Attention:
Please read all instructions carefully before using the product.

Contents

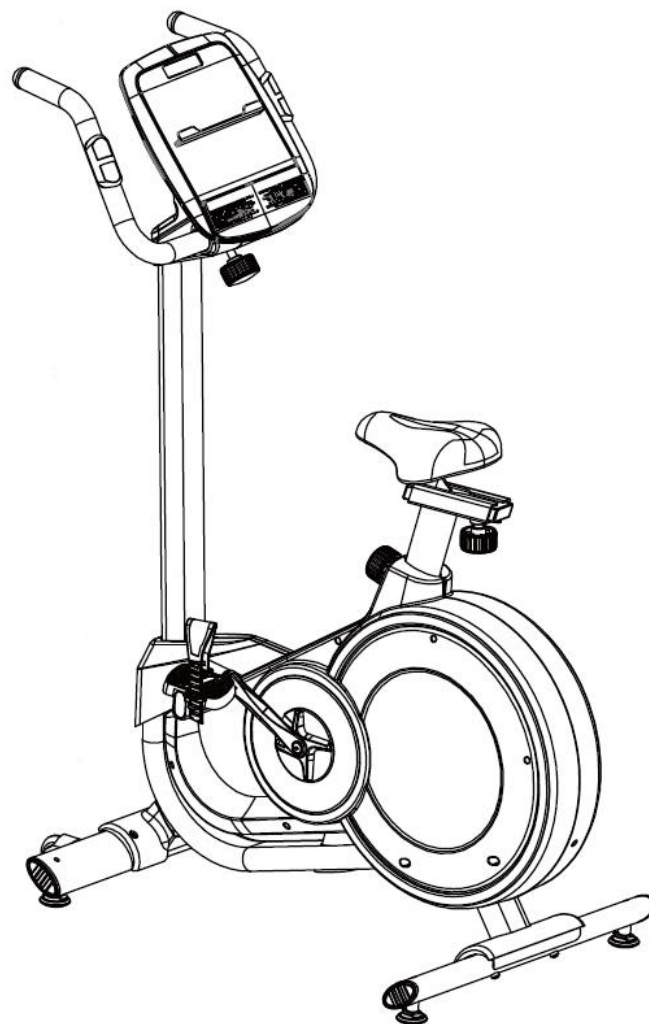Model: 170U

Retain this manual for reference 2020-12-13

OWNER'S MANUAL

COSCO® fITNESS

170U Upright Bike

Contents

Safety Information

1. Please read the entire instruction before starting using this machine.
2. It is the responsibility of the owner of this machine to inform all users of all preventive measures. Follow the instruction strictly.
3. Please place this machine on a flat ground, away from moisture and dust. Place a mat under the machine to protect the floor and carpet. For safety reasons, make sure you keep at leas 0.5m of free space around your equipment.
4. Before use, please make sure that all screws and nuts are locked tightly, and tighten the screws immediately after routine inspection and assembly of all parts.
5. Children should not be near the device. Don't leave your child unattended in a room with a stationary bike.
6. Please wear appropriate sportswear when using this machine. Do not wear loose clothing to avoid getting involved in the machine.
7. If you feel pain or dizziness while exercising, stop exercising immediately and do some soothing exercises.
8. Pulse sensors are not medical devices. Many factors, including exercise, may affect the heart rate display.The pulse sensor is only used as an auxiliary device to measure the approximate heart rate.
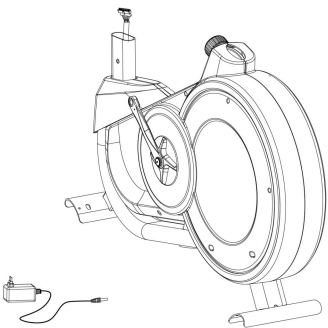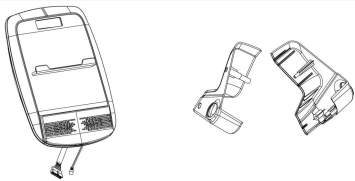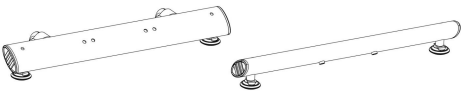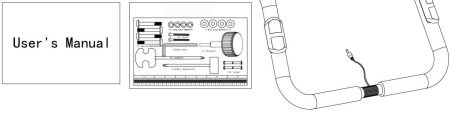

WARNING:

This exercise bike is designed and constructed to meet safety standards. However, some precautions should be taken when using sports equipment. Read the instructions and the following safety precautions thoroughly before installing and using the rowing machine.

1. Two or more people are not allowed to use this device at the same time.
2. If you feel unwell, please use it under the guidance of a doctor.
3. The heart rate data is for reference only, not for medical use.
4. Children, disabled person and pets should keep away from this equipment to avoid accidents.

Please check you have all parts listing below

	1/1
	1/1
	1/1

	1/1
	1/1
User's Manual	1/1/1
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Assembly Instructions

