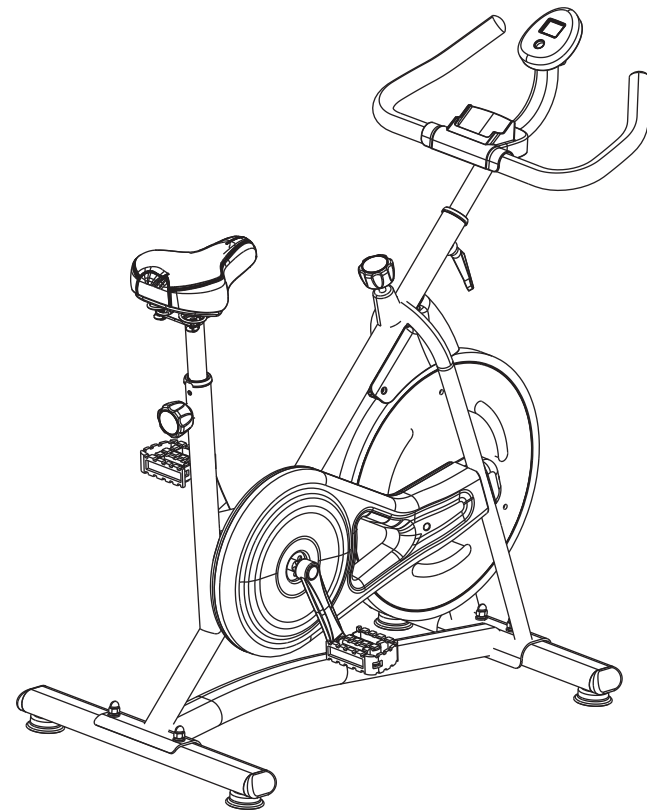


# UESR'S MANUAL

Installation, use and maintenance



## Spinning Bike Instruction Manual

MODEL : S105  
WFEB001,PS105,PS105W,S106, S107,S108,S106A,  
S107A,S108A,S109A

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## Instructions for safe use

### WARNING

Please consult your medical professional before implementing an exercise program. If you are over 35 years old, or are feeling unwell, and this is your first time exercising, please consult a doctor or professional before use. Please be sure to install and use this product according to the instructions.

### Notes:

- ★ The maximum load capacity of this spinning bike is 110KG. Users whose weight exceeds this limit are strictly prohibited from using this product;
- ★ Please install the spinning bike in a spacious and bright place with good air circulation;
- ★ Do not let your children and pets are close to the racing bike, do not let children stay alone in the room where the spinning bike is placed;
- ★ Do not place the spinning bike in a humid place, which may cause malfunction;
- ★ Do not wear clothes that are too long or too loose when exercising to prevent hanging, When riding a spinning bike, you usually wear running shoes with rubber soles or fitness shoes;
- ★ The spinning bike is a special equipment, please do not modify or use it for other purposes;
- ★ Please do not pile the spinning bike with debris;
- ★ For safety reasons, please check the bolts and other items on the spinning bike before use Whether the components are locked;
- ★ To prevent injuries, please warm up before exercising; If you feel dizzy, nauseous, chest tightness or other abnormal symptoms during exercise, please stop exercising immediately and consult a professional if necessary. Consult a doctor;
- ★ Disabled people please use this spinning bike under the guidance of a professional health physician.

