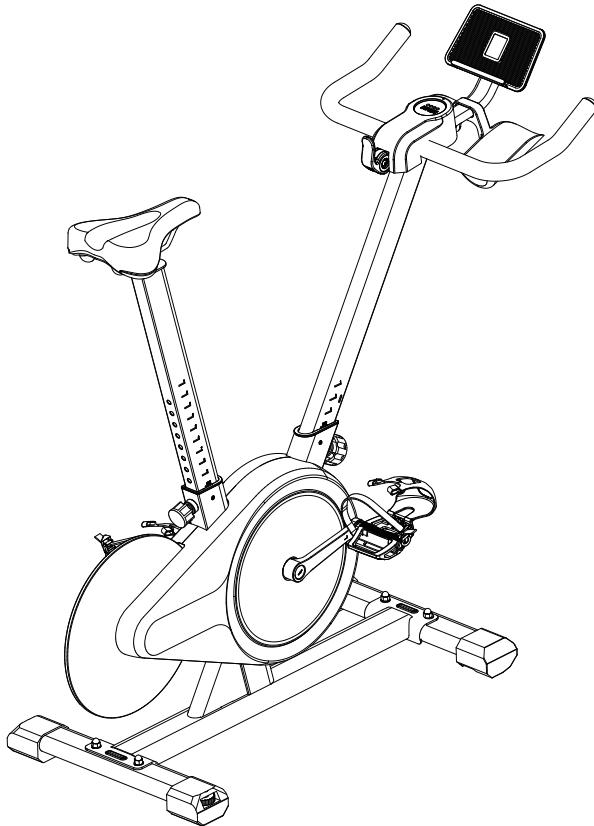




Sperax BIKE Before using this product,
carefully read
and properly keep this manual.

Model :YS-BA3, SPX-DC001, YS-BA5

FCC ID:2A3YB-YS-BA3



Sperax BIKE
Product Manual

Catalogue

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Product Parameters

Tablet (mobile phone) holder size	Maximum tablet width: 10.1-inch
Supporting software version	IOS 12.0 or higher, Android 7.0 or higher(inclusive)
Resistance system	Magnetron resistance system
Drive mode	Belt drive
Power supply	AA battery
Connection mode of sensing system	Bluetooth
Height limit	61 ~ 78inches
Rated maximum load	300lbs
Net weight	41.8lbs
Gross weight	47.3lbs
Overall dimensions	(Length) 44.48inches × (Width) 18.7inches × (Height) 40.94inches

Routine Maintenance

1. Keep the cycling bike on a dry, ventilated and flat floor. If not used in a long time, the bike should be covered to keep its body clean and tidy.
2. Wipe off sweat on the frame with cloth after exercise. Do not wipe the bike with wet cloth, in order to avoid rusting.
3. Check the belt pulley for cracks and misalignment, and adjust or replace the belt as needed. Regularly clean the belt groove to prevent the belt from slipping out.
4. Always check the screws of all body parts for loosening or falling, and tighten or replace them in time.
5. Always check the resistance adjustment knob for loosening or falling. Check whether the resistance is reasonable, so as to calibrate resistance in time.
6. Always check the screws of pedals and cranks for loosening, and tighten them in time.
7. Always check whether the saddle is loose and tighten it in time. Wipe the saddle with cotton cloth to keep it dry.

Important Safety Instructions



Please read them carefully.

1. This product is for household use (Class H) and not medical fitness equipment.
2. This product must not be used for medical rehabilitation.
3. Keep children and pets away from this product. This product is for those over 16 years old only.
4. Never expose this product in a humid place. This product must not be used outdoor or in any humid place.
5. Never use this product with inappropriate shoes or barefoot.
6. Use this product on a flat and clean ground.
7. Lift the rear tube and the roller on the front tube can move the product freely or be placed in a suitable position.
8. If the product fails, stop using it immediately.
9. Check whether the bike for loosening or damage before each use.
10. Never stretch any object or body part into the openings of the bike.
11. When using the screen holder, ensure the device is centered to prevent it from falling off.
12. Do not modify this bike or use non-original accessories without permission. The casing must be opened by professionals, in order to avoid damage.
13. Make sure that the saddle height adjustment knob is secured correctly, and will not affect motion during exercise.
14. Instructions for using the emergency brake: When you want to stop movement, press down on the emergency brake until it stops.
15. Never turn pedals by hand, or touch any rotating mechanical part, otherwise personal injury may be caused.
16. Get off the bike until flywheel/inertial wheel and pedals stop rotating. Otherwise, severe injuries may be caused due to control failure.
17. Do not touch the flywheel during exercise to avoid injury.
18. Wear professional cycling clothes or tight-fitting sportswear and sports shoes, and tighten foot straps to avoid injury caused by pulling or entanglement by this product.
19. In order to facilitate entry, passing and emergency escape from the equipment, the minimum space of the training equipment is: training equipment 600mm on one side and 600mm behind or in front of the training equipment.
20. Incorrect or excessive training may cause injury.
21. Use this product according to the instructions in this manual. Warm up fully before exercise.
22. Keep the body hydrated as needed during riding.
23. Without the preliminary determination of baseline fitness level and medical certificate signed by a doctor, never be engaged in high-speed or high-intensity sports. Before attempting any high-intensity short sprints, pay attention to the body state and posture, and apply a controllable speed.
24. In case of any discomfort such as dizziness or chest pain during exercise, stop exercising immediately and go to a hospital for examination.
25. Those pregnant or with high blood pressure, heart disease, lumbar spondylosis or reduced mobility must not use this product without the permission of doctors.
26. The weight of the user must not exceed the maximum load.
27. Carry out preventive maintenance regularly.

