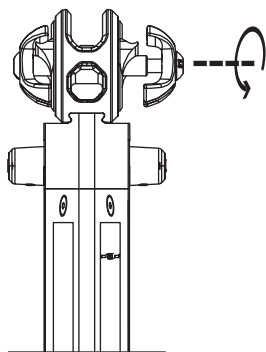
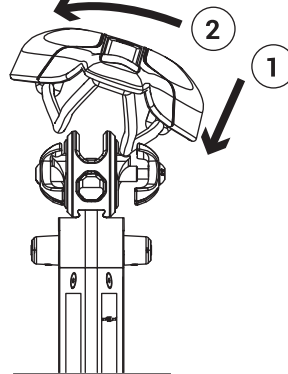


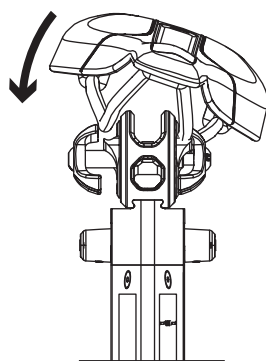
1.



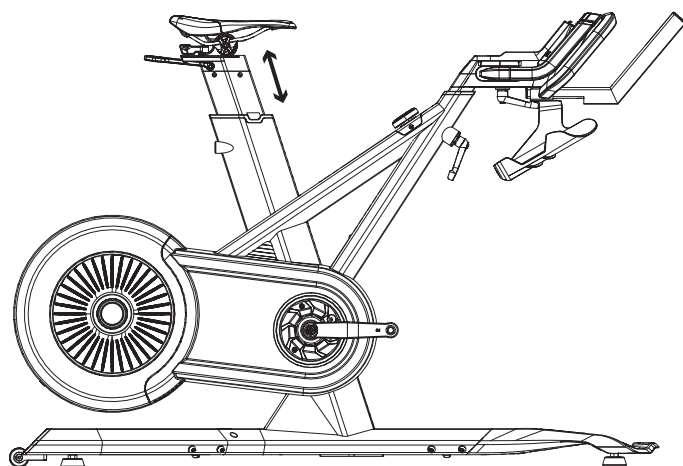
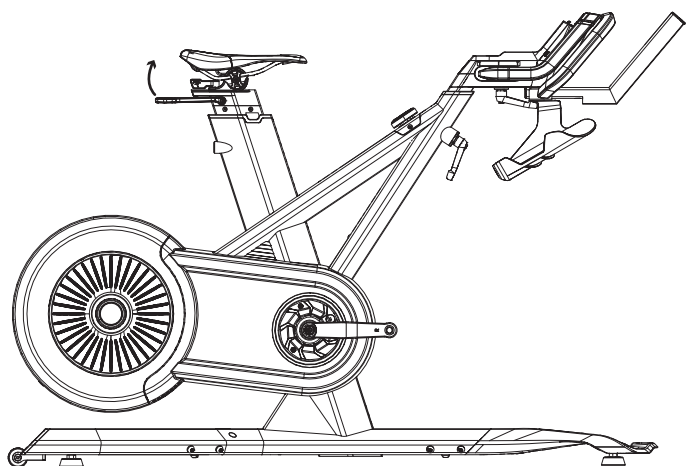
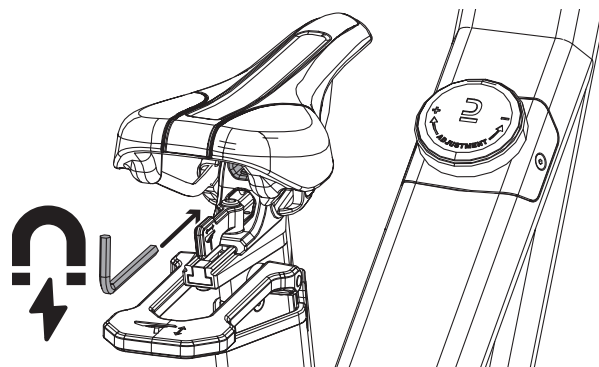
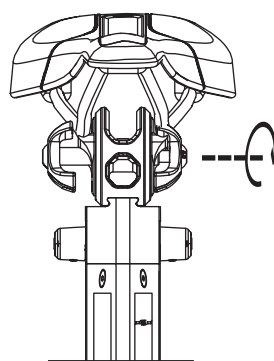
2.

