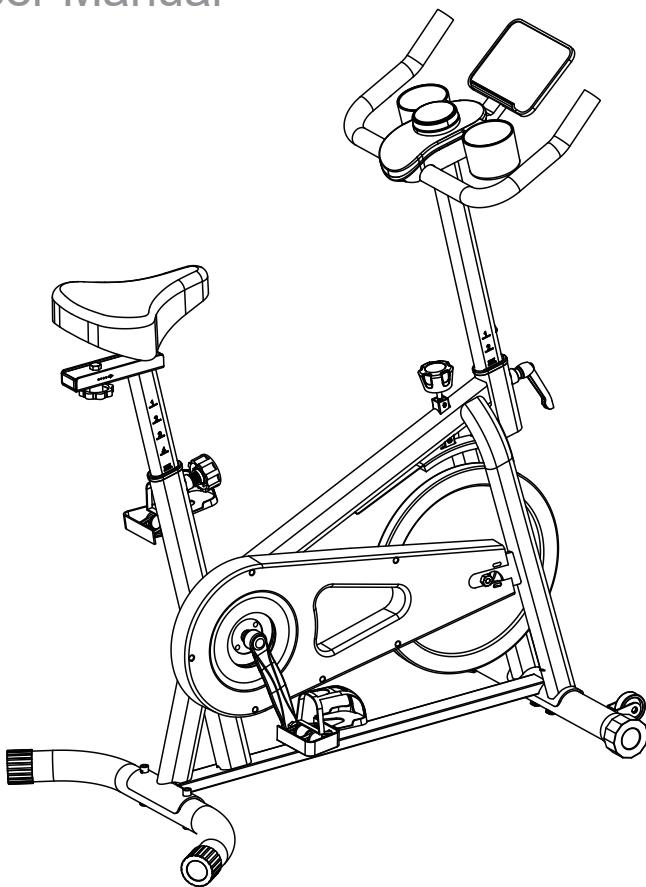




Adjustable exercise bike.

QM-630W

User Manual



IMPORTANT!

Please keep this owner's manual for maintenance and adjustment instructions. Your satisfaction is very important to us. **PLEASE DO NOT RETURN THIS PRODUCT BEFORE CONTACTING US.**

support@eyesun.net or +008617510497005

EXERCISE BIKES

⚠️WARNING

1. Improper exercise techniques or excessive use may negatively impact your health. Our company is not responsible for any injuries caused by sudden medical conditions or misuse of this equipment.

2. To minimize the risk of injury, always adhere to fundamental safety precautions when using this fitness equipment, including the following guidelines.

DISCLAIMERS

All information, illustrations, and specifications in this manual were in effect at the time of publishing. The illustrations used in this manual are intended as representative reference views only. We reserve the right to make any specification or design changes without notice.

ALL RIGHTS RESERVED

All rights reserved. No part of this manual may be reproduced in any form without written permission from EYESUN Equipment.

⚠️DANGER



Read this manual before use or maintenance. Failure to follow instructions and safety precautions may result in serious injury or death.

UPDATES

The latest User Manual for your EYESUN products can be found under our support tab at EYESUN.net/pages/manuals. Or scan the following QR code with your smartphone camera to be directed to the link.



PRODUCT REGISTRATION

For trouble-free warranty coverage, it is important to register your EYESUN product.

You can register by:

- Registering your product online at: EYESUN.net/pages/warranty.

For Your Records

Date of Purchase: _____

Model Number: _____

Serial Number: _____

Place of Purchase: _____

- Sending the following product information to: EYESUN Warranty Registration.

- IMPORTANT: Keep your purchase receipt for trouble-free warranty coverage.

⚠️ WARNING

Before beginning any exercise program, consult your physician to determine if you have any existing injuries or medical conditions that may pose a risk to your health and safety or prevent you from using this equipment. If you are currently undergoing medical treatment for heart rate regulation, blood pressure, or cholesterol levels, your doctor's advice is especially important.

NOTICE

1. This workout equipment is not intended for use by individuals (including children) with reduced physical, sensory, or mental abilities, or those lacking experience and knowledge, unless they have been given supervision or instruction on its use by a responsible person.

2. Pay close attention to your body's signals.

Caution: Improper or excessive exercise may be detrimental to your health. If you experience pain, chest tightness, irregular heartbeat, shortness of breath, dizziness, fainting, or any discomfort, stop exercising immediately and consult your physician before continuing your workout regimen.

NOTICE

Thank you for choosing EYESUN!

PLEASE READ BEFORE RETURNING THIS PRODUCT FOR ANY REASON.

Keep this manual for future reference.

If you have a question or experience a problem with your EYESUN purchase, call us at 0086-175-1049-7005 to speak with EYESUN.

HAVE QUESTIONS?

Email us at support@EYESUN.net

Or call +008617510497005



Warm-Up

Do stretches before exercising. Warm muscles are easier to stretch, so start with a 5-10 minute warm-up, then perform the stretches shown below:

5 times, holding each stretch for 10 seconds or more per leg. Repeat after your workout.

1. Stretch Down

Bend your knees slightly and slowly bend your body forward. Relax your back and shoulders, and try to touch your toes with your hands. Hold for 10-15 seconds, then relax. Repeat 3 times (see Figure 1).



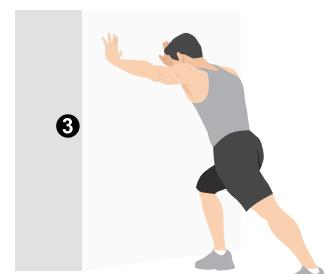
2. Seated Hamstring Stretch

Sit with one leg straight. Bring the other leg in so that it is close to the inside of the straightened leg. Try to touch your toes with your hands. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 2).



3. Calf and Achilles Tendon Stretch

Stand with both hands against a wall or a tree, and place one foot behind the other. Keep the back leg straight with your heel on the ground, and lean toward the wall or tree. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 3).



4. Quadriceps Stretch

Reach back with your right hand, grab your right foot, and slowly pull it toward your hips until you feel a stretch in the front of your thigh. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 4).



5. Sartorius (Inner Thigh Muscle) Stretch

Sit with your feet facing each other and your knees pointed outward. Grab your feet with both hands and gently pull them toward your groin. Hold for 10-15 seconds, then relax. Repeat 3 times (see Figure 5).



▲ Safe use instructions

1. Please make sure you have read this manual thoroughly before assembling and using this device. Only by properly installing, maintaining and using this device can you achieve safe and effective results. Please ensure that all users of this device are informed of all warnings and precautions for use.

2. Before starting any exercise program, consult your doctor to determine if there are any injuries or medical conditions that may endanger your health and safety, or prevent you from using this equipment. If you are currently taking medication for heart rate, blood pressure or cholesterol levels, your doctor's advice is very important.

3. Please be aware of the various signals sent by your body. Warning: Improper or excessive exercise can harm your health. If you feel pain, myocardial congestion, irregular heartbeat, shortness of breath, collapse, dizziness or any discomfort, please stop practicing immediately and consult a doctor before continuing your exercise plan.

4. Please supervise your children and keep them away from this device. This device is only suitable for adults.

5. Please place this device on a hard, level, protective or carpeted surface. To ensure safe use, please leave at least 0.5 meters of free space around it.

6. Before exercising, please check that all screws, nuts and other hardware parts are fully and securely installed.

7. **WARNING:** This equipment can only be used safely if the parts subject to wear/damage are checked regularly.

8. **Warning:** Please place the device on a stable and completely level surface for installation. Please use according to the instructions. If you find any defective components during installation or inspection of the device, or hear unusual noises during use, please stop using it immediately. Please do not use the device until the relevant problems are resolved.

9. Please wear fitted sportswear during exercise and avoid wearing loose clothing to avoid getting caught in any moving parts.

10. This device has passed the relevant tests of SGS standards. It is suitable for home use. The maximum user weight is: 330 Pounds.

11. When lifting and moving the machine, be careful to avoid back injuries. Use proper lifting techniques and seek assistance if necessary.

12. All movable parts need to be maintained regularly every week (such as cranks, flywheels, etc.). Please check them before each use. If they are found to be broken or loose, please repair or replace them immediately. You can continue to use them after they are restored to good working condition.

