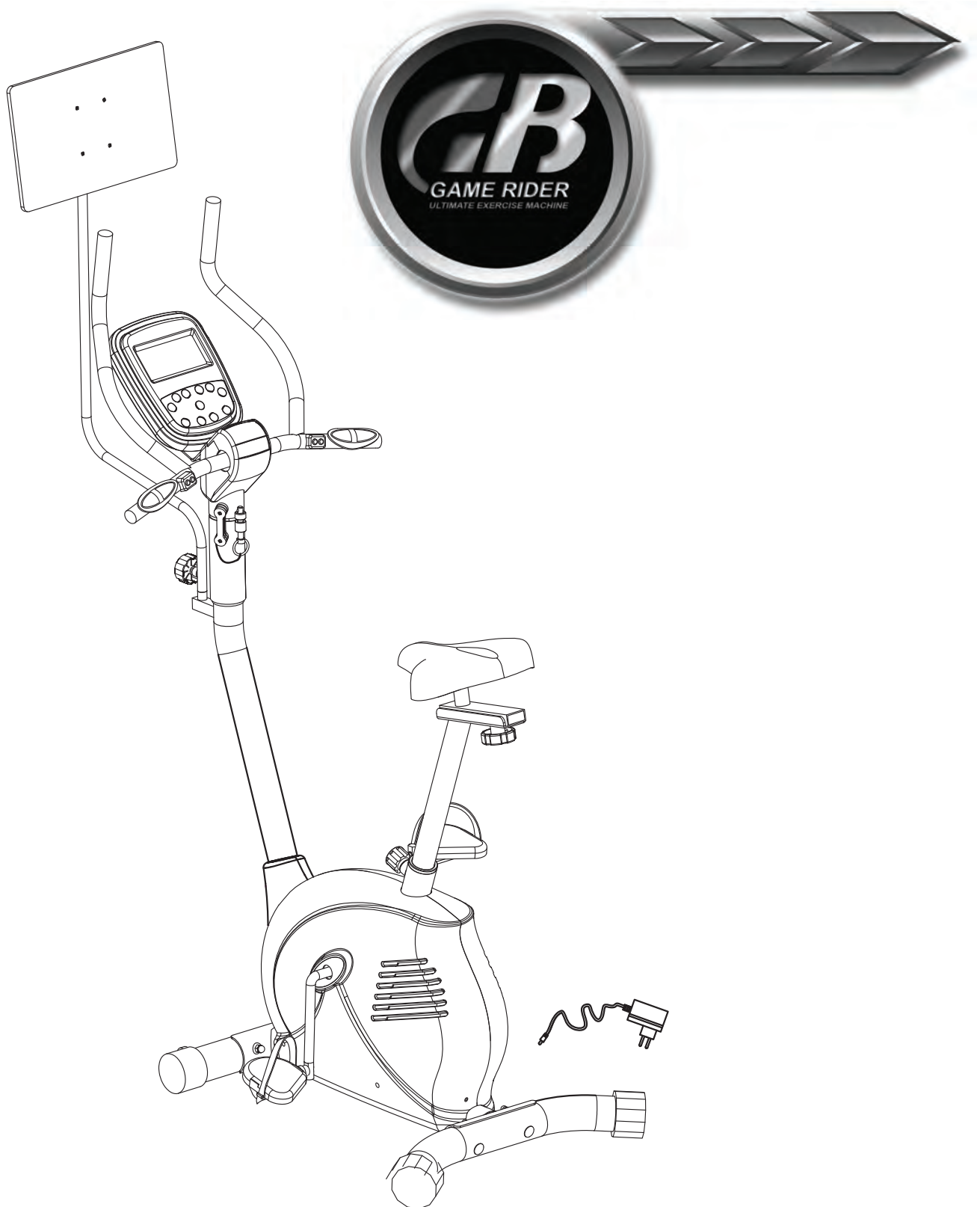


BGB 290 *GAME RIDER*



* 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. 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.
- 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.
- 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: 250 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:

- 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

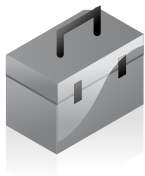
If you have any questions concerning the assembly of your item or if any parts are missing, please DO NOT RETURN THE ITEM TO THE STORE OR CONTACT THE RETAILER. Our dedicated customer service staff can help you with any questions you may have regarding the assembly of this unit and can also mail you replacement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

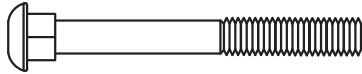




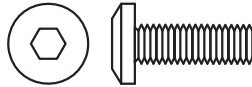
Hardware List

The following hardware is used to assemble your unit. Please take a moment to familiarize yourself with these items. Please note some of this hardware is already pre-assembled on the machine. Do not be alarmed if you see parts on this page that are not included in your hardware packet

Bolt



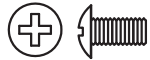
#14 Carriage Bolt (M8x73 mm)
[4 Pieces]



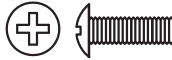
#22 Screw (M8x25 mm)
[2 Pieces]



#23 Screw (M8x16 mm)
[4 Pieces]



#25 Screw (M5x10 mm)
[4 Pieces]



#26 Screw (M5x16 mm)
[3 Pieces]

Washer



#27 Spring Washer (M8)
[2 Pieces]



#28 Arc Washer (M8)
[8 Pieces]



#29 Washer (M8, OD20)
[1 Piece]



#30 Washer (M5)
[4 Pieces]



#32 Washer (M8, OD16)
[3 Pieces] Pre-assembled

Nut

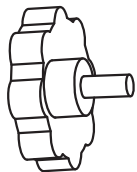


#15 Lock Nut (M8)
[4 Pieces]

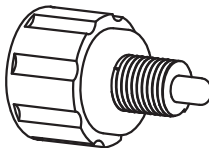


#33 Nut (M8)
[3 Pieces] Pre-assembled

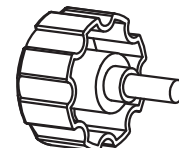
Knob



#16 Knob (M8x20 mm)
[1 Piece]

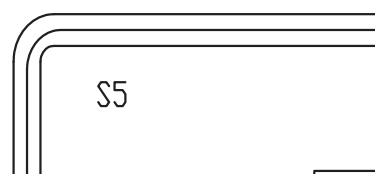


#17 Spring Knob
(M16x22 mm) [1 Piece]



#18 Knob (M8x15 mm)
[1 Piece]

