

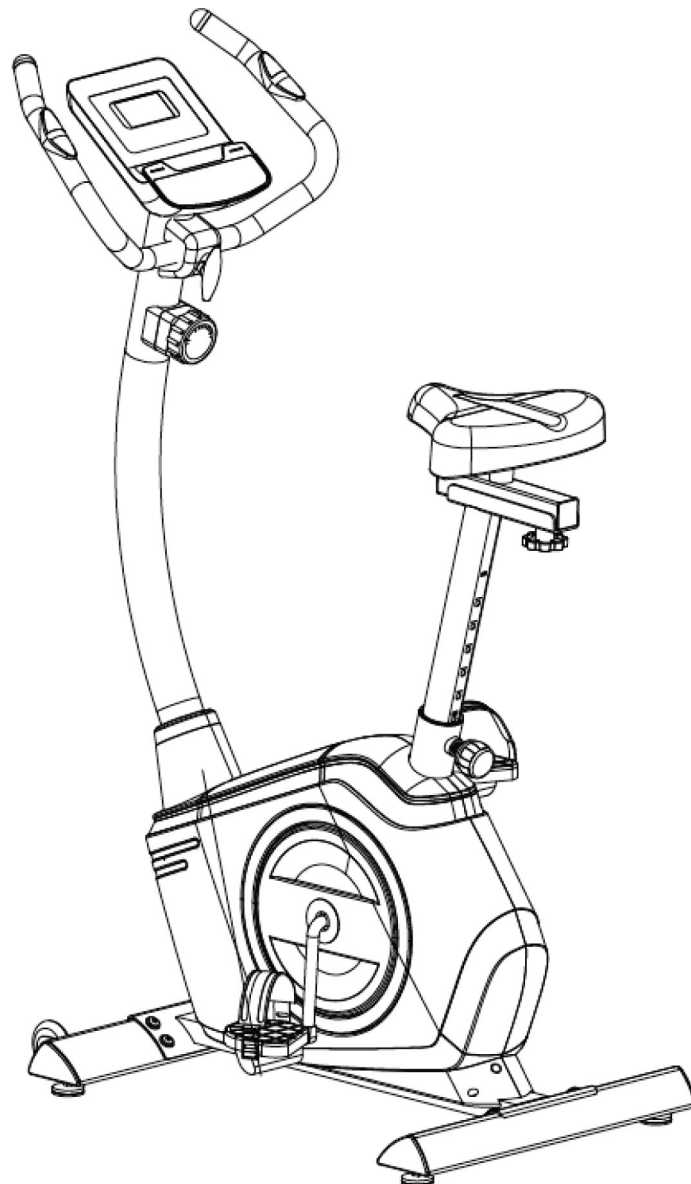
# 5105B UPRIGHT BIKE

AMiLA®

(Code: 92400)

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Assembly instructions & User manual



IN ORDER FOR THE WARRANTY TO BE VALID,  
PLEASE, BEFORE YOU BEGIN  
ASSEMBLING AND USING THE BIKE,  
READ THIS INSTRUCTIONS.


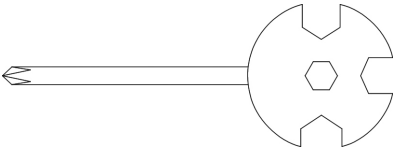
# 5105B upright bike (#92400)

## Assembly instructions & User manual

### IMPORTANT SAFETY INFORMATION

1. Before starting any exercise program, you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heart-beat, shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. Keep children and pets away from the equipment. The equipment is designed for adult use only.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 2 feet (60 CM) of free space all around it.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
6. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, discontinue use of the equipment immediately and do not use until the problem has been rectified.
7. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
8. Do not place fingers or objects into the moving parts of the equipment.
9. The maximum weight capacity of this unit is 100 KG.
10. The equipment is not suitable for therapeutic use.
11. To avoid bodily injury and/or damage to the product or property, proper lifting and moving is required.
12. Your product is intended for use in cool, dry conditions. You should avoid storage in extreme cold, hot or damp areas as this may lead to corrosion and other related problems.
13. This equipment is designed for indoor and home use only, it is not intended for commercial use!

