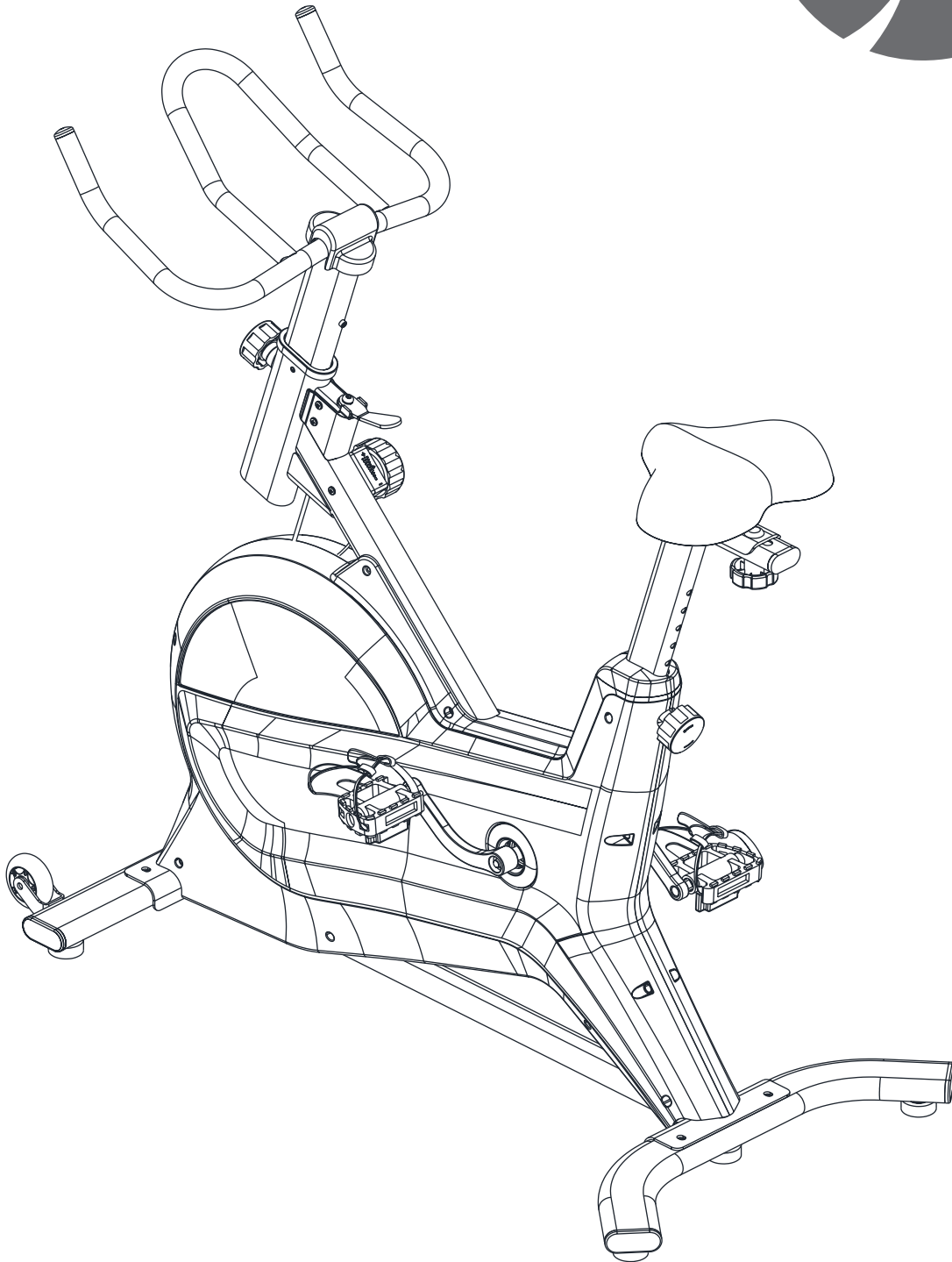


**ERG8000/ERG9080**

**DELUXE INDOOR CYCLE TRAINER  
WITH CURVE-CRANK TECHNOLOGY®**



This product is intended for indoor, home use only and is not to be used in a commercial setting.

**OWNER'S MANUAL**

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**PLEASE KEEP THESE INSTRUCTIONS FOR FUTURE USE & REFERENCE.  
DO NOT DISCARD.**

WARNING: SERIOUS INJURIES AND EVEN DEATH CAN OCCUR IF THE PROPER SAFETY PRECAUTIONS ARE NOT FOLLOWED.

The diagram below highlights and reviews many of the important Safety and Warning labels also found on the unit. Please ensure any user of the unit familiarizes themselves with this Safety and Warning guidelines before use.

**⚠ WARNING !**

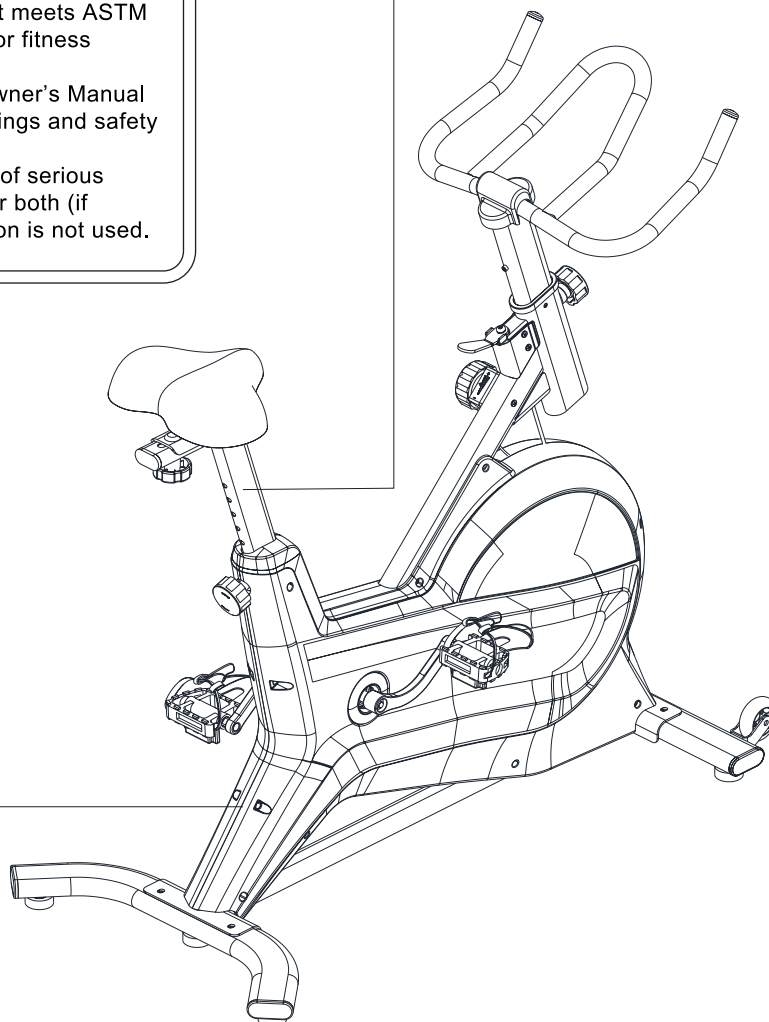
The use of this exercise equipment involves a RISK OF PHYSICAL INJURY as well as property damage, which can be minimized by observing the following guidelines:

1. **ALWAYS** wear comfortable clothing and shoes with good traction.
2. **ALWAYS** make sure all nuts and bolts are secured before use. **TIGHTEN PEDAL HINGE BOLTS EVERY 30 DAYS.**
3. **STOP EXERCISING** if you become dizzy, nauseous, have irregular hearbeats or breathing difficulties. Contact your physician immediately.
4. **ALWAYS** keep a large mat under the equipment to protect the floor or carpet.
5. **ALWAYS** use your equipment in a warm, dry, level, well-lit and ventilated indoor area.
6. **ALWAYS** keep body and clothing free and clear of moving parts.
7. **ALWAYS** keep your equipment clean and free of dust, moisture, debris and loose objects.
8. **NEVER** use the equipment if you are injured or have a physical condition that impairs your balance. **DO NOT** exercise under the influence of medication or alcohol.
9. Keep all children away from this equipment. **NEVER** allow small children or pets to approach the equipment. It is not a toy.
10. **NEVER** use the equipment if you exceed its weight limit of 300 lbs.
11. **NEVER** use the equipment if it does not function properly.
12. This equipment meets ASTM F1749 standards for fitness equipment
13. Refer to the Owner's Manual for additional warnings and safety information
14. The possibility of serious injuries or death, or both (if applicable) if caution is not used.

**⚠ WARNING !**

**DO NOT REMOVE THE SEAT FOR ANY REASON**

Exercising on this unit without the seat installed can result in SERIOUS INJURY. Ensure the seat is fully locked in place by tightening the knobs prior to use.



# General Information

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## 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.

Excessive or incorrect training may result in health injuries.

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 this item when it is not in use.
- Supervise teenagers while they use this unit.
- For your own safety, always ensure that there are 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.
- Any adjustment devices that could interfere with the user's movement of this unit should not be left projecting.
- Clean only with a damp cloth, do not use solvent cleaners. Lubricate the moving parts of your unit every 30 days with a silicone-based grease or product. 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, hard-flat surface.
- Do not place on carpet. 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. This unit is for home use only.
- 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:  
300 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 Sport warrants your product is free of any defects in workmanship and materials 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 covers parts damaged due to defect in workmanship and materials; it does not cover abuse or damages caused during use, storage or assembly. During the warranty period, Body Flex Sport reserves the right to:

1. provide replacement parts to the purchaser in an effort to repair the item.
2. repair the product returned to our warehouse (at purchaser's cost).
3. replace the product if neither of the two previously

## 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: 1 (888) 266 - 6789

Fax: 1 (909) 598 - 6707

Email: [info@bodyflexsports.com](mailto:info@bodyflexsports.com)

# Before Assembly

## WARNING

1. Take a few minutes to familiarize yourself with the parts and hardware included with your product.
2. The assembly may require two people.
3. Check the frame for any damage and check any wiring (if present) for rips or tears. If you detect damage, rips, or tears, please contact our Customer Support Team before beginning any assembly.
4. Make sure all the hardware needed is included.
5. It is very important to follow the assembly instructions correctly and to make sure all parts are attached correctly and firmly tightened when the assembly process is complete.
6. Parts that are not tightened correctly will seem loose and can cause irritating noises and will cause damage to the equipment.

**PLEASE NOTE** : Many of the parts and hardwares listed on the parts list are already *pre-assembled* or installed on the unit.

## Tools Required For Assembly

Tool	Description/Purpose
Ruler (with both Metric and English measurements) QTY: 1	Use to measure the length or size of hardware including bolts to ensure you are using the correct part.
Adjustable or flat wrenches QTY: 2	Use to securely install parts including nuts and bolts.

# Part Listing

The following parts list describes all of the parts illustrated in the exploded diagram on the following page.

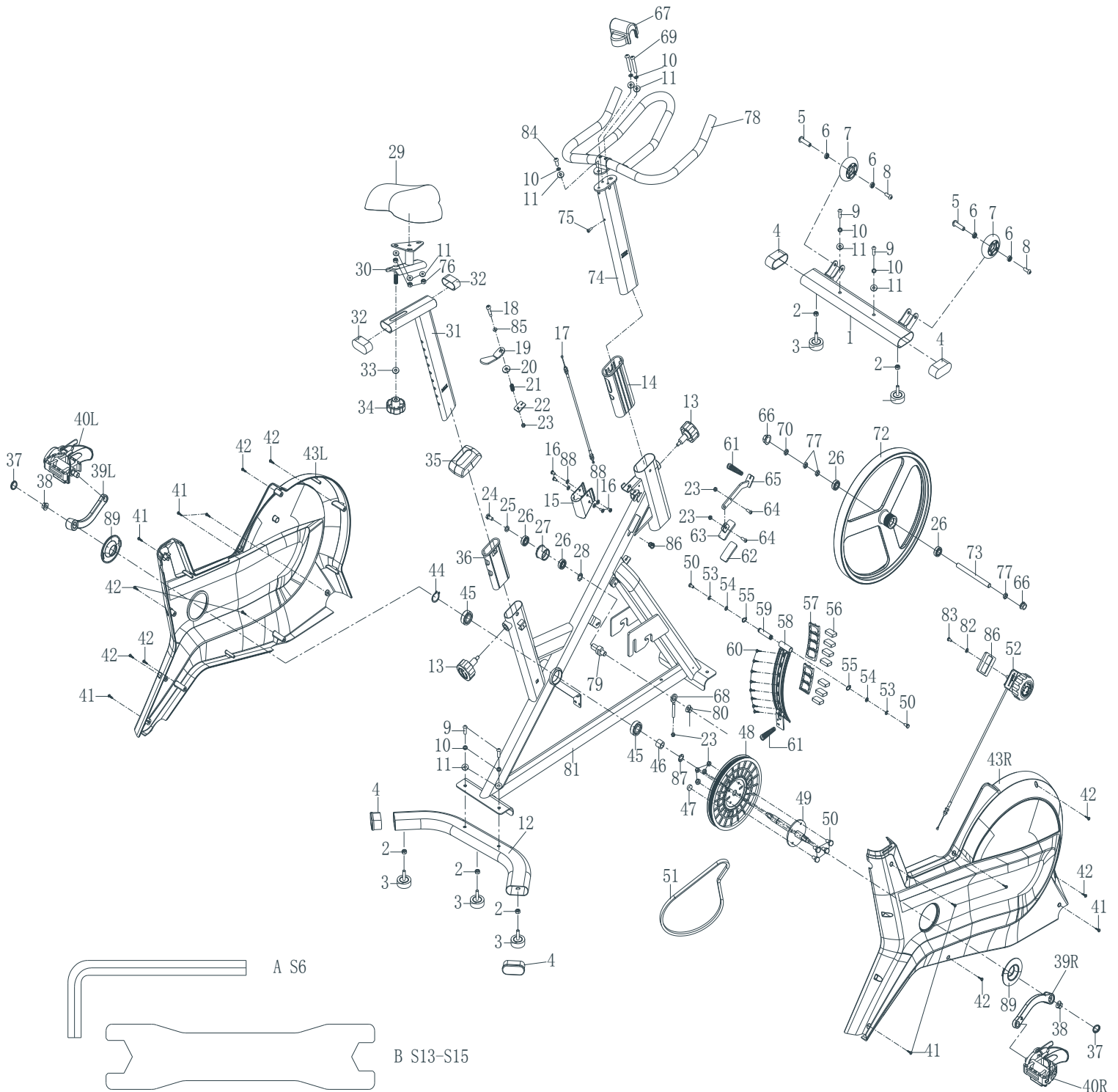
**PLEASE NOTE** most of these parts are already pre-assembled on your unit.

