



**RE7100 Ergo Bike  
TECHNICAL MANUAL**



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**WARNING**  
**READ ALL INSTRUCTIONS CAREFULLY BEFORE**  
**ASSEMBLY AND USE**



# 1. IMPORTANT SAFETY INSTRUCTIONS

The product is intended for non-commercial/household use only.

- Failure to follow any of these safety instructions may result in serious injury.
- This product should be placed on a level surface at all times.
- Keep children and pets away from this product at all time. This product is designed and intended for adult use only.
- When not in use this product should be stored out of reach of children.
- To avoid entanglement and possible injury, do not expose hands, arms, fingers, feet or toes to moving parts of this product.
- Warn bystanders to keep a safe distance. Do not allow anyone to touch or come near the equipment whilst it is in operation. Supervise all users.
- Wear proper shoes such as those with rubber or high traction soles. Do not use with bare feet or shoes with leather soles.
- When using an electrical appliance, basic precautions should always be followed.

## WARNING

- Use this appliance only for its intended use as described in this manual. Do not use any attachments not recommended by the manufacture.
- Contact your place of purchase with any queries.
- Do not use outdoors or in bathroom or laundry where product may get wet.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

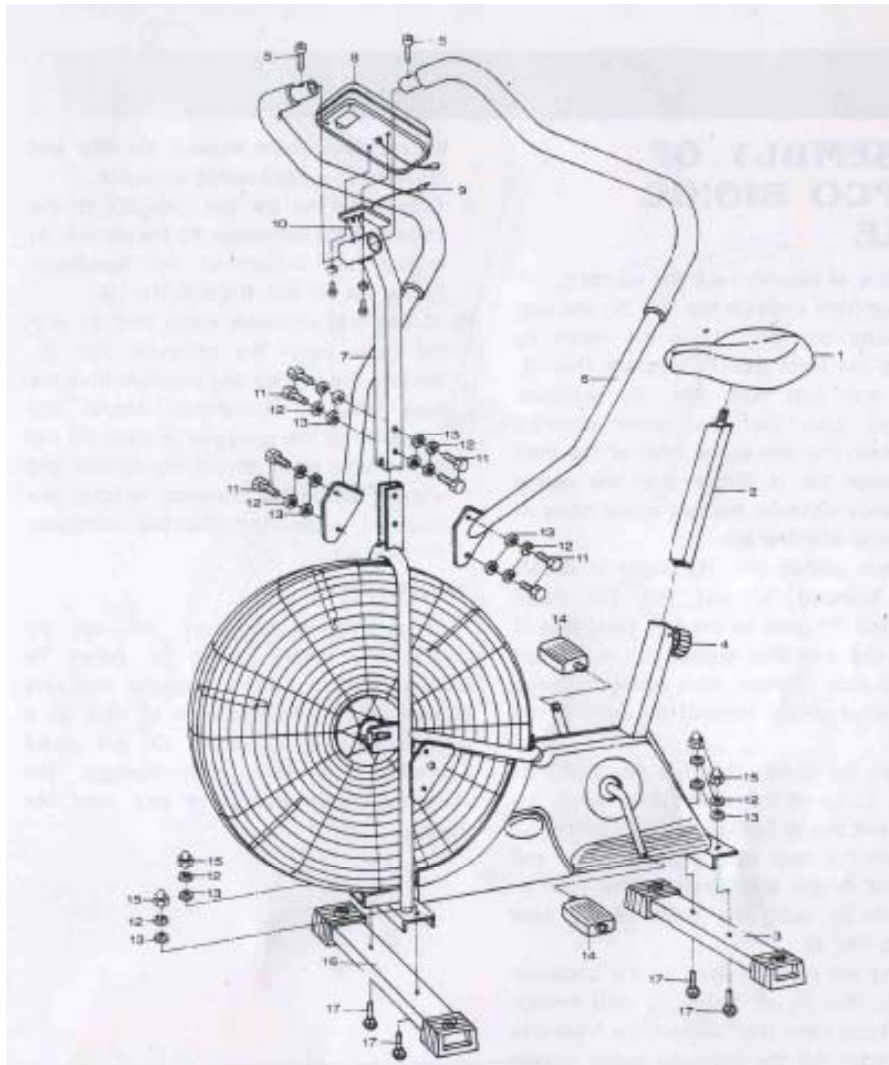
**ALWAYS STORE OUT OF REACH OF CHILDREN WHEN NOT IN USE**