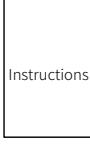
Installation Guide - List of Parts

STEP 1: Check of parts

List of Parts

Parts List (Components List)	NO.	Name	Quantity	Figure
	①	Frame	1	
	②	Front tube	1	
	③	Rear tube	1	
	④	Pedal set left/right	1	
	⑤	Handlebar assembly	1	
	⑥	Tablet (mobile phone) holder	1	
	⑦	Head tube	1	
	⑧	Decorative cover	1	

Installation Guide - List of Parts

Parts List (Components List)	NO.	Name	Quantity	Figure
	(9)	Seat post	1	
	(10)	Seat	1	
	(11)	Bottle holder	1	
	(12)	Hexagon socket head screw	3	
	(13)	Cross self tapping nail	1	
	(14)	AA battery	2	
	(15)	Carriage bolt	4	
	(16)	D8 flat spacer	4	
	(17)	Cap nut	4	
	(18)	Instructions	1	

Installation Guide - List of Parts

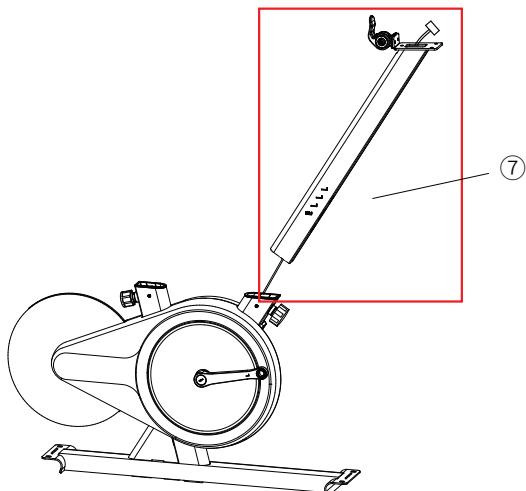
Accessories List (Tools List)	NO.	Name	Quantity	Figure
	A	L-shaped cross head hexagon wrench 6#	1	
	B	L-shaped hexagon wrench 4#	1	
	C	Open-ended wrench	1	

*In order to facilitate assembly, some fixing screws are pre-locked on the corresponding parts at the factory. Please remove them before installing the corresponding parts during assembly.
Spare parts are subject to actual conditions.

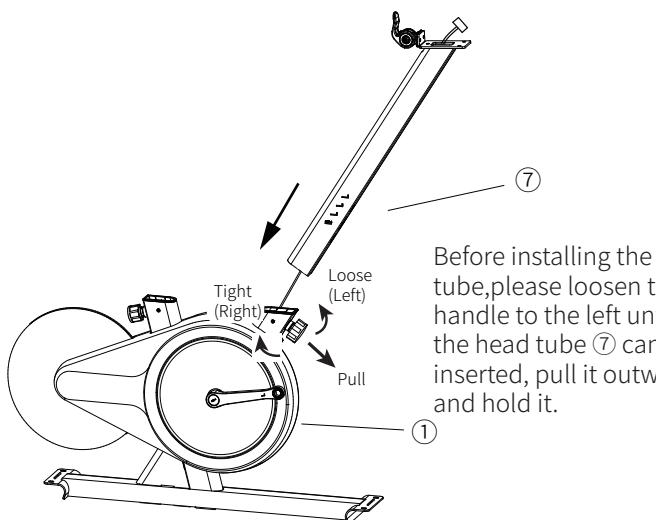
Installation Guide

STEP 1: Installation of head tube

1. As shown in the picture, first pass the electronic meter wire through the head tube ⑦;



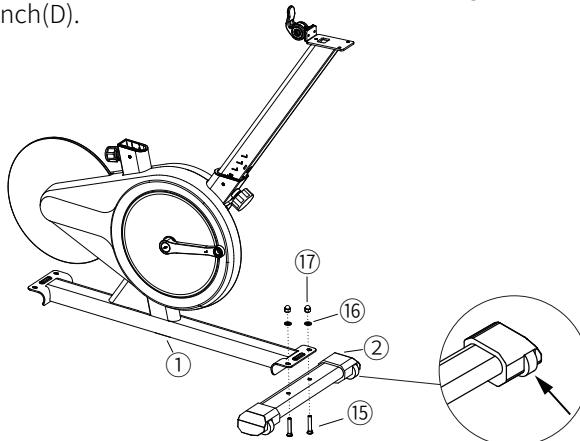
2. Rotate the rear column tightening knob in the left direction for 4-5 turns using one hand, pull it out and hold it, align the head tube ⑦ with the opening of the frame ①;
3. Stuff the excess wire into the head tube, insert it into the frame ①, and adjust it to the required position. Ensure the scale aligns with the top surface of the tube and snaps into the slot. Then release the knob, gently pull the column up and down to allow the spring to return automatically(a "click" sound indicates the knob has slid into the column hole). Finally, tighten the knob to the right until it is fully secure.



Installation Guide

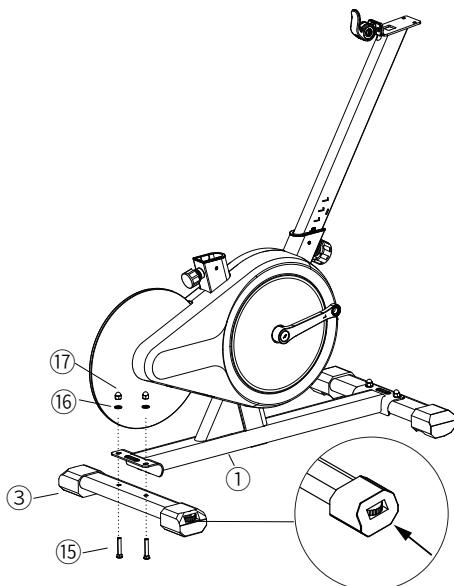
STEP 2: Installation of bottom tube

1.Align the holes of the front tube ② with the holes at the bottom of the frame ①, thread the carriage bolts⑯ from the bottom of the front tube to connect the front tube to the bottom of the front column, and at the top end, thread in the D8 flat spacer ⑯ and cap nut ⑰, and then lock and tighten it up using an open-ended wrench(D).