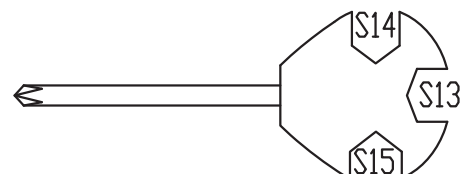
Tool

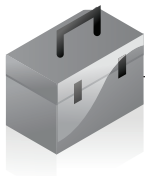


S5



S6





Parts Listing

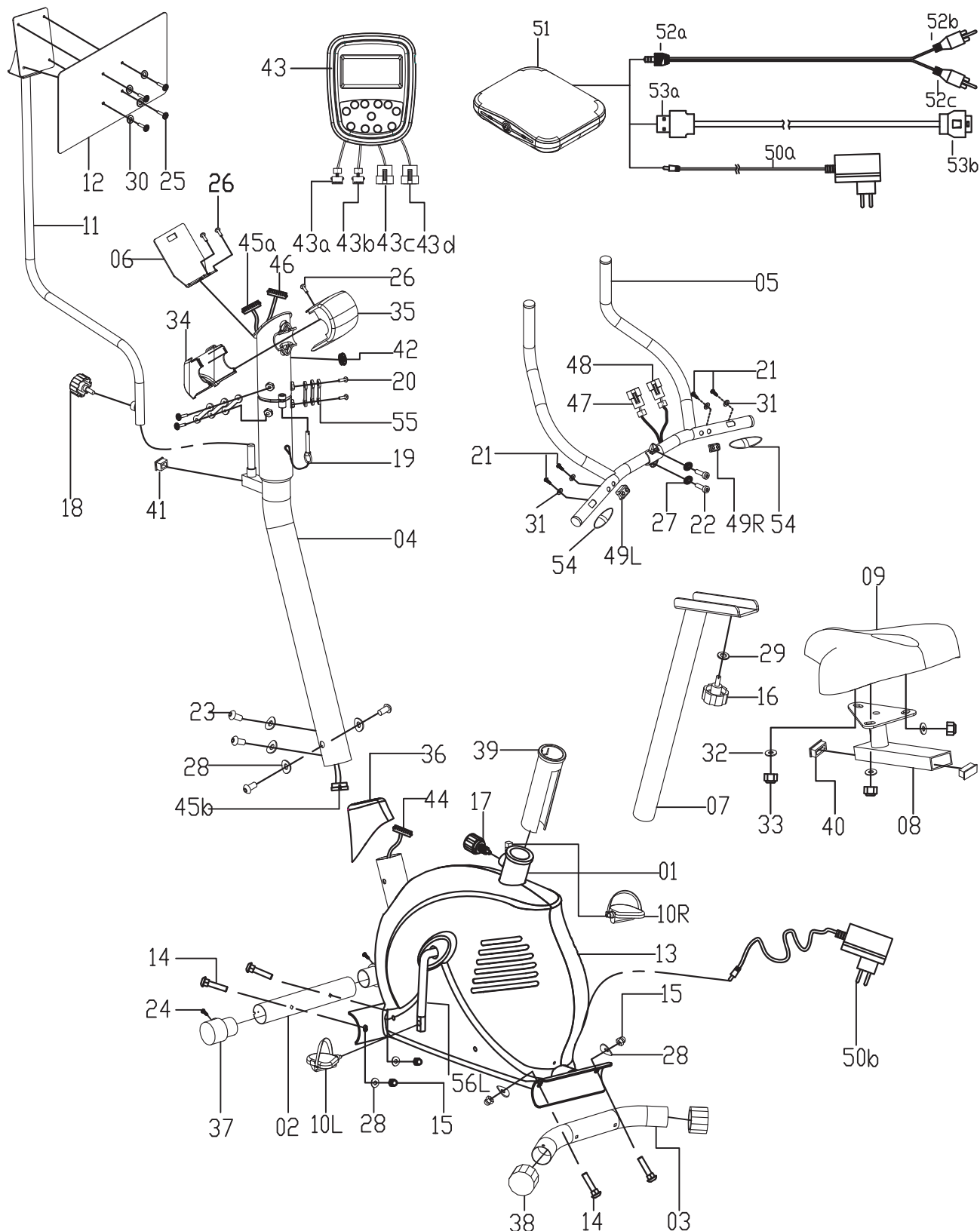
The following parts list describes all of the parts illustrated on the exploded diagram on the following page. Please note, most of these parts are already pre-assembled on your unit.

#	Description	#	Description
01	Main Frame	33	Nut (M8)
02	Front Stabilizer	34	Handle Bar Cover (Lower)
03	Rear Stabilizer	35	Handle Bar Cover (Upper)
04	Center Post	36	Center Post Cover
05	Handle Bar	37	End Cap for Front Stabilizer
06	Monitor Support Bracket	38	End Cap for Rear Stabilizer
07	Seat Post	39	Bushing
08	Horizontal Seat Bar	40	Rectangular End Cap (40x20 mm)
09	Seat	41	Square End Cap (20 mm)
10L	Pedal (Left)	42	Round End Cap
10R	Pedal (Right)	43	Monitor
11	Poster Support	43a	Left Handle Pulse Wire (Upper)
12	Poster Board	43b	Right Handle Pulse Wire (Upper)
13	Shroud	43c	Main Sensor Wire (Upper)
14	Carriage Bolt (M8x73 mm)	43d	Handle Sensor Wire (Upper)
15	Lock Nut (M8)	44	Main Sensor Wire (Lower)
16	Knob (M8x20 mm)	45a/b	Main Sensor Wire (Middle)
17	Spring Knob (M16x22 mm)	46	Handle Sensor Wire (Lower)
18	Knob (M8x15 mm)	47	Left Handle Pulse Wire (Lower)
19	Lock Pin	48	Right Handle Pulse Wire (Lower)
20	Screw (M5)	49L	Left Handle Bar Button
21	Screw (ST4)	49R	Right Handle Bar Button
22	Screw (M8x25 mm)	50a	AC Adapter for Wireless Box (DC 6V, 1000mA)
23	Screw (M8x16 mm)	50b	AC Adapter for Bike (DC 8V, 1000mA)
24	Screw (ST3)	51	Wireless Box
25	Screw (M5x10 mm)	52a	AV Cable (Upper)
26	Screw (M5x16 mm)	52b	Audio Cable (Lower)-White
27	Spring Washer (M8)	52c	Video Cable (Lower)-Yellow
28	Arc Washer (M8)	53a	USB Cable (Upper)
29	Washer (M8,OD20)	53b	USB Cable (Lower)
30	Washer (M5)	54	Pulse Sensor
31	Washer (M6)	55	Resistance Band
32	Washer (M8,OD16)	56L	Crank (Left)
		56R	Crank (Right)



