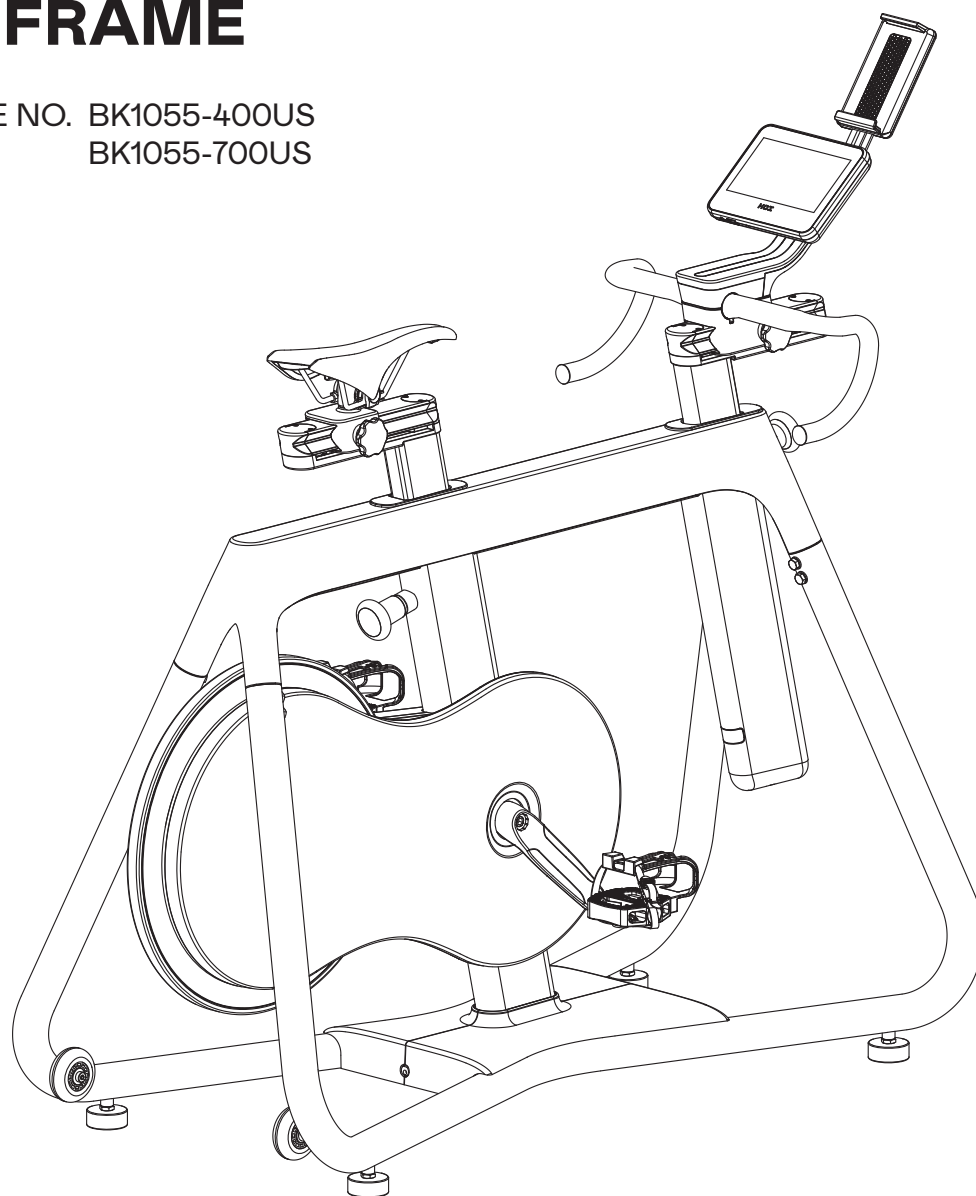


HOI

ASSEMBLY MANUAL

HOI FRAME

ARTICLE NO. BK1055-400US
BK1055-700US

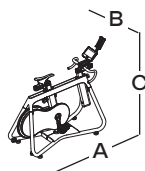


~45 - 60 Min.



max.

286 lbs



A 145cm

B 60cm

C 150cm

65,5kg

IMPORTANT INSTRUCTIONS

Please read these instructions carefully prior to carrying out assembly and using for the first time. They contain information which is important for your safety as well as for the use and maintenance of the device. Keep these instructions in a safe place for reference purposes, maintenance work and to assist you when ordering spare parts. For commercial use, the training device shall be only used in a supervised area.

FOR YOUR SAFETY

- **This device can be used by people 14 years of age and older.**
 - **This device is not suitable for use by disabled people.**
 - **Children are not allowed to play with the device. Cleaning and user maintenance must not be carried out by children without supervision.**
 - **DANGER!** During assembly of the product, keep children away (Swallow small parts).
 - **DANGER!** The device requires a mains voltage of 100-240V, 50Hz. - Connect the power cord to a properly grounded socket. Do not use multiple sockets for connection! If an extension cable is used, it must comply with VDE guidelines. The device may only be used with the originally supplied power adapter. Never intervene in the main power supplying the product yourself, if necessary, hire qualified personnel. Make sure that the electrical cable does not become trapped or becomes a "trip hazard".
 - **WARNING!** This device is designed for home use commercial use and may only be used in dry interior areas.
 - Any other use is prohibited and potentially dangerous. The manufacturer cannot be held responsible for damage caused by improper use.
 - The device may only be used for its intended purpose (i.e. for the physical training of adults).
 - **DANGER!** Inform people present (especially children) of possible dangers during the exercise.
 - **DANGER!** Always pull the mains plug before any repair, maintenance, and before cleaning.
 - **DANGER!** Improper repairs and structural changes (disassembly or original parts, attachment of non-approved parts, etc.) may pose a risk to the user.
 - **DANGER!** All electrical devices emit electromagnetic signals when they are in operation. Be careful not to use particularly high radiation devices in the vicinity of the cockpit or control electronics, otherwise the displayed values could be falsified (i.e. heart rate measurement).
 - **WARNING!** Please also pay attention to the instructions for training in the training instructions.
-
- **WARNING!** All interventions/manipulations of the device not described here can cause damage or endanger the user. Further interventions are only permitted by specially trained personnel.
 - **WARNING!** The training device is intended exclusively for home use. You train with a device that has been designed according to the latest safety standards. Possible danger points that can cause injuries are avoided and secured in the best possible way. In case of doubt and if you have any questions, please contact your dealer or HOI Service. Carry out a check of all equipment parts, especially the screws and nuts, approximately every 1 to 2 months. Before starting your training, have your family doctor clarify whether your health is suitable for training with this device. The medical findings should be the basis for the construction of your training program. Incorrect or excessive training can lead to damage to your health.
 - Before each use, always check all screw and plug connections as well as respective safety devices for their correct fit.
 - Our products are subject to constant, innovative quality assurance. We reserve the right to make technical changes resulting from this.
 - The location of the device must be chosen in such a way that sufficient safety distances to obstacles are ensured. The free area around the machine must be at least 1 meter larger than the training area. Make sure that no one else is in the free area while the device is in use.
 - Observe the general safety regulations and precautions for handling electrical equipment.
 - When not in use for a long period of time, unplug the product from the power outlet.
 - Only exercises from the training instructions may be carried out on this training device.
 - The training device must be setup on a level surface. Place suitable cushioning material underneath (rubber mats or similar) to absorb shock. Only for devices with weights: avoid hard impact of the weights.
 - When assembling the product, pay attention to the recommended rotational dimensions (= xx Nm).
 - The actual human performance performed may differ from the mechanical performance displayed.
 - For devices without a freewheel, note that the moving parts cannot be stopped immediately.
 - The training device complies with ISO 20957, class HA.
 - HB and HC class devices are not suitable for high accuracy.
 - The product is not suitable for a body weight of more than 286 lbs.
 - The device has an electromagnetic braking system. This is a speed-dependent/speed-independent depending on the computer setting.
-
- #### HEART RATE MONITORING / HRC TRAINING
- DANGER!** Heart rate monitoring systems may be inaccurate. Excessive exercise can result in serious injury or death. Stop exercising immediately if you feel dizzy or weak.
- WARNING!** If the pulse signal is lost, the power from the device will stay constant for 60 seconds and then slowly ramp down. Please check your heart rate measurement system (e.g. heart rate chest strap) so that the signal can be picked up again by the electronics. For heart rate training (HRC) a chest strap is recommended for better accuracy.
- This manual can also be downloaded from www.hoi-fitness.com