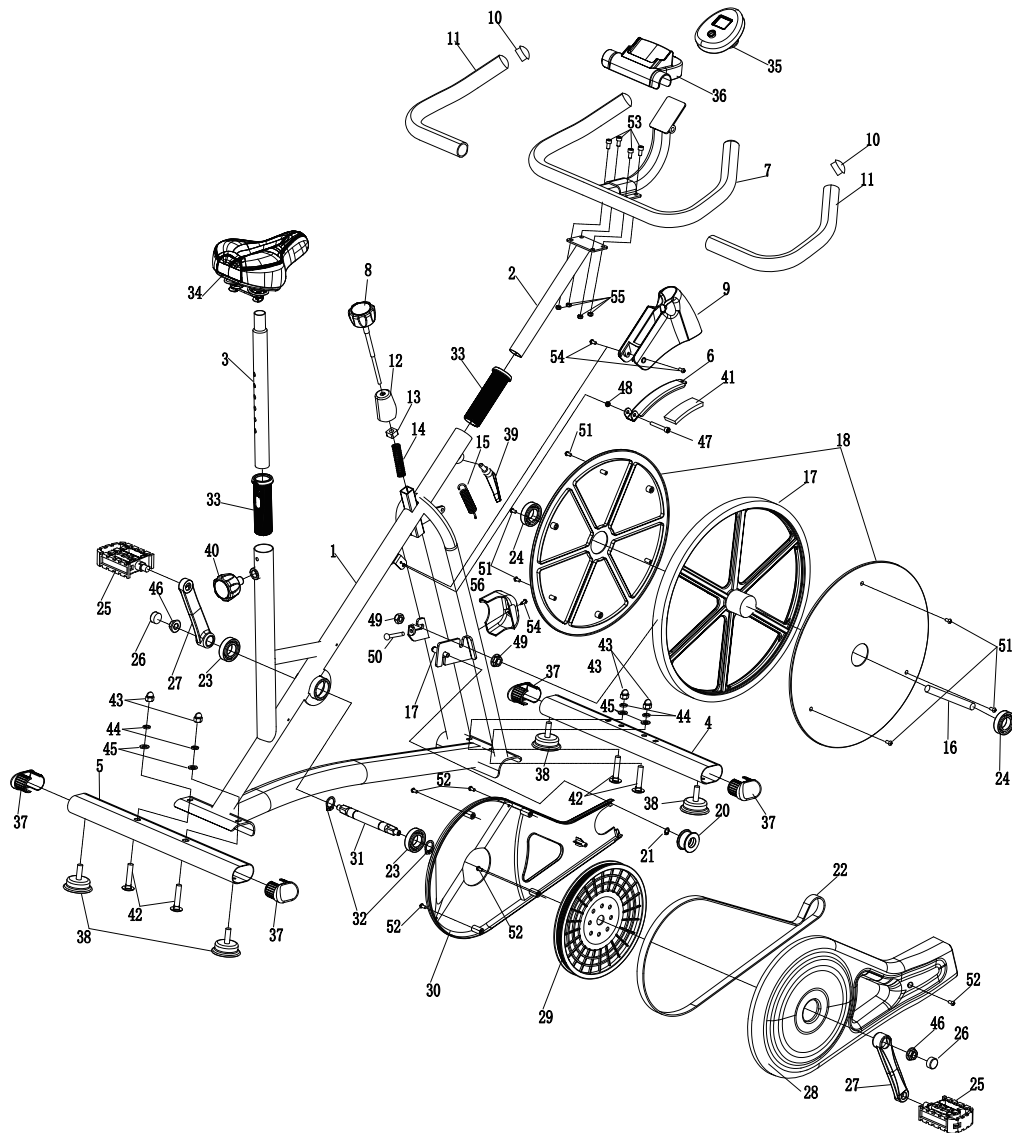
## Parts List

NO.	NAME	Material	Specification	Quantity
1	Frame assembly	Q235	821*737*165	1
2	Column Assembly Seat	Q235	287*74*36	1
3	Cushion Insertion	Q235	338*φ28	1
4	Front Leg	Q235	460*60*36	1
5	Tube Rear	Q235	451*60*36	1
6	Leg Tube	Q235	147*66*289	1
7	Armrest Assembly	Q235	450*242*147	1

NO.	NAME	Material	Specification	Quantity
8	knob brake	Metal + plastic	190*φ53	1
9	Brake trim cover	plastics	150*177*50	1
10	Handrail plug	plastics	φ31*15	2
11	The armrest is covered with cotton	Cotton	φ31*411	2
12	Plastic large square beads	plastics	55*43*37	1
13	square beads plastic	plastics	17*17*10	1
14	small square	Spring Steel	φ15*80	1
15	beads brake	Spring Steel	φ20*100	1
16	Tension Spring Flywheel	metal	φ10*140	1
17	Shaft Core Flywheel	metal	φ418*25	1
18	Flywheel disc	ABS	φ386.5*9	2
19	Pinch pulley shaft	Pinch pulley shaft	φ20*15	1
20	Pressing pulley	Pressing pulley	φ20*15	1
21	Clamp ring of pinch roller	65Mn	M8	1
22	Belt	Belt	480 PJ-6slot	1
23	Frame bearing	metal	6003	2
24	Flywheel bearing	metal	6200	2
25	Pedal	Metal + plastic	115*72*30	2
26	Crank cover	plastic	φ21.8*10.4	2
27	Crank	metal	152	2
28	Right cover decorative cover	ABS	524*292*42	1
29	belt pulley	Metal + plastic	φ240*21	1
30	Left cover decorative cover	ABS	524*292*16	1
31	crankshaf	metal	152	1
32	<b>Crank card ring</b>	65Mn	M10	2
33	bush	plastic	φ42*120	2
34	cushion	Metal + plastic	188	1
35	electronic meter	plastic	108*8823.5	1
36	mobile phone support	ABS	160*60*119	1
37	Foot tube plug	plastic	60*36*42	4
38	mat	Metal + plastic	φ57*49	4
39	Seven word pin	metal	73.6*50*16	1

