

DUALFIT™

DUALFIT IN-HOME CYCLE OWNER'S MANUAL



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DualFit™ In-Home Cycle by Giant®

Good physical fitness makes everything in life more rewarding – from a walk in the park to a schuss down a slope. You have more energy during the day, and you will even sleep better at night. Make the DualFit Stationary Cycle by Giant a part of your total fitness program, feel good about yourself, and enjoy a vibrant, spirited lifestyle!

Giant, a leading manufacturer of bicycles, has developed a truly remarkable stationary cycle. Its dual action allows you to work both your upper and lower body at the same time. And its advanced electronics enables you to carefully monitor your progress and help regulate your activity. Whether you want to go easy or hard, for a long time or just a short while, this stationary cycle can guide you to the benefits of quality conditioning.

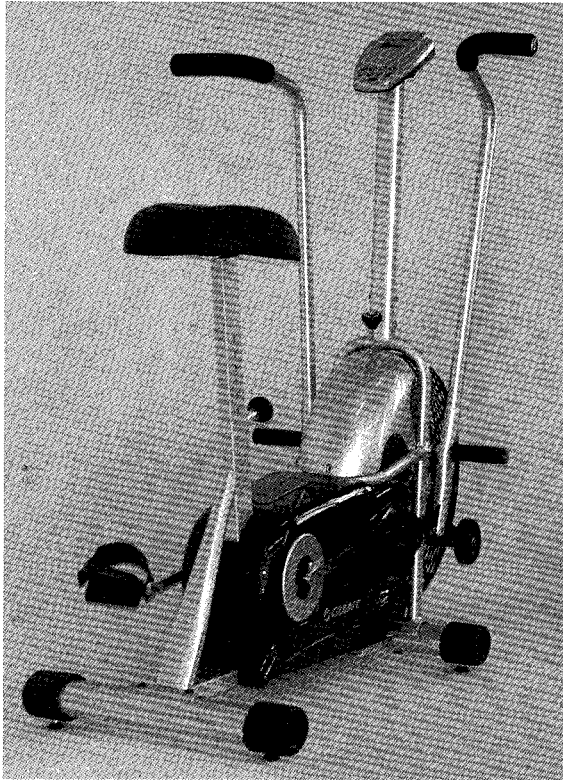
Before using your DualFit Stationary Cycle, please read this entire Manual carefully. No one should use this equipment without first reading and following the instructions and safety warnings contained in this Manual. The DualFit Stationary Cycle is not a toy, and it is not intended for use by children.

This Manual contains a

number of safe practices in the “Safety Tips” section. Additional warnings are placed throughout the Manual. Warnings related to your personal safety are indicated by:

WARNING

Remember, however, this Manual or the warnings do not replace the need to be alert and to use your common sense when using the DualFit Stationary Cycle.



WARNING

TO AVOID SERIOUS PERSONAL INJURY:

- **BEFORE** beginning any conditioning or fitness program, consult with your physician or health professional. Only this person can establish the proper conditioning or fitness program that is appropriate for your age and physical condition.
- If you feel faint, dizzy, short of breath, or if you have chest or other pains, **STOP IMMEDIATELY!** Consult your physician before you continue.
- **NEVER** attempt to use the stationary cycle when ill or in a weakened condition.
- **ALWAYS** read operating instructions before beginning.
- **ONLY** install stationary cycle on a solid, level surface in a well-lighted and well-ventilated area.
- **ALWAYS** properly warm up before beginning use of the stationary cycle.
- **ALWAYS** wear proper attire and athletic shoes when using stationary cycle.
- **ALWAYS** keep children and pets clear of the stationary cycle and moving parts while in use.
- **ALWAYS** lock DualFit™ when not in use.

SPECIAL FEATURES

- **Dual Action**

Allows you to work upper and lower body simultaneously for all the benefits in half the time.

- **Freewheel Action**

Allows you to pedal at your own speed or use the upper body function only.

