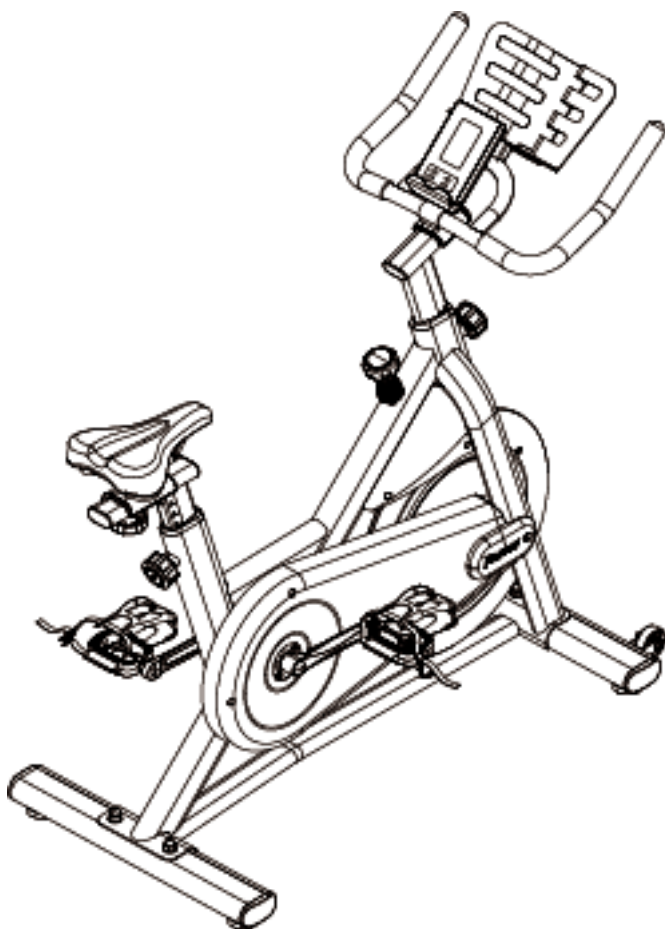


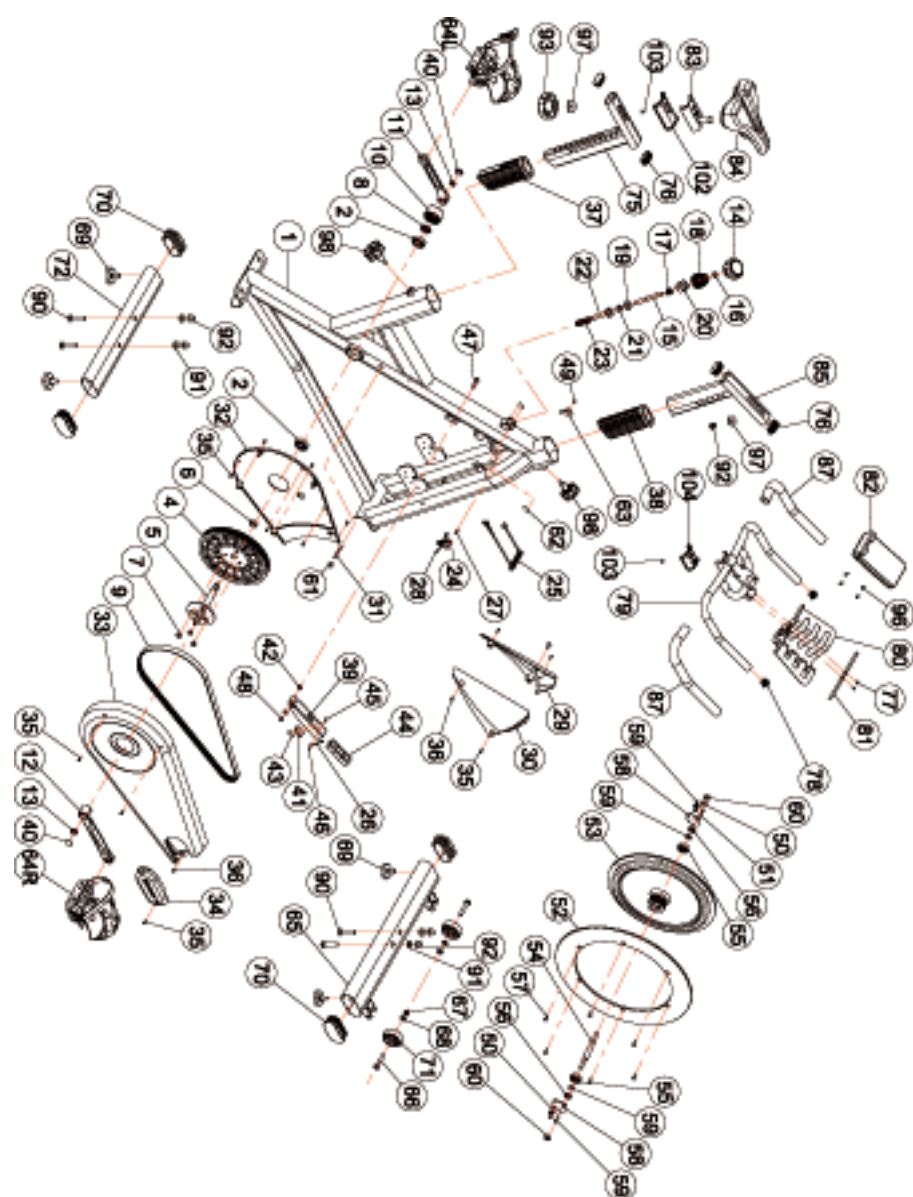


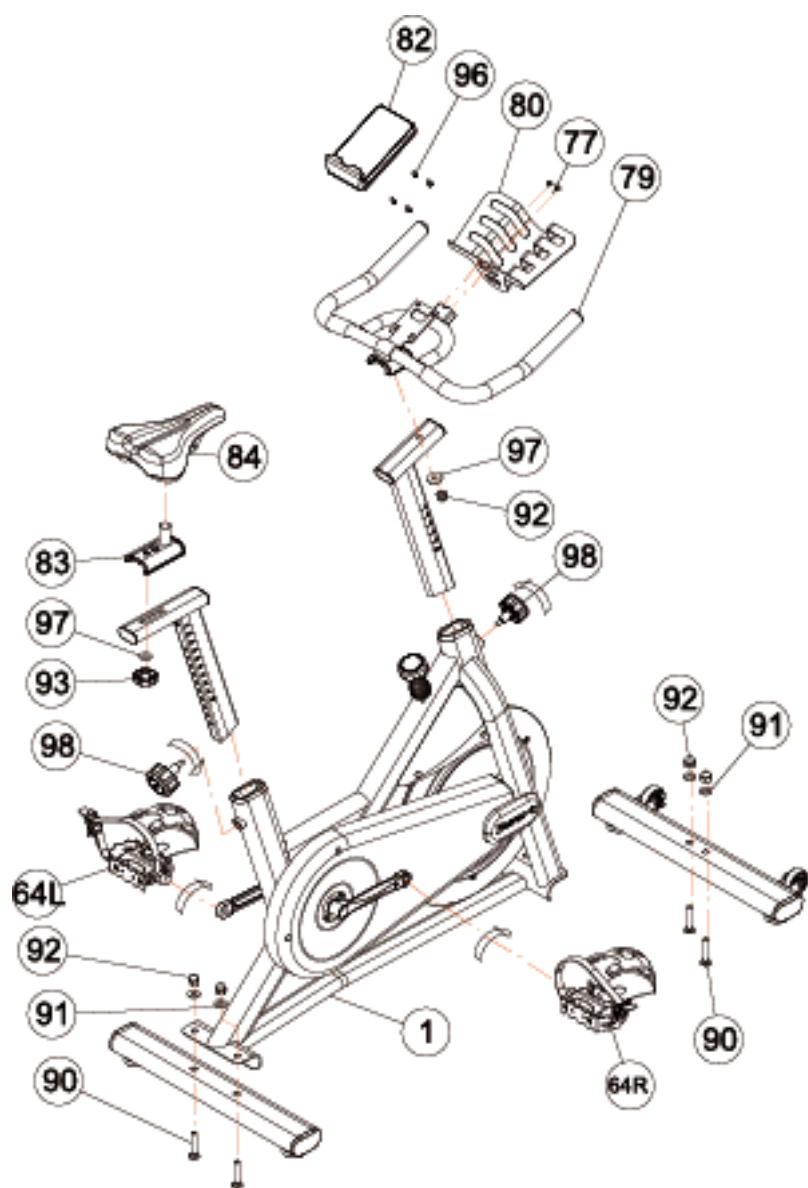
User Manual



PASYOU-S70

Exercise Bike





NO.	NAME	Name	NOM	SPEC.	QTY.
1	Frame	Hauptrahmen	Cadre	-	1
2	Bearing	Lager	Paller	6004RS	2
4	Pulley	Riemenscheibe	Poulie de courroie	φ240x5	1
5	Tianxin Welding	Achse	Axe de pédaller	φ20x142	1
6	Sleeve	Muffe	Douille de roulement	φ20.2xφ25x8.1	1
7	Countersunk Head Hexagon Socket Screw	Senkkopfschrauben Mit Innensechskant	Vis à tête fraisée hexagonale creuse	M8x12	3
8	Nylon Nut	Nylonmutter	Ecrou en nylon	M20x1.0x10L	1
9	Multi-groove Belt	Riemen	Courroie	1340mm	1
10	Tianxin Decorative Cover	Achseabdeckung	Couverde de protection	φ55x28L	1
11	L Leg (with decorative cover) (45#)	Linke Kurbel(45#)	Manivelle gauche	-	1
12	R Leg (with decorative cover) (45#)	Rechte Kurbel(45#)	Manivelle droite	-	1
13	Pattern Nut	Flanschmutter	Ecrou à motif	M10xP1.25x7.3T	2
14	Brake Knob	Brems- &widerstandsknopf	Bouton de frein	φ60x40L	1
15	Brake Lever	Oberer Bremshebel	Levier de frein supérieur	φ10x120L	1
16	Hex Nut	Sechskantmutter	Ecrou hexagonal	M8x6T	1