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

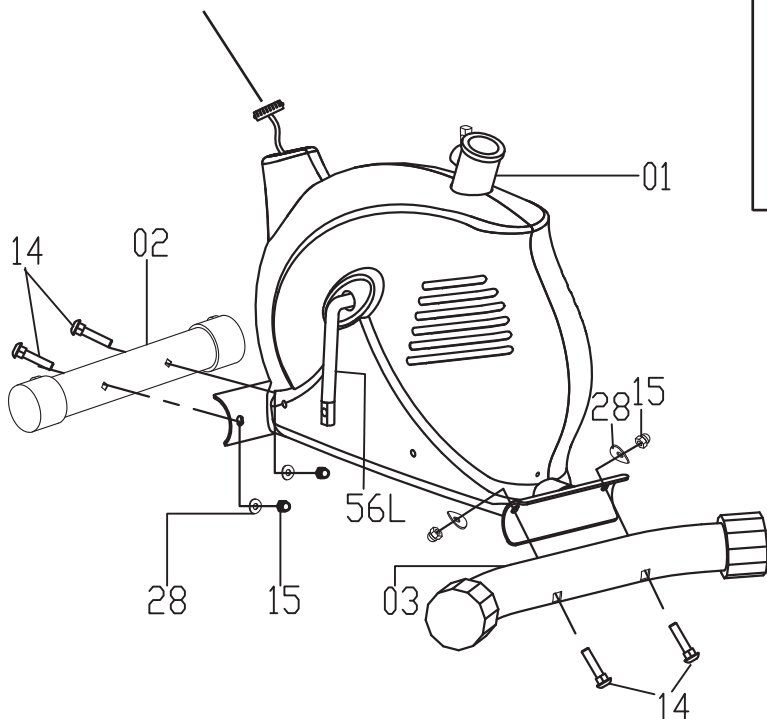
Assembly Step 1

Front & Rear Stabilizer Assembly

With the help of an assistant, attach the **Front Stabilizer (#02)** to bracket at the front of **Main Frame (#01)**. Insert two **Carriage Bolts (#14)** through the **Front Stabilizer (#02)** followed by the front **Main Frame (#01)**. Secure them together using two **Arc Washers (#28)** and two **Lock Nuts (#15)**. Now attach the **Rear Stabilizer (#03)** to the bracket at rear of **Main Frame (#01)**. Insert two **Carriage Bolts (#14)** through the **Rear Stabilizer (#03)** followed by the rear **Main Frame (#01)**. Secure them together using two **Arc Washers (#28)** and two **Lock Nuts (#15)**.

NOTE: The **Front Stabilizer (#02)** has wheels on the end caps that spin for ease of relocating and transporting the unit. The **Rear Stabilizer (#03)** has height adjustable end caps for leveling of the unit.

Make sure the wire is hanging out before proceeding to the next step. If it has fallen inside the tube, use a bent wire to "fish" them out.



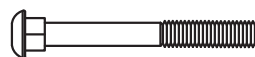
Assembly Step 2

Seat Assembly

Remove the three **Washers (#32)** and three **Nuts (#33)** that are pre-installed on the **Seat (#09)** as illustrated and set them aside. Align the holes of the **Seat (#09)** to the **Horizontal Seat Bar (#08)** as shown in the diagram. Next, secure them together using three **Washers (#32)** and three **Nuts (#33)** that were previously removed.

Hardware & Tool Required

Bolt



#14 Carriage Bolt (M8x73 mm) [4 Pieces]

Washer



#28 Arc Washer (M8)
[4 Pieces]



#32 Washer (M8, OD16)
[3 Pieces]

Nut

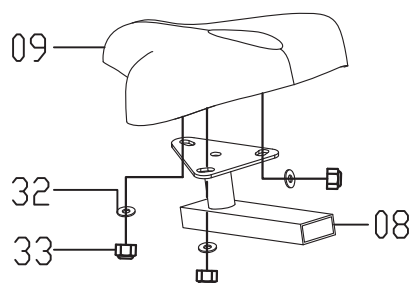
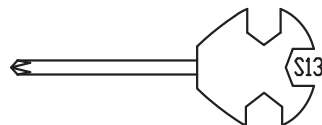


#15 Lock Nut (M8) [4 Pieces]



#33 Nut (M8)
[3 Pieces]

Tool





Assembly Instructions

Assembly Step 3

Seat Post Assembly

A.) Slide the **Horizontal Seat Bar (#08)** onto the **Seat Post (#07)** with the single point of the **Seat (#09)** pointing toward the front of the unit as shown in the diagram. Secure by screwing the **Knob (#16)** through one **Washer (#29)**, the **Seat Post (#07)**, then the **Horizontal Seat Bar (#08)**. This knob can be loosened to adjust the distance of the seat from the handle bars. Please tighten the knob after making an adjustment, but do not over tighten the knob.

B.) If the **Seat Post (#07)** is not already pre-assembled, please insert the **Seat Post (#07)** into the mouth of the post that is protruding from the top of the **Main Frame (#01)**. Please ensure that the hole on the **Seat Post (#07)** is facing the same side as the **Knob (#17)** so it can be aligned with the corresponding hole on the **Main Frame (#01)**. Screw in the **Spring Knob (#17)** through the **Main Frame (#01)** post and through any hole located on the **Seat Post (#07)**. Please refer to illustration.

To use the safety-featured **Spring Knob (#17)**, use one hand to hold the **Seat (#09)** to prevent sudden slipping and the other hand to loosen the knob by turning it counter-clockwise three times as you pull it outward. Adjust the seat height to your liking and then pop the knob back in. Then, tighten the knob by turning it clockwise. Please do not over-tighten.

Pedal Assembly

Screw the **Pedal [Left](#10L)** to the **Crank [Left] (#56L)** by turning the bolt head on the **Pedal [Left](#10L)** COUNTER-CLOCKWISE.

Screw the **Pedal [Right](#10R)** to the **Crank [Right] (#56R)** by turning the bolt head on the **Pedal [Right](#10R)** CLOCKWISE.

Hardware & Tool Required

Washer

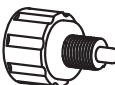


#29 Washer (M8, OD20) [1 Piece]

Knob

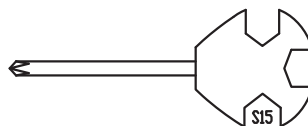


#16 Knob (M8x20 mm) [1 Piece]



#17 Spring Knob (M16x22 mm) [1 Piece]

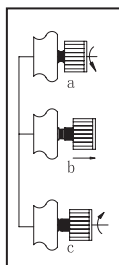
Tool



WARNING

Do not remove the **Seat (#09)** for any reason after you have installed it. Exercising on this unit without the **Seat (#09)** can result in **SERIOUS INJURY**. Ensure the seat is locked in place by tightening the two knobs prior to use.

