

vive®



RECUMBENT BIKE

Owner's Manual
RHB1092BLG

vivehealth.com

OVERVIEW

We are constantly answering questions and recording helpful videos to make using your Vive Recumbent Bike as easy as possible. Check out the included links and QR codes to help you through the process.



To see all FAQ's in one place
visit **vhealth.link/610**

VIVE FIT APP



Don't forget to download the Vive Fit
app in the Apple or Google play store.

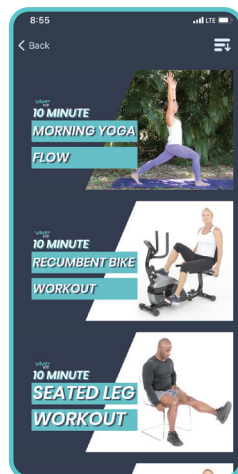


To download from Apple,
visit **vhealth.link/pdu**



To download from Google Play,
visit **vhealth.link/vivefit**

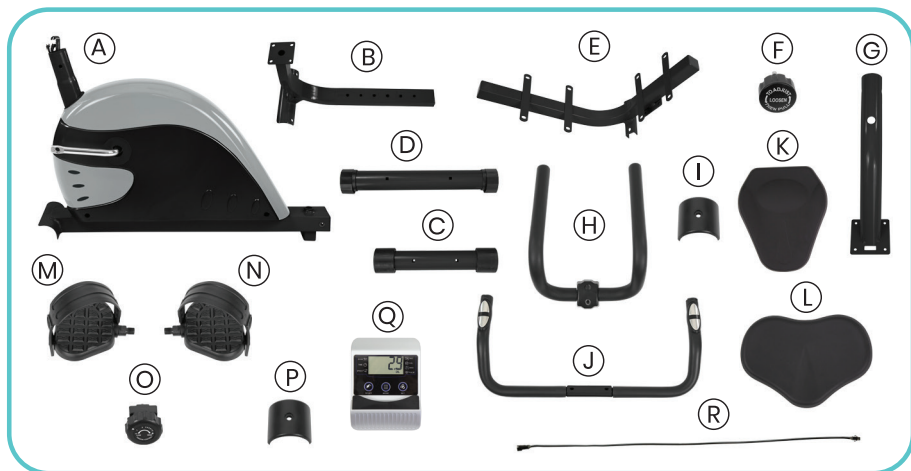
On our app you can find a great collection of workout
videos featuring our knowledgeable trainers, as well as
a collection of scenic videos that will pair great with
your new Vive Recumbent Machine.



WHAT'S INCLUDED

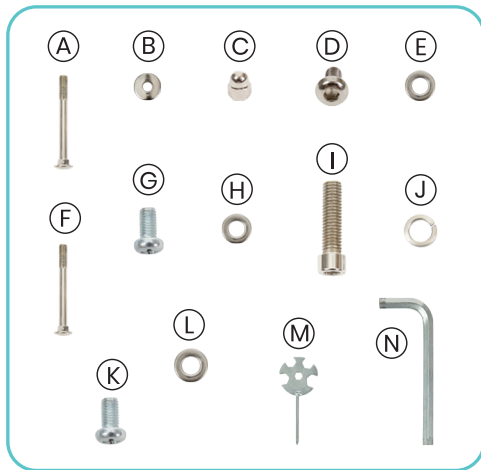
Main Parts

- (A) 1x Front Frame
- (B) 1x Rear Frame
- (C) 1x Front Base Tube
- (D) 1x Rear Base Tube
- (E) 1x Seat Frame
- (F) 1x Positioning Knob
- (G) 1x Handlebar Post
- (H) 1x Front Handlebar
- (I) 1x Handlebar Bracket Cover
- (J) 1x Seat Handlebar
- (K) 1x Backrest Pad
- (L) 1x Seat Pad
- (M) 1x Left Pedal
- (N) 1x Right Pedal
- (O) 1x Tensioner
- (P) 1x Tensioner Cap
- (Q) 1x Display
- (R) 1x Wire Extension (2x pulse wires, 1x sensor)
- (S) 2x AAA Batteries