ASSEMBLY INSTRUCTIONS

DANGER! Ensure that your working area is free of possible sources of danger, for example don't leave any tools lying around. Always dispose packaging material in such a way that it may not cause any danger. There is always a risk of suffocation if children play with plastic bags!

- Ensure that you have received all the parts required (see checklist) and that they are undamaged. Should you have any cause for complaint, please contact your HOI dealer or HOI service.
- Before assembling the equipment, study the drawings carefully and carry out the operations in the order shown by the diagrams. The correct sequence is given in capital letters.
- The equipment must be assembled with due care by an adult person. If in doubt call upon the help of a second person, if possible, technically talented.
- The fastening material required for each assembly step is shown in the diagram inset. Use the fastening material

exactly as instructed.

- Please note that there is always a possible risk of injury with every use of tools and with manual activities. Therefore, proceed carefully and prudently when assembling the device!
- Bolt all the parts together loosely at first, and check that they have been assembled correctly. Tighten the bolts by hand until resistance is felt, then use the indicated tool to finally tighten completely. Then check that all screw connections have been tightened firmly.
- For technical reasons, we reserve the right to pre-assemble components (e.g. addition of tubing plugs).

HANDLING THE EQUIPMENT

CAUTION! We do not recommend using the device in the immediate vicinity of damp rooms due to the associated formation of rust.

- Before using the equipment for exercise, carefully check to ensure that it has been correctly assembled.
- Familiarize yourself thoroughly with all the functions and settings of the unit prior to beginning your first training session.
- Any slight, design related noise that may occur when the flywheel rotates has no effect on the function of the device. Any noises that occur during reverse pedalling result from technical reasons and are absolutely harmless.
- The training device has an electro-magnetic brake system.
- Before each use, always check all screws and plug

connections as well as the respective safety devices to ensure their proper function.

- Wear suitable footwear (i.e. sports shoes) when using the equipment.
- If available, please adjust the handlebars and saddle so that you can find the most comfortable training position for your individual body size.
- **WARNING!** Protruding adjustment devices can endanger the movement of the user.
- To ensure that the safety level is kept to the highest possible standard, determined by its construction, this product should be serviced regularly (once a year) by specialist retailers.
- Please ensure that liquids or perspiration never enter the machine or the electronics.

MAINTENANCE - SERVICE - SPARE PARTS

- Damaged components may endanger your safety or reduce the lifetime of the equipment.
- Therefore, replace damaged or worn components immediately and remove the device until it has been repaired. Only use original HOI spare parts.

SPARE PARTS ORDER PAGE 21-23

When ordering spare parts, always state the full article number, spare-part number, the quantity required and the S/N of the product (see spare parts order p. 21-23).

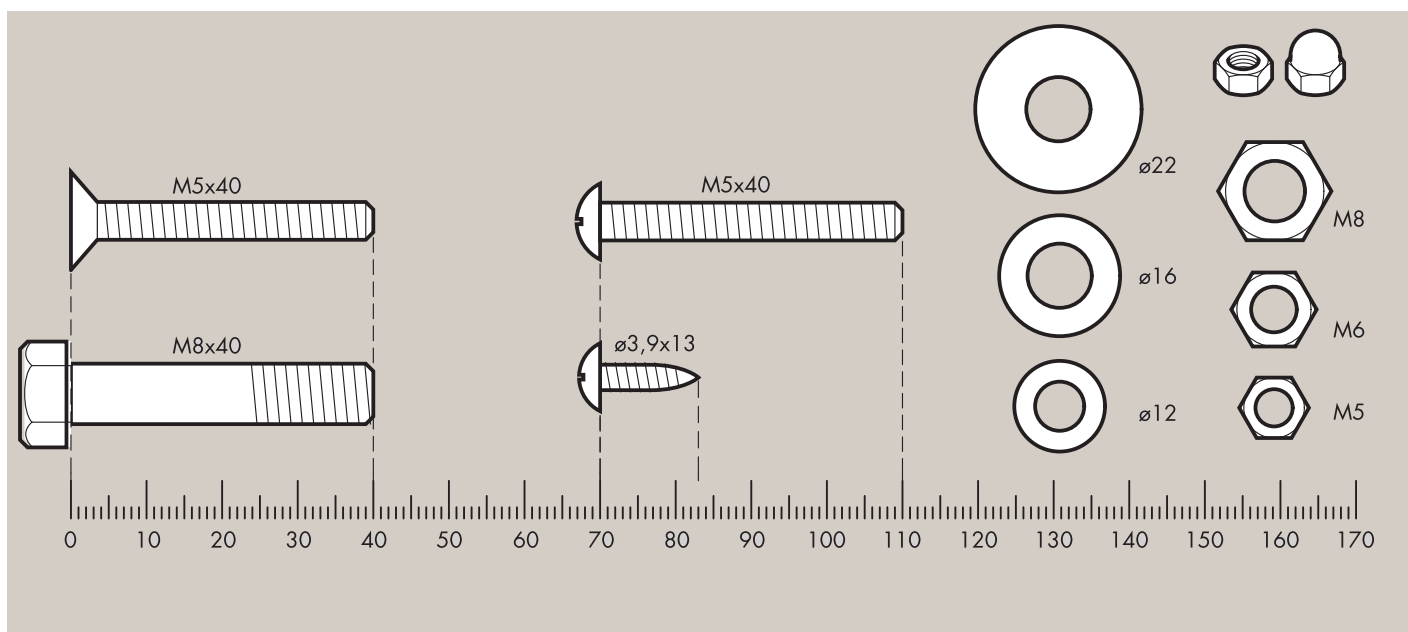
Example order: Art. no.BK1055-XXX/ spare-part no. 7000XXXX/ 1 pieces / S/N Please keep original packaging of this article, so that it may be used for transport at a later date, if necessary. Goods may only be returned after prior arrangement and in (internal) packaging, which is safe for transportation, in the original box if possible. It is important to provide a detailed defect description / damage report!

Important: spare part prices do not include fastening material if fastening material (bolts, nuts, washers etc.) is required, this should be clearly stated on the order by adding the words "with fastening material".

