

BRM 2600

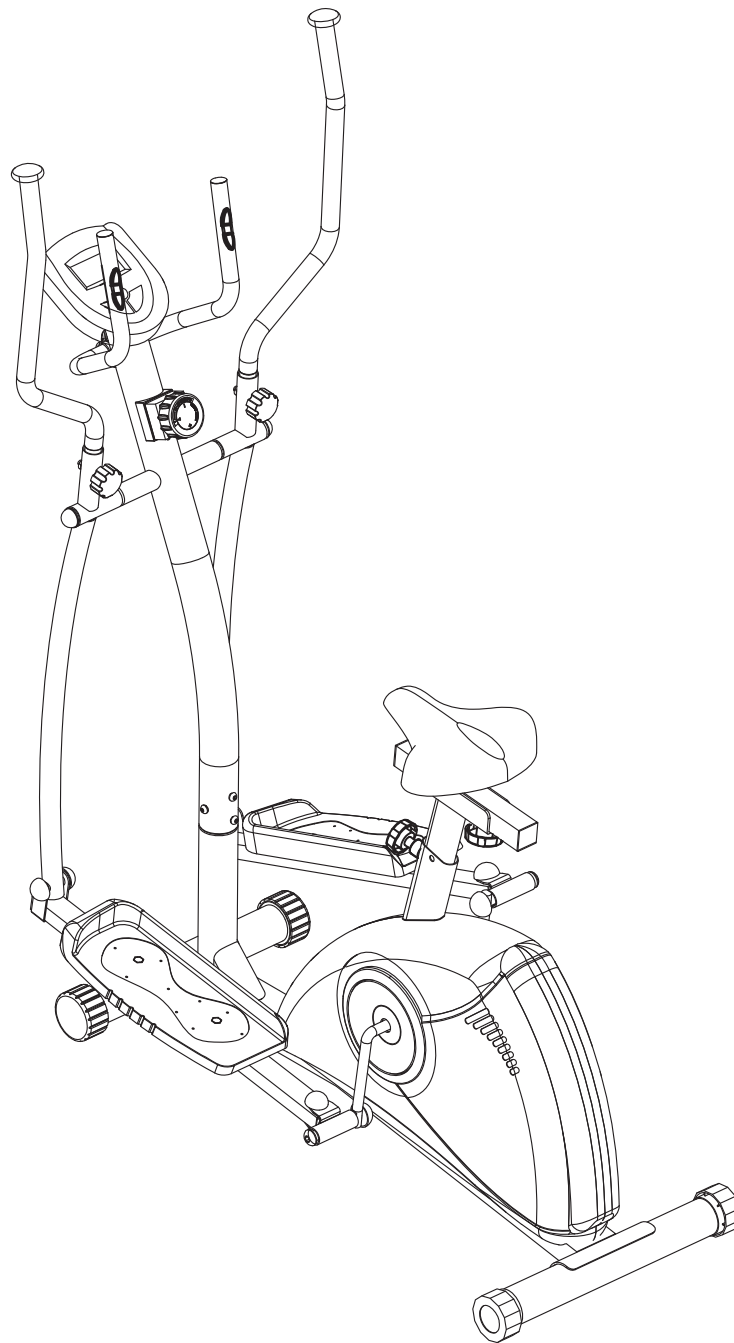
**BODY
CHAMP®**

*Stride*cycle

2 in 1

Use as an Exercise Bike or Elliptical

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



* 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.

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.

Weight Limit

Your product is suitable for users weighing: 250 pounds or less.



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:

- a). provide replacement parts to the purchaser in an effort to repair the item.
- b). repair the product returned to our warehouse (at the purchaser's cost).
- c). 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

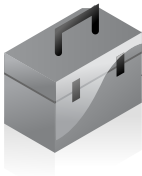
If you have any questions concerning the assembly of your item or if any parts are missing, please DO NOT RETURN THE ITEM TO THE STORE OR CONTACT THE RETAILER. Our dedicated customer service staff can help you with any questions you may have regarding the assembly of this unit and can also mail you replacement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



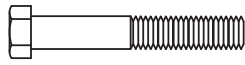
Hardware & Tool List

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.

Bolts



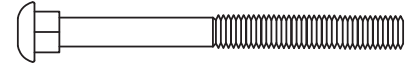
#02. Bolt (M8x15 mm)
[2 pieces]
Pre-assembled



#12. Bolt (M8x45 mm)
[4 pieces]



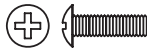
#18L. Left Pedal Bolt [1 piece]
#18R. Right Pedal Bolt [1 piece]



#27. Carriage Bolt (M8x73 mm)
[4 pieces]
Pre-assembled



#38. Bolt (M8x20 mm)
[4 pieces]
Pre-assembled



#56. Screw (M5x20mm)
[1 piece]
Pre-assembled



#62. Screw (M5x10mm)
[4 pieces]
Pre-assembled



#64. Bolt (M8x30 mm)
[2 pieces]
Pre-assembled

Washers



#04. Spring Washer (M8)
[4 pieces]
Pre-assembled



#05. Washer (M8)
[2 pieces]
Pre-assembled



#16. Washer (M8)
[7 pieces]
Pre-assembled [3 pieces]



#37. Arc-Washer (M8)
[8 pieces]
Pre-assembled



#42. Washer (M10)
[1 piece]



#47. Spring Washer (M12)
[2 pieces]



#55. Arc-Washer (M5)
[1 piece]
Pre-assembled

Nuts



#21. Nylon Nut (M8)
[7 pieces]
Pre-assembled [3 pieces]



#46L. Left Nylon Nut [1 piece]
#46R. Right Nylon Nut [1 piece]



#49. Cap Nut (M8)
[4 pieces]
Pre-assembled

Knobs



#07. Knob Bolt (M8x36 mm)
[2 pieces]



#43. Knob (M10)
[1 piece]



#39. Spring Loaded Knob
[1 piece]

Caps



#03. Bolt Cap (S13)
[4 pieces]



#10. Bolt Cap (S16)
[6 pieces]



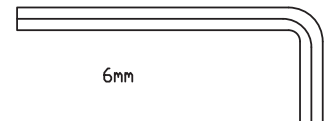
#45. Bolt Cap (S18)
[2 pieces]

Misc.