Spring Knob Operation



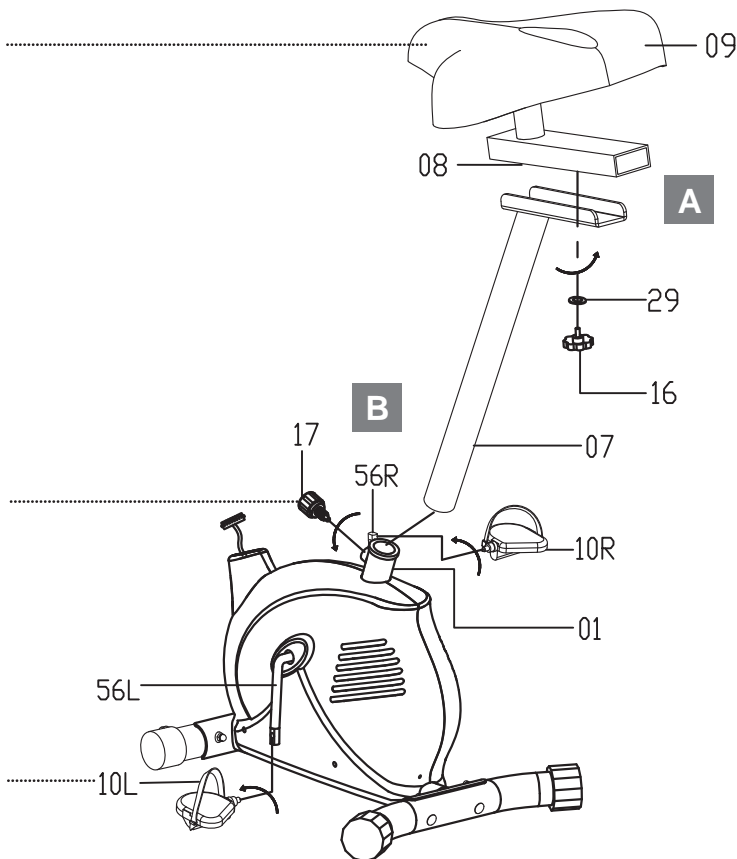
Turn knob counter-clockwise three times.

Pull knob outward and adjust seat simultaneously

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

NOTE:

If labels designating the Left/Right Pedal are not present, please check pedals closely for embossed "L" / "R" letter marks. These will be "L" / "R" letters that are raised on the pedal material.





Assembly Instructions

Assembly Step 4

Wire Connection

Remove the **Center Post Cover (#36)** from packaging and slide the **Center Post Cover (#36)** onto and up the **Center Post (#04)** for now. Then, connect the **Main Sensor Wire [Middle] (#45b)** to the **Main Sensor Wire [Lower] (#44)**.

Center Post Assembly

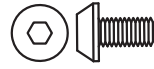
Slide the **Center Post (#04)** onto the **Main Frame (#01)** and secure it using a total of four **Arc Washers (#28)** and four **Screws (#23)**.

Center Post Cover

Then, slide down the **Center Post Cover (#36)**. You may need to rotate it so it fits properly and snugly over the **Main Frame (#01)**. Please refer to positioning of the **Center Post Cover (#36)** in the diagram below.

Hardware & Tool Required

Bolt



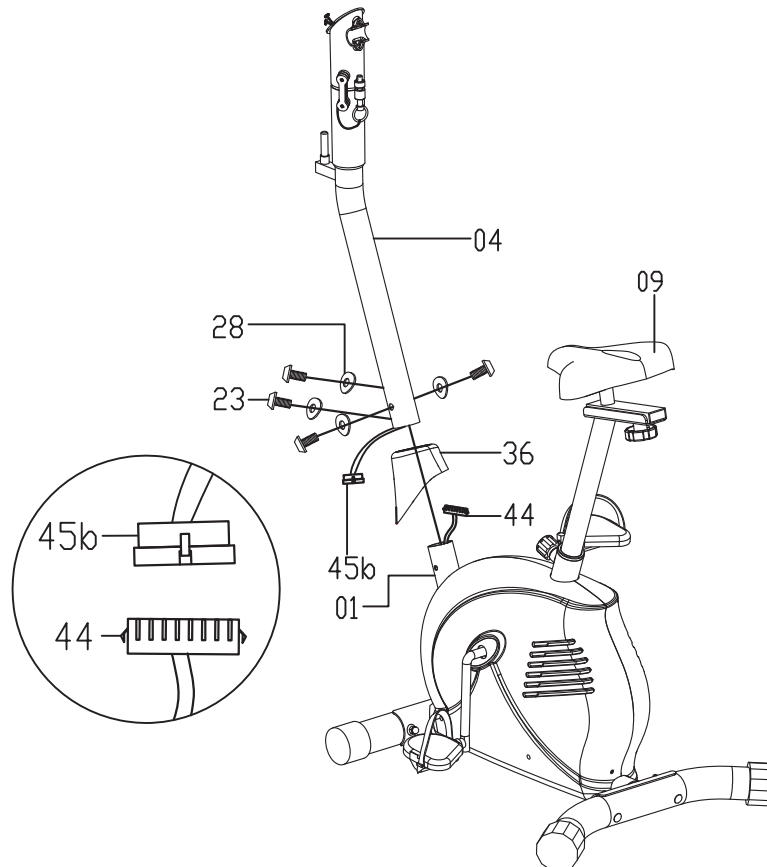
#23 Screw (M8x16 mm)
[4 Pieces]

Washer



#28 Arc Washer (M8)
[4 Pieces]

Tool





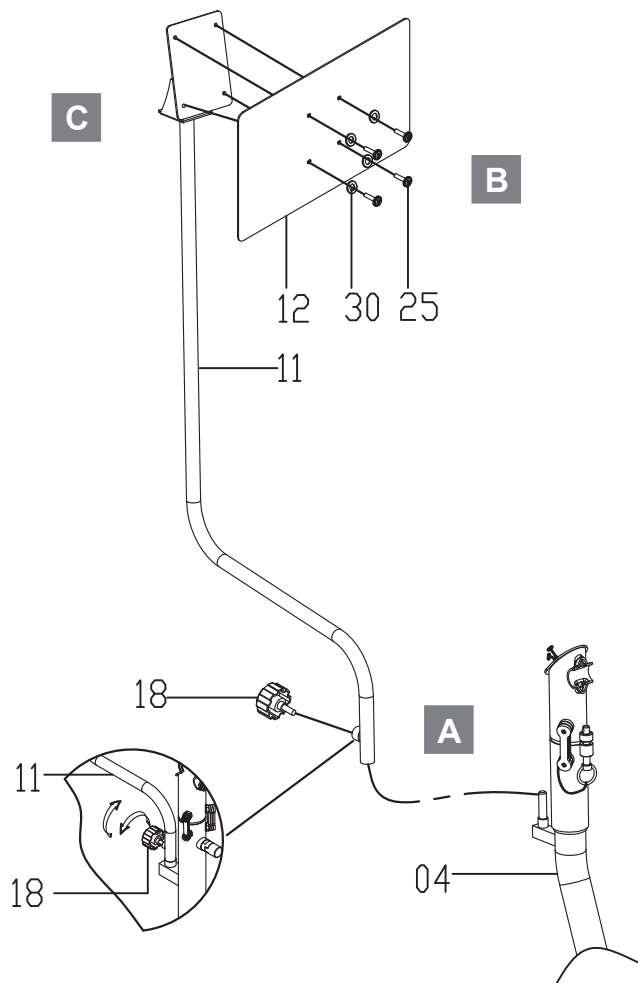
Assembly Instructions

Assembly Step 5

A. Place the **Poster Support (#11)** onto the corresponding stem protruding from the **Center Post (#04)**. Secure in place using the **Knob (#18)** and tighten in place. You can adjust the **Poster Support (#11)** location to your preference by securing at the preferred angle.

