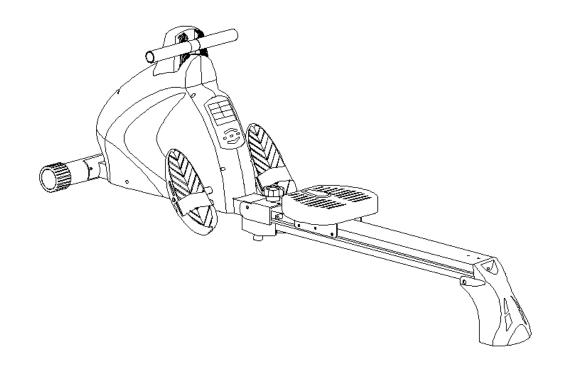
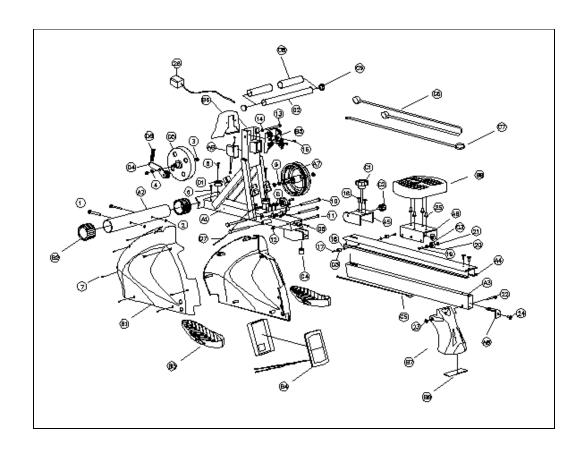
Magnetic Rower

Manual Jetstream JMR-5000





EXPLODED DRAWING

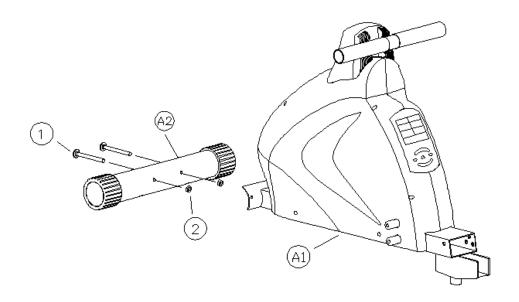


PARTS LIST

NO	DESCRIPTION	Q'TY		NO	DESCRIPTION	Q'TY
A1	Main frame	1		1	Carriage bolt M8=90L	2
A2	Front stabilizer	1		2	M8 Nut	2
A3	Slide track(low)	1		3	Nut 3/8*26	4
A4	Slide track(upper)	1	1	4	Nut 3 / 8 3T	1
A5	Slide plate	1		5	screw M8=35L	3
A6	Slide plate	1		6	screw M8=30L	1
A7	Pulley	1		7	Tapping screw 4 ≭ 16	8
A8	fixing housing	1		8	M8 Nut	1
A9	Magnetic flywheel	1	l	9	Nut 3 / 8*4T	1
B1	Chain cover(left + right)	1		10	Shaft 1/2	4
B2	φ76 End cap	2		11	Bolt 3/8=120 L	1
В3	Pedal	2	Ī	12	3 / 8 Nut	1
B4	Console	1	Ι	13	Bolt 3/8=105L	1
B5	Plastic cover (upper)	1	Ī	14	3/8 Nut 7t	1
В6	Plastic cover (lower)	1	Ī	15	Bolt m5*p0.8*15L	2
B7	Back cover	1		16	m6 Nut	2
B8	Foot cap	1		17	Screw M6=25L	2
B9	Saddle	1		18	Screw M8=25L	4
C1	fixed knob	1		19	Bolt M8=25L	6
C2	Knob for folded	1		20	Pipe 12.5*8.2*10L	6
C3	φ37 -PU wheel	1		21	M8 Nut	6
C4	Rubber cushion	1		22	Bolt 3/8=90L	1
C5	Wireless pulse receiver	1		23	3 / 8 Nut	1
C6	Tension belt	1		24	Screw M8=40L	1
C7	φ10 elastic belt	1		25	Screw M8=12L	4
C8	Sponge \phi35	2		26	Adaptor	1
C9	End cap	2				
D1	Plastic pulley	3			Tool	
D2	hand grip	1			Tool 6mm	1
D3	Rubber cushion	2			Tool 14mm	2
D4	Tension pulley	1			Tool 21mm	1
D5	Magnetic flywheel	1				
D6	Spring	1				
D7	Sensor pipe	1	1			
D8	Cable	1				

Assembly front stabilizer with main frame

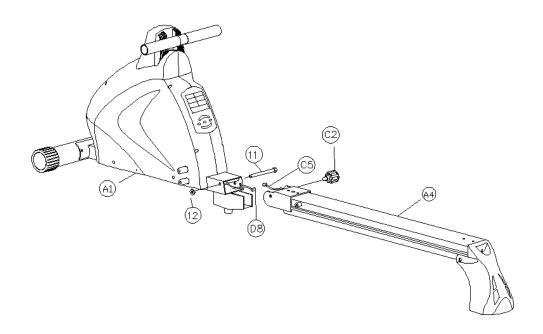
Step 1. Secure the front stabilizer (A2) and main frame(A1) using carriage bolt(1) & Nut(2).



