Slide the **Cover of Post (#29)** off the **Main Frame (#1A)** and onto the **Front Post (#4A)**.
- With the help of an assistant, connect the **Sensor Wire (lower) (#28a)** to the **Sensor Wire (middle) (#28b)**.
- Secure the **Front Post (#4A)** to the **Main Frame (#1A)** by using six **Bolts (#39)**, two **Arc Washers (#71)** and four **Washers (#37)**.



Hardware Required

BOLT



#39. Bolt (M8x16 mm) [6 Pieces]

WASHER



#37. Washer (M8) [4 Pieces]



#71. Arc Washer (M8) [2 Pieces]



Assembly Instructions

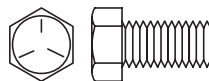
Assembly Step 3

Lower Handlebar Assembly:

The two **Plastic Spacers (#21)** and **Special Washers (#44)** are already pre-assembled on the two bars that are protruding from the **Front Post (#4A)**. Ensure that they are properly in place as indicated in the assembly below. Then slide the **Lower Handlebars (#7R & #7L)** to the **Front Post (#4A)**. Take note to slide the longer end of the shaft into the **Front Post (#4A)** on both ends. Before securing both the **Lower Handlebars (#7R & #7L)**, make sure the **Plastic Spacers (#21)** are aligned flushed against the **Front Post (#4A)** with no gap. Once you have confirmed that it is aligned properly, secure it with two **Washers (#40)**, two **Spring Washers (#42)** and two **Hex Bolts (#41)**.

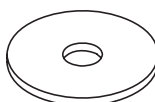
Hardware Required

BOLT



#41. Hex Bolts (M8x15 mm) [2 Pieces]

WASHER



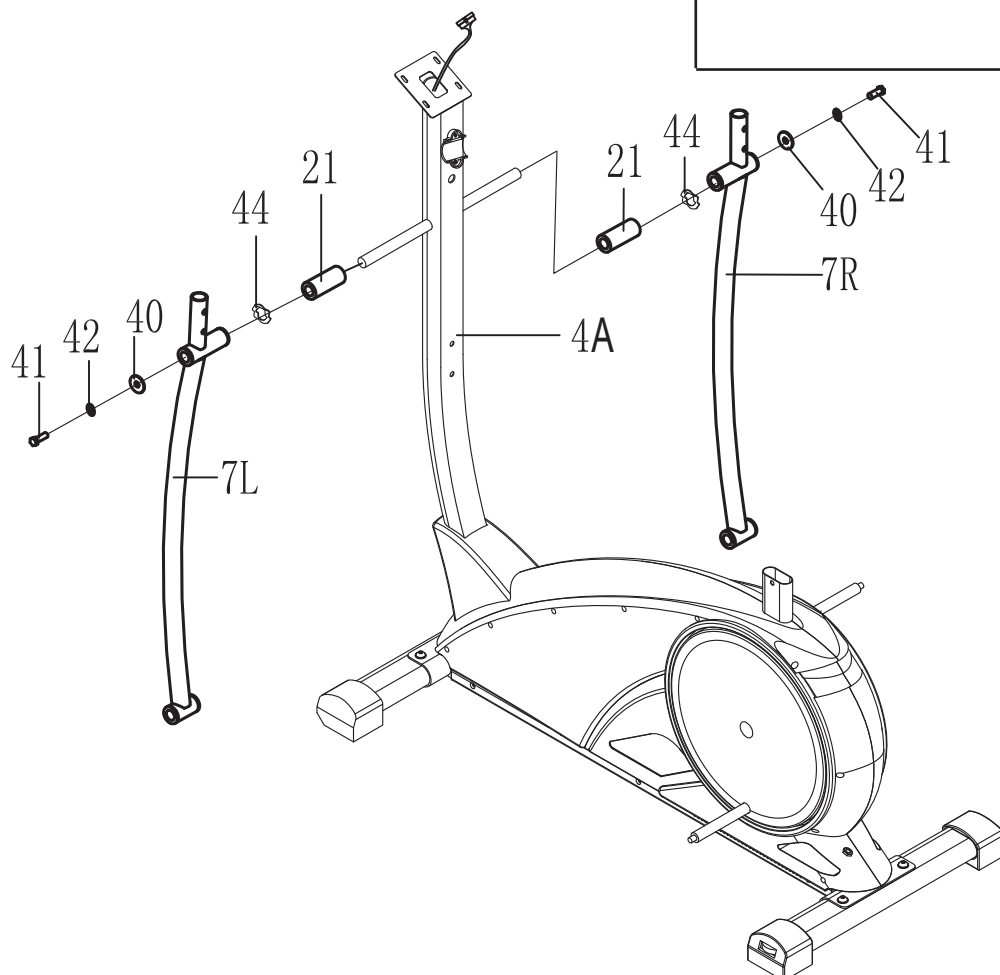
#40. Washer (M8) [2 Pieces]



#42. Spring Washer (M8) [2 Pieces]



#44. Special Washer [2 Pieces]





Assembly Instructions

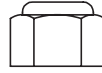
Assembly Step 4-A

Pedal Arm Assembly:

- A. The **Plastic Spacer (#13)** and the **Special Washer (#44)** are already pre-assembled. Ensure that they are properly in place as indicated in the assembly below. Then slide the **Left Pedal Arm (#9L)** into the **Crank Stud (#60)** and secure it with one **Washer (#43)** and one **Nylon Nut (#45)** as shown in the assembly below. Repeat this process on the opposite side.