Open-ended wrench(C)

2.Align the holes of the rear tube ③ with the holes at the bottom of the frame ①, thread the carriage bolts⑯ from the bottom of the front tube to connect the front tube to the bottom of the front column, and at the top end, thread in the D8 flat spacer ⑯ and cap nut ⑰, and then lock and tighten it up using an open-ended wrench(D).

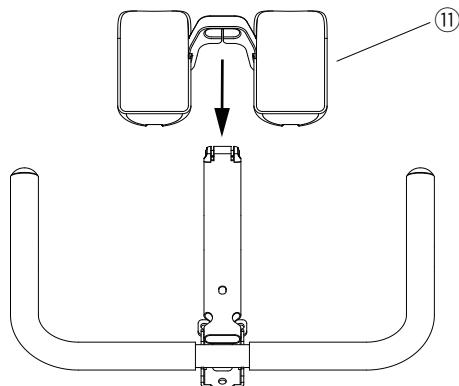


Pay attention to distinguishing between the front and rear foot tubes, and the rear foot tubes are equipped with foot pad adjustment knobs.

Installation Guide

STEP 3: Installation of bottle holder

1. Take out the water bottle cage ⑪ and open it with a little force. Then insert it along the bracket tube at the front of the armrest assembly and install it to the appropriate position.



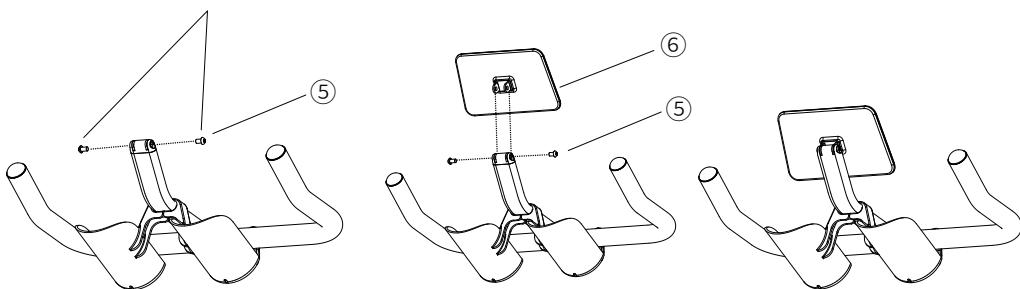
STEP 4: Installation of tablet (mobile phone) holder

1. Remove two hexagon dome head bolt pre-installed on the handlebar assembly ⑤ via the L-shaped hexagon wrench 4#(B).
2. Insert the tablet (mobile phone) holder ⑥ into the slot of the handlebar assembly ⑤, manually fasten the hexagon dome head bolt into holes, and lock them via the L-shaped hexagon wrench 4#(B).



L-shaped hexagon wrench 4#(B)

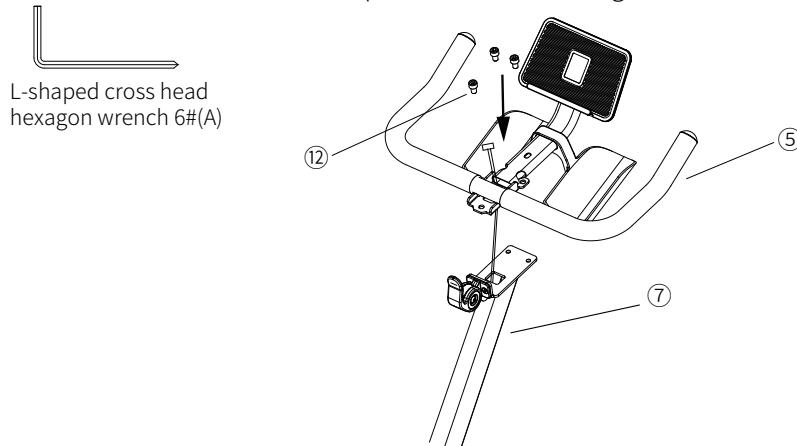
Hexagon dome head bolt



Installation Guide

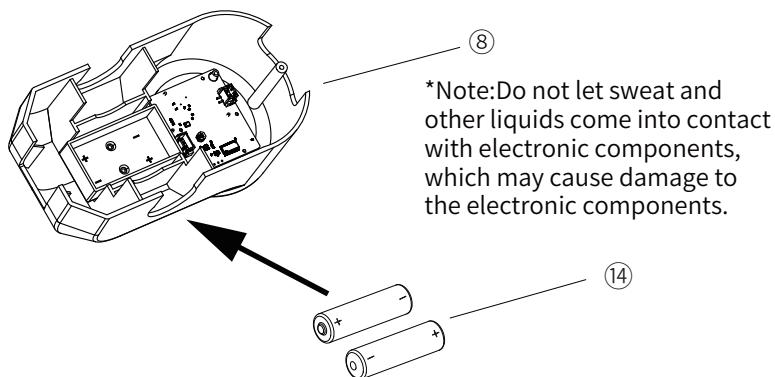
STEP 5: Installation of handlebar assembly

1. Take out three hexagon sockethead screws ⑫ from the ziplock bag;
2. First pass the electronic meter wire through the handlebar assembly ⑤, then align the handlebar assembly ⑤ with the hole at the connection of the head tube ⑦, and finally turn the hexagon sockethead screws ⑫ in the direction of the arrow, and use an L-shaped cross head hexagon wrench 6#(A) to tighten.