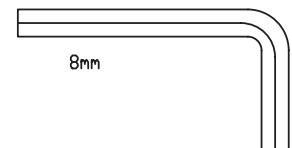


#65. Clamp Cover [1 piece]

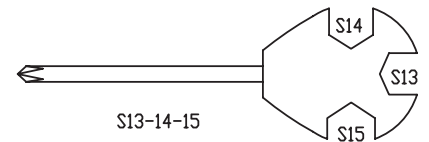
Tools



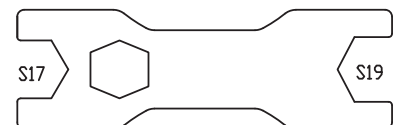
6mm



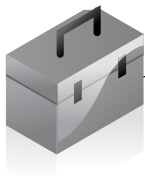
8mm



S13-14-15



S17-19



Parts Listing

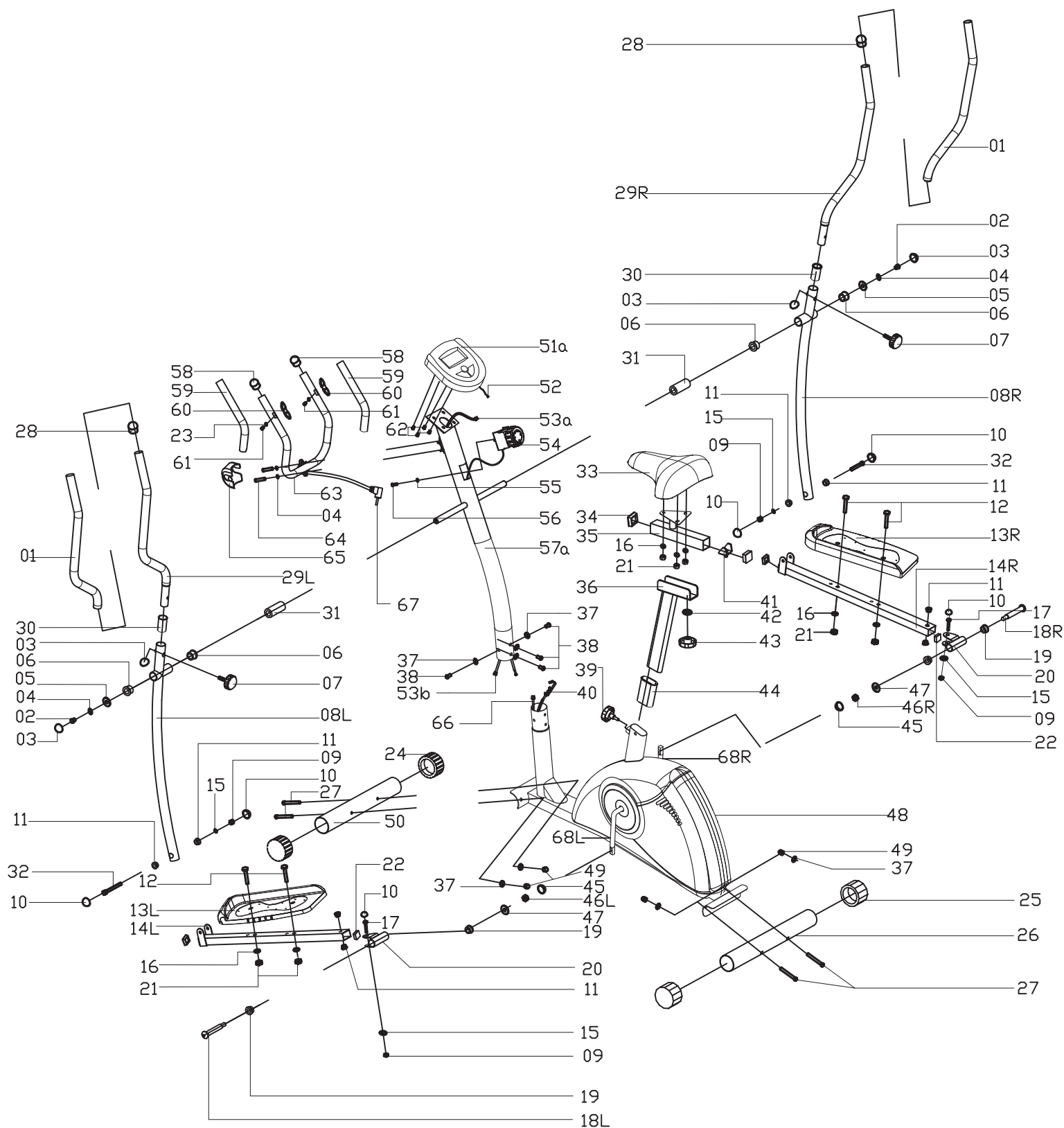
The following parts list describes all of the parts illustrated on the exploded diagram on the following page. Please note, most of these parts are already pre-assembled on your unit.