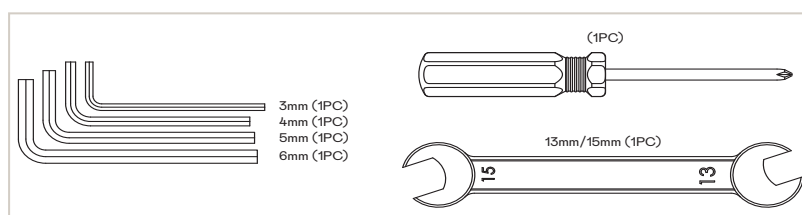
DISPOSAL INSTRUCTIONS

 HOI products are recyclable. At the end of its useful life please dispose of this article correctly and safely (local refuse sites).

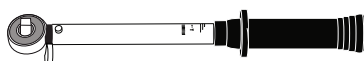
MEASURING HELP FOR SCREW CONNECTIONS



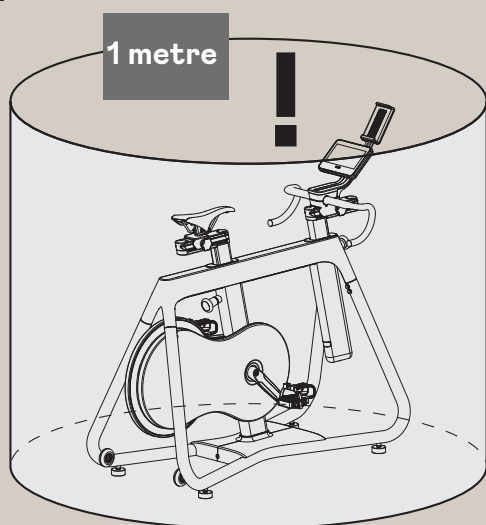
Tools included.



Tools not included.

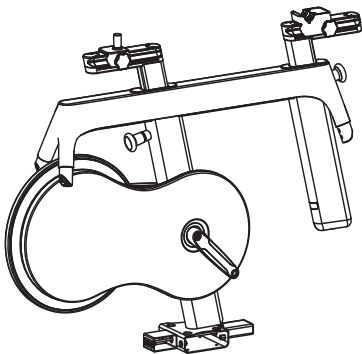
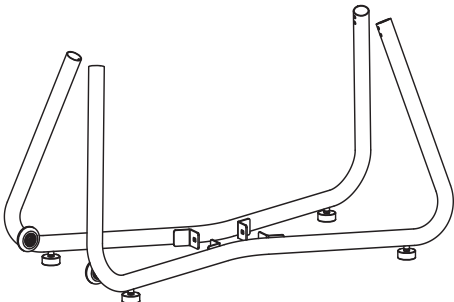


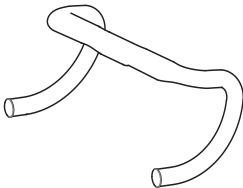
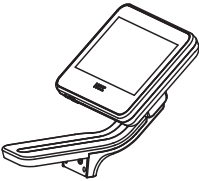
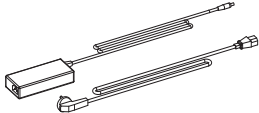
DISTANCE

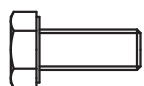


The screwed connections must be controlled at regular intervals.

CHECKLIST (CONTENTS OF PACKAGING)

	PCS 1
	1
	1

	1
	1
	1
	1
	1
	1
	1



M8x20mm (12PCS)



φ 8mm (12PCS)



φ 16mmOD x φ 9mmID x 1.6mmT (12PCS)



M5x10mm (4PCS)



M8x25mm (4PCS)



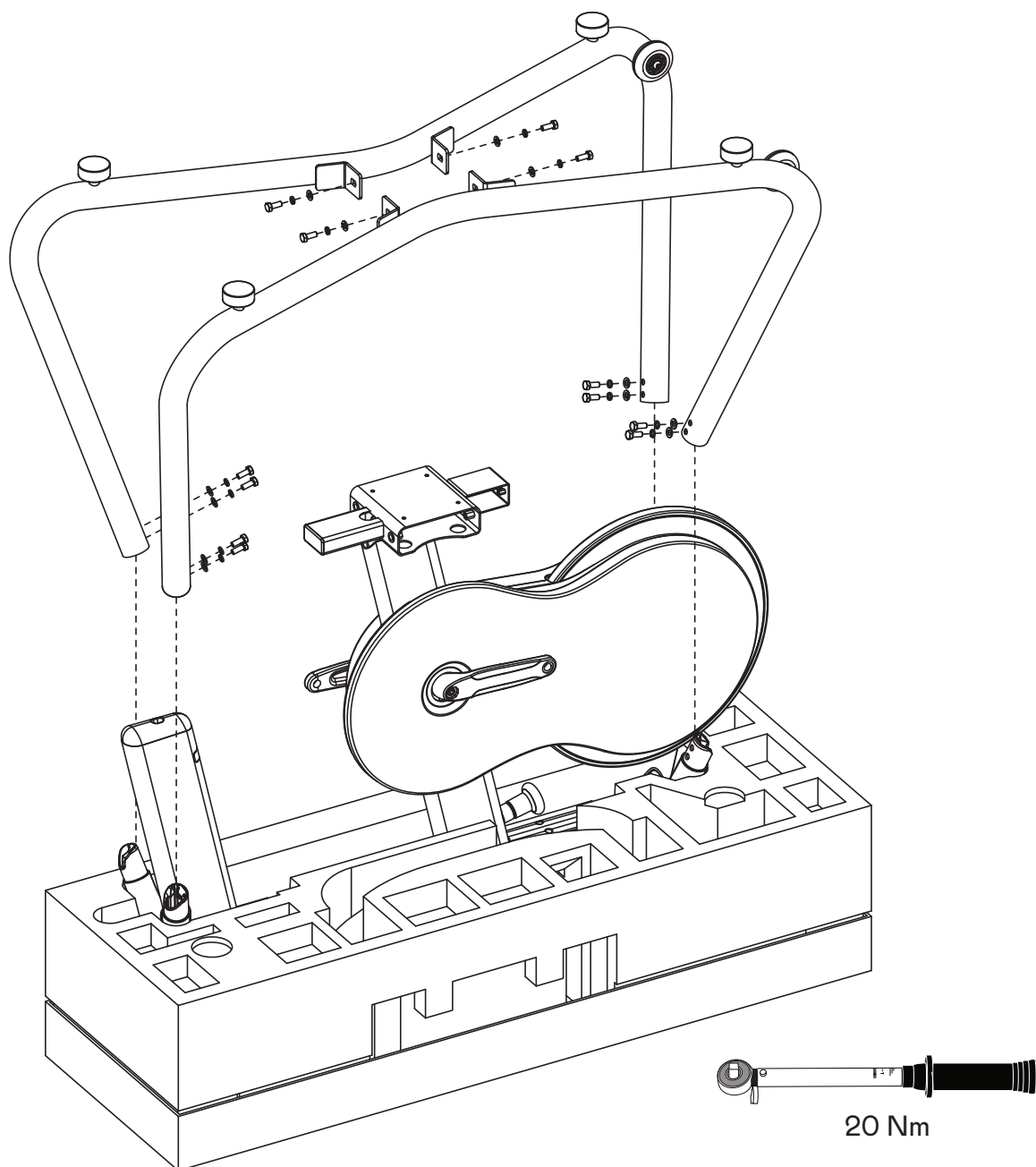
M5x12mm (3PCS)