Bolts/Screws

- Ⓐ 4x Base Carriage Bolts
- Ⓑ 8x Curved Washers
- Ⓒ 6x Cap Nuts
- Ⓓ 16x Frame Allen Bolts
- Ⓔ 12x Frame Flat Washers
- Ⓕ 2x Handlebar Carriage Bolts
- Ⓖ 1x Long Phillips Screw
- Ⓗ 1x Small Flat Washer
- Ⓘ 2x Handlebar Allen Bolts
- Ⓙ 2x Spring Washers
- Ⓚ 4x Display Phillips Screws
- Ⓛ 4x Display Flat Washers
- Ⓜ 1x Multi-Tool
- Ⓝ 1x Allen Wrench



ASSEMBLY INSTRUCTIONS



For a video demonstration,
check out vhealth.link/6eu

NOTE: For your convenience and ease of assembly we have attached as many bolts and washers as we could to the designated piece they belong with. You will need to remove these from the piece they are attached to so that you may complete the assembly.

1. Set the Front Frame on the floor and fit the Front Base Tube beneath the curved bracket on the end.



2. Align the tube so that the screw holes in the tube and bracket align, and fasten together on each side by fitting a Base Carriage Bolt up through the tube, the bracket, and a Curved Washer before securing with a Cap Nut.



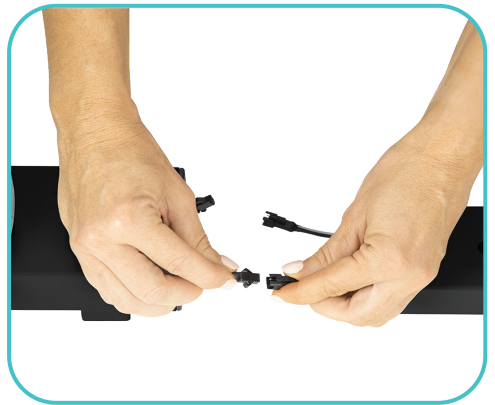
3. Remove the Carriage Bolts, Curved Washers and Cap Nuts attached to the Rear Base Tube. Set the Rear Frame on the floor and fit the Rear Base Tube beneath the curved bracket on the end.



4. Align the tube so that the screw holes in the tube and bracket align, and fasten together on each side by fitting a Base Carriage Bolt up through the tube, the bracket, and a Curved Washer before securing with a Cap Nut.



5. Bring the ends of the Front and Rear Frames close together and connect the two (2) wires in the Rear Frame to their wire sockets in the Front. The front wire sockets may be tucked inside the rectangular frame, so you'll need to gently pull them into position. Either wire can be connected to either socket.



- Slide the end of the Rear Frame into the open rectangular Front Frame. Align the length adjustment holes in the two frames and lock the frames into place by screwing the Positioning Knob into the aligned holes. This can be used later to adjust the distance between the Seat and the Pedals as needed based on your comfort level. You can do this by pulling up on the knob (You may need to unscrew the knob slightly as well) and sliding the rear frame to the desired position.



- Remove the Frame Allen Bolts, Washers Cap Nuts attached to the Seat Frame. Position the Seat Frame in the mounting socket on top of the Rear Frame and secure it in place using four (4) Frame Allen Bolts and Flat Washers.





8. Position the Seat Pad and Backrest Pad on the Seat Frame and secure each in place using four (4) Frame Allen Bolts and Flat Washers. Make sure to place the washer between the bolt head and the pad bracket on the Seat Frame.





9. Position the Seat Handlebar into the square bracket on the underside of the Seat Frame and secure it in place using two (2) Handlebar Carriage Bolts, Flat Washers, and Cap Nuts. Make sure the Handlebar is fitted with the metal heart rate sensors facing up.



10. Connect the two (2) pulse wires from the Seat Handlebar to the matching wires protruding from the Rear Frame.



11. Screw the Left and Right Pedals to the matching sides of the crank on the Front Base, with left and right lining up to how a user would sit on the Bike. Each Pedal strap is labelled left (L) or right (R) to indicate the proper side to attach them to.