#	Description	#	Description
01	Handle Bar Foam Grip	33	Seat
02	Bolt (M8x15 mm)	34	Square End Plug (38 mm)
03	Bolt Cap (S13)	35	Horizontal Seat Bar
04	Spring Washer (M8)	36	Seat Post
05	Washer (M8)	37	Arc Washer (M8)
06	Bushing for Coupler Bar	38	Bolt (M8x20 mm)
07	Knob Bolt (M8x36 mm)	39	Spring Loaded Knob
08L	Left Coupler Bar	40	Tension Controller Wire
08R	Right Coupler Bar	41	U Bracket
09	Nylon Nut (M10)	42	Washer (M10)
10	Bolt Cap (S16)	43	Knob (M10)
11	Bushing	44	Seat Post Sleeve
12	Bolt (M8x45 mm)	45	Bolt Cap (S18)
13L	Left Pedal	46L	Left Nylon Nut
13R	Right Pedal	46R	Right Nylon Nut
14L	Left Pedal Tube	47	Spring Washer (M12)
14R	Right Pedal Tube	48	Main Frame
15	Washer (M10)	49	Cap Nut (M8)
16	Washer (M8)	50	Front Stabilizer
17	Bolt (M10x50 mm)	51a	Monitor
18L	Left Pedal Bolt	52	Main Sensor Wire (Upper)
18R	Right Pedal Bolt	53	Main Sensor Wire (Middle)
19	Bushing for Pedal Connection Joint	54	Tension Controller
20	Pedal Connection Joint	55	Arc Washer (M5)
21	Nylon Nut (M8)	56	Screw (M5x20 mm)
22	Rectangular End Cap (25x40 mm)	57a	Center Post
23	Washer (M5)	58	Round End Cap (25 mm)
24	End Cap for Front Stabilizer	59	Pulse Handle Bar Foam Grip
25	End Cap for Rear Stabilizer	60	Pulse Sensor
26	Rear Stabilizer	61	Screw (M4x20 mm)
27	Carriage Bolt (M8x73 mm)	62	Screw (M5x10 mm)
28	Round End Cap (25 mm)	63	Pulse Handle Bar
29L	Left Handle Bar	64	Bolt (M8x30 mm)
29R	Right Handle Bar	65	Clamp Cover
30	Handle Bar Sleeve	66	Main Sensor Wire (Lower)
31	Spacer	67	Pulse Sensor Wire
32	Bolt (M10x55 mm)	68	Crank



Exploded Diagram

The following diagram is provided to help you familiarize yourself with the parts and hardware that will be used during the assembly process. Please note that not all of the parts and hardware you see here will be used while you are assembling the machine because some of these items are already pre-installed. Please continue to the next page to begin the assembly process and use this page only as a reference guide for parts and hardware.





Assembly Instructions

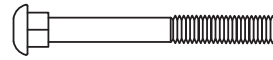
Assembly Step 1

Remove the two **Carriage Bolts (#27)**, two **Cap Nuts (#49)**, and two **Arc Washers (#37)** that are pre-assembled on the **Front Stabilizer (#50)** and set them aside as they will be used in the next process. Insert two **Carriage Bolts (#27)** through the **Front Stabilizer (#50)** followed by the front of the **Main Frame (#48)**. Secure them together using two **Arc Washers (#37)** and two **Cap Nuts (#49)**. Repeat this process for the **Rear Stabilizer (#26)**.

Please Note that the **Front Stabilizer (#50)** has end caps that spin for ease of relocating the unit and the **Rear Stabilizer (#26)** has height adjustable end caps for leveling of the unit.

Hardware Required

Bolts



#27. Carriage Bolt (M8x73 mm)
[4 pieces]

