

NOTE:  
Please read all  
instructions carefully  
before using this  
product

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Model  
CB1

Retain This  
Manual for  
Reference

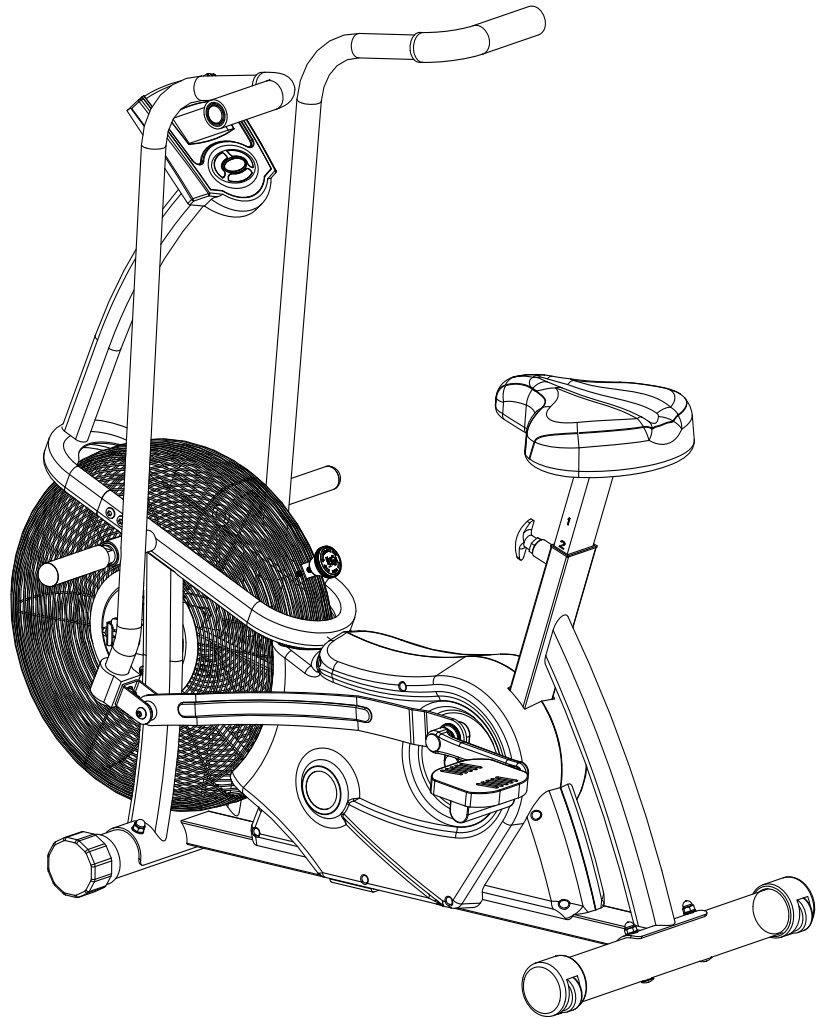
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OWNER'S  
MANUAL



# INSPIRE

## CB1 CardioBike



637 S. STATE COLLEGE BLVD., FULLERTON, CA 92831

Tel: (877) 738-1729 Fax: (714) 738-1728

[www.inspirefitness.net](http://www.inspirefitness.net)

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## BEFORE YOU BEGIN

Thank you for selecting the INSPIRE CB1. For your safety and benefit, read this manual carefully before using the machine. As a manufacturer, we are committed to providing you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, *please call our TOLL FREE customer service number*. Our Customer Service Agents will provide immediate assistance to you.

**Toll-Free Customer Service Number**

**1-877-738-1729**

**Mon. - Fri. 8 a.m. - 5 p.m. PST**

**[www.inspirefitness.net](http://www.inspirefitness.net)**

## **IMPORTANT SAFETY NOTICE**

### **PRECAUTIONS**

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

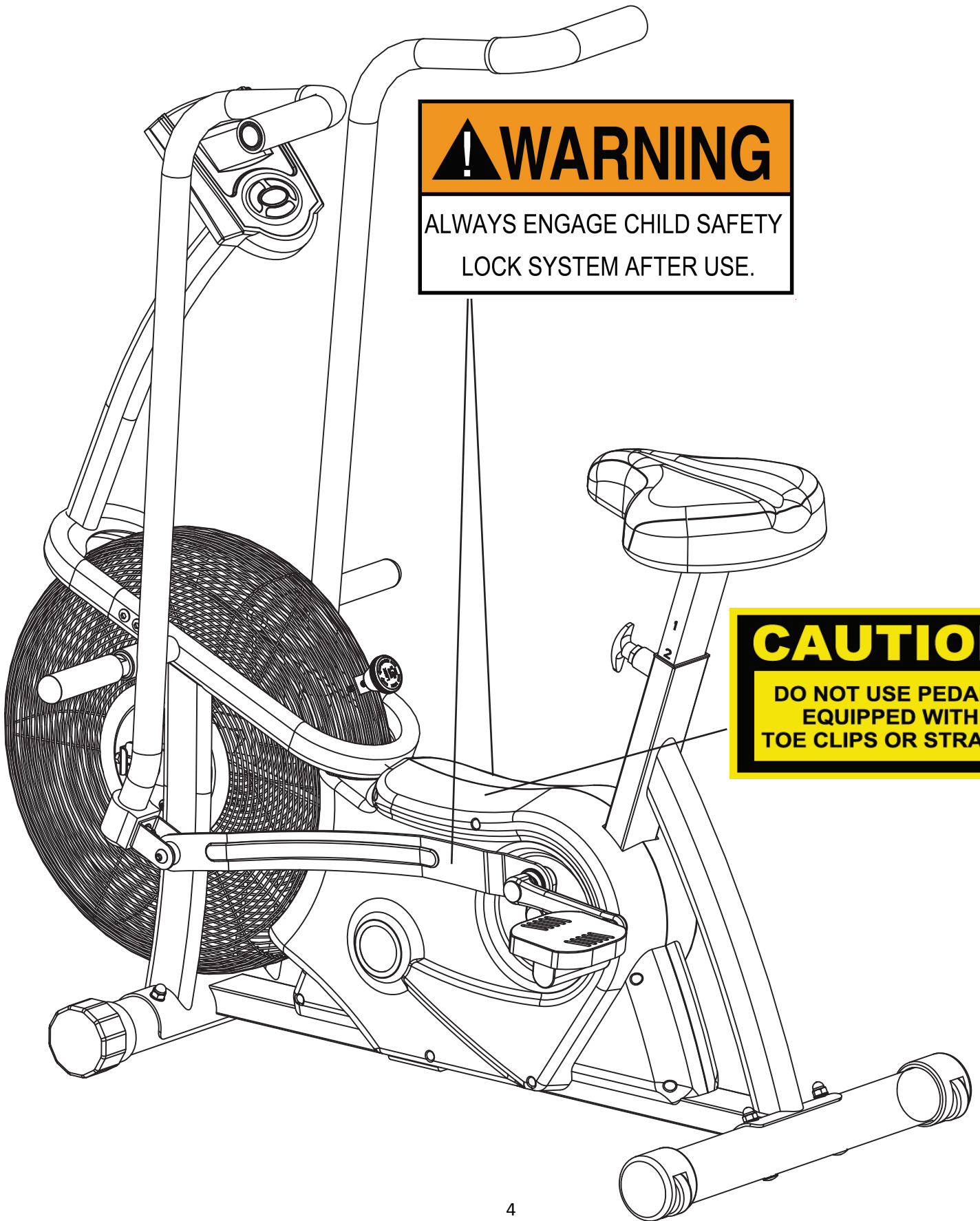
1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine. The linkages on this machine can cause serious injury if used improperly.**
2. Never place your hands or feet in the path of the linkages because injury may occur to you or damage may occur to the equipment. Never allow children to come near or approach the moving linkages while in use.
3. Always engage the CHILD SAFETY LOCK after use.
4. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
5. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
6. Keep hands away from all moving parts.
7. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
8. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
9. Do not place any sharp object around the machine.
10. Disabled persons should not use the machine without a qualified person or physician in attendance.
11. Before using the machine to exercise, always do stretching exercises to properly warm up.
12. Never operate the machine if the machine is not functioning properly.
13. Maximum user weight 300 lbs.

### **CARE AND MAINTENANCE**

1. Keep seat slider clean
2. Inspect and tighten all parts before using the machine.
3. Keep objects away from the fan area. Never stick anything inside the fan grill.
3. The Frame, Shrouds and Seat Pad of the machine can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.

**WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. NEITHER HEALTH IN MOTION, LLC. NOR FG1, LLC. ASSUME ANY RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT. SAVE THESE INSTRUCTIONS.**

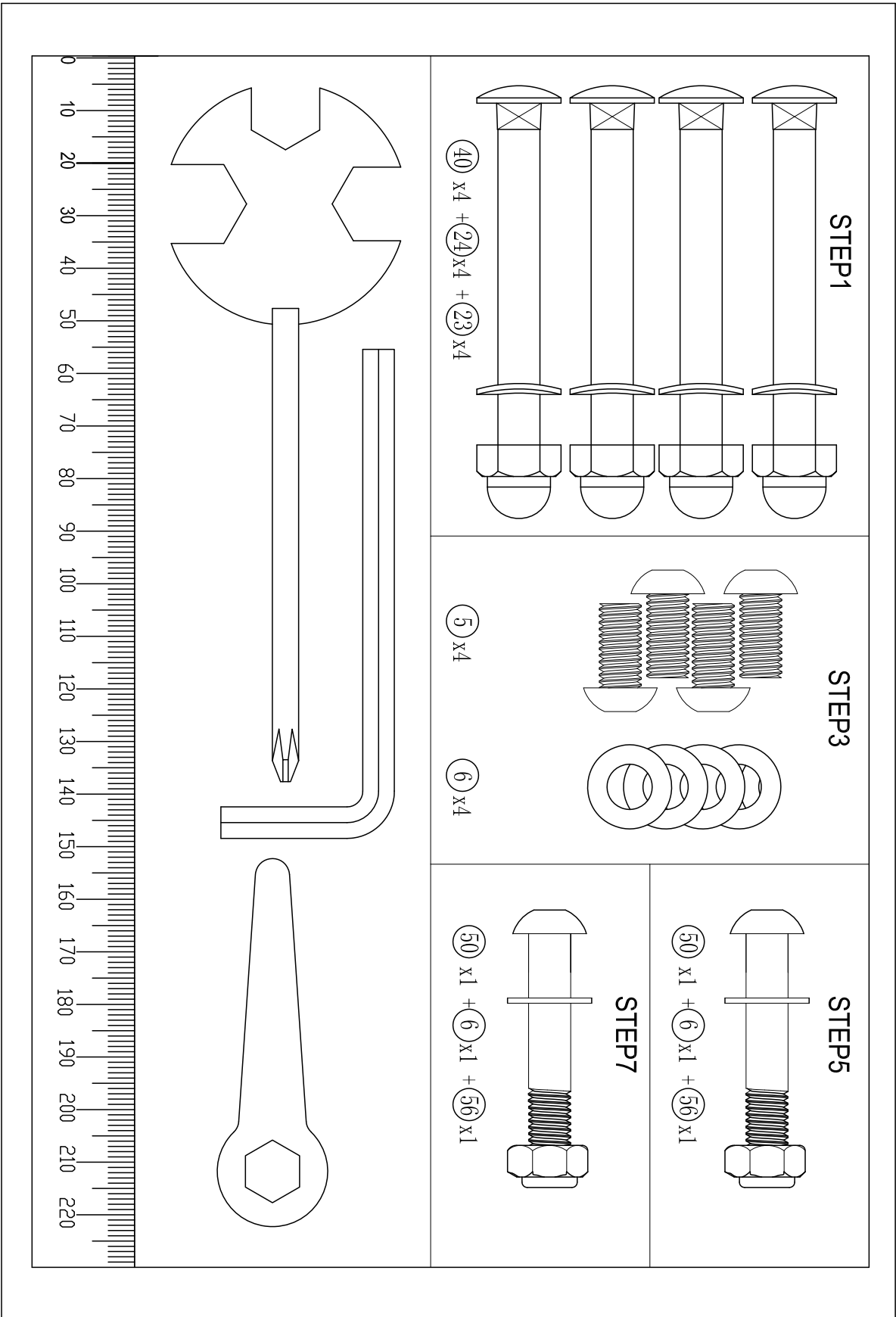
## WARNING LABEL PLACEMENT



**! WARNING**  
ALWAYS ENGAGE CHILD SAFETY  
LOCK SYSTEM AFTER USE.

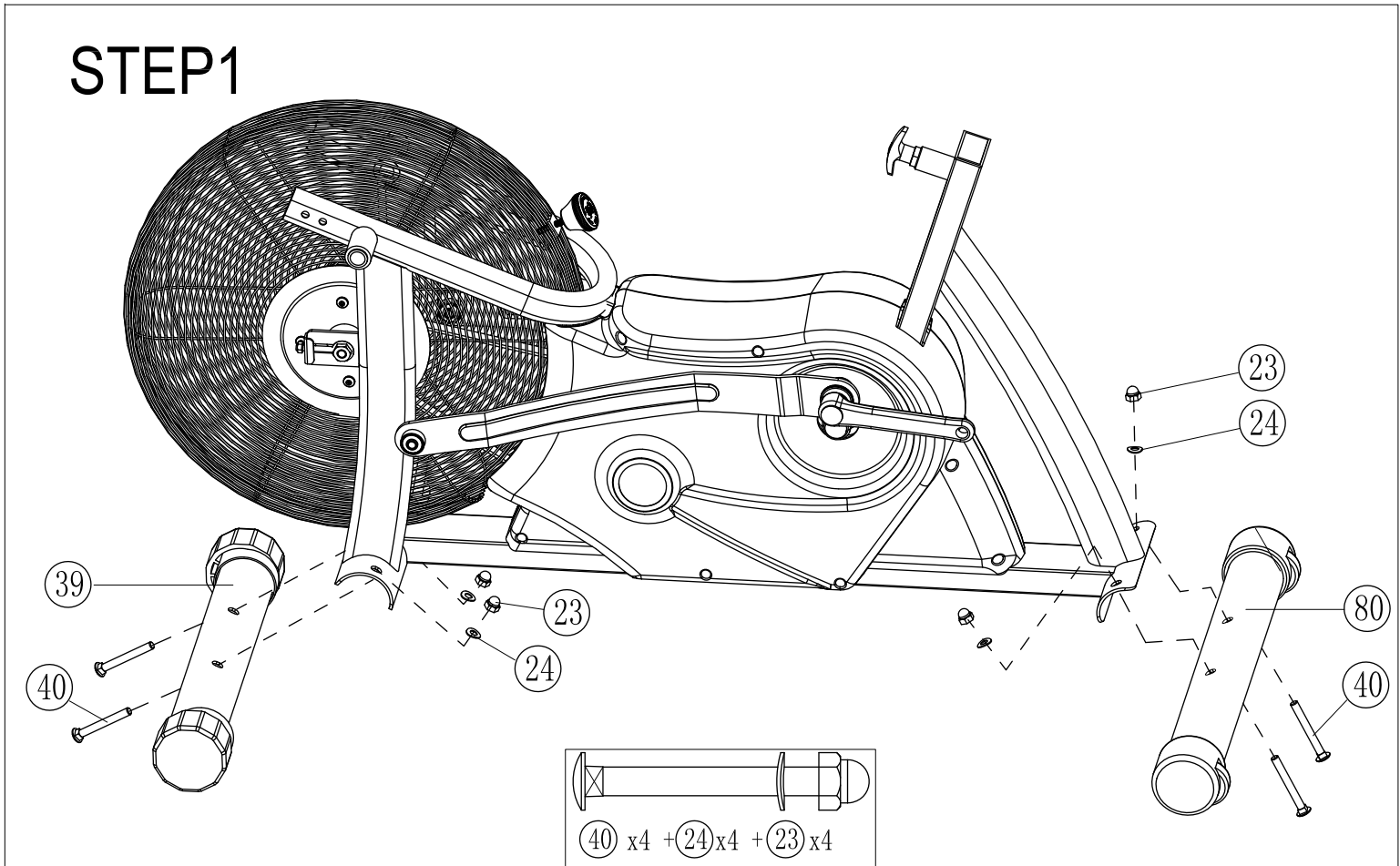
**CAUTION**  
DO NOT USE PEDALS  
EQUIPPED WITH  
TOE CLIPS OR STRAPS.

# HARDWARE PACK



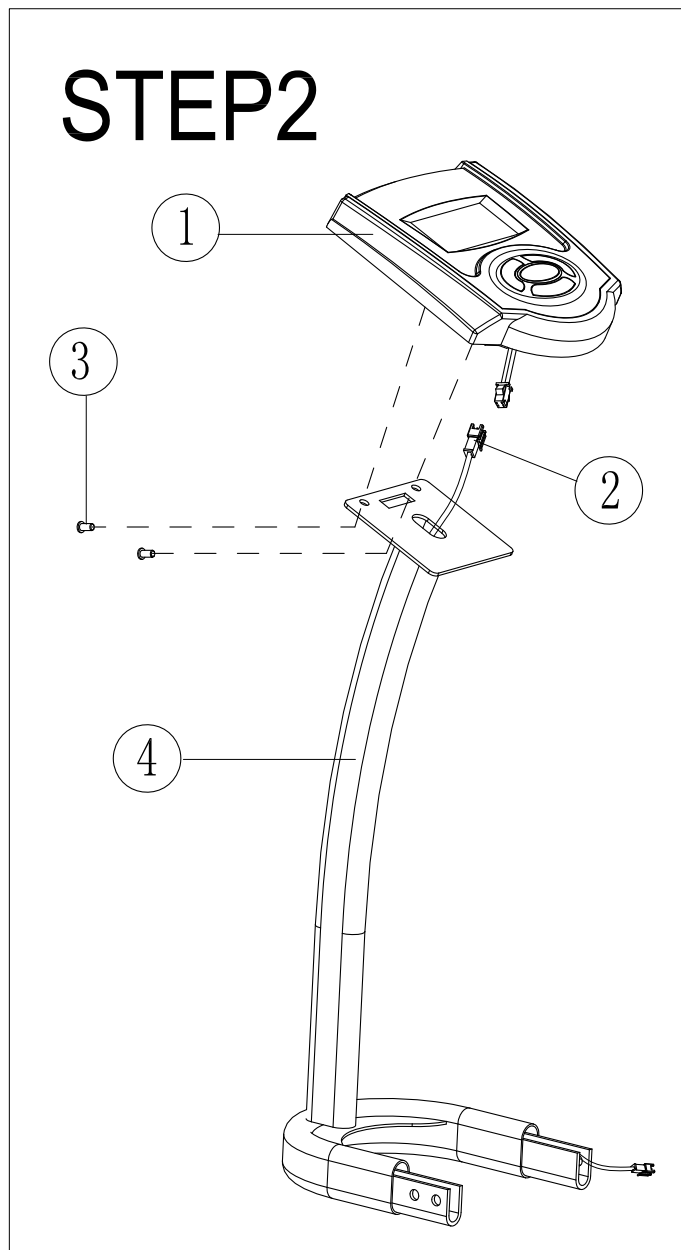
# CB1 ASSEMBLY INSTRUCTIONS

## STEP 1



### STEP 1: FRAME STABILIZER ASSEMBLY

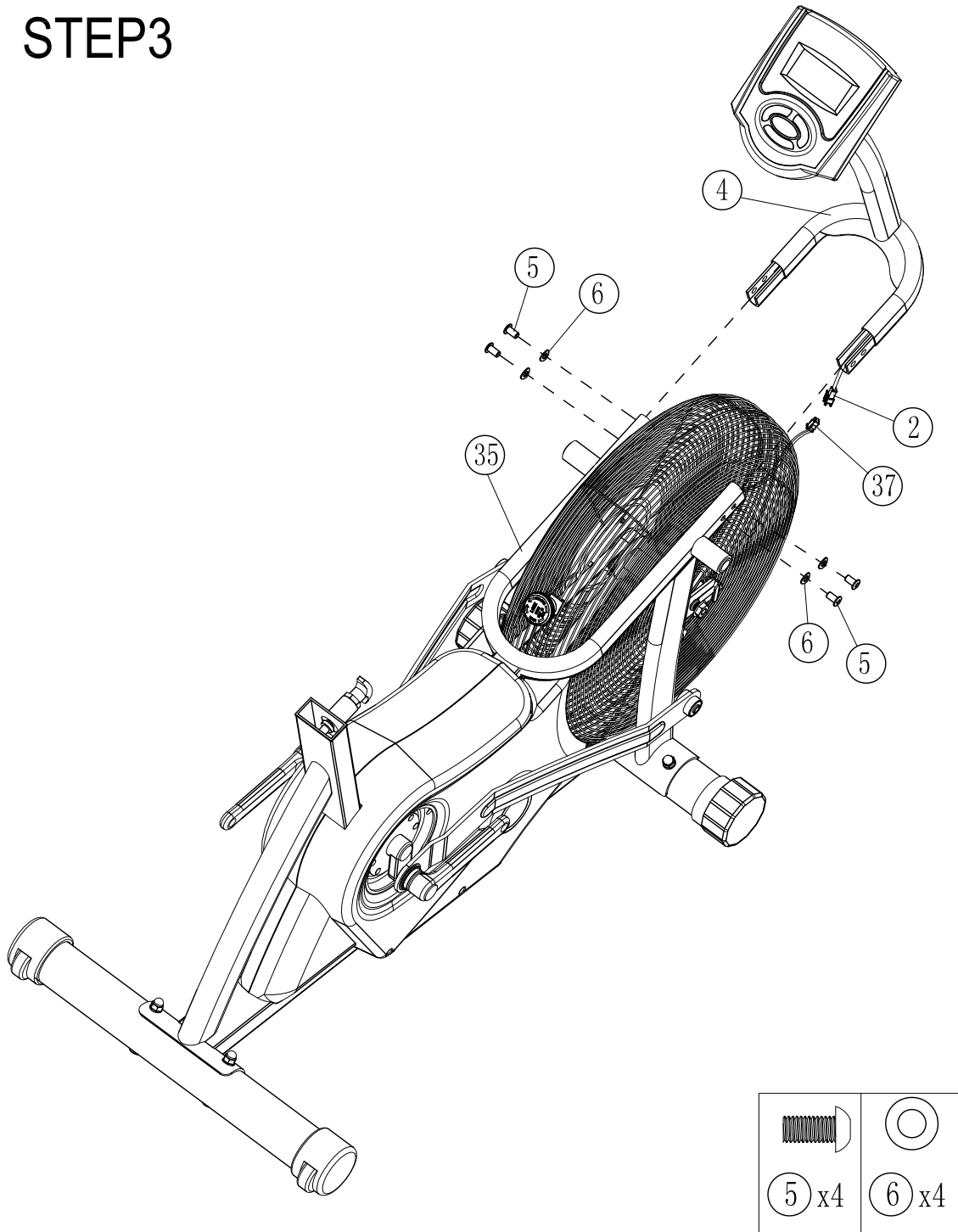
1. Attach Front Stabilizer Assembly (#39) to the Front Mounting Bracket using Qty. 2 Carriage Bolts (#40), Qty. 2 Flat Washers (#24) and Qty. 2 Acorn Nuts (#23).
2. Attach Rear Stabilizer Assembly (#39) to the Rear Mounting Bracket using Qty. 2 Carriage Bolts (#40), Qty. 2 Flat Washers (#24) and Qty. 2 Acorn Nuts (#23). **Ensure the roller wheels are facing backwards.**



## STEP 2: CONSOLE MAST ASSEMBLY

1. Connect wire (#2) to the console (#1). Push connection through console mast opening so that console sits flat on console mounting plate.
2. Secure Console (#1) to Console Mast (#4) using qty. 2 screws (#3).

# STEP 3

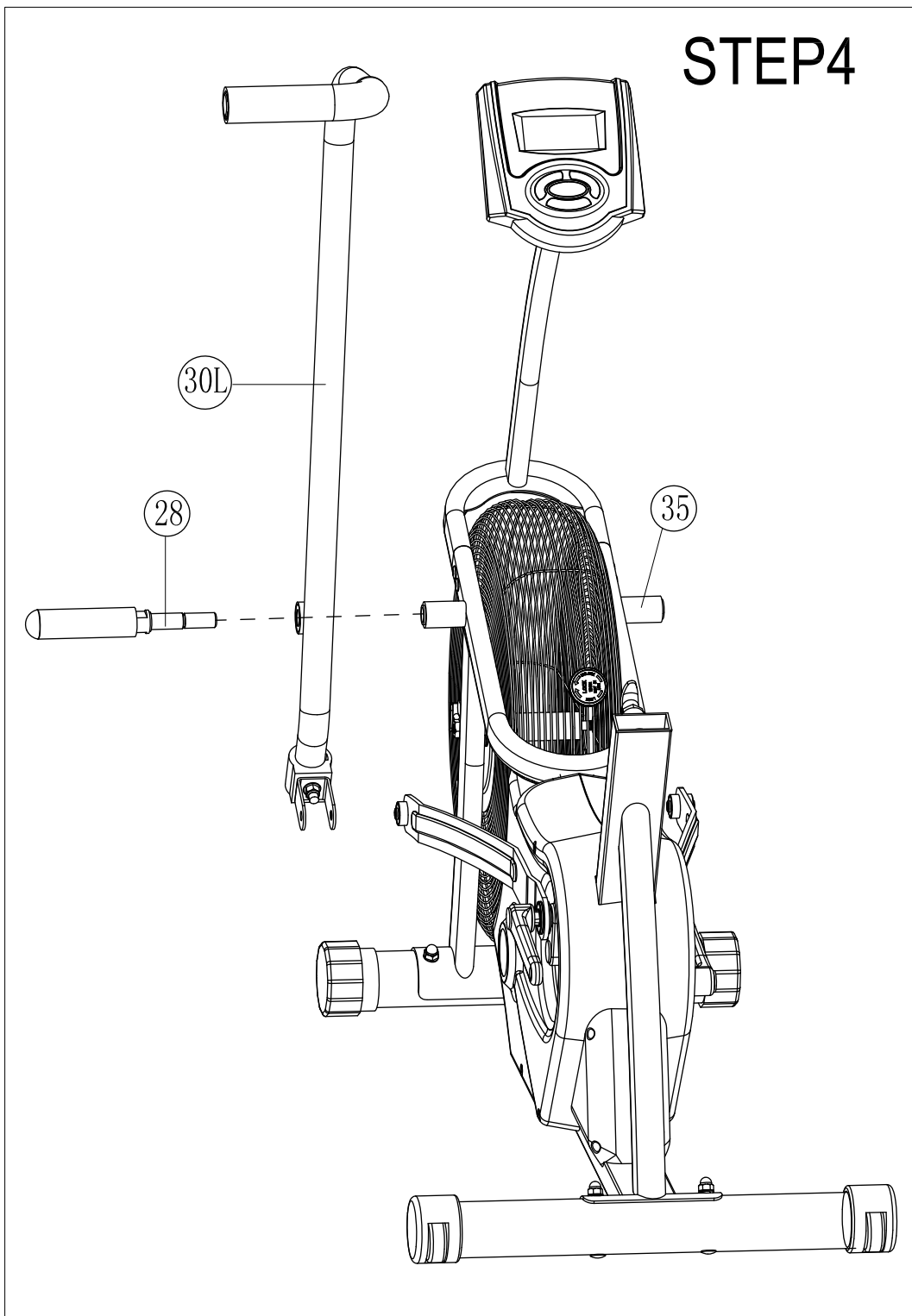


## STEP 3 CONSOLE ASSEMBLY

1. Connect the console wire (#2) to main frame wire (#37) then attach console mast (#4) to main frame (#35) using qty. 4 button-head screws (#5) and qty. 4 washers (#6).



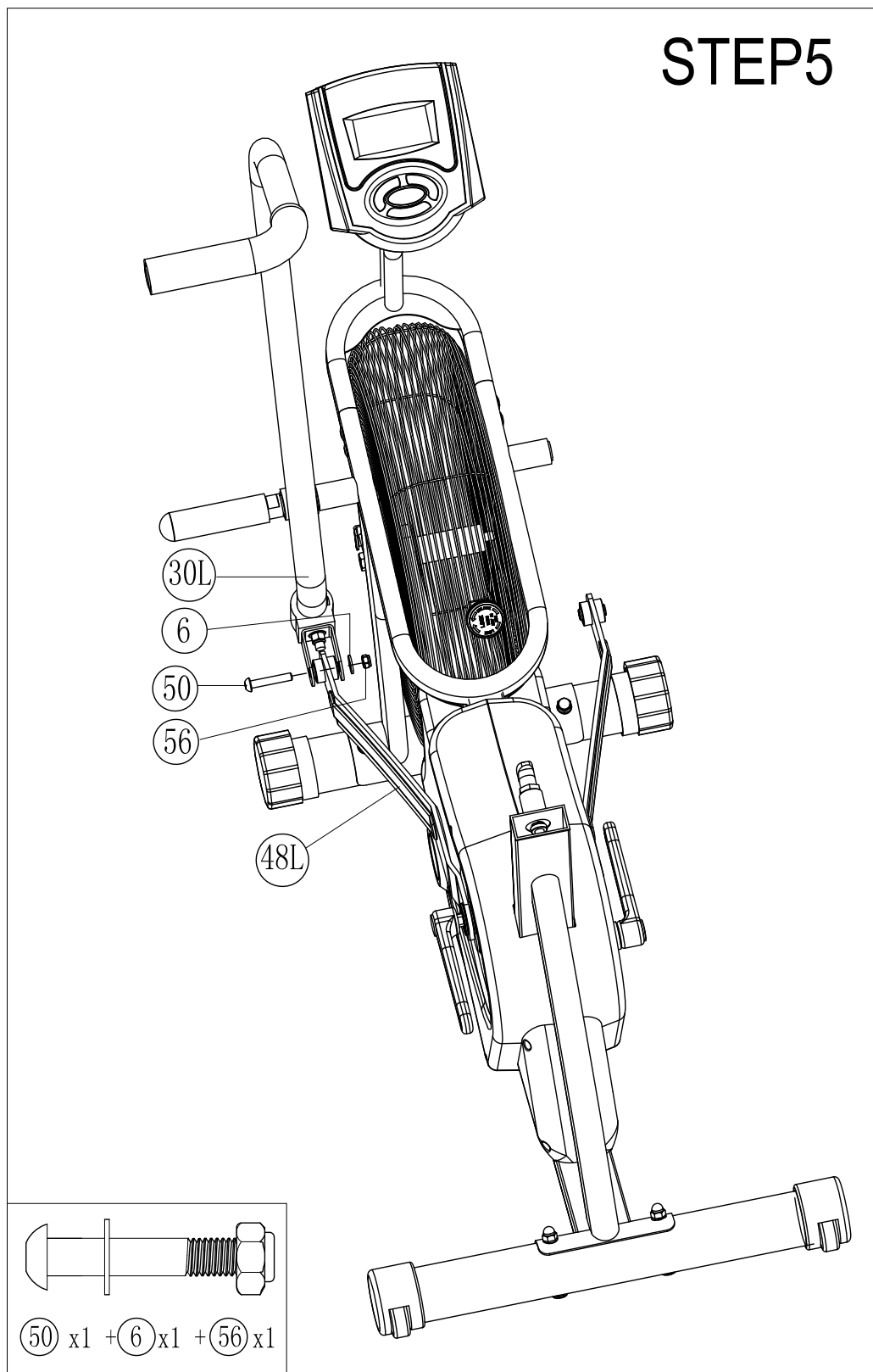
# STEP4



## STEP 4: LEFT SWING ARM

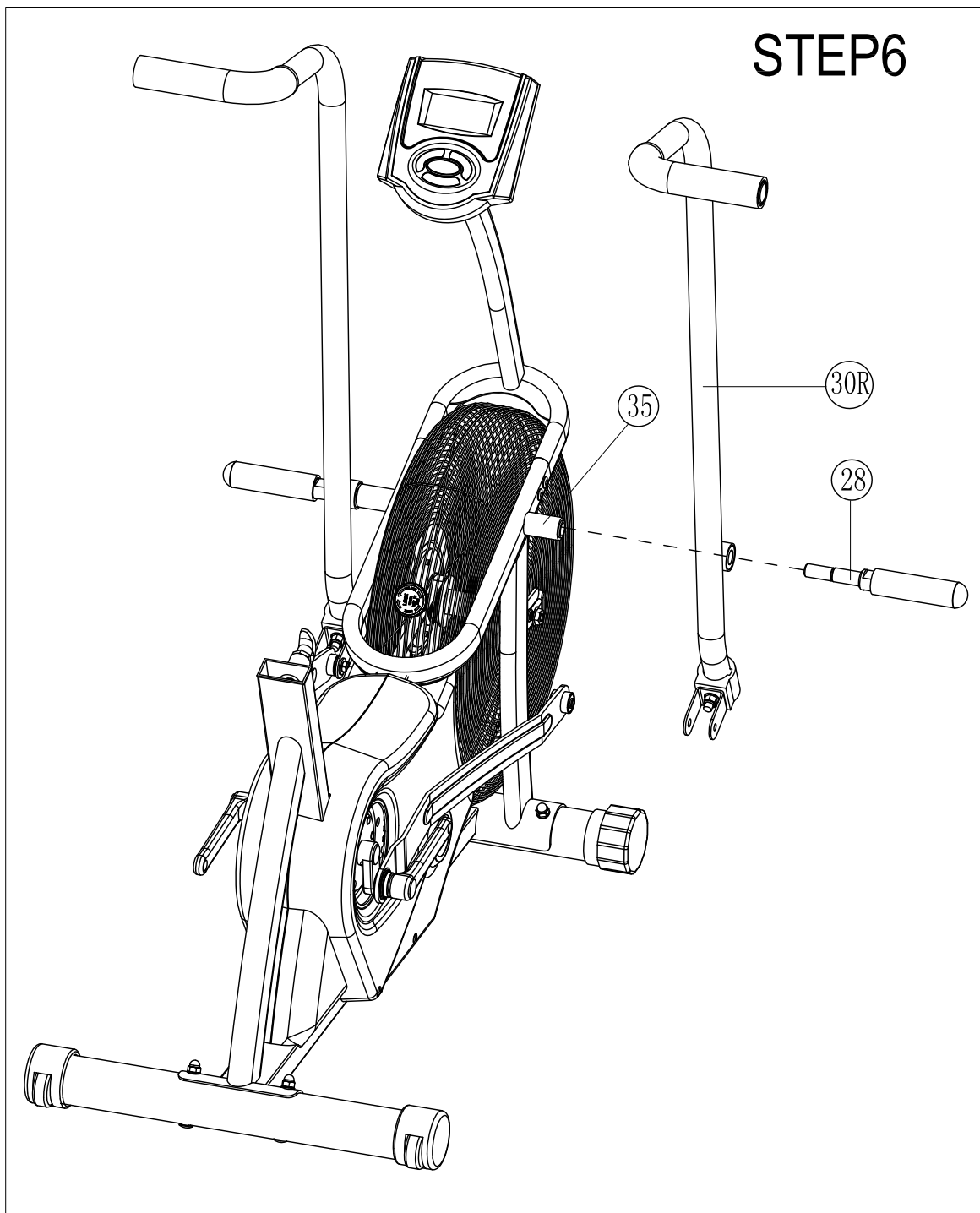
1. Slide front pivot axle (#28) through the Left Swing Arm Assembly (#30L) and screw into main frame (#35).  
**NOTE: The Left Swing Arm bearing assembly contains a spacer between both bearings which may prevent the pivot axle from passing through smoothly. To pass the pivot axle through, place your finger in the bearing hole and center the spacer.**

# STEP 5



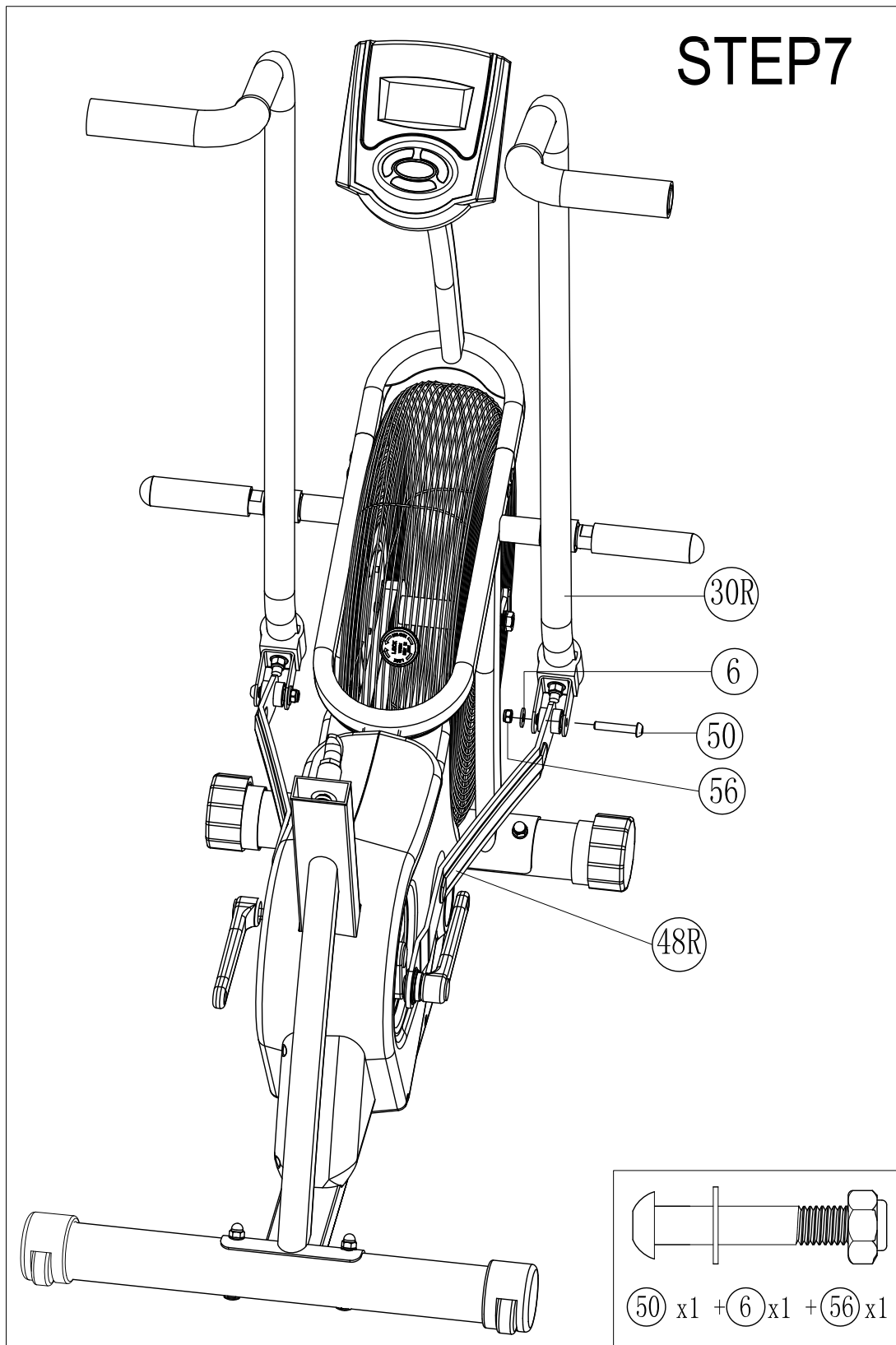
## STEP 5: LEFT CONNECTING LINK

1. Attach Left Swing Arm Assembly (#30L) at bottom to Connecting Link (#48L) using qty. 1 bolt (#50), qty. washer (#6) and qty. 1 nut (#56).



#### STEP 6: RIGHT SWING ARM

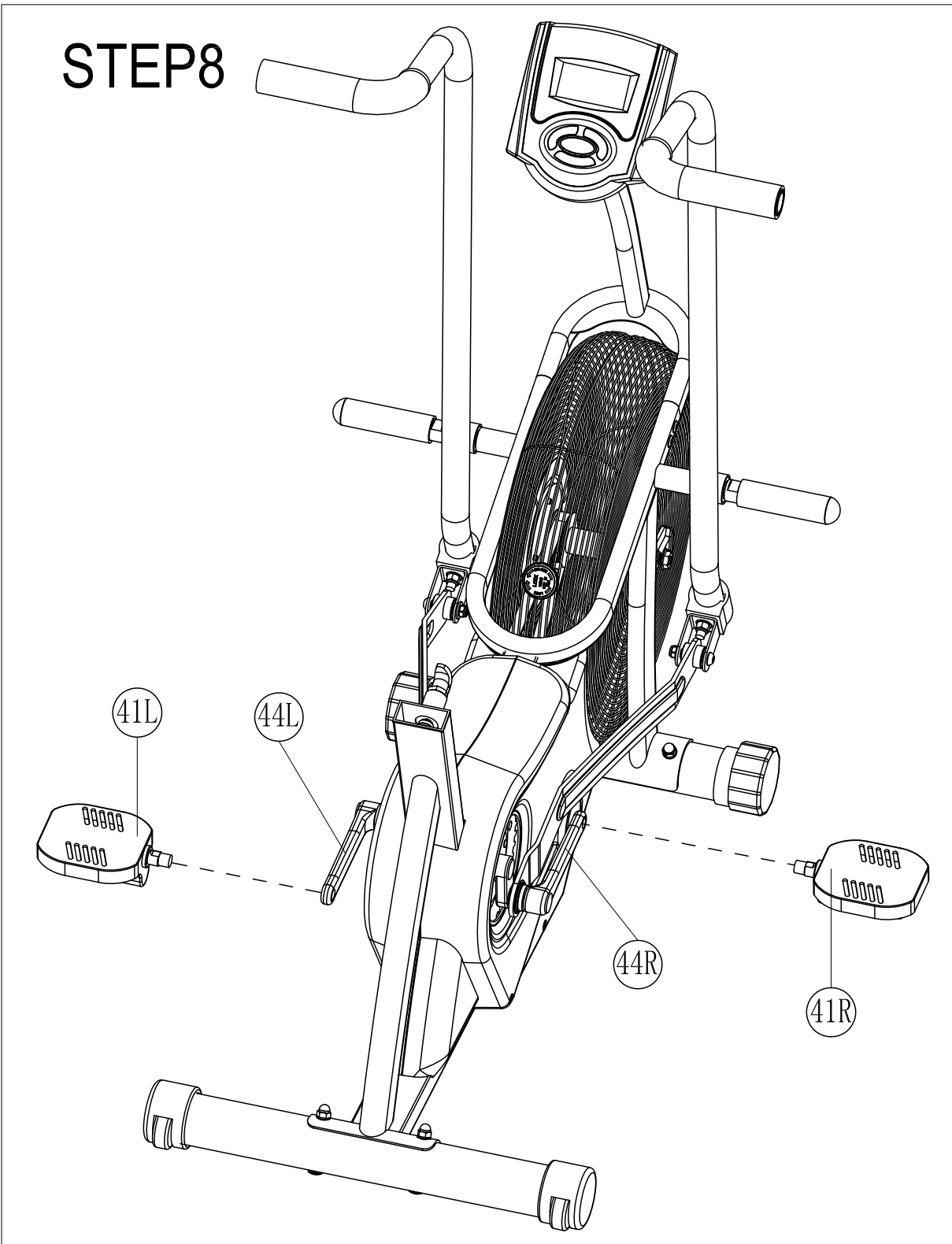
1. Slide Front Pivot Axle (#28) through the Right Swing Arm Assembly (#30R) and screw into main frame (#35).  
**NOTE: The Left Swing Arm bearing assembly contains a spacer between both bearings which may prevent the pivot axle from passing through smoothly. To pass the pivot axle through, place your finger in the bearing hole and center the spacer.**



**STEP 7: RIGHT CONNECTING LINK**

1. Attach Right Swing Arm Assembly (#30R) at bottom to Connecting Link crank (#48R) using qty. 1 bolt (#50), qty. 1 washer (#6) and qty. nut (#56).

# STEP 8



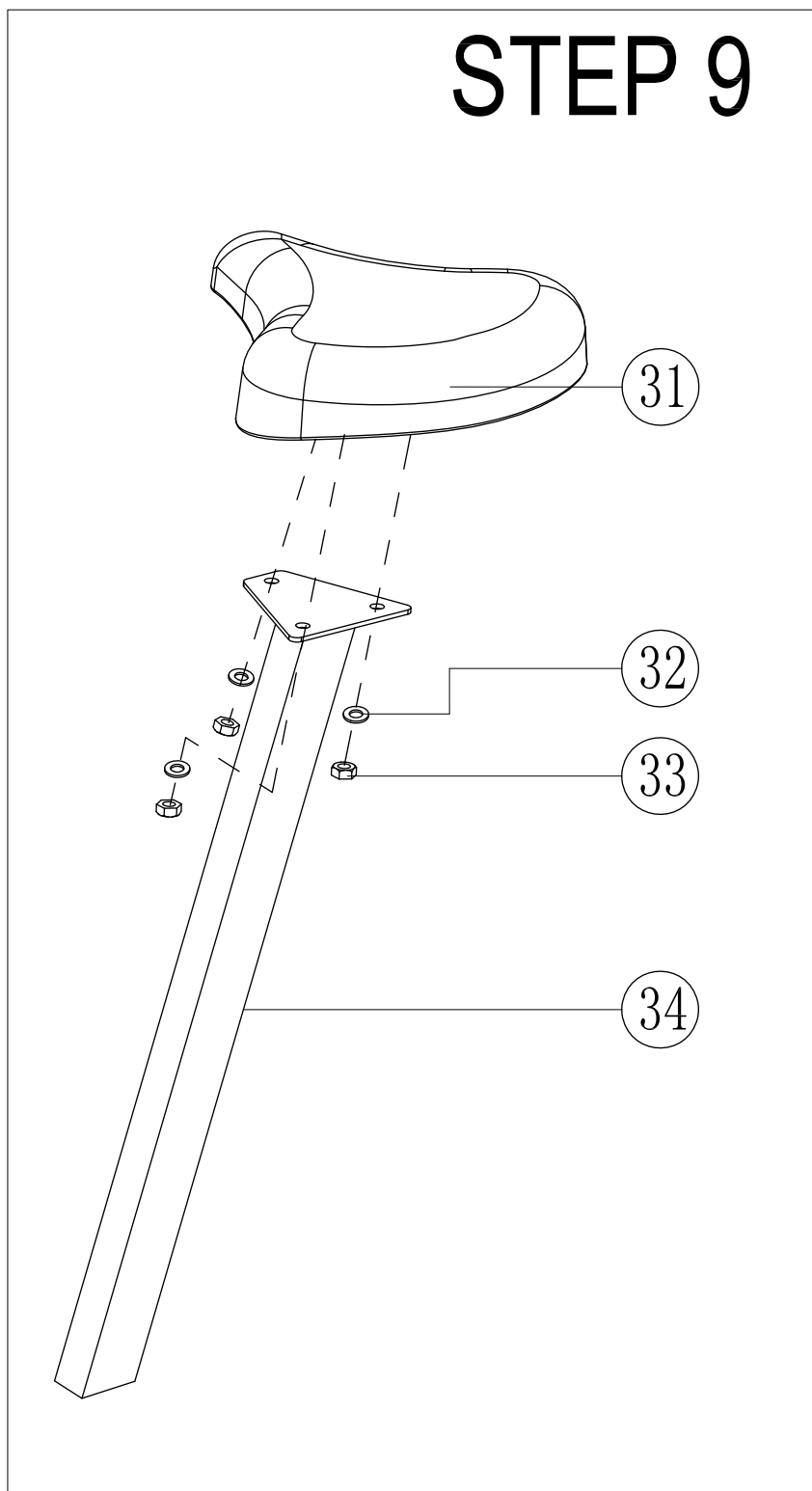
## STEP 8 PEDALS

1. Screw Left Pedal (#41L) onto Left Crank (#44L).

**NOTE: The Left Pedal has an “L” sticker and is a LEFT HANDED thread. Turn COUNTER-CLOCKWISE to tighten.**

2. Screw Right Pedal (#41R) to Right Crank (#44R).

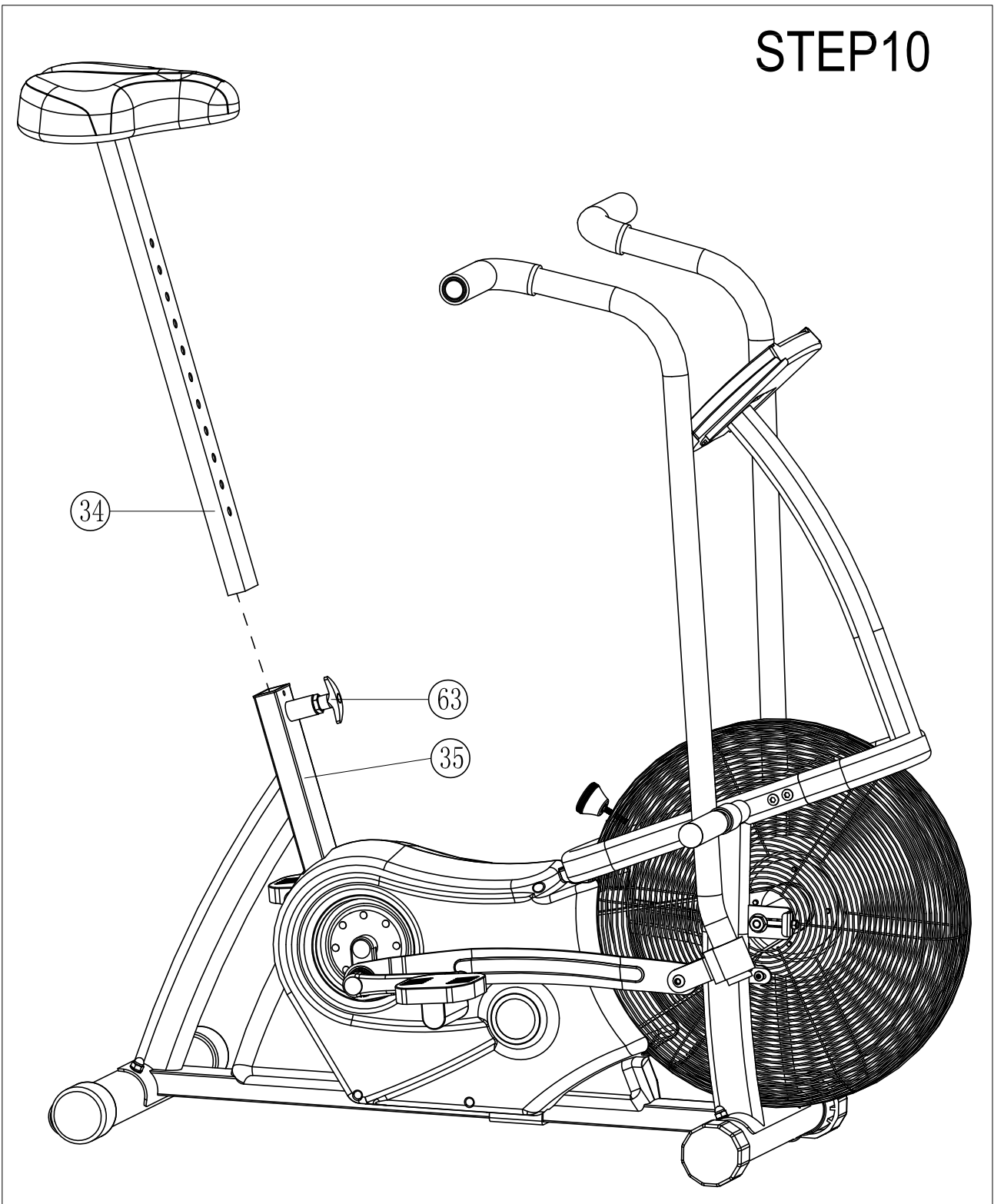
# STEP 9



## STEP 9: SEAT POST

1. Attach Seat (#31) to Seat Mast (#34) using qty. 3 washers (#32) and qty. 3 nuts (#33).

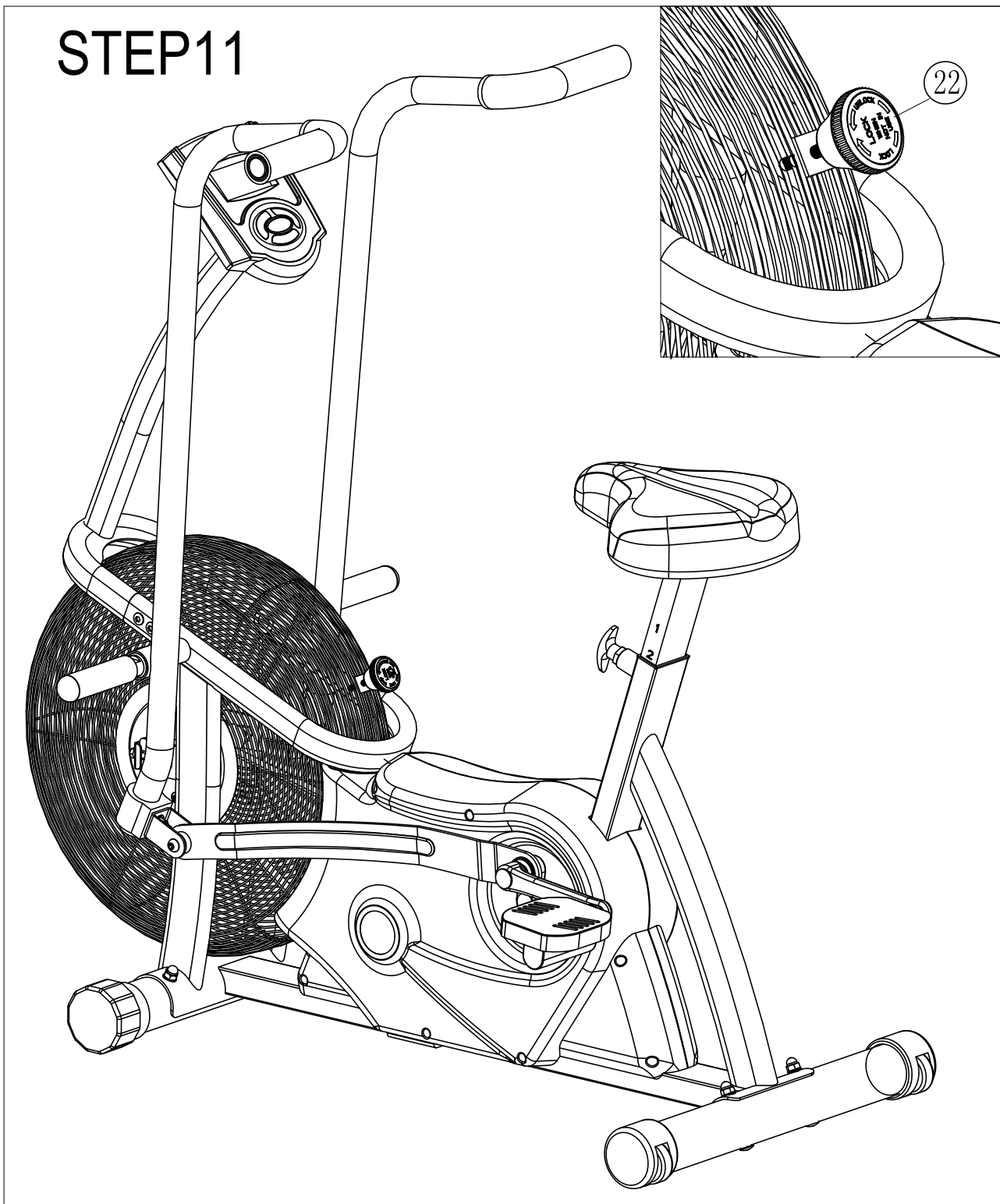
# STEP 10



## STEP 10: SEAT POST ASSEMBLY

1. Slide Seat Mast (#34) into Main Frame (#35). Insert the Adjustment Knob (#63).

# STEP 11



## STEP 11: CHILD SAFETY KNOB

1. Screw in the Child Safety Knob (#22) as shown.

### **IMPORTANT!**

**Always engage the Child Safety Knob (#22) when not using the unit. Failure to do so poses a danger to children.**



# COMPUTER OPERATION



## FUNCTION BUTTONS

### MODE

- Press to display different values on LCD screen. LCD can display SPEED, DISTANCE, SCAN (Auto), TIME, CALORIES, ODOMETER.
- Press and hold for 2 seconds to reset all values to zero (except ODOMETER).  
(When user replaces the batteries, all the values will reset to ZERO automatically.)

### SET

- Set a target value for TIME, DISTANCE or CAL. When you start pedaling the target value will begin counting down to zero. NOTE: When setting a target you cannot be pedaling or computer will not set target.
- Press and hold for 2 seconds to speed up the increment.

### RESET

- Press to reset value to zero when setting target value. Press and hold the RESET button to reset the computer and set the target.
- Press and hold for 2 seconds to restart the computer.

(When the user replace batteries, all the values will reset to ZERO automatically.)

## **FUNCTIONS & OPERATION**

### **1. Battery Installation**

Install 2 AA 1.5V batteries in the battery case on the back of monitor.

(Whenever the batteries are removed, all the values will be reset to zero.)

### **2. Auto On/Off**

When the user starts to pedal, the display will start automatically. After pedaling has stopped for over 256 sec, the display will turn off, but the value of odometer will be stored. When the user starts pedaling again, the odometer will continue to count incrementally.

### **3. Auto Scan**

Press the MODE button until "SCAN" is displayed in the UPPER LEFT corner of the LCD. SCAN function will display all values for TIME-CAL-ODOMETER-SPEED- DISTANCE. Each value will display for 6 seconds.

### **4. Speed**

Shows the current training speed (MPH).

### **5. Distance**

Accumulates the total distance from 0.0 up to 999.9 Miles. The user may preset a target distance by pressing SET button when DIST is displayed (Do NOT pedal when setting target). Each increment is 0.1 Miles when distance is less than 100 Miles, each increment is 1 Mile for distances between 100 and 999 miles. The unit counts down from the target to 0 when a target is set. The computer beeps when the target DISTANCE is reached

### **6. Time**

Accumulates total workout time from 00:00 up to 99:59. The user may preset a target TIME by pressing SET button when TIME is displayed (Do NOT pedal when setting target). The unit counts down to 0 after target TIME is set. The computer beeps when target TIME is reached.

### **7. Calories**

Accumulates calorie consumption during training from 0 up to 9999 calories. The user may also preset a calorie target before training by pressing SET when CAL is displayed (Do NOT pedal when setting target). Each incremental increase is 1 calorie until 1000, then each incremental increase will be 10 calories until 9990. When a calorie target is set, the computer counts down to 0 calories. Computer beeps when calorie target is reached.

**Note : This data is a rough guide and should not be used for medical treatment or analysis.**

### **8. Odometer**

Displays the total accumulated distance from 0.0 to 999.0 Miles. User may press MODE key to display the Odometer value.

### **9. Reset**

Press and hold for 2 seconds to reset all values to zero (except ODOMETER).

### **Note:**

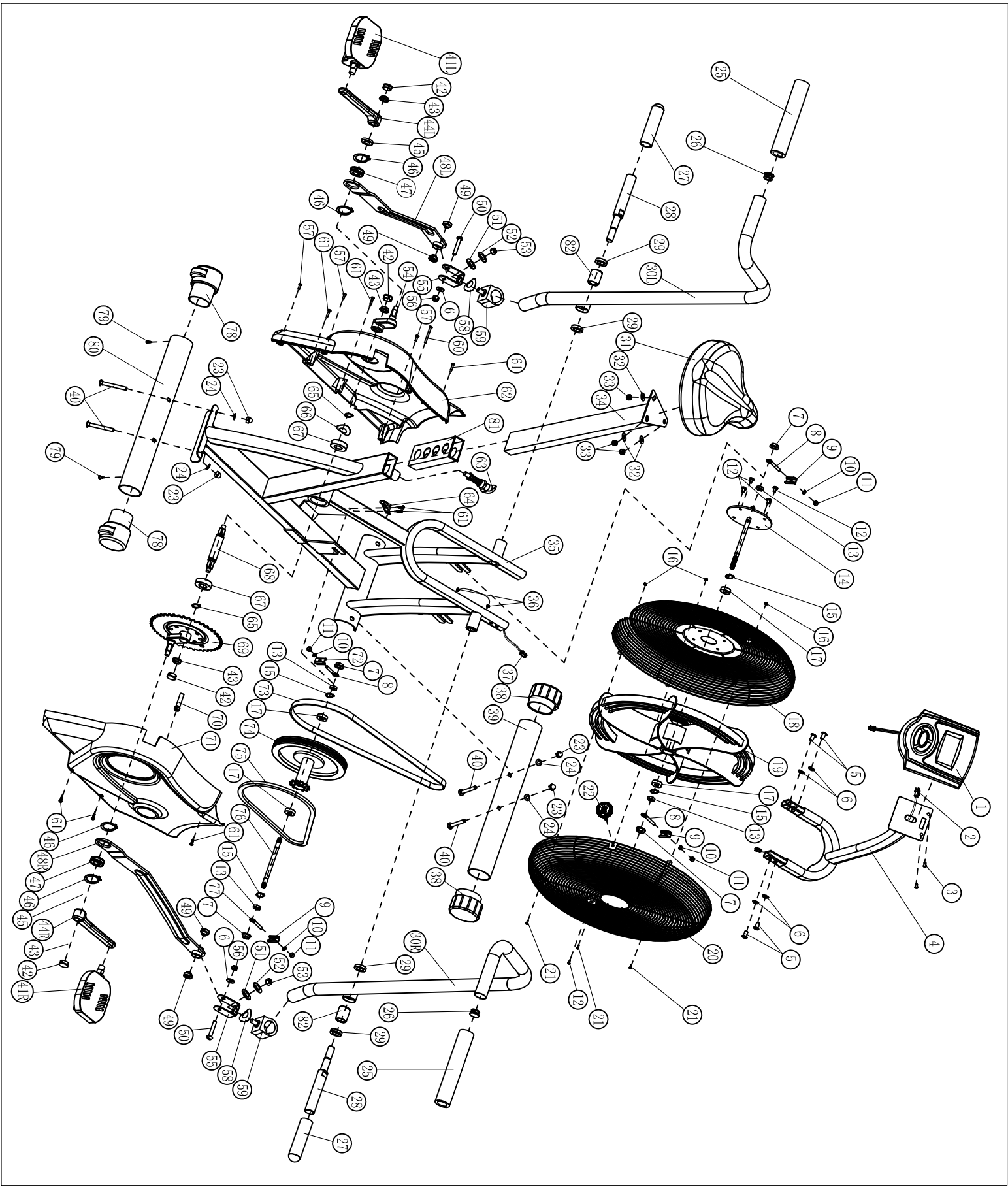
1. If the computer displays abnormally, please remove and reinstall the batteries and try again.
2. Battery Spec: 1.5V UM-3 or AA (2PCS).

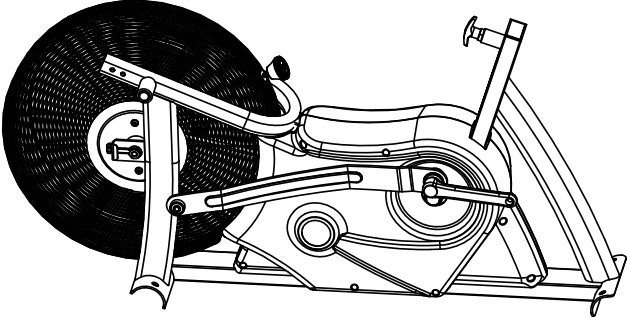

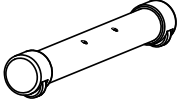

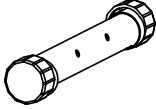




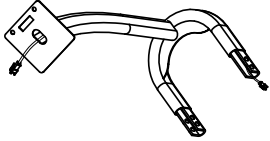
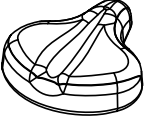
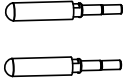
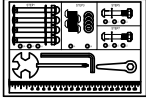
## PARTS LIST

1	BC865-630-001RS	Computer	1	TZ-2153
2		computer connection cable	1	
3		cross recessed pan head screw	2	
4	BC865-220-002	Front post tube assembly	1	
5	0113-208-158A	hex socket pan head screws	4	M8*15
6	0116-008-028	Flat washer	6	φ8, black zinc plated
7	0110-410-06	Hex flange nut	4	M10*1; Zinc plated(Grade: 8.8)
8	B430-561-020	Locking Bolt	3	M6*60
9	BC12-011-92	U shape plate	3	δ1.5
10	0116-306-02	Spring Washer	4	Φ6
11	0110-006-12	Hex nut	4	M6
12	0113-106-128	cross recessed pan head screw	5	M6*12, Black Zinc plated
13	0110-010-91X	Hex thin nut	4	M10*1, Zinc plated
14	BC866-380-002	Flywheel Shaft Assembly	1	
15	0117-110-118	Axle ring	4	φ10
16	0110-705-009	Nylon Nut	3	M5, black
17	0171-600-01	Bearing	4	6000Z
18	BC865-560-006	Left net cover assembly	1	φ490*56, Black
19	BC866-881-001	Plastic Flywheel	1	φ460*70, Black
20	BC865-560-007	Right net cover assembly	1	φ490*56, Black
21	0113-105-108	cross recessed pan head screw	3	M5*10, black
22	BC865-881-016	Knob	1	M6*25
23	0110-308-008	Acorn nut	4	M8
24	0116-608-008	Arc shape spring ring	4	φ8, black zinc plated
25	BC866-861-001	Foam Grip	2	φ37*φ30*230mm black
26	0240-031-09	End Cap	2	Fit with φ31.8*1.5mm round tube, black
27	G810-821-003	Handlebar Grip 3	2	120 (one side sealed)
28	BC866-220-004	Handlebar main shaft	2	
29	0171-690-093	Bearing	4	6903ZZ
30L	BC865-320-001	Left Handlebar Assembly	1	
30R	BC865-320-002	Right Handlebar Assembly	1	
31	BC865-400-001	Seat	1	SB-31 w/o logo printing

32		Flat washer	3	φ8 (w/ seat)
33		Nylon Nut	3	M8, (w/ seat)
34	BC865-400-001	Seat Post assembly	1	
35	BC865-220-001	Main Frame Assembly	1	
36	M310-881-003	cable plug	2	Fit w/ Φ12mm hole
37		Lower connection cable (for computer)	1	
38	A910-0001-017	Front Foot Tube end cap	2	Fit w/ Φ60mm round tube
39	BC865-221-007	Rear Foot Tube	1	Φ60
40	0111-408-708	Pan head square neck bolt	4	M8*70
41L	BC865-341-001	Left Pedal	1	
41R	BC865-341-001	Right Pedal	1	
42	BC12-221-41	Cap	4	
43	0110-410-01	Hex flange nut	4	M10*1.25
44L	BC128-561-015	Left Crank	1	5.5"(black)
44R	BC128-561-016	Right Crank	1	5.5"(black)
45	BC866-881-003	Nylon washer	2	φ30*φ16*5
46		C ring	4	for bearing
47	BC865-561-011	Bearing	2	99502ZZ w/ 2 C-ring & slots
48L	BC865-380-001	Left side pedal arm connection plate	1	
48R	BC865-380-002	Right side pedal arm connection plate	1	
49	BC865-561-012	Shoulder bearing	4	608Z, Shoulder size: 2.5mm,5.5mm; Center hole:Φ8mm
50	0113-208-458A	Hexagon socket head cap screws	2	M8*45, Thread length: 15mm; black zinc plated
51	0251-610-02	Plastic spacer	2	
52	0116-210-02	Big flat washer	2	
53	0110-710-11	Nylon nut	2	M10*1
54	BE865-561-003	Crank Connector	1	Black zinc plated
55	BC865-350-001	U shape bracket	2	
56	0110-708-028	Nylon Nut	2	M8
57	0114-142-198	Philip head tapping screw	3	ST4.2*19
58	0116-418-31	Arc shape spring washer	2	φ26*φ17.8*0.3
59	BC15-340-01	Plastic Sleeve	2	Black
60	0114-142-608	Pan head tapping screw	1	ST4.2*60

61	0114-742-198	Pan head tapping screw	8	ST4.2*19
62	BC866-801-001A	Left Shroud	1	
63	GM851-881-010A	T shape spring knob	1	Red cap
64	BC770-801-011	sensor holder	1	
65	0117-120-018	Limit ring for axle	2	φ20
66	0116-421-011	Arc Washer	1	φ21
67	0200-310-53	bearing	2	6004ZZ
68	BC865-561-004	Main Axle	1	φ20*135
69	B865-560-000	Right crank chain plate assembly	1	
70	BC866-881-004	Shroud sleeve	1	
71	BC866-801-002A	Right Shroud	1	
72	BC866-221-009	U shape stopper	1	
73	0140-206-432	Belt	1	1192,J6,Hutchinson
74	BC866-380-003	Belt Wheel	1	
75	BC866-561-009	Chain	1	Pitch: 12.7mm, 64 sections
76	BC866-561-005	chain wheel axle	1	φ10*144, thread length: 23(M10*1)
77	BC12-011-72	Locking bolt	1	M6
78	B650-0001-025	Rear Foot Tube End cap with roller	2	Fit w/ Φ60mm round tube
79	0114-130-11	Pan head tapping screw	2	ST2.9*11
80	BC865-221-008	Front Foot tube	1	Φ60
81	0242-060-32	SLEEVE	1	Fit W/60*30*1.5MM &53.5*23.5*1.5MM Tube
82	BC865-561-013	Spacer sleeve	2	Φ21*Φ17.5*22mm



	<p>1</p>	 <p>L</p>	<p>1</p>
	<p>1</p>	 <p>R</p>	<p>1</p>
	<p>1</p>	 <p>L</p> <p>1</p>  <p>R</p>	<p>1</p>
	<p>1</p>		<p>1</p>
	<p>1</p>		<p>1</p>
	<p>2</p>		<p>1</p>

# INSPIRE

## Warranty

This Warranty applies to Inspire Strength products manufactured or distributed by FG1 LLC. **This Product is NOT intended for LIGHT-COMMERCIAL or HEALTH CLUB use**

### **CONSUMER USE:**

#### **10 YEAR FRAME:**

Includes Main Frame and Welds

#### **3 YEAR PARTS:**

Excluding Paint and Finish (unless defective out of box)

#### **1 YEAR LABOR**

FG1, LLC. warrants that the Product you have purchased for personal, family or household use from FG1 LLC or from an authorized FG1 reseller is free from defects in materials or workmanship under normal use during the warranty period. Your sales receipt, showing the date of purchase of the Product, is your proof of the date of purchase. This warranty extends only to you, the original purchaser. It is not transferable to anyone who subsequently purchases the Product from you. It excludes expendable parts such as paint and finish. This Warranty becomes VALID ONLY if the Product is assembled / installed according to the instructions / directions included with the Product.

#### **Replacement and repair of parts.**

During the warranty period FG1 will, at no additional charge, repair or replace the Product if it becomes defective, malfunctions, or otherwise fails to conform with this Warranty under normal personal, family, or household use. In repairing the product FG1 may replace defective parts with, at the option of FG1, serviceable used parts that are equivalent to new parts in performance, or new parts. All exchanged parts and Products replaced under this warranty will become the property of FG1. FG1 reserves the right to change manufacturers and or specification of any part to cover any existing warranty.

#### **Service procedures.**

To obtain warranty parts, you must return the parts to FG1 or an authorized FG1 retailer in its original container (or equivalent). You must pre-pay any shipping charges, taxes, or any other charges associated with transportation of the product. In addition, you are responsible for insuring any product shipped or returned. You assume the risk of loss during shipment. You must present FG1 with proof-of-purchase documents (including the date of purchase, Model, and Serial Number). Any evidence of alteration, erasing or forgery of proof -of-purchase documents will be cause to void this Warranty.

To register your warranty online visit [www.inspirefitness.net](http://www.inspirefitness.net)

#### **Conditions and Ex ceptions.**

This Warranty does not extend to any Product not purchased from FG1 LLC or from an authorized FG1 reseller. This Warranty does not extend to any Product that has been damaged or rendered defective; (a) as a result of accident, misuse, or abuse; (b) by the use of parts not manufactured or sold by FG1; (c) by modification of the Product; (d) as a result of service by anyone other than FG1, or an authorized FG1 warranty service provider; (e) product that has not been properly maintained (follow maintenance schedule found on product). Should any product submitted for Warranty service be found to be ineligible, an estimate of repair cost will be furnished and the repair will be made if requested by you upon FG1 receipt of payment or acceptable arrangement of payment.

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