B. Affix the **Poster Board (#12)** onto the plate of the **Poster Support (#11)** using four **Washers (#30)** and four **Screws (#25)**.

C. The **Poster Board (#12)** and **Poster Support (#11)** are intended to provide an easy-to-access guide to highlight the key features and functions of the Game Rider. We suggest placing the **Poster Board (#12)** at a 45 degree angle to the user on either the right or left side.



Assembly Step 6

Pulse Handle Bar Assembly

Install the **Handle Bar (#05)** onto the inner side of the **Center Post (#04)** using two **Screws (#22)** and two **Spring Washers (#27)** as seen in diagram.

Hardware & Tool Required

Bolt



#22 Screw (M8x25 mm)
[2 Pieces]



#25 Screw (M5x10 mm)
[4 Pieces]

Washer

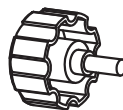


#27 Spring Washer (M8)
[2 Pieces]



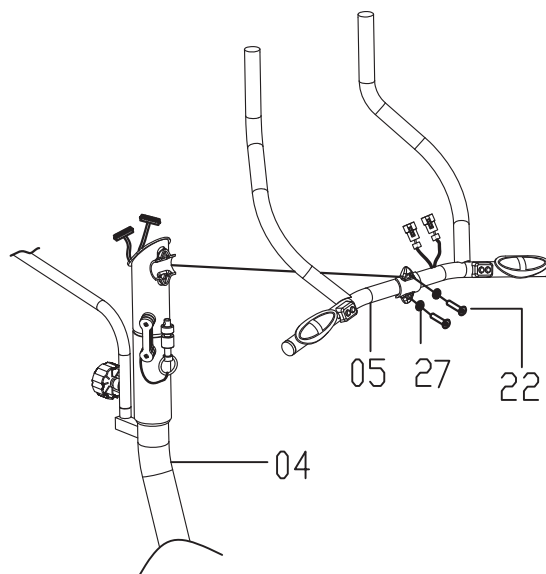
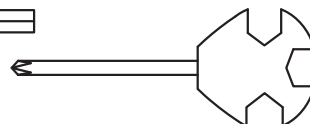
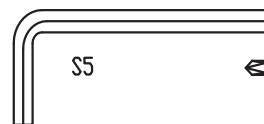
#30 Washer (M5)
[4 Pieces]

Knob



#18 Knob (M8x15 mm) [1 Piece]

Tool



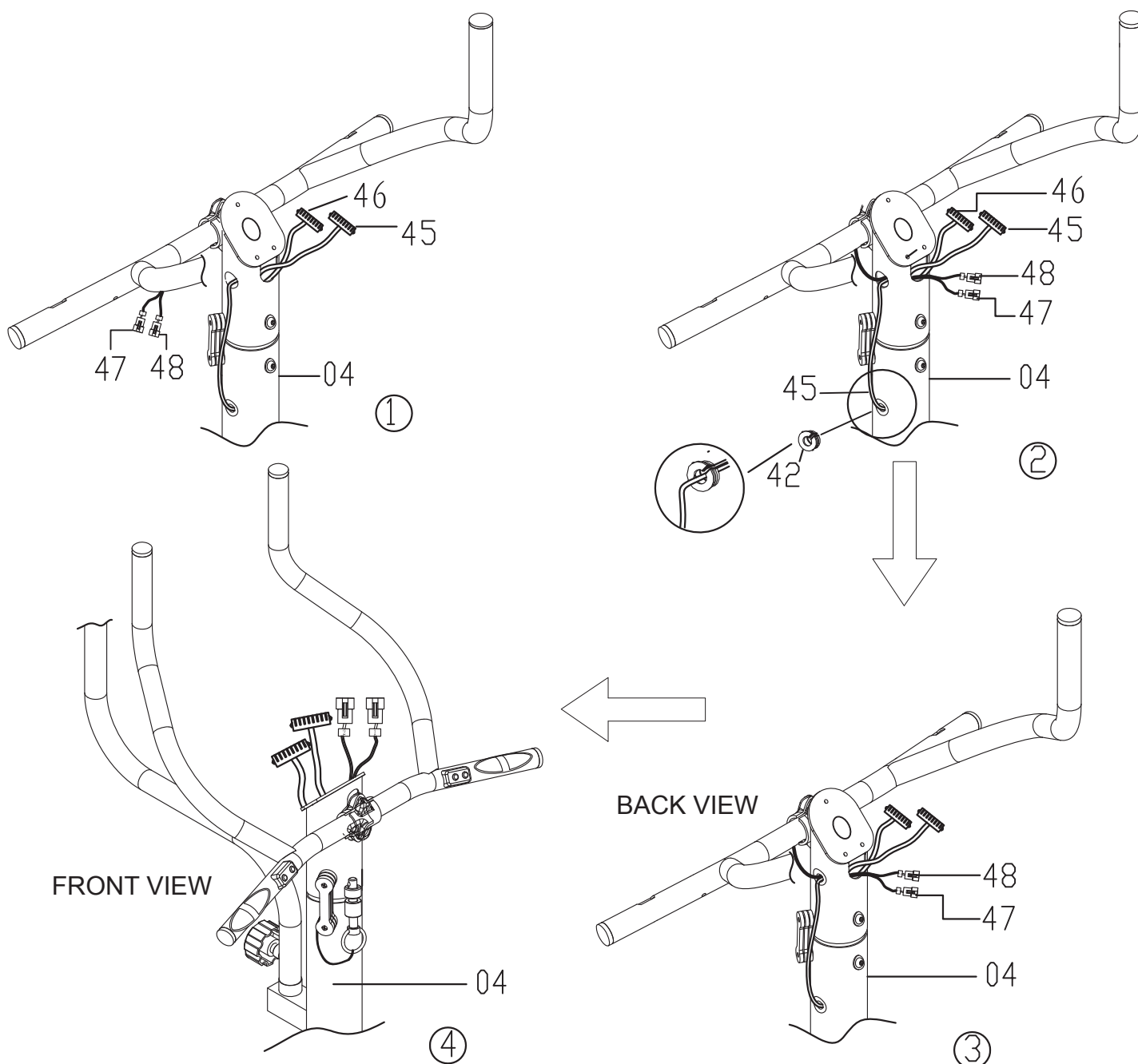


Assembly Instructions

Assembly Step 7

Feed the **Left Handle Pulse Wire (#47)** and the **Right Handle Pulse Wire (#48)** through the side hole in the neck of the **Center Post (#04)** and through the front hole of the **Center Post (#04)** as directed by the arrow in diagram No. 1. You will need to connect these wires to the **Monitor (#43)** in later assembly step. Please also ensure that **Handle Sensor Wire [Lower] (#46)** and **Main Sensor Wire [Middle] (#45)** are fed through the same hole as shown in diagram No. 2. Please refer to diagram No. 3 and No. 4 to confirm proper assembly.