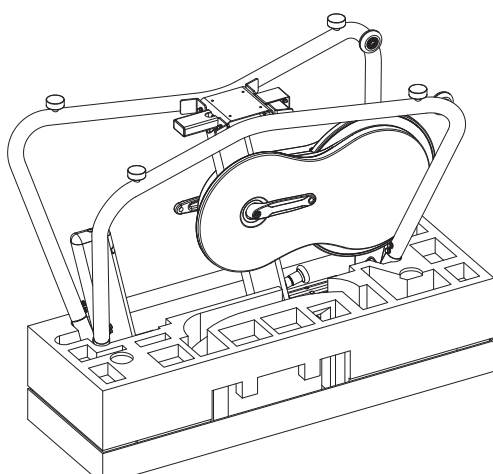
M5x8mm (2PCS)

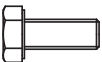
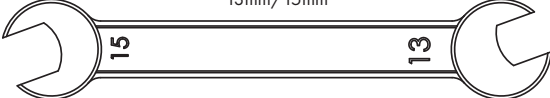


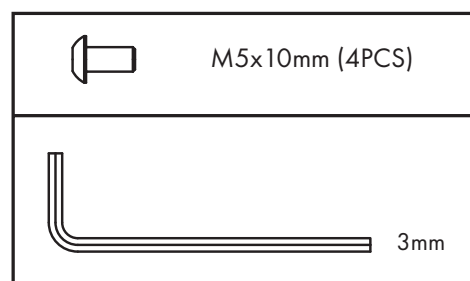
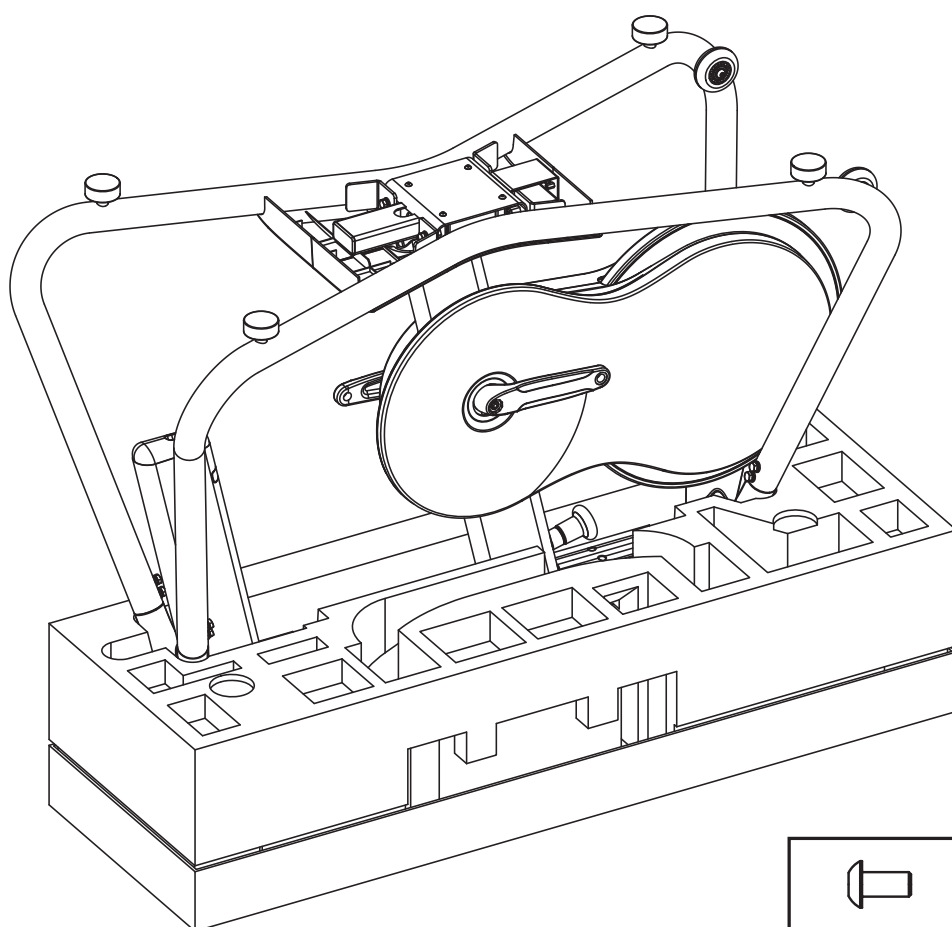
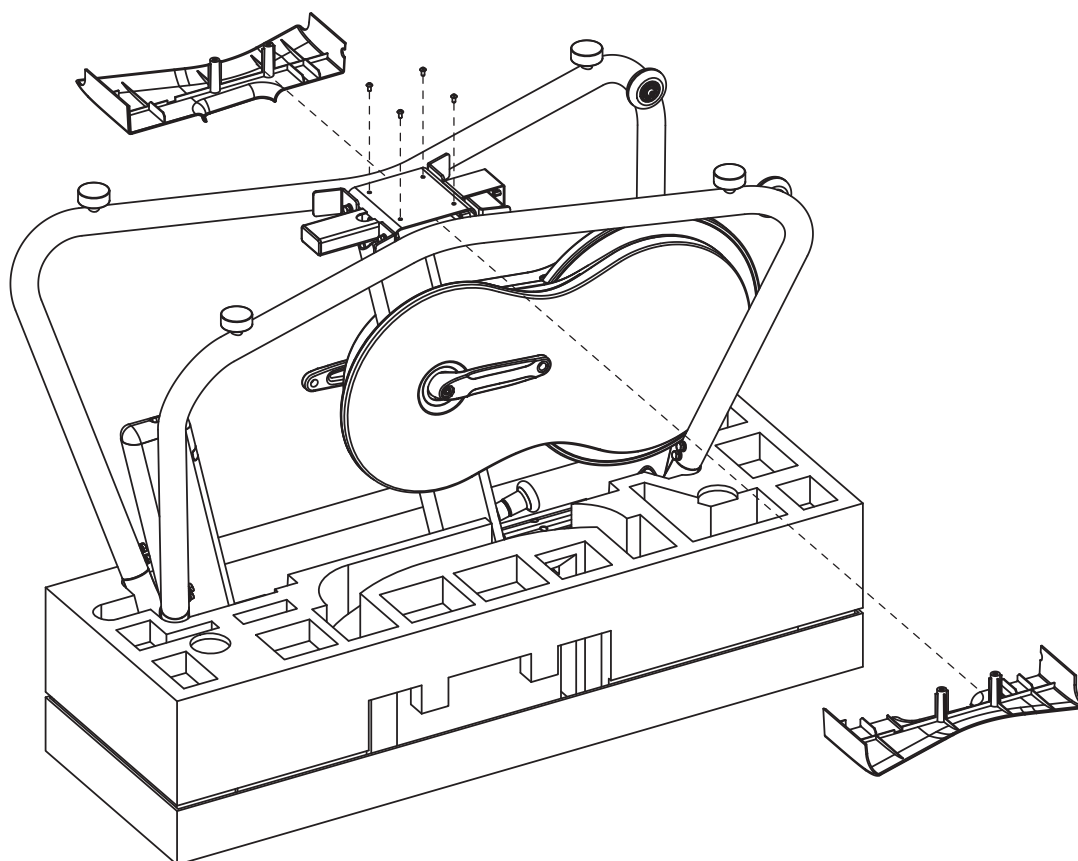
M5x8mm (4PCS)