17	Brake Spring	Bremsdruckfeder	Ressort de frein	φ16xφ1.5x10L	1
18	Brake Decorative Cover	Dekorative Bremsabdeckung	Capuchon décoratif	φ40x47L	1
19	Compression Spring Holder	Druckfederhalter	Support de fixation du ressort	20x20x8	1
20	Brake mount	Quadratischer Abstandshalter	Support de fixation du levier de frein	25x25x27	1
21	Nylon Nut	Nylonmutter	Ecrou en nylon	M10	1
22	Brake Pressure Spring	Unterer Bremshebel	Ressort de frein inférieur	φ15x51L	1
23	Spring	Feder	Ressort	φ15xφ2x51L	1
24	Control Panel	Kunststoffplatte	Carte électronique de contrôle	-	1
25	Connecting Line (coiled line)	Anschlussleitung	Câble de connexion	-	1
26	Control Panel Connecting Rod	Anschlussstapol	Barre de connexion de la carte de contrôle	-	1
27	Spacer	Zylindrischer Abstandshalter	Colonne d'isolation	M4x10-6	2
28	Phillips Head Screw	Kugelskopf-Phillips-schraube	Vis cruciforme à tête ronde	M4x8	2
29	Sweat Cover Left	Linke Schweißfestabdeckung	Cache anti-transpiration gauche	-	1
30	Sweat Cover Right	Rechte Schweißfestabdeckung	Cache anti-transpiration droit	-	1
31	Induction Line	Sensorskabel	Capteur	-	1
32	Inner Cover (Lower Cover)	Innere Abdeckung	Coque extérieure gauche	-	1