The **Round End Cap (#42)** is installed to hold the **Left & Right Handle Pulse Wires (#47 & #48)** as seen in diagram No. 2. However, you may remove the **Round End Cap (#42)** so you can tuck in the wires more if there is too much give, or you do not want the wire to hang out so much. If you remove the **Round End Cap (#42)**, please remember to snap it back in place to hold all the wires in place.





Assembly Instructions

Assembly Step 8

Align the holes of the **Monitor Support Bracket (#06)** with the holes on the **Center Post (#04)** as shown in the diagram. Please ensure that the wires are free and clear from the bracket. Then, secure the **Monitor Support Bracket (#06)** using two **Screws (#26)**. Wires will fall freely in this step. You do not and should not need to feed wires through the **Monitor Support Bracket (#26)**.

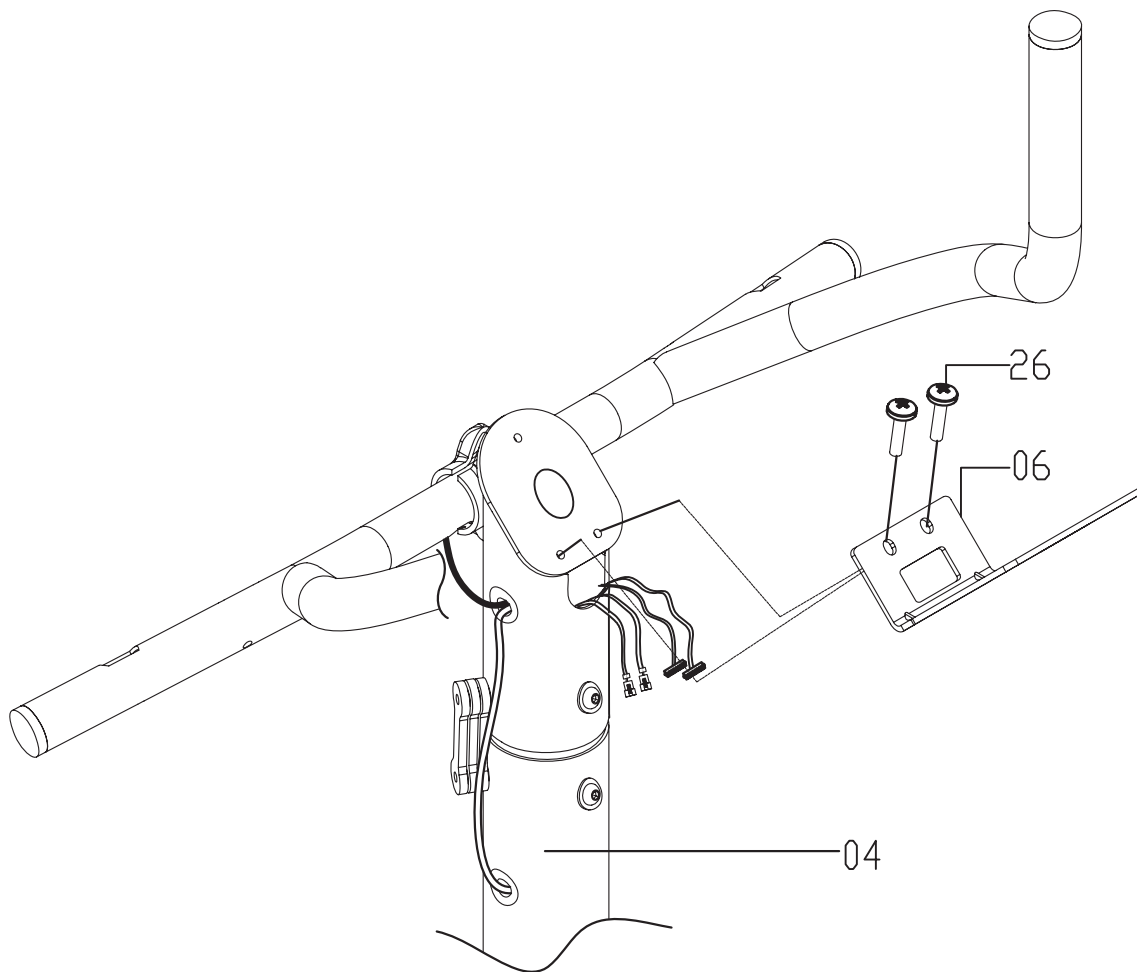
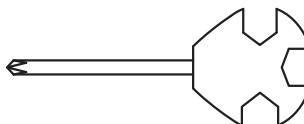
Hardware & Tool Required

Bolt



#26 Screw (M5x16 mm) [2 Pieces]

Tool





Assembly Instructions

Assembly Step 9

A. Please ensure that the cables connected to the **Monitor (#43)** are within the track of the backside so they do not get pinched or damaged during this next process (please see diagram). Slide the track of the **Monitor (#43)** halfway onto the **Monitor Support Bracket (#06)**, tuck the **Wires (#43a/b/c/d)** on the **Monitor (#43)** through Hole A (diagram No. 6), then slide the **Monitor (#43)** onto the rest of the track until the monitor locks in place.

Please note: if you need to remove the **Monitor (#43)**, press and hold down the tab on the back of the **Monitor (#43)** to unlock, slide, then release the tab.

