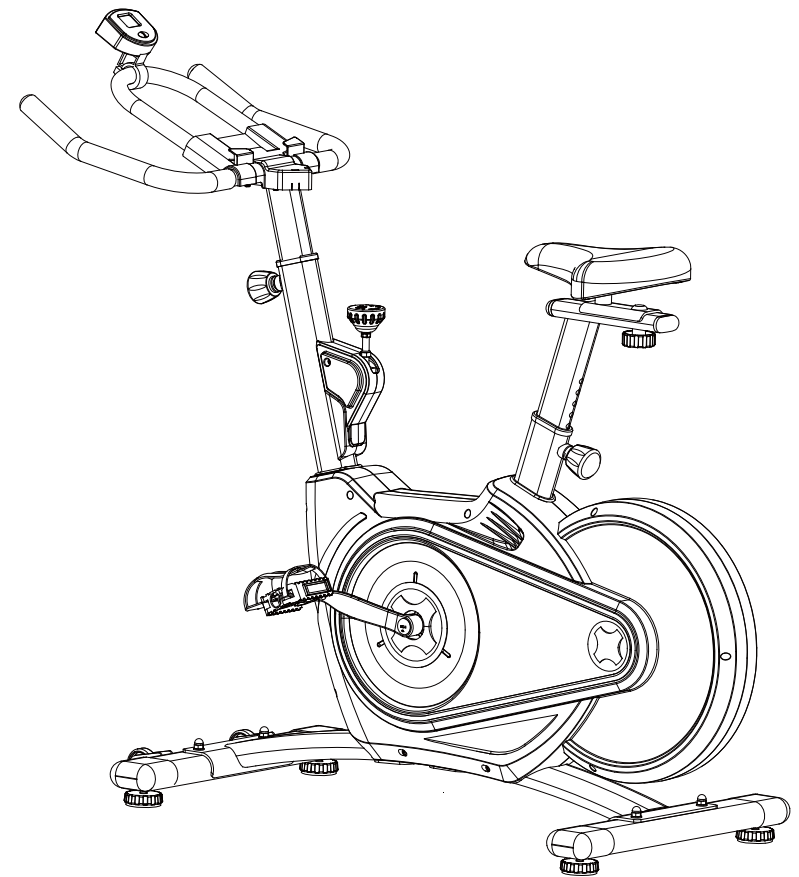


# SPINNING BIKE



# English

## SAFETY PRECAUTIONS

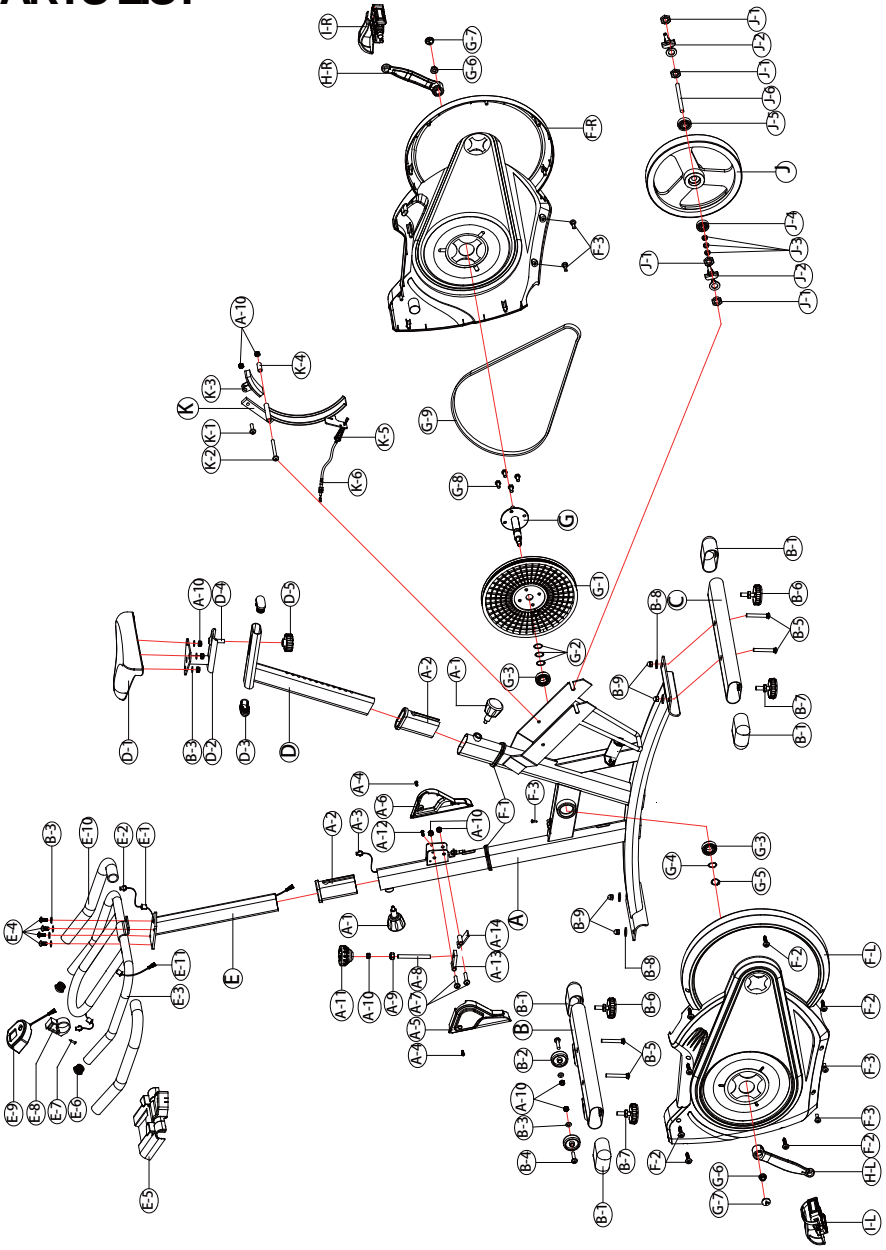
Please confirm the read book in the assembly and use of this instrument. Only the correct installation, maintenance and correct use of this instrument can reach the safe and effective use effect. All users of this device are informed of the warning and precautions.