- **Adjustable Arms**

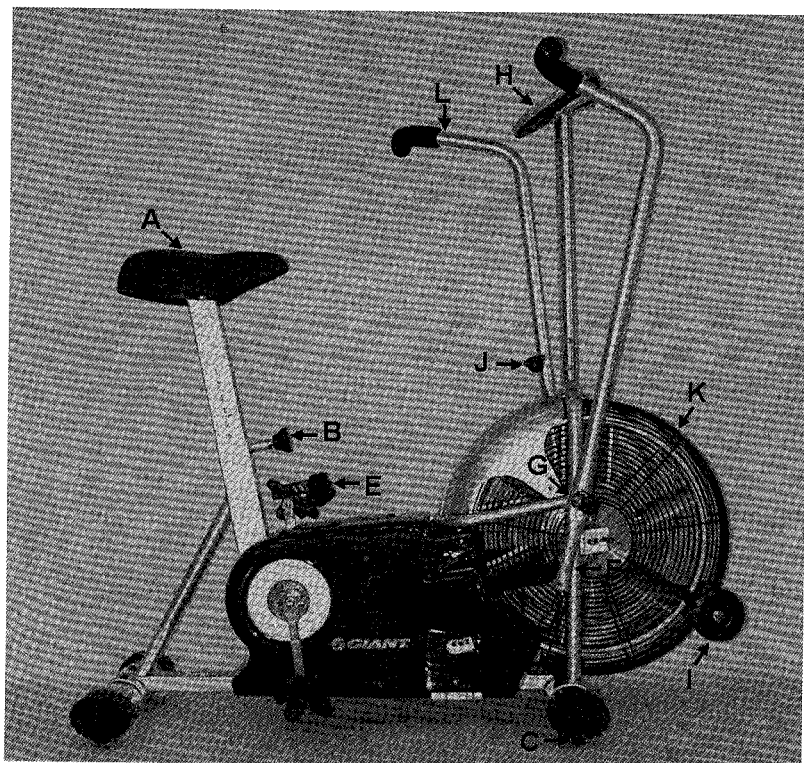
Arm reach can be adjusted for shorter or longer arms.

- **Quick Adjust Seat Height**

Spring loaded seat height adjustment knob provides easy adjustment. With numbered seat post everyone in the family can easily use the DualFit.

- **Computer Monitored Activity**

Track time, distance, calories, and watts for encouraging feedback on your progress.



- A. Seat
- B. Seat Height Adjustment Knob
- C. Levelers
- D. Connecting Arm
- E. Pedals
- F. Upper Body Arm Reach Adjusting Pin

- G. Foot Rest
- H. Computer Console
- I. Transport Wheels
- J. Locking Knob
- K. Fan Wheel and Cage
- L. Upper Body Arms

⚠ WARNING

TO AVOID SERIOUS PERSONAL INJURY:

- ALWAYS install DualFit™ on a solid surface or short nap carpet.
- MAKE SURE DualFit is properly levelled and does not rock.
- SELECT a location that is well-lighted and well-ventilated with plenty of room for proper operation.
- ALWAYS make sure that all parts are securely attached and all nuts, bolts, and screws are properly tightened.

A. Locating the DualFit.

1. Pick a positive place.

For an upbeat and comfortable atmosphere, place your DualFit in a large, bright space with plenty of sunshine, light, or mirrors. The DualFit should also be placed on a solid surface or short nap carpet so it does not “walk” or build up static electricity.

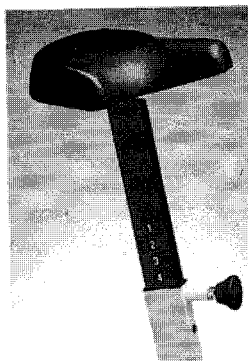
2. Keep it level.

To help prevent the DualFit from rocking back and forth on an uneven floor, there are leveling disks at each corner. Simply rotate the lower disk until the DualFit is level, then rotate the upper disk until it is snug to lock the lower disk in place.

B. Adjusting the DualFit.

1. Adjusting the seat.

To adjust the seat on the DualFit, move the seat up or down by holding the seat, pulling out the knob at the front of the seat post with the other hand, and moving the seat to the desired position. Then release the knob. The seat may drop slightly. **BEFORE USING**, be sure to listen for it to “click” into place, and you are ready to go!