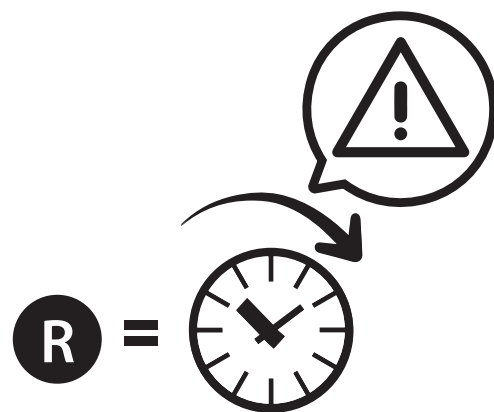
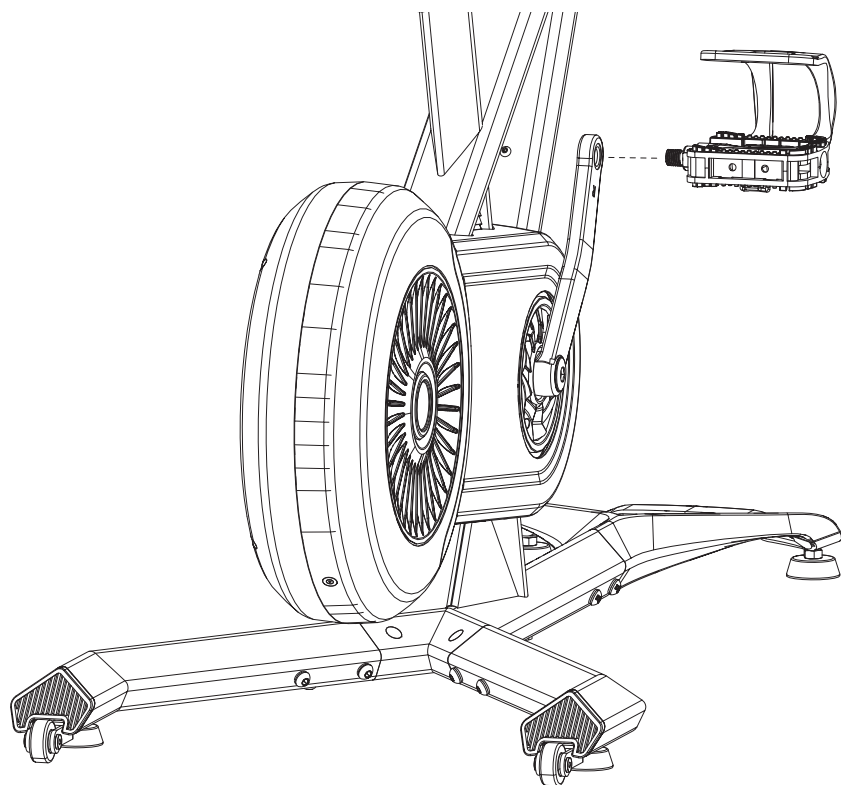
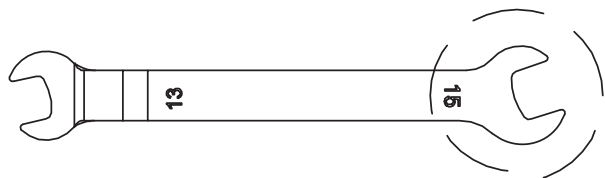


3.