- 1) At the start of any sports program, please consult your doctor to confirm the existence of some injury or may endanger your health and safety and health, or to prevent you from using this device, if you are working on drug on heart rate and blood pressure or cholesterol level of treatment, the doctor's advice is very important to you.
- 2) Please know all kinds of signals from the body. **Warning: Improper or excessive exercise will damage your health.** If you feel pain, tight heart plug, irregular heartbeat, shortness of breath, deficiency, dizziness, or any discomfort, stop exercising right away.
- 3) Please put this instrument on a hard, horizontal and protective floor or carpet. When used, the equipment can not be moved as a whole, the equipment or on the floor, or on the walls, ceilings or other fixed structures, focusing on safety, and correctly using the knowledge and key points of the (normal) equipment. When in normal use, the training area refuses to enter the dangerous part of the equipment third times (at least 1.2M space is left around). **Please keep a good watch on your child.** This instrument is only suitable for adult use.
- 4) Before use, please check whether all bolts, pins and other components are fully installed.
- 5) **Warning: Only in the case of regular inspection of the vulnerable parts of wear and tear, the device can reach safe use.** Please pay special attention to the most easily worn components.
- 6) **Warning: Please install the equipment on a smooth and full level ground.** Please use according to the hint. If you find any defective components or hear abnormal noises during installation or inspection, please stop using them immediately. Please do not use the instrument until the related problems are solved.
- 7) To wear sportswear in the process of exercise, do not wear loose clothes, so as not to be involved in any movable parts. Do not wear shoes with long shoelaces before exercise, so that the shoelaces are not involved in any removable parts.
- 8) When lifting and moving this instrument, please operate carefully so as to avoid the injury of the back. Please use the correct lifting method and ask for assistance if necessary.
- 9) Before the start of exercise, please ensure that the foot pedal is fixed on the foot straps have been securely fixed to prevent accidents.
- 10) Because the device is equipped with a flywheel inertial system, it may cause injuries to the foot, ankle, leg and knee during the movement. Before brakes, please remember to press the emergency brake knob. If you need to stop moving, please press the brake knob to stop the crank.
- 11) **Warning: Please make sure that the adjustment knob is always locked. When this device is not used, please rotate the knob clockwise to the end to lock the crank and flywheel.** And prevent third parties, especially children, to use or rotate the rotating parts arbitrarily.
- 12) **Warning: In the course of exercise, any adjusting device that may cause the interference of the user's movement should not be deviated from the state of the design.**
- 13) **Warning: This equipment is not suitable for medical treatment.**
- 14) This product carries out the GB17498.1-2008/GB17498.10-2008 standard. The maximum body weight was 100KG.
- 15) The brake system of this instrument is non - speed related.  
(product grade: HC level)