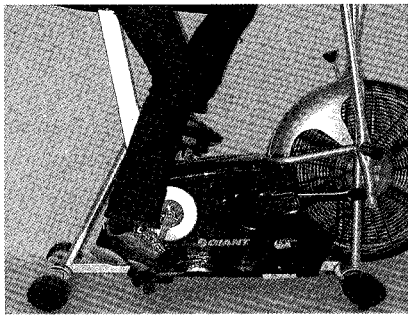


To adjust the seat angle, loosen the bolt on either side of the seat undercarriage and reposition the seat. **BEFORE USING**, make certain the nut is retightened securely.

⚠ WARNING

TO AVOID SERIOUS PERSONAL INJURY:

- Make sure the seat knob has “clicked” into position and is secure.
- Make sure the seat adjustment bolt is securely tightened.



What is the Right Seat Height?

We recommend that when the ball of your foot is centered over the spindle of the pedal and the pedal is in its lowest position, your leg should be slightly bent.

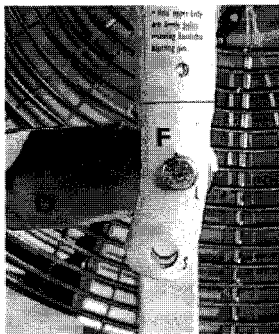
2. What about the arms?

The padded bars on your DualFit have been designed to provide upper body exercise and to accommodate different sized riders.

The reach can be adjusted a total of four inches. Using the top "reach adjustment hole" gives you the longest reach, the bottom "reach adjustment hole" provides the shortest reach. Both the right and left arms should be set the same for optimum performance.

To adjust the reach of one arm, perform the following simple steps:

(a) Locate and remove cotter pin from upper body arm reach adjusting pin (Item F).



(b) Holding the upper body arm securely, remove the reach adjusting pin.

(c) Relocate the connecting arm (Item D) so the hole on the connecting arm is lined up with the desired hole on the upper body arm.

(d) Reinsert upper body arm reach adjusting pin through both the upper body arm and connecting arm.

(e) Reinstall the cotter pin through the hole in the upper body arm reach adjusting pin. Repeat steps to adjust reach of the second arm.

NOTE: Attaching the connecting arm to the upper body arm at the top mounting hole is for a longer reach. Attaching the connecting arm to the upper body arm at the bottom mounting hole is for a shorter reach.

WARNING

TO AVOID SERIOUS PERSONAL INJURY:

- Never operate the DualFit unless the upper body arm connecting pin is securely locked in place with the cotter pin properly installed.
- Hold upper body arm firmly before removing upper body arm adjusting pin.

3. Pedals and Straps.

The pedals are comfortable with straps or without them. When in use, pedal straps should be snug, but you should still be able to enter and exit easily.

To adjust them, first remove the strap by pushing it down over the stop from the inside.

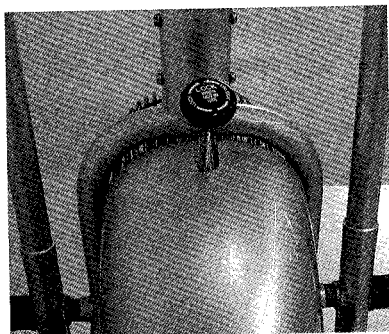
Select another hole on the strap, hook the hole onto the bottom of the stop, and pull it up and over until it is securely in place.

C. Locking the DualFit™.

The locking knob (Item J on diagram) has been provided for ease in moving the DualFit and to prevent accidental movement of the arms and fan mechanisms.

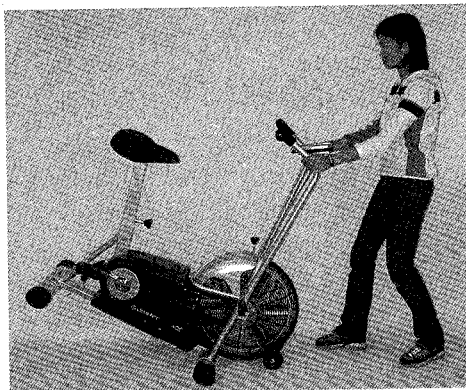
To lock the DualFit, locate the locking knob at the top of the fan cage and turn clockwise until the fan wheel is securely locked and no longer moves freely.

To unlock, turn the locking knob counter-clockwise until the knob shaft is clear of the fan wheel.



D. Moving your DualFit.

To move the DualFit to a new location, just position the arms parallel to each other, turn the locking knob clockwise until the fan wheel no longer moves. Stand in front of the DualFit and carefully lean it towards you until all of its weight is on the two transport wheels. Then roll it by the arms to a new, properly selected location.