NO.	NAME	Material	Specification	Quantity
40	After pulling the pin	Metal + plastic	φ53*58	1
41	Brake blocks	Brake blocks	80*30*8	1
42	Foot tube square neck screw	metal	M6*40	4
43	Foot tube nut	metal	Cap nut for M6	4
44	Foot tube elastic gasket	metal	M6	4
45	Foot tube gasket	metal	M6	4
46	Crank flange nut	metal	M10	2
47	Magnet holder screw	metal	M6*40	1
48	Magnet holder nut	Metal + plastic	M6 locknut	1
49	Flywheel nut Outer	metal	M10	2
50	flywheel adjustment	metal	M8*30	1
51	screw Disc	metal	M4*10	6
52	screw Cover	metal	Cross pan head self-tapping M4*12	5
53	screw Armrest	metal	M6*15	4
54	screw Cover	metal	Cross pan head self-tapping M4*16	3
55	Armrest assembly nut	metal	M6*15	4
56	Front shroud trim cover	ABS	524*292*42	1

## Explod

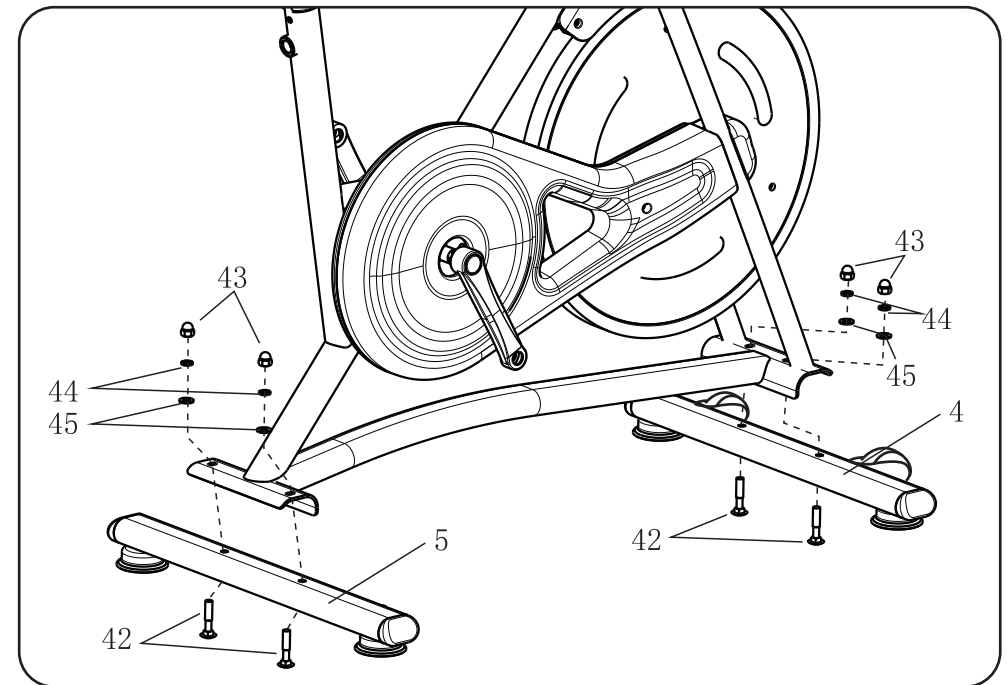