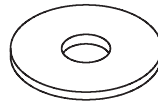
Hardware Required

NUT



#45. Nylon Nut (M10) [2 Pieces]

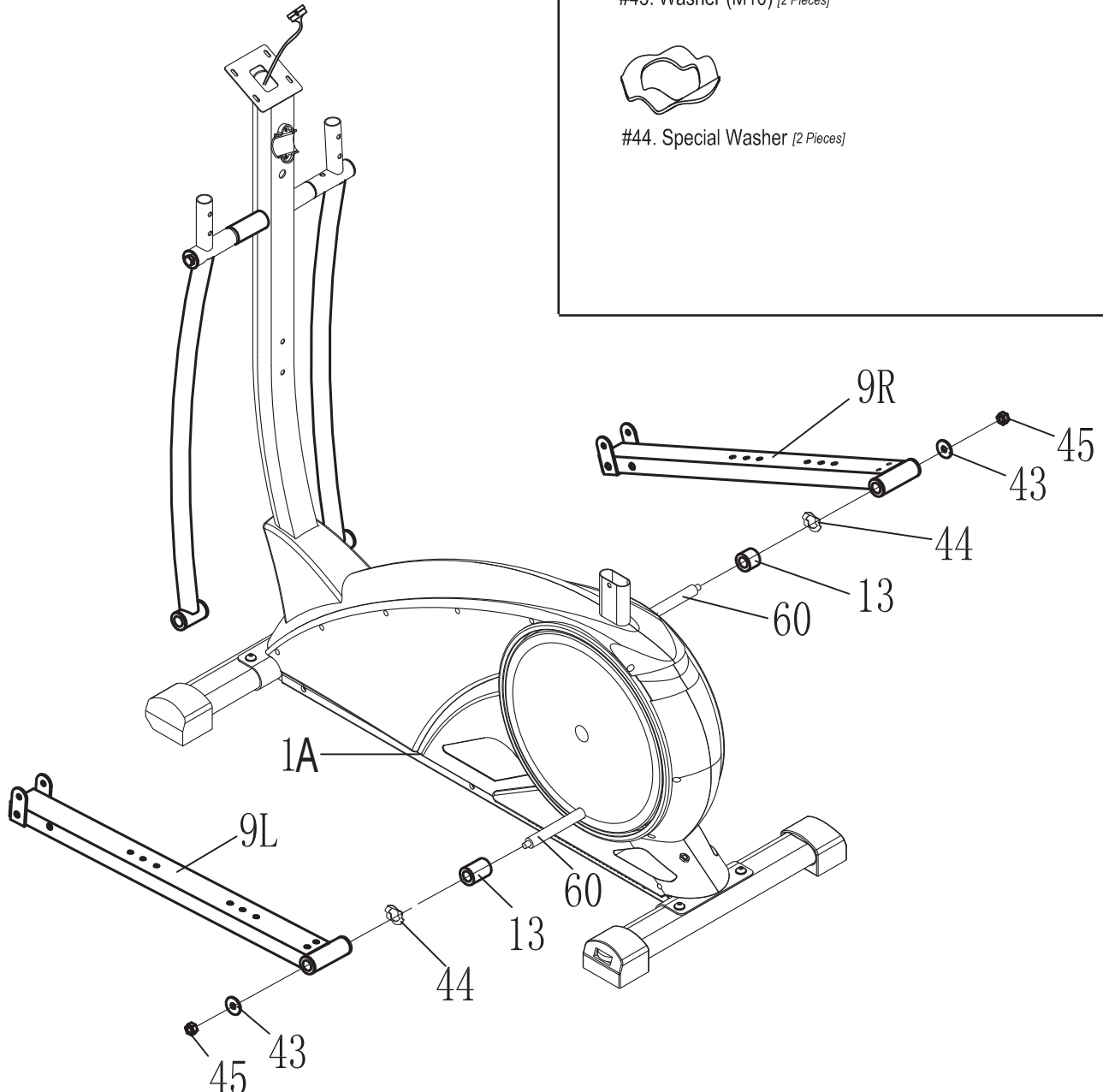
WASHER

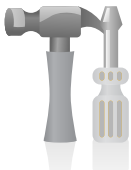


#43. Washer (M10) [2 Pieces]



#44. Special Washer [2 Pieces]





Assembly Instructions

Assembly Step 4-B

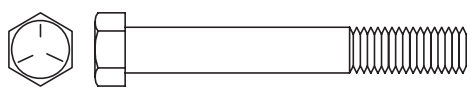
Pedal Arm Assembly:

B. Before attaching the **Left Lower Handlebar (#7L)** to the **Left Pedal Arm (#9L)**, remove the zip tie at the bottom of the **Left Lower Handlebar (#7L)**. Then attach the **Left Lower Handlebar (#7L)** to the **Left Pedal Arm (#9L)** and secure it with one **Hex Bolt (#46)** one **Washer (#37)** and one **Nylon Nut (#38)**. Repeat this process on the opposite side.

NOTE: During installation you may noticed that the Lower Handlebar (#7R & #7L) and the Pedal Arm (#9R & #9L) will be slightly off and does not line up in order for the Hex Bolt (#46) to go through. For an easier installation, turn the wheel until the Left Pedal Arm (#9L) and the Left Lower Handlebar (#7L) can be properly aligned. Then slide the Left Lower Handlebar (#7L) into Left Pedal Arm (#9L).

Hardware Required

BOLT



#46. Hex Bolt (M8x75 mm) [2 Pieces]