### PARTS LIST

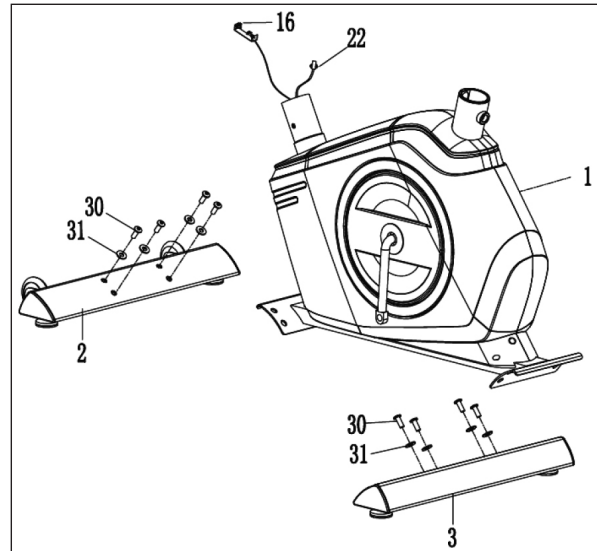
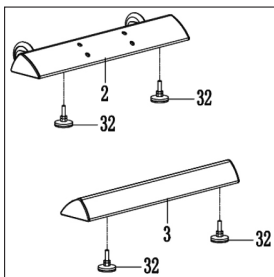
DESCRIPTION	DRAWING
Allen wrench #6, 1 pc	
Philips screwdriver and spanner, 1 pc.	

## ASSEMBLY

Remove all parts from the box and place them on the floor to get acquainted with them. The assembly procedure is not difficult. Follow the instructions and you will be able to finish in about 15-20 minutes.

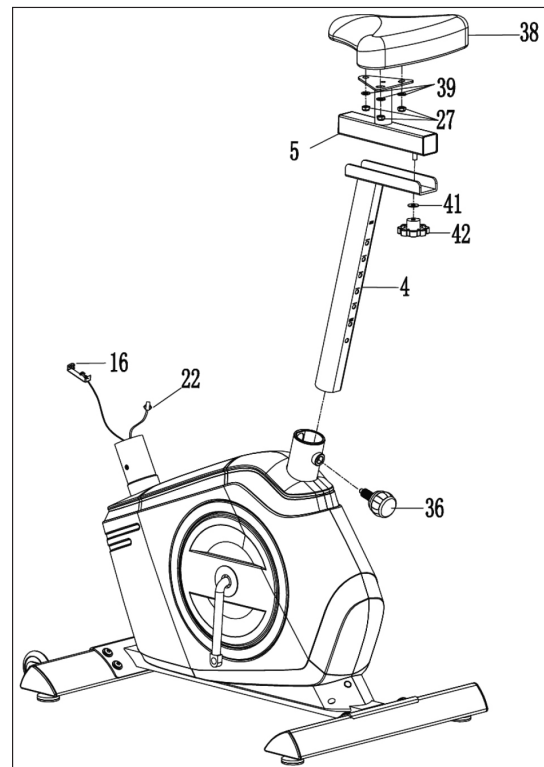
### Step 1

- Screw the adjustment legs (32) to the front (2) and rear (3) stabilizers.
- Attach the front stabilizer (2) to the main frame of the bike (1) using bolts (30) and washers (31).
- Attach the back stabilizer (3) to the main frame of the bike (1) using bolts (30) and washers (31).