STEP 6: Battery installation and dismantling

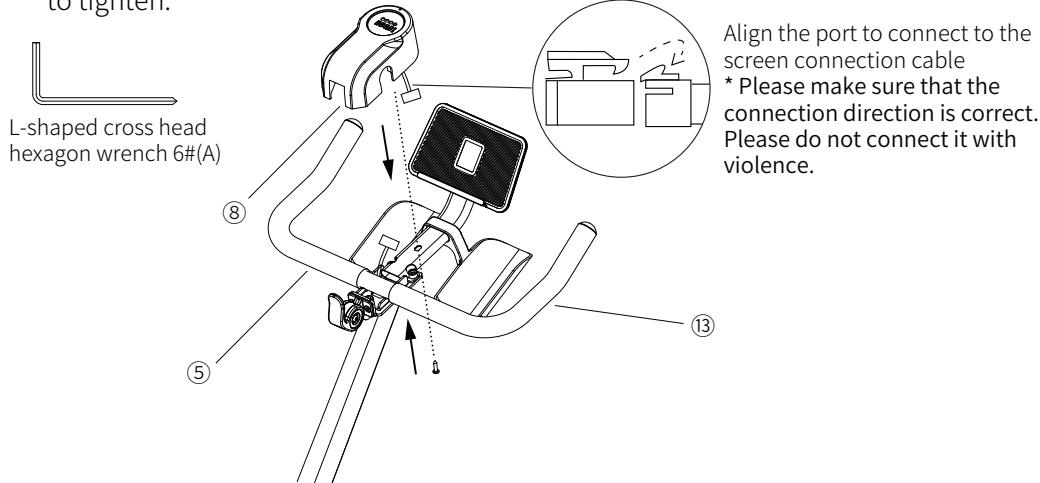
1. Align the battery ⑯ with the positive and negative poles of the card slot, insert it into the battery slot, and then fasten the battery cover to complete the installation. If you need to replace the battery, please remove the decorative cover ⑧, take out the old battery, align the positive and negative poles of the new battery with the positive and negative poles of the card slot, insert it into the battery slot, then buckle the decorative cover ⑧ on the handlebar assembly ⑤, and gently press lightly to secure.



Installation Guide

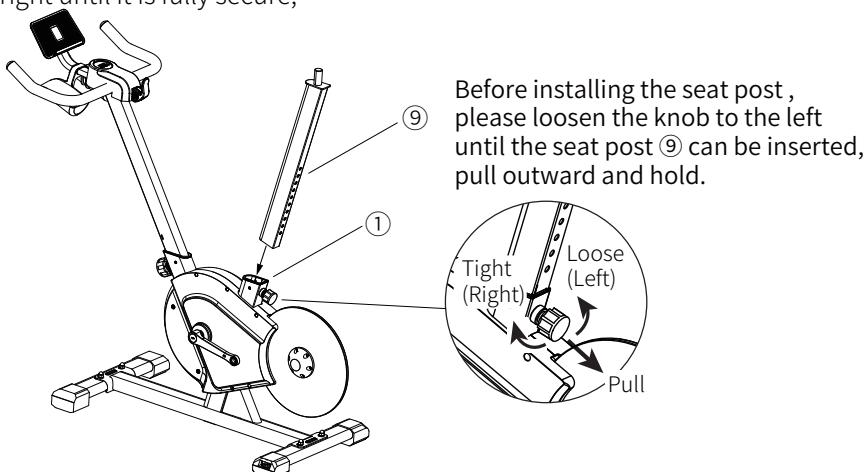
STEP 7: Installation decorative cover

1. Insert the electronic meter cable port into the decorative cover ⑧, then buckle the decorative cover ⑧ on the handlebar assembly ⑤, and gently press lightly to secure. Finally, turn the cross self tapping nail ⑬ in the direction of the arrow, and use an L-shaped cross head hexagon wrench 6#(A) to tighten.



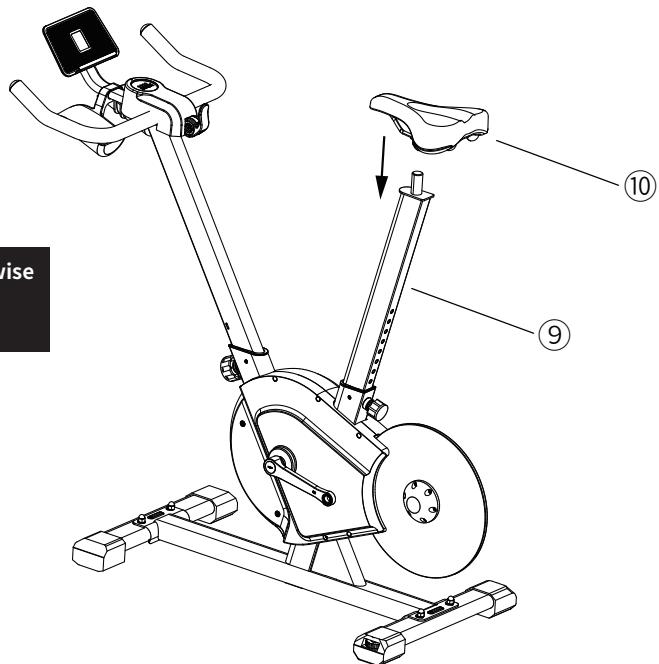
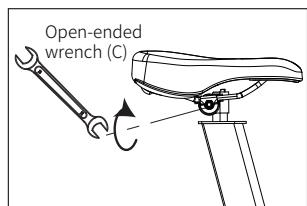
STEP 8: Installation of seat post & seat

1. Rotate the rear column tightening knob in the left direction for 4-5 turns using one hand, pull it out and hold it, align the seat post ⑨ with the opening of the frame①; 2. Insert it into the frame①, and adjust it to the required position. Ensure the scale aligns with the top surface of the tube and snaps into the slot. Then release the knob, gently pull the column up and down to allow the spring to return automatically (a "click" sound indicates the knob has slid into the column hole). Finally, tighten the knob to the right until it is fully secure;



Installation Guide

3. Remove the seat⑩ from the self-sealing bag;
4. Insert the seat ⑩ into the hole of the seat post ⑨, press the head of the seat cushion downward with your hand, and adjust it to a more comfortable angle (it is recommended to adjust the seat cushion head to tilt downward one step), and use the open-end wrench (C) to wards lock the two nuts on the left and right sides of the bottom in the direction of the arrow (the seat needs to be checked to see if it is locked to avoid shaking during use).



Note: Lock the nut in the clockwise direction and loosen it in the counterclockwise direction.