## 2. PRE-ASSEMBLY CHECKLIST

Item	Description	Repco Part No.	Qty
1	Seat	RVL260	1
2	Seat post	RE7141	1
3	Rear stabiliser	RE7103	1
4	Quick release knob	RE7104	1
5	Round inner hex bolt	RE7105	2
6	Handlebar Left	RE7106	1
7	Handlebar Right	RE7107	1
8	Computer	RE7108	1
9	Computer cable	RE7109	1
10	Head stem	RE7010	1
11	Hex bolt	RE7111	8
12	Spring washer	RE7112	12
13	Washer	RE7113	12
14	Pedals Pair (L&R)	RCE61	1
15	Cap nut	RE7115	4
16	Front stabiliser bar	RE7116	1
17	Carriage bolt	RE7117	4
	Pulse Ear Clip	RE7006	1

**Note: Some assemblies consist of multiple parts.**

### 3. OVERVIEW DRAWING

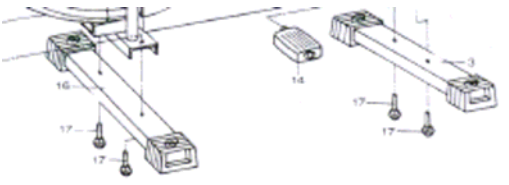
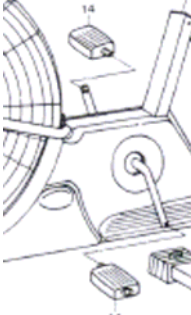
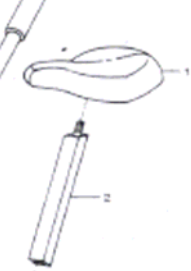
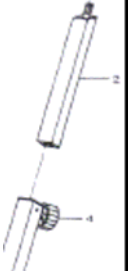


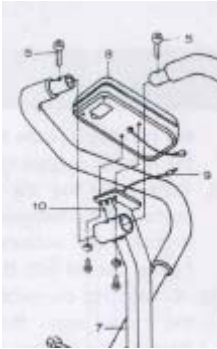
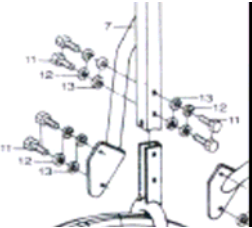
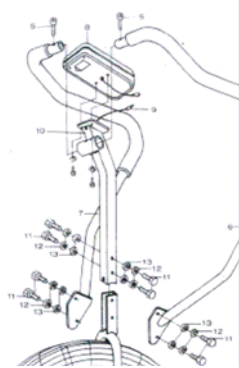
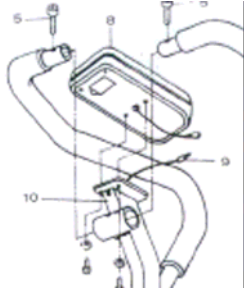
**Model RE7100**

## 4. ASSEMBLY INSTRUCTIONS

Carefully remove all parts from the carton and remove all packaging.  
Do not dispose of packaging until completing assembly process.  
Lay out all parts and check off Pre-Assembly Checklist.