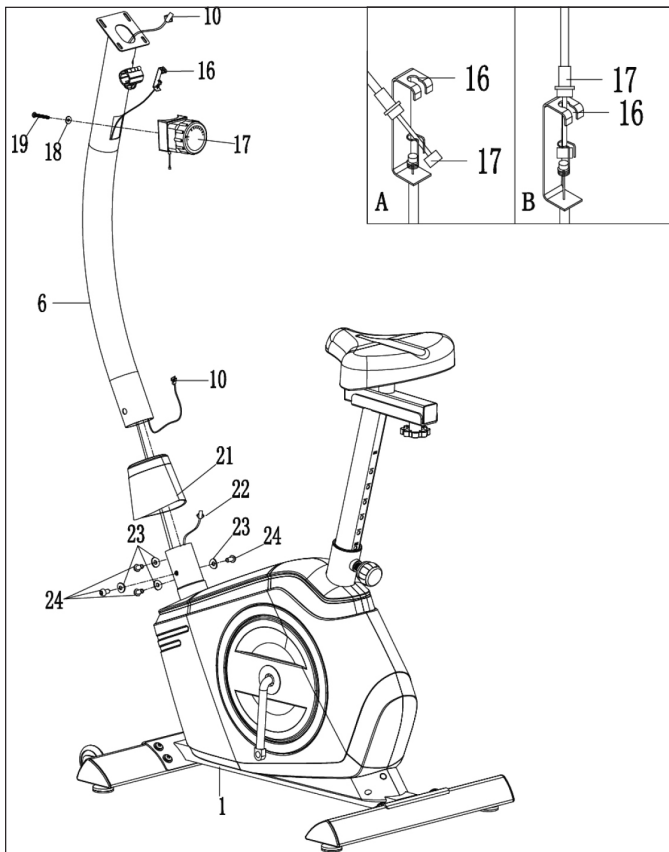


### Step 2

- Insert the seat post (4) into the hole on the top part of the main frame and secure it with a knob (36).
- Remove the nuts (27) and washers (39) from the underside of the seat and get the bolts through the holes of the seat sliding tube (5), replacing and tightening the washers (39) and nuts (27).
- Guide the bolt under the seat sliding tube (5) through the hole on the top part of the seat post (4) and secure it with washer (41) and knob (42).



### Step 3

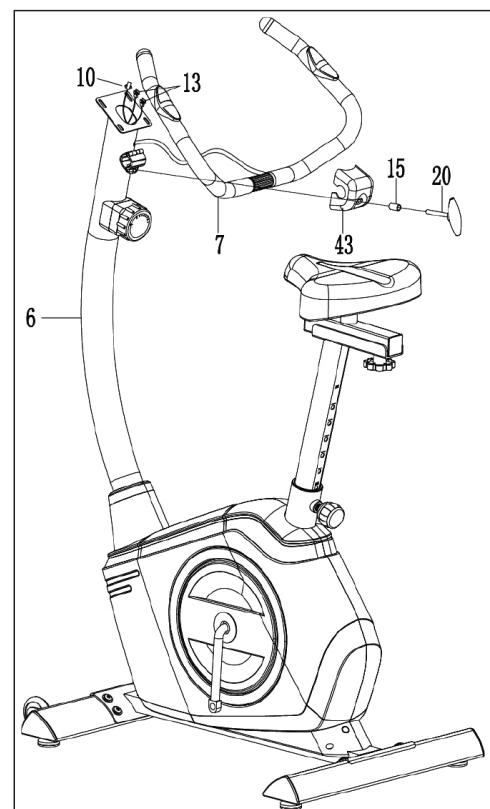


- Remove 4 bolts (24) and 4 washers (23) from the main frame (1).
- Slide the handlebar post cover (21) to the handlebar post (6).
- Insert the tension wire (16) into the bottom hole of the handlebar post (6) and pull it out from the square hole near the top.
- Connect the sensor wire (22) from the main frame (1) to the other sensor wire (10) from the handlebar post (6).
- Place the handlebar post (6) on the tube of the main frame (1) and secure it with the 4 bolts (24) and 4 washers (23) you removed a while ago.
- Pull the handlebar post cover (21) all the way down.
- Remove the bolt (19) and washer (18) from the tension knob (17).
- Insert the ball end of the wire of the tension knob (17) into the spring hook of the tension cable (16) (Fig. A).
- Pull the wire of the tension knob (17) and push it into the gap of the metal bracket of the tension cable (16) (Fig. B).

- Secure the tension knob (17) to the handlebar post (6) with the bolt (19) and washer (18) you removed a while ago.

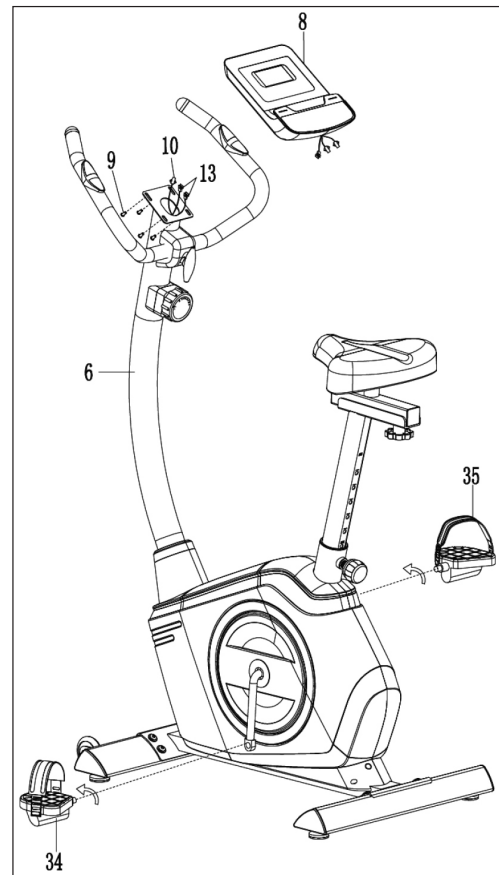
### Step 4

- Insert the hand pulse sensor wires (13) in the hole on the handlebar post (6) and pull them out from the top.
- Secure the handlebars (7) on their post (6) with the clamp, making sure that the hear rate sensors are facing the seat.
- Fix the handlebars (7) to the desired position by placing the clamp cover (43), spacer (15) and tightening with the knob (20).