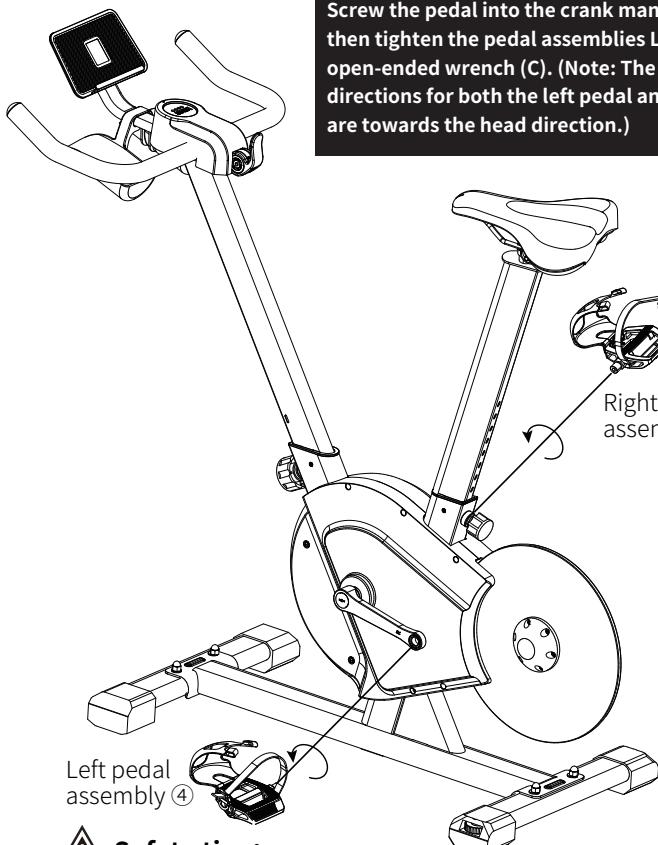
Installation Guide

STEP 9: Pedal installation

1. Take the pedals from the package.
2. Distinguish left and right pedals. The right pedal is marked blue “R”, and the left pedal is marked red “L” **(Pay attention to distinguish left and right pedals. If they are not installed correctly, crank threads will be damaged!)**
3. Stand behind the seat and face the handlebar. Install the right pedal on the right crank, and ensure that the pedal is vertical to the crank mounting hole. Use an open-ended wrench (C) to lock it toward the head direction. Install the left pedal to the left crank, and ensure that the pedal is vertical to the crank mounting hole. Use an open-ended wrench (C) to lock it toward the head direction.

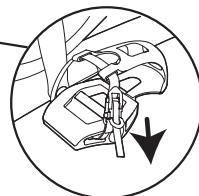
Note: During installation, correspond the red mark on the crank to the red mark on the pedal, and the blue mark on the crank to the blue mark on the pedal. Do not mix up them!

Screw the pedal into the crank manually first, and then tighten the pedal assemblies L/R ④ with the open-ended wrench (C). (Note: The tightening directions for both the left pedal and the right pedal are towards the head direction.)



Open-ended wrench(C)

Right pedal assembly ④



Note: Check whether the pedal straps are tightened before riding. Tighten them by pulling them down.



Safety tips:

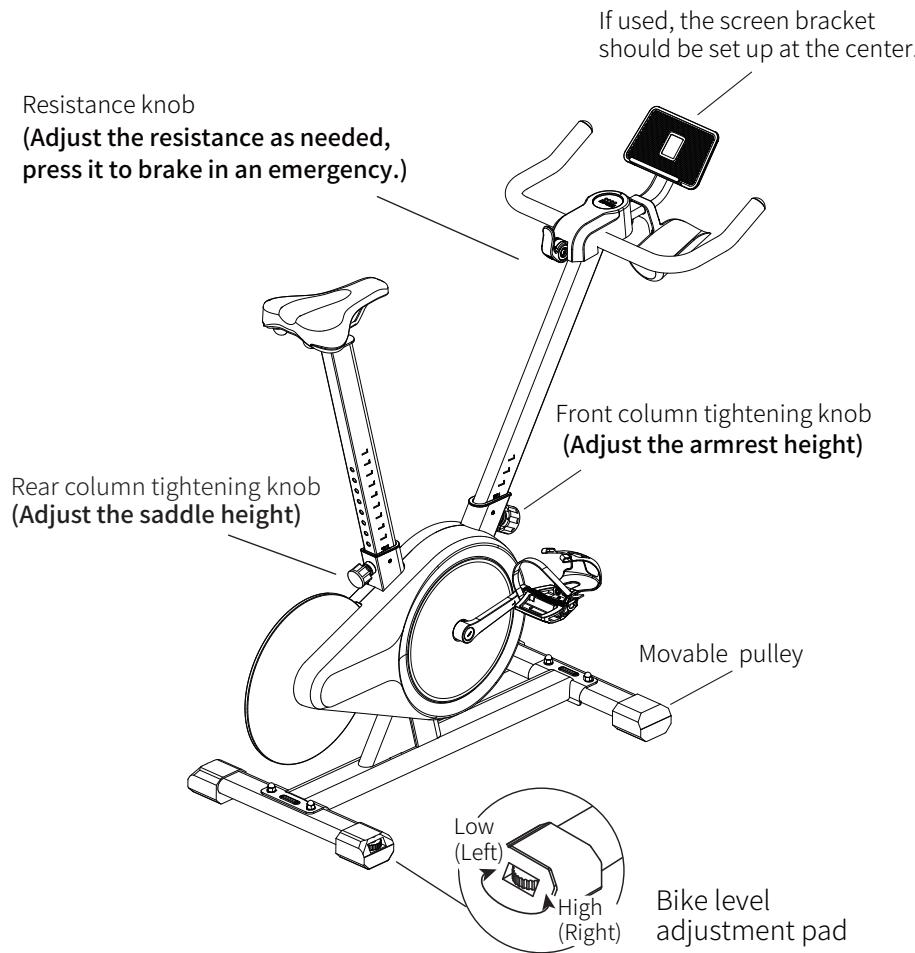
Reverse riding is not recommended, as it is likely to loosen pedals. After reverse riding, check whether the pedals are locked, in order to avoid safety issues arising from loose pedals.

Installation Guide (For reference only, subject to the actual product)



Safety tips:

Please adjust the bike according to your own conditions before use;
and tighten the bike fastening knob.



Statement:

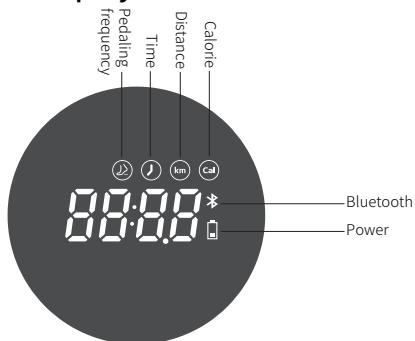
This manual contains the functional introduction and operating instructions as much as possible when printed.

With the continuous improvement of hardware and software and optimization of design, this manual may be inconsistent with the purchased product.

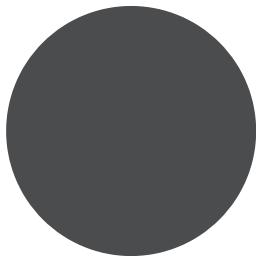
In case of any discrepancy in appearance, interface and color, the actual product shall prevail.

First Use (LED display usage instructions)

LED display instructions:



LED display usage instructions:



Power off



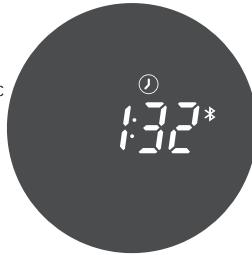
1. Spin the bike for one lap to turn on and enter the standby interface (Automatically shut down after 30S of stopping riding.)

Pedaling frequency page



Automatic switching
↔

Time page



Automatic switching
↔

Distance page

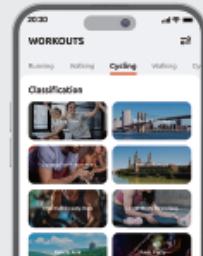


2. Spin the bike for three laps in 4.5S in the standby state, the interface jumps to the movement state displaying the pedaling frequency, exercise time, and mileage data alternatively;
3. Stop the exercise in the movement state for 5S to enter the pause state; the display interface jumps to the time interface;
4. Continue biking in the pause state to resume the bike to the movement state;
5. If the bike remains in pause mode for 60S, it will enter the data summary interface.

APP usage instructions

Multi-Courses

Whether it is self-weight training, yoga courses or endurance sports, find the most suitable project for you in our extensive course library.



Personalized Training Plan

Based on the training purpose and physical data, tailor-made training plan only belongs to you.



Simulated Outdoor Sports

Capturing the magnificent scenery of road walking on site. Experience the great outdoors without leaving home.



Intelligent Internet of Things

Support APP to control devices and synchronize data to corresponding Apple Watch and health centers.

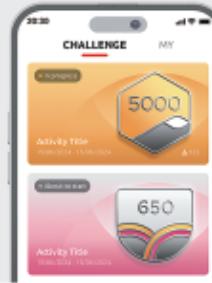
Deep Exercise Data

Accurately track each exercise data, and deeply record exercise calorie consumption, power, mileage, speed, etc.



Challenge Events

Join the exciting challenge and compete with the vibrant community on the same stage, so as to turn solo sports into exciting competitions.

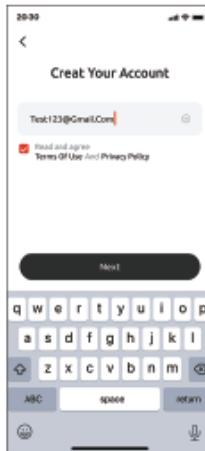


APP Installation and Registration

You can scan the QR code below to download the APP and register an APP account.

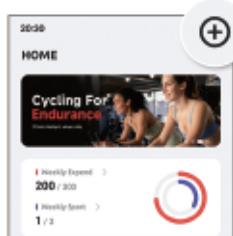


Scan the QR code
Below to download the APP

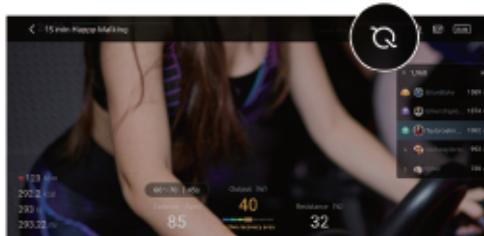


Connect the Device

- Please make sure that the Bluetooth of the mobile phone/tablet is turned on.
- When using for the first time, click the '+' in the upper right corner of the 'Home' or enter the course and connect the device according to the interface prompts.



OR

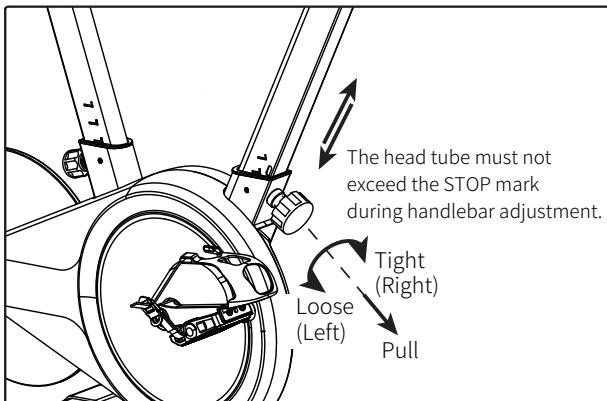


- When using for the second time, just step on the device and then open the sports mode or course of the APP to automatically connect.
- The device does not support multiple mobile phones connected at the same time. Please confirm that no other users are connected to the device before use.
- The device will be disconnected after 5-10 minutes of inactivity.