33	Right Cover (Upper Cover)	Äußere Abdeckung	Coque extérieure droite	-	1
34	Front Fork Cover	Vordere Dekorative Abdeckung	Capuchon décoratif	-	1
35	Umbrella Head Phillips Self-Tapping Screw	Schirmkopf-selbstschneidende Kreuzkopfschraube	Vis autotaraudeuse à tête parapluie cruciforme	M4x16L	9
36	Umbrella Head Phillips Screws	Schirmkopf-kreuzschlitz-schraube	Vis à tête parapluie cruciforme	M5x10L	2
37	Seat Tube Bundle	Kunststoffhülse	Doublure intérieure du tube de siège	-	1
38	Handrail Tube Bundle	Kunststoffhülse	Doublure intérieure du tube d'guidon	-	1
39	Magnet Holder	Magnethalter	Support de fixation de l'aimant	-	1
40	Leg Decorative Cover	Kurbel-endkappe	Couvercle de manivelle	-	1
41	Brake Rubber Pad	Gummimatte	Patin en caoutchouc de frein	30x20x7.5	1
42	T Set	T-förmige Eisener Hülse	Fermeoir à ouverture	φ15x10L	2
43	Umbrella Head Phillips Screws	Schirmkopf-kreuzschlitz-schraube	Vis à tête parapluie cruciforme	M4x6L	2
44	Magnet	Magnet	Aimant de résistance	15x30x6.3T	6
45	Umbrella Head Phillips Screws	Schirmkopf-kreuzschlitz-schraube	Vis à tête parapluie cruciforme	M4x12L	1