#	Description	#	Description
01	Front Stabilizer	46	Bushing ( $\varnothing 25 \times 20.2 \times \varnothing 5.5$ mm)
02	Nut (M8)	47	Magnet
03	Foot Pad	48	Belt Wheel
04	End Cap for Stabilizer	49	Middle Axle
05	Screw (M6x12 mm)	50	Bolt (M6x16 mm)
06	Bearing (608ZZ)	51	Belt
07	Transport wheel	52	Tension Knob
08	Screw (M6x15 mm)	53	Spring Washer (M6)
09	Screw (M8x20 mm)	54	Washer (M6)
10	Spring Washer (M8)	55	Clip Ring
11	Washer (M8)	56	Magnet
12	Rear Stabilizer	57	Magnet Holder
13	Knob (M16x27 mm)	58	Magnet Plate
14	Sleeve (40x80-30x70 mm)	59	Magnet Plate Shaft
15	Brake Block	60	Screw (ST3x10 mm)
16	Screw (M5x7 mm)	61	Spring
17	Brake Cable	62	Brake Pad
18	Bolt (M6x10 mm)	63	Brake Pad Holder
19	Brake Handle	64	Screw (M6x16 mm)
20	Washer (M8)	65	Brake Connected Plate
21	Spring	66	Nut (M12)
22	Cable Base	67	Handlebar Cover
23	Nylon Nut	68	Bolt (M6x50 mm)
24	Hex Bolt (M6x10 mm)	69	Bolt (M8x45 mm)
25	Washer (M6)	70	Nut (M12)
26	Bearing (6001-2RS)	72	Flywheel
27	Idle Pulley	73	Flywheel Axle
28	Wave Washer (M10)	74	Handlebar Post
29	Seat	75	Screw (M5x8 mm)
30	Seat Slider	76	Nylon Nut (M8)
31	Seat Post	77	Nut (M12)
32	End Cap (25x50 mm)	78	Handlebar
33	Washer (M10)	79	Idler Connecting Rod
34	Knob (M10x32 mm)	80	Nut (M10)
35	Cover	81	Main Frame
36	Sleeve (30x70-20x60 mm)	82	Washer (M5)
37	Crank Plug	83	Screw (M5x16 mm)
38	Nut (M10)	84	Bolt (M8x16 mm)
39L/R	Crank	85	PU Washer
40L/R	Pedal	86	Tension Knob Bracket
41	Screw (ST4.2x16 mm)	87	Wave Washer (M17)
42	Screw (ST4.2x19 mm)	88	Washer (M5)
43L/R	Left/Right Shroud	89	Shroud Cover
44	C Clip (D17)	A	Allen Wrench
45	Bearing (6004-2RS)	B	Spanner

# Exploded View

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** : 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 use this page only as a reference guide for parts and hardware.



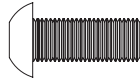
# Hardware and Tool List

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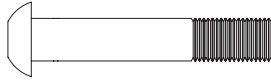
The following hardware is used to assemble your unit. Please take a moment to familiarize yourself with these items.  
**PLEASE NOTE** Most of these parts are already *pre-assembled* on your unit. Do not be alarmed if you see parts on this page that are not included in your hardware packet.

## Bolts

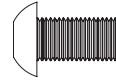
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#9 Screw (M8x20 mm)  
[4 pieces]



#69 Bolt (M8x45 mm)  
[2 pieces]



#84 Bolt (M8x16 mm)  
[1 piece]

## Washers

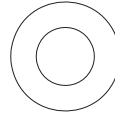
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#10 Spring Washer (M8)  
[7 pieces]



#11 Washer (M8)  
[10 pieces]  
Pre-assembled [3 pieces]



#33 Washer (M10)  
[1 piece]

## Nuts

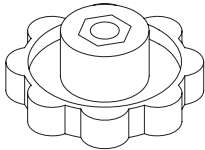
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#76. Nylon Nut (M8)  
[3 pieces]  
Pre-assembled

## Others

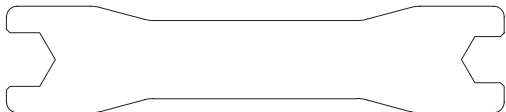
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#34 Knob (M10x32mm)  
[1 piece]

## Tools (Included)

---



#B Spanner  
[1 piece]



#A Allen Wrench  
[1 piece]



# Assembly STEP 1

**NOTE BEFORE STARTING THE ASSEMBLY PROCESS :**  
*To avoid misalignment due to over-tightening, please do not use a wrench and use only hand-tightening for now to ensure easy assembly.*

*Wrench-tightening should be performed after all parts are assembled to ensure all nuts, bolts, and parts are tightly secured before use.*

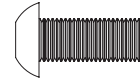
Attach the Front & Rear Stabilizer (No.1 & 12) to the Main Frame (No.81) using 4 Screws (No.9), 4 Spring washers (No.10) and 4 Washer (No.11).

Attach Left Pedal (No. 40L) to Left Crank (No.39L). Turn the Left Pedal (No. 40L) **counter-clockwise** to lightly tighten it.

Attach Right Pedal (No.40R) to Right Crank (No.39R). Turn the Right Pedal (No.40R) **clockwise** to lightly tighten it.

Note:  
The Pedals (No.40L/R) are marked "L" and "R" for Left and Right.  
Make sure you attach the correct pedal to the corresponding crank.