NOTE: You will need to turn the Left Pedal counterclockwise to install it. Be careful not to cross-thread the pedals into the threaded sockets.



12. Feed the 3 Wire Extensions (2 pulse wires and 1 sensor wire) through the post for the Display. Pull the tension control line through the middle hole of the post (this is where the tension knob will be installed in a later step). Lastly connect the 3 wire extensions to the 3 wires (2 pulse wires and 1 sensor wire) protruding out of the neck of the Front Frame.





13. Connect the Handlebar Post to the Front Frame and secure it in place using 4 Frame Allen Bolts and Curved Washers.



14. Add the curve bracket to the tension knob. Connect the Tensioner to the Tensioner cable by inserting the small metal bead on the end of the cable on the back of the Tensioner into the wire catch on the bottom of the tensioner cable bracket. The red plastic piece has been added for your assistance. Once you have connected the cable to the tensioner you may remove and dispose of the red plastic piece.



15. Fit Tension knob into center rectangular whole. Position the Tensioner Cap on the backside of the Handlebar Post opposite the Tensioner, and secure in place with the Small Flat Washer and the Long Phillips Screw.



16. Attach the Handlebar onto the Handlebar Post so that the bars point up and the holes in the mounting bracket line up with those on the Post. The fit the Bracket cover over the bracket. Secure the Handlebar in place using two (2) Handlebar Allen Bolts and Spring Washers.



17. Connect the two (2) pulse wires and the sensor wire from the top of the Handlebar Post to the matching wires on the back of the Display.



18. Position the Display on the mounting bracket at the top of the Handlebar Post and secure it in place using four (4) Display Phillips Screws and Flat Washers. Use the Multi-Tool to tighten them down.



19. Install the AAA batteries into the back of the Display.

QUICK START

1. Position yourself on the Seat so that you can reach the pedals comfortably with your back against the Backrest. If needed, adjust the length of the bike frame with the Positioning Knob. Begin pedaling to start your exercise; the Display will turn on and begin counting.
2. Turn the Tensioner Knob to increase or decrease the pedal tension.
3. When you're done working out, the screen will automatically shut off after a few minutes of inactivity.

HOW TO USE THE CONTROL DISPLAY

1. **Scan**

This mode is automatically chosen upon start up and will cycle all of the modes every few seconds to show you the other 6 modes and their progress within your workout.

2. **Time Display**

Shows how long the current workout has lasted.

3. **Speed Display**

Shows a projected speed you'd be travelling if traveling on a real bicycle based on the current RPMs.

4. **Distance Display**

Shows the projected total "distance travelled" for the current workout.

5. **Calories Display**

Shows approximately how many calories have been burned during the current workout.

6. **Odometer (ODO) Display**

This will show you the total distance you have travelled across all of your workouts on your recumbent bike.

NOTE: the Odometer will reset if you take out or replace the batteries. Also the only way to reset the Odometer is to take out the batteries.

7. **Pulse Display**

Shows the user's current heart rate when measured. The user must place both hands on the metal contacts on the Seat Handlebars in order to measure pulse.

8. **Reset Button**

Press and Hold to reset your current stats or you may use this to reset a number you were trying to preset back down to zero.

9. **Mode Button**

Use this button to toggle through modes during your workout or prior to your workout when you are trying to set a workout goal.

10. **Enter Button**

Press this to toggle through the various metrics to set them for your exercise goals. Each press will enter the value selected using the UP/DOWN buttons and move to the next value: time, distance, and calories.

Press and hold the button down to reset all settings to zero.

SMART DEVICE INSTRUCTIONS

Connecting to Your Smart Device

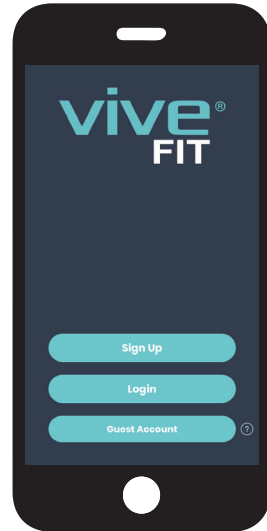
When connected to your smart device, the device will keep track of Calories, Distance, and Time. When connected, these measurements will be uploaded to the Vive Fit app (not available for guest accounts). Follow these steps to connect to your device:

The Vive Fit app is available for download on the Apple Store or Google Play store. The app is compatible with iOS and Android devices (iOS version 8.0 or higher, Android version 5.0 or higher).