NO.	NAME	Name	NOM	SPEC.	QTY.
46	Nylon Nut	Nylonmutter	Écrou en nylon	M4	1
47	Flat Head Hexagon Hollow Screw	Flachkopf-innensechskantschraube	Vis creuse à tête plate hexagonale	M8x35L	1
48	Flat Head Hexagon Socket Head Screw	Flachkopf-innensechskantschraube	Vis à tête plate hexagonale	M6x10L	1
49	Countersunk Head Phillips Screw	Senkkopf-kreuzschlitzschraube	Vis à tête fraisée cruciforme	M4**10L	1
50	Hex Socket Head Cap Screws	Innensechskantschrauben	Vis à tête cylindrique hexagonale	M5x8	6
51	Flat Spacer	Flachdichtung	Rondelle plate	ø5xø10x1T	6
52	Aluminum Flywheel	Schwungrad-aluminiumring	Volant en aluminium	ø430x7T	1
53	Cast Iron Flywheel	Schwungrad Aus Gusseisen	Volant en fonte	ø380	1
54	Flywheel Spindle	Schwungradspindel	Axe du noyau du volant	ø15x156L	1
55	Bearing	Lager	Pallier	6300 RS	2
56	Hexagon Step Nut	Sechskant-stufenmutter	Écrou hexagonal à embase	M10x10L	2
57	Countersunk Head Hexagon Socket Screws	Innensechskant-senkkopfschrauben	Vis à tête fraisée hexagonale creuse	M5x20L	6
58	Flywheel Locking Piece	Schwungrad-spernstück	Rondelle de blocage du volant	3T	2
59	Spacer	Unterlegscheibe	Rondelle	ø10xø20x2t	4
60	Nylon Nut	Nylonmutter	Écrou en nylon	M10	2
61	End Plug	Sensorkabel-befestigungstopfen	Bouchon de capteur	ø13	1
62	Ball Head Phillips Self-Tapping Screw	Kreuzschlitz-blechschraube	Vis autolaraudeuse à tête ronde cruciforme	M3x10L	4
63	Adjustable Cable Tie Mount	Verstellbarer Riemenhalter	Support de fixation de câble de données	25x18x64	1
64	Left And Right Pedals	Pedal (L&R)	Pédales	-	2
65	Front Leg Tube	Vorderes Fußrohr	Stabilisateur avant	-	1
66	Umbrella Head Hexagon Socket Screw	Innensechskantschraube	Vis à tête parapluie à six pans creux	M8x40L	2
67	Nylon Nut	Nylonmutter	Écrou en nylon	M8	2
68	Spacer	Unterlegscheibe	Rondelle	ø8xø16x1.5T	2
69	Adjust Leg Pads	Verstellbares Fußpolster	Patin de soutien réglable	ø50x28L	4
70	Leg Tube Plug	Stabilisatorrohrstopfen	Bouchon stabilisateur	40x80x2T	4
71	Moving Wheel	Transportrad	Roue pivotante	ø53x18L	2
72	Rear Leg Tube	Hinteres Fußrohr	Stabilisateur arrière	-	1
75	Seat Adjustment Tube	Sattelstütze	Tube de réglage du siège	-	1
76	Pipe Plug	Rohrstopfen	Bouchon du tube de réglage du siège	25x50x3T	4
77	Countersunk Head Phillips Screw	Senkkopf-kreuzschlitzschraube	Vis cruciforme à tête fraisée	M5x16L	2
78	Pipe Plug	Rohrstopfen	Bouchon de tube d'guidon	ø25	2
79	Armrest	Lenker	Guidon	-	1
80	Cup Holder	Getränkhalter	Porte-gobelet	-	1
81	lapd Pad	lapd Anti-ruisch Matte	Support pour tablette	225x23x1T	1
82	Monitor (Manual)	Display	Moniteur	-	1
83	Seat Slider	Sattelschieber	Glissière de siège	-	1
84	Seat Cushion	Sattel	Siège	-	1
85	Armrest Adjustment Tube	Lenkerstütze	Tube de réglage d'guidon	887C	1
87	Armrest Cover	Lenkerhülse	Manchon d'guidon	ø32x3Tx460L	2
90	Carriage Screw	Schlitzenschraube	Vis à tête ronde à collet carré	M10x55L	4
91	Flat Spacer	Flachdichtung	Rondelle plate	ø10xø20x2T	4
92	Round Cap Nuts	Rundkopfmutter	Écrou à tête ronde	M10	4
93	Knob	Drehknopf	Bouton de fixation de la glissière du siège	ø60.M10	1
95	Open End Wrench	Gabelschlüssel	Cle à molette	15-17	1

NO.	NAME	NAME	NOM	SPEC.	QTY.
96	Umbrella Head Phillips Screws	Kreuzschlitzschrauben	Vis à tête parapluie cruciforme	M5x12L	4
97	Enlarged Spacer	Große Unterlegscheibe	Rondelle d'élargissement	ø10.5x30x4T	2
98	Pull Pin Knob	Federeinstellknopf	Bouton de fixation	M16*1.5*22L	2
99	Multifunctional Wrench	Multi-Schraubenschlüssel	Clé multifonction	-	1
100	Cross Allen Wrench	Kreuz-Inbusschlüssel	Clé à douille hexagonale avec embout cruciforme	5mm	1
102	After Slider Cover	Sattelschieberabdeckung	Couvercle de glissière arrière	-	1
103	Countersunk Head Hexagon Socket Screw	Senkkopf-Innensechskantschraube	Vis à tête fraisée hexagonale creuse	M5x6L	2
104	Sliding Cover Front	Lenkerschieberabdeckung	Couvercle de glissière avant	-	1

IMPORTANT PRECAUTIONS

PLEASE KEEP THIS MANUAL FOR FUTURE REFERENCE.

Exercise program, consult your physician first this is especially important for individuals over the age of 35 or persons with pre-existing Health problems. Read all instructions before using the bike as you assume no responsibility for personal injury or property damage sustained by or through the use of this product.

Note the following precaution before assembling or operating the machine.