Washers



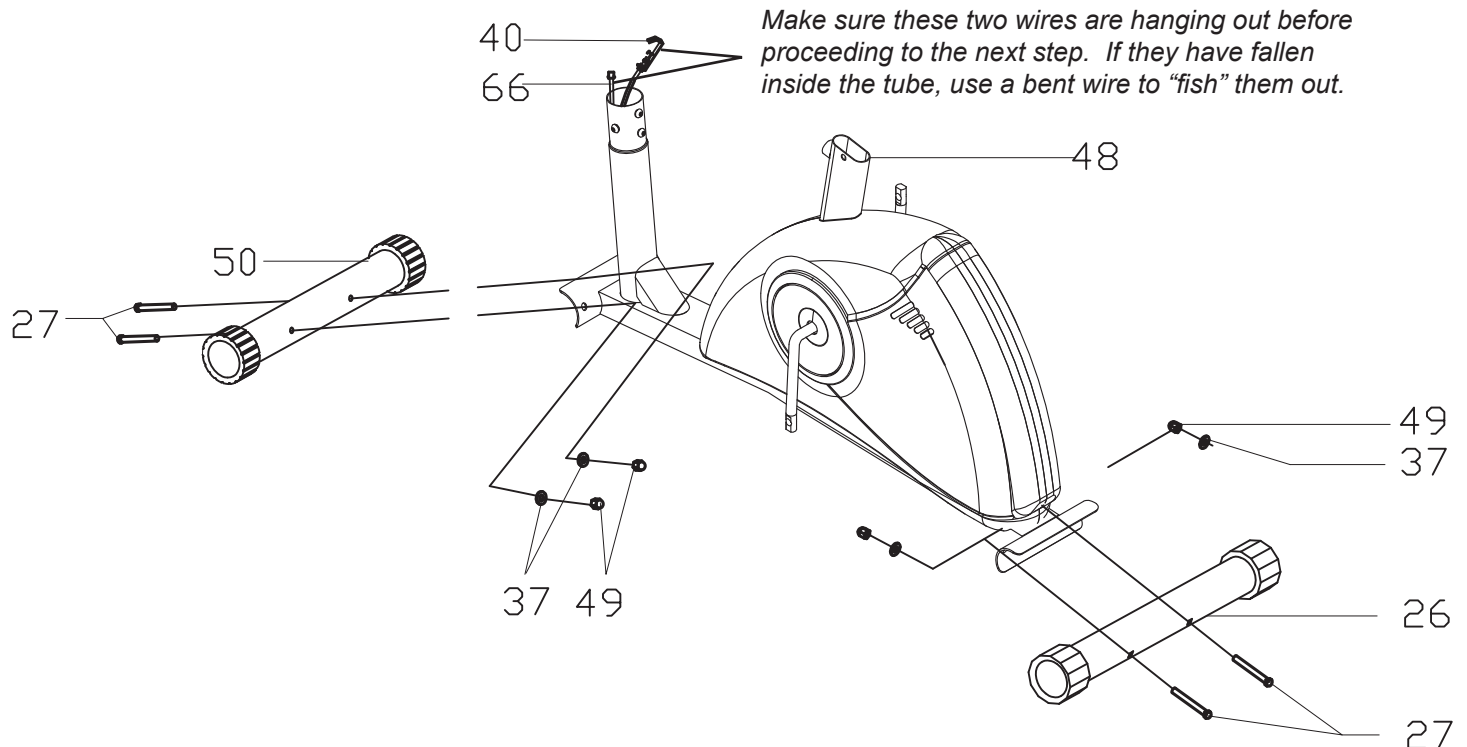
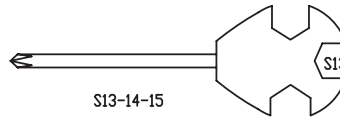
#37. Arc-Washer (M8)
[4 pieces]

Nuts



#49. Cap Nut (M8)
[4 pieces]

Tool Required





Page 6



Assembly Instructions

Assembly Step 3

Remove the two **Bolts (#02)**, two **Spring Washers (#04)** and two **Washers (#05)** that are pre-assembled on the protruding bars on the **Center Post (#57a)** and set them aside as they will be used in the next process. Slide one **Left Pedal Bolt (#18L)** into the **Pedal Connection Joint (#20)**. Assemble the **Left Coupler Bar (#08L)** to the left side of the unit by sliding the upper part onto the left bar that is protruding from the **Center Post (#57a)**. Secure it using one **Washer (#05)**, one **Spring Washer (#04)**, one **Bolt (#02)** and then place a **Bolt Cap (#03)** on top of the **Bolt (#02)**. Lift the lower segment of the **Left Coupler Bar (#08L)** and align the **Pedal Connection Joint (#20)** to the hole on the pedal crank. Push the **Left Pedal Bolt (#18L)** through the hole on the pedal crank and secure it using one **Spring Washer (#47)**, the **Nylon Nut (#46L)** with black inner ring, and then place a **Bolt Cap (#45)** on top of the **Nylon Nut (#46L)**. Place three **Bolt Caps (#10)** on top of the **Bolt (#32)**, **Bolt (#17)** and **Nylon Nut (#09)**. Repeat this process on the opposite side.

PLEASE NOTE:

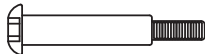
- a): Turn COUNTERCLOCKWISE to tighten the **Left Pedal Bolt (#18L)** and CLOCKWISE to tighten **Nylon Nut (#46L)** with BLACK inner nylon ring.
b): Turn CLOCKWISE to tighten the **Right Pedal Bolt (#18R)** and COUNTERCLOCKWISE to tighten **Nylon Nut (#46R)** with WHITE inner nylon ring.

Hardware Required

Bolts



#02. Bolt (M8x15 mm)
[2 pieces]



#18L. Left Right Pedal Bolt [1 piece]
#18R. Left Right Pedal Bolt [1 piece]

Washers



#04. Spring Washer (M8)
[2 pieces]



#05. Washer (M8)
[2 pieces]



#47. Spring Washer (M12)
[2 pieces]

Nuts



#46L. Left Nylon Nut [1 piece]
#46R. Right Nylon Nut [1 piece]

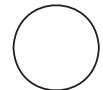
Caps



#03. Bolt Cap (S13)
[2 pieces]

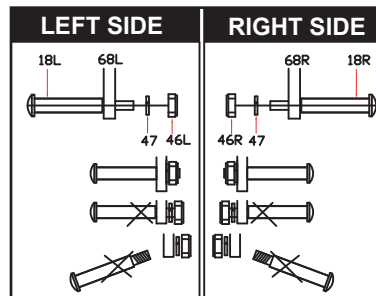
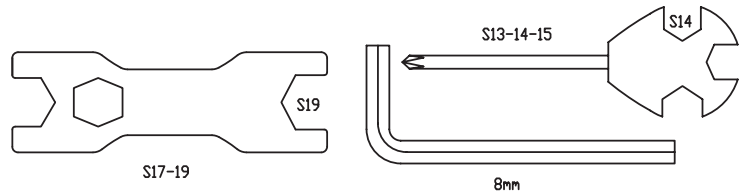