**DO NOT ATTEMPT TO ASSEMBLE IF THERE ARE PARTS MISSING.  
CONTACT REPCO CUSTOMER SERVICE.**

<p><b>STEP 1</b></p> <p>Attach the front stabiliser #16 and rear stabiliser #3 to the main frame using bolts #17, washer #12 and #13 and cap nuts #15.</p> <p><b>Note: The distance between the two screw holes on the front stabiliser is greater than the distance between the two screw holes on the rear stabiliser.</b></p>	<p><b>FIGURE 1</b></p> 
<p><b>STEP 2</b></p> <p>The left crank is marked 'L' as is the left pedal #14. The right crank is marked 'R' as is the right pedal #14. Tighten the left pedal by turning anti-clockwise or towards the front of the bike. Tighten the right pedal by turning clockwise or towards the front of the bike.</p> <p><b>Note: Incorrect pedal assembly and any subsequent damage is not covered under warranty.</b></p>	<p><b>FIGURE 2</b></p> 
<p><b>STEP 3</b></p> <p>Assemble the seat #1 to the seat post #2. Ensure the seat is level with the ground and tighten the nut and bolt at both sides of the seat.</p>	<p><b>FIGURE 3</b></p> 
<p><b>STEP 4</b></p> <p>Insert the seat post #2 into the main frame and adjust the height as required by using the quick release knob #4.</p>	<p><b>FIGURE 4</b></p> 

<p><b>STEP 5</b></p> <p>Using the draw cord provided attached to the computer cable #9, insert the cord through the head stem #9 and pull through from the bottom to the top. Ensure the computer cable #9 is showing at the top of the head stem and then untie the draw cord.</p>	<p><b>FIGURE 5</b></p> 
<p><b>STEP 6</b></p> <p>Insert the head stem onto the main frame. Secure in position with bolts #11 and washers #12 and #13.</p>	<p><b>FIGURE 6</b></p> 
<p><b>STEP 7</b></p> <p>The upper side of the handlebars #6 and #7 attach to the head stem by using bolts #5. The lower part of the handlebars #6 and #7 attach to the main frame by using bolts #11 and washer #12 and #13.</p>	<p><b>FIGURE 7</b></p> 
<p><b>STEP 8</b></p> <p>Connect the computer cable #9 to the cable at the back of the computer #8. Remove the screws and washers from the back of the computer and mount the computer onto the bracket.</p>	<p><b>FIGURE 8</b></p> 

**CHECK ALL BOLTS ARE TIGHTENED FIRMLY.**

**WARNING**  
**KEEP ALL PARTS, TOOLS AND COMPONENTS OUT OF REACH OF CHILDREN AT ALL TIMES**

## 5. OPERATING INSTRUCTIONS



- **Turn On**

The computer will turn on automatically when it senses a pulse or if SET has been pressed. All 5 level displays will turn on for 2 seconds.

- **Time Setting**

Press the SET button once, the computer will display Time only, then press + or – to select the time duration for workout.

- **Distance Setting**

Press the SET button until the computer displays the Distance only, then press + or – to select the total workout distance.

- **Calorie Setting**

Press the SET button until the computer displays the Calories only, then press + or – to select the workout calorie target.

- **Pulse Setting**

Start by clipping the pulse sensor to your earlobe.

Press the SET button until the computer displays the Pulse only, then press + or – to select the workout target pulse rate.

- **Reset**

Press the RESET button to reset all settings.

- **Turn off**

The computer will turn off automatically if it is not used for 2 minutes or longer.

### **INDICATIVE CALORIE AND PULSE VALUES ONLY**

**CONSULT YOUR HEALTH PROFESSIONAL FOR ADVICE ON APPROPRIATE HEART RATE RANGE FOR YOUR LEVEL OF FITNESS**

**IT IS RECOMMENDED YOUR HEALTH PROFESSIONAL ASSESSES YOU PRIOR TO COMMENCING ANY EXERCISE PROGRAM**



## 6. TRANSPORTATION & STORAGE

<p>When attempting to move or store bike, ensure the computer is turned off. Remove any batteries prior to storing for an extended period of time.</p> <p><b>To move bike</b> Position both hands on handgrips facing the bike and carefully tilt towards body until it is on an angle allowing the wheels to move smoothly. Try to maintain point of balance for ease of movement.</p> <p><b>NEVER USE OR TRANSPORT BIKE ON UNLEVEL OR ABRASIVE SURFACES</b></p>	
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## 7. CLEANING & MAINTENANCE INSTRUCTIONS

