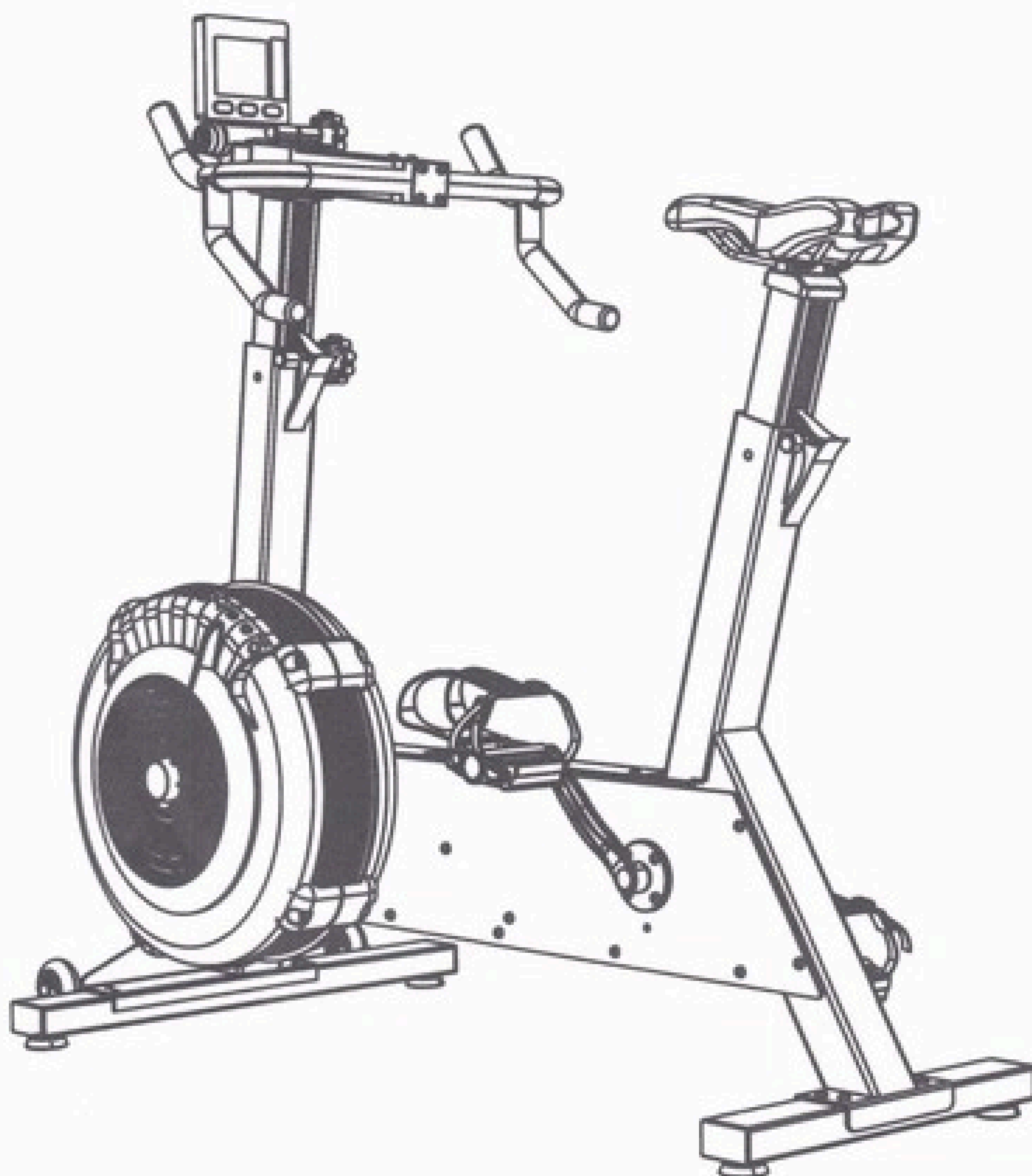


# IRONSIDE®

MANUAL DE USUARIO



**ERGO BIKE**

A010910110001

It is the sole responsibility of the buyer to read the owner's manual and warning labels and to instruct all users on the proper use of the equipment. It is important to fully understand each warning. It is recommended that all users be informed of the following information before using the equipment.

## HEALTH WARNINGS

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- Before starting any exercise or fitness program, you should consult your doctor to determine if you need a complete physical examination. This is especially important if you are inactive, pregnant, or have any underlying medical conditions.
- If at any point during the exercise you feel weak, dizzy, or experience pain, stop the exercise immediately and consult your doctor.

To prevent muscle pain and tension, start each workout with stretching and warm-up exercises, and finish each session by cooling down and stretching.

## INSTALLATION

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It is recommended that the entire team:

- Ensure it is secured or installed on a solid, level surface to stabilize it and prevent movement or tipping during training.
- Install it in a place with sufficient ventilation to ensure proper operation.
- Position yourself with enough space around you so that all the exercises can be performed safely.
- It is recommended that there be at least 1 meter of space around the equipment in areas where access is required for exercise.

## PROPER USE

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Before using this equipment, please read and follow the following safety instructions. Thank you!

- Assemble the equipment following the assembly instructions.
- Be careful and use the appropriate tools for assembly. Ask for help if you encounter any problems.
- Do not use corrosive cleaners to clean it.
- Wear appropriate clothing and footwear for exercise to avoid accidents.
- If you notice damage to small parts, stop using the equipment immediately and contact the company or agency where you purchased it to arrange for a replacement. Install the new parts correctly and make sure that the connections and moving parts are properly secured to prevent hazards during use.
- Parents or other supervising adults should closely monitor children if the equipment is used in their presence.

## INSPECTION

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- Do not use or allow the use of any equipment that is damaged or has worn or broken parts. For all Ironside equipment, use only replacement parts supplied by Ironside.
- Always make sure that all nuts and bolts are properly tightened before each use.
- Keep the labels and identification plates; do not remove them for any reason, as they contain important information.
- Equipment maintenance: Preventive maintenance is key to optimal equipment performance. Be sure to follow our maintenance tips to ensure the continued proper functioning of your Ironside equipment.
- Before each use, examine all accessories approved for use with the Ironside equipment for damage or wear.
- If your Ironside equipment appears damaged or worn, do not attempt to use or repair it yourself.