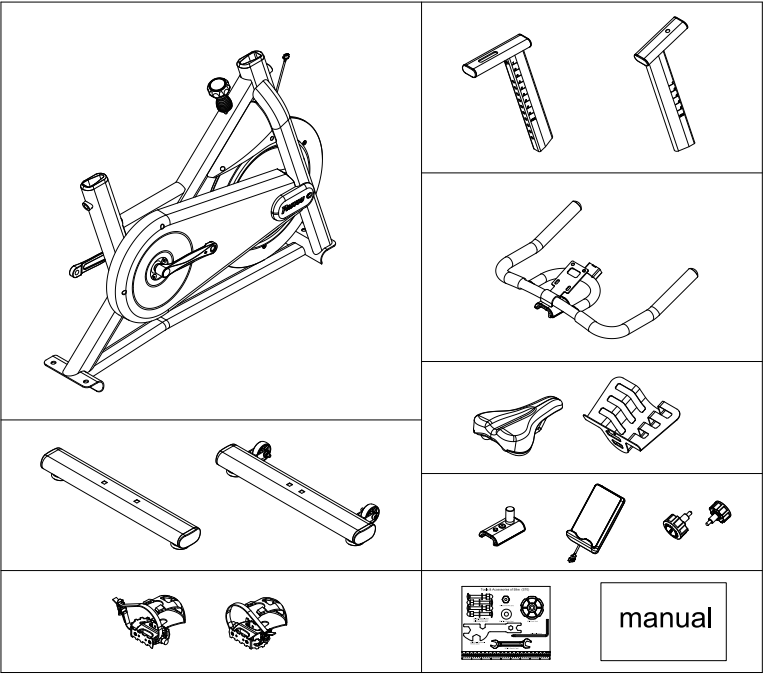
1. Keep children and pets away from the bike at all times. DO NOT leave unattended children in the same room with the machine.
2. Handicapped or disabled persons should not use the bike
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Before beginning training, remove all within a radius of 2 meters from the machine. DO NOT place any sharp objects around the bike.
5. Position the bike on a clear, level surface away from water and moisture. Place mat under the unit to help keep the machine stable and to protect the floor.
6. Use the bike only for its intended use as described in this manual. DO NOT use any other accessories not recommended by the manufacturer.
7. Assemble the machine exactly as the descriptions in the instruction manual.
8. Check all bolts and other connections before using the machine for the first time and ensure that the trainer is in the safe condition.
9. Hold a routine inspection to the equipment. Tighten all bolts on a regular basis. Pay special attention to components which are the most susceptible to wear off, i.e. connecting points and wheels. The defective components should be replaced immediately. The safety level of this equipment can only be maintained by doing so. Please don't use the bike until it is repaired well.

- 10. NEVER operate the bike if it is not functioning properly.
- 11. This machine can be used for only one person's training at a time.
- 12. Do not use abrasive cleaning articles to clean the machine. Remove drops of sweat from the machine immediately after finishing training.
- 13. Always wear appropriate workout clothing when exercising. Running or aerobic shoes are also required.
- 14. Before exercising, always do stretching first.
- 15. The power of the machine increases with increasing the speed, and the reverse.The machine is equipped with adjustable knob, which can adjust the resistance.

ASSEMBLY INSTRUCTION

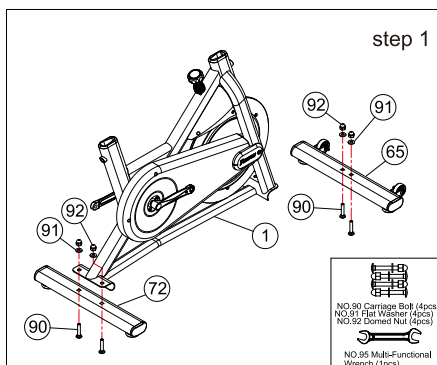
PREPARATION

- A. Before assembling make sure that you will have enough space around the iter
- B. Use thepresent tooling for assembling.
- C. Before assembling please check whether all needed parts are available, at the above of this instruction sheet you will find an explosion drawing with all single parts(marked with numbers) which this item consists of.



1. INSTALL FOOT TUBE

Pass the Carriage Screw (90) through the Front Leg Tube (65), Frame (1) and Flat Spacer (91), and then tighten it with the Round Cap Nut (92) and Open End Wrench (95).
Fix the Rear Leg Tube (72) to the Frame (1) in the same way .



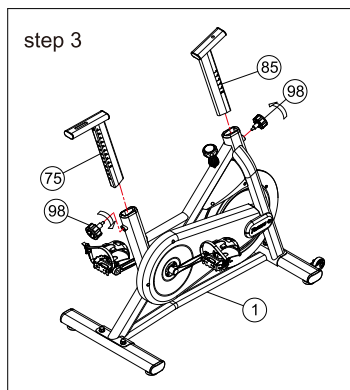
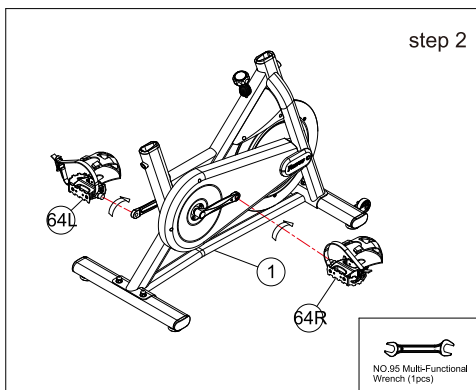
2. INSTALL PEDALS

Install the Left Pedals (64L) to the left crank, and using the handlebar as a reference, turn the left pedal counterclockwise toward the handlebar (as shown) and tighten with the Open End Wrench (95).

Install the Right Pedal (64R) to the right crank, and using the Handlebar as a reference, turn the right pedal clockwise toward the handlebar (as shown) and tighten with the Open End Wrench (95).

3. INSTALLING THE HANDRAIL ADJUSTMENT TUBE AND SEAT ADJUSTMENT TUBE

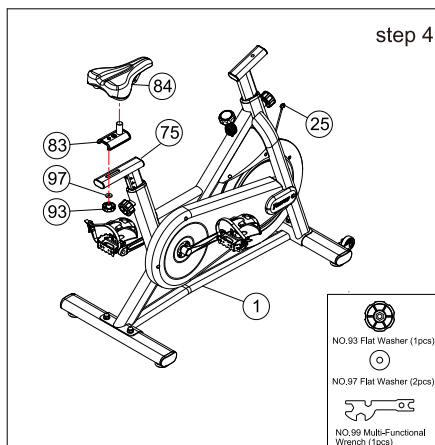
Insert the Seat Adjustment Tube (75) and the Armrest Adjustment Tube (85) into the frame, adjust to the corresponding position according to individual needs, and then lock it with the Pull Pin Knob (98).