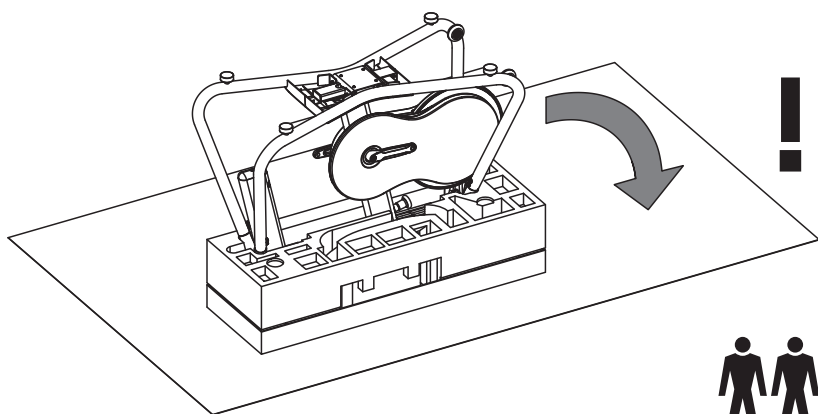


Attention: Components are located in the styrofoam compartments.

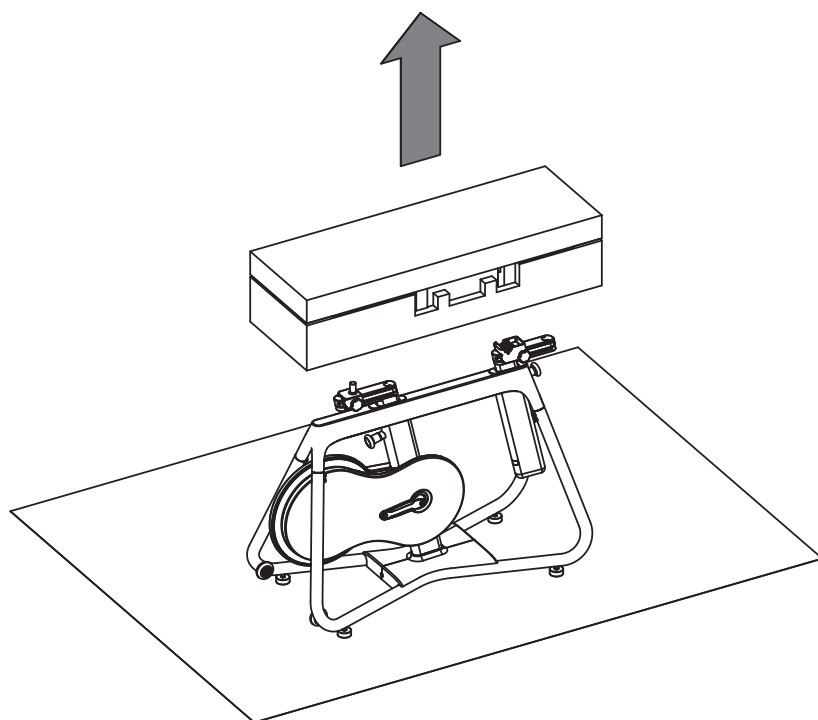
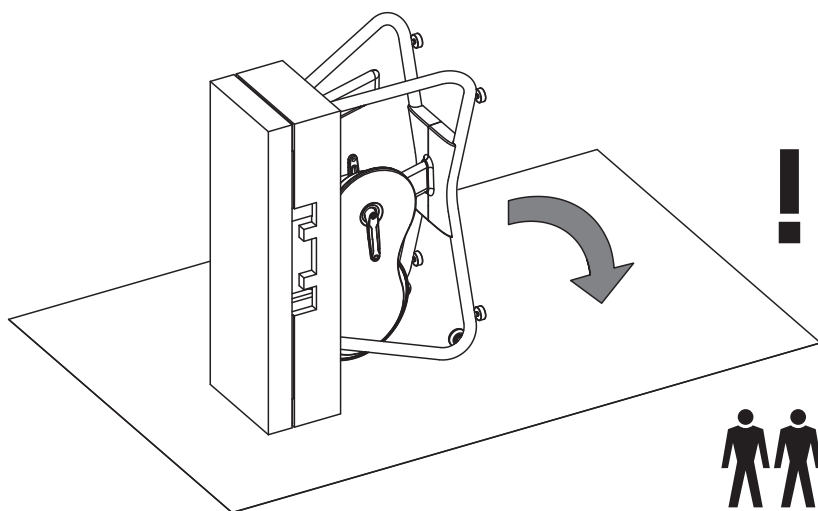


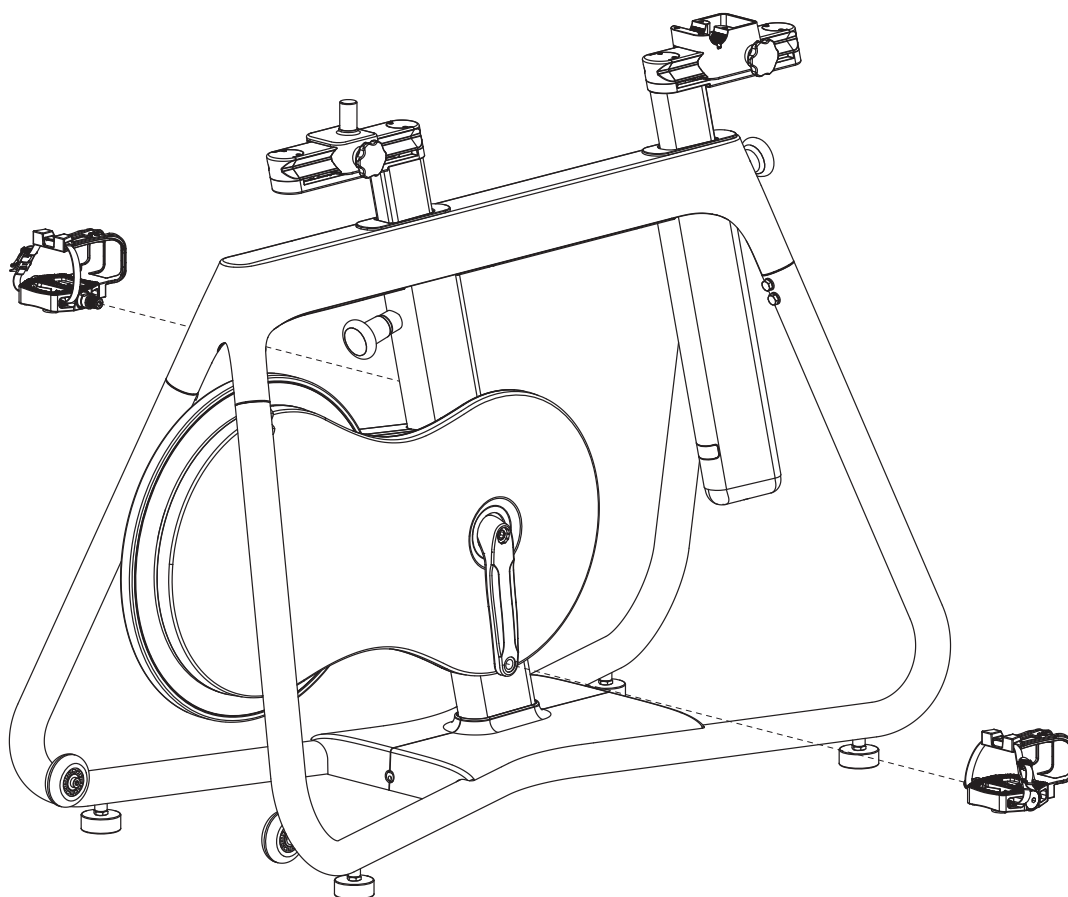
	M8x20mm (12PCS)
	φ 8mm (12PCS)
	φ 16mmOD x φ 9mmID x 1.6mmT (12PCS)
 13mm/15mm	





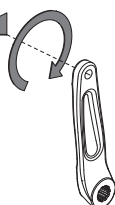
WARNING! Note that the HOI FRAME bike is very heavy and care must be taken as the bike is rotated from upside down position to the upright position. It is highly recommended that two adults perform this operation. The bike and packaging must be supported together during this process.