## Installation steps

### Assembly Step 1: Install the front and rear leg tubes.

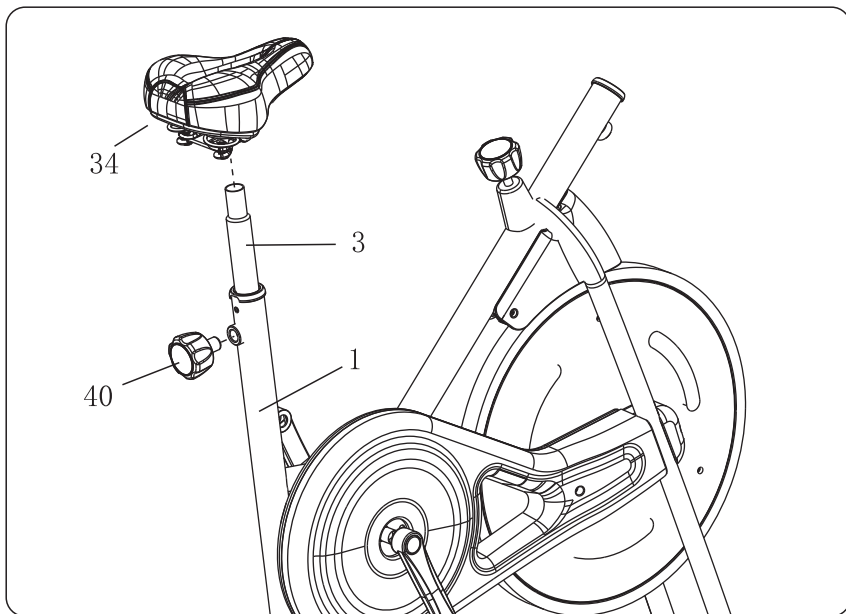
Open the packing box, take out the above accessories from the box, and lay the main frame flat on the ground.

1. Use a multifunctional wrench to lock the rear leg tube 5 and the front leg tube 4 (with a shift wheel) on the main frame respectively by attaching a half-round head square neck bolt (42) with a flat sheet (45), an elastic gasket (44) and a cap nut (43).



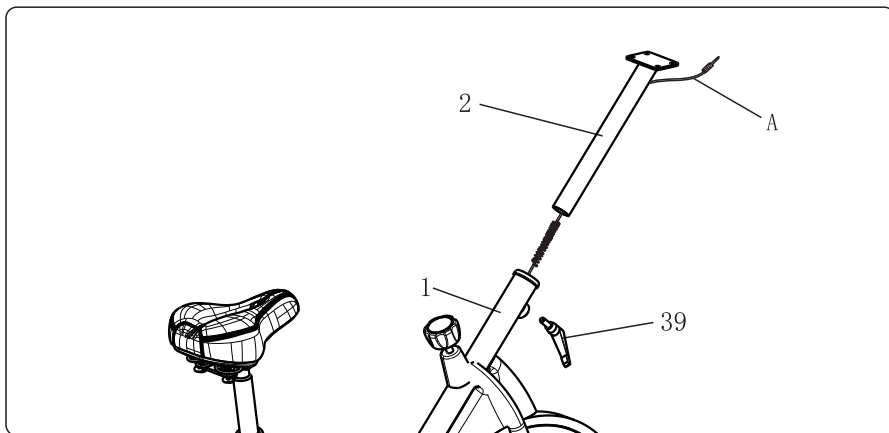
### Assembly Step 2: Install the seat cushion adjusting tube and the seat cushion

1. Insert the (3) cushion lifting tube into the main frame. Screw on the (40) pulling knob
2. The cushion (34) is installed on the cushion lifting tube (3), and the nuts on both sides of the cushion (34) are locked with tools.