How to Adjust Bike

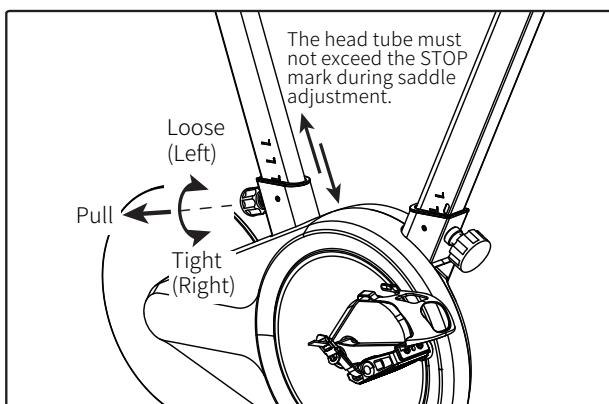
1. Handlebar height adjustment:

Rotate the front column knob in the left direction for 4-5 turns using one hand, pull it out and hold it. With the other hand, hold and lift up (or press down) the handlebar to the desired position, then release the knob, gently pull the column up and down, so that the spring can automatically reset (the “click” sound indicates that the knob has slipped into the column slot hole) Finally, turn the knob to the right to the tightest position.



2. Saddle height adjustment:

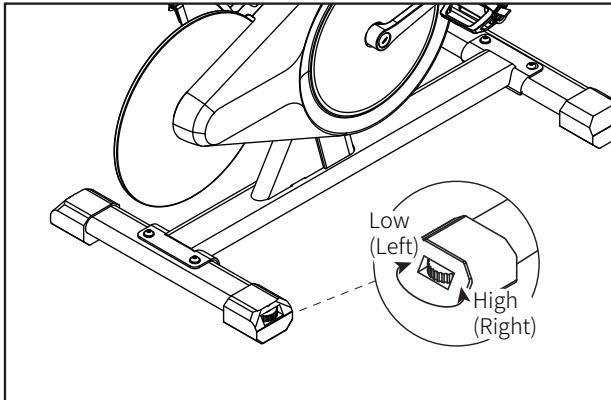
Rotate the front column knob in the left direction for 4-5 turns using one hand, pull it out and hold it. With the other hand, hold and lift up (or press down) the seat to the desired position, then release the knob, gently pull the column up and down, so that the spring can automatically reset (the “click” sound indicates that the knob has slipped into the column slot hole) Finally, turn the knob to the right to the tightest position.



How to Adjust Bike

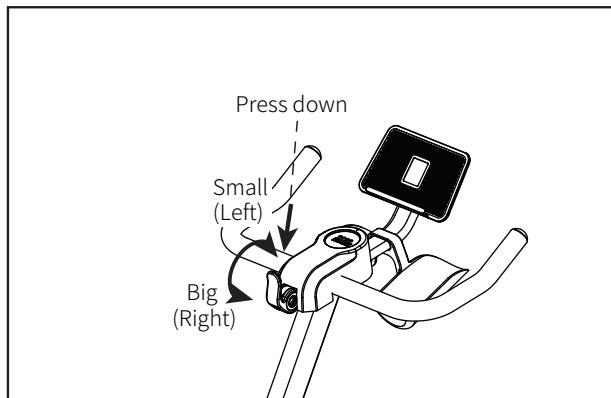
3. Bike level adjustment:

There are two adjustment pads at the bottom of the rear pedal tubes. Screw these pads until the bike does not shake.



4. Knob adjustment:

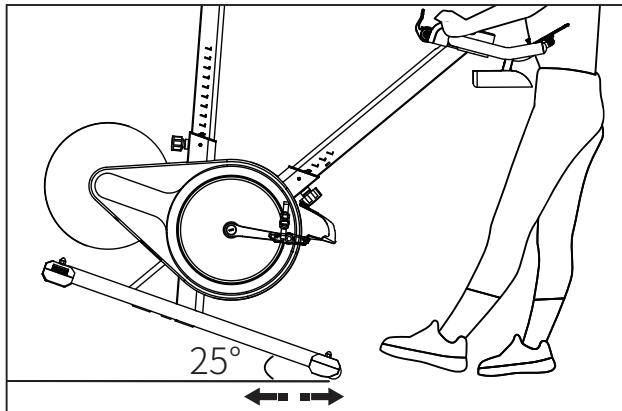
When not in use, press the handle down to the bottom. When riding, lift the handle up to the top (the resistance can be adjusted up or down according to riding needs). When braking in an emergency or stopping movement, press the handle down to the bottom, until it stops.



How to Adjust Bike

5. Bike level adjustment:

Pressing down on the armrest raises the foot tube by more than 25° , and use the moving pulley to drag the dynamic bicycle.

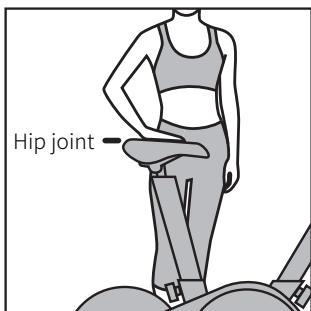


How to Determine Correct Riding Posture

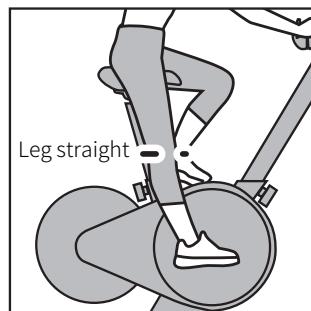
1. Setup of correct saddle position

Saddle height

Put the feet together, stand on one side of the saddle and adjust the saddle to the hip height (Fig. 1), then sit on the saddle, step on the pedals forcibly until they are stopped at 6 o' clock and the leg can be fully stretched (Fig. 2).