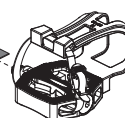
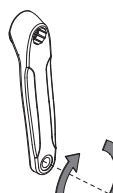
LEFT PEDAL

Tighten to 55 Nm



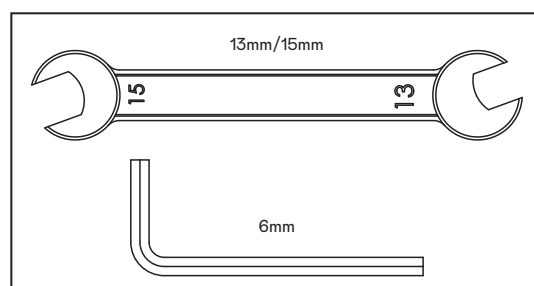
RIGHT PEDAL

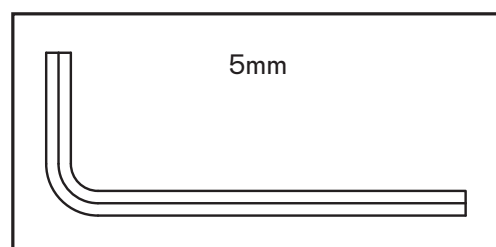
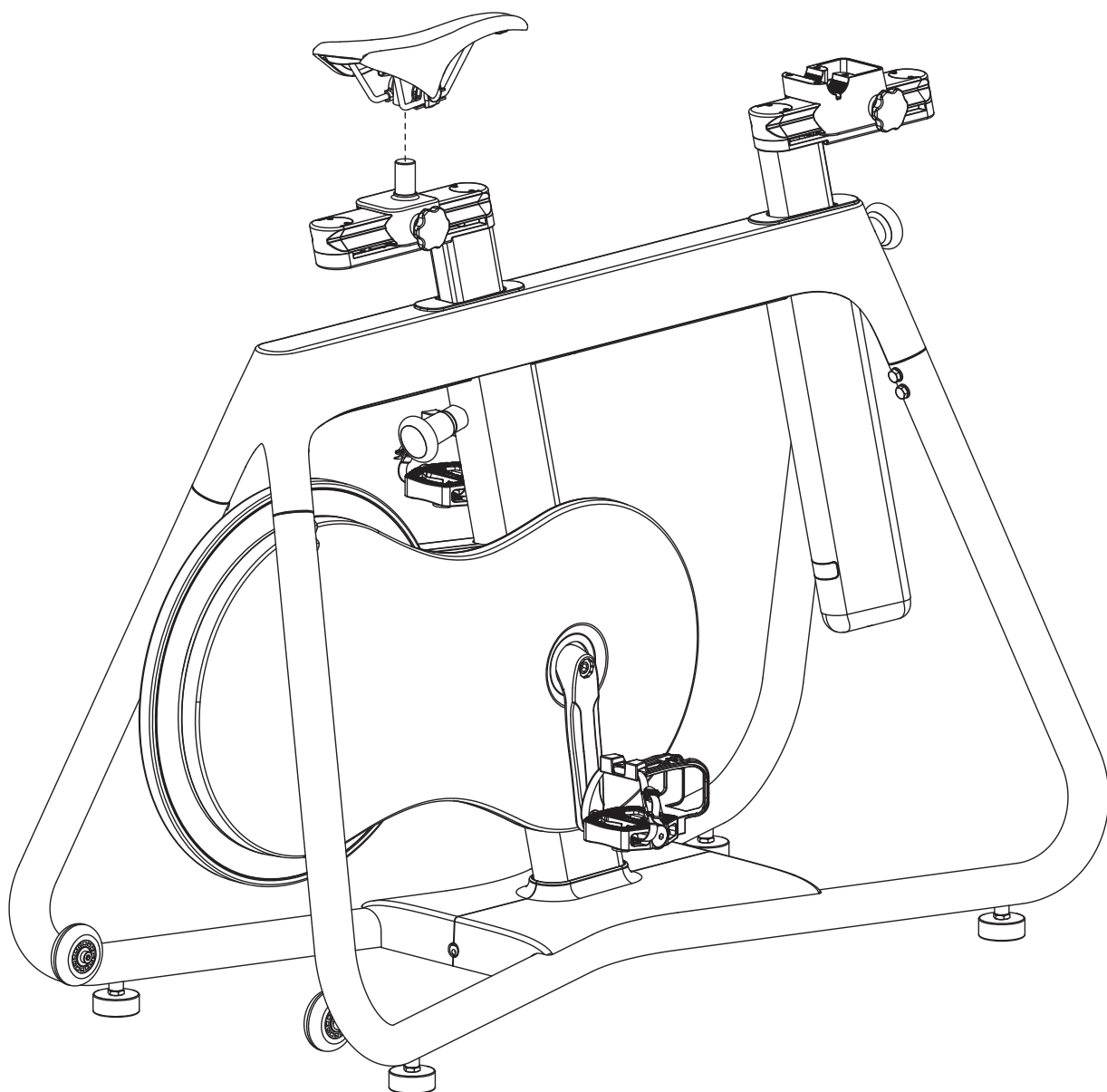
Tighten to 55 Nm