Remarkably Sophisticated, Remarkably Simple.

The DualFit™ In-Home Cycle by Giant is equipped with a computer that enables you to measure your performance three different ways — by time, by distance, or by the number of calories expended.

You may enter the desired fitness goals using the buttons as explained below, or you can just start pedaling and the computer will automatically turn on and track your time, distance, and calories.

A. Loading/Unloading Batteries.

Remove the battery compartment located on the underside of the computer console by depressing the release tab and swinging the battery compartment down.

Insert two size "AA" batteries. Make sure that correct polarity is established by checking the diagram inside the battery case. Reinsert the battery holder.

We recommend alkaline batteries for longer life. Check batteries monthly to help prevent leaking. Replace when necessary. If you plan to store your DualFit for a long time, remove batteries from battery compartment.

B. The Keyboard.

The nine-button keyboard sets your preferences and monitors your activity to inform you of your progress.

1. Red Button (On/Off)

Use this key to turn the computer on and off. The computer will automatically turn itself on when you begin pedaling and shut itself off after four minutes of inactivity.



2. Start/Stop

Press this key when you actually start riding and the computer will begin to count down the amount of time you want to spend riding. This key also enables you to temporarily pause the program and to resume again.

3. Time Mode

Press this button before starting to ride to select time as the primary measurement of your fitness program.

Use the arrow buttons to enter time desired. The clock will count down to zero. An alarm will sound when time is complete. If no time is entered, the clock will count up until the stop button is pushed or computer is turned off.

4. Distance Mode

Press this button before starting to ride to select distance as the primary measurement of your fitness program.

Use the arrow buttons to enter distance desired. The miles indicator (or kilometers) will count down to zero and the alarm will sound when distance is complete. If distance is left at zero, distance will count up until stop button is pushed or computer is turned off.

5. Calorie Mode (KCAL)

Press this button before starting to ride to select calories as the primary measurement of your fitness program.

Use the arrow buttons to enter the number of calories you want to expend, and the calories will count down to zero and the alarm will sound when goal is reached. If calories are left at zero, calories will count up until stop button is pushed or computer is turned off.

6. Reset

If you want to change the information that was programmed and return to the previous setting, press this key.

7. Scan

Press this key while you are riding and you can keep watch on your speed, distance accumulated, elapsed time, amount of energy generated in WATTS, and total calories burned. If you want to "lock on" to a single display, simply press "Scan" again while the information you want is displayed.

8. Arrow Keys

Press these keys to choose your preference within each mode.

9. Miles or Kilometers

A switch is located on the back of the computer which will change the computer speed and distance calculations to kilometers or miles.

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- **ALWAYS** properly warm up before beginning use of the stationary cycle.
- **ALWAYS** wear proper attire and athletic shoes when using stationary cycle.
- **ALWAYS** keep children and pets clear of the stationary cycle and moving parts while in use.

The DualFit offers the unique benefit of exercising both the upper and lower body at the same time. Of course, you have the option of using the upper or lower body function individually, as well.

The three possible options are listed below. Remember that because of the air resistance nature of the DualFit, the faster you pedal or push, the higher the resistance.

I. Upper and Lower Body Combined.

After adjusting the seat to the proper height and selecting the reach, sit comfortably on the seat and grab the padded hand grips with palms down firmly, but not tightly.

Begin by first pushing on the pedals to feel which direction the arms will begin to move. Then, while pedaling, alternatively pull or push on the upper body arms. You may feel a slight rotation in your waist which is normal. Because of the freewheel feature of the DualFit, the straps are provided for use in pulling up on the pedals as well as pushing down. This increases the benefits of your workout.

2. Upper Body Only.

Because of our freewheeling design, you can easily use the upper body function alone. Simply leave your feet on the pedals or place them comfortably on the handy foot rests located on the frame at the center of the fan wheel. You may even want to try standing on the floor.

Alternately push, then pull, the upper body arms while holding the hand grips firmly with your palms down.

You will notice that the resistance using arms alone is a bit more difficult than with both arms and legs. Getting started may be easier if you begin with a few pedal rotations first.