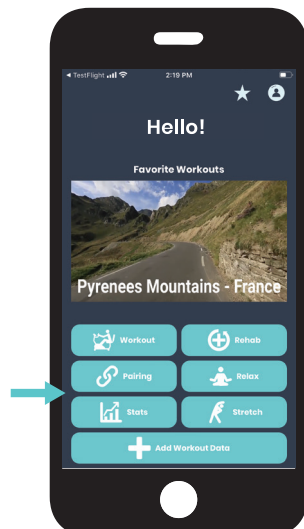
1. Download the Vive Fit app by using your smartphone camera to scan the QR code below:



2. Sign up to create an account, or sign in if you already have an account.

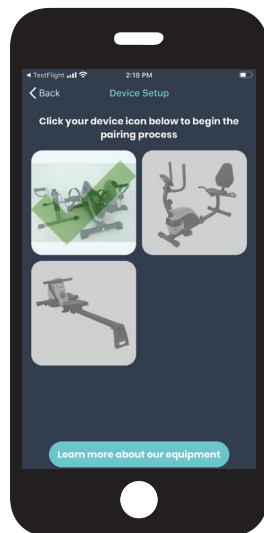


3. Now at the main screen press the Pairing button.

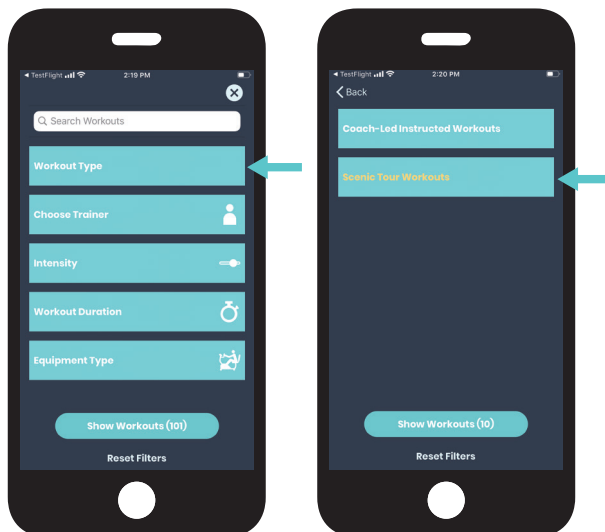


4. The device setup screen will appear, choose the equipment you want to use.

Note: if you do not pair a device in this page before you start your workout, the app will ask if you want to connect. A green check mark will appear for any device already paired. Press the box on the bottom of the page to learn more about your device. You can also unpair it in your settings.



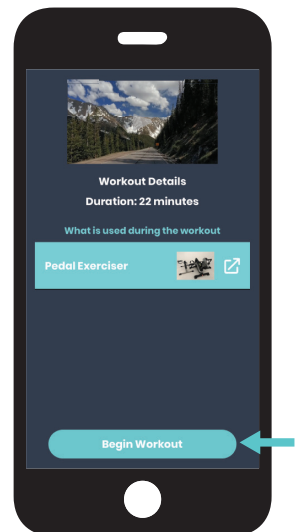
5. Press the Workout Type button from the main filter screen and then choose the Scenic Tour Workouts screen by following the images below. Note: for the smart device function, you can choose Workouts from the Coach or Tour categories. The tour option will give you the option to show the current values for time, distance and speed on the screen along with a live map feature. For the Coach workout options the data for time will be saved in the Stats section.



6. The Tour videos will now appear and by clicking on one of the images the preview screen will appear.



7. This next page has the begin workout button and also the option to see the exercise equipment that is being used with a link to the Vive Health Web Store. You also have the option to click on the Workout Preview screen on top to see if it is something you want to play.