Assembly for main frame with upper slide track

Step 1. Connect cable (D8) & wireless pulse receiver (C5).

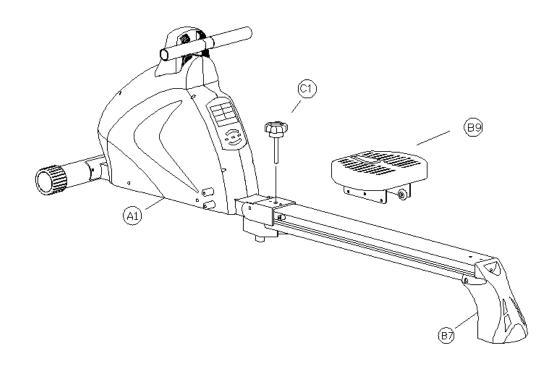
Step 2. Secure main frame (A1) with upper slide track(A4) using bolt(11), Nut(12) and tight it by knob (C2).



Assembly for saddle with slide track

Step 1. Fold down back cover(B7).

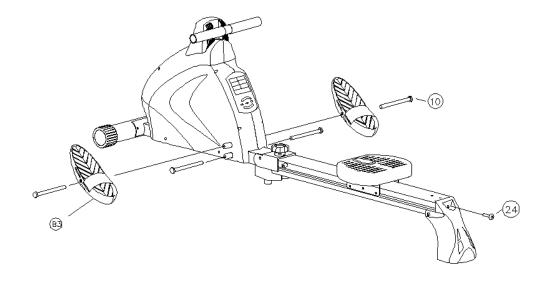
Step 2. Equip saddle (B9) and using fixed knob to tight it.

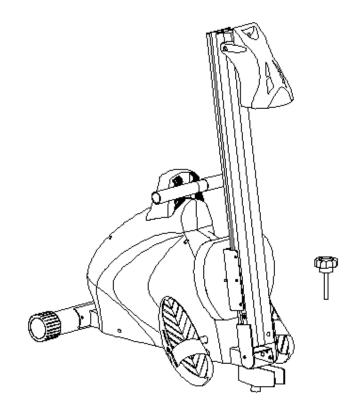


Assembly for the pedals

Step 1. Insert shaft (10) into pedal (B3) and fix it.

Step 2. Secure screw (24) tightly.





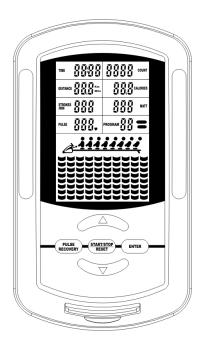
How to fold the machine. Loosen out the fix knob to fold up the slide track, then screw the

PROGRAMMABLE MAGNETIC ROLLER

MONITOR BC-8186 WITH LCD DISPLAY

SUMMARY:

This system is designed for programmable magnetic bike. There are 3 parts to this system the monitor (BC-81186), motor & controller and magnetic braking system.



A. Power up:

- a. Connect all of the cables to the monitor.
- b. After power up, all LCD segments will light up for 2 seconds and CPU will be reset the resistance into level 1. The monitor will go to initial mode.
- 1. If the connection cables were installed incorrectly, monitor will display "E1" on matrix display and generate a beep sound. Before asking service, please examine if all connection cables are well connected and then reset the power to release the beep sound or press "START / PAUSE (Hold to reset) " button to restart system. If the monitor still show "E1" message, please call service.
- 2. If the monitor shows "E2 "message, please call service.