NUT

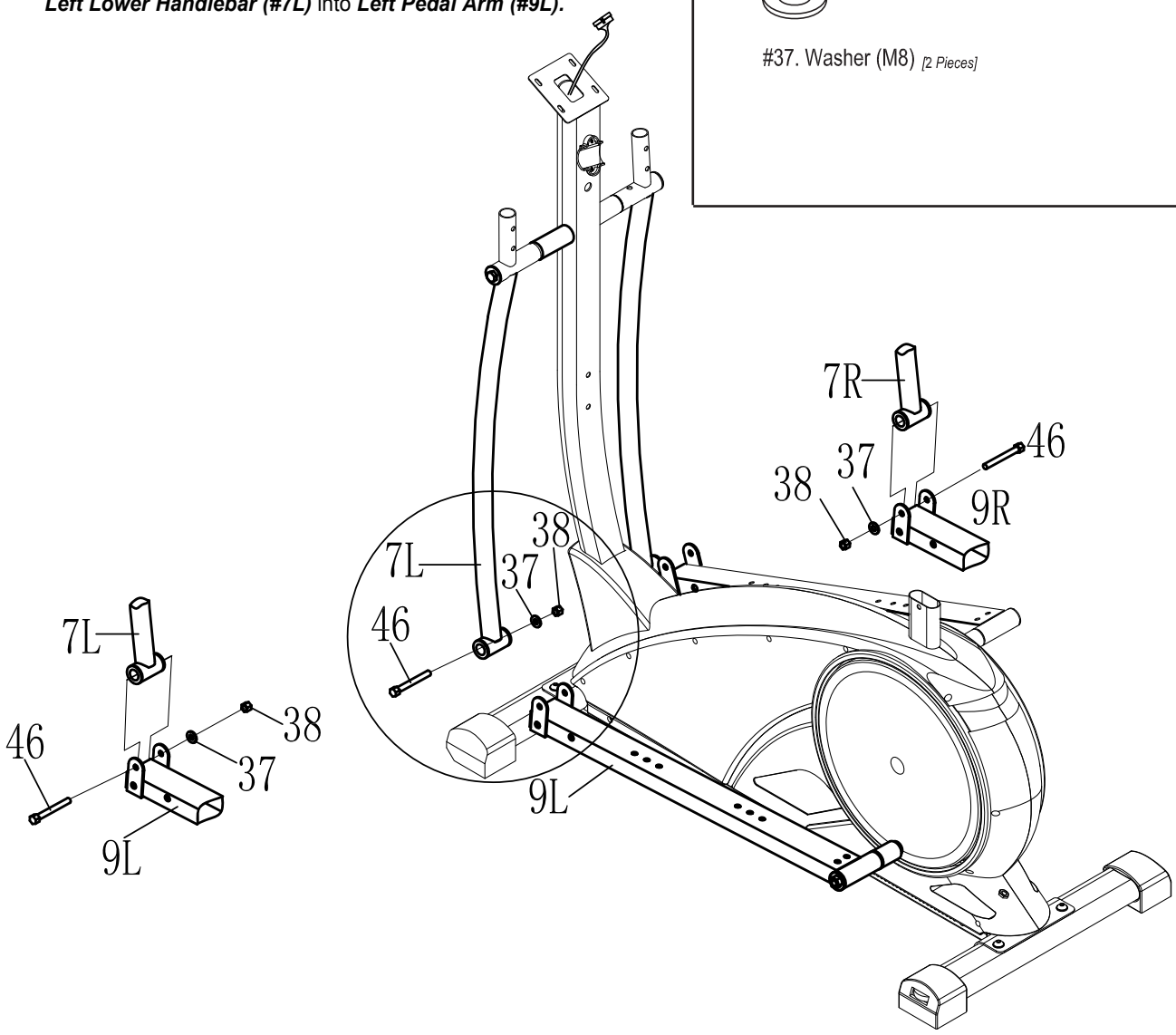


#38. Nylon Nut (M8) [2 Pieces]

WASHER



#37. Washer (M8) [2 Pieces]





Assembly Instructions

Assembly Step 4-C

Pedal Arm Assembly:

- C. Assemble the **End Caps (#11L-1 & #11L-2)** to the rear of the **Left Pedal Arm (#9L)** with three **Screws (#47)**. Repeat this process on the opposite side.
Assemble the **End Caps (#18L-R & #18L-L)** to the front of the **Left Pedal Arm (#9L)** with two **Screws (#36)**. Repeat this process on the opposite side.