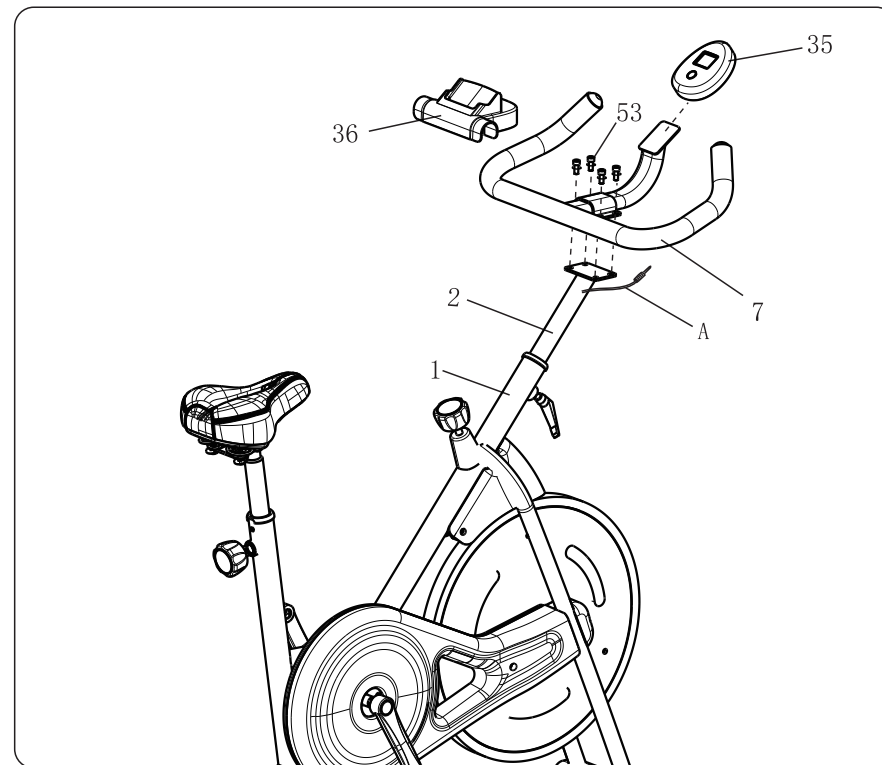


### Assembly Step 3: Install the armrest tube assembly

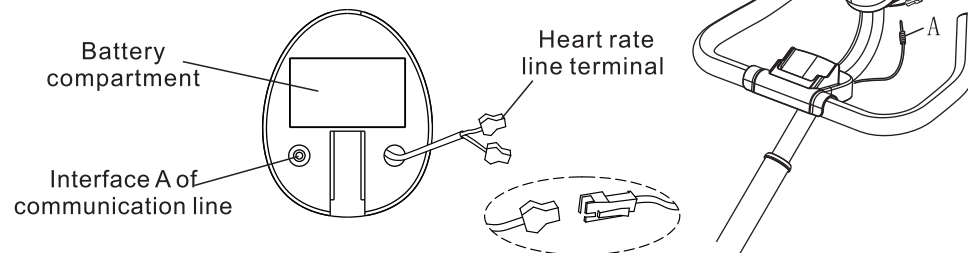
1. Pass the communication line A of the main unit (1) through the handrail mounting tube (2) and insert the handrail lifting tube (2) into the main frame (1). Locked by a (39) seven-character knob.



2. Install (7) handrail on (2) handrail lifting tube with (53) screw, and then lock the screw with tool.
  3. Insert the (35) electronic meter into the iron sheet on the (7) handrail.
- Please note: Make sure to screw all the bolts according to the above requirements and lock all the bolts after installation.

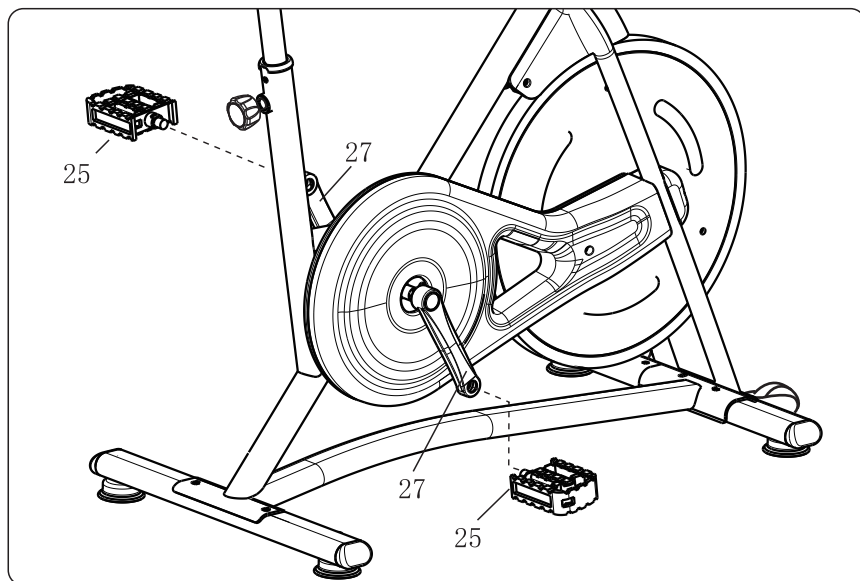


4. Insert the communication line (A) into the round hole on the back cover of the electronic watch, and connect the heart rate communication line terminal on the electronic watch with the two terminals on the handle.



