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BEFORE YOU BEGIN

Thank you for selecting the INSPIRE IC1.5 Indoor Cycle. For your safety and benefit, read this manual carefully before using the machine. As a manufacturer, we are committed to providing you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, *please call our TOLL-FREE customer service number*. Our Customer Service Agents will provide immediate assistance to you.



IMPORTANT SAFETY NOTICE

Precautions

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. Please note the following safety precautions:

1. Always keep children and pets away from the machine. DO NOT leave children unattended in the same room with the machine. The linkages on this machine can cause serious injury or death if used improperly.
2. Never place your hands or feet in the path of the pedals because injury may occur to you or damage may occur to the equipment. Never allow children to come near or approach the moving linkages while in use.
3. Feet should be fully rested and securely strapped onto the pedals during the entire workout.
4. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. **CONSULT A PHYSICIAN IMMEDIATELY.**
5. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
6. Keep hands away from all moving parts and flywheel.
7. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
8. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
9. Do not place any sharp objects around the machine.
10. Disabled persons should not use the machine without a qualified person or physician in attendance.
11. Before using the machine to exercise, always do stretching exercises to properly warm up.
12. Never operate the machine if the machine is not functioning properly.
13. Maximum user weight 300 lbs.
14. Operating frequency: 2402~2480MHz, Max. transmit power: 1mW

Care and Maintenance

1. Inspect and tighten all parts before using the machine.
2. The Frame and Seat Pad of the machine can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.

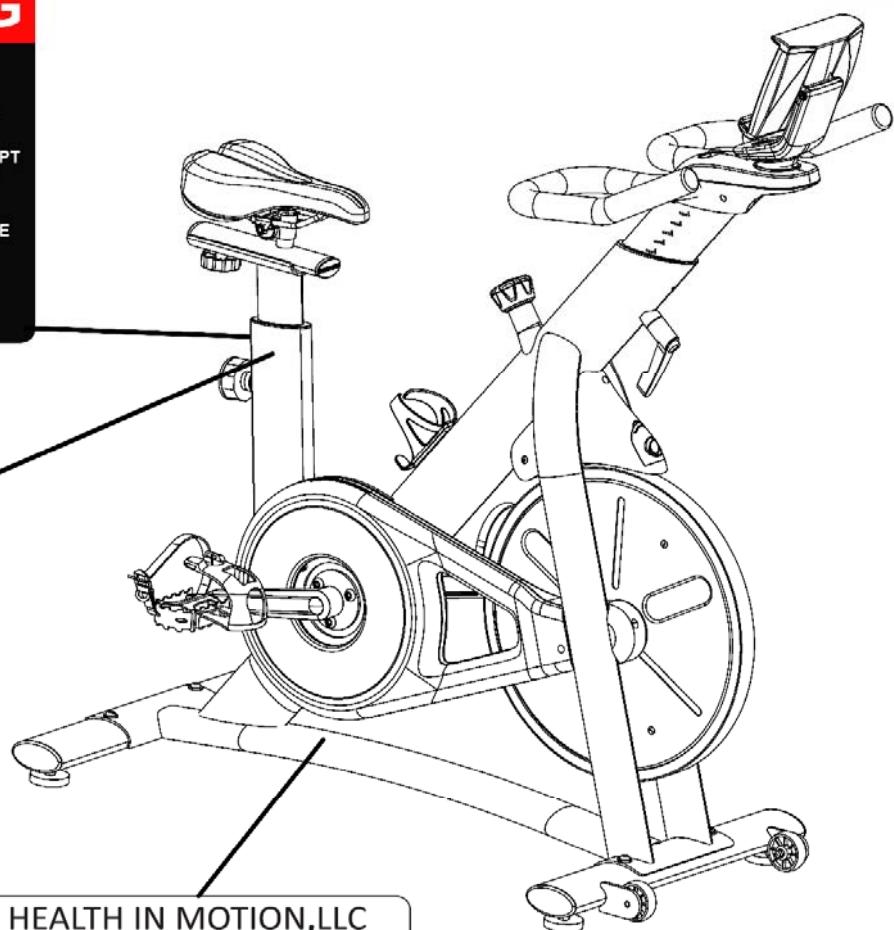
WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. Health In Motion, LLC. DOES NOT ASSUME ANY RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.

WARNING AND IMPORTANT LABEL PLACEMENT

⚠️ WARNING

FAILURE TO FOLLOW INSTRUCTIONS
MAY LEAD TO SERIOUS PERSONAL
INJURY. FLYWHEEL MOMENTUM WILL
KEEP PEDALS TURNING EVEN AFTER
YOU STOP PEDALING. DO NOT ATTEMPT
TO DISMOUNT BIKE OR REMOVE FEET
FROM PEDALS UNTIL PEDALS HAVE
COMPLETELY STOPPED. ALWAYS RIDE
IN CONTROL. MAKE SURE ALL PULL
PINS, LOCKS, AND SAFETY LATCHES
ARE IN PLACE AND FULLY ENGAGED
BEFORE EACH USE.



HEALTH IN MOTION,LLC
SALES AND SERVICE: (877)738-1729

MODEL:IC1.5

MADE IN CHINA

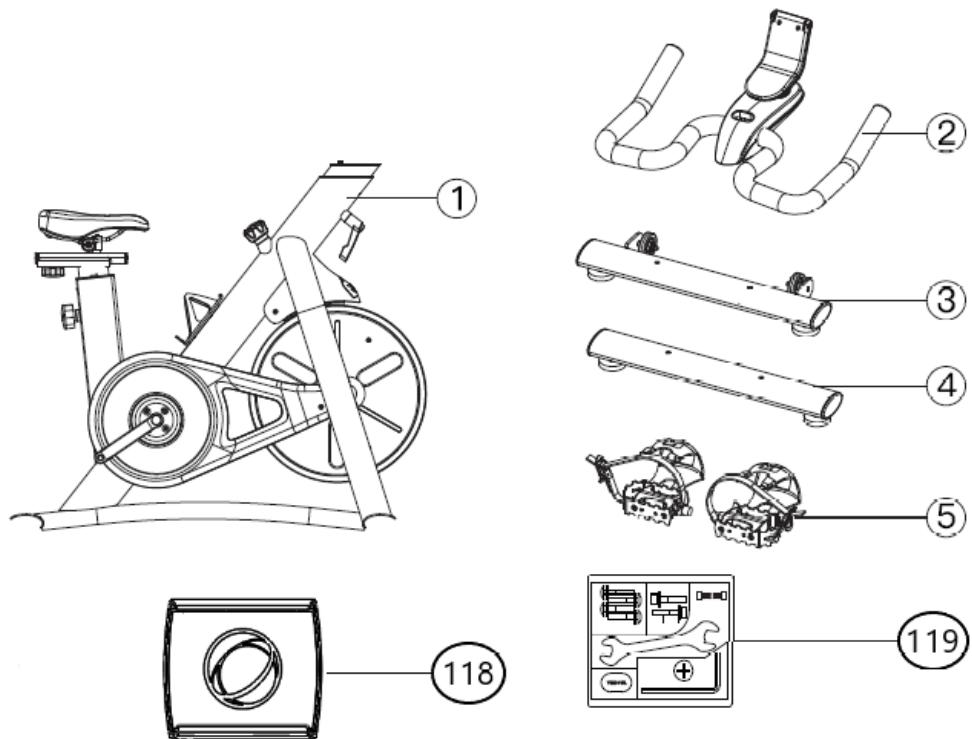
SERIAL NUMBER



4-19-05-XXXXXX

ASSEMBLY AND SETUP

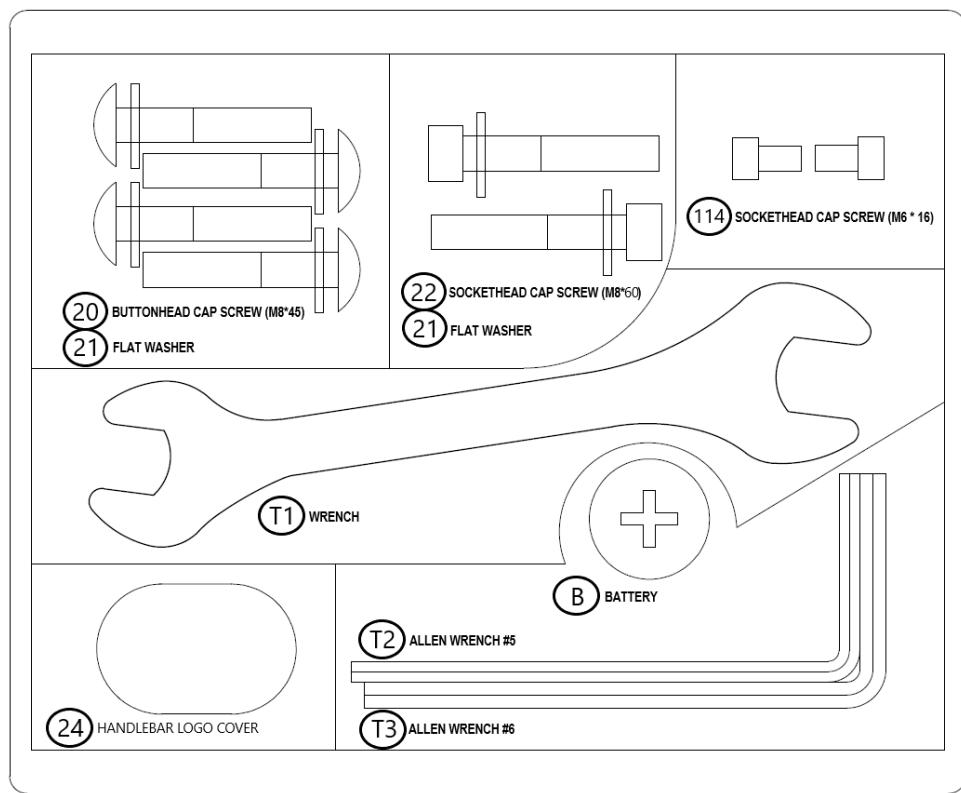
Package Contents



ID.	NAME	QTY.	ID.	NAME	QTY.
①	FRAME	1	⑤	PEDALS, RIGHT & LEFT	2
②	HANDLE BARS	1	⑪8	TABLET MOUNT	1
③	FRONT FOOT TUBE	1	⑪9	HARDWARE KIT	1
④	REAR FOOT TUBE	1			

IC1.5 Assembly Hardware Kit

NOTE: The parts shown are not drawn to scale. Please use your own ruler or scale to measure the size.

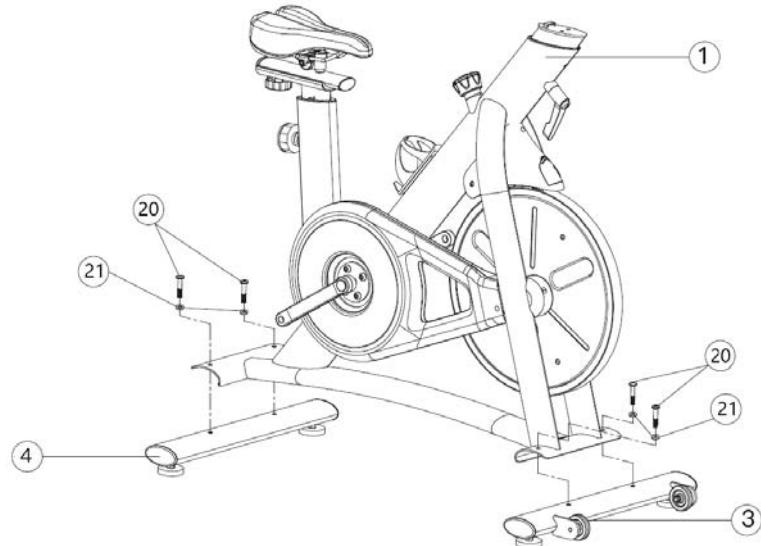


ID.	NAME	QTY.
(20)	BUTTON HEAD CAP SCREW (M8 * 45)	4
(22)	SOCKET HEAD CAP SCREW (M8 * 60)	2
(B)	BATTERY	1
(21)	FLAT WASHER	6
(24)	HANDLEBAR LOGO COVER	1
(T1)	WRENCH	1
(T2)	ALLEN WRENCH #5	1
(T3)	ALLEN WRENCH #6	1
(114)	SOCKET HEAD CAP SCREW (M6 * 16)	2

ASSEMBLY INSTRUCTIONS

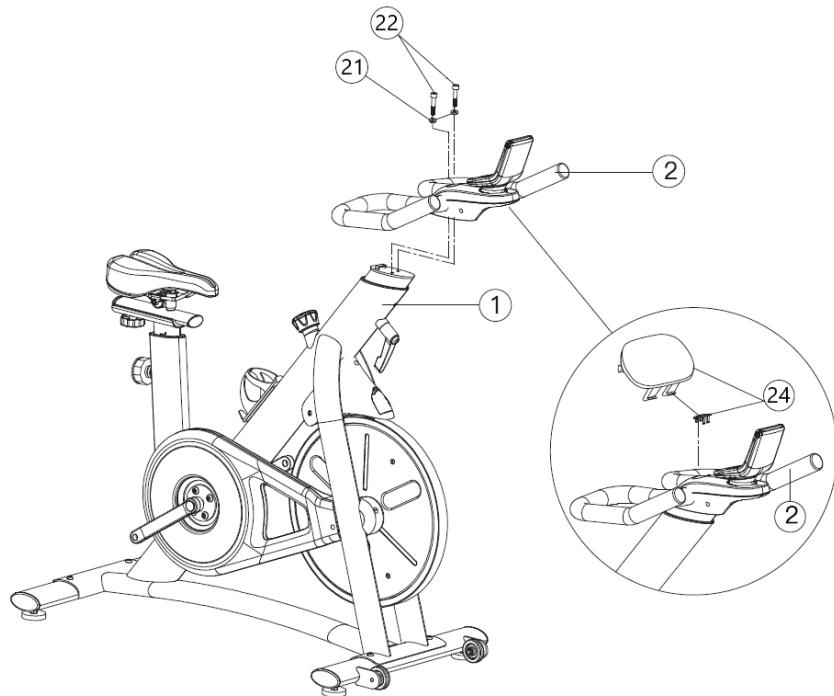
Step 1

Attach the front foot tube (3) and rear foot tube (4), using button head cap screws (20) with washers (21). Use the allen wrench #5 (T2).



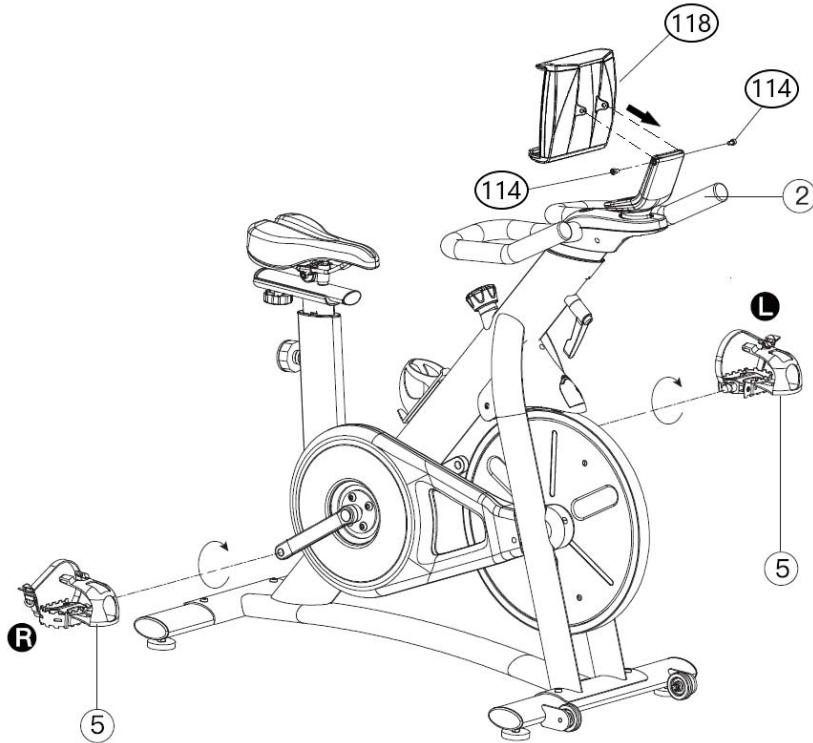
Step 2

Slide the handlebars (2) into position on the frame (1), secure with two socket head cap screws (22) with washers (21). Use the allen wrench #6 (T3). After tightening the cap screws insert the handlebar logo cover (24) into place as shown.



Step 3

Attach the right and left pedals (5), keep in mind when installing the left pedal that it has left-handed thread. Use the wrench (T1). Attach the tablet mount (118) to the handlebars (2) using two socket head cap screws (114). Use the allen wrench #5 (T2).



Step 4

Remove the battery cover and carefully pull out the battery holder circuit board. Install the provided battery (B) into the circuit board. Then reinstall the circuit board and cover.