## Hardware Required



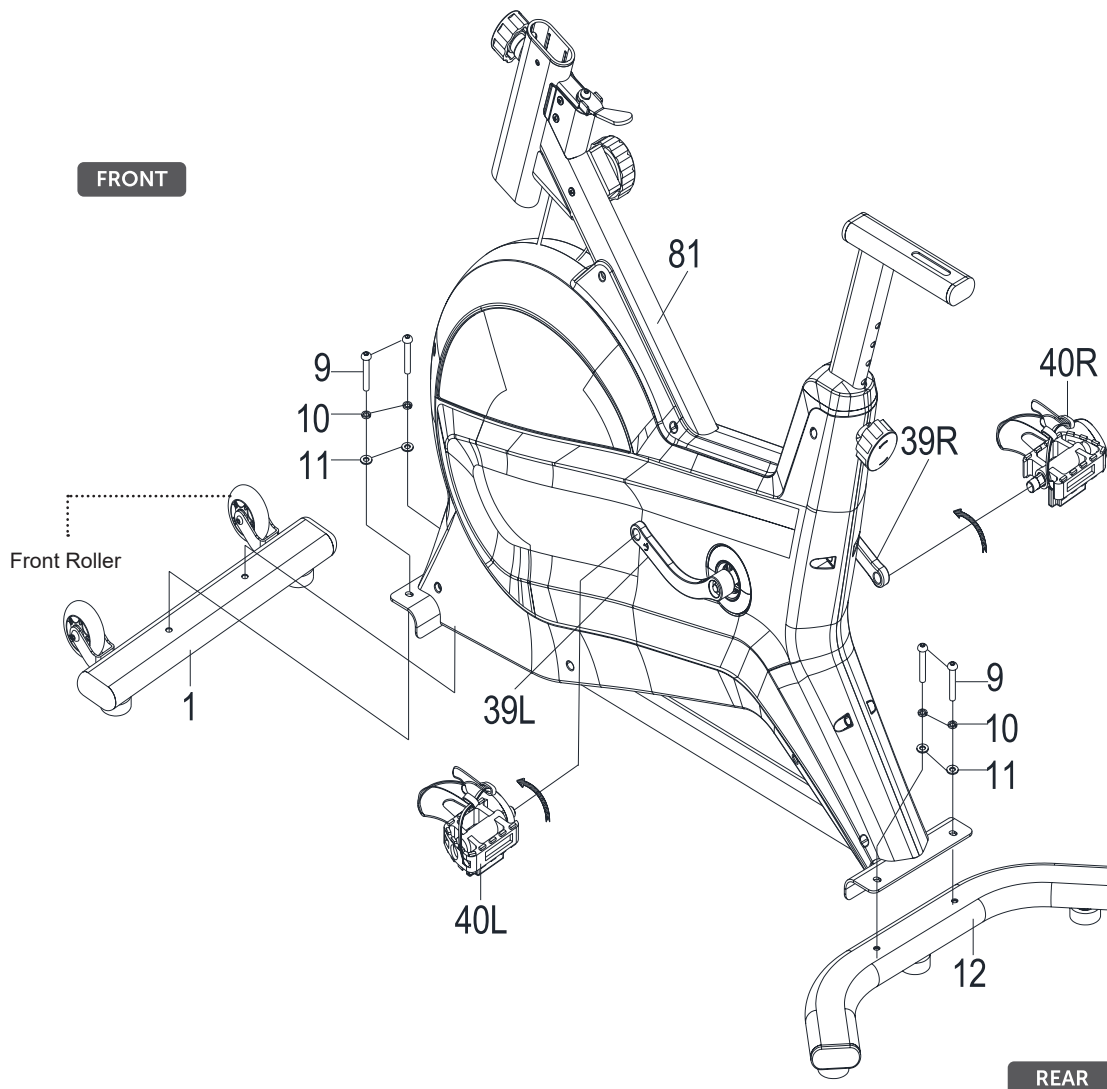
#9 Screw (M8x20 mm)  
[4 pieces]



#10 Spring Washer (M8)  
[4 pieces]



#11 Washer (M8)  
[4 pieces]

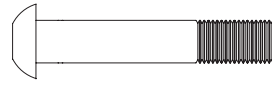


# Assembly STEP 2

Loosen and pull out the Knob (No.13), then insert the Handlebar post (No.74) into Mainframe (No.81) at the desired position. Put back and secure with the Knob (No.13).

Attach the Handlebar (No.78) to Handlebar Post (No.74) using 2 Bolts (No.69), 1 Bolt (No.84), 3 Spring washers (No.10) and 3 Washers (No.11). Then attach the Cover (No. 67) on the Handlebar (No.78) (Figure B)

## Hardware Required



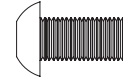
#69 Bolt (M8x45 mm)  
[2 pieces]



#10 Spring Washer (M8)  
[3 pieces]



#11 Washer (M8)  
[3 pieces]



#84 Bolt (M8x16 mm)  
[1 piece]

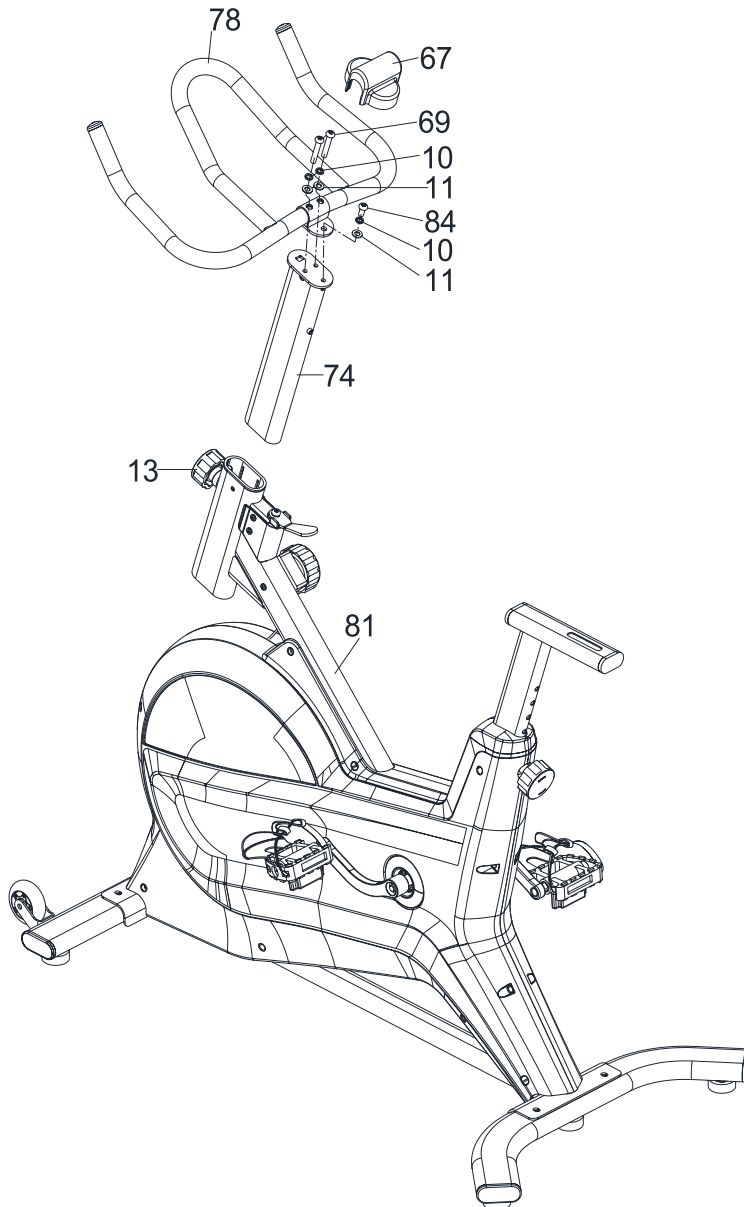
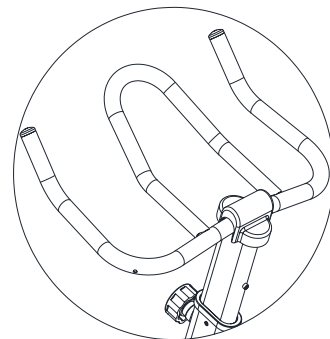


Figure B



# Assembly STEP 3

Loosen Washer (No. 11) and Nylon nut (No. 76) from Seat (No. 29), attach Seat (No. 29) to Seat slider (No. 30) with Washer (No. 11) and Nylon Nut (No. 76).