#10. Bolt Cap (S16)
[6 pieces]



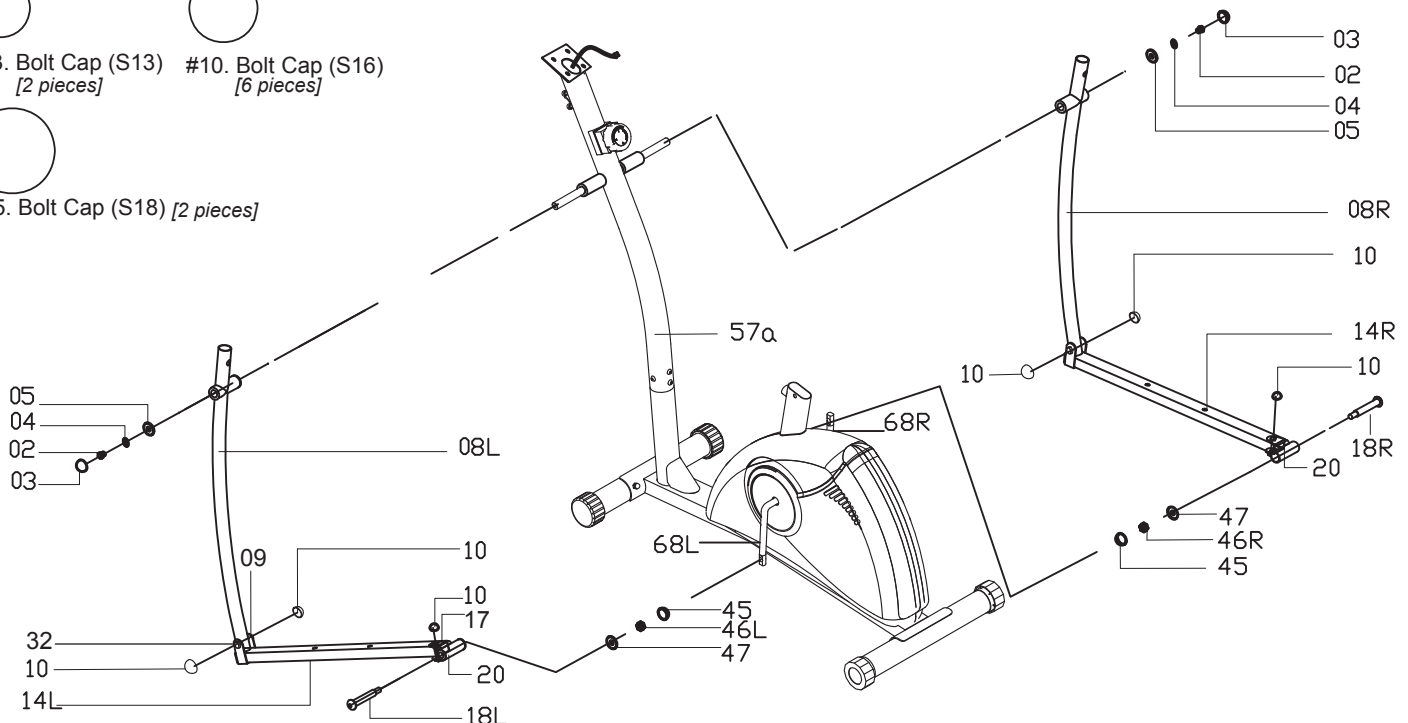
#45. Bolt Cap (S18) [2 pieces]

Tools Required



Note:

Keep the **Left Right Pedal Bolt (#18L/18R)** perfectly straight as they go through the **Left/Right Pedal Connection Joint (#20)** and the **Crank (#68L/68R)**. If the **Left Right Pedal Bolt (#18L/18R)** are connected to the **Crank (#68L/68R)** incorrectly, damage to the **Left Right Pedal Bolt (#18L/18R)** and **Crank (#68L/68R)** will occur.





Assembly Instructions

Assembly Step 4

Insert the two **Handle Bars** (#29L & #29R) into the openings at the end of the two **Coupler Bars** (#08L & #08R). Secure the **Handle Bars** (#29L & #29R) using two **Knob Bolts** (#07). Place two **Bolt Caps** (#03) on the welded nuts located on the opposite side of the **Knob Bolts** (#07).