#K-1	#K-2	#K-3	X4	#K-5		1
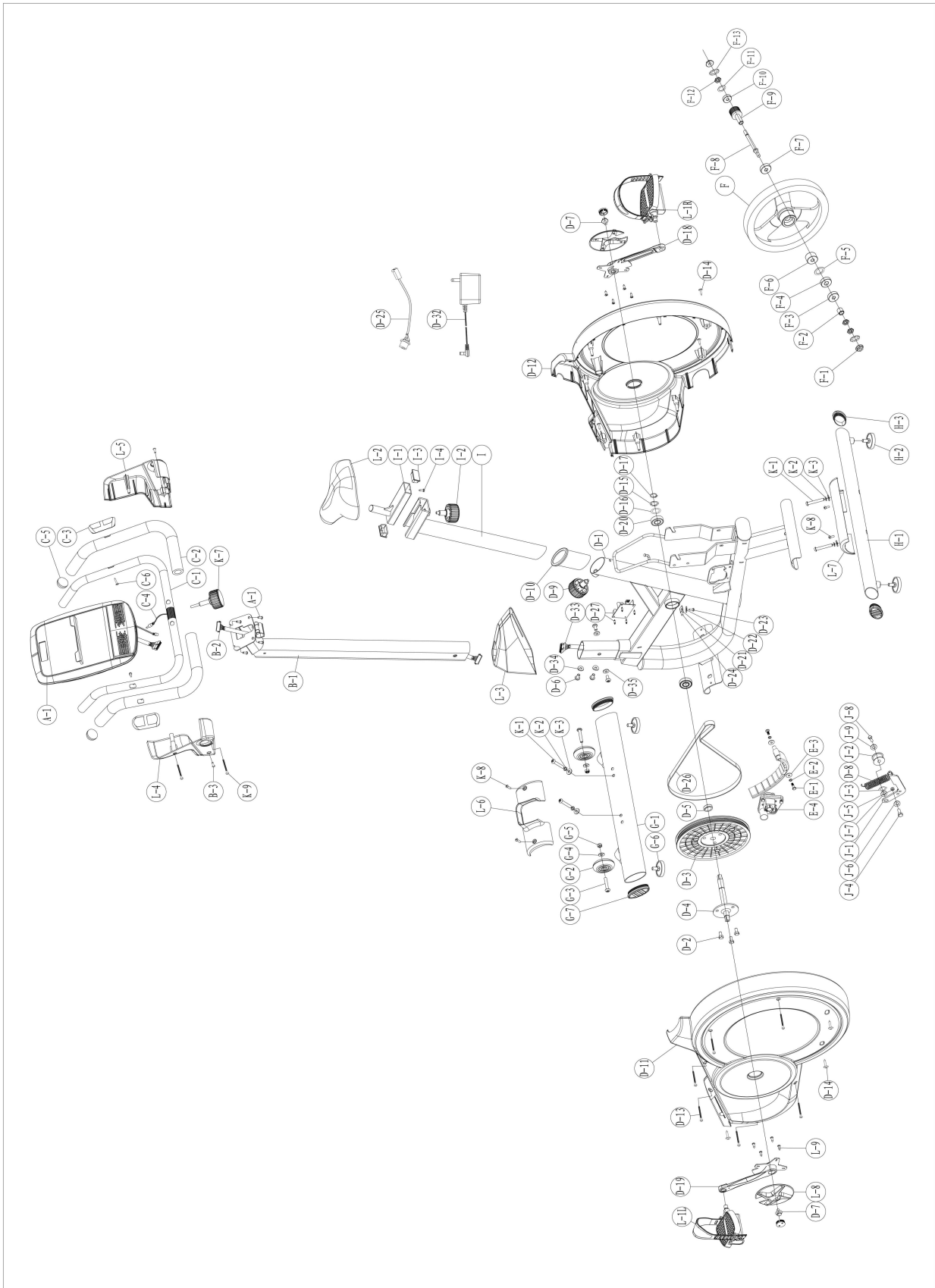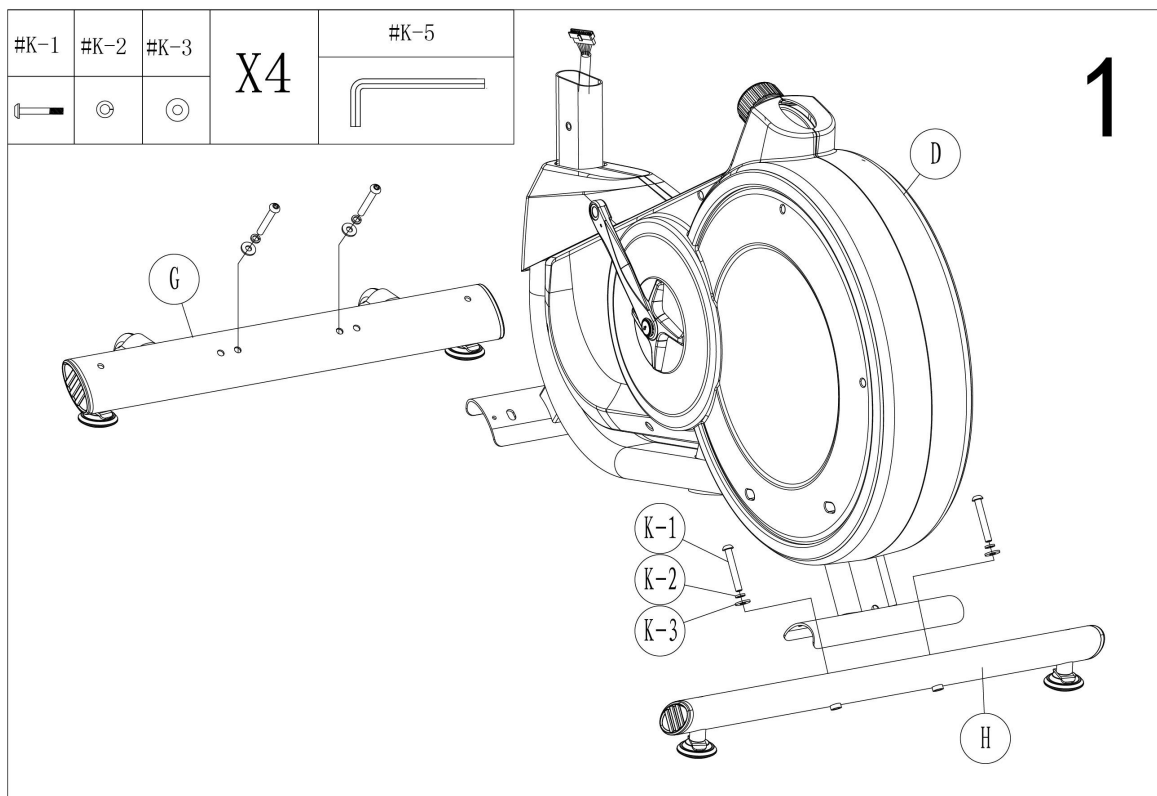
Step 1