4. INSTALL THE SEAT SLIDER AND SEAT

① Put the Seat Slider (83) on the Seat Adjustment Tube (75), and then lock it with the Knob (93) and the Enlarged Spacer (97).

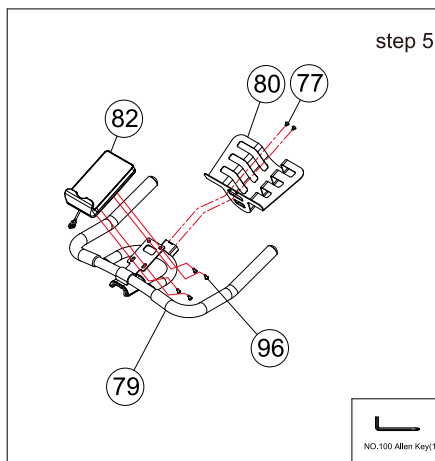
② Insert the Seat Cushion (84) on the Seat Slider (83), and then use the Multifunctional Wrench (99) to lock the screws on both sides of the Seat Cushion (84).



5. INSTALL MONITOR AND CUP HOLDER

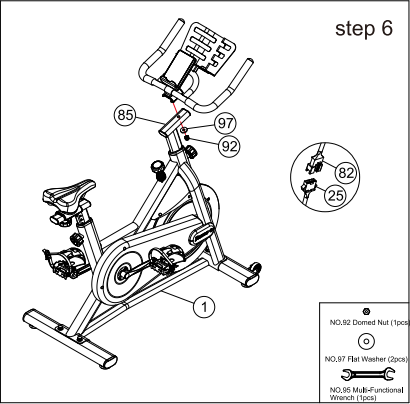
① Remove the four Umbrella Head Phillips Screws (96) on the back of the Monitor (82) with a Cross Allen Wrench (100), then place the Monitor (82) on the Monitor support of the Armrest (79), and use the With a Cross Allen Wrench (100), pass the four Umbrella Head Phillips Screws (96) through the electronic watch bracket and lock it on the Monitor (82).

② Remove the two Countersunk Head Phillips Screw (77) on the Armrest (79) with a Cross Allen Wrench (100), align the water Cup Holder (80) with the holes on the Armrest (79), and Use Cross Allen Wrench (100) to pass the two Countersunk Head Phillips Screw (77) through the water Cup Holder (80) and lock them on the Armrest (79).

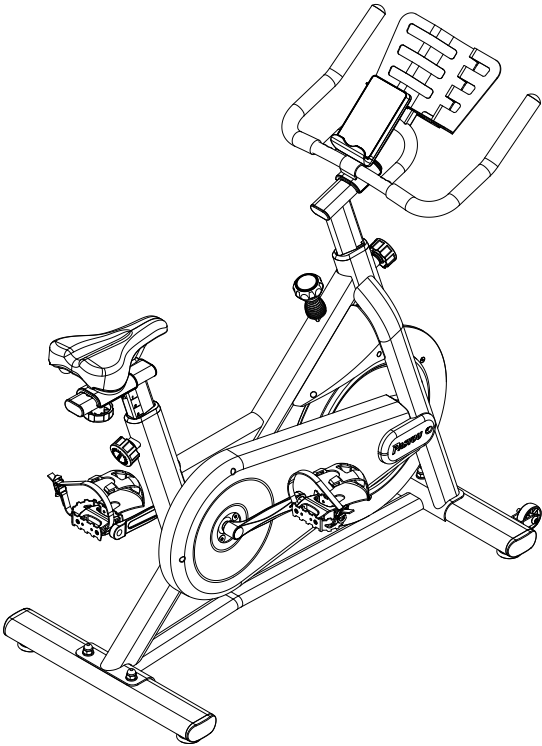


6. INSTALL THE ARMREST AND CONNECT THE MONITOR

- ①Insert the assembled Armrest (79) on the Armrest Adjustment Tube (85), and use an Open End Wrench (95) to lock the Enlarged Spacer (97) and round cap nut to lock (92) the Armrest (79).
- ②Insert the Connecting Line (25) on the frame (1) into the interface of the Monitor (82).



7. THE INSTALLATION IS COMPLETE



MONITOR INSTRUCTION

1. DISPLAY FUNCTION

ITEM	DESCRIPTION
SCAN	• Under SCAN mode, press MODE/ENTER to select functions. • Scan every function automatically every 6 seconds. • Press MODE/ENTER, all functions will be shown in order : TIME→ DIST→CAL→RPM/SPEED.
TIME	• Without preset target, TIME will accumulate. • With preset target, TIME will count down from the target. When it arrives 0, it will beep to remind the trainer. • When training, if there is any signal input for 4 second, TIME will stop. • Range: 0:00 ~ 99:59
DISTANCE	• Without preset target, DISTANCE will accumulate. • With preset target, DISTANCE will count down from the target. When it arrives 0, it will beep to remind the trainer. • Range: 0:00 ~ 99:99
CALORIES	• Without preset target, CALORIES will accumulate. • With preset target, CALORIES will count down from the target. When it arrives 0, it will beep to remind the trainer. • Range: 0~9999
WATT	• Display power consumed during training. • Range: 0~999
LOAD	• Display the adjusted resistance level. • Range: 1~100%
SPEED	• If no signal input for over 4 seconds when training, SPEED will show as "0.0". • Range: 0.0 ~ 99.9
RPM	• If no signal input for over 4 seconds when training, RPM will show as "0.0". • Range: 0 ~ 999

2. BUTTON FUNCTION

ITEM	DESCRIPTION
UP	• Press UP to increase the digit. Press and hold, the digit could increase quickly. • TIME Setting Range: 00:00~99:00 (Add 1:00 each time) • CAL Setting Range: 0~9990 (Add 10 each time) • DIST Setting Range: 0.00~99.50 (Add 0.5 each time)
DOWN	• Press DOWN to decrease the digit. Press and hold, the digit could decrease quickly. • TIME Setting Range: 00:00~99:00 (Decrease 1:00 each time) • CAL Setting Range: 0~9990 (Decrease 10 each time) • DIST Setting Range: 0.00~99.50 (Decrease 0.5 each time)
MODE/ENTER	• Press MODE/ENTER to select each function. • Press and hold MODE/ENTER for 2 seconds, all digits will be cleared.
RESET	• Under Setting mode, press RESET once can clear all current digits. • Press and hold RESET for 2 seconds can also clear all digits.

3. OPERATIONAL PROCEDURE

TURN ON

LCD Display, shown as Fig 1.

TURN OFF

If no signal input for over 4 minutes,
the monitor will go to Sleep Mode.



Fig 1

OPERATION

1. Training Setting

Press MODE/ENTER to select functions: TIME, DISTANCE, CALORIES. Press UP or Down to set the target digit, press UP to increase, press DOWN to decrease. Press MODE/ENTER to confirm after finish the setting.

Set TIME as an example: when the digit of time bleeps, press UP/DOWN to set the digit, press MODE/ENTER to confirm and goes to the next setting. The setting of DISTANCE, CALORIES is the same as TIME.

When start training and the signal is detected by monitor, the digit of SPEED/RPM, TIME, DISTANCE and CALORIES will add up.

4. TROUBLESHOOTING

When the display dims, please replace the batteries.

If there is no signal shown when training, please check if the sensor cable is well connected.



NOTE

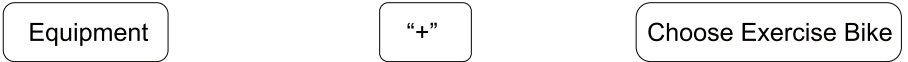
1. If there is no signal input for over 4 minutes, the display will dim.
2. If there is an error on the display, please re-assemble the batteries and try again.

5. APP CONNECTION

1. Search "KINOMAP" in the mobile app store to download the app.



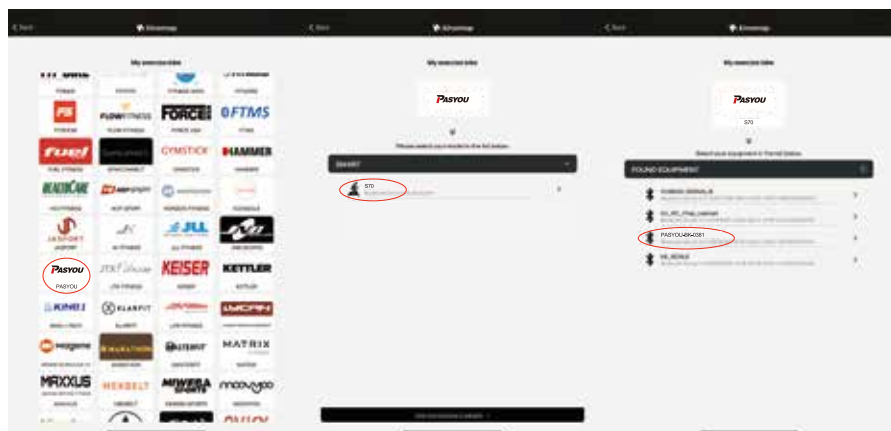
2. After the download is complete, open the APP and register your personal information, turn on the Bluetooth of your mobile phone, and make sure that the monitor is powered on and awake.
3. Add sports equipment, the specific operations are as follows:



Select "PASYOU"

Select "S70"

Find Equipment



4. After the equipment is connected, choose the scene you like and start your workout!

! NOTE

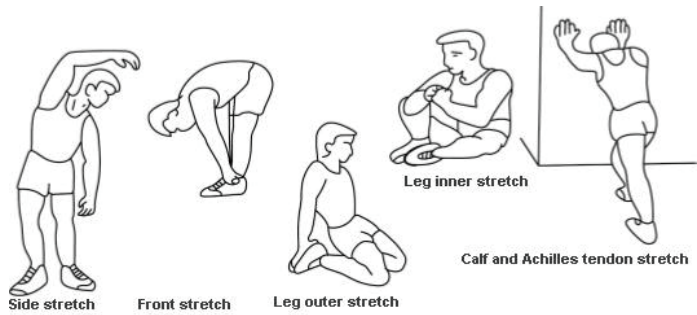
1. This monitor can connect APP on the smart device by Bluetooth.
2. This monitor is connected by using Iconsole protocol.
3. When the monitor is connected with the smart device, there will be no digits on the display, the digits will be shown on the smart device.

TRAINING GUIDE

Exercise with indoor bikes can offer a lot of benefits: better health, slimmer shape and etc.

1. WARM-UP STAGE

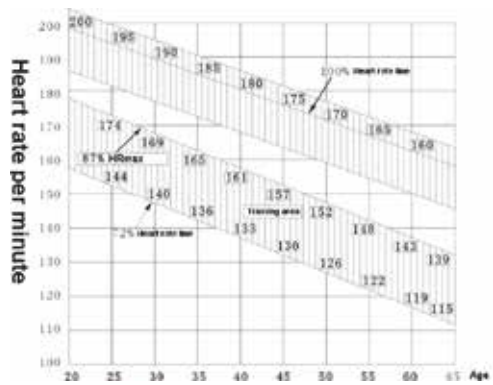
Warm-up can help reduce the risk of cramps or muscle damage. Stretching exercises are recommended as shown below. Each stretch should be about 30 seconds. Please proceed stretching according to your body condition.—— If you feel painful, please stop.



2. EXERCISE STAGE

Effort is needed. Your body will be more flexible after regular exercising for a period. It's very important to exercise with your own steady and acceptable cadence. The intensity of the exercise should allow you to reach the target heart rate range. Refer to the left image, find your age group on the x-coordinate, and then up to find your target heart rate range.

The target heart rate is suggested to last for at least 12mins to reach the exercise goal. It's suggested to +/- exercise according to the condition of your body. It's suggested to increase the intensity step by step.



3. CALM DOWN STAGE

After exercise, repeating the stretching like we do in warm-up stage. It can help relax your body. It's suggested to last for about 5mins. Please do the stretching according to the condition of your body. Do not force your muscle.

4. ERROR CHECKING

If the display on your console cannot show correctly, please check if all connections are correct.

5. IN SHAPE

A certain training intensity is required. It means pressure on your leg's muscle. Please try your best to exercise within the intensity that your body can handle.

6. LOSE WEIGHT

The important factors are your exercise frequency and intensity. Work harder, burn more calories. We want to improve our health by training. The difference is just our exercise goals.

7. ADJUSTMENT

The seat is four directions adjustable: Up & Down & Forward & Backward. Choose the suitable seat position according to your need. Then tighten the knob. You can +/- the resistance by adjusting the brake knob. The higher the resistance, the harder you can ride. Please exercise according to the condition of your body.



NOTICE

If you want to adjust the handlebar's height, please loosen the adjust knob first, and then adjust the handlebar to your target position. Then re-tighten the knob. Notice: Please kindly noted the adjusting height should not beyond the position marked 'Stop'.

MAINTENANCE

1. Before exercise with the bike, please kindly check that all the moving parts (screw, nut and etc.) are firmly locked and secured. Please check your equipment regularly. If any damaged parts are found, please replace them immediately. Please do not exercise before the relevant worn parts are repaired.
2. Please pay special attention to the most easily worn parts. If you find the brake friction pad has fallen off or failed, please replace it.
3. Please kindly check the crank and pedal before exercise, to make sure they are assembled in firm condition. If not, please repeat the installation steps.

FCC WARNING STATEMENT

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

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.

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

IC WARNING

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:

- 1) this device may not cause interference and
- 2) this device must accept any interference, including interference that may cause undesired operation of the device.

Radiation Exposure: This equipment complies with Canada radiation exposure limits set forth for an uncontrolled environment; To maintain compliance with IC's RF Exposure guidelines, This equipment should be installed and operated with minimum distance of 5mm the radiator your body. This device and its antenna(s) must not be co-located or operation in conjunction with any other antenna or transmitter.

Déclaration de l'ISED Canada :

Cet appareil contient des tasmitte (s) / récepteur (s) sans licence / conformes à l'innovationRSS exemptes de licence de Sciences et Développement économique Canada. L'opération est sous réserve des deux conditions suivantes :

- 1) cet appareil ne peut pas causer d'interférences et
- 2) cet dispositif doit accepter toute interférence, y compris peut provoquer le fonctionnement indésirable de l'appareil.

Exposition aux rayonnements : Cet équipement est conforme aux radiations du Canada limites d'exposition pour un environnement incontrôlé noncé d'exposition RF Pour maintenir le respect des guides d'exposition RF d'IC, cquipment doit être installé et actionné avec une distance minimale de 5mm le radiateur de votre corps. Cet appareil et ses antennes ne doivent pas être co-localisé ou en opération en conjonction avec toute autre antenne ou émetteur.



Ningbo Shuntai Health Technology Co., Ltd.

Scan the Instagram QR Code to reach us online

Email: support@pasyoufit.com

PASYOU_SUPPORT