13. Pay special attention to the parts that are most susceptible to wear.

14. Please adjust all adjustable parts to the maximum value before installation.

15. This product is fitness equipment for adults. Children should use it under the supervision of their guardians.

Usage Precautions

1. Please do not use this product to perform dangerous actions.
2. If this product is used under the guidance of fitness professionals, it will achieve better results. This product is a Class C indoor exercise bike and cannot be used as a medical auxiliary equipment. Please be aware of this.
3. Warning! Wrong exercise methods and excessive use will harm your health! Our company will not be held responsible for injuries caused by sudden illness or illegal operation.
4. Please make a reasonable training plan before use and use this product strictly according to the plan.
5. The resistance of this product is adjustable, please choose the appropriate resistance.
6. Please use this product safely, please refer to the instructions for use.
7. Please check all knobs and screws carefully before use to ensure your safety.
8. The base needs to be tightened during installation. After installation, except for the resistance adjustment and display adjustment, other adjustments must be made before using the product and fixed with screws. It can only be used after confirming that it will not loosen.
9. The product needs to be placed on a level surface. If the surface is uneven, the base of the equipment can be adjusted to balance the product.
10. After stopping use, the resistance must be increased to the maximum to prevent unsupervised children from accidentally using it. It is forbidden to use it without supervision.
11. When operating the exercise bike, ensure that there is at least 1 meter of safe operating space around the exercise bike. The product occupies an area of 101*56*120cm. The net weight of this configuration is 44.1 Pounds. The gross weight is 50 Pounds

- Do not use the product if the casing is cracked, broken or detached (internal structure exposed) or the welding part is cracked. Otherwise, accidents or injuries may occur.
- Do not use or store the spinning bike in humid places such as outdoors or near bathrooms.
- Do not use or store the product in places exposed to direct sunlight, near stoves or other high temperature places, or on heating appliances such as electric carpets. Otherwise, the electronic system may be damaged.

WARNING

- Do not use if you are unable to express yourself or cannot operate the machine. Accidents or injuries may occur.
- People who usually do little exercise should not suddenly do intense exercise on a spinning bike.
- Do not use after eating or drinking, when you are tired, just after exercise, or when your physical condition is abnormal. It may cause damage to your health.
- Do not use while eating, drinking, or performing other activities.
- Do not use when your senses are dulled, such as after drinking alcohol. This may result in accidents or injuries.
- Do not use with hard objects in your trouser pockets. Accidents or injuries may result.