PARTS LIST

No	Name	Quantity	No	Name	Quantity
A	Frame	1	E-8	Electric meter base	1
A-1	M16 pull pin	2	E-9	Electric meter	1
A-2	Seat pipe harness	2	E-10	Handrail bushing	2
A-3	Response wire	1	E-11	Terminal wire in handrail	1
A-4	M5*10Lumbrella head screw	2	F-L	Outer shell, left	1
A-5	Brake decorate cover, left	1	F-R	Outer shell, right	1
A-6	Brake decorate cover, right	1	F-1	Outer shell bushing	2
A-7	M8*40 disc head screw	2	F-2	M4*20 umbrella cross hexagon	7
A-8	Brake rode	1	F-3	M4*20 tail drill screw	5
A-9	M10 nylon nut	1	G	Sky core	1
A-10	M8 nylon nut	9	G-1	Leather belt tray	1
A-11	Brake knob	1	G-2	Φ20 washer	3
A-12	M5*20 umbrella head screw	1	G-3	6004 bearing	1
A-13	Brake lever	1	G-4	Φ20 wave shape washer	1
A-14	Push wire base	1	G-5	Φ20 jump ring	1
B	Front feet pipe	1	G-6	M10 flange nut	2
B-1	Feet pipe bushing	4	G-7	Crank stopper	2
B-2	Transport wheel	2	G-8	M8 hexagon	4
B-3	M8 washer	9	G-9	Leather belt	1
B-4	M8*35 disc head screw	2	H-L	Crank, left	1
B-5	M8 carriage screw	4	H-R	Crank, right	1
B-6	M10 adjustment foot pad	2	I-L	Pedal, left	1
B-7	M10 nut	2	I-R	Pedal, right	1
B-8	M8 big washer	4	J	Flywheel	1
B-9	M8 high nut	4	J-1	3/8 hexagon nut	4
C	Rear feet pipe	1	J-2	Bend chain group	2
D	Seat pipe	1	J-3	Φ10 jacket	3
D-1	Cushion	1	J-4	6000 bearing	1
D-2	Sliding base	1	J-5	6300 bearing	1
D-3	20*40 pipe stopper	2	J-6	Flywheel core shaft	1
D-4	M10 carriage screw	1	K	Magnetic control group	1
D-5	M10 knob	1	K-1	M8*35L disc head screw	1
E	Handrail vertical pipe	1	K-2	M8*120L disc head screw	1
E-1	Wire stopper	3	K-3	Brake group	1
E-2	Electric meter down wire	1	K-4	Φ8 jacket	1
E-3	Handrail	1	K-5	Spring	1
E-4	M8 umbrella inner hexagon	4	K-6	Push wire	1
E-5	Mobile phone bracket	1	L	6mm inner hexagon	1
E-6	Φ25 pipe stopper	2	M	Fish spear spanner	1
E-7	M4*25 ball head cross screw	1			