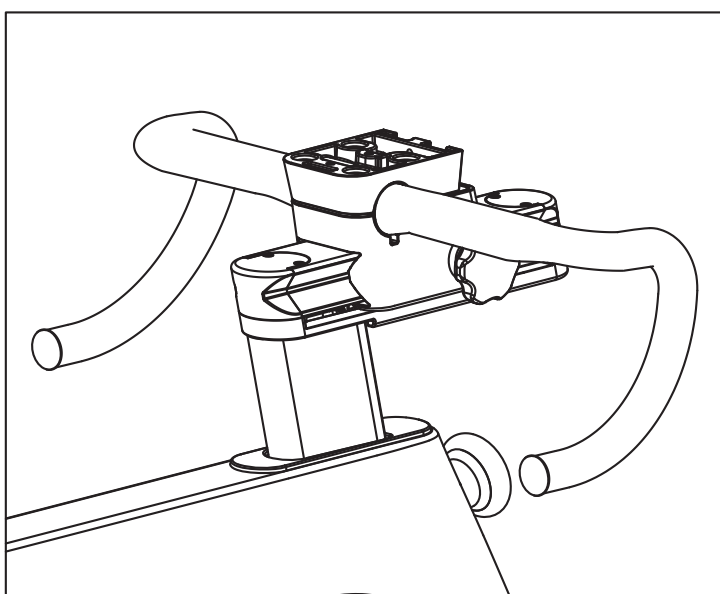
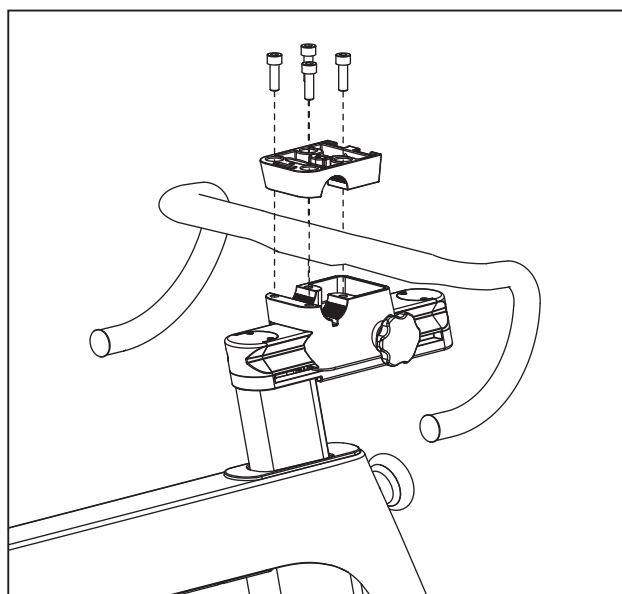
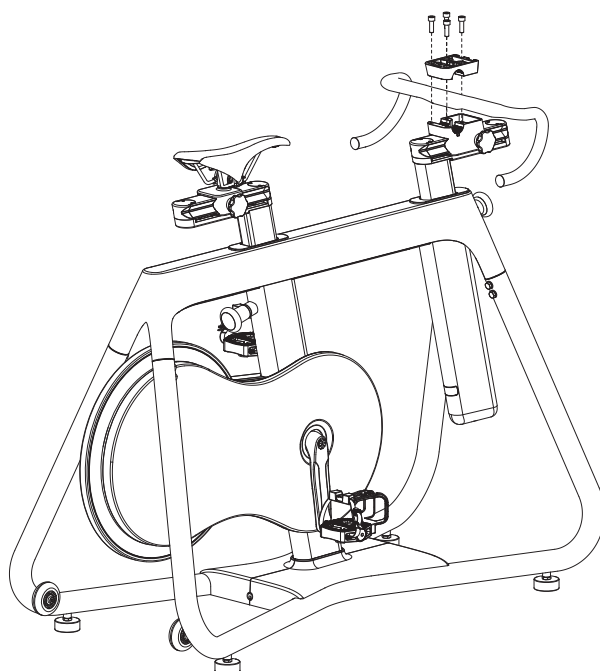


Mount pedals to the crank arms.

Mount the pedals to the crank arms using an Allen key or an open-end spanner. The crank arms have an ,L' or ,R' stamped into them to differentiate the right from the left. The right pedal has a right-hand thread (normal). The left pedal has a left-hand thread (opposing).

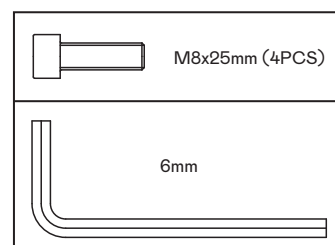


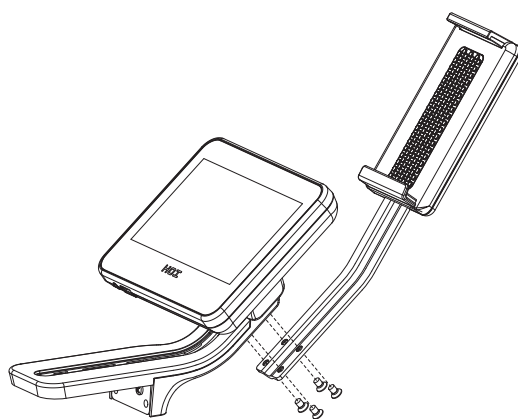




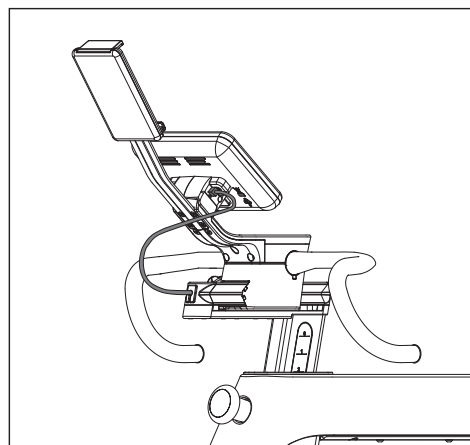
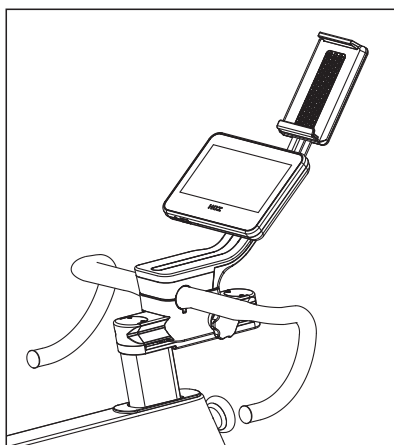
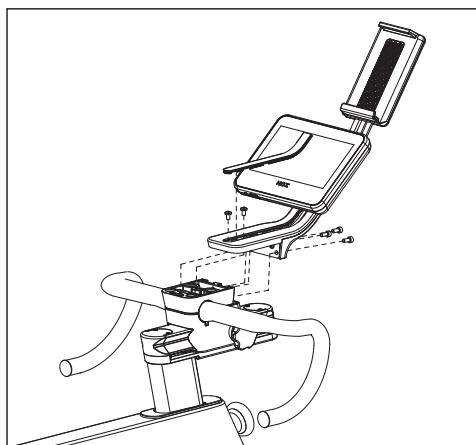
Mount the handlebars.

Mount the handlebars in the handlebar slider base using a 6mm Hex wrench. Initially thread in the four bolts loosely and align the handlebar in the desired angular position. Gradually tighten the bolts alternating between the front and rear bolts and side to side so that the gap between the upper handlebar clamp and handlebar slider base has a consistent gap.



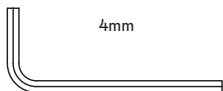
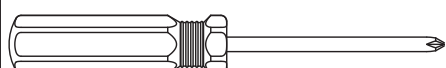