#### Assembly Step 4: Install the foot pedal

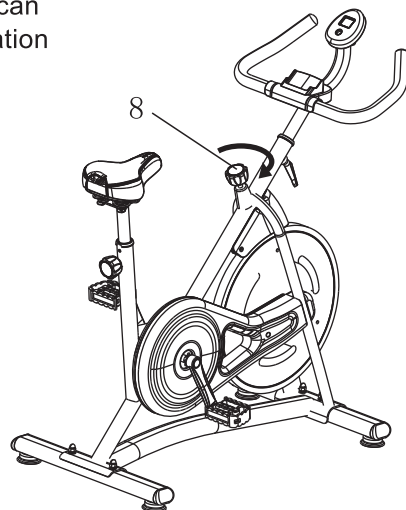
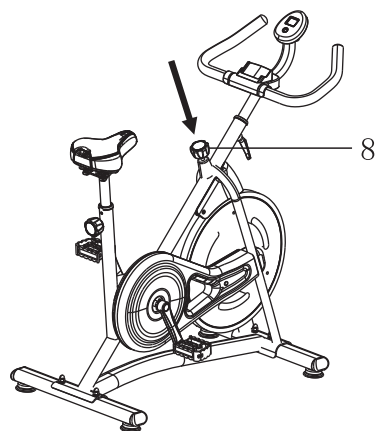
1.Lock the left L and right R pedals (25) on the crank (27) respectively. (Pay attention to distinguish the left and right, and then tighten according to the thread direction)



#### Assembly step 5: brake operation mode

A: As shown in the right figure, the brake knob (8) can be adjusted. The effect of exercise is that right rotation increases resistance and left rotation decreases resistance.

B: As shown in the figure below, directly press the brake knob (8) to The effect of sudden braking.



#### Adjustment method

A: When adjusting the height of the seat cushion, first unscrew the quincunx handle elastic bolt on the seat cushion sleeve of the main frame, pull out the bolt, adjust the seat cushion to the appropriate height, and then insert the bolt into the corresponding hole on the seat cushion adjusting tube and tighten it.

B: When adjusting the distance between the seat cushion and the armrest tube, first loosen the saddle adjusting knob under the seat cushion adjusting assembly, slide the sliding block on the seat cushion adjusting assembly horizontally to the appropriate position, and then tighten the saddle adjusting knob.

C: When adjusting the height of the armrest pipe assembly, first loosen the seven-character elastic pin on the main frame armrest casing and pull out the pin, move the armrest adjustment assembly to the appropriate height, and then tighten the plum handle elastic pin after the hole.

#### Product movement:

A: Note that the front foot tube has a roller, which is convenient for the user to move the spinning bike.

B: When moving, please pay attention to the sliding of the seat to avoid hand injury caused by sliding;

C: As the machine is heavy, it is recommended to be operated by two or more persons;

D: The product is recommended to be placed in a dry place at normal temperature. It is not recommended to be placed in a place where the balcony lamp is easily exposed to the sun and rain for a long time.

## Getting started

#### Warm-up phase

Warm-up exercise before exercise can help blood circulation, ensure normal muscle activity, and reduce cramps and strains caused by strenuous exercise. Therefore, it is necessary to do the following stretching exercises for 5 to 10 minutes. Do each stretch about 30 times. Don't stretch your muscles too hard. Stop when you feel a little pain in the stretch. Do it again at the end of the workout.

##### 1. Stretch down

Bend your knees slightly, bend your body forward slowly, relax your back and shoulders, and touch your toes as much as possible. Hold for 10 to 15 seconds, then relax. Repeat 3 times (see Figure 1).

##### 2. Stretch your hamstrings

Sit on a clean seat cushion with one leg straight. Pull the other leg in so that it is close to the inside of the straight leg. Try to touch your toes with your hands. Hold for 10 to 15 seconds, then relax.

3 times for each leg (see Figure 2).