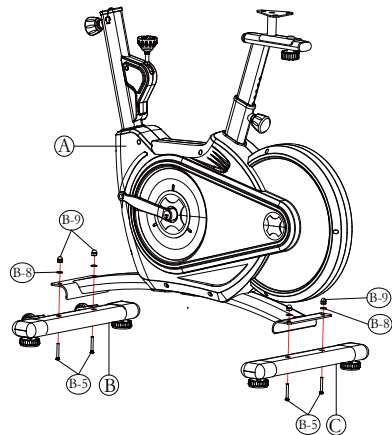
PARTS LIST



# ASSEMBLE STEPS

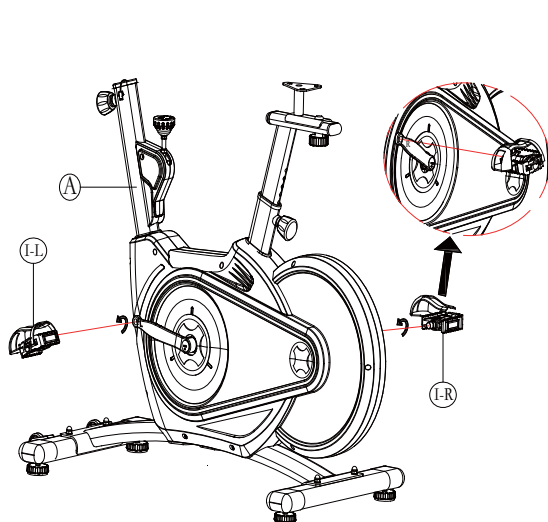
## 1. Foot tube installation

Shown as the picture, use two pieces carriage screws(B-5) M8\*55, two pieces washers(B-8)  $\Phi 8 \times \Phi 20$  and two pieces high belt caps(B-9) M8 to install the rear feet pipe(C) on the main frame (A), use the configured tool (M) tightly lock the screws; tightly lock the front feet pipe(B) on the frame (A) through the same above steps.



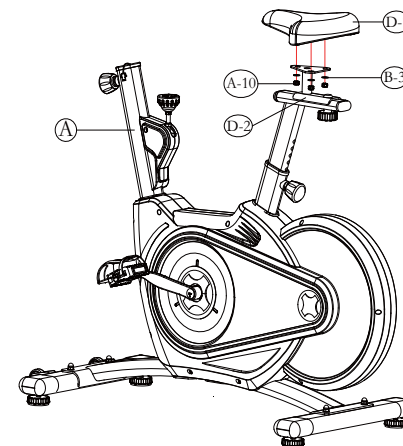
## 2. Foot installation

Shown as the picture, use the configured tool (M) anticlockwise revolve the pedal (I-L) into the left crank, then clockwise revolve the pedal(I-R) into the right crank of frame. Note: must force tightly locked it, avoid pedal loosen during use and caused hurt.



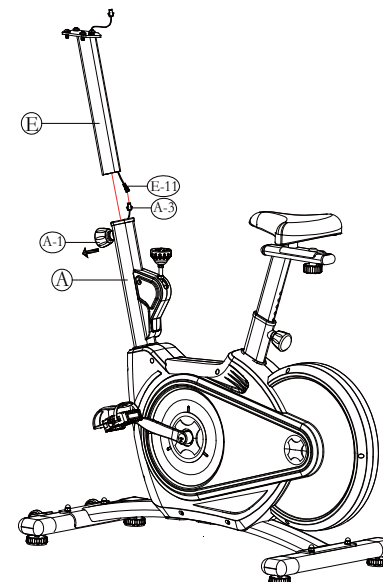
## 3. Cushion installation

Shown as the picture, pick down the pre-locked screw washer which on the cushion (D-1) first, then put the cushion on the sliding base (D-2), use 3 pieces washers(B-3) and 3 pieces M8 nylon nuts(A-10) and configured tools tightly lock them on the sliding base.



## 4. Armrest / instrument installation

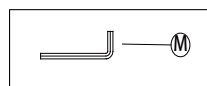
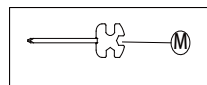
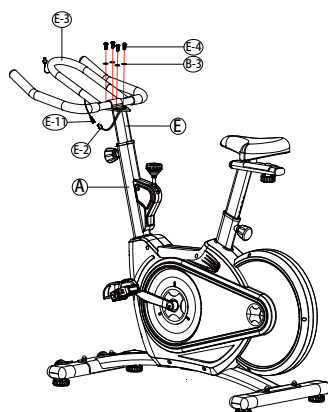
Shown as the picture, connect the wire material (E-11) in handrail vertical pipe (E) with the wire material (A-3) in frame (A), then anticlockwise revolve the knob (A-1) to push outside, insert the handrail vertical pipe (E) into frame, then release the pull pin and pop into the handrail vertical pipe hole, tightly locked the pull pin.



## 5.Handrail assembly

Shown as the picture, use the configured tool (L) disassemble out the handrail vertical pipe (E) up, 4 pieces M8\*16L inner hexagon screws (E-4) and washers (B-3)  $\Phi 8 \times \Phi 16$ , then put the handrail (E-3) on the handrail vertical pipe, tightly locked them through disassembled screw and washers;

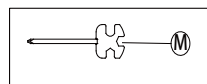
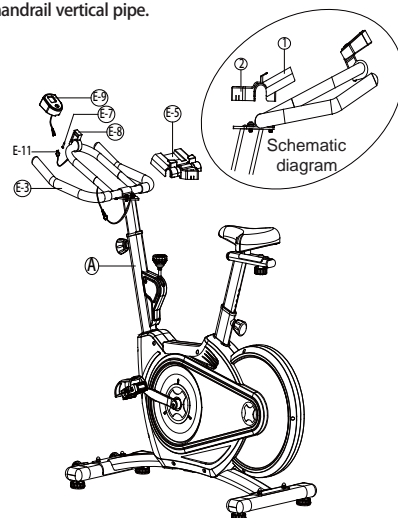
Insert the wire materials (E-2) in the handrail vertical pipe into the handrail wire materials (E-11).