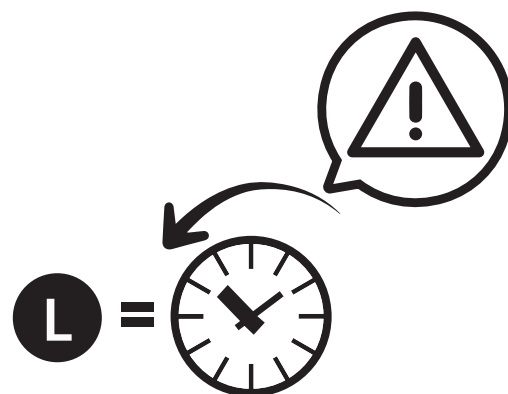
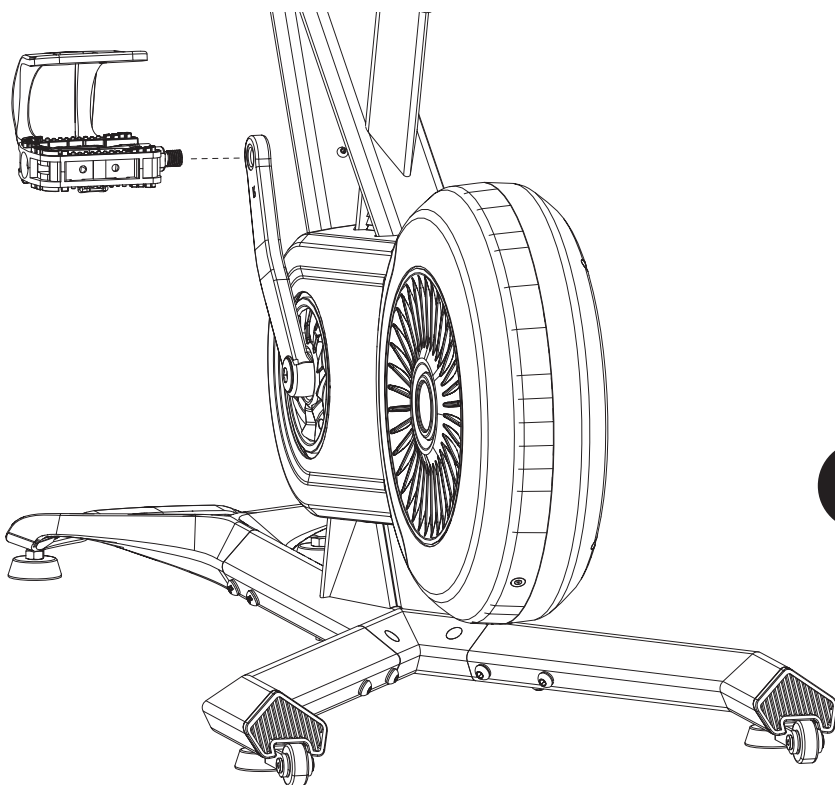
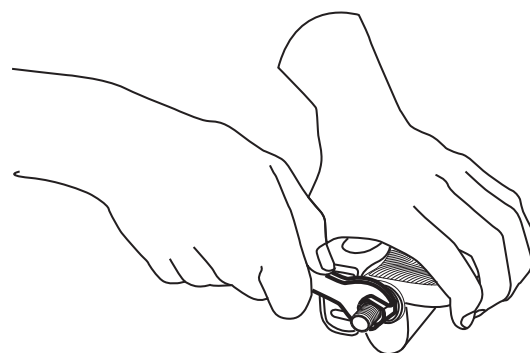


4.