8. After your workout is done the data screen will appear. You will notice the data is already filled in for you, this data can be edited if needed and manually entered if needed by pressing the add data button.

11:18 Data Entry

Workout Type

Distance: mi

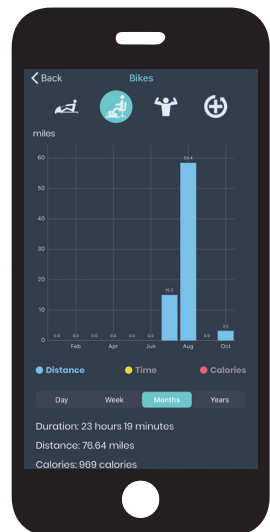
Duration: (hr) : (min)

Calories: (cal)

Date & Time: 2020-09-02 11:18

Add Data

9. You can see your workout results for the day, week, month and year by going to the Stats page, this can be accessed by clicking on the Stats button on the front page.



REPLACING THE BATTERY

If the display will not turn on, it may require a new battery.

1. Push on the tab of the battery cover to release and remove it.
2. Remove the old batteries from the compartment, and replace them with two (2) new AAA batteries.
3. Replace the battery cover.

ADDITIONAL INFO & SAFETY WARNINGS

- Read all instructions before assembly and use.
- Make sure that the Recumbent Bike is on a flat, level surface before using.
- The pedal arms can heat up after extended use. This is normal and is created by the friction in the resistance mechanism. Avoid touching these components until you've allow the Bike time to rest and cool down to prevent injury.
- Assemble the Bike according to the provided directions. You may need 2 people for the assembly.
- Check the tightness of all screws, nuts, and other connective parts prior to first use.
- Do not use the Bike in areas of excessive wetness or humidity. Do not use in areas of excessive heat or cold.
- Place a protective mat or board beneath the Bike to prevent the accumulation of dirt, debris, etc.
- Do not operate the Bike near furniture or other obstacles. Make sure to keep all obstacles at least three (3) feet away from the Bike during operation.
- Don't use harsh cleaning products or tools on the Bike.
- Wipe sweat from the Bike after each use.

- Only use the tools provided, or appropriate tools of your own, to assemble or repair the Bike.
- Consult a doctor before beginning any new exercise routine. Your doctor can help you determine the appropriate frequency, intensity, and duration of your workouts.
- Don't use the machine if it's malfunctioning in any way.
- Use only the provided spare parts to make necessary repairs.
- Wear appropriate exercise clothing and supportive athletic shoes when using the Bike.
- Stop exercising immediately if you experience nausea, shortness of breath, dizziness, headache, pain, tightness in your chest, or any other severe discomfort.
- The Bike should only be used by one person at a time.
- Keep children and pets away from the machine during use. The machine should only be operated by adults and shouldn't be used or played on by children.
- Handicapped persons should only use the machine with supervision and with approval from a trained medical professional.
- The machine increases in power when the speed increases and decreases in power when the speed is decreased. You can adjust the resistance of the machine using the Tensioner located on the Handlebar Post.
- The maximum user's weight is 220 lb. (100kg).

WORKOUT TIPS

Remember always to check with your physician before starting any exercise program.

A successful exercise program consists of a warmup, aerobic exercise, and a cooldown. The entire program should be done two (2) to three (3) times a week, resting for a day between workouts. After several months, you can increase your workouts to four (4) or five (5) times per week if desired.

Warmup

The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two (2) to five (5) minutes before working out. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

Stretching

Stretching your muscles after a proper warmup and again after your exercise session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Hold each stretch for fifteen (15) to thirty (30) seconds. DO NOT BOUNCE.

Cooldown

The purpose of cooling down is to return the body to its normal or near normal, resting state at the end of each exercise session. A proper cooldown slowly lowers your heart rate and allows blood to return to the heart.

HAVE MORE QUESTIONS?

Check out our list of Frequently Asked Questions
at **vhealth.link/610** for helpful answers.



And if that doesn't answer your question, our customer
service team would love to help! Feel free to connect with
them by phone, e-mail, or chat on our website.



service@vivehealth.com



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