Hardware Required

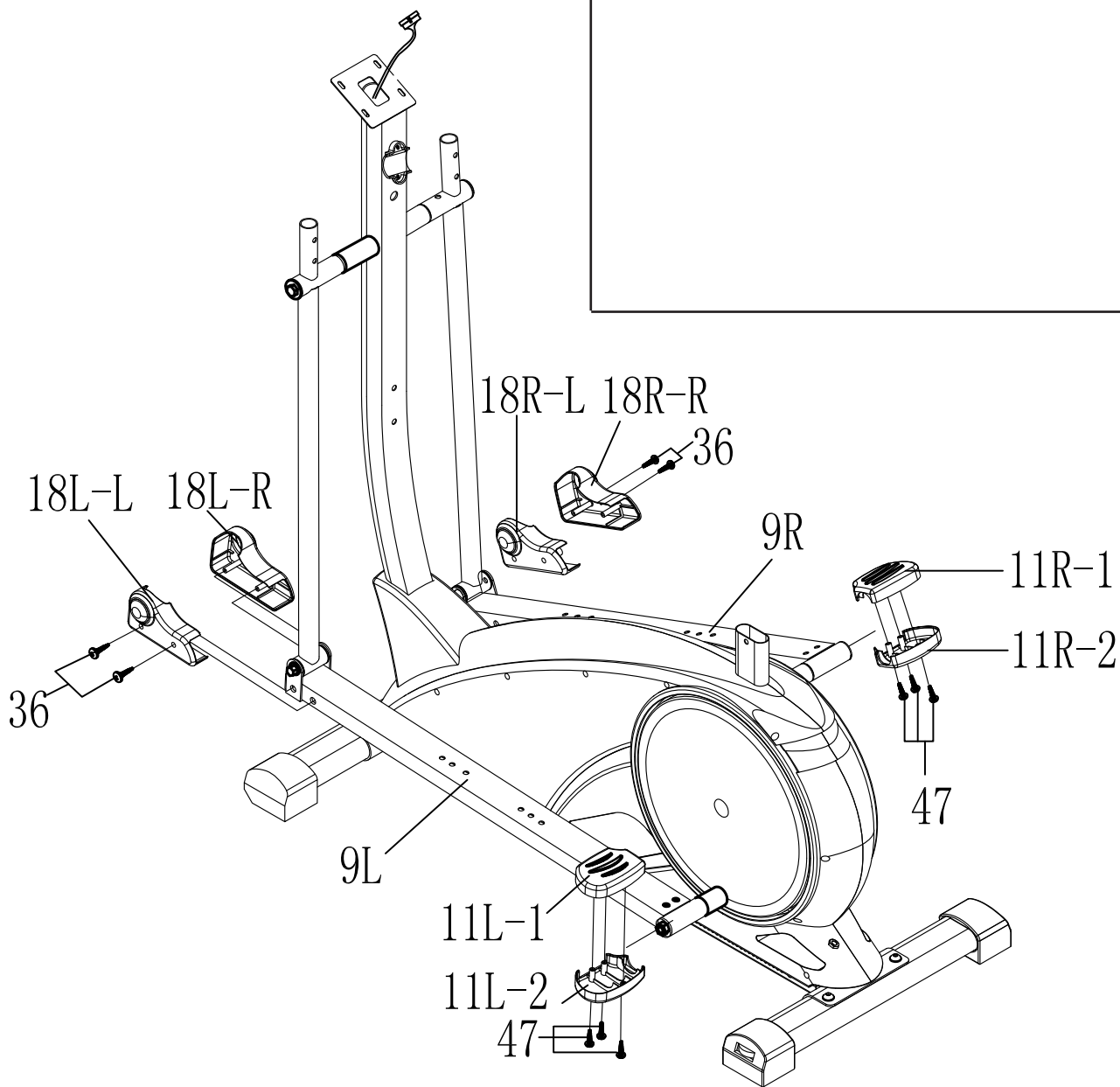
BOLT



#36. Screw (M4x20 mm) [4 Pieces]



#47. Screw (M3x15 mm) [6 Pieces]





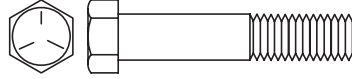
Assembly Instructions

Assembly Step 5

Attach the **Pedals (#10R & #10L)** to **Pedal Arm (#9R & #9L)** then secure with four **Hex Bolts (#49)** and four **Knobs (#48)**. Align the pedals to the standard position as shown. To better fit the way you exercise you can customize the pedal to any of the 3 available positions that gives you most comfortable distance to grip the handlebars.

Hardware Required

BOLT

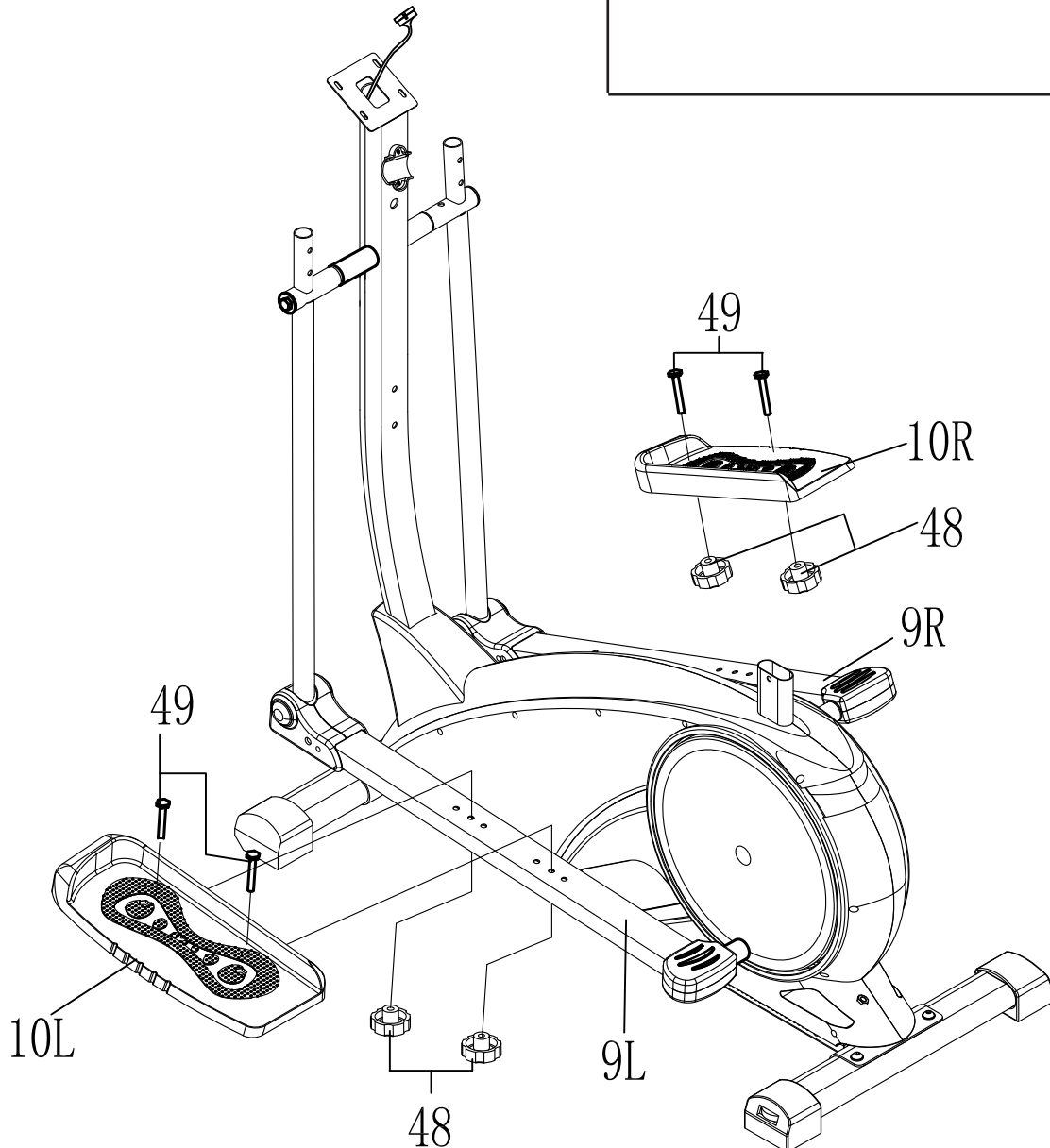


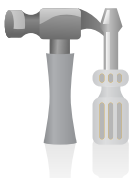
#49. Hex Bolt (M8x45 mm) [4 Pieces]

KNOB



#48. Knob (M8) [4 Pieces]