## Step 5

- Remove the bolts (9) from the back of the console (8).
- Connect the wires (13 & 10) coming out from the top of the handlebar post (6) to the ones on the back of the console (8), and tuck them inside the handlebar post (6).
- Place the console (8) on the top of the handlebar post (6) and secure it with the bolts (9) you previously removed.
- Screw the pedals (34 & 35) on the axles. **WARNING:** The right pedal (R) must be screwed clockwise, while the left pedal (L) counterclockwise.
- Tighten them securely using the supplied spanner.



## CONSOLE BUTTONS

- **MODE:** — Select between TIME, DISTANCE and CALORIES when setting the target value for your workout.  
— While exercising, change the parameter displayed on the screen between TIME, SPEED, DISTANCE, CALORIES, ODOMETER, PULSE and SCAN (automatically changing between the other values every 4 seconds).
- **SET:** To set the target values for your workout.
- **RESET:** Resets the value you are currently setting.

## CONSOLE FUNCTIONS

### Choosing Parameters

Select the parameter according to which you want to exercise using the MODE button and change it with the SET button.

Begin your workout. You can use the MODE button to change the parameter displayed on screen. The parameter you have set as target for your workout will perform a countdown and, when reaches zero, you will hear an alarm sound.

### Heart rate

Hold both hand pulses sensors for a few seconds; your hear rate will be displayed on the screen. Please hold the sensors firmly, but not too tightly.

## WARM-UP EXERCISES

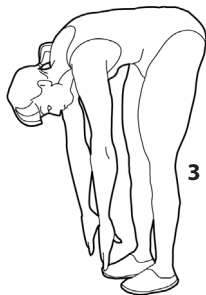
A proper workout consists of warm-up, aerobic exercise and relaxation. Repeat the program 2 or, preferably, 3 times a week, relaxing one day in between. After a few months you will be able to increase the frequency of your workouts to 4 or 5 times per week. Warming up should be a key part of your exercise, something not to be missed. It prepares your body for more strenuous exercises by warming and stretching your muscles, increasing blood circulation and heart rate and sending more oxygen to your muscles. Repeat these exercises after your workout to minimize muscle soreness. We suggest the following exercises:



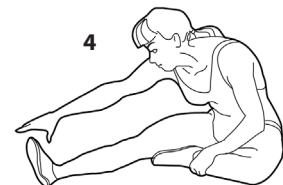
**1. Quadriceps stretch:** Lean against the wall using your right hand while bending your left leg backwards and holding it with the other hand. Try to bend the leg as much as you can. Hold this position for 15 seconds. Repeat for the right leg.



**2. Adductor exercise:** Sit down pulling your feet towards you, knees bent and the soles pressed together. Then use your elbows to press your knees towards the floor. Perform 15 repetitions.



**3. Touch the toes:** Bend your waist slowly forward with your knees slightly bent and your hands trying to grip the toes. Hold this position for 15 seconds.



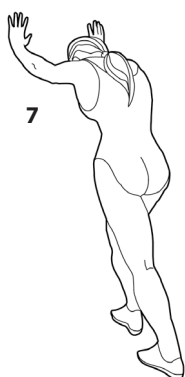
**4. Biceps exercise:** Sit with your right leg outstretched towards the front and the left one tucked in with the sole touching the right leg. Lean forward trying to grab the toes of the outstretched foot. Perform 15 repetitions. Rest for a while and repeat with the other leg outstretched.



**5. Neck stretching (Head rolling):** Tilt your head to the right, feeling the stretching of the left side of the neck. Then tilt your head towards the other side. Finally, tilt the head once forward and once backwards.



**6. Shoulder lift:** Raise your right shoulder as close as you can to your ear. Repeat with the left shoulder. This exercise should be performed at a slow pace.



**7. Tension of the Achilles tendon:** This exercise is performed by leaning on a wall, which you press with your hands. The right foot should be bent at the knee and the left one stretched backwards, the soles of both feet touching the ground. Repeat the exercise by reversing the feet.



**8. Side stretching:** Stretch your hands upwards and try to lift your left outstretched hand as high as possible, so that you feel your left side being pulled. Repeat for the right hand.

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