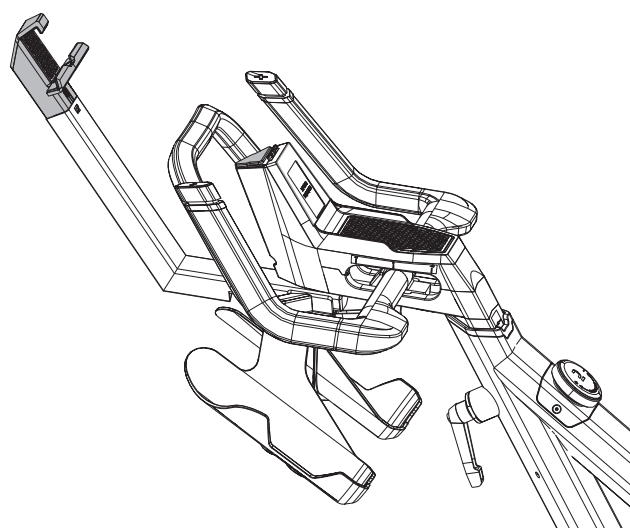
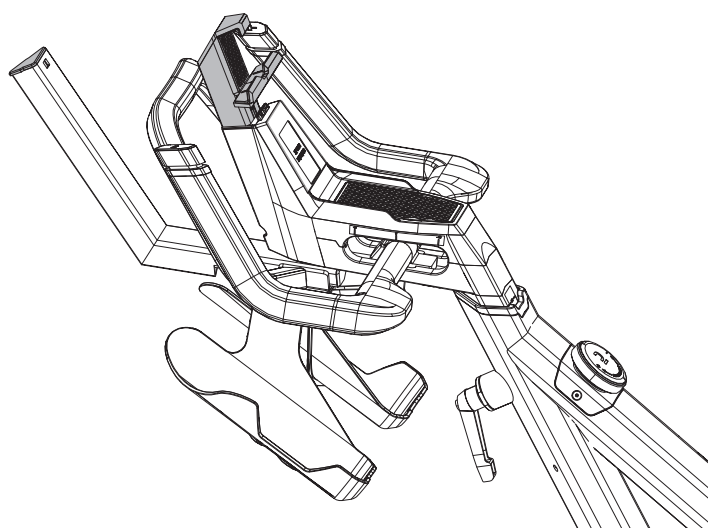
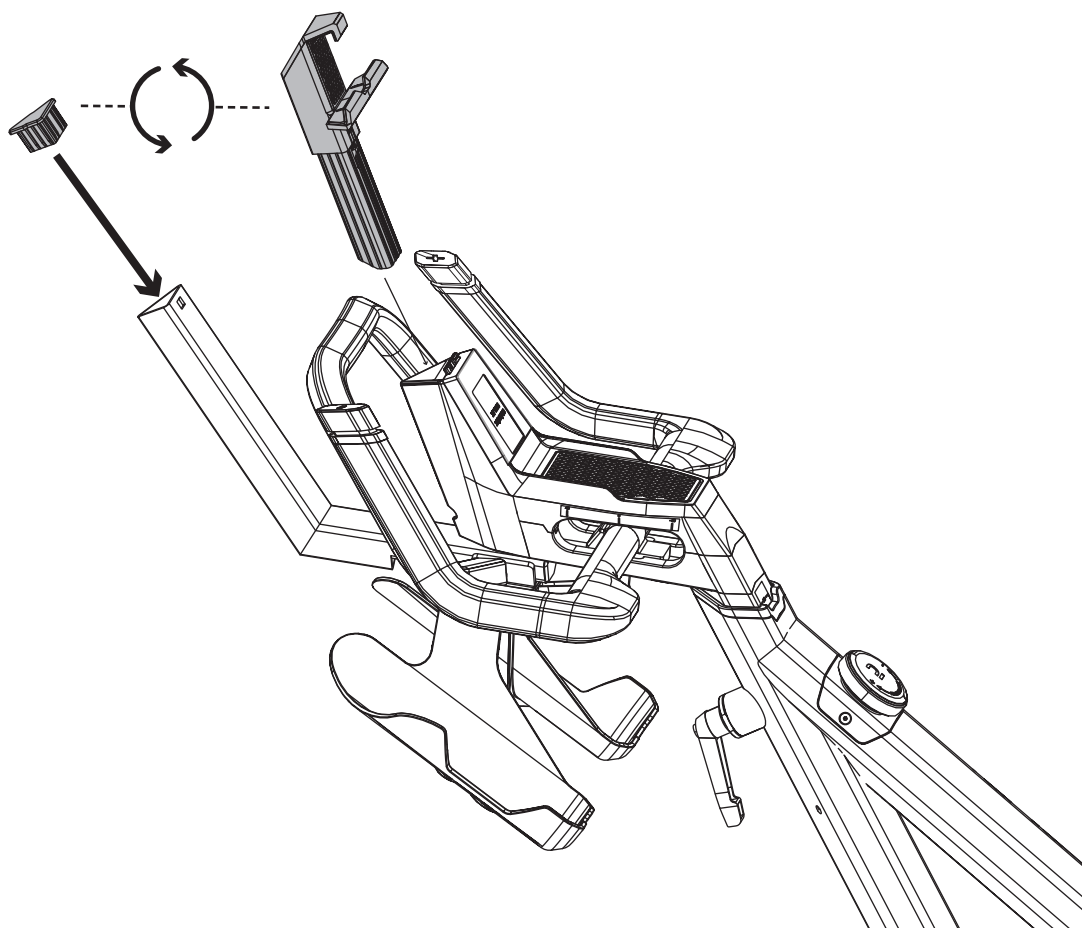