## USAGE WARNINGS

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- It is the buyer's responsibility to instruct all users on the correct operating procedures for all Ironside equipment.
- Keep children away from all moving parts. Parents should closely supervise children if the equipment is being used in their presence.
- Do not wear loose clothing or jewelry when using the equipment. It is also recommended that users tie back long hair.
- Ensure that anyone not using the equipment stays away from the user, the accessories, and the moving parts while the machine is in operation.

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 KEEP THIS INSTRUCTION MANUAL FOR FUTURE USE AND REFERENCE.

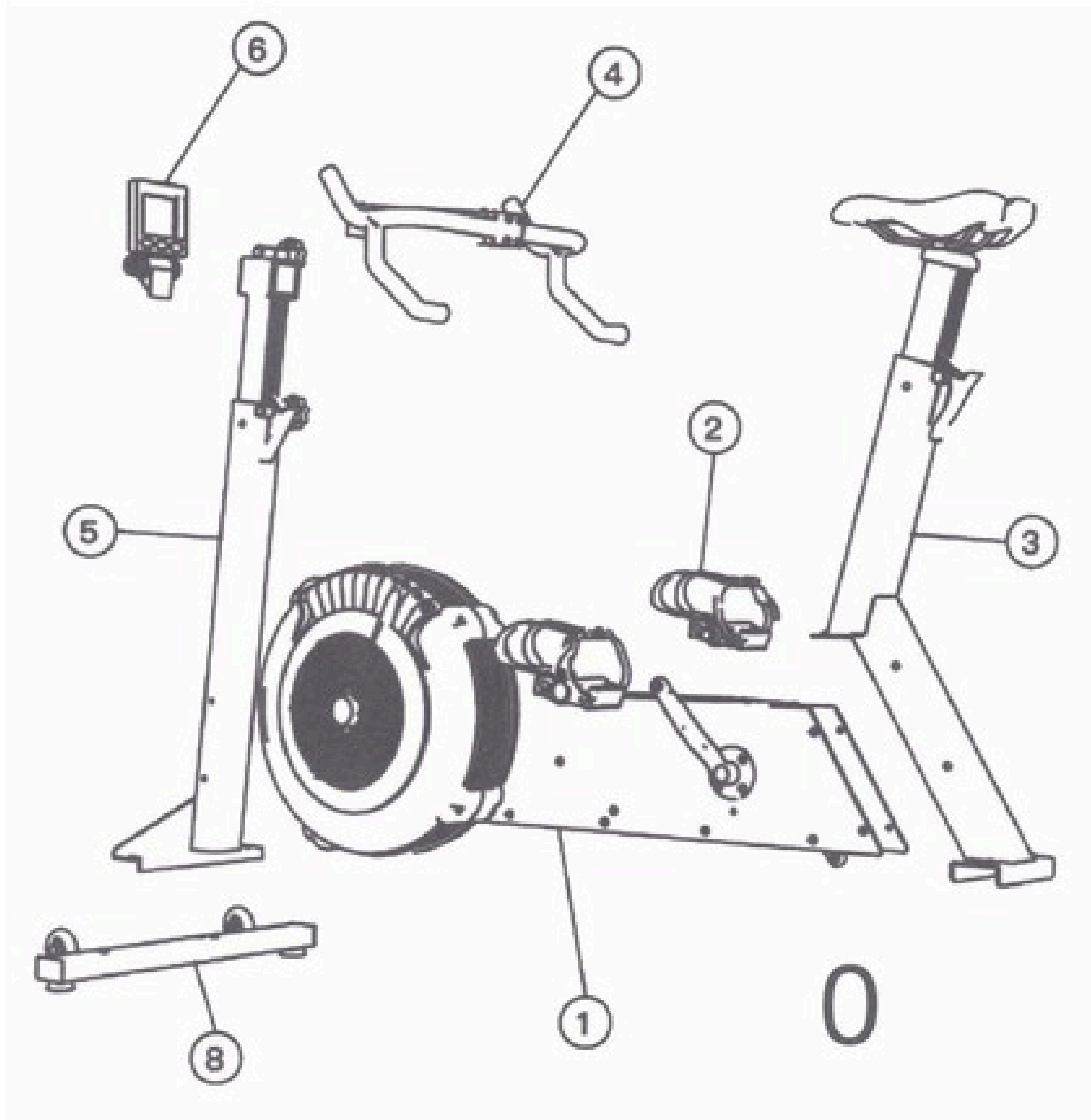
Instructions for safe use.....	P2
Routine maintenance.....	P3
Packing List.....	P4
Accessories List.....	P5
Instructions for assembly.....	P6-7
Electronic watch operation instruction.....	P8-13

## INSTRUCTIONS FOR SAFE USE

The equipment is manufactured in accordance with the general safety use standards, but we still remind users to read the instruction manual completely before using the jurisdiction, especially the safety warning below

1. Children and pets must be kept away from the product at any time, do not let unattended children and product stay alone in a room;
2. Only one person can use the product at a time;
3. If the user has a headache, nausea, chest pain or other discomfort during training please stop training immediately and consult a doctor immediately
4. Place the product on a clean, level surface. Do not use near water or outdoors.
5. Keep hands and feet away from moving parts;
6. Wear suitable sports clothing during training. It is strictly forbidden to wear gowns and other loose clothing that are easily caught by the equipment. It is recommended to wear running shoes or other sports shoes
7. The product must be used in accordance with the use functions described in the instruction manual. Do not use other accessories or product features not recommended by the manufacturer to avoid injury.
8. There should be no obstructions or sharp objects around the product
9. Disabled persons are not allowed to use the product alone without the supervision of professionals and health consultants;
10. Reasonable warm-up and stretching exercises must be performed before each training;
11. Please select a suitable resistance for workout according to your physical fitness. It is recommended to use a gradual method;
12. Do not use the product under the circumstance of incomplete product functions;
13. It is recommended to have guardians during training;
14. Production execution standard: GB174987-2008 Rating: H