(Fig. 1)



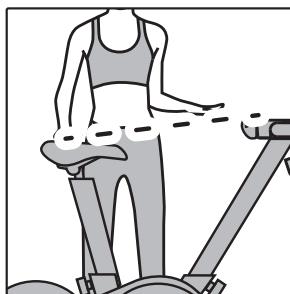
(Fig. 2)

2. Setup of appropriate handlebar height

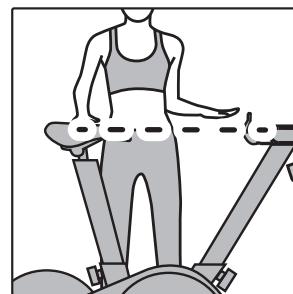
Each user can set up the appropriate handlebar height based on his or her body height and riding experience.

Recommendation: The handlebar should be slightly higher than the saddle for new users (Fig. 1) and flush with or slightly lower than the saddle for experienced users (Fig. 2).

Users subject to lumbar muscle strain and lumbar spondylosis may ride the bike with the consent of doctors. It is recommended to adjust the handlebar into a higher position.



(Fig. 1)



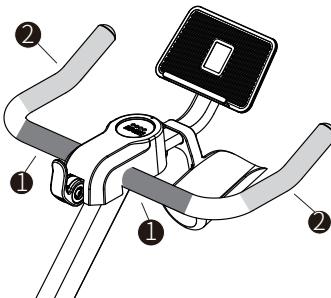
(Fig. 2)

How to Determine Correct Riding Posture

3. Handle position layout of bike

During riding, coaches will show the corresponding hand positions, i.e. the corresponding parts of the handlebar, as shown below.

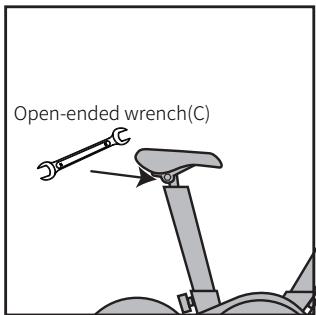
- ① Hand position 1
- ② Hand position 2



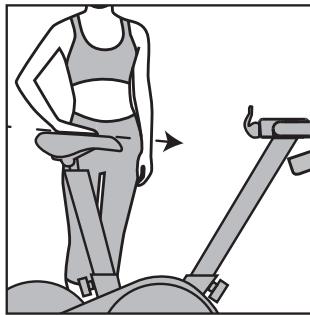
Seat Cushion Angle Adjustment

1. Seat cushion angle adjustment

Slightly loosen two nuts (Fig. 1) on the left and right at the bottom of the seat cushion via the open-ended wrench (C), and press the front part of the seat cushion to a comfortable angle(it is recommended to adjust the seat cushion until its front part is one notch lower), Then tighten the two nuts at the bottom.



(Fig. 1)



(Fig. 2)

Recommendation: The seat cushion may be lowered slightly in case of any hip discomfort during riding.

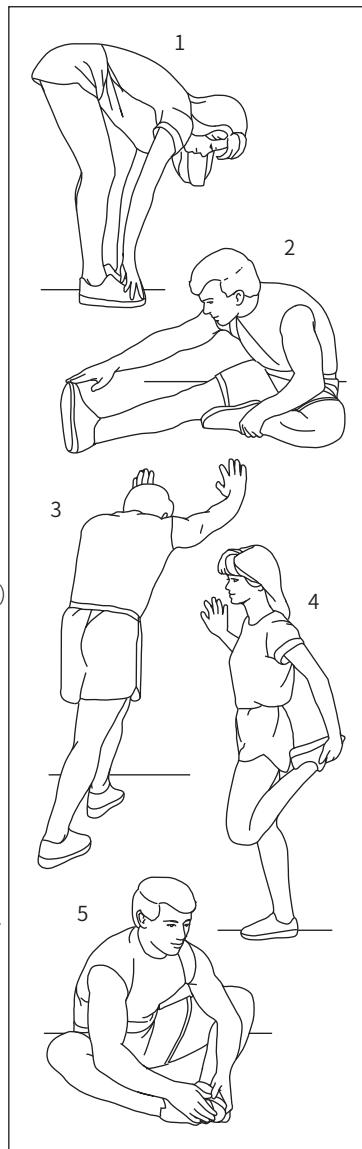
Warm up

Before exercising, it is best to do stretching exercises. Warm muscles stretch more easily, so warm up for 5 to 10 minutes first. Then stop and stretch as follows - 5 times for 10 seconds or more on each leg, then do it again at the end of the exercise.

1. Stretching by touching toes

Stand with your knees slightly bent and your hips moving slowly forward. Touch your toes as far as possible, while relaxing your back and shoulders. Keep this posture for 15s and then relax. Repeat the exercise three times.

Stretched parts: Ligaments, internal parts of knees, and back.
(See Figure 1)



2. Ligament stretching exercise

Sit with one leg stretched forward. Put the other sole close to your body and on the inner side of the thigh of the stretched leg. Touch your toes as far as possible. Keep this posture for 15s and then relax. Exercise both legs three times, respectively.
Stretched parts: Ligaments, back and groin.(See Figure 2)

3. Calf/heel stretching exercise

Hold your hands against the wall, arms straight, body down, one foot in front, one foot behind, hold for 15 seconds . (See Figure 3)

4. Quadriceps femoris stretching exercise

Stand with one hand against the wall for balance and the other hand reaching back to grab your foot. Pull your heel as close to your buttocks as possible. Keep this posture for 15 seconds and then relax. Repeat the exercise three times for each leg. Stretched parts: Quadriceps and hip muscles. (See Figure 4)

5. Inner thigh stretching exercise

Sit with the soles of your feet together and your knees turned out. Make your feet as close as possible to the groin. Keep this posture for 15s and then relax. Repeat the exercise three times. Stretched parts: Quadriceps and hip muscles. (See Figure 5)

Note: This product is a full-body training equipment, please follow the above steps to perform warm-up exercises.

FCC Statement

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1)This device may not cause harmful interference, and
- (2)This device must accept any interference received, including interference that may cause undesired operation.

FCC Radiation Exposure Statement:

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Note : This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates,uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.