B. **KEY BOARD:**

a. ENTER:

- 1. During PAUSE mode, press ENTER key to enter desired program.
- 2. Confirm the setting values of TIME, COUNT, DISTANCE, CALORIES, PULSE in the heart rate control program 8, and PROGRAM PROFILE in

the User setting program.

b. START/PAUSE/ RESET:

- 1. To start or pause exercising.
- 2. Hold this button for 2 seconds can enter initial mode & reset all value to zero.

c. Ō ▲ :

- During the pause mode, Select Program or increase the setting value of TIME, COUNT, DISTANCE, CALORIES, PULSE in the heart rate control program 8, and PROGRAM PROFILE in the User setting program.
- 2. During the exercise mode, Press this button to increase the load level.

d. **→** :

- 1. During the pause mode, Select Program or decrease the setting value of TIME, COUNT, DISTANCE, CALORIES, PULSE in the heart rate control program 8, and PROGRAM PROFILE in the User setting program.
- 2. During the exercise mode, Press this button to decrease the load level.

e. PULSE RECOVERY:

1. Press this button going into pulse recovery detecting.

F1.0 = Excellent F2.0 = Good F3.0 = Fair F4.0 = below average F5.0 = No Good F6.0 = Poor

C. FUNCTIONS:

TIME:

Exercise time will be shown on the display when exercising. If there is no signal is detected within 4 seconds, it will reset zero.

Count up: Without setting the time value, the monitor will count up the time from 0:00 to 99:59.

Count down: Setting the exercise time, the monitor will count down from your setting values. Once reach setting value, monitor will produce bi sounds, and then the value of time becomes counting up form 0:00.

Count:

Count will be shown on the display when exercising. If there is no signal is detected within 4 seconds, it will reset zero.

Count up: Without setting the count value, the monitor will count up the count from 0 to 9999.

Count down: Setting the exercise time, the monitor will count down from your setting values. Once reach setting value, monitor will produce bi sounds, and then the value of count becomes counting up form 0.

CALORIE

The calories burned will be displayed on the window. Its scope is 0.0-999kcal.

Count up: Without setting the calorie value, the monitor will count up the count from

0.0 to 999.

Count down: Setting the calorie consumption, the monitor will count down from your setting values. Once reach setting value, monitor will produce bi sounds, and then the value of count becomes counting up form 0.0.

DISTANCE

The distance will be displayed on the window. The monitor begins to calculate from 1 meter to 999meter and the measure unit is 1 meter. After reach 1 KM, the measure unit become to 0.1 KM (100meter). The monitor will display from 1.1KM to 99.9KM.

Count up: Without setting the distance value, the monitor will count up from 0.1-99.9 KM or Mile.

Count down: Setting the exercise distance, the monitor will count down from your setting values. Once reach setting value, monitor will produce bi sounds, and then the value of count becomes counting up form 1 meter.

PULSE

The monitor will display your current heart beat rate in beats per minute. The value of pulse make count is 40-220. If signal is input, the monitor will count the beats. If no pulse input is detected within 16 seconds, the display will indicate "p". This is power saving device.

Setting the pulse value, the heart rate will limit on certain value (90-220) as your setting. One your heart rate is more than your setting value. The window will blink and remind you the value is higher than your setting value. You need to work slowly to reduce your heart rate.



The picture indicates the travel distance on the roller machine during exercise.

D. OPERATIOM:

This system contains of 12 different programs and you can preset the workout time and system will divide the time by 10 intervals. If you don't preset workout time, system will cont up the workout time in one-second increment. Without setting the workout time, the time will count up and each interval will retain 3 minutes.

Preset Program: Program 1- Program 7

Press the Up and down button to the desired program.

Press the Enter Button to enter your desired program.

The Time display will flash, and then press the "up or down" button to set up the desired time to do the exercise. Press ENTER button to confirm your setting value.

The count display will flash, and then press the "up or down" button to set up the

desired value. Press ENTER button to confirm your

- **1.** setting value.
- **2.** The distance display will flash, and then press the "up or down" button to set up the desired distance you would like to reach. Press ENTER button to confirm your setting value.
- **3.** The calorie display will flash, and then press the "up or down" button to set up the desired calorie you would like to reach. Press ENTER button to confirm your setting value.
- **4.** Press the start/stop to begin exercise.

Note:

- **1.** If you would like to skip the function setting, press the Enter button to the next setting function.
- **2.** When you reach the target, the monitor will produce beep sound and then stop.
- **3.** If you set up more than one target and you would like to reach next target, press start to exercise again.

TARGET HEART RATE PROGRAM: (PROGRAM 8)

In this program, the computer will adjust the level of loading according to the heart rate detected. For example, the level of loading may increase while the heart rate detected is lower than TARGET H.R. Also, the level of loading may decrease while the heart rate detected is higher than TARGET H.R. As a result, the user's heart rate will be adjusted to close the TARGET H.R. in the range of TARGET H.R. –5 and TARGET H.R. +5.

- 1. Press the Up and down button to the program 8.
- 2. Press the Enter Button to enter your target heart rate program.
- 3. The pulse display will flash, and then press the "up or down" button to set up the desired limit heart rate you would like to keep. Press ENTER button to confirm your setting value.
- 4. The Time display will flash, and then press the "up or down" button to set up the desired time to do the exercise. Press ENTER button to confirm your setting value.
- 5. The count display will flash, and then press the "up or down" button to set up the desired value. Press ENTER button to confirm your setting value.
- 6. The distance display will flash, and then press the "up or down" button to set up the desired distance you would like to reach.