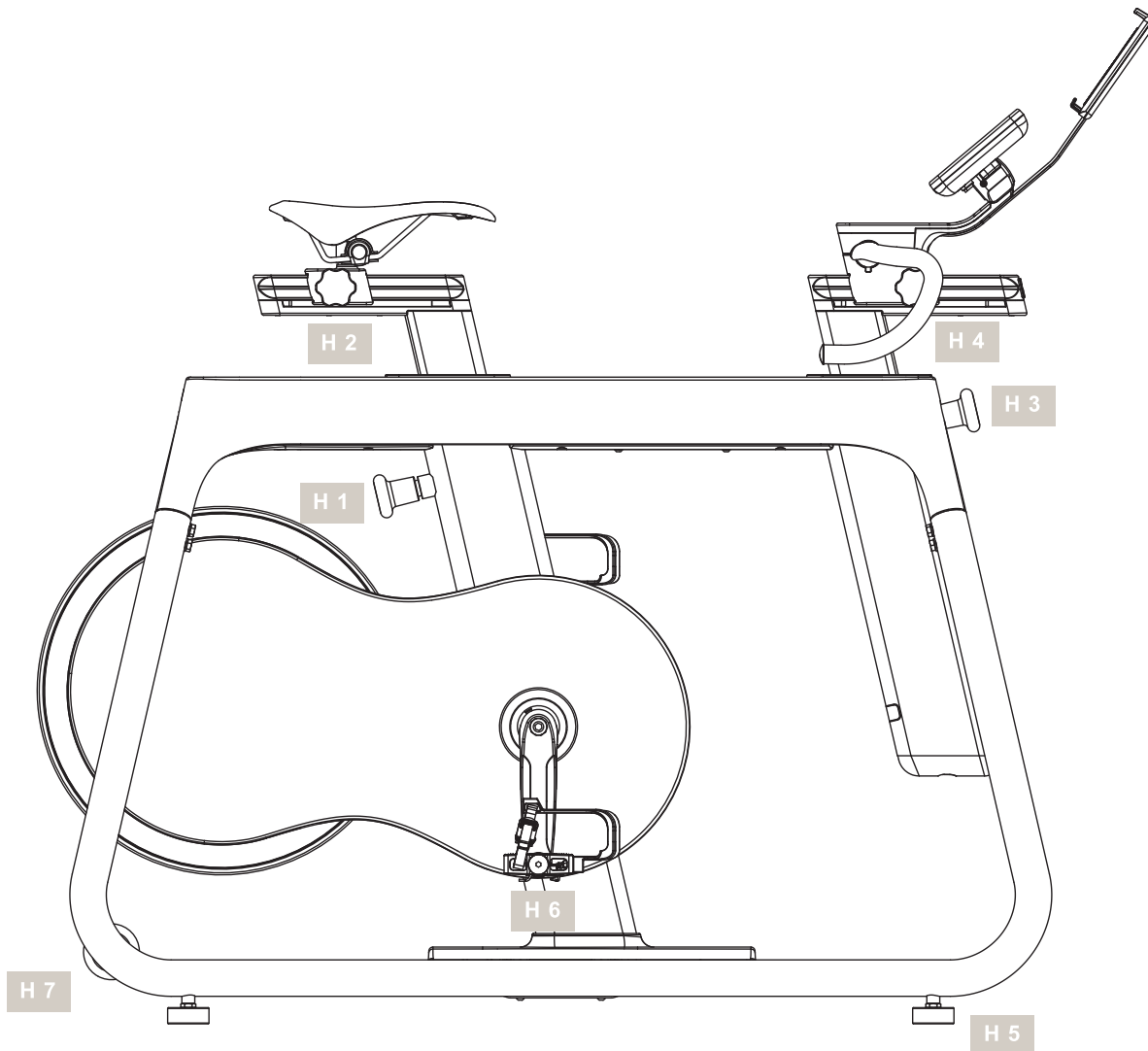
The rubber insert is pre-assembled. Please remove before screwing.



Mount the console assembly.

First use the four (4) M5x8mm Phillips Head Screws to secure the tablet holder onto the console assembly. Second lightly thread in the three (3) M5x12mm Socket Head Cap Screws from the rear of the console assembly mounting bracket to attach the console assembly to the handlebar upper mount. Next lightly thread the two (2) M5x8mm Phillips Pan Head Screws through the top center section of the console assembly mount. With all of the hardware in place tighten all of the bolts securely. Next, install the rubber cover into the top of the console assembly mounting bracket. Finally, plug the cable from the end of the handlebar slider into the receptical in the back left rear of the console.

	M5x8mm (4PCS)
	M5x12mm (3PCS)
	M5x8mm (2PCS)
	4mm
	



CAUTION! The training machine must be positioned on a horizontal, stable surface. Place suitable cushioning material underneath it for shock absorption and to stop it from slipping (rubber mats or similar). The safety distance around the bike must be at least 1 metre larger than the area in which you are exercising.

H 1 VERTICAL SEAT SETTING

CAUTION! When the saddle is at its lowest seat setting, there is danger of crushing when loosening and tightening the seating position vertically.

H 1.1 – H 1.3 Loosen seat post.

H 1.4 – H 1.6 Set seat height to fit foot position and body mass. Do not raise the seat post above the STOP mark!

H 1.7 – H 1.8 Tighten seat post. Sit on the saddle and ensure that your pelvis is not tilted to one side.

Stretch your leg out fully and place your heel on the pedal where the crank arm is pointing vertically downwards. The foot shell on the pedal should hang downwards when the seat is at this height.

H 2 HORIZONTAL SEAT SETTING

CAUTION! When the saddle is at its lowest seat setting, there is danger of crushing when loosening and tightening the seating position horizontally.

H 2.1 – H 2.2 Loosen the seat fixtures and position the right pedal in a horizontal position closest to the handlebars.

H 2.3 – H 2.4 Push the saddle along the post horizontally so that the right knee is over the middle of the pedal.

H 3 VERTICAL HANDLEBAR SETTING

CAUTION! When the handlebars are at its lowest setting, there is danger of crushing when loosening and tightening the handlebar position vertically.

H 3.1 – H 3.2 Loosen the vertical handlebar lock and push the handlebars along the scale. Do not pull the handlebar post beyond the STOP marker!

H 3.3 – H 3.4 Set handlebar height for sport training and tighten lock. For sport training, the handlebars are set in such a way so that the upper body is bent over forwards. This position makes the legs work harder.

H 3.5 – H 3.6 Set handlebar height for touring training and tighten lock. For touring training, the handlebars are set in such a way so that the upper body can be kept upright. This position protects the back during training.

H 4 HORIZONTAL HANDLEBAR SETTING

CAUTION! When the handlebars are at their lowest setting, there is danger of crushing when loosening and tightening the handlebar position horizontally.

H 4.1 Loosen the horizontal handlebar lock and move the handlebars along the slider to the desired position.

H 4.2 Re-tighten the horizontal handlebar lock.

H 5 HEIGHT SETTING - GROUND LEVEL

H 5 Set the height of the rear floor protectors so that the training equipment is steady. Turn right > downwards; turn left > upwards.

H 6 PEDAL MOUNT

H 6.1 Training using normal training shoes: place foot into the foot shell. For safety reasons, the foot shells must always be used when training.

H 6.2 Lock the foot into the foot shell.

H 6.3 Training using click pedals and special click pedal shoes; click feet into the pedals. For safety reasons, the feet must always be clicked into the click pedals when using click pedal shoes! When click pedal shoes are not being used, the foot shells must be used! Before use, grease the concave area of the cleat and lock the pedals in and release them a few times from a standing position. Keep the cleats and pedals clean so that they continue to work perfectly. Suitable only for click

shoes with the SPD-system (Shimano). The cleats allow the foot to turn sideways to take pressure off the knees. Before use, adjust the strength of the pedal lock as required.

CAUTION! Check the pedals before each training session. Change the pedals as soon as you notice backlash on the pedal axle so as to avoid any danger.

H 6.4 Disengage from the click pedals by turning the heel sideways.

H 7 MOVING THE EQUIPMENT

H 7 The transport wheels provided make it safe and easy to move the equipment. Use the transport wheels as shown in the illustration.



Make sure that you are sitting in the correct ergonomic position when training. Adjust the seating and handlebar positions depending on the aim of your training session by referring to the handling instructions **H1.5 - H1.6; H1.5 - H2.3-2.4; H3.3 + H3.5 and H4.1 - H4.2.**