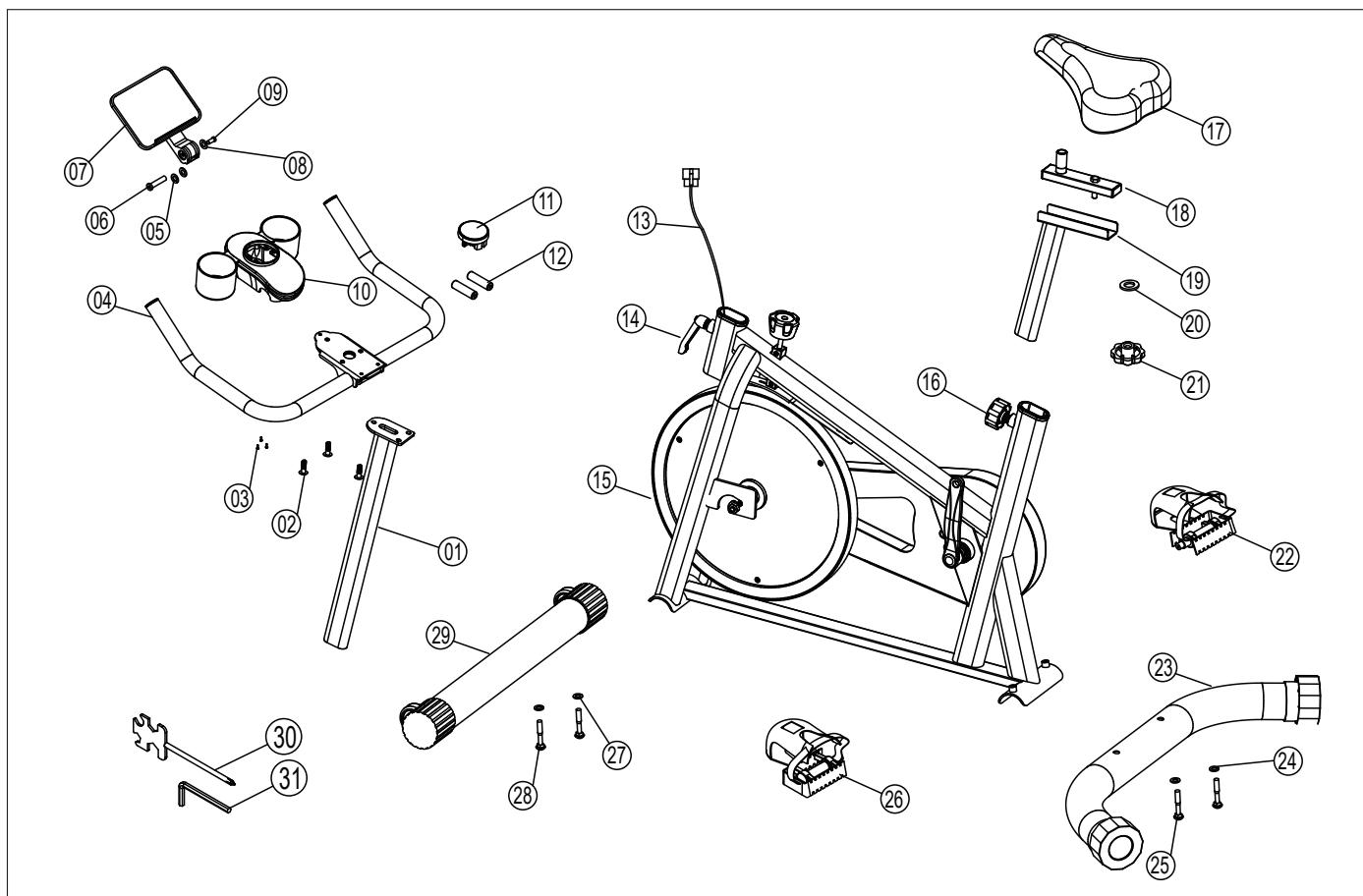
INTRODUCTION

Please read this instruction manual carefully before using the fitness equipment.



NO.	Parts	Qty
1	Standpipe assembly	1
2	Cylindrical head hexagon socket screws	3
3	Cross head tapping screws	3
4	Instrument frame assembly	1
5	Flat washers	2
6	Locking screws	1
7	Mobile phone holder	1
8	Flat washers	1
9	Locking screws	1
10	Upper and lower cover	1
11	Electronic meter	1
12	Batteries	2
13	Frame connecting wire	1
14	L-shaped adjustment knobs	1
15	Main frame assembly	1
16	Plum blossom knob	1

NO.	Parts	Qty
17	Cushion	1
18	Seat slide tube assembly	1
19	Rear seat telescopic tube assembly	1
20	Flat washer	1
21	Plum blossom hollow knob	1
22	Foot pedal R	1
23	Rear leg tube assembly	1
24	Arc gasket	2
25	Hexagon socket head screw	2
26	foot pedal L	1
27	Arc gasket	2
28	Hexagon socket head screw	2
29	Front leg tube assembly	1
30	Hexagon socket wrench	1
31	Cross open end wrench	2



INTRODUCTION

Please read this instruction manual carefully before using the fitness equipment.



1. Use two No. 28 hexagon socket screws M8*60 and No. 27 arc-shaped gasket $\Phi 20*18.5*1.5t$ to fix the No. 15 main frame assembly and No. 29 front leg tube assembly together. As shown in Figure 1:

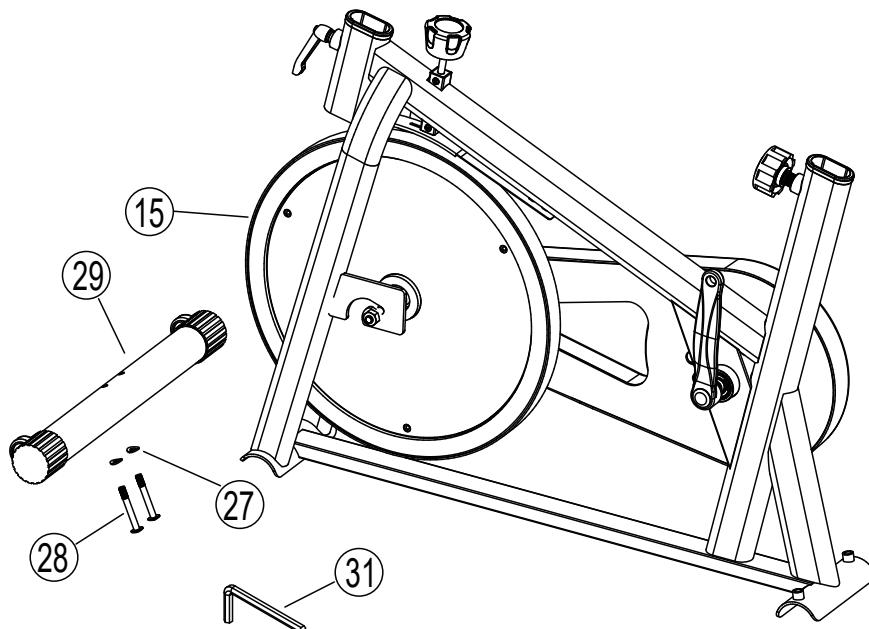


Figure 1

2. Use two No. 25 hexagon socket screws M8*60 and No. 24 arc-shaped gasket $\Phi 20*18.5*1.5t$ to fix the No. 15 main frame assembly and No. 23 rear leg tube assembly together. As shown in Figure 2:

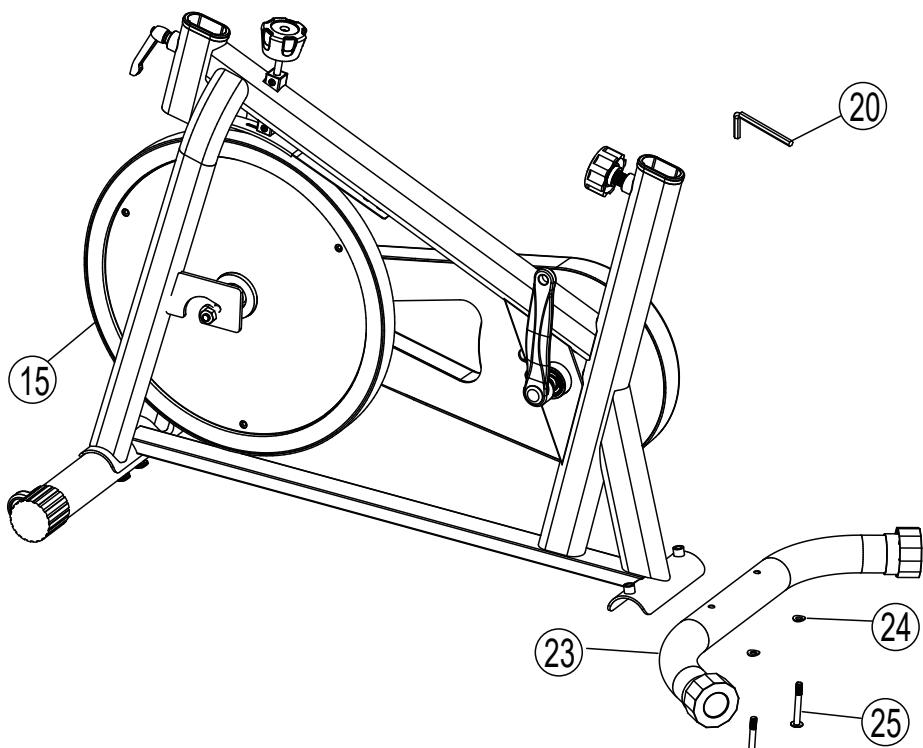


Figure 2

INTRODUCTION

Please read this instruction manual carefully before using the fitness equipment.



3.Align the No. 10 upper and lower covers with the No. 07 mobile phone holder grooves and put them in, then use No. 06 locking screws 8*35, No. 08 locking screws 6*12, two No. 05 flat washers Φ 16*18.5*1.5, one No. 09 flat washer 16*8.5*1, and use two No. 31 hexagonal wrenches (5mm) to lock them. As shown in Figure 3:

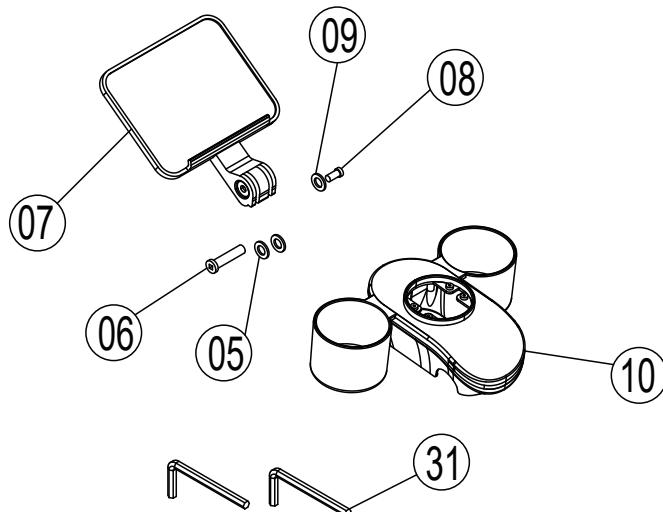


Figure 3

4. Assemble the No. 10 upper and lower covers and the No. 04 instrument frame assembly together, and use the No. 03 cross small head self-tapping screws M4*15 to lock the upper and lower covers from the bottom to the top of the instrument frame assembly using a No. 30 cross open-end wrench. As shown in Figure 4:

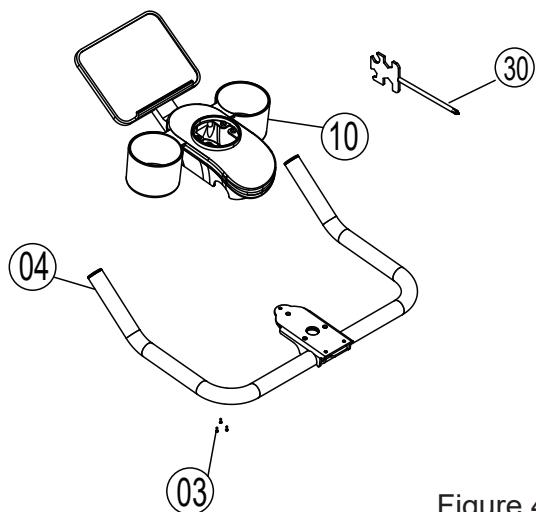


Figure 4

5. Assemble the No. 04 instrument frame assembly and the No. 01 vertical pipe, and tighten the three No. 02 cylindrical head hexagon screws M8*16 with a No. 31 hexagon wrench (5mm). As shown in Figure 5:

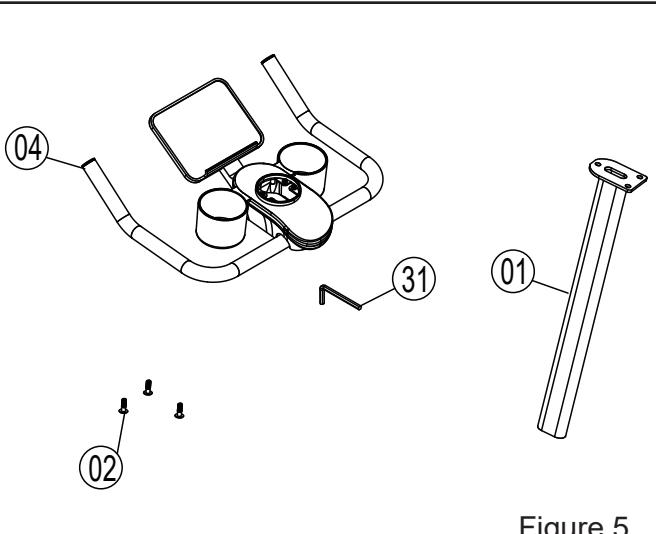


Figure 5

6. Install the No. 19 rear seat telescopic tube set, the No. 18 seat sliding tube set and the No. 17 seat cushion No.20 gasket and fix them together with the No. 21 plum blossom hollow knob. The seat cushion can also slide far and near to adjust the distance. As shown in Figure 6:

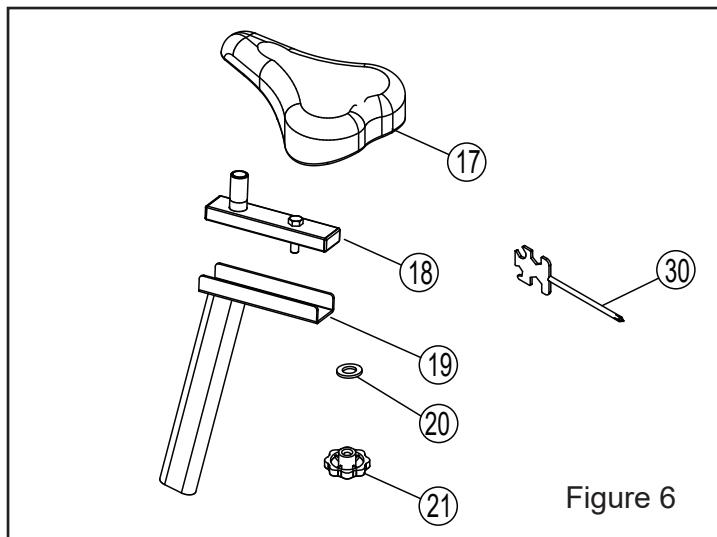