### 3. Calf and Achilles tendon stretch

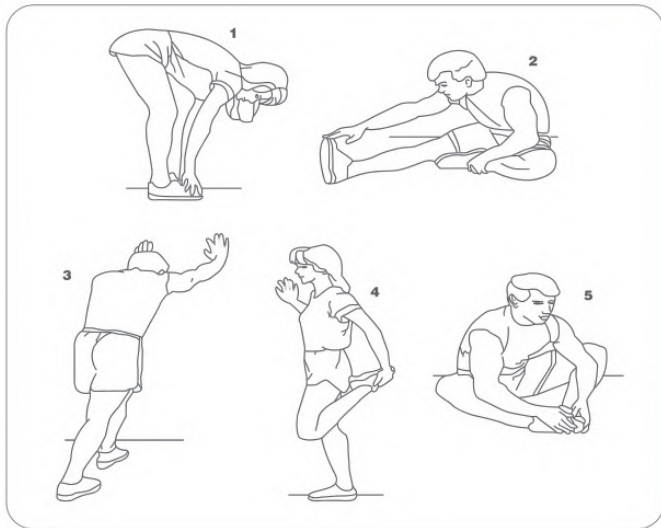
Stand with two hands on a wall or tree and one foot behind. Keep your hind legs upright with your heels on the ground and lean toward the wall or tree. Hold for 10 to 15 seconds, then relax. Repeat 3 times for each leg (see Figure 3).

### 4. Quadriceps extension

Balance on a wall or table with your left hand, then reach back with your right hand, grab your right ankle and slowly pull it toward your hip until you feel tension in the muscles in front of your thigh. Hold for 10 to 15 seconds, then relax. Repeat 3 times for each leg (see Figure 4).

### 5. The sartorius (muscle on the inside of the thigh) stretches.

Sit with the soles of your feet facing each other and your knees outward. Grasp your feet with both hands and pull them towards your groin. Hold for 10 to 15 seconds, then relax. Repeat 3 times (see Figure 5).



### Exercise phase

Work out for 12 minutes at a certain resistance each time (some people will do it for 15-20 minutes), and when you are able to do this easily a few times, slowly increase the resistance. After exercising for a period of time, your pulse rate will be close to the best position in the curve below (shaded part).

**Remember: Don't be impatient. This exercise is for your own health for a lifetime, not an overnight magic trick.**

### Recovery phase

This phase is designed to release the vasculature and relax the muscles. It is actually a repetition of warm-up exercises. Start by lowering the tempo for about 5 minutes, then repeat the previous stretch, taking care not to jerk the muscles.

When exercising with a racing car, please do not increase the intensity of training at will, which may cause your leg muscles to sprain, which means that you can not continue to exercise for a long time.

### How to use

Adjusting the brake of the spinning bike can change the resistance of the spinning bike. The greater the resistance, the more difficult it is to step on. Users can choose their own movement speed through this device.

## Warranty

### I. Warranty scope:

Warranty scope: non-artificial damage caused by normal use of the product under the condition of correct maintenance. The warranty card is limited to the original purchaser and is not transferable.

### II. Warranty

period for household use:

Steel frame 3 years warranty Other parts are guaranteed for 12 months.

### III. The following conditions do not include warranty:

- (1) Damage caused by abuse, negligence, accident or unauthorized modification.
- (2) Damage due to improper maintenance.
- (3) Other violations and resulting damage.

Product warranty card

Production model: -----

Purchase Date: -----

Username:-----

Phone:-----

Address:-----

Zip code: -----

1: According to the instructions or the contents of the items to be noted, in case of failure in the normal use of our products, our company will (from the date of purchase) replace them within 7 days, the steel frame will be three years, the accessories will be repaired free of charge for one year, and the maintenance will be lifelong.

2: The company will charge the cost of accessories for the failure of products beyond the warranty period.

3: In case of failure, please contact the seller in time and do not disassemble it casually.

4: During the warranty period, the actual cost will be charged in case of failure under the following circumstances.

1) Faults due to improper use by the user.

2) Faults caused by natural disasters such as fire and flood.

3) Faults caused by moving after installation.

4) Deformation or damage caused by the maintenance of the product by the Seller or the maintenance personnel other than the designated after-sales service personnel.

#### FCC Warning

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.

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.

Note: The Grantee is not responsible for any changes or modifications not expressly approved by the party responsible for compliance. such modifications could void the user's authority to operate the equipment.

The device has been evaluated to meet general RF exposure requirement.

To maintain compliance with FCC's RF exposure guidelines, the distance must be at least 20 cm

between the radiator and your body, and fully supported by the operating and installation