Hardware Required

Knobs

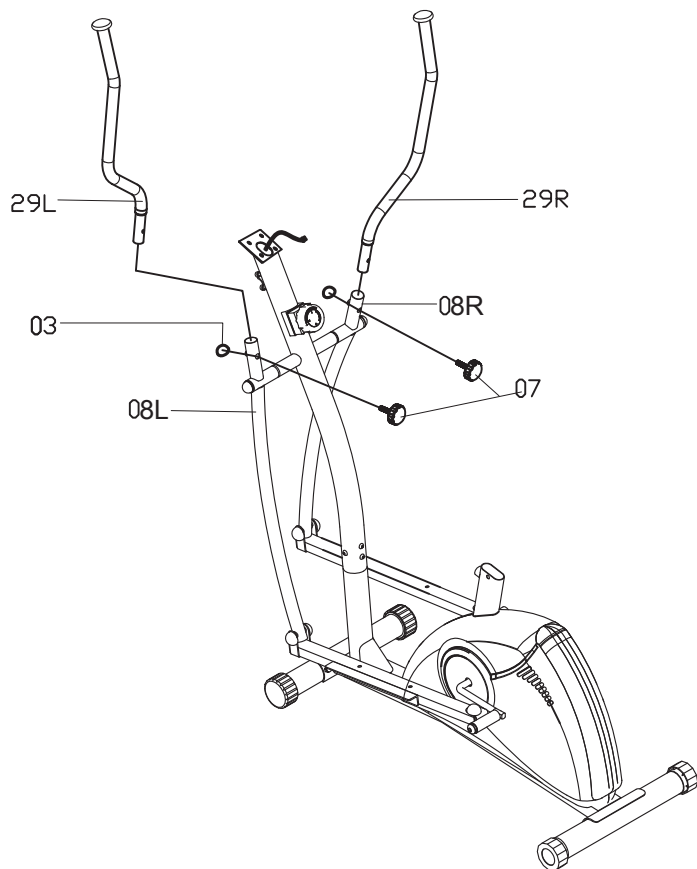


#07. Knob Bolt (M8x36 mm) [2 pieces]

Caps



#03. Bolt Cap (S13) [2 pieces]



Assembly Step 5

Remove the two **Bolts** (#64) and two **Spring Washers** (#04) from the front of the **Center Post** (#57a). Secure the **Pulse Handle Bar** (#63) onto the front side of the **Center Post** (#57a) using two **Bolts** (#64) and two **Spring Washers** (#04) that were just removed. Slide the **Clamp Cover** (#65) over the **Pulse Handle Bar** (#63).

Hardware Required

Bolts



#64. Bolt (M8x30 mm)
[2 pieces]

Washers



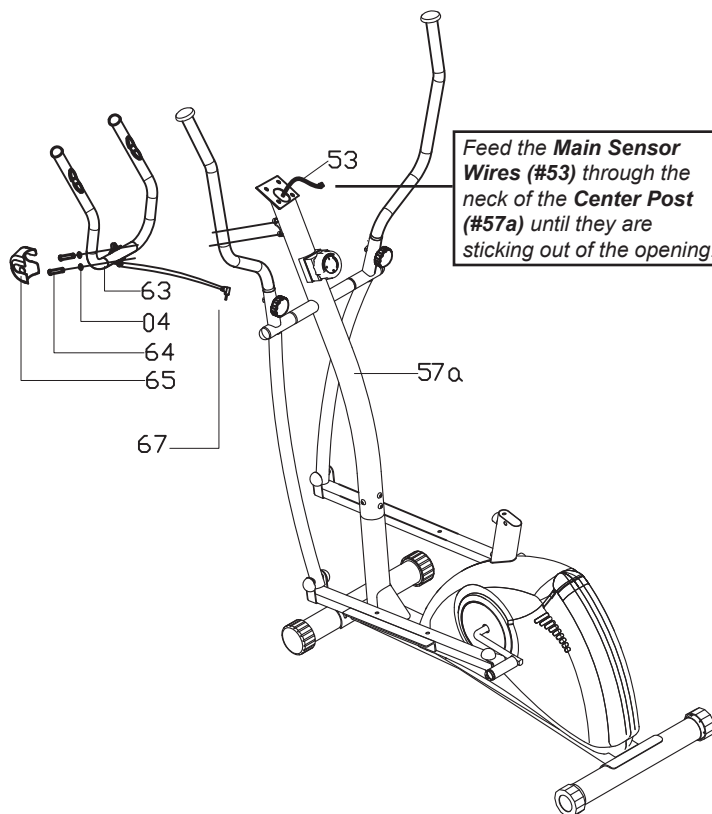
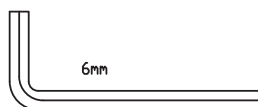
#04. Spring Washer (M8)
[2 pieces]

Misc.



#65. Clamp Cover
[1 piece]

Tools Required





Assembly Instructions

Assembly Step 6

Slide the **Seat (#33)** onto the **Horizontal Seat Bar (#35)**, ensuring that it is positioned as shown in the illustration below, then tighten with the three **Washers (#16)** and **Nylon Nuts (#21)** that were previously removed. Assemble the **Horizontal Seat Bar (#35)** onto the **Seat Post (#36)** by inserting the end of the **Horizontal Seat Bar (#35)** through **Seat Post (#36)** as illustrated below and secure with one **Washer (#42)** and one **Knob (#43)**. This knob can be loosened to adjust the distance of the seat from the handle bars. Make sure to tighten the knob after making an adjustments. Insert the **Seat Post (#36)** into the mouth of the post protruding from the **Main Frame (#48)** down a minimum of 4 inches to engage the lowest hole. Please ensure that the hole on the **Seat Post (#36)** facing the same side as the **Spring Loaded Knob (#39)** so it can be aligned and fully engage through the lowest corresponding hold on the **Main Frame (#48)**. Screw in the **Spring Loaded Knob (#39)** through the **Main Frame (#48)** post and fully through (at minimum) the lowest hole located on the **Seat Post (#36)**. Please refer to illustration. You may adjust the **Seat Post (#36)** 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 Loaded Knob (#39)**.