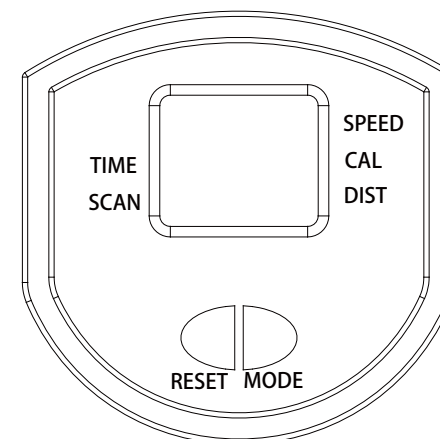
## 6.Electric meter and mobile phone bracket assembly

Firstly make the electric meter base buckle into the bending pipe central position of handrail (E-3), use 1 piece M4 ball head cross screw (E-7) pre-tight it, then connect the electric meter wire with the electric meter down wire (E-11), then buckle the electric meter into electric meter base, tightly lock the screw (E-7) after adjusted the position and angle well.

**Mobile phone bracket installation:** hand hold the position 1 in diagram, put the mobile phone bracket on the handrail, lightly down press it, buckle the mobile phone bracket on the down steel plate, then force to press the position 2 of mobile phone bracket, reverse buckle on the iron plate of handrail vertical pipe.



## DIAL INSTRUCTIONS



1. The operation of electric meter are easy and simple, and configured five modes, can real time feedback the exercise during your train process.

IME(Time): this mode indicate used time.

Note: this type meter can't set time target.

SCAN(Scan): this mode circulating indicate time, speed, Calorie, distance mode, each indicate several seconds.

SPEED(Speed): this mode use mile/hour as unit to display your driving speed.

CAL( Calories): this mode display the approximately consumed quantity of calorie during your train; note: this type meter can't set the calorie consume target.

DIST(Distance): this mode use mile as unit to display your drove distance during the train; note: this type meter can't set distance target.

2. Note

1.Start control platform

If need start control platform, any key on the control platform or directly start step it then can use.

2. Use the keys of meter

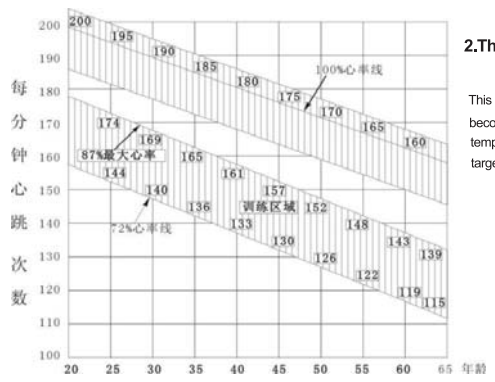
"RESET" is reset key, all data reset display after several seconds long time pressed this key.

# Sports Guide

Using your EXERCISE CYCLE will provide you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with calorie controlled diet help you lose weight.

## 1.The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP.



## 2.The Exercise Phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work to your own pace but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.

## 3. The Cool Down Phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch. As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

## 4. Fault Finder

1.If you do not receive numbers appearing on your computer, please ensure all connections are correct.

## 5 MUSCLE TONING

To tone muscle while on your exercise cycle you will need to have the resistance set quite high. This will put more strain on your leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance making your legs work harder. You will have to reduce your speed to keep your heart rate in the target zone.

## 6 WEIGHT LOSS

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

## 7 USE

The seat height can be adjusted by removing the adjustment knob and raising or lowering the seat. There are holes in the seat post allowing for a range of heights.

Once the correct height has been chosen, refit the adjustment knob and tighten. The tension control knob allows you to alter the resistance of the pedals. A high resistance makes it more difficult to pedal, a low resistance makes it easier. For the best results set the tension while the bike is in use.

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.

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

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.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction