

LABGREY

EXERCISE BIKE

Product Model: **L3**



User Manual

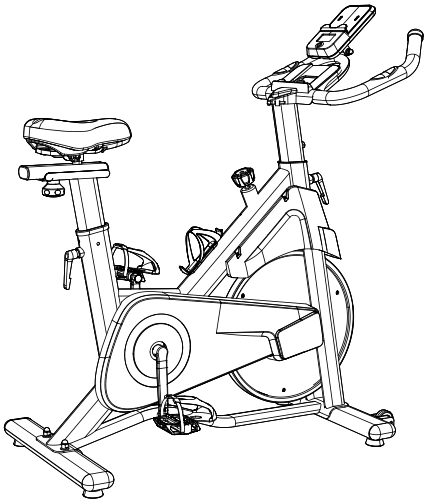
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Precautions for Use

1. When exercising, be sure to put your feet into the pedal cover. Do not stop immediately when spinning to avoid accidents. To stop training, first slow down the speed of the foot, and then adjust the resistance knob clockwise until the flywheel stops rotating, and then off the exercise bike.
2. The exercise bike only applies to one person at a time, in the use of other people to maintain a safe distance of more than 50cm. When the flywheel is rotating, it is forbidden to touch it with your hands and other body parts or other objects to avoid danger.
3. Please use it after proper installation and inspection.
4. Customer who have heart disease or lung disease, please use this product under the guidance of doctors or fitness professionals.
5. Please check the machine carefully before the first use, and check the machine strictly according to the principle of installation every 1-2 months after the use. Please try to keep the bike in normal use, and use the original spare parts.
6. The resistance of this product is adjustable. Please select the appropriate resistance.
7. Before each use, please check whether the handlebar, seat and other parts are fastened well, whether the pedals are loose, etc. If there is looseness, please lock it in time. Timely replace problematic parts.
8. Clean the exercise bike regularly with soft cloth and neutral detergent, and do not use any solvents or corrosive detergents.
9. Any problems involving the main body, bearings, belts and rotating wearing parts, please do not repair them by yourself, but contact seller in time.
10. The brake pad inside the bike is a wearing part, during the exercise, if you find a strange noise, or movement resistance is not normal, you should remove the shell, check whether the internal brake pad is worn (the thickness of the middle part of the brake cotton is less than 2mm is worn). If it is worn, the brake pad should be replaced immediately.
11. Avoid direct sunlight, especially the electronic watch will be easily damaged. Keep the exercise bike in a clean and dry environment, away from children.
12. There is a stop engraved on the armrest holder or cushion holder tube, please do not exceed this height when adjusting.
13. Exercise bike should be placed in a fixed flat place can not be placed in a tilted place, in order to prevent the fall.
14. If it does not work properly, please contact the seller.

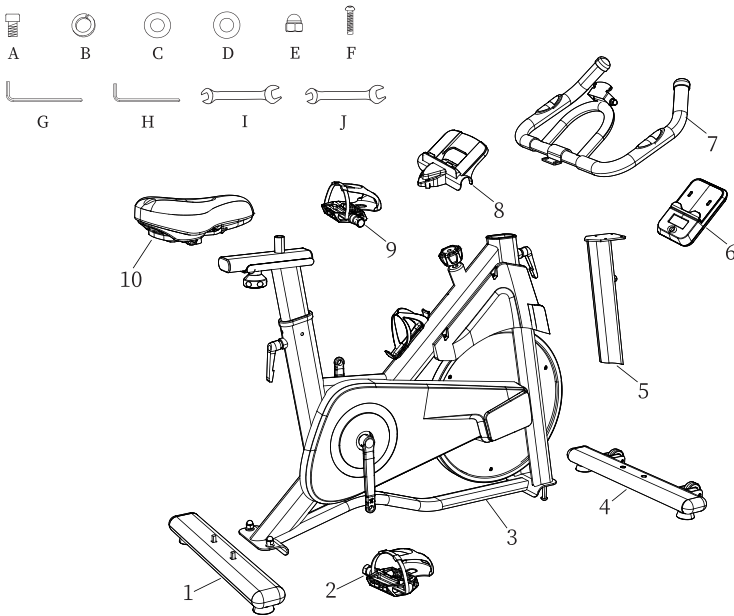
Product Basic Information



Product Type	Stationary Magnetic Resistance Exercise Bike
Model No.	L3
Brake System	Magnetic Resistance
Resistance Adjustment	Rotary Resistance Adjustment
Drive Mode	Belt Drive
Width of Handrail	440MM
Crank Material	Cast Steel
Pedal Material	Aluminium Alloy
Front and Rear Foot Tube Distance	900MM
LCD Display	Speed / Time / Distance / Calorie
Item Size	1093*1229.4*521.4MM
Package Size	970*185*740MM
Item Weight	NW: 27.3KG GW: 30.5KG

Parts Drawings

Follow the assembly parts list below to ensure that all parts are available and in good condition. Do not throw away the outer box packaging until the inspection is complete. If an parts is missing, please carefully check the package again.