<p><b>To install and replace batteries</b></p> <p>Open the battery compartment on the back of the console.</p> <p><b>NOTE</b> Do not mix new and old batteries together. Use the same type of battery. Do not mix an alkaline battery with another type of battery. Rechargeable batteries are not recommended. Remove any batteries prior to storing for an extended period of time.</p>	
<p><b>General Maintenance</b></p> <p>Once fully assembled, check that all items such as bolts, nuts and washers have been fitted and are securely positioned. Re-check all bolts and nuts on a regular basis to ensure they are tight and have not worked loose. It is important to check regularly that all safety guards protecting the moving parts of the machine are secure and in good order. Re-tighten all bolts and screws regularly.</p> <p>Dry the bike after each use to remove sweat and moisture. Use a damp cloth or mild soap and water to clean the bike. Never use a petroleum-based solvent when cleaning as this can damage the finish on the product.</p>	<p><b>REMOVE BATTERIES BEFORE CLEANING.</b></p> <p><b>STORE IN A DRY, CLEAN PLACE. DO NOT STORE IN GARAGE, SHED OR OUTSIDE. THIS WILL VOID THE WARRANTY.</b></p> <p><b>Spillage of liquids on the bike will void warranty. Do not put force or objects onto the screen as this may cause damage and will void the warranty.</b></p>



## **8. EXERCISE WARNINGS**

Before starting any exercise program, consult your physician, health professional or personal trainer. They can help establish the exercise frequency, intensity (target heart rate zone) and time appropriate for your particular age and condition.

If you have any pain or tightness in your chest, an irregular heartbeat, shortness of breath, feel faint or have any discomfort while you exercise, STOP! Consult your health professional before continuing.

Always stretch before and after doing any form of exercise.

Use the first few minutes of your workout to warm up, then slowly increase your workload. At the end of the workout, gradually decrease your workload and cool down.

Along with aerobic exercise such as using a bike, weight training is an essential part of any exercise routine in order to tone and build muscle. Consult your physician, health professional or personal trainer, for appropriate strength training.

**THE HEART RATE, PULSE AND CALORIE READINGS SHOWN ARE ONLY INDICATIVE AND ALLOW THE USER A BASIS TO MONITOR THEIR LEVEL OF FITNESS.**



## 9. PARTS LIST

Please quote Repco Part number when ordering parts.