Attach Seat slider (No. 30) to Seat post (No. 31) with Washer (No. 33) and the Knob (No. 34).

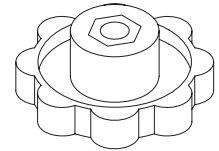
Adjust and secure the Seat (No. 29) with the Knob (No. 13) and Knob (No. 34) at desired position.

**Now that the assembly steps are completed, please tighten all the bolt and nuts securely in place using the tools provided**

## Hardware Required



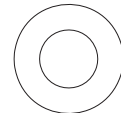
#76. Nylon Nut (M8)  
[3 pieces]  
Pre-assembled



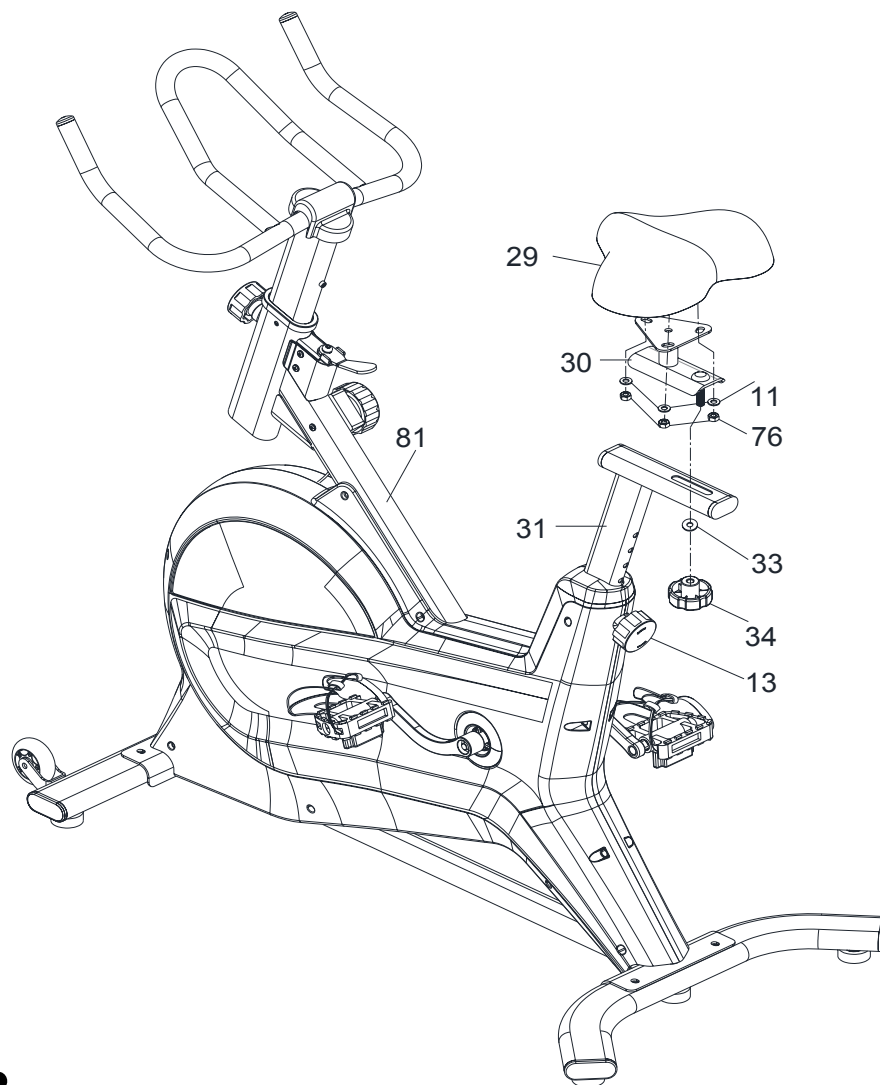
#34 Knob (M10x32mm)  
[1 piece]



#11 Washer (M8)  
Pre-assembled [3 pieces]



#33 Washer (M10)  
[1 piece]



### THE ASSEMBLY PROCESS IS NOW COMPLETE.

However, for your own safety, please make sure to read this entire Owner's Manual which includes safety instructions and warnings, as well as any safety/warning labels affixed to the product before use. For your safety, please visually and functionally inspect and test the unit after assembly is complete.

# Tension Adjustment

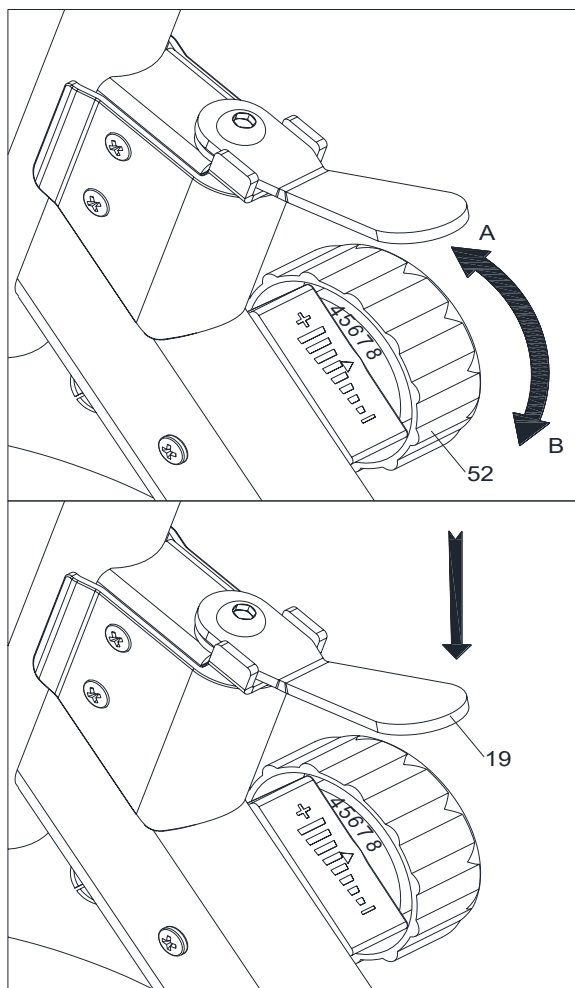
## A. Adjusting the Tension:

Increasing or decreasing the tension allows you to add variety to your workout sessions. To increase the tension, rotate the TensionKnob (No.52) (“+”) clockwise (Arrow A).

To decrease the tension, turn the Tension Knob (No.52) (“-”) counter-clockwise (Arrow B).

## B. Emergency Brake Function:

The Brake Handle (No.19) is an emergency brake. Use this safety feature in a situation when you would need to get off the bike or stop the bike’s flywheel. During exercise, press down firmly on the Brake Handle (No.19) to stop the bike immediately.