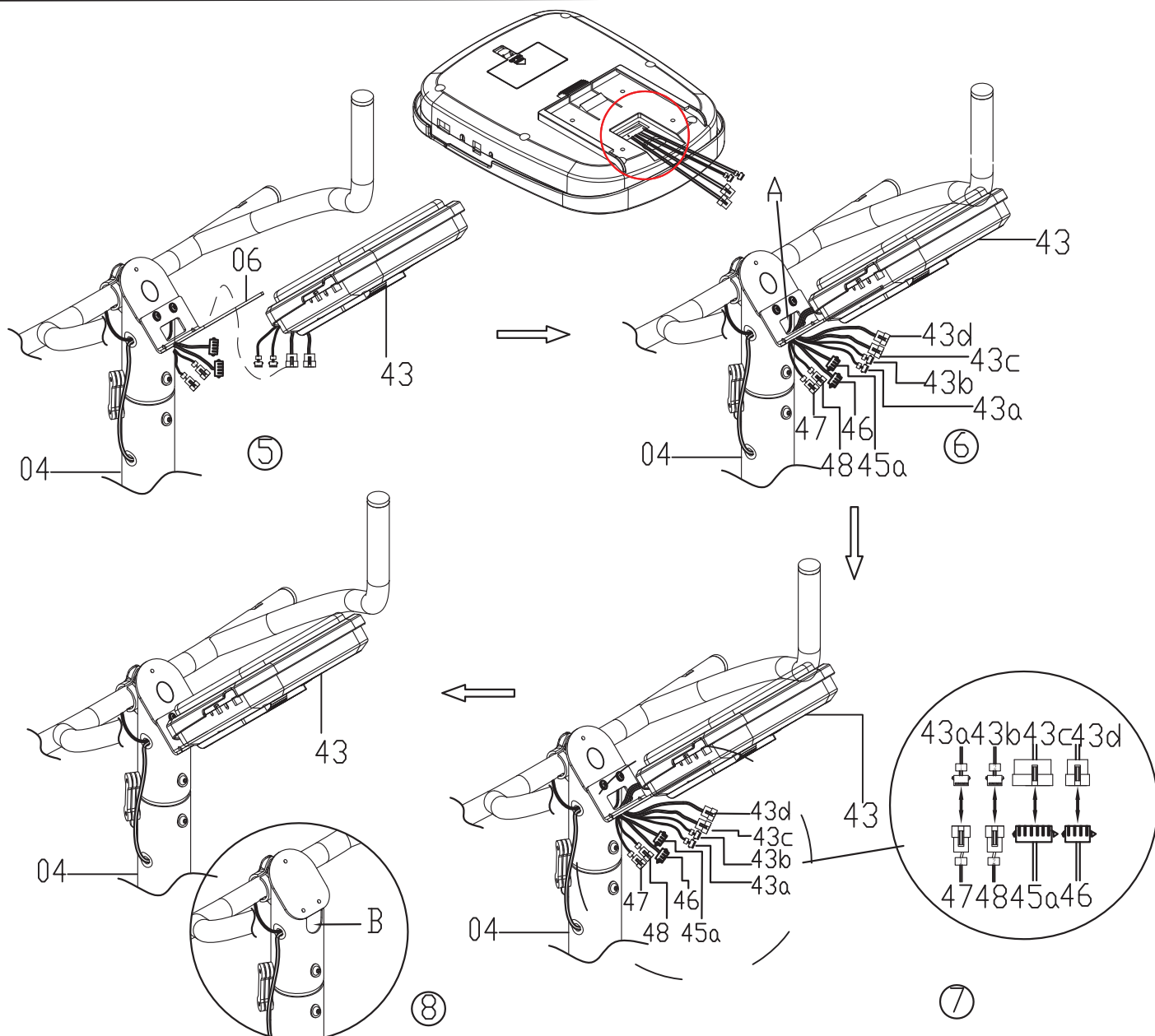
B. Now, connect the corresponding cables as shown in diagram No. 7:

- 43a to 47
 - 43b to 48
- } -Please connect designated wires to matching numbers (i.e. "1" to "1"; "2" to "2").

- 43c to 45a
 - 43d to 46
- NOTE:** Wires do not require excessive force to connect; please use care when connecting.

C. Then, carefully place and tuck all the connected cables into Hole B as shown in diagram No. 8.

- Please note: 1.) there is room for you to tuck the cables upward and downward in the hollow area of the **Center Post (#04)**
 2.) use care when tucking in cables to avoid injury to your fingers and hands





Assembly Instructions

Assembly Step 10

Place the **Handle Bar Cover [Upper] (#35)** over the inner side of the **Center Post (#04)**. Please ensure proper alignment as shown in the diagram. Next, connect the **Handle Bar Cover [Lower] (#34)** to the **Handle Bar Cover [Upper] (#35)**. The two covers should fit snugly in place. Secure with one **Screw (#26)** through the top of the **Handle Bar Cover [Upper] (#35)**.

The **Handle Bar Cover [Lower] (#34)** has a small indent for the **Main Sensor Wire [Middle] (#45)** to tuck into so that it does not get pinched or damaged when connecting the covers. Please see "VIEW FROM BOTTOM" diagram below for your reference.

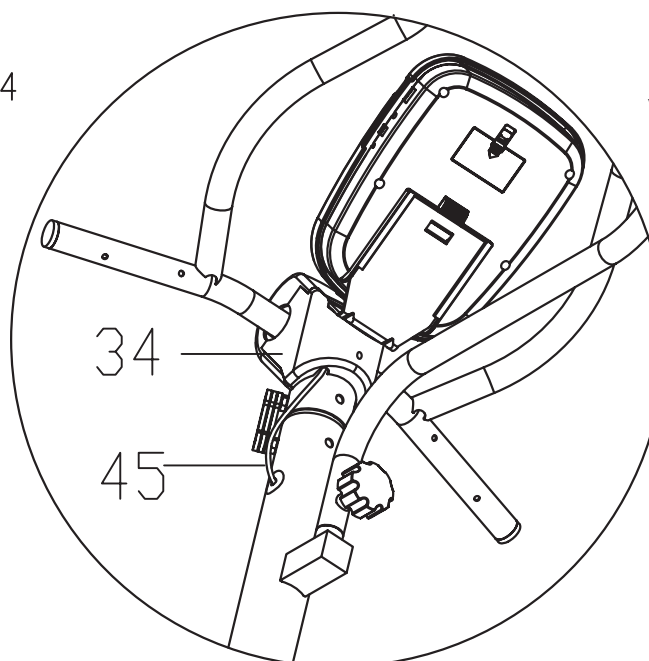
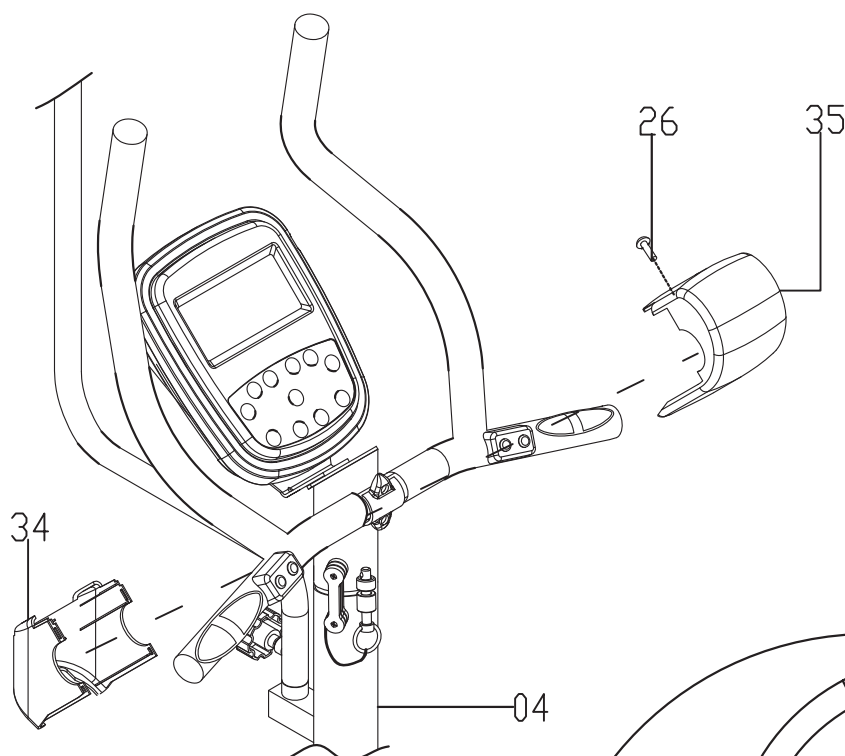
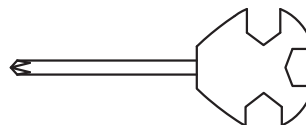
Hardware & Tool Required