1. Attach (**G**) to the Main Frame (**D**) and secure by using (**K-1**), (**K-2**), (**K-3**).

2. Attach (**H**) to the Main Frame (**D**) and secure by using (**K-1**), (**K-2**), (**K-3**).

3. Attach the (**H-4**) to (**H**).

Assembly Instructions

2

#K-8	X4	#K-4

L-6 K-8

D

L-7 K-8
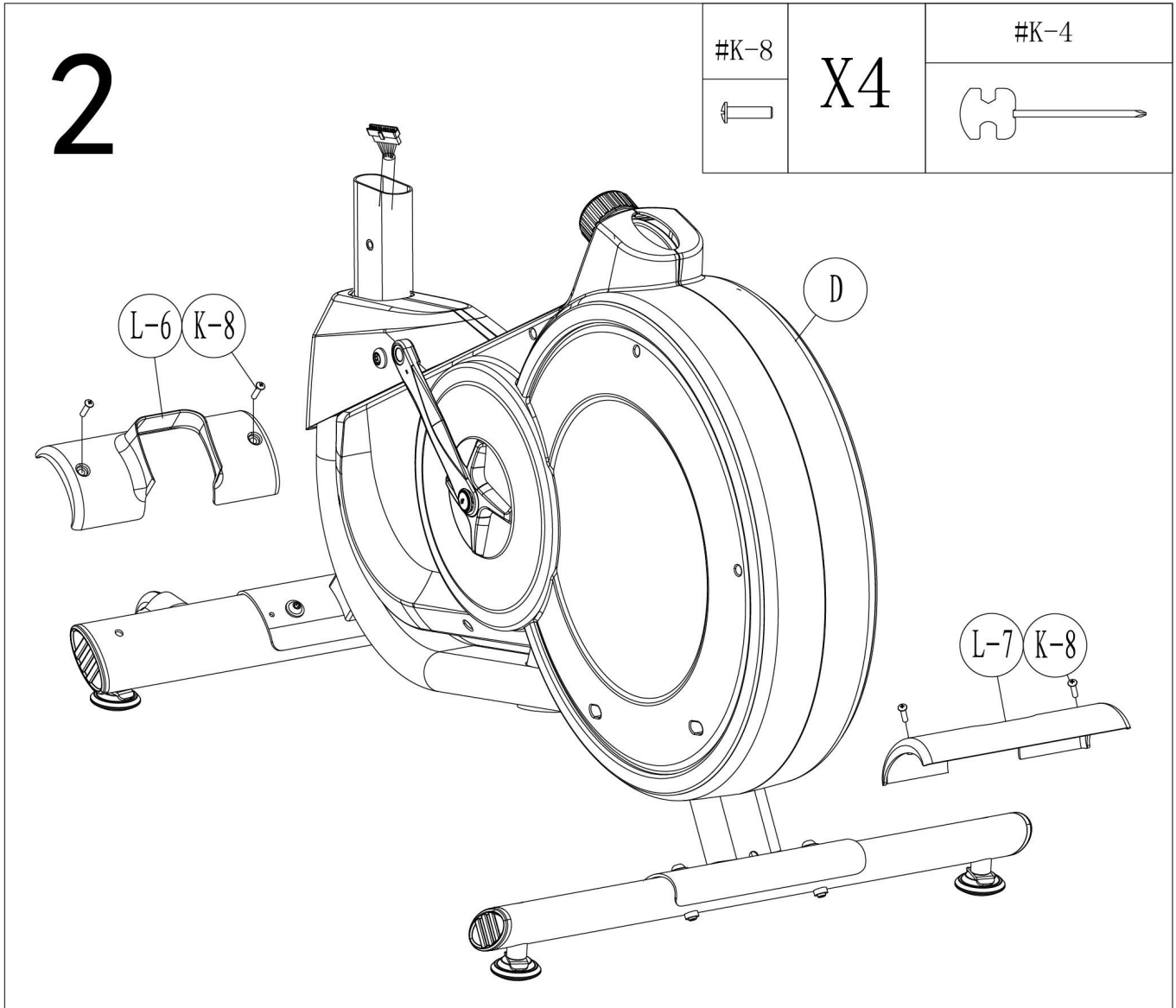
Step 2

1. Attach (**L-6**) to the Main Frame (**D**) and secure by using (**K-8**).

2. Attach (**L-7**) to the Main Frame (**D**) and secure by using (**K-8**).

#K-4

3

L-1L D-19

D

L-1R

L

R
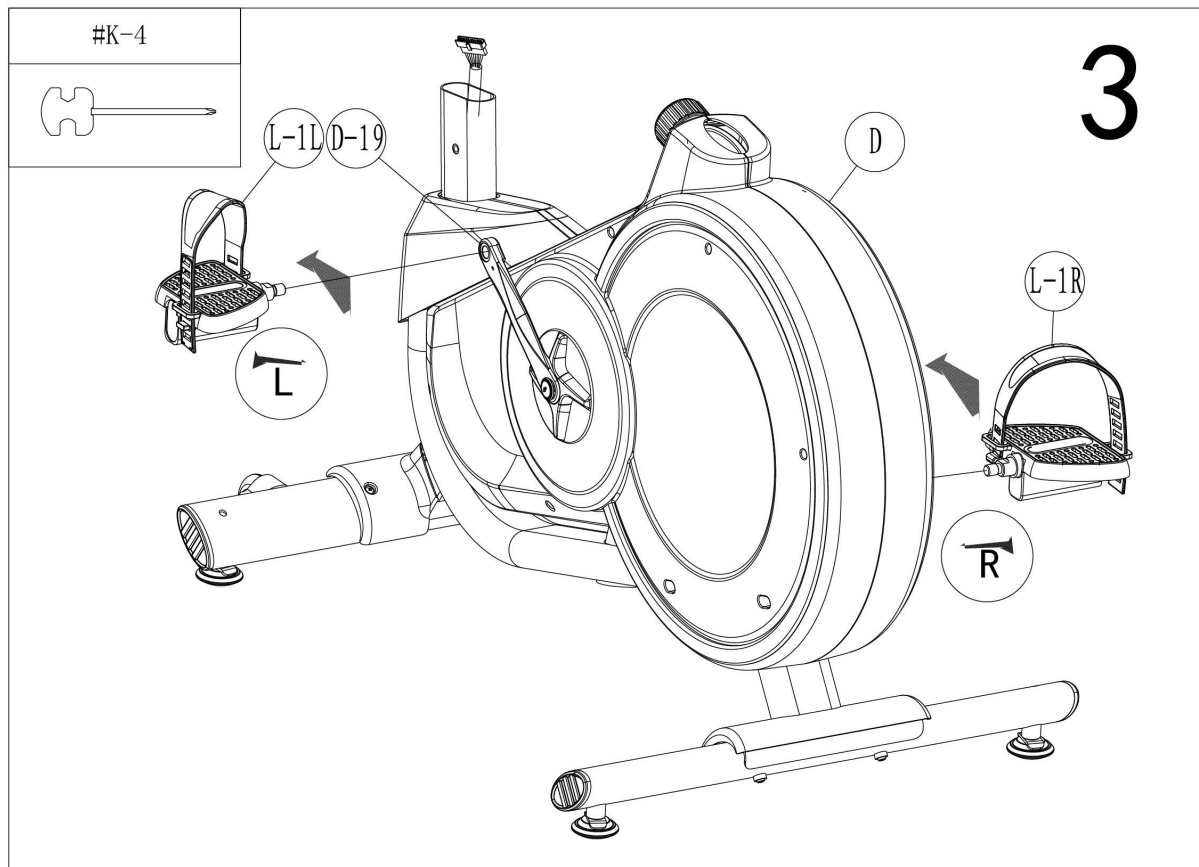
Step 3

1. Attach the (**L-1L**) to (**D-19**).

2. Attach the (**L-1R**) to (**D-18**).

Assembly Instructions

#K-6

4

1

2

L-2

I

D-9

D
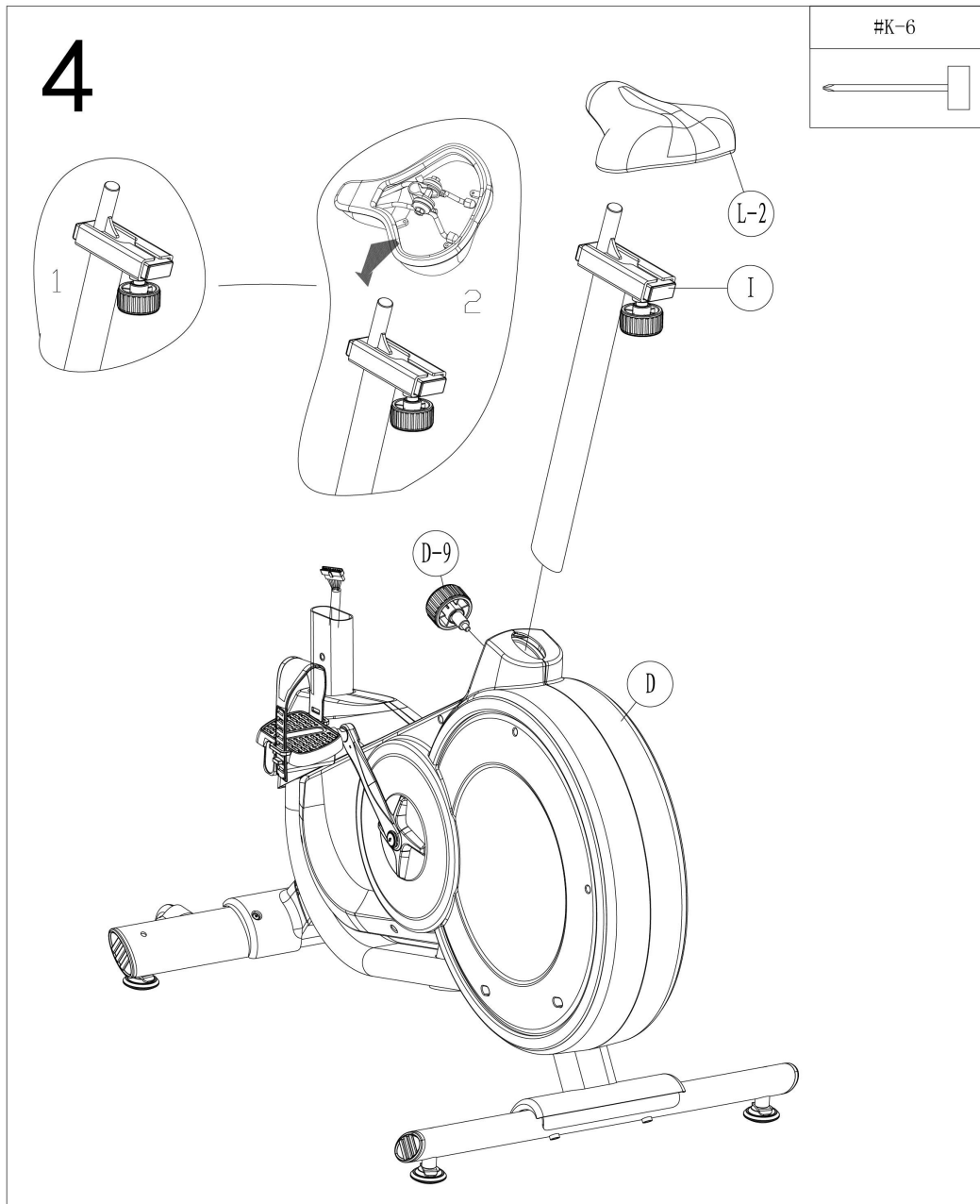
Step 4

1. Insert the (**I**) into the Main Frame (**D**) and secure by (**D-9**).

2. Attach the (**L-2**) to the (**I**).

Assembly Instructions

#K-10

5

B-1

B-2

D-6 D-34

D-33

D

D-35

K-5
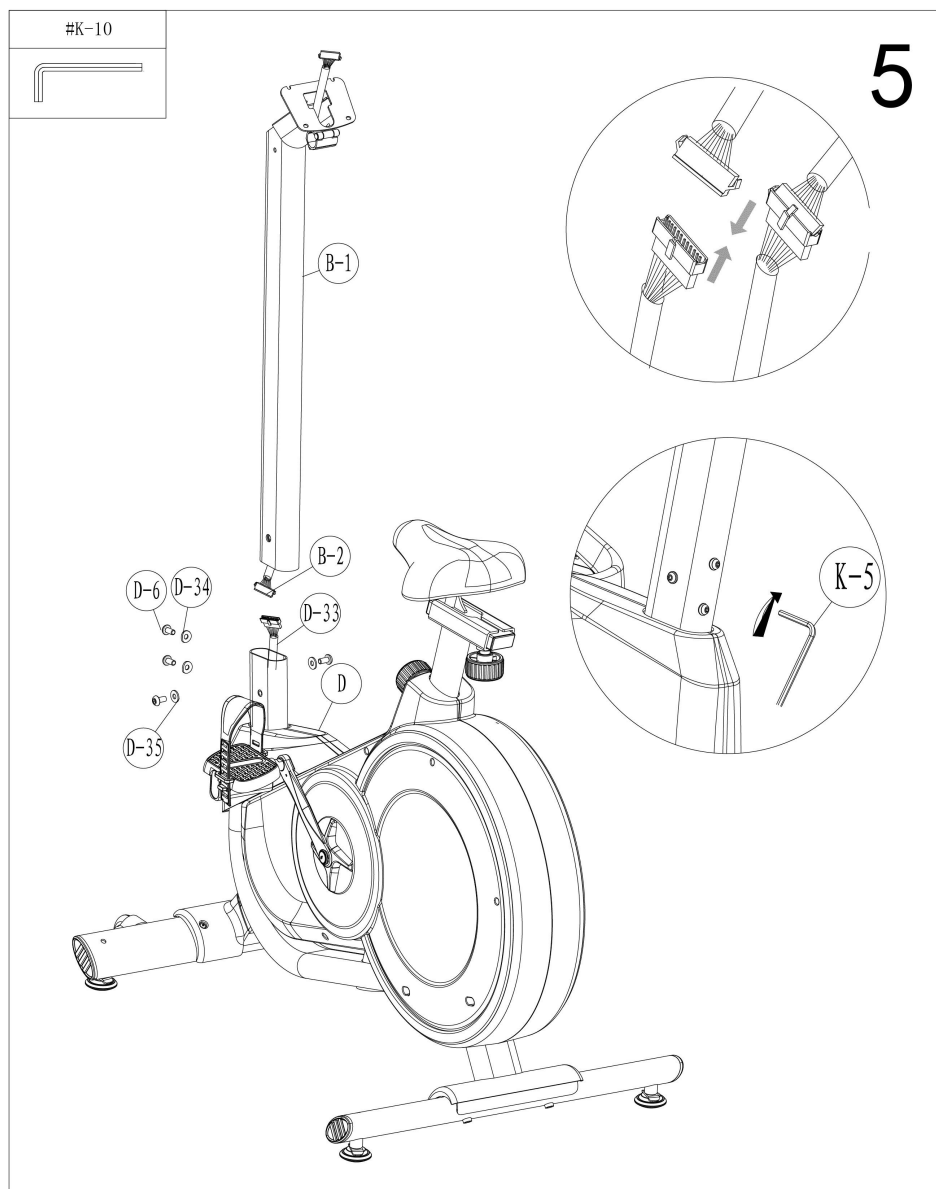
Step 5

1. Connect the Wire (**B-2**) with (**D-33**) as shown in the diagram.

2. Attach the (**B-1**) to the Main Frame (**D**) using (**D-6**),(**D-34**) and (**D-35**).

Assembly Instructions
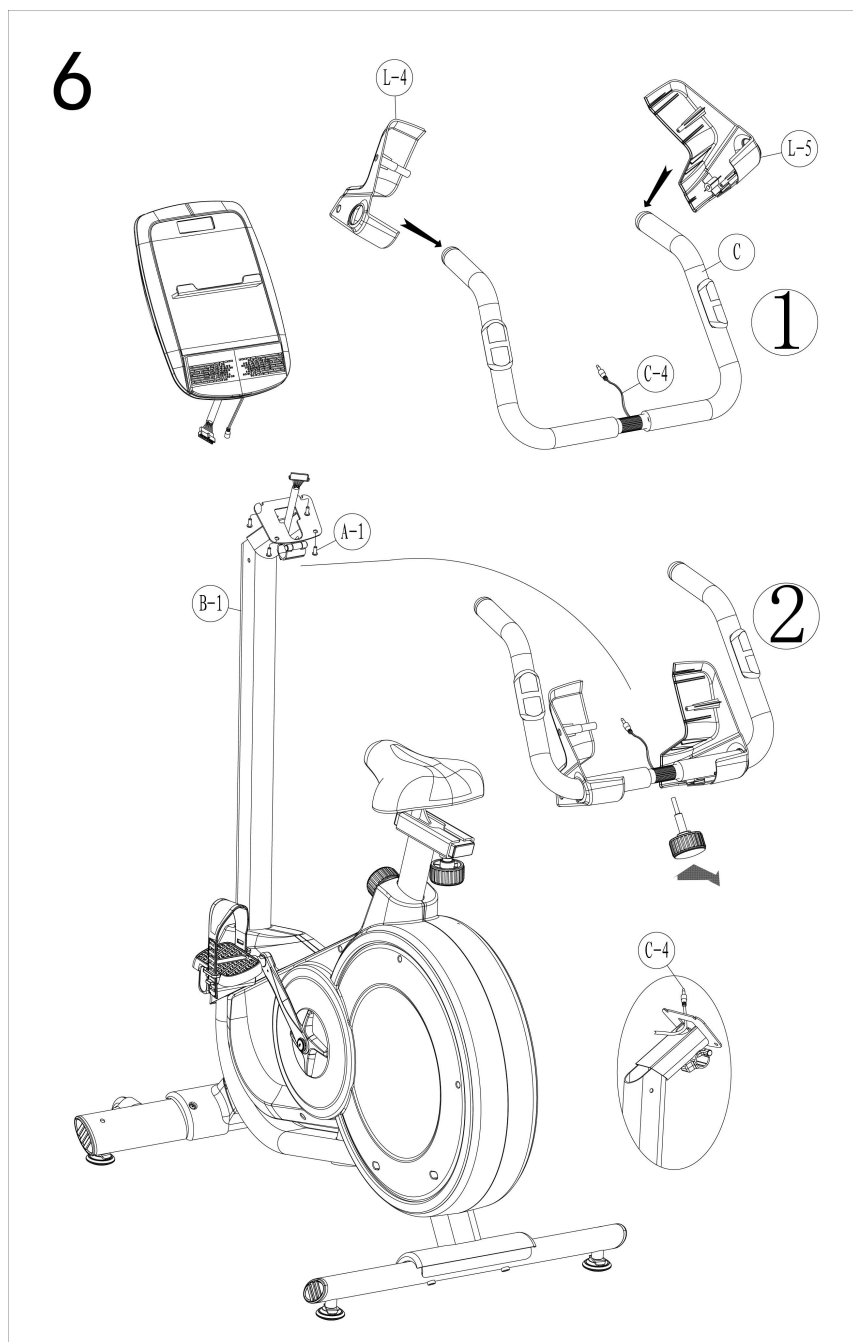
Step 6

1. Attach the (**L-4**) and (**L-5**) to (**C**).

2. Connect the Wire (**C-4**) to the wire from (**B-1**), then attach the (**C**) to (**B-1**).

3. Attach the (**A**) to (**B-1**) using (**A-1**).

