

! WARNING	
<ul style="list-style-type: none"> Do not allow children to touch or use this product. Please keep away from moving parts all the time. Constant moving parts may result in serious injuries. Do not use this device in a high temperature or high humidity environment. Refer to the owner's manual for additional warnings and safety information. 	<ul style="list-style-type: none"> Lassen Sie Kinder nicht dieses Produkt berühren oder verwenden. Halten Sie sich jederzeit von beweglichen Teilen fern. Ständig bewegliche Teile können zu schweren Verletzungen führen. Verwenden Sie dieses Gerät nicht in einer Umgebung mit hoher Temperatur oder hoher Luftfeuchtigkeit. Lesen Sie die Bedienungsanleitung für zusätzliche Warnhinweise und Sicherheitshinweise.

! ATTENTION	
<ul style="list-style-type: none"> Ne pas permettre aux enfants de toucher ou d'utiliser ce produit. Gardez-vous toujours éloigné des pièces en mouvement. Les pièces en mouvement constant peuvent entraîner des blessures graves. Ne pas utiliser cet appareil dans un environnement à haute température ou à haute humidité. Consultez le manuel du propriétaire pour des avertissements et des informations de sécurité supplémentaires. 	<ul style="list-style-type: none"> Non permettere ai bambini di toccare o utilizzare questo prodotto. Mantenetevi sempre le parti in movimento lontane da sé. Le parti in movimento costante possono causare gravi lesioni. Non utilizzare questo dispositivo in un ambiente ad alta temperatura o alta umidità. Consultare il manuale del proprietario per ulteriori avvertenze e informazioni sulla sicurezza,

! ADVERTENCIA	
<ul style="list-style-type: none"> No permita que los niños toquen o utilicen este producto. Por favor, manténgase alejado de las partes móviles en todo momento. Las partes móviles constantes pueden provocar lesiones graves. No utilice este dispositivo en un entorno de alta temperatura o alta humedad. Consulte el manual del propietario para obtener advertencias adicionales e información de seguridad. 	<ul style="list-style-type: none"> Laat kinderen niet toe om dit product aan te raken of te gebruiken. Houd altijd uit de buurt van bewegende onderdelen. Voortdurende bewegende onderdelen kunnen ernstige verwondingen veroorzaken. Gebruik dit apparaat niet in een omgeving met hoge temperatuur of hoge luchtvochtigheid. Raadpleeg de handleiding van de eigenaar voor aanvullende waarschuwingen en veiligheidsinformatie.

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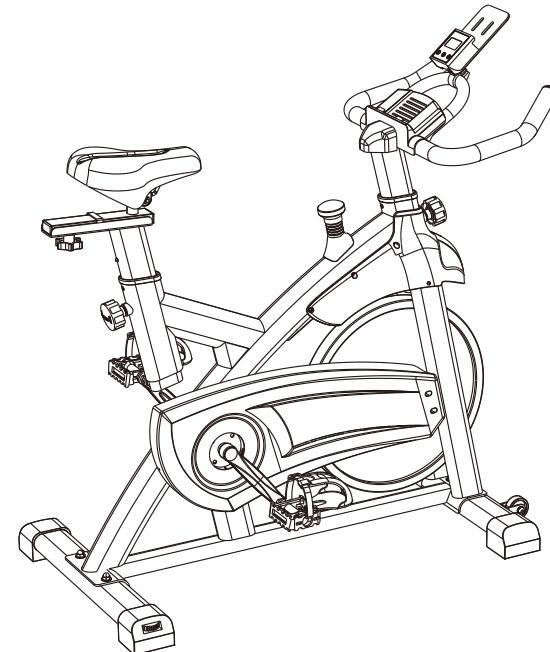
We will strive to provide the best experience for our valued customers, if you have any questions or need further assistance, please contact our Customer support team:

Email:supportfitness@163.com

Tel:1-888-688-7771

USER MANUAL

VS40 EXERCISE BIKE



Please scan the QR code
to view the latest version
of the user manual

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IMPORTANT!

- PLEASE READ THIS MANUAL CAREFULLY BEFORE USING THIS MACHINE.
RETAIN THIS MANUAL FOR FUTURE REFERENCE.

If you have any inquiries or require further assistance during the assembly or using, please contact our customer support:

Method 1: Go to Order Page to contact seller via Amazon

Method 2: Reach us via Email:**supportfitness@163.com**

Method 3: Contact us by phone:**1-888-688-7771**

Warm Tips:

Our support team responds to emails within 24 hours, if you don't get the reply beyond 24 hours, the replies may be wrongly allocated by the email system, please kindly check the spam box or resend your email, so we can realize that you don't get the replies then try another way to contact you.

Wuyi Tieheng Industry and Trade Co., Ltd. declares that the radio equipment type VS40 is in compliance with Directive 2014/53/EU.

The full text of the EU declaration of conformity is available at the following internet address:
<https://scan.erweicaihong.cn/3F57>



USER MANUAL

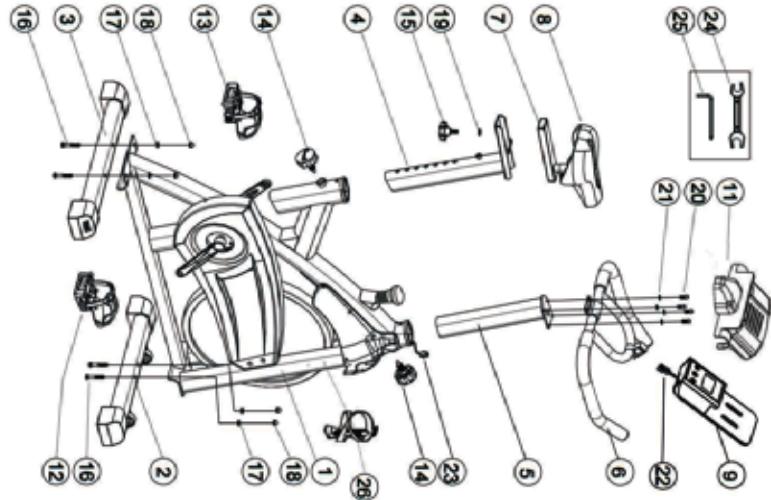
SAFETY GUIDELINE

The lifespan of a spinning bike is closely related to the frequency of maintenance. Regular maintenance is crucial to keep the bike in optimal running condition. Without maintenance, normal riding friction and wear can accumulate, leading to misalignment of parts or the need for premature replacement of components.

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.



01 / PRODUCT ACCESSORIES



Accessories list

NO.	NAME	SIZE	QTY	NO.	NAME	SIZE	QTY
1	Main Frame	Assembly	1	15	Adjusting Knob	M 10	1
2	Front Stabilizer	Assembly	1	16	Carriage Bolts	M8*50	4
3	Rear Stabilizer	Assembly	1	17	Flat Washer	Φ 8.5	4
4	Saddle Post	Assembly	1	18	Cover Nut	M 8	4
5	Handlebar Post	Assembly	1	19	Flat Washer	Φ 10.5	1
6	Handlebar	Assembly	1	20	Round Head Bolt	M8*16	4
7	Saddle Slider	Assembly	1	21	Spring Washer	Φ 8.5	4
8	Saddle	Springloaded	1	22	Sensor wire A	Assembly	1
9	Monitor	Square	1	23	Sensor wire B	Assembly	1
11	Handlebar Cover	Assembly	1	24	Open Wrench	13-15	1
12	Right Pedal	R	1	25	Inner Hexagon Spanner	6mm	1
13	Left Pedal	L	1	26	Water Bottle Holder	Assembly	1
14	Adjusting Knob	M 16	2				

02 / INSTALLATION INSTRUCTION

STEP 1: Fix the front stabilizer (2) to the main frame (1) using two carriage bolts (16), flat washers (17), and cap nuts (18), and tighten all screws with the open wrench (24).

Note: As shown in the diagram, the moving wheels of the front stabilizer (2) should face forward.

Fix the rear stabilizer (3) to the main frame (1) using two carriage bolts (16), flat washers (17), and cap nuts (18), and tighten all screws with the open wrench (24).

Note: The foot adjusters on the rear stabilizer (3) can be adjusted to make the bike more stable on the ground. The moving wheels on both sides of the front stabilizer (2) can be used to move the bike.

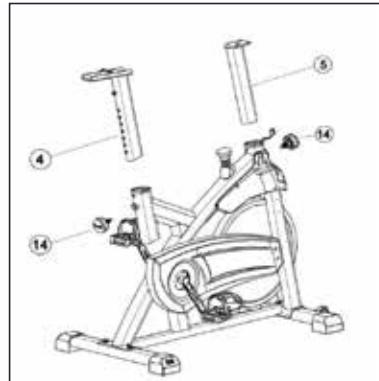
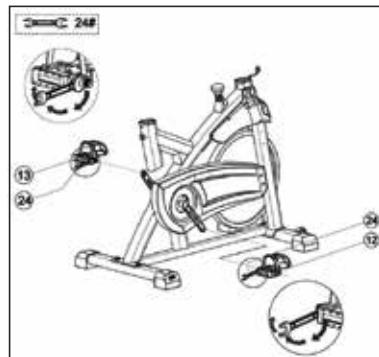
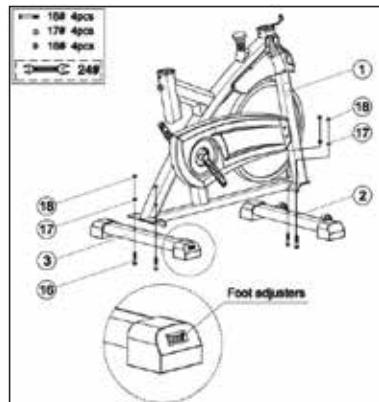
STEP 2: Install the right pedal (12) with R mark on the right crank and fix it with the open wrench(24). Note: please tighten it in clockwise.

Install the left pedal (13) with L mark on the left crank and fixed with the open wrench (24). Note: please tighten it in counterclockwise.

STEP 3: Insert the saddle post (4) into the main frame (1), pull out the adjustment knob (14), and the adjustment knob (14) automatically inserts into the corresponding hole of the saddle post(4).

Insert the handlebar post (5) into the main frame (1), pull out the adjustment knob (14), and the adjustment knob (14) automatically inserts into the corresponding hole of the handlebar post (5).

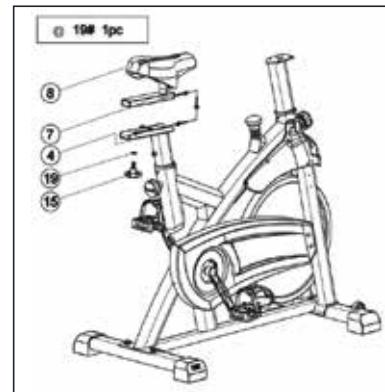
Note: There is no need to tighten the knob at this time.



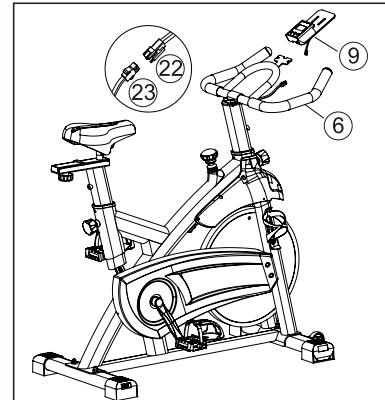
STEP 4: Install the saddle slider (7) on the saddle post (4) and secure it with the flat washer (19) and the adjusting knob (15).

Note: Loosen the adjusting knob (15) to adjust the saddle slider (7) to the corresponding position.

Before each use, make sure that the adjusting knob (15) is fully tightened.



STEP 5: Fix the handlebar (6) to the handlebar post (5) using four spring washers (21) and round head bolts (20), and tighten them with the inner inner hexagon spanner (25).

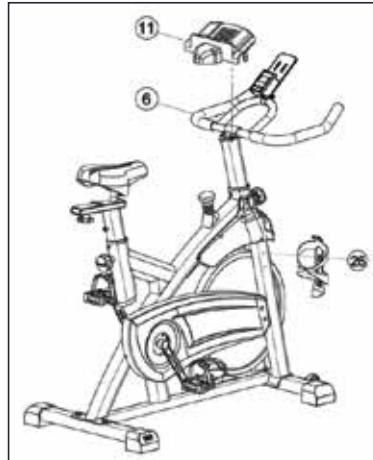


STEP 6: Connect sensor wire A (22) to sensor wire B (23) as shown in Figure 1. Then remove the two pre-installed screws on the back of the monitor (9) and use them to mount the monitor (9) to the mounting bracket on the handlebar (6).

STEP 7: Insert the handlebar cover (11) onto the handlebar (6).

Remove the two pre-installed screws on the front right side of the frame then attach the water bottle holder (26) on the frame.

Note: Before using the bike, please confirm that all components are firmly installed on the main frame.



03 / MONITOR INSTRUCTION

KEY GUIDE

MODE	1. Select the function. 2. Press and hold for 8 seconds and release when the monitor shows all data again to switch to imperial units.
SET	1. Target value setting 2. Press "MODE" to select TIME, CAL, or DIST, then press "SET" to set the target value. RESET can zero the set target value.
RESET	Reset the current data value while in the STOP state.

FUNCTION

TIME ----- Counts up time during exercise.

CAL ----- Counts up calories burned during exercise.

SPEED ----- Displays current speed during exercise.

DIST ----- Counts up distance during exercise.

ODO ----- Displays the total accumulated distance.

NOTE

1. The monitor will shut off automatically, if no sign put into for 3 minutes, all function value will be saved. You can press any key or restart exercising to wake up the monitor.

2. If improper display on monitor, please re-install the batteries.

3. Battery spec: 1.5V AAA (2PCS).

SPECIFICATIONS

FUNCTION	TIME	0:00~99:59
	SPEED	0~99.9KM(MILE)/H
	DIST	0~999.9KM(MILE)
	CAL	0~999Kcal
	ODO	0~999KM(MILE)
BATTERY TYPE		2pcs of SIZE -AAA or UM -4
OPERATING TEMPERATURE		0°C ~ +40°C
STORAGE TEMPERATURE		-10°C ~ +60°C

APP

- Search "KINOMAP" in the mobile app store to download the app.
- Please scan the QR code for Bluetooth connection instructions.

NOTE: Before connecting "KINOMAP", please turn on or wake up the Display



04 /

TRAINING GUIDE

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

1. Warm-up Stage

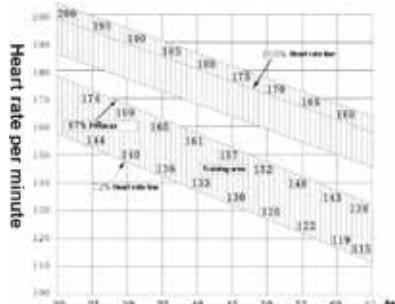
Warm-up can help reduce the risk of cramps or muscle damage. Stretching exercises are recommended as shown below. Each stretch should be about 30 seconds. Please proceed stretching according to your body condition.—— If you feel painful, please stop.



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'.

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.

RF Exposure Statement

To maintain compliance with FCC's RF Exposure guidelines, This equipment should be installed and operated with minimum distance of 20cm 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.