Bolt



#26 Screw (M5x16 mm) [1 Piece]

Tool



VIEW FROM
BOTTOM



Assembly Instructions

Assembly Step 11

Resistance Bands Installation

The **Resistance Bands (#55)** add a realistic feel to the interactive game mode and an extra boost of fitness workout to your arms and upper body. Increasing the number of bands increases the handlebar resistance for a more engaging workout, while decreasing the number of bands decreases the handlebar resistance and requires less strength to maneuver.

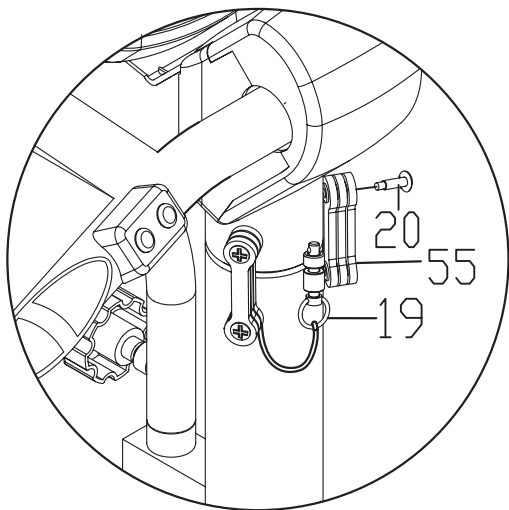
There are (3) three **Resistance Bands (#55)** on each side pre-installed on the unit (along with the **Lock Pin (#19)**). This is the maximum handlebar resistance you can use on your Game Rider.

To Reduce Resistance:

- 1.Reducing the number of bands reduces the handlebar resistance.
- 2.You need only remove the top of the **Resistance Band (#55)**. It is not necessary for you to remove the bottom portion of the band in order to lessen the tension, and will also prevent the **Resistance Band (#55)** from getting lost if not in use.
- 3.Please ensure both the left and right sides have the same number of **Resistance Bands (#55)** for balanced handlebar resistance.
- 4.How To Remove The (Top of the) Resistance Band:

Method A

Unscrew the upper Screw (#20) only, slip off the upper hole of the **Resistance Band (#55)**, then screw back the upper Screw (#20) to its corresponding hole. Please do not adjust the lower screw or lower portion of the band (see above "2."). Please ensure the **Screw (#20)** is secure, but do not over-tighten.



Method A

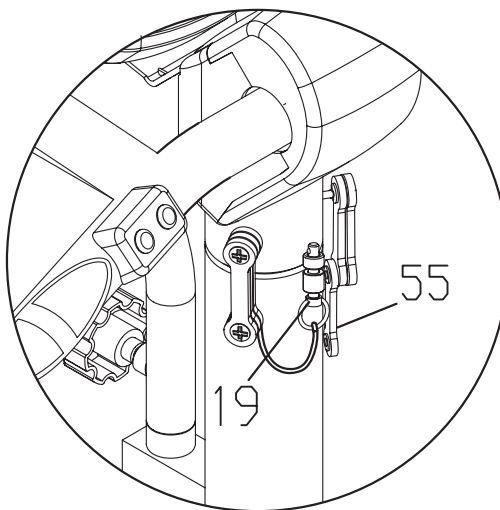


To Increase Resistance:

- 1.Increasing the number of bands increases the handlebar resistance.
- 2.If you have lessened resistance, you may increase the resistance again to a maximum of 3 **Resistance Bands (#55)**. Please follow the proper "To Reduce Resistance" instructions above when decreasing resistance. You should only need to 'add' the top portion of the **Resistance Band (#55)** back to the original position if these instructions were previously followed.
- 3.Please ensure both the left and right sides have the same number of **Resistance Bands (#55)** for balanced handlebar resistance.
- 4.How To Add The (Top of the) Resistance Band:

Method A

Unscrew the upper Screw (#20) only, slip on the upper hole of the **Resistance Band (#55)** onto the **Screw (#20)**, then screw back the upper Screw (#20) to its corresponding hole. Please do not adjust the lower screw or lower portion of the band (see above "2."). Please ensure the **Screw (#20)** is secure, but do not over-tighten.



Method B

Remove the band from the upper Screw (#20) by pulling downward and stretching the upper hole of the **Resistance Band (#55)** to create an initial opening. Use this opening to stretch the hole of the band to fit around, over, and off the **Screw (#20)**. The **Resistance Band (#55)** should now 'pivot' from the lower **Screw (#20)**. Please do not adjust the lower screw or lower portion of the band (see above "2.").

Method B

Add the band to the upper Screw (#20) by placing the upper hole of the **Resistance Band (#55)** onto the upper **Screw (#20)** and stretch it downward to create an initial opening. Use this opening to stretch the hole of the band to fit around, over, and onto the **Screw (#20)**. Please do not adjust the lower screw or lower portion of the band (see above "2.").

NOTE: If using Method B, you will be adding/reducing **Resistance Bands (#55)** from the outermost edges first.



Assembly Instructions

Assembly Step 12

Lock Pin

The **Lock Pin (#19)** allows you to switch the handlebar between fitness bike mode (stationary handlebar) and interactive game mode (range of motion handlebar).

A. To keep the handle bar stationary:

Align the locking holes and insert the **Lock Pin (#19)** through the lower hole first followed by the upper hole as shown in the diagram.

B. To allow range of motion in the handle bar:

Slowly pull the **Lock Pin (#19)** downward, removing it from the two locking holes.

You may store the **Lock Pin (#19)** by leaving it the lower Lock Pin hole, or, leave the cord to hang.

AC Adapter

Plug in the **AC Adapter for Bike (DC 8V, 1000mA)(#50b)** male plug into the rear female socket located on the back of the unit **Shroud (#13)**.

NOTE: Your assembly and installation of the bike itself is now complete. However, please continue reading the remaining sections of this manual in the pages following before you begin using the bike.