To use different muscles, grip the upper body arms with your palms up. Keep your back straight and shoulders relaxed. A slight rotation at the waist is normal.



3. Lower Body Only.

Sit comfortably on the DualFit™ and let your hands hang loosely at your sides or in your lap. Your back should be straight and bent slightly forward at your waist.

Make sure the balls of your feet are over the center of the pedal and your toes point slightly downward during the pedal rotations. Your legs should be bent slightly at the pedal's lowest point.

The unique freewheel feature of the DualFit allows the use of the straps on the pedals, but they are not required.

The straps allow you to pull up on the pedals, as well as push down, increasing the benefits of the time spent using the DualFit.

Maintenance

Your DualFit™ In-Home Cycle by Giant should require little maintenance. To keep it looking brand new, wipe the surface with a clean damp cloth. Use a little dish washing liquid on stubborn dirt, but never use abrasives.

Be certain to wipe all perspiration from the DualFit when you are finished. Because perspiration contains salt and other substances, it can damage surfaces or leave a white residue.

If you should need service, contact your local Authorized Giant Dealer for expert repair and advice.

For identification and record keeping purposes, the serial number for your DualFit is located on the right front fork tip near the fanwheel axle.

NOTE: Do not open the computer box. The computer contains no user serviceable parts.

GIANT FITNESS EQUIPMENT LIMITED WARRANTY

Giant brand fitness equipment is fully assembled at no additional charge by your Authorized Giant Dealer and is warranted (excluding electrical components) to be free from defects in material and workmanship for, as long as the original purchaser owns the equipment and the equipment is utilized for home use only.

Electrical components are warranted to be free from defects in material and workmanship for a period of two years from the date of purchase. **ALL IMPLIED WARRANTIES APPLICABLE TO SUCH COMPONENTS, INCLUDING THE WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, ARE LIMITED IN DURATION TO THIS TWO YEAR PERIOD.**

LIMITED REMEDY

Unless otherwise provided, the sole remedy under the above warranty or any implied warranty is limited to the replacement of defective parts with those of equal or greater value at the sole discretion of Giant. Unless covered by the free 60-day repair labor period you will be responsible for labor costs associated with warranty replacements. **IN NO EVENT SHALL GIANT BE RESPONSIBLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES, WHETHER BASED ON CONTRACT, WARRANTY, NEGLIGENCE, PRODUCT LIABILITY, OR ANY OTHER THEORY, INCLUDING, WITHOUT LIMITATION, PERSONAL INJURY DAMAGES, PROPERTY DAMAGE, OR ECONOMIC LOSSES.**

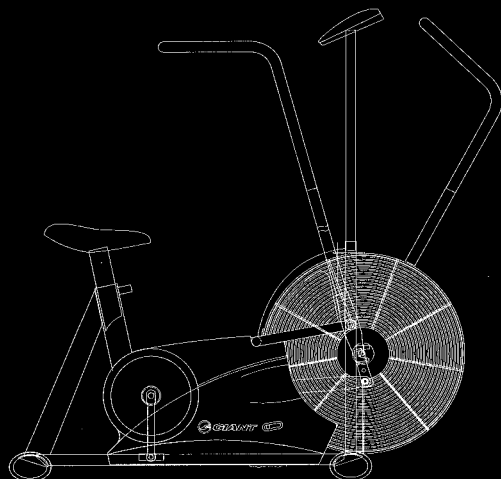
Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

EXCLUSIONS

THE ABOVE WARRANTY, OR ANY IMPLIED WARRANTY, DOES NOT COVER NORMAL WEAR AND TEAR, AND ALL WARRANTIES ARE VOID IF THE FITNESS EQUIPMENT IS USED FOR OTHER THAN NORMAL ACTIVITIES, INCLUDING, BUT NOT LIMITED TO, THE FAILURE TO FOLLOW THE OWNERS MANUAL OR FOR OTHER THAN HOME USE.

WHAT YOU SHOULD DO

Bring your fitness equipment along with a purchase receipt or other proof of the date of purchase to an Authorized Giant Dealer or write to the Customer Service Department at: Giant Bicycle, Inc., 3587 Old Conejo Road, Newbury Park, CA 91320



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-IMPORTANT SAFETY NOTICE-

This Manual contains important safety and operating instructions which must be strictly followed when using this equipment.