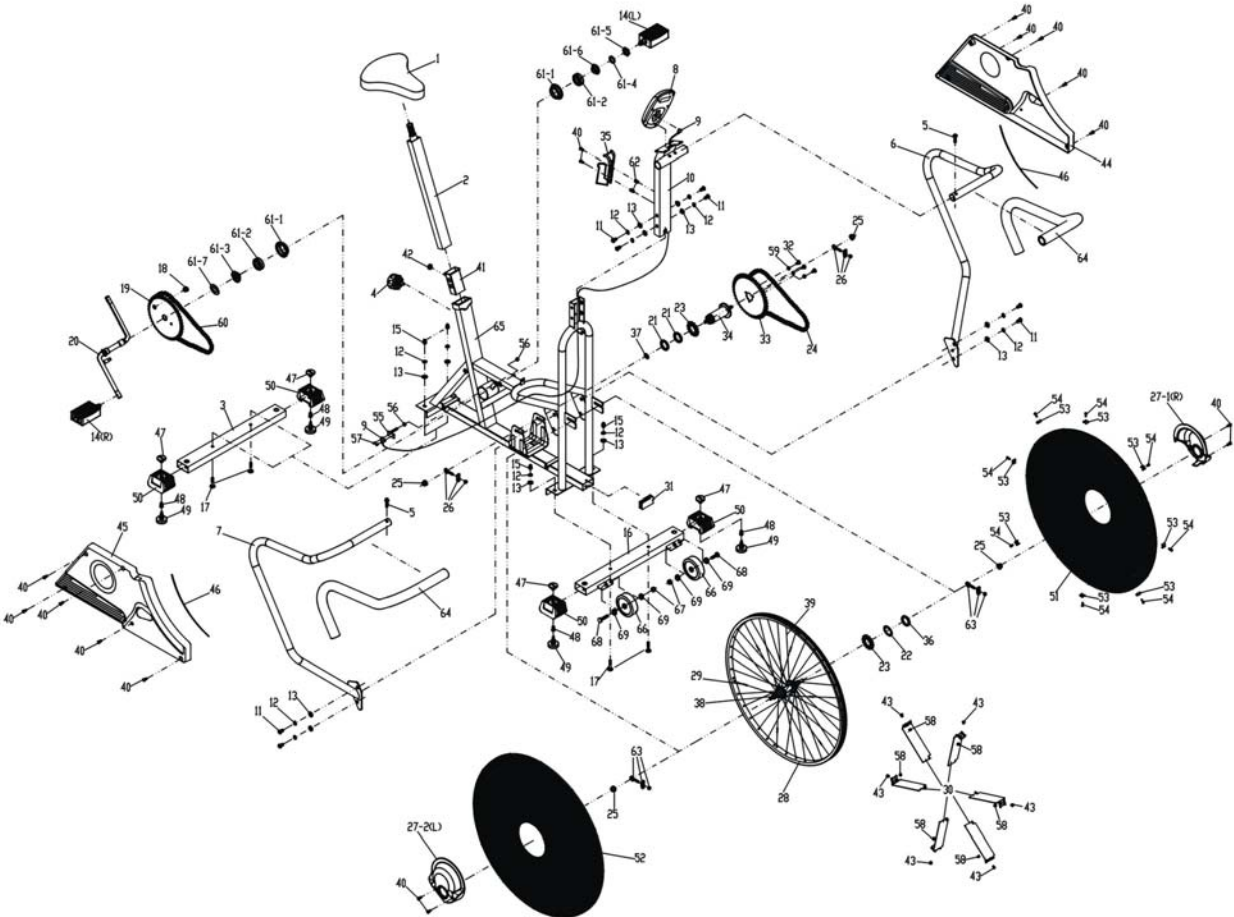
RE7100	Description	Repco Part No	Qty
	1 Seat	RVL260	1
	2 Seat post	RE7141	1
	3 Rear stabiliser	RE7103	1
	4 Quick release knob	RE7104	1
	5 Round inner hex bolt	RE7105	2
	6 Handlebar Left	RE7106	1
	7 Handlebar Right	RE7107	1
	8 Computer	RE7108	1
	9 Computer cable	RE7109	1
	10 Head stem	RE7010	1
	11 Hex bolt	RE7111	8
	12 Spring washer	RE7112	12
	13 Washer	RE7113	12
	14 Pedals Pair (L&R)	RCE61	1
	15 Cap nut	RE7115	4
	16 Front stabiliser bar	RE7116	1
	17 Carriage bolt	RE7117	4
	18 Magnet	RE718M	1
	19 Chain Wheel	RE7119	1
	20 Crank	RE7005	1
	21 Locking Nut	RE712N	2
	22 Freewheel Spacer	RE7122	1
	23 Fixed Gear	RE7123	2
	24 Front Chain	RE7124	1
	25 Flange Nut	RE7125	4
	26 Chain Adjuster	RE7126	2
	27-1 Plastic Cover- Left	R710LC	1
	27-2 Plastic Cover- Right	R710RC	1
	28 Rim	RE7128	1
	29 Rubber	RE7129	6
	30 Air Vanes	RCE13	6
	31 Plug	RE7131	1
	32 Round Head Screw	RE7132	3
	33 Chain wheel-Left	RE7133	1
	34 Wheel Hub	RH2805	1
	35 Bottle Rack	RE7135	1
	36 Nut	RE7136	1
	37 Safety Washer	RE7137	1
	38 Hub	RE7138	1
	39 Spoke	RE7139	36
	40 Round Head Screw	RE7140	16
	41 Seat Post Insert	RE7118	1
	42 Washer For Seat Tube	RE7142	1
	43 Round Head Screw	RE7143	6
	44 Chain Guard-Left	RE7110	1
	45 Chain Guard-Right	RE7120	1