## PACKING LIST


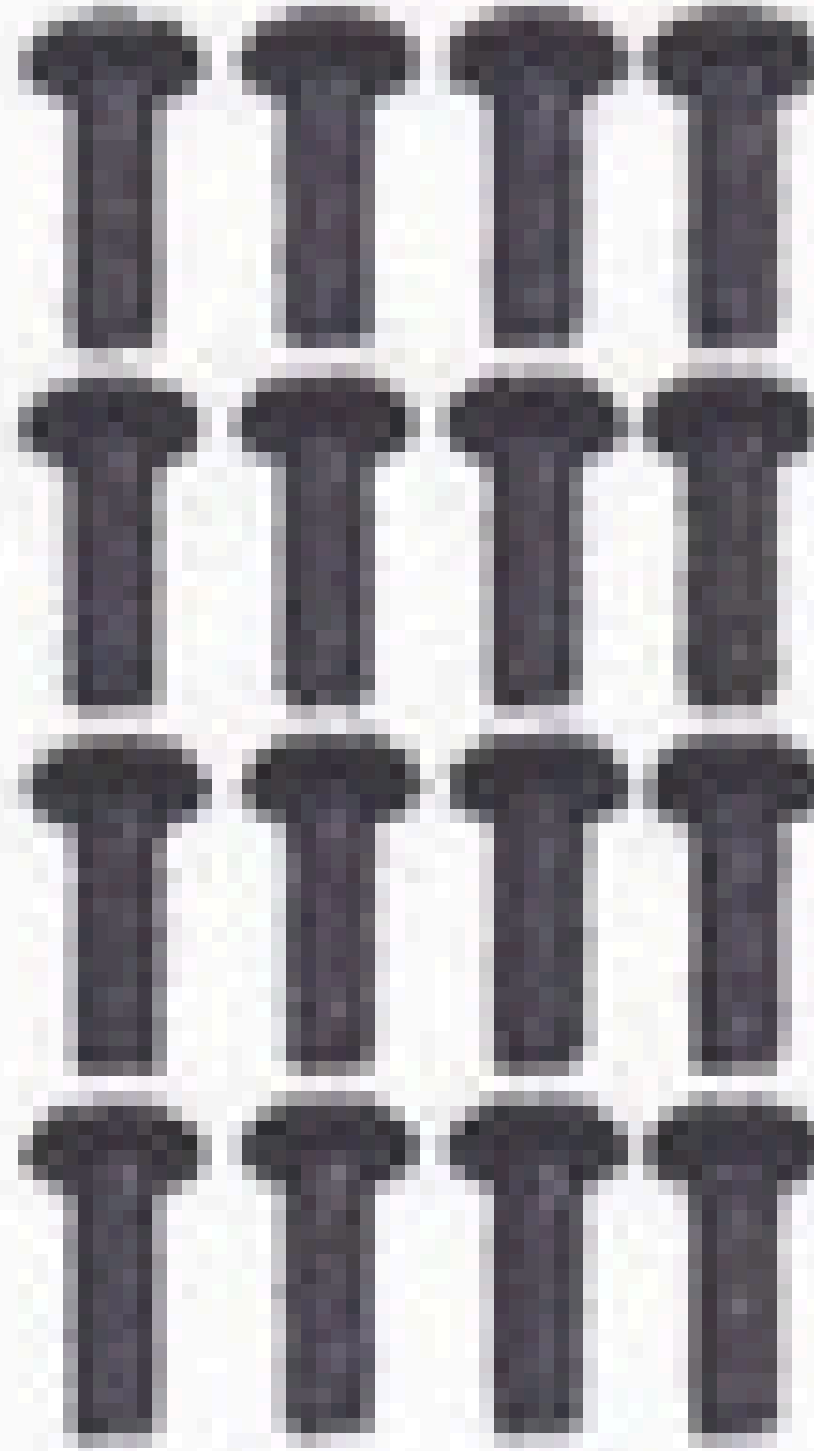

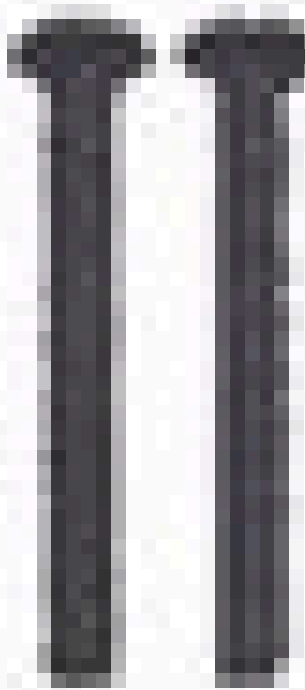

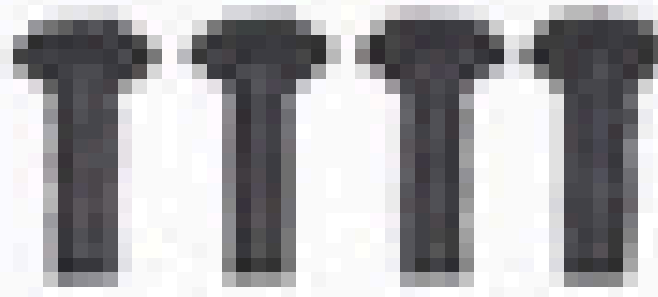

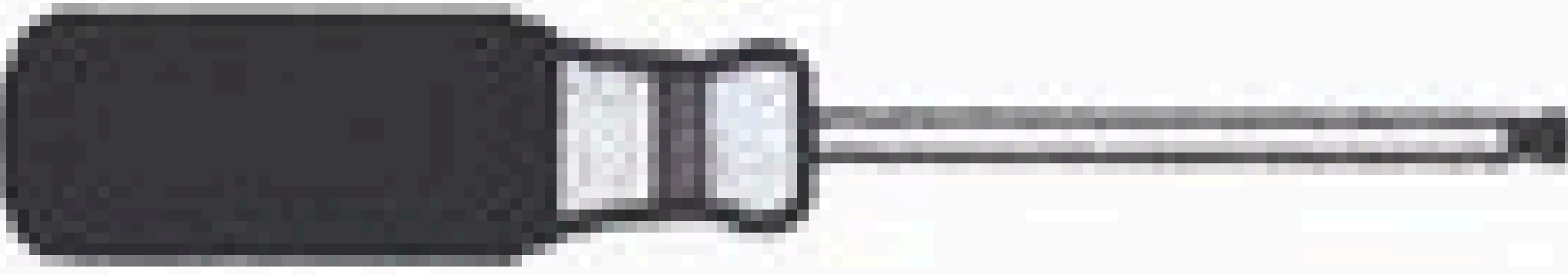

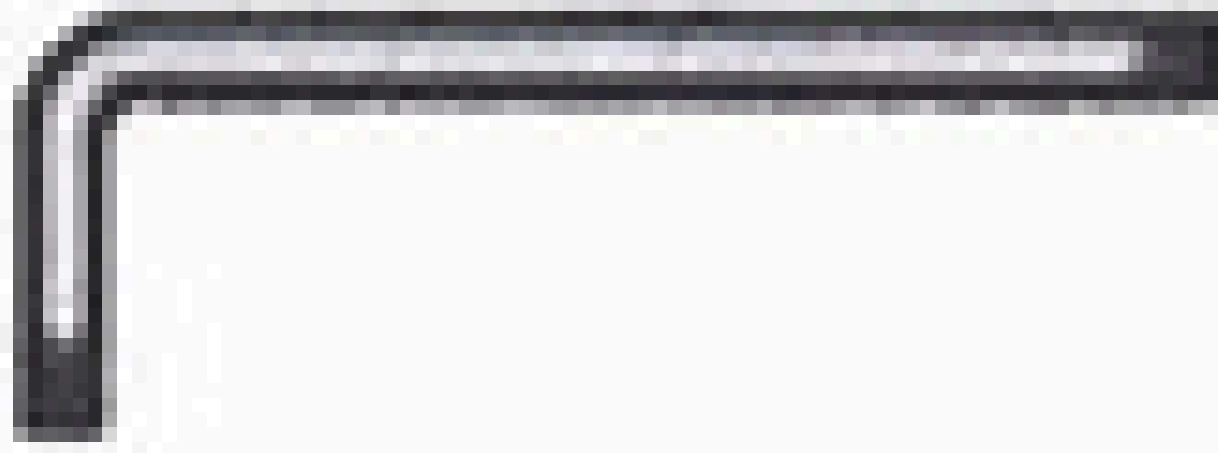


Serial number	name	Serial number	name
1	Box assembly	1	Column Assembly
2	Pedal	2	digital watch