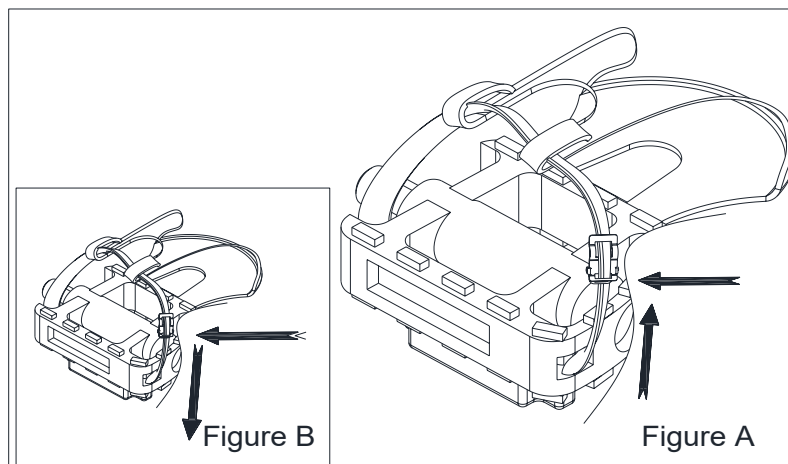


# Pedal Strap Adjustment

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When the pedal is tight, press the buckle and pull the strap up to loosen the strap (Figure A).

When the pedal is loose, press the buckle and pull the strap down to fasten the strap (Figure B).

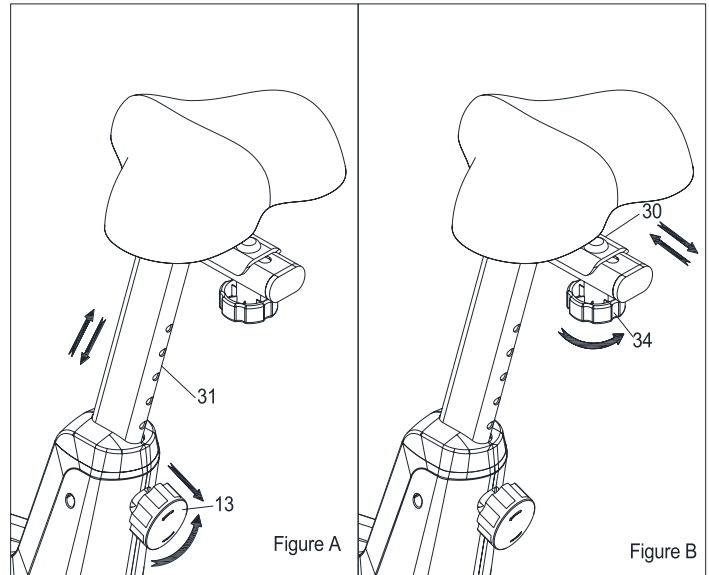


# Seat and Handlebar Adjustment

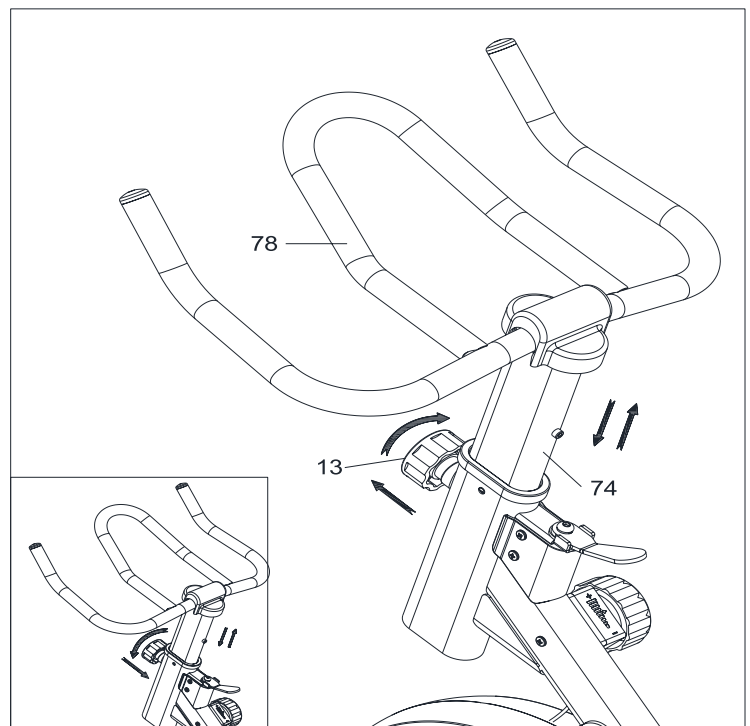
The seat of this bike is fully adjustable as it moves Up, Down, Forward, Backward.

A. To adjust the height of the Seat Post (No.31), loosen and pull out the Knob (No.13), then raise or lower the seat to the desired height. Once adjusted, re-insert and tighten the Knob (No.13) to secure the seat in place (Figure A).

B. To adjust the seat forward and backward, loosen Knob (No.34), then slide the Seat Slider (No.30) to the desired position. Once positioned, tighten the Knob (No.34) to secure the Seat Slider (No.30) in place (Figure B).



C. To adjust the height of Handlebar (No.78), loosen and pull on the Knob (No.13), then slide the Handlebar Post (No.74) up or down to the desired height. Once adjusted, tighten the Knob (No.13) to secure the Handlebar Post (No.74) in place.