Assembly Instructions

#K-9	#B-3	X2	#K-4
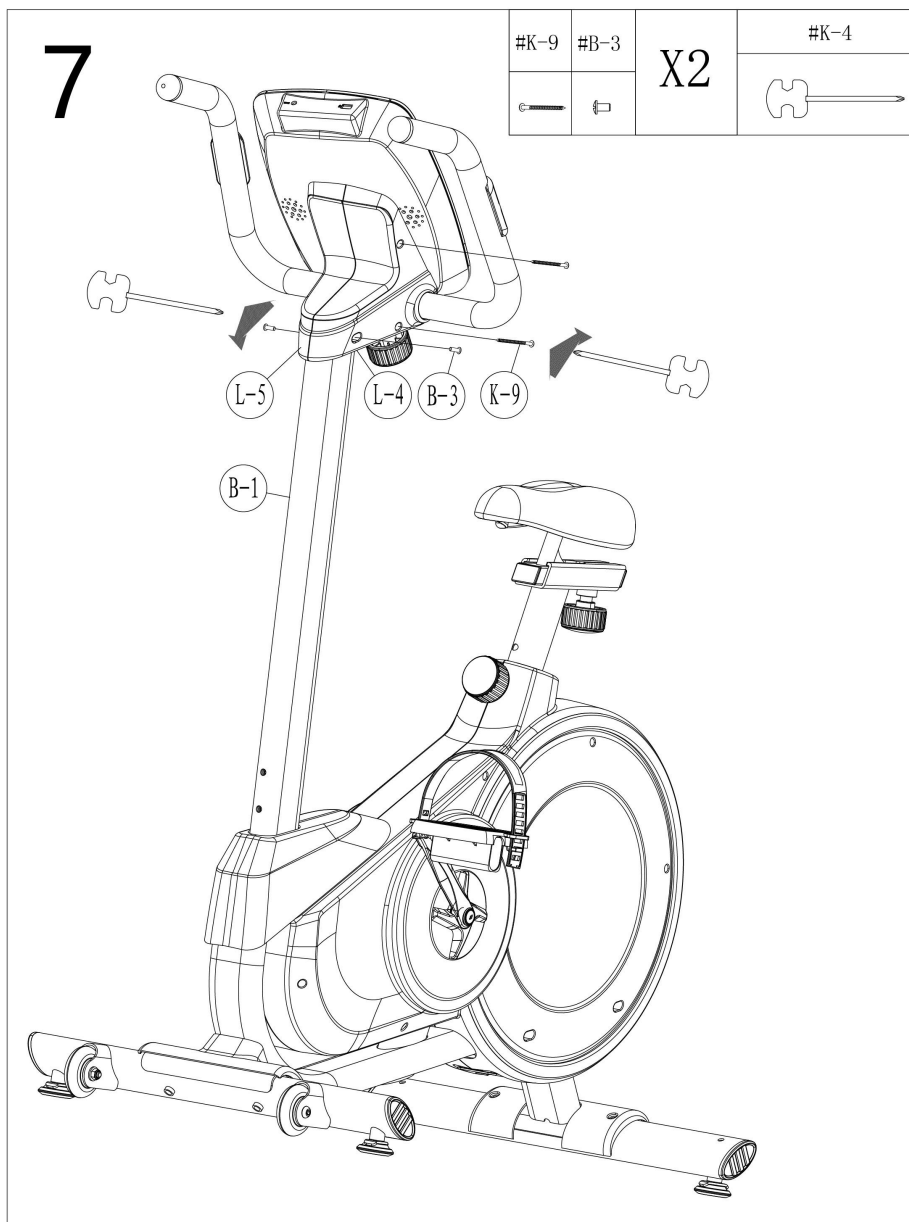
Step 7

1. Attach the (**L-4**) to the (**B-1**) and secure by using **(K-9)** and (**B-3**).

2. Attach the (**L-5**) to the (**B-1**) and secure by using **(K-9)** and (**B-3**).

Computer Instruction

A) Function Description：

1. MANUAL：Basic training, you can set the TIME、CAL、DIST、PULSE target manually.
2. PROGRAM：P1~P12 ，12 sets of different programs
3. CALORIES PROGRAM：Low, Medium, High, three different levels of target Calories program
4. INTERVAL： 3 sets of different Interval programs
5. WATT PROGRAM：3 sets of different Watt programs
6. WATT CONSTANT：Manual setting for Watt training
7. H.R.C.：55％、75％、90％、3 different TARGET setting of heart rate mode, use heart rate to control LOAD auto-adjustment.
8. USER PROGRAM：User can set multiple LOAD setting

B) Button Description：

：Confirm function, settings

：During pause, select workout mode by short press the key, restart the system by extended press the key

：Pause

：Start

：Turn up the value / resistance level

：Turn down the value / resistance level

MANUAL QUICK KEY：Under the workout mode，press the button and enter MANUAL mode

PROGRAM QUICK KEY：Under the workout mode，press the button and enter PROGRAM mode

CALORIES PROGRAM QUICK KEY：Under the workout mode，press the button and enter CALORIES PROGRAM mode