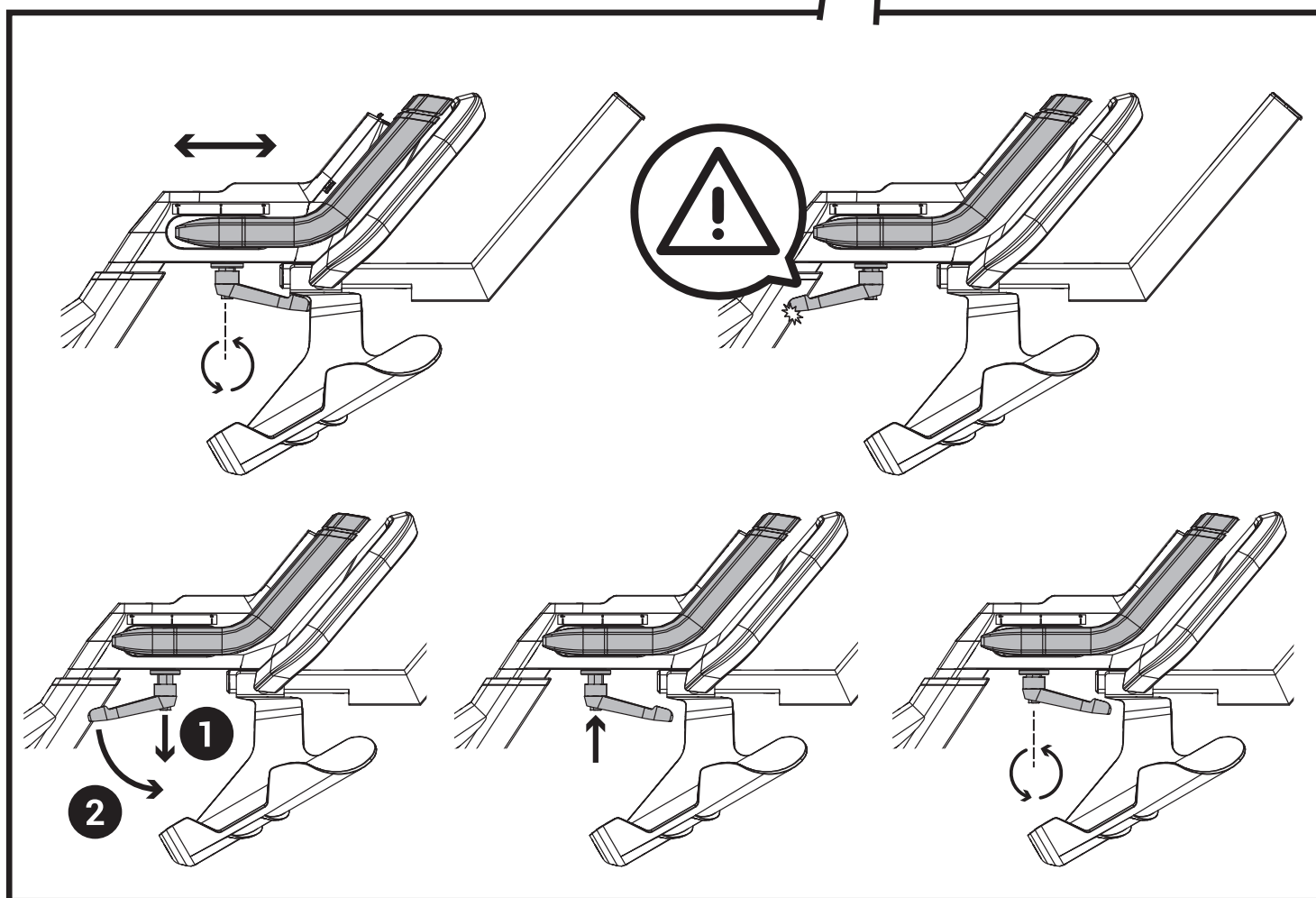