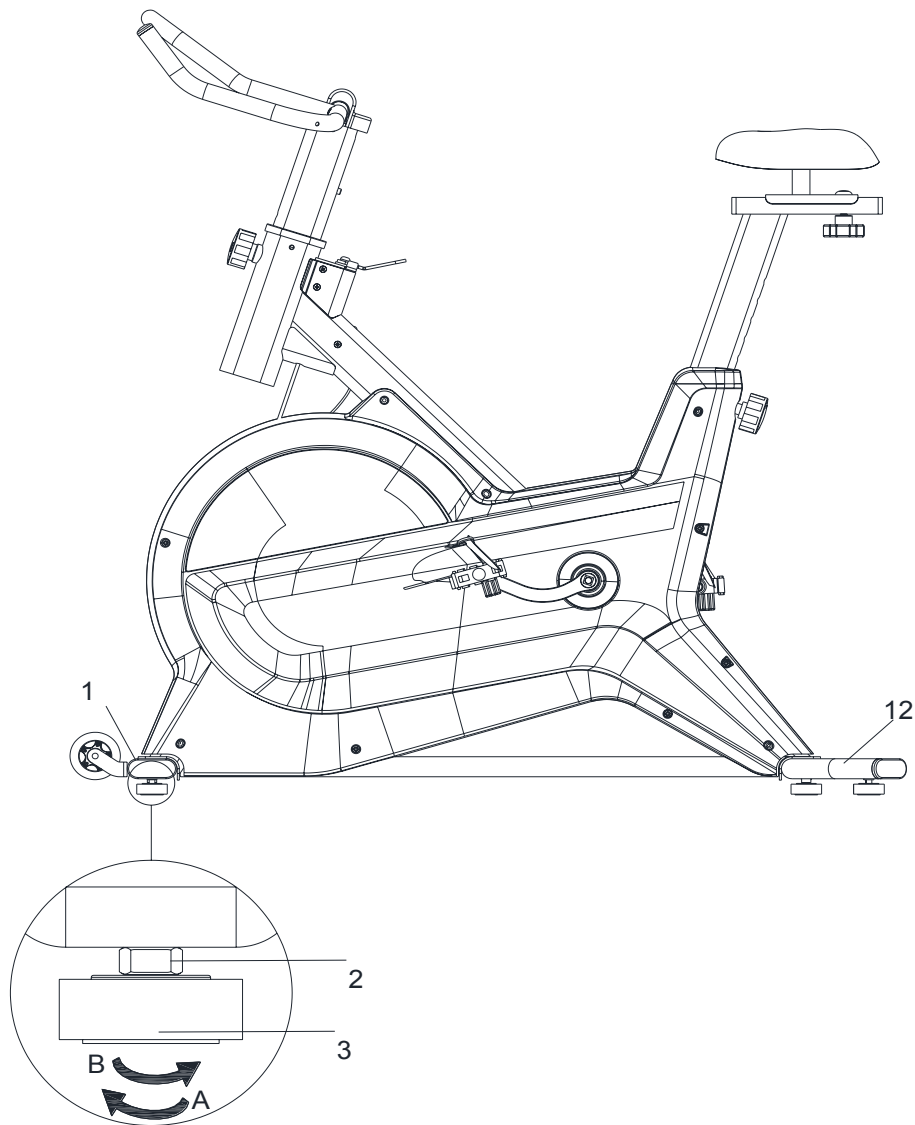
# Balance Adjustment

To achieve a smooth and comfortable experience, you must ensure that the bike is stable.

During use, if you notice that the bike is unbalanced, you can adjust the Foot Pads (No.3) located beneath the Front & Rear Stabilizers (No.1 & 12).

To adjust, use the Spanner (Tool B) to loosen the Hexagon Nut (No.2) by turning it clockwise. With the nut loosened, rotate the Foot Pads (No.3) until it sits level with the surface that the bike is on.

When you have finished adjusting the Foot Pads (No.3), re-tighten the Hexagonal Nut (No.2) by turning it counter-clockwise using Spanner (Tool B). If needed, repeat this process to adjust the remaining Foot Pads (No.3).

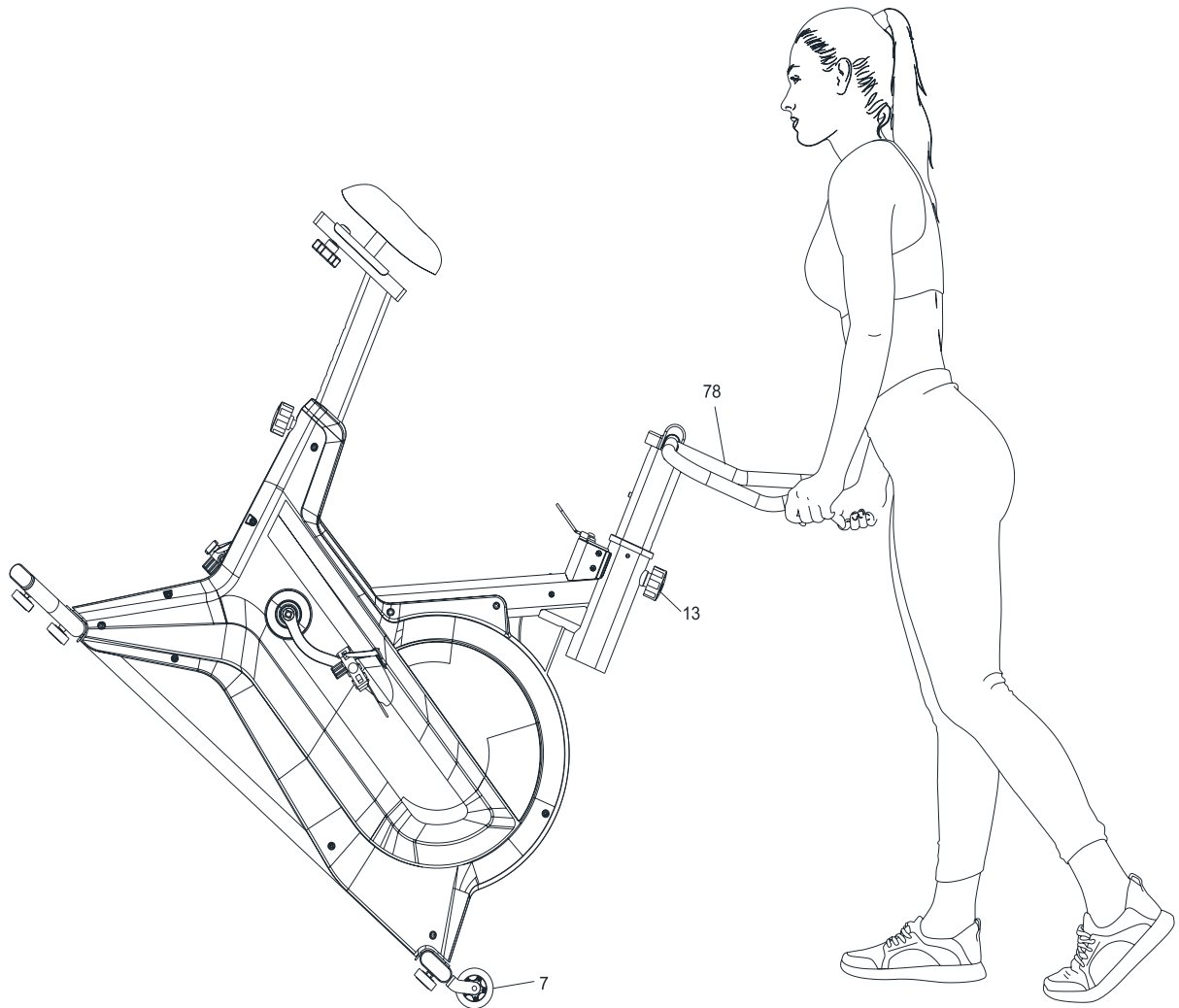


# How To Move The Bike

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To move the bike, first ensure that the Handlebar (No.78) is properly secured. If the Handlebar (No.78) is loose, tighten the knob (No.13) to secure it.

Next, stand at the front of the bike so that you're directly in front of the Handlebar (No.78). Firmly grasp and hold each side of the Handlebar (No.78), place one foot on the front base and tilt the bike towards you until the Transport Wheels (No.7) on the front base touch the ground. With the wheels on the ground, you can transport the bike to the desired location with ease.





# Safety and Maintenance

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## Safety & Warning

- Make sure all nuts, bolts, and screws are tightened prior to use.
- Be sure that all adjustment locking devices and safety devices are properly engaged prior to use!
- Never over-tighten the above-mentioned devices and parts to avoid damage to the unit.
- Check for loose parts and components and make proper adjustments prior to use.
- Check to see if there are any tears or bends in the welding or metal prior to use. If tears or bends are found, DO NOT use the unit and contact our CUSTOMER SUPPORT.
- Extreme care must be taken to not allow your feet, fingers, hair, clothing, and/or any loose items to be snagged into any portion of the bike when the unit is in motion. Failure to follow these instructions could result in serious injury, including the loss of fingers.
- Always wait for the pedals and other moving parts (which can gain great momentum during riding) to come to a complete stop before dismounting the unit to avoid serious injury.

## Maintenance & Care

- Please review all safety instructions and warnings in this entire Owner's Manual, as well as any safety/warning labels affixed to the product before use.
- To avoid rust or corrosion to the flywheel caused by moisture and sweat, we advise wiping and drying the flywheel and surrounding parts with a dry absorbent towel after each workout session.
- Do not use solvent cleaners. If you are in any doubt, do not use your cleansing product and contact CUSTOMER SUPPORT.
- When the bike is not in use, the resistance should be left loose, NOT tightened down against the flywheel. You can do this with the easy-to-adjust tension knob. This will ensure longer life of the Friction Belt mechanism from working properly. Please contact our CUSTOMER SUPPORT if you have questions regarding the cleaning of your bike.
- The specific Parts on your unit which may see possible signs of wear after prolonged use are listed as follows (please check these parts before each use):  
**Knob (#13 & #34), Brake Handle (#19), Left/Right Pedals(40L/40R).**
- For any replacement warning labels, please contact our CUSTOMER SUPPORT at

**1 (888) 266-6789** or **1 (909) 598-9876**, or mail in a written request to:

Body Flex Sports, Inc.  
21717 Ferrero Parkway  
Walnut, CA 91789

More detailed information about how to reach our CUSTOMER SUPPORT may be found on Page 2 of the Owner's Manual under the "CUSTOMER SUPPORT" section.

# Warm-Up Instructions

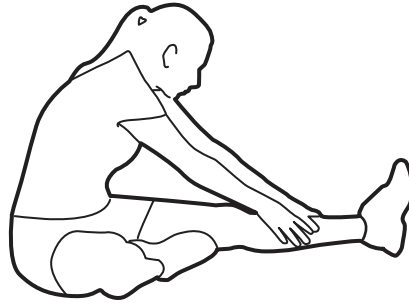
Before use, you must read and understand all instructions & warnings stated in this Owner's Manual as well as posted on the equipment. Before beginning any exercise program including the following flexibility exercises, please consult with your physician.

The following flexibility exercises are provided to you as a means to prevent injury while you are exercising. A proper warm-up routine decreases the chance of injuring your muscles while you are exercising. Please take the time to do these flexibility exercises before and after each time you exercise.



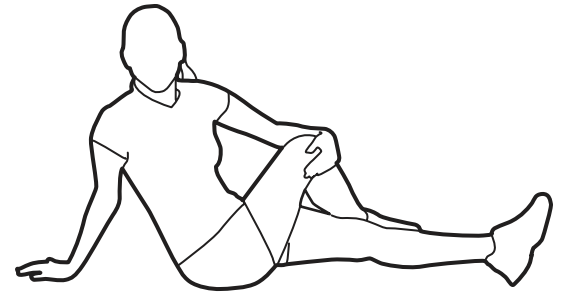
## Groin Stretch

1. Sit with your knees flexed and soles of feet together.
2. Hold your ankles and bend at your hips (keep your back straight) as you press your knees toward the floor with your elbows.



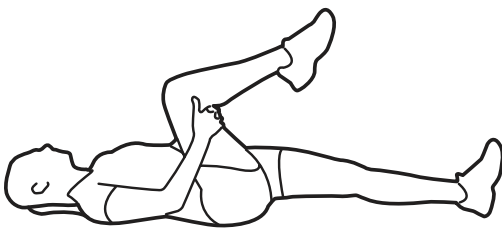
## Hamstring Stretch

1. Sit with your left leg extended and bend your right leg at the knee as you place the sole of your right foot against the inner thigh of your extended leg.
2. Flex the foot of your extended leg (toes pointed toward ceiling) and gently bend forward from your hips; keep your back straight.
3. Reach your hands on your extended leg as far as possible and then switch legs and repeat.



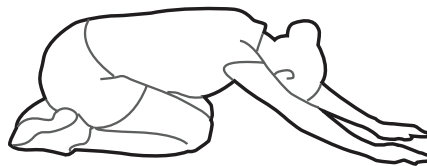
## Trunk Twister

1. Sit with your leg extended and bend your right knee as you cross your right leg over your left leg. Your right foot of your extended leg foot should be flat on the floor alongside your left knee.
2. Place your left arm on the outside of your right leg and pull against that leg while twisting your trunk as far as possible to the right. Place your right hand on the floor behind your buttocks. Reverse leg positions and repeat.



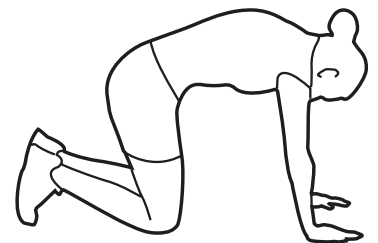
## Groin Stretch

1. Lie on your back and raise your right leg as you clasp both hands under the back of the knee. Keep your left leg straight.
2. Gently pull your right leg toward your trunk without raising your upper body. Switch leg positions and repeat.



## Trunk Flexion, Prone

1. Assume the depicted position on your hands and knees. Stretch your hands out in front of you and then slowly start to pull them back in toward your body as you tuck your chin and arch your back upward.
2. Return to the starting position slowly.



# Warm-Up Instructions

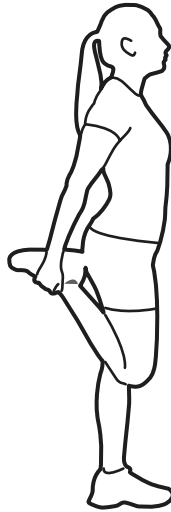
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## Shoulder Stretch

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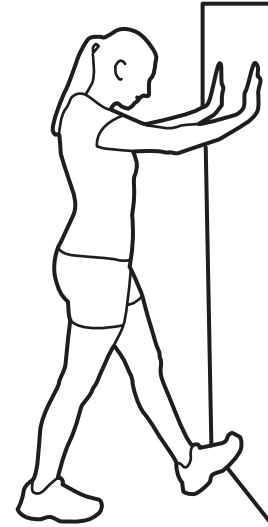
1. Bring your right hand over your right shoulder to the upper back and bring your left hand under your left shoulder to the upper back.
2. Try to reach your fingertips. If you are not able to reach your fingertips, use a towel as an extension of your hands and gently pull one hand toward the other.  
Reverse arm positions and



## Quadriceps Stretch

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1. Stand on your left leg and hold onto a support with your left hand.
2. Flex your right leg behind you, grasp your ankle or foot with your right hand and pull your foot toward your buttocks. Keep your back straight and right knee pointed down.  
Repeat on the other leg.



## Calf Twister

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1. Place both hands against a wall to aid your balance. Press the ball of your left foot against the wall and keep the heel of the same foot rested on the floor (make sure your left knee is bent).
2. Slowly start to straighten your left knee and you will feel the muscles in your left calf stretch.  
Switch leg positions and repeat.

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