Hardware Required

Washers



#16. Washer (M8)
[3 pieces]



#42. Washer (M10)
[1 piece]

Nuts



#21. Nylon Nut (M8) [3 pieces]

Knobs

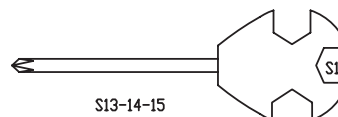


#43. Knob (M10)
[1 piece]

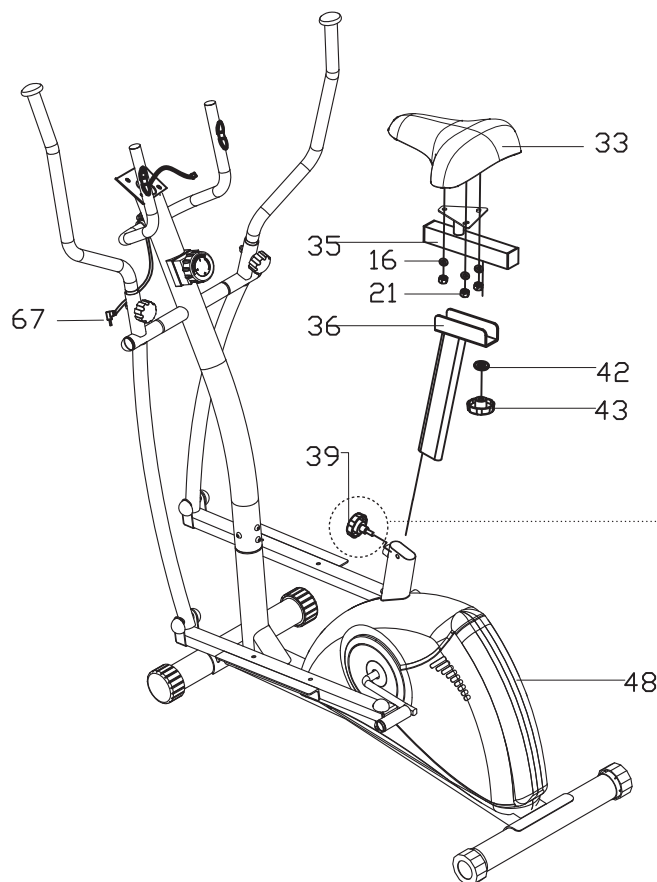


#39. Spring Loaded Knob
[1 piece]

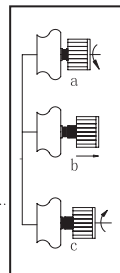
Tool Required



S13-14-15



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 (#33)** for any reason after you have installed it. Exercising on this unit without the **Seat (#33)** can result in SERIOUS INJURY. Ensure the seat is locked in place by tightening the two knobs prior to use.





Assembly Instructions

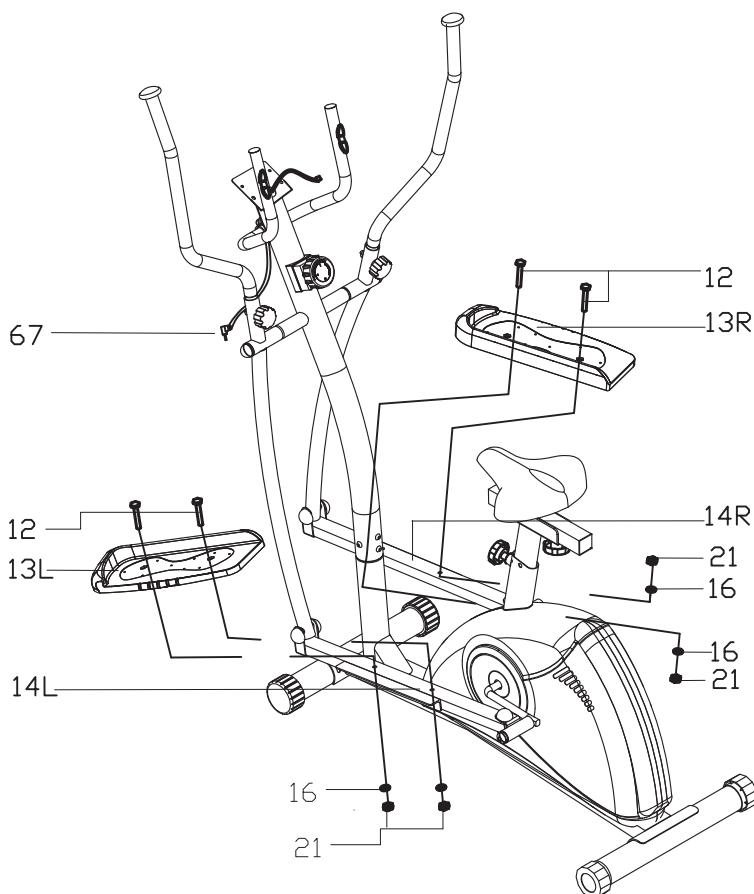
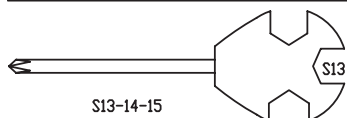
Assembly Step 7

Attach the **Left Pedal (#13L)** to the **Left Pedal Tube (14L)**. Insert two **Bolts (#12)** through the **Left Pedal (#13L)** and the **Left Pedal Tube (14L)**. Secure them together using two **Washers (#16)** and two **Nylon Nuts (#21)**. The pedals are marked with "L" or "R". Make sure the pedals are positioned as shown otherwise they will not fit properly. Repeat this process on the other side.

Hardware / Tool Required

Bolts	Washers	Nuts
		
#12. Bolt (M8x45 mm) [4 pieces]	#16. Washer (M8) [4 pieces]	#21. Nylon Nut (M8) [4 pieces]

Tool



Assembly Step 8

Remove the four **Screws (#62)** from the rear of the **Monitor (#51U)**. Connect the **Main Sensor Wire (Upper) (#52)** to the corresponding **Main Sensor Wire (Middle) (#53a)**. Secure the **Monitor (#51U)** to the bracket on the **Center Post (#57U)** by using four **Screws (#62)** that you have previously removed. Then connect the **Pulse Sensor Wires (Lower) (#67)** to the **Monitor (#51U)**.

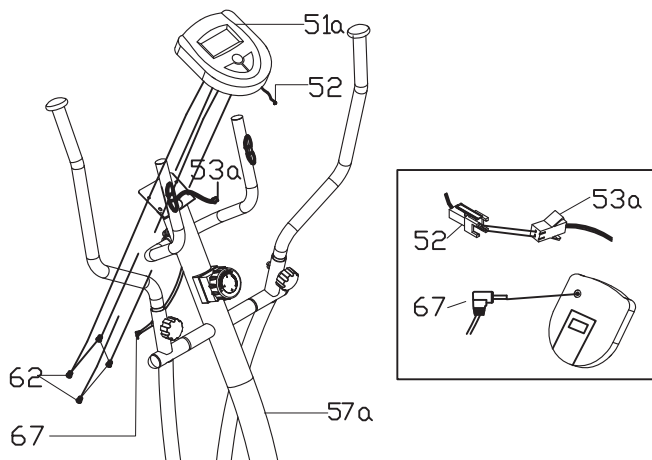
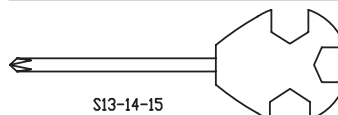
Hardware / Tool Required

Bolts



#62. Screw (M5x10mm) [4 pieces]

Tool



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 refer to our "Troubleshooting" section on **Page 12** for other troubleshoot issues.

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



Computer Operation

FUNCTION BUTTONS

MODE

- 1) Press the button to select TIME,SPEED,DISTANCE,CAL,ODO and PULSE to preset.
- 2) Press the button for selection function display value on LCD, or enter after setting.
- 3) Press the button and hold for 2 seconds to reset all value except Odometer to be zero.
(When the user replace batteries, all the values will reset to ZERO automatically.)

SET

To set up the target value of TIME,DISTANCE,CAL and PULSE.
Press the button and hold to speed up the increment.

RESET

Press the button to reset function value when setting .
Press the button and hold for 2 seconds to reset all value except Odometer to be zero.
(When the user replace batteries, all the values will reset to ZERO automatically.)

FUNCTIONS & OPERATIONS

1. Auto Scan

After the monitor is power on or press MODE key, the LCD will display all functions values from Time-Speed-Distance-Calories-Odometer-Pulse. Each value will be held for 6 seconds.

2.Time

Accumulates total time from 00:00 up to 99:59.The user may preset target time by pressing SET & MODE button .Each increment is 1 minute. Automatically count down from targeting value during exercise.

3.Speed

Display the current training speed from 0.0 to 999.9 MPH.

4.Distance

Accumulates total distance from 0.0 up to 999.9 mile. The user may preset target distance by pressing SET & MODE button. Automatically count down from targeting value during exercise.

5.Calories

Accumulates calories consumption during training from 0 to max.999.9 calories. The user may also preset the target calorie before training by press SET & MODE button.

Automatically count down from targeting value during exercise.

Note: This data is a rough guide which cannot be used in medical treatment.

6.Odometer

Display the total accumulated distance from 0 to 9999.User also can press mode key to display the Odometer value.

7.Pulse

The monitor will display the user's heart rate in beats per minute during training.

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

Note:

- 1) If the computer displays abnormally, please re-install the battery and try again.
- 2) The batteries must be removed from the appliance before it is scrapped and that they are disposed of safely.
- 3) While the user starts to do exercise, the display will show out the workout value automatically. Once stop exercising over 256 sec, the display will turn off. But the workout value of odometer will be hold. While user starts exercise again, workout value of odometer will accumulate continuously.



Troubleshooting

(AFTER COMPLETE ASSEMBLY)

Troubleshoot Area	Solution
HAND PULSE SIGNAL	<p>If the computer is <u>not picking up your hand pulse signal</u> (or you are getting inaccurate readings), please adjust the following:</p> <ol style="list-style-type: none">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 pulse sensor wires are properly connected and are not damaged. <p>You may need to refer to installation/assembly directions for the pulse sensor wires in this manual.</p>
CALORIES/DISTANCE/ TIME/(ETC.)	<p>If the computer is <u>not displaying the CALORIES/DISTANCE/TIME/(ETC.) functions</u> (or you are getting inaccurate readings), please adjust the following:</p> <ol style="list-style-type: none">1. Check to ensure all computer sensor wires are properly connected and are not damaged. <p>You may need to refer to installation/assembly directions for the sensor wires in this manual.</p>
COMPUTER Display	<p>If the computer <u>display is blank & not displaying any data</u> (or does not appear to power on), please adjust the following:</p> <ol style="list-style-type: none">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. <p><i>*Please check your product manual to determine if your model uses <u>either</u></i> <i>1. an AC Adapter, <u>or</u> 2. Batteries to power your unit.</i></p>

For your safety, please do not discard this Troubleshooting sheet or the Owner's Manual, and keep them in a place where you can easily access/refer to them at any time. If you are still having any troubleshooting issues, please contact our Customer Support for further assistance.



Proof of purchase

Thanks for choosing



Model Number BRM 2600

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