- Press ENTER button to confirm your setting value.
- 7. The calorie display will flash, and then press the "up or down" button to set up the desired calorie you would like to reach.

 Press ENTER button to confirm your setting value.
- 8. Press the start/stop button to begin exercise.

Note:

- 1. You must set up the pulse value in this program, because is a heart rate control program.
- 2. If you do not set the pulse value, the initial setting value is 90 bpm (heart beats per minute).
- When you reach the one of the targets such as Time, Count, Distance, and Calories, the monitor will produce beep sound and then stop.
- 4. If you set up more than one target and you would like to reach next target, press start to exercise again.

User Setting Program: U1 to U4

Users are free to edit the values in the order of TIME, COUNT, DISTANCE, CAL, and the level of loading in 10 intervals. The values and profiles will be stored in the memory after setup. Users may also change the ongoing loading in each interval by pressing up or down button, and they will not change the level of loading stored in the memory.

- 1. Press the Up and down button to the User setting program.
- 2. Press the Enter Button to enter this program.
- 3. The Time display will flash, and then press the "up or down" button to set up the desired time to do the exercise. Press ENTER button to confirm your setting value.
- 4. The count display will flash, and then press the "up or down" button to set up the desired value. Press ENTER button to confirm your setting value.
- 5. The distance display will flash, and then press the "up or down" button to set up the desired distance you would like to reach. Press ENTER button to confirm your setting value.
- 6. The calorie display will flash, and then press the "up or down" button to set up the desired calorie you would like to reach. Press ENTER
- 6. button to confirm your setting value.
- 7. The column 1 will flash, and then press the "up or down" button to

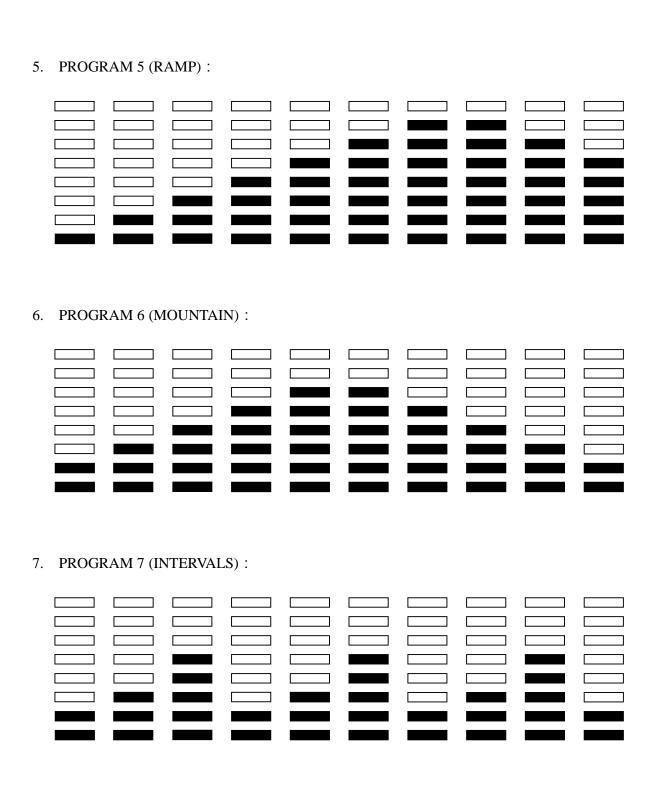
- create your personal exercise profile.
- 8. Press the Enter button to confirm your first column of your exercise profile.
- 9. The column 2 will flash, and then turn the "MODUS" button to create your personal exercise profile.
- 10. Press the Enter button to confirm your second column of your exercise profile.
- 11. Follow the above descriptions to finish your personal exercise profile.
- 12. Press the START/ST0P to begin exercise.

NOTE:

- 1. Your personal exercise profile will be stored in the memory of the monitor.
- 2. When you reach the one of the targets such as Time, Count, Distance, and Calories, the monitor will produce beep sound and then stop.
- 3. If you set up more than one target and you would like to reach next target, press start to exercise again.

PROGRAM PROFILE:

1.	PROGR	AM 1 (M	IANUAL)	:			
2.	PROGR	AM 2 (P	OLLING)	:			
3.	PROGR	AM 3 (V.	ALLEY)	:			
4.	PROGR	AM 4 (F	AT BURN	():			



8.	ROGRAM 8 (TRAGET H.R.) :	
]]]
9.	ROGRAM 9 (user setting):	
10.	ROGRAM 10 (user setting):	
11.	ROGRAM 11 (user setting):	

12. PROGRAM 12 (user setting):