RE7100	Description	Repco Part No	Qty
46	Rubber Strap	RE7146	2
47	Adjuster Knob	RE7147	4
48	Insert Nut	RE7148	4
49	Adjusting Base	RE7149	4
50	Adjusting End Cap ( Black)	RE7150	4
51	Net-Left	RE7151	1
52	Net-Right	RE7152	1
53	Clip	RE7153	8
54	Self Taping Screw	RE7154	8
55	Sensor Bracket	RE7155	1
56	Nut	RE7156	2
57	Round Head Screw	RE7157	2
58	Nylon Nut	RE7158	6
59	Spring Washer	RE7159	3
60	Back Chain	RE7160	1
61	BB Kit	RE7161	
61-1	Bearing Cup		2
61-2	Ball Retainer		2
61-3	Right Cone		1
61-4	Stopper Washer		1
61-5	Locking Nut		1
61-6	Left Cone		1
61-7	Washer		1
62	Insert Nut	RE7162	2
63	Chain Adjuster Assemble	RE7163	2
64	Handlebar Foam Grip	RE7004	2
65	Frame Assembly	RE7165	1
66	Transport wheel	RE7166	2
67	Nylon Nut	RE7167	2
68	Screw	RE7168	2
69	Washer	RE7169	4
	Ear Pulse Lead	RE7006	1
	Hardware Kit for Seat	RE71SH	
	Hardware Kit	RE71HK	

**DO NOT ATTEMPT TO DIS-ASSEMBLE OR REPAIR BIKE,  
CONTACT A QUALIFIED SERVICE TECHNICIAN.**

# 10. PARTS DIAGRAM





## 11.TROUBLE SHOOTING

### **Improper operation**

Ensure all nuts and bolts are not loose.

Try to isolate area of noise and advise dealer when placing service call.

Contact place of purchase.

Service technician will be required

### **Display malfunction**

If using batteries

Replace batteries and check functions.

Contact place of purchase.

Service technician will be required

**DO NOT LEAVE POWER TO THE BIKE IF ANY FAULT IS INDICATED AND NOT ABLE TO BE CORRECTED.**

**FOR ALL SERVICE REQUIREMENTS CONTACT PLACE OF PURCHASE**

## 12.WARRANTY

**Repco Sport Australia** warrants to the original purchaser that the entire exercise equipment under normal use is free from defects due to faulty workmanship or materials for 12 months from the date of purchase.

Any defects that arise during the period of the warranty under normal use shall at the Company's discretion be either serviced, repaired or replaced. Dealer labour charges for installing replacement or repaired parts are not covered by this warranty.

This warranty is void if the exercise equipment is incorrectly assembled, installed, repaired, maintained or modified in any way. Misuse, abuse, damage by accident and normal wear and tear are not covered under this warranty. Use in hire, corporate or commercial applications will void this warranty.

To obtain service under this warranty first consult with the dealer from whom the exercise equipment was purchased. If necessary, it is the responsibility of the purchaser to then return the exercise equipment to the dealer from whom it was purchased. The cost of transporting the exercise equipment is borne by the customer. Damage or loss caused, as a result of freighting the product is not covered under this warranty. Any claims due to damage in transport should be referred back to the nominated carrier. This warranty is additional to and does not exclude, restrict or modify any conditions or warranties applying by virtue of the Trade Practices Act (1974).



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