3	Seatpost assembly	3	Rear bottom tube
4	armrest	4	Front bottom tube

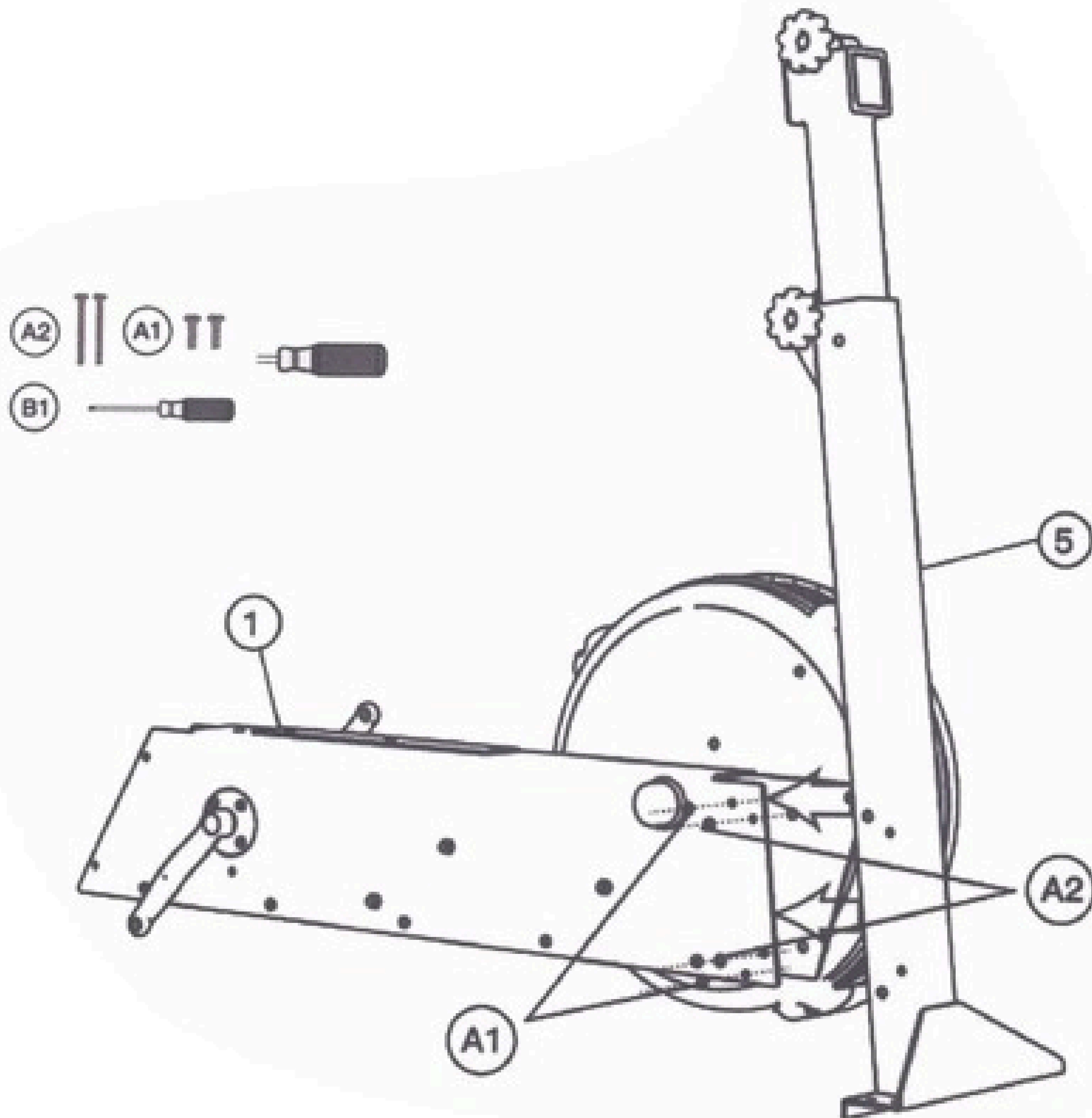
## ROUTINE MAINTENANCE

1. Regularly lubricate moving parts
2. Inspect and tighten all parts of the product before using it
3. Clean the product with a wet towel and a mild detergent. Do not use chemical solvents to clean

Warning: Please consult your health care provider before any training, especially those with health problems and users over 35 years old must read this manual carefully before using it. No responsibility for personal injury or property damage

PARTS PACKAGE	
	 <p>(16) 3/4" (1.9cm)*Cover plate Semicircular head bolt</p>
	 <p>(2) 3" (7.62cm) Semicircular head bolt</p>
	 <p>(4) 3/4" (1.9cm) Semicircular head bolt</p>
	 <p>6-lobe Driver</p>
	 <p>6 mm L-key</p>

First Step:  
Installation post assembly



Instructions for assembly steps

Assemble the column assembly ⑤ to the box assembly ①, with the triangular iron block facing down align with the hole position, use Hexagonal screwdriver B1 passes A1 round head screws through the lock

## ELECTRONIC WATCH OPERATION INSTRUCTIONS

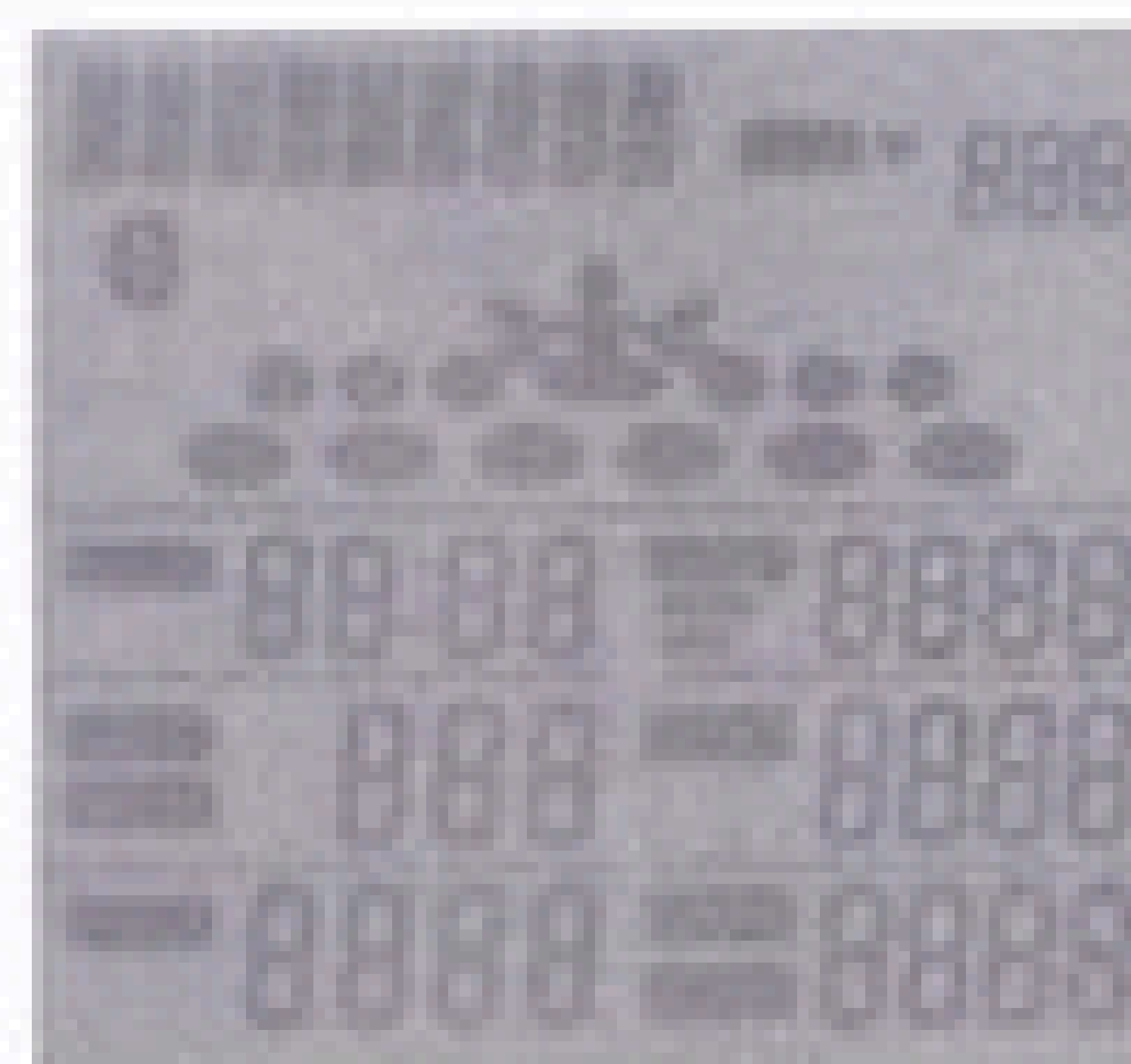
1	DiST distance	0~99 99	0~9999 ± 10K ±10M	Yes	Yes	<p>1.Count up when there is no setting</p> <p>2.Count down when set, ring to 10M when 0 (BEEP 4 BIBI)</p> <p>3.If no signal is input for minutes enter the standby screen</p>
2	CAL,calories	0~99 99	0~9999 (±10)	Yes	Yes	<p>1.When there is no setting,count up and count up.</p> <p>2. Count down when set,ring at 0(Beep 4 BIBI)</p> <p>3. If no signal is input for 4 minutes,enter the standby screen.</p>
3	SPM,Speed	0~99 99	NO	NO	Yes	<p>In the START state:</p> <p>a.There is a sensor signal input,and its value willbe displayed after 3 seconds</p> <p>b.After no sensor signal is input, the value returns to zero after 4.6 seconds.</p> <p>C.and WATT share the display window so it is displayed interactively every 5 seconds</p>
4	STROKES times	0~99 99	0~9999 (±10)	Yes	Yes	<p>ROWING SOROKES and TOTAL STROKES share the display window so it is displayed interactively every 5 seconds.</p>
5	TOTAL STROKES Total number of times	0~99 99	NO	Yes	NO	<p>Is the sum of STOKES</p>
6	WATT,Watt	0~99 99	NO	NO	NO	<p>a. When sensor signal is input for 3 seconds,the value is displayed.</p> <p>Without sensor signal,the value is reset to 4.6 seconds after input.</p> <p>b.The display window is shared with the SPM so it is displayed interactively every 5 seconds</p>
7	PULSE, heartbeat	P-30~ 230B PM	0-30~230 (±10)BPM	Yes	Yes	<p>a. When there is a pulse signal input,the time for displaying the initial value is 7.5 seconds (from the first PULSE).</p> <p>b.After no pulse signal is input,its value returns- to zero after 6 seconds</p> <p>c.Calculation method refer to Appendix I</p> <p>d. When higher than the set value,the value of the PULSE window blinks evesy second or PULSE OVER ALARM=2 ALARM/s BI-BI per second</p>

8	Manual Program					QUICK START when RPM signal is detected without entering any mode.
9	INTERVAL 20-10 Indirect movement 20-10					1. Intermittent exercise mode. 2.2. Exercise for 20 seconds and rest for 10 seconds.
10	INTERVAL 20-10 Indirect movement 20-10					1. Intermittent exercise mode 2.2. Exercise for 10 seconds and rest for 20 seconds
11	INTERVAL CUSTOM Custom indirect motion					1. Intermittent exercise mode. 2. The user can set exercise time and rest time
12	TARGET TIME					Exercise time by the user.
13	TARGET DISTANCE					The movement distance is set by the user.
14	TARGET CALORIES					The user sets CALORIES.
15	TARGET STROKES					It is up to the user to set STROKES
16	TARGET PULSE					User-defined heart rate
17	ON/OFF					The user can choose to open or close the Bluetooth APP connection. The electronic watch only displays the Bluetooth icon when it is turned on. and the normal APP cannot be used when it is turned off.

Second, turn on and off:

### 1. Startup

When the LCD is powered on, it will be displayed for 2 seconds. At the same time, there will be a long beep for 2 seconds to enter the standby mode.



### 2. Shut down:

2.1 No signal is input within 4 minutes, IC enters SLEEP mode.

2. When there is signal input or key input, the electronic watch WAKE UP

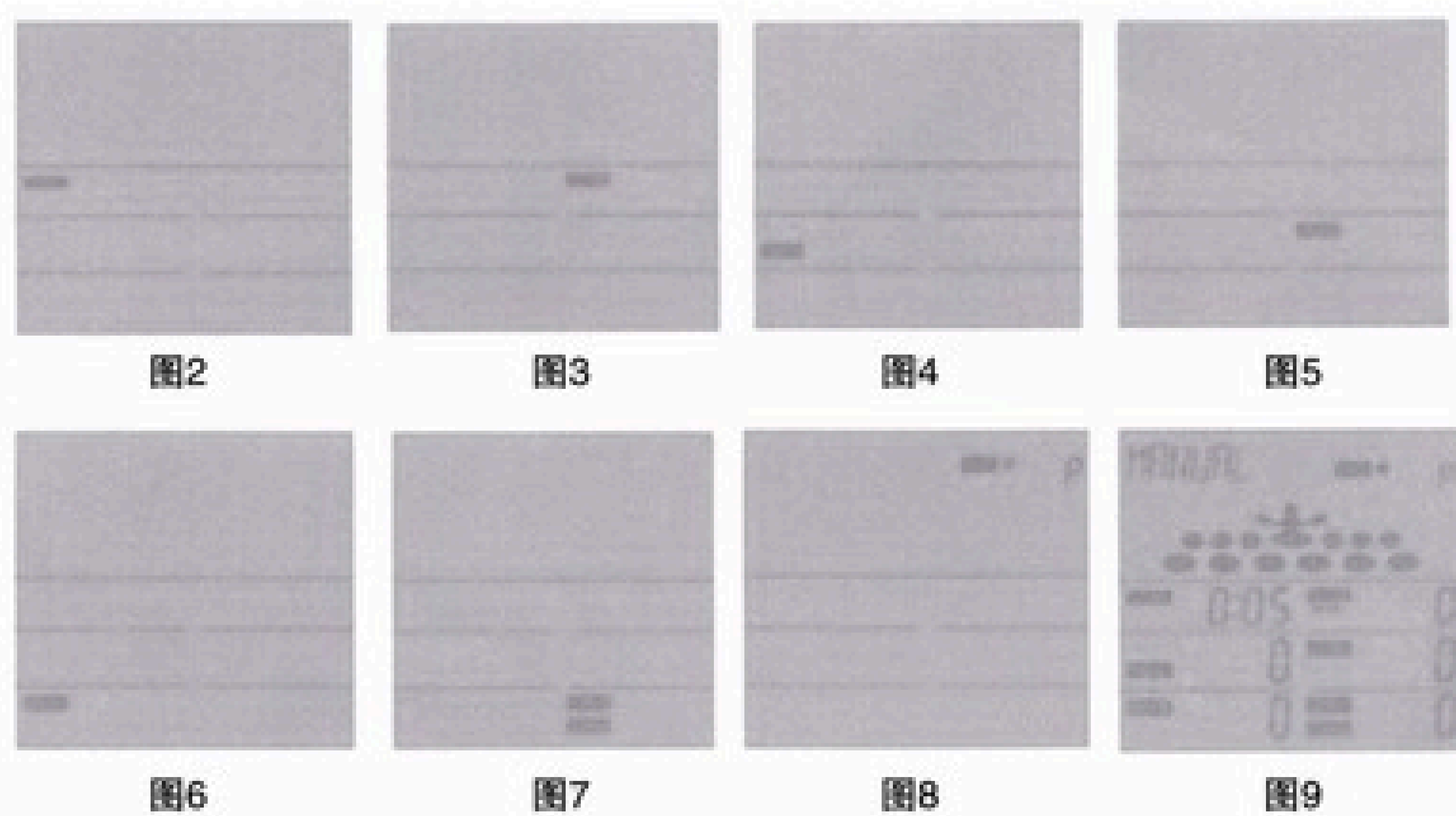
Operation instructions

1. Power on:

After the electronic meter is powered on (or press MODE/RESET for 3 seconds), BUZZER beeps for 2 seconds, and the LCD will enter standby mode after 2 seconds of full display.

2. Standby mode:

A. The electronic watch enters the standby mode after turning on, MANUAL, INTERVAL TARGET TIME, DISTANCE, CALORIE, PULSE, SPM, WATT, TOTAL STROKES, STROKES, and cycle display in SCAN mode for 1 second. As shown in Figure 2-8.



B. In standby mode, the electronic watch enters SLEEP after 4 minutes without pressing any button, without RPM signal, and heartbeat signal input.

3. MANUAL:

A. If there is an RPM signal input during standby, immediately QUICK START, the buzzer will sound at the same time for 1 second.

B. Or in standby mode, press MODE KEY, MANUAL, and then press FMODE KEY, the buzzer sounds for 1 second, start the MANUAL function (see Figure 9), the LCD screen MANUAL stays on, TIME, DISTANCE, CALORIES, PULSE, SPM, WATT, TOTAL STROKES and STROKES start counting and displaying according to the calculated value. SPM and WATT switch the display every 5 seconds. Press the MODE key during exercise to switch between SPM and WATT.

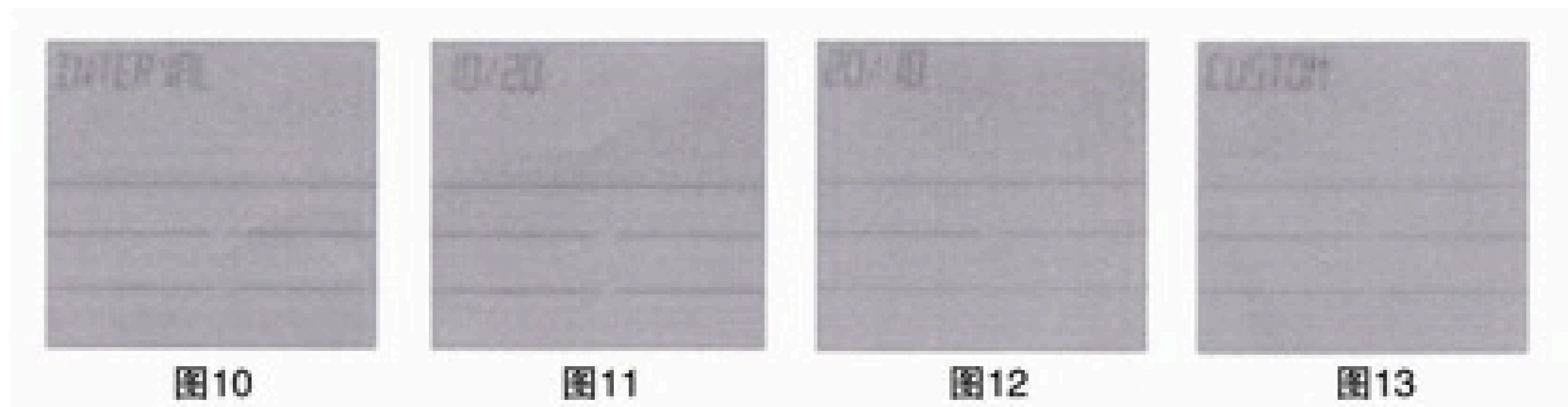
C. During exercise, no button is pressed, no RPM signal, heartbeat signal is input 4 minutes later, the buzzer sounds for 0.5 seconds to enter standby mode.

D. During the exercise, press START/STOP KEY, the movement pauses and STOP flashes, TIME, DISTANCE, TOTAL, STROKES, STROKES, and CALORIES constantly display the current exercise value, and PULSE displays the instant heartbeat value.

E. When the motion stop STOP flashes, press START/ STOP KEY, the electronic watch will continue to execute the motion picture, If you press RESET KEY in the STOP state, the electronic watch will enter the standby screen. If in the STOP state, no key is pressed to execute or end After 4 minutes of exercise, the electronic watch enters the standby screen.

#### 4.INTERVAL:

In standby mode, press MODE KEY, press UP key to select INTERVAL function, INTERVAL flashes (seeFigure 10-13).



#### (1)INTERVAL 10/20

A In the INTERVAL flashing screen, press FMODE KEY, 10/20 flashes, press FSTART/STOP KEY to start the 10/20 function.

B. The LCD screen "READY" flashes, the TIME window displays a countdown of 3 seconds, and the buzzer sounds for 0.5 seconds per second.

C READY After 3 seconds, the buzzer sounds for 0.5 seconds "WORK 01/08" .TIME starts counting down for 10 seconds, TIME, DISTANCE, CALORIES, PULSE, SPM, WATT, TOTAL STROKES and STROKES start counting display according to the calculated value, CALORIES, PULSE, SPM, WATT. TOTAL STROKESSTOKES are displayed.

D \* RESTOL 01/08\*the buzzer sounds every second for 0.5 seconds, and TIME starts counting down for 20 seconds. TIME, DISTANCE, CALORIES, PULSE, SPM, WATT, TOTAL STROKES, and STROMES start counting and displaying according to the calculated value. 5 seconds switch display, "READY flashes for the last 3 seconds.

E. C and D continue to repeat the cycle. Each cycle count increases by 1 until the WORK 08/08 movement enter the end screen, the buzzer sounds for 0.5 seconds. Press the MODE key during exercise to switch between SPM and WATT.

F. When the exercise is over, STOP flashes,TCALORIES PULSE SPM, WATT, TOTAL STROKES,and STOKES display the completed value of the movement. PULSE displays the instant heartbeat value. At this time, press START /STOP KEY again, and you can execute INTERVAL again 10/20 function,if you press RESET KEY at the end of the re-exercise screen, the electronic watch enters the standby screen, and the buzzer sounds for 0.5 seconds, if the re-exercise ends, you have not pressed any button to execute or end the exercise for 4 minutes, The electronic watch enters the standby screen,and the buzzer sounds for 0.5seconds.

G. During the exercise, press FSTART/STOP KEY, the movement pauses and STOP flashes, TIME

DISTANCE, CALORIES, PULSE, TOTAL STROKES, TROKES displays the current exercise value, PULSE displays the instant heartbeat value, and then press START/STOP KEY The electronic watc continues to execute the motion picture. If you press RESET KEY, the electronic watch enters the standby screen. If the STOP state is executed without pressing any button or after 4 minutes of exercise, the electronic watch enters the standby screen.

When the H.WORK function is executed, no button is pressed, no RPM signal, and the heartbeat signa is input 4 minutes later, the buzzer sounds for 0.5 seconds to enter the standby mode. Go to SLEEP.

## (2)INTERVAL 20/10

A In the INTERVAL flashing screen, press FMODE KEY, press UP/ DOWN to switch to select the 20/10 function. blink within 20/10, and press START/STOP to start the 20/10 function.

B. The LCD screen"READY"blinks, the TIME window displays a countdown of 3 seconds, and the buzzer sounds for 5 seconds per second.

C. After 3 seconds of READY, the buzzer sounds for 0.5 seconds, "WORK 01/08" , TIME starts counting downfor 20 seconds, and TIME DISTANCE CALORIES, PUILSE SPM. WATT. TOTAL STROKES and STOKES.start counting display according to the calculated value. SPM, WATT 5 seconds switch display.

D Miba displays "REST 01/08" , the buzzer sounds for 0.5 seconds per second, and TIME starts counting down for 10 seconds. TIME, DISTANCE, CALORIES, PULSE, SPM. WATT. TOTAL STROKES and STROKES start counting display according to the calculated value, WATT 5 seconds cut Change display, "READY"flashes for the last 3 seconds.

E.C and D continue to repeat the cycle, each time the cycle count increases by 1, until"WORK 08/08"movement, enter the end screen, the buzzer sounds for 0.5 seconds.

F. When the exercise is over, STOP flashes, TIME and DISTANCE show the completed value of the movement. CALORIES, PULSE, TOTALSTROKES, and STOKES are displayed for 5 seconds. -Secondary INTERVAL 20/10 function, if re-exercise end screen, press RESETKEY, the electronic watch enter sstandby screen, buzzer sounds for 0.5 seconds, if re-exercise end screen, no button is pressed to execute orend exercise for 4 minutes The electronic watch enters the standby screen, and the buzzer sounds for 0.5seconds.

G. During exercise, press START/ STOP KEY, STOP flashes during exercise pause, TIME,DISTANCE CALORIES, PULSE, TOTAL STROKES, and STOKES display the current exercise value, PULSE displays theinstant heartbeat value, and then press START/STOP KEY, the electronic watch continues to execute themotion picture. If you press FRESET KEY, the electronic watch enters the standby screen, if you do not pressany button or stop the exercise for 4 minutes in the STOP state, the electronic watch enters the standby screen.

H. WORK function is executed, no button is pressed, no RPM signal, heartbeat signal is input 4 minutes later, buzzer sounds for 0.5 seconds to enter standby mode, REST function does not cause To enter SLEEP

## (3)INTERVAL CUSTOM

A In the INTERVAL flashing screen, press FMODE KEY, and press UP to select the CUSTOM function.CUSTOM flashes. Press MODE KEY to enter the CUSTOM setting function.

B. "SET ROUND" , TIME window display 01 flashes, press UP to set ROUND, the range of ROUND setting is 01--99, it can be set cyclically, the buzzer will sound for 0.5 seconds after pressing MODE KEY and enter the next option setting set.

C. "SET WORK" ,the TIME window display flashes at 0: 05, press SET to set WORK TIME, WORK TIME, the setting range is 0: 05-10: 00, the setting can be cycled, and the buzzer will sound after pressing MODE KEY 0.5seconds and go to the next option setting.

D. "SET REST" , TIME window display flashes at 0: 05, press SET to set REST TIME, REST TIME, the setting range is 0:05-10: 00, it can be set cyclically, the buzzer wil sound after pressing START/ STOP KEY 0.5 seconds to enter the motion picture.

# GUARANTEE

To access the exchange or repair covered by the IRONSIDE 12-month warranty.

## 1. Ticket Entry

If the product is defective, is missing parts, or is not suitable for its intended use, you must send photos and/or videos showing the defect, along with your order number, to the customer service email address for the country where you made the purchase (Argentina, Chile, USA, or Mexico).

Your case will be reviewed by our team, and you will receive a response within a maximum of 3 days, depending on the case.

## 2. Solution

### 2.1 - Change

If the product has manufacturing defects, is missing parts, and/or is not fit for use, we will immediately replace the product and it will be shipped within 3 to 5 business days.

### 2.2.- Repair

If the product has a defect in a part or component, and if this part can be replaced with a new one without affecting the functionality or original appearance of the product, the repair process will be initiated and the product will be shipped within 5 to 8 business days.

### 2.3 Why was my ticket rejected? What could be the reasons?

If our inspection team detects that the product has been altered, misused according to its intended purpose, or improperly assembled.

The 12-month warranty is valid from April 15, 2024. Orders placed before that date have a 6-month warranty.

POWERFULL  
GLAMOROUS  
SMART  
DURABLE

**IRONSIDE**<sup>®</sup>

FITNESS  
EQUIPMENT  
SPECIALISTS