INTERVAL QUICK KEY：Under the workout mode，press the button and enter INTERVAL mode。

WATT PROGRAM QUICK KEY：Under the workout mode，press the button and enter WATT PROGRAM mode。

Computer Instruction

**WATT CONSTANT QUICK KEY**：Under the workout mode，press the button and enter WATT

H.R.C. QUICK KEY： Under the workout mode， press the button and enter H.R.C. mode。

USER PROGRAM QUICK KEY：Under the workout mode， press the button and enter USER PROGRAM mode。

C. Operational instruction：

1. As the system is power on, the full screen will be lightened up for 2 seconds after a long beep (Drawing1)， the Wheel diameter/Metric system will appear for 1second (Drawing2), then enter the Age setting (Drawing 3). Use [Plus/Minus] to set the age, press [Enter] to enter the Workout Mode (Drawing 4)

2. After entering Workout Mode, use [Plus/Minus] to select the workout program, including MANUAL、PROGRAM、CALORIES、INTERVAL、WATT PROGRAM、WATT、H.R.C.、USER PROGRAM. Press [enter] or [Function quick key] to confirm the program.
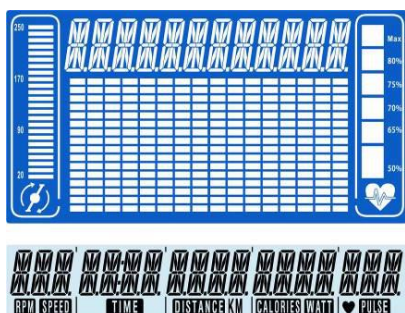
Drawing 1	Drawing 2	Drawing 3

3. Manual Mode: use [Plus/Minus] to select the Manual Mode, press [enter] to enter the Manual Mode (Drawing 4). You can also press [Manual] button to enter the mode directly, and set TIME、DIST、CAL、PULSE value accordingly. (Drawing 5~8). Use [Plus/Minus] to adjust the value, and press [Enter] to enter the next value. Press [Start] to start the training after you finish the setting. During the workout, press [Plus/Minus] to adjust Level. The workout program will be stopped after pressing [Stop] or when you reach the target. Press [Reset] to exit the mode.

Computer Instruction

Drawing 4

Drawing 5

Drawing 6

Drawing 7

Drawing 8

4. Program Mode: use [Plus/Minus] to choose the Program(Drawing 9) , press [enter] to enter the Program Mode. You can also press [Program] button to enter the mode directly. Firstly choose Program pattern(Drawing 10), there are 12 sets of different Program patterns. Press [Enter] to confirm the pattern, and set Time (Drawing 11). Use [Plus/Minus] to adjust the value. Press [Start] to start the training. During the workout, press [Plus/Minus] to adjust Level. The workout program will stop after pressing [Stop] or when you reach the target. Press [Reset] to exit the mode.

Drawing 9

Drawing 10

Drawing 11

5. CALORIES Mode: use [Plus/Minus] to choose the CALORIES mode(Drawing 12) , press [enter] to enter the CALORIES Mode. You can also press [CALORIES] button to enter the mode directly. Firstly choose CALORIES Program pattern(Drawing 13), there are 3 sets of different CALORIES Program targets (300, 600, 900). Press [Start] to start the training. When the CALORIES target was reached the program will proceed to next level. The workout program will stop after pressing [Stop] or when you reach the target. Press [Reset] to exit the mode.