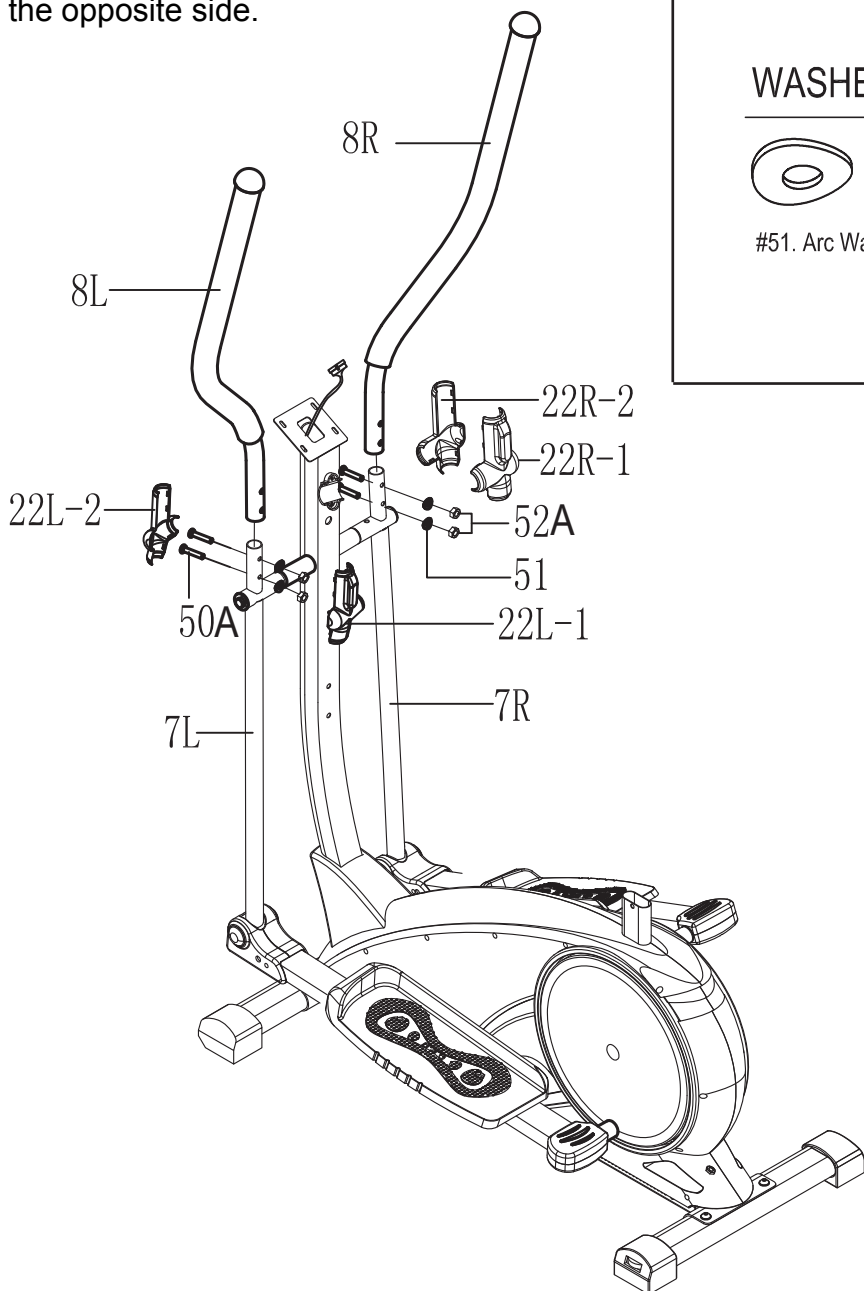


Assembly Instructions

Assembly Step 6

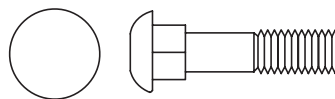
Upper Handlebar Assembly :

- A. Attach the **Upper Handlebars (#8R & #8L)** to the **Lower Handlebars (#7R & #7L)** and secure them with four **Carriage Bolts (#50A)**, four **Arc Washers (#51)** and four **Nylon Nuts (#52A)**.
- B. Attach the snap-on **Cover of Left Handlebar (#22L-1 & 22L-2)** to the left **Lower Handlebar (#7L)**. Align the two together and press firmly until it snaps into place. Repeat this process on the opposite side.



Hardware Required

BOLT



#50A. Carriage Bolt (M8x43 mm) [4 Pieces]

NUT



#52A. Nylon Nut (M8) [4 Pieces]

WASHER



#51. Arc Washer (M8) [4 Pieces]

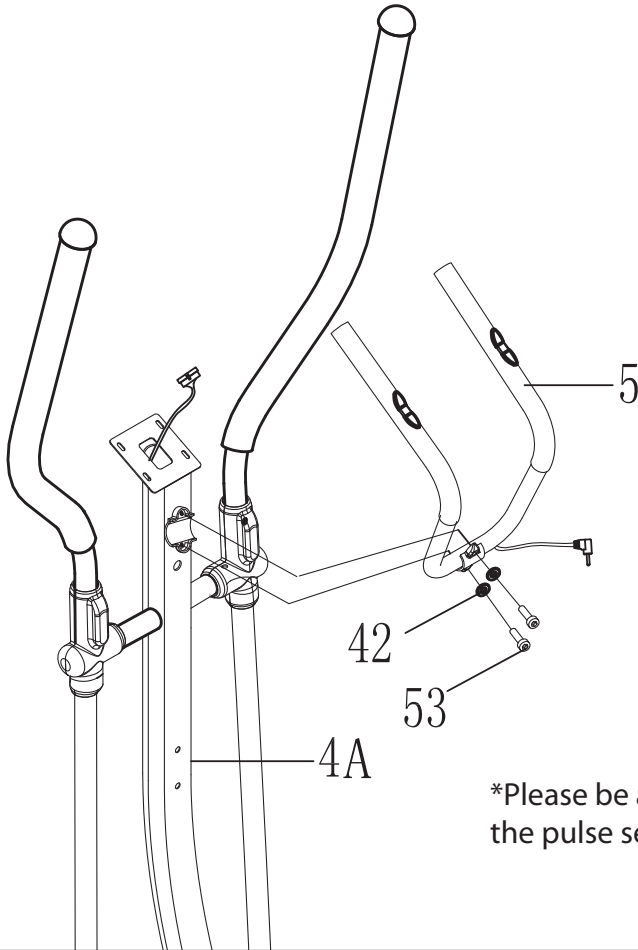


Assembly Instructions

Assembly Step 7

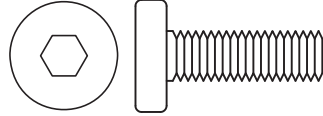
Middle Handlebar Assembly :

Secure the **Middle Handlebar (#5)*** to the **Front Post (#4A)** by using two **Spring Washers (#42)** and two **Bolts (#53)**.



Hardware Required

BOLT



#53. Bolt (M8x25 mm) [2 Pieces]

WASHER



#42. Spring Washer (M8) [2 Pieces]

*Please be aware that the pulse sensors are not medical devices; the pulse sensors should not be used or applied for medical reasons.

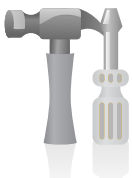
Troubleshooting

HAND PULSE SIGNAL

After complete assembly: If the computer is **not picking up your hand pulse signal** (or you are getting inaccurate readings), please adjust the following:

1. Slightly moisten/dampen the palms with water so the sensors can detect a pulse signal.
2. Do not grip the sensors too tightly. Only moderate pressure need be applied. Gripping the sensors too tightly restricts and seizes detection of your pulse.
3. Remove any rings or jewelry to prevent interference.
4. Check to ensure all sensor wires are properly connected and are not damaged. You may need to refer to installation/assembly directions for the sensor wires in this manual.

Please refer to our "Troubleshooting" section on **Page 17** for other troubleshoot issues.



Assembly Instructions

Assembly Step 8

Computer Assembly:

Remove the two **Screws (#54)** and two **Washers (#61)** from the **Computer (#6)** and set them aside as we will use them in a later process. Then connect the **Sensor Wire (middle) (#28b)** to the **Sensor wire (upper) (#28c)**.

Once the sensor wires are connected, carefully tuck the wire in the front post while sliding the computer into the slot. Once the computer is in place secure it with two **Screws (#54)** two **Washers (#61)** that were set aside from the previous process.

Connect the **Sensor Wire of Handle Pulse (#31)** to the socket on the back side of the **Computer (#6)**.

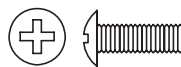
Attach the **Cover of Handlebar (#25-1 & #25-2)** to the **Front Post (#4A)**, and secure them with two **Screws (#36)** and one **Screw (#55)**.

Hardware Required

BOLT



#36. Screw (M4x20 mm) [2 Pieces]



#54. Screw (M5x10 mm) [2 Pieces]

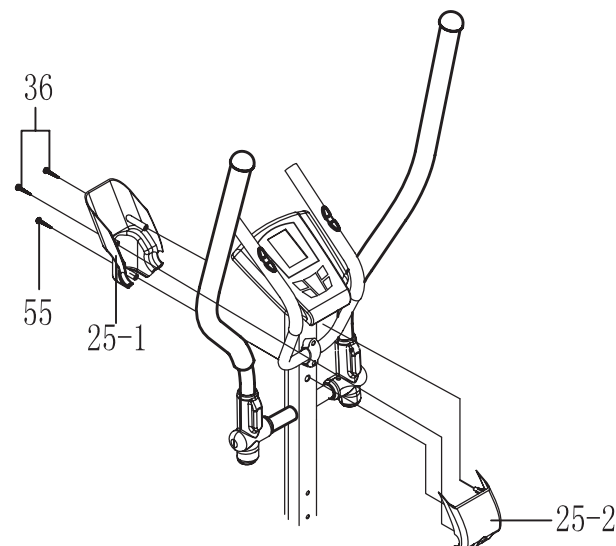
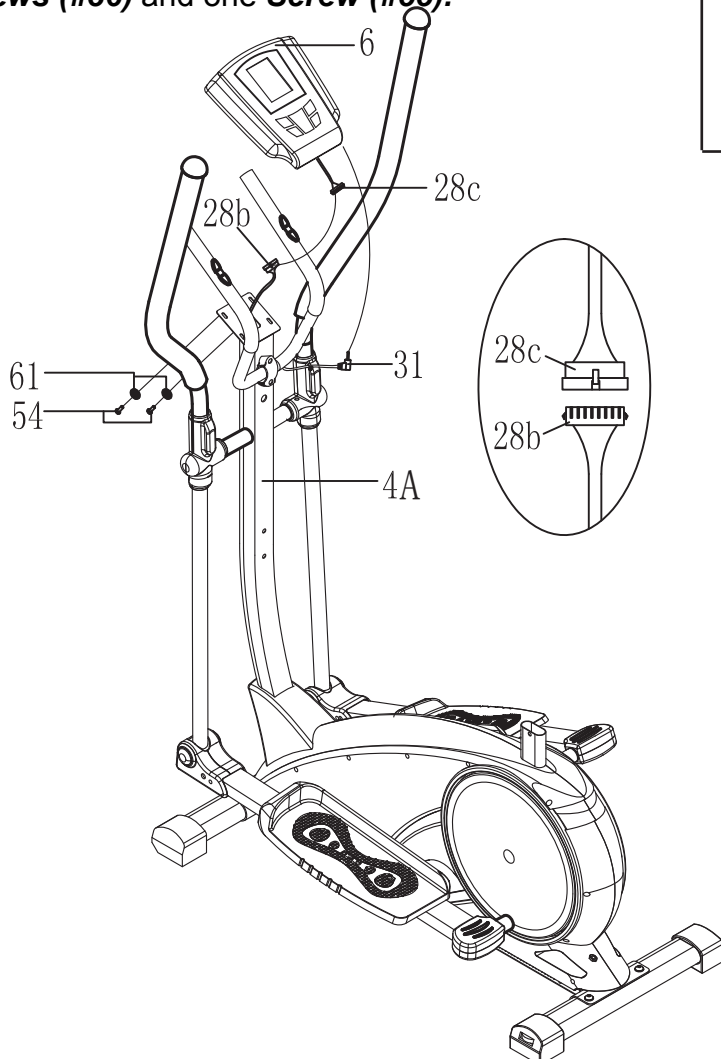


#55. Screw (M4x25 mm) [1 Piece]

WASHER



#61. Washer (M5) [2 Pieces]



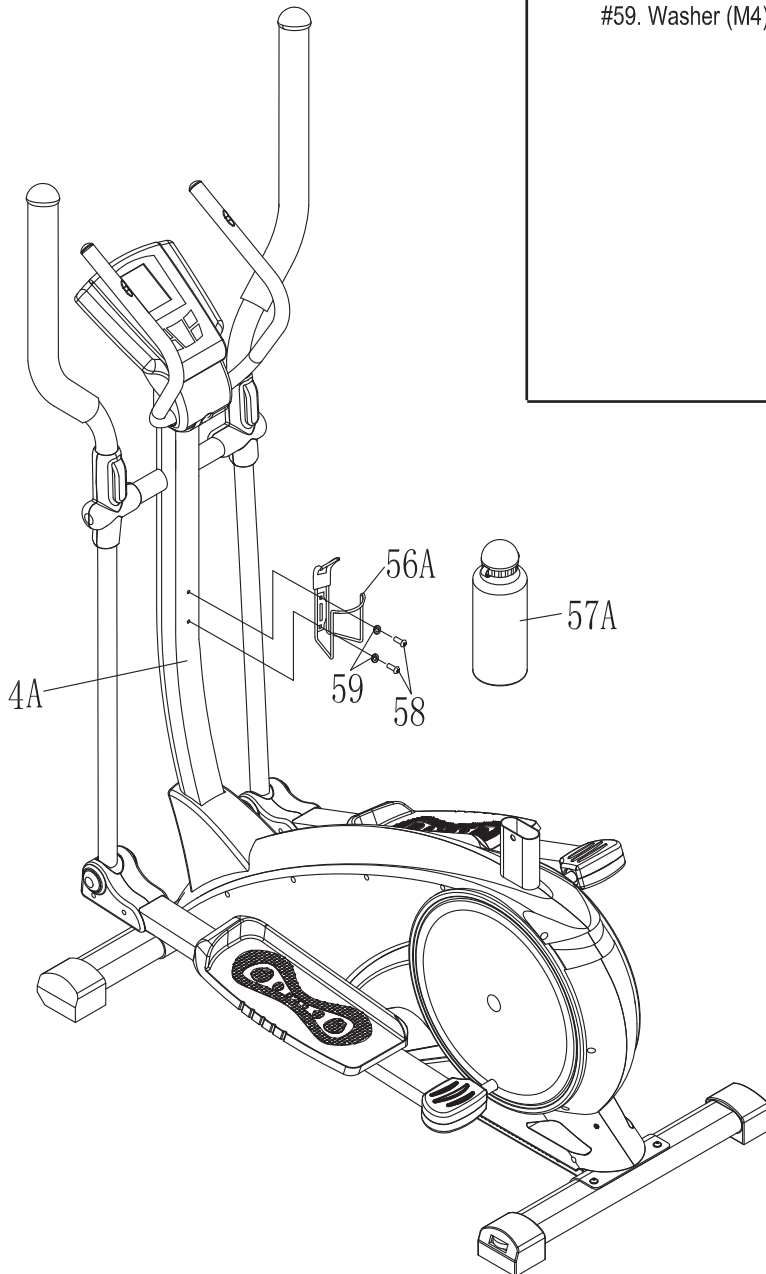


Assembly Instructions

Assembly Step 9

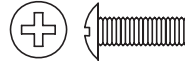
Bottle Assembly:

The two **Screws (#58)** and two **Washers (#59)** for the **Water Bottle Holder (#56A)** has already been pre-installed on to the **Front Post (#4A)**. Remove the two **Screws (#58)** and two **Washers (#59)** located on the **Front Post (#4A)** as illustrated. Then secure the **Water Bottle Holder (#56A)** to the **Front Post (#4A)** using the two **Screws (#58)** and two **Washers (#59)** that has just been removed. Slide the **Aluminum Water Bottle (#57A)** into place.



Hardware Required

BOLT



#58. Screw (M4x15 mm) [2 Pieces]

WASHER



#59. Washer (M4) [2 Pieces]

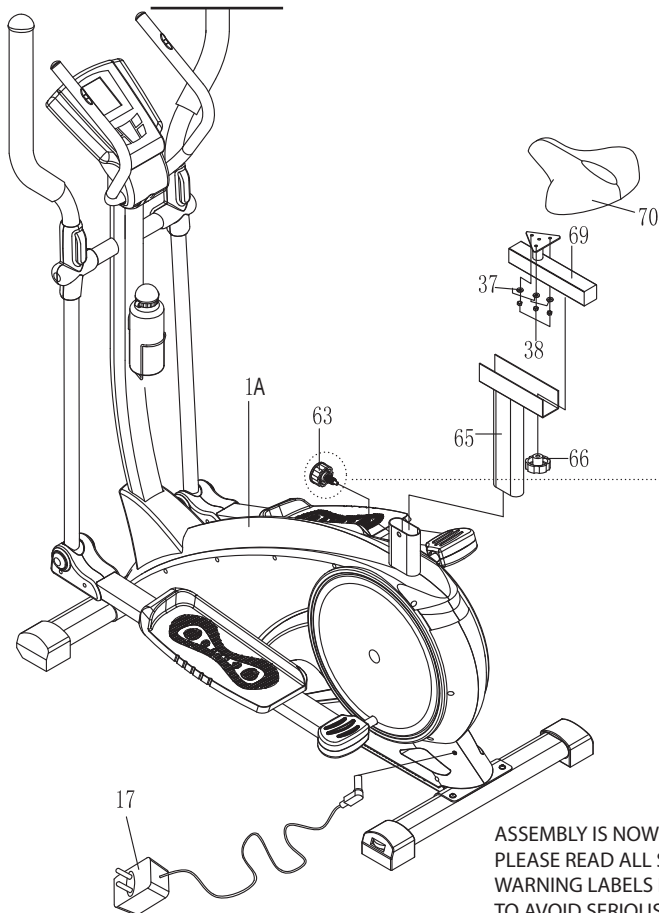


Assembly Instructions

Assembly Step 10

Seat Assembly

Remove the **Spring Loaded Knob (#63)** that are pre-assembled on the **Main Frame (#1A)**. Remove the Washer and Nuts that are pre-assembled on the back of the **Seat (#70)**, then set them aside as they will be used in later process. Attach the **Seat (#70)** onto the **Horizontal Seat Bar (#69)**, ensuring that it is pointing directly toward the short end of it and then tighten with three **Washers (#37)** and three **Nylon Nuts (#38)** that were previously removed. Attach the **Horizontal Seat Bar (#69)** onto the **Seat Post (#65)** by inserting the bolt (on the bottom of the **Horizontal Seat Bar (#69)**) through the **Seat Post (#65)** and use a **Knob (#66)** to secure it. This knob can be loosened to adjust the distance of the seat from the handle bars. Make sure to tighten the knob after making any adjustment. Insert the **Seat Post (#65)** into the mouth of the post that is protruding from the **Main Frame (#1A)** down a minimum of 4 inches to engage the lowest hole. Please ensure that the hole on the **Seat Post (#65)** facing the same side as the **Spring Loaded Knob (#63)** so it can be aligned and fully engage through the lowest corresponding hold on the **Main Frame (#1A)**. Screw in the **Spring Loaded Knob (#63)** through the **Main Frame (#1A)** post and fully through (at minimum) the lowest hole located on the **Seat Post (#65)**. Please refer to illustration. You may adjust the **Seat Post (#65)** to the height most comfortable for you after complete assembly. Please always check to ensure a hole has been fully engaged when you secure and tighten the **Spring Load Knob (#63)**.



ASSEMBLY IS NOW COMPLETE. HOWEVER, PLEASE READ ALL SAFETY GUIDELINES & WARNING LABELS BEFORE USING THE UNIT TO AVOID SERIOUS INJURY.

Hardware Required

NUT



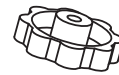
#38. Nylon Nut (M8) [3 Pieces]

WASHER

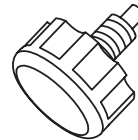


#37. Washer (M8) [3 Pieces]

KNOB



#66. Knob (M10) [1 piece]

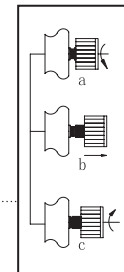


#63. Spring Loaded Knob [1 piece]

AC Adapter Assembly

Plug in the **AC Adapter (#17)** male plug into the female socket located at the rear end of the unit.

Spring Loaded Knob Operation



Turn knob counter-clockwise three times.

Pull knob outward and adjust seat simultaneously

Push knob back inward until it clicks and then tighten it by turning clockwise.

WARNING

Do not remove the **Seat (#70)** for any reason after you have installed it. Exercising on this unit without the **Seat (#70)** can result in **SERIOUS INJURY**. Ensure the seat is locked in place by tightening the two knobs prior to use.



Computer Operation & Troubleshooting

Exercise Program Video

A workout DVD is included in the product carton. The DVD contains a step-by-step exercise training program. The same video program is also available in the MP4 player of the exercise computer on this product. Please follow the steps below to view the exercise program video:



Fig. 1



Fig. 2



Fig. 3

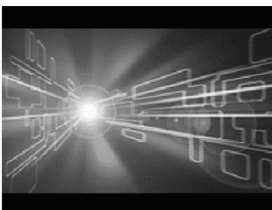


Fig. 4

1. Press and Hold the **ON/OFF** button until the MP4 boots up. Once in the Main Menu (Fig. 1) select the Video Player Mode (Fig. 2) using the **<** or **>** keys. Then press **OK** to enter into the video interface (Fig. 3).

2. In the Video Player interface (Fig. 3), you will notice a preloaded workout video file name Exercise Program Video.3gp. Using the **^** or **v** keys select the file and press **OK** to play the video.

3. In the movie-playing mode (Fig. 4) the following keys are used:

OK : Play / Pause

^ : Previous Video

v : Next Video

< : Fast Backward (Press twice to go 2xFaster)

> : Fast Forward (Press twice to go 2xFaster)

VOLUME : Press the **VOLUME** button then press **<** or **>** to adjust the volume. Then press volume again to regain access to the **<** Fast Backwards and **>** Fast Forward controls.

ON/OFF : Exit

Note: The volume indicating slider will turn blue when the volume function is active.

To access more functions please refer to the MP4 manual.

Troubleshooting

(AFTER COMPLETE ASSEMBLY)

HAND PULSE SIGNAL

If the computer is **not picking up your hand pulse signal** (or you are getting inaccurate readings), please adjust the following:

1. Slightly moisten/dampen the palms with water so the sensors can detect a pulse signal.
2. Do not grip the sensors too tightly. Only moderate pressure need be applied. Gripping the sensors too tightly restricts and seizes detection of your pulse.
3. Remove any rings or jewelry to prevent interference.
4. Check to ensure all sensor wires are properly connected and are not damaged. You may need to refer to installation/assembly directions for the sensor wires in this manual.

CALORIES/DISTANCE/TIME/(ETC.)

If the computer is **not displaying the CALORIES/DISTANCE/TIME/(ETC.) functions** (or you are getting inaccurate readings), please adjust the following:

1. Check to ensure all sensor wires are properly connected and are not damaged. You may need to refer to installation/assembly directions for the sensor wires in this manual.

COMPUTER Display

If the computer **display is blank & not displaying any data** (or does not appear to power on), please adjust the following:

1. Check to ensure all sensor wires are all properly connected and are not damaged.
2. Check to ensure the AC Adapter* or Batteries* are properly plugged in or fully charged.

**Please check your product manual to determine if your model uses either 1. an AC Adapter, or 2. Batteries to power your unit.*

If you are still having any troubleshooting issues, please contact our Customer Care Team for assistance.



Proof of purchase

Thanks for choosing



Model Number BRM 6110/6210

Please fill in the information below and keep this manual along with your sales receipt as proof of purchase.

Serial Number:

Date of Purchase:

Store Name:

Body Flex Sports Inc.
21717 Ferrero Parkway
Walnut, CA 91789

Phone: (888) 266-6789
Fax: (909) 598-6707
Email: info@bodyflexsports.com