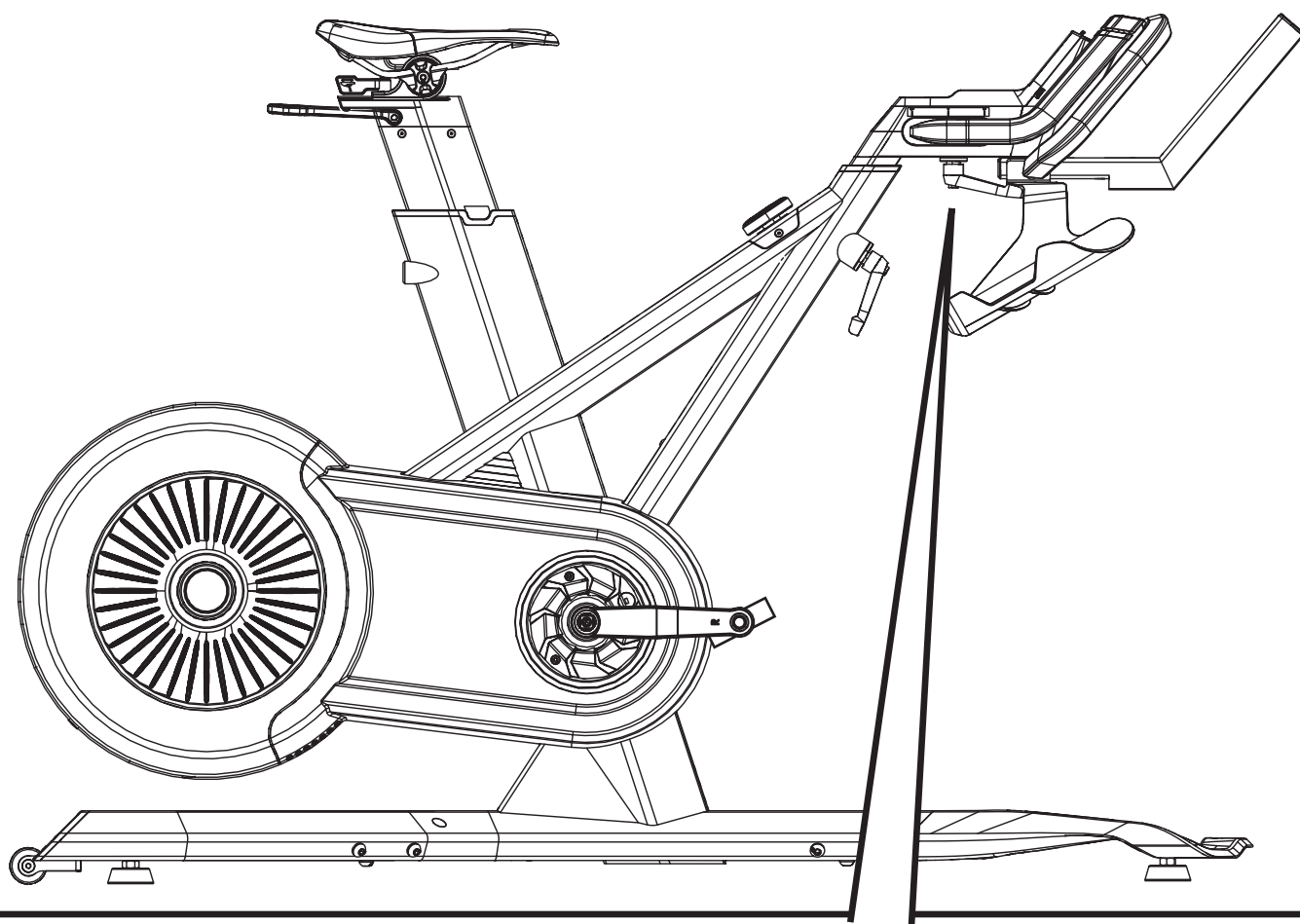


R =



L =





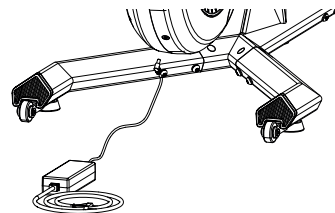
WARNING

Getting into shape must be done in a CONTROLLED manner. Consult your doctor before starting any exercise program. This is particularly important if you are over 35 or have experienced health problems before, or if you have not exercised for several years. Read all instructions before use. This product is class SC. Notice that class B and C crank training equipment are not suitable for high accuracy purposes. This product is equipped with a free-wheel, it is speed independent. Installation of power supply shall comply with local building codes. The adjustment of the handlebars must not exceed the marking which indicates the minimum depth of insertion.

GETTING STARTED

Plug the power supply into the wall.

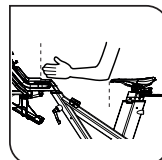
Plug the power cord into the power jack at the back of the bike

**BASIC SETTINGS**

If it is the first time you use a Biking, you can adjust quickly the biking to your size



Stand next to the saddle : Adjust the saddle so that it is at the same level at the top of your hip



Place your forearm in the same axis as the saddle, just before it (your elbow touches the tip of the saddle), Adjust the handlebar in order to touch the handlebar with the tip of your fingers.

Warming down

After each workout, ride a few minutes at low speed to gradually bring the body to rest. This phase of calm returns to normal cardiovascular and respiratory systems, blood flow and muscles. This makes it possible to eliminate counter effects such as lactic acids whose accumulation is one of the major causes of muscle pain (cramps and muscle aches).

Stretching

Stretching : We advise you to stretch after each session to relax your muscles and promote your recovery.

SETTINGS

	<p>HOW TO ADJUST THE POSITION OF THE SADDLE</p> <p>HEIGHT For an effective workout the saddle must be at the right height. Your knees should be slightly bent when the pedals are in the lowest position. The marking on the tube corresponds to the distance between the saddle and the center of the crankset.</p> <p>Mount the saddle by pulling it to the top. Lower the saddle by only actionning the lever ❶. If during the time it starts to slip a little bit during the use, tighten the adjustment screw ❷. The adjustment of the saddle must not exceed the marking which indicates the minimum depth of insertion.</p> <p>DEPTH Untighten the lever ❷, adjust the position of the saddle and fully tighten</p>		<p>Levelling the bike</p> <p>If the bike becomes unstable, adjust the leveling feet</p>
	<p>ADJUSTING THE INCLINE OF THE SADDLE</p> <p>Adjust the saddle incline to guarantee a better comfort, with the key under the saddle.</p>		<p>HOW TO ADJUST THE PEDAL STRAP</p> <p>TO TIGHTEN : Pull on the end of the strap.</p> <p>TO LOOSEN : Press the buckle to release the strap</p>
	<p>HOW TO ADJUST THE POSITION OF THE HANDLEBARS</p> <p>HEIGHT : While holding the handlebars, unscrew the lever ❶, adjust the position of the handlebars and fully tighten. IMPORTANT: For best practice, the handlebars should be slightly lower than the saddle. The marking on the tube corresponds to the distance between the top of the handlebar and the center of the crankset. The adjustment of the handlebars must not exceed the marking which indicates the minimum depth of insertion</p> <p>DEPTH : Untighten the lever ❷, adjust the position of the handlebar and fully tighten</p>		<p>ADJUSTING THE POSITION OF THE SMARTPHONE HOLDER</p> <p>For your comfort you can adjust the position of the smartphone holder, two positions are available.</p>
	<p>ADJUSTING THE RESISTANCE</p> <p>INCREASE THE RESISTANCE Turn the adjustment knob clockwise or push the handlebar Plus button.</p> <p>DECREASE THE RESISTANCE Turn anti-clockwise or push the handlebar Minus button.</p> <p>IN CASE OF EMERGENCY Turn the resistance to the maximum and stop pedaling, the flywheel will stop quickly.</p>		<p>Displacement</p> <p>Take the handle at the bottom and lift the bike to put it on its wheels</p> <p>Be careful not to bump into the bottle holder or the tablet holder support</p>
	<p>! WARNING</p> <p>Be careful with your head and shoulders when transporting the product</p>		