Computer Instruction

Drawing 12

Drawing 13

6. Interval Mode: use [Plus/Minus] to choose the Interval (Drawing 14) , press [enter] to enter the Interval Mode. You can also press [Interval] button to enter the mode directly. Firstly choose Interval (Drawing 15), there are 3 sets of different Interval. In Interval 1 & 2, press [Start] to start the workout, In Interval 3, press [Enter] to set Interval time and Cycles. Press [Start] to start the training after you finish the setting. There will be 3 minutes of warm up after starting the workout, the Interval will start after the warm up. Use [Plus/Minus] to adjust the level. The workout program will stop after pressing [Stop] or when the cycle is complete. Press [Reset] to exit the mode.
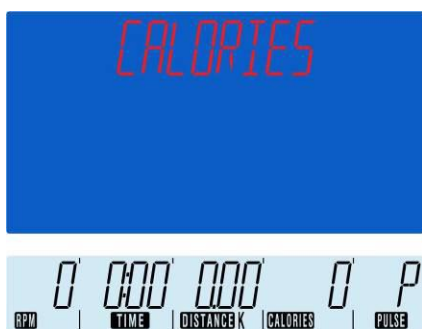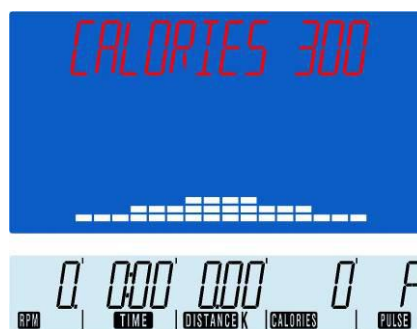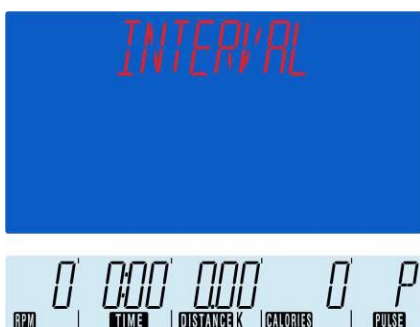

Drawing 14
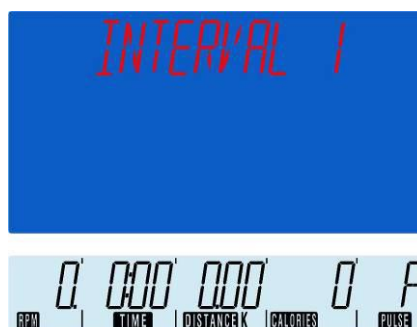
Drawing 15

7. Watt Mode: use [Plus/Minus] to choose the Watt Program (Drawing 16) , press [enter] to enter the Watt Program. You can also press [Watt] button to enter the mode directly. Firstly choose Watt Program pattern(Drawing 17), there are 3 sets of different Watt Program patterns. Press [Enter] to enter time setting. Use [Plus/Minus] to adjust Watt value. The level will change accordingly. The workout program will stop after pressing [Stop] or when time runs out. Press [Reset] to exit the mode.

Drawing 16

Drawing 17

8. Watt Constant Mode: use [Plus/Minus] to choose the Watt Constant (Drawing 18) , press [enter] to enter the Watt Constant Program. You can also press [Watt Constant] button to enter the mode directly. Use [Plus/Minus] to adjust value. Press [Enter] to enter time setting. During the training, press [Plus/Minus] to adjust the Watt LOAD. The workout program will stop after pressing [Stop] or when time runs out. Press [Reset] to exit the mode.

| Drawing 18 | Drawing 19 | Drawing 20 |

9. H.R.C Mode: use [Plus/Minus] to choose the H.R.C mode(Drawing 21) , press [enter] to enter the H.R.C Mode. You can also press [H.R.C] button to enter the mode directly. Use [Plus/Minus] to choose among 55％ (Drawing 22)、75％、90％、TAG. TAG means you can set the H.R.C value manually. Press [enter] to enter the H.R.C Mode and set the time. Press [Start] to start the training. The Load will change according to the Heart Rate. The workout program will stop after pressing [Stop] or when time runs out. Press [Reset] to exit the mode.

| Drawing 21 | Drawing 22 |

10. User Mode: use [Plus/Minus] to choose the User Program (Drawing 23) , press [enter] to enter the User Program. You can also press [User] button to enter the mode directly. You can set the Level Pattern manually (16 options), the word Level will appear during the setting. (Drawing 24) Press [Enter] to enter the next line, there are 16 cycles. After finishing Level setting, extended press [Enter] to enter Time setting (Drawing 25). Press [Start] to start the training. During the workout use [Plus/Minus] to adjust Level. The workout program will stop after pressing [Stop] or when time runs out. Press [Reset] to exit the mode.
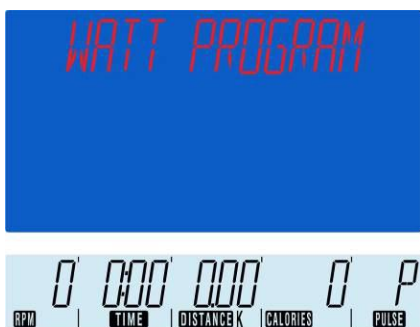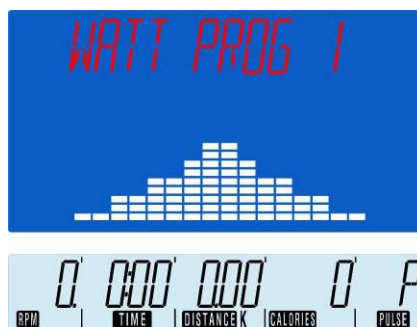
Computer Instruction
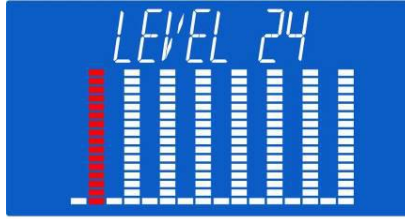

Drawing 23

Drawing 24
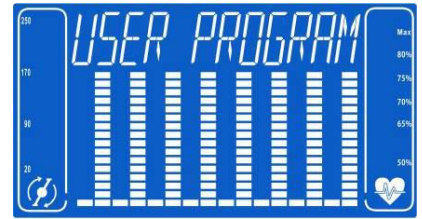
Drawing 25

D、Remarks

1. Program Patterns：

P1

P2

P3

P4

P5

P6

P7

P8

P9

P10

P11

P12

2. Calories Patterns：

C1(300 Calorie)

C2(600 Calorie)

C3(900 Calorie)

Computer Instruction

3.Watt Paterns：

W1   W2   W3

4．Stage Mode Default Paterns：

Stage Mode Description：

    (1).INTERVAL1：Intense work out for 25 seconds/Rest for 15 seconds, continue for 8 cycles

    (2).INTERVAL2：Intense work out for 60 seconds/Rest for 75 seconds, continue for 12 cycles

    (3).INTERVAL3：Custom mode，you can set the Intensity/Rest/Cycle value

Noted:

1. After 4 minutes without pedaling or pulse input, console will enter into power saving mode. Press any key may wake the console up.

2. When computer act abnormal, please plug out the adaptor and plug in again.

Computer Instruction

APP

1. This console can connect APP on the smart device by Bluetooth or Tunelinc.

2. Once console is connect to smart device via Bluetooth or Tunelinc, the console will power off.

3. **Down load and install app**

IOS system please search " IC + Training APP" at Apple Store.

Android system please search " Iconsole + Training" at Google Play.

Or Scan the QR code and down load app and install to your mobile phone or tablet.

iConsole Global

Maintenance

1. Regularly check whether the bolts and nuts of each part are fastened, whether the adjusting knob is locked, whether the rotating part is flexible, and whether there are any worn or damaged parts.These parts are in good condition, the safety of the equipment can be guaranteed;

2. Any worn or damaged parts should be immediately removed or sent to the maintenance center for replacement.

3. Keep the equipment clean, but do not wipe it with acidic, alkaline or organic solutions.

Failure and trouble shooting:

Failure	Root cause	Solutions
Base un-flat	1. Ground is not flat or has sundries 2. The base was not leveled when the frame was assembled.	1. Eliminate sundries 2. Loosen the rack connection bolt to level the base, then tighten the bolt 3. Adjust eccentric foot cover of bottom tube
Handle unstable	Screw is loosen	Tighten the screw
Rotating parts have abnormal sound	Gap disturbance	Open the shroud to adjust
Low resistance	1. Reluctance gap increases 2. The spinner is damaged 3. Belt slip	1. Open the shroud to adjust; 2. Replace; 3. Open the shroud to adjust

Parts List

A	Console assembly	1	D-24	Sensor wire	1
A-1	M5x14L Phillips screw	4	D-25	DC wire	1
B	Handle tube assembly	1	D-26	Poly V-belt	1
B-1	Handle tube	1	D-32	Rectifier	1
B-2	Wire 950mm	1	D-33	Motor wire	1
B-3	M5x20L Phillips screw	4	E	Magnet assembly	1
B-4	Bottle holder	1	E-1	M6xP1.0*16L Hex screw	2
C	Handle assembly	1	E-2	ϕ6 Spring washer	2
C-1	Handle	1	E-3	ϕ6xϕ13x1t Flat washer	2
C-2	Handle grip	2	E-4	Gear box	1
C-3	Handle heart rate receiver	2	F	Flywheel	1
C-4	Handle heart rate wire	1	F-1	3/8"-26 Nut	1
C-5	End cap	2	F-2	Sleeve	1
C-6	M4x20L Phillips self tapping screw	2	F-3	6300RS Bearing	1
D	Main frame assembly	1	F-4	6003RS Bearing	1
D-1	Main frame	1	F-5	ϕ30xϕ34x1t Flat washer	1
D-2	M8xP1.25x12Lx5t Hex screw	3	F-6	One-way bearing assembly	1
D-3	Belt pulley	1	F-7	6203 (RS) Bearing	1
D-4	Axis	1	F-8	Flywheel mandrel	1
D-5	Sleeve	1	F-9	Belt pulley	1
D-6	M10x60L Screw	2	F-10	6000RS Bearing	1
D-7	M8xP1.0x20L Screw	2	F-11	ϕ10xϕ14x1t Flat washer	1
D-8	Spring	1	F-12	3/8"-26x4.5t Nut	3
D-9	M16xP1.5x22L Pin	1	F-13	ϕ10xϕ17x1t Star washer	2
D-10	Sleeve	1	G	Front stabilizer assembly	1
D-11	Lef cover (Upper)	1	G-1	Front stabilizer	1
D-12	Right cover (Lower)	1	G-2	Transportation wheel	2
D-13	M4x50L Phillips screw	6	G-3	M8xP1.25x45L Phillips screw	2
D-14	M5x16 Phillips screw	6	G-4	ϕ8xϕ19x2t Flat washer	4
D-15	ϕ17.5xϕ25x0.3t Wave washer	1	G-5	M8 Nylon nut	2
D-16	ϕ17.5xϕ25x0.3t Flat washer	1	G-6	Foot level	2
D-17	C-type ring	1	G-7	Foot cap	2
D-18	Right crank	1	H	Rear stabilizer assembly	1
D-19	Left crank	1	H-1	Rear stabilizer	1
D-20	6203 (RS) Bearing	2	H-2	Foot level	2
D-21	Sensor support	1	H-3	Foot cap	2
D-22	ϕ5xϕ10x1t Flat washer	1	H-4	M8 Ring	2
D-23	M4x10L screw	1	I	Saddle tube	1

I-1	Saddle sliding tube	1	K-3	φ8xφ19x2t Flat washer	4
I-2	Pin	1	K-4	Harpoon spanner	1
I-3	Sliding tube end cap	2	K-5	6mm Allen wrench	1
I-4	M4x10L screw	1	K-6	Socket spanner	1
J	Idle Wheel Assembly	1	K-7	Knob	1
J-1	Bracket	1	K-8	M5x20L Phillips screw	4
J-2	Idle Wheel	1	K-9	M4x50L Phillips self tapping screw	2
J-3	φ10.5xφ15x0.3t Wave washer	2	L-1L	Left pedal	1
J-4	M8xP1.25x18L Hex screw	1	L-1R	Right pedal	1
J-5	M8 Nylon nut	1	L-2	Saddle	1
J-6	φ8.5xφ25x1t Flat washer	1	L-3	Handle tube cover	1
J-7	φ8xφ16x1t Flat washer	1	L-4	Left tray (lower)	1
J-8	M6xP1.0x12L Hex screw	1	L-5	Right tray (upper)	1
J-9	φ6xφ12x1t Flat washer	1	L-6	Front stabilizer end cap	1
K	Hardware pack	1	L-7	Rear stabilizer end cap	1
K-1	M8xP1.25x55L Phillips screw	4	L-8	Crank cover	2
K-2	φ8*φ14*2T Spring washer	4	L-9	M3x8L Phillips screw	8