No.	Parts Name	Qty
1	Rear Foot Tube	1
2	Right Pedal	1
3	Bike Frame	1
4	Front Foot Tube	1
5	Handlebar Slide	1
6	Monitor	1
7	Handlebar	1
8	Handlebar Cover	1
9	Left Pedal	1
10	Cushioned Seat	1



A



B



C



D



E



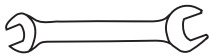
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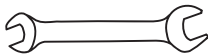
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H



I



J

No.	Parts Name	Qty
A	Hexagon Socket Head Cap Screws M6	4
B	Spring Washers Φ6	4
C	Plain Washers Φ6*12*1.5	4
D	Plain Washers Φ10*20*2	2
E	Cap Nuts M10	2
F	Hexagon Socket Pan Head Screw M10*60	2
G	Hexagon Socket Spanner 5mm	1
H	Hexagon Socket Spanner 6mm	1
I	Open-end Spanner 13-15	1
J	Open-end Spanner 17-19	1

Electric Watch Display

1. Electric Watch Display

Specifications	Display Data	Functions
TMR	00:00-99:59 Min/Sec	Press the MODE key until the pointer advance to TIME. The total working time will be shown.
SPD	0.0-99.9 Km/h	Press the MODE key until the pointer advance to SPEED. The working speed will be shown.
DIS	0.00-99.99 Km	Press the MODE key until the pointer advance to DISTANCE. The distance or each workout will be displayed.
ODO	0.00—999.9 Km	Press the MODE key until the pointer advance to ODOMETER. The odometer will be displayed.
CAL	0.0-999.9 Kcal	Press the MODE key until the pointer advance to CALORIES. The calories burned will be displayed.

2. Key Function

- ◆ Press the key to switch on the display.
- ◆ When "SCAN" flashes, each function will be displayed one by one in turn. At this time, press the key, "SCAN" will disappear, and stop displaying in turn, and enter into the lock mode to fix on a certain function, and then you can press the key to select the function you want to display.

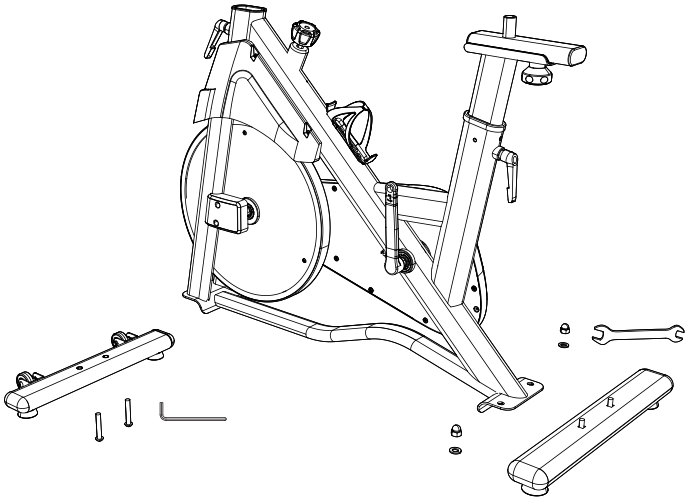

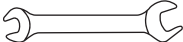

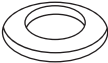
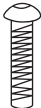
3. Cautions

- ◆ When the movement is stopped and there is no key operation within 4 minutes, the electronic meter will turn off automatically.
- ◆ The electronic meter will turn on automatically when there is motion sensing or key operation.
- ◆ Press and hold for 2 seconds to clear the data of the electronic watch.

NOTICE: 2 AAA batteries is needed(Package not Included). Make sure that the batteries point in the direction of the +/- indicators in the battery bay.

Installation Step-by-Step Instructions

STEP 1: Installation of the Foot Tube

				
Installation Tools				
	6mm		17-19mm	
Installation Standard Parts				
	Φ10X2PCS	Φ10X2PCS	Φ10X2PCS	
Installing Instructions	<div><div>1. Remove the carton out vertically from the bottom up and take out the bike.</div><div>2. Assemble the rear foot tube to the bike frame and lock the cap nuts, plain washers and spring washers with a spanner.</div><div>3. Assemble the front foot tube to the bike frame and lock the hexagon pan head screws with a spanner.</div><div>NOTE: During operation, the spring washers(B) are placed above the plain washers(C). Once the screws are in place, please snap the handlebar cover(8) on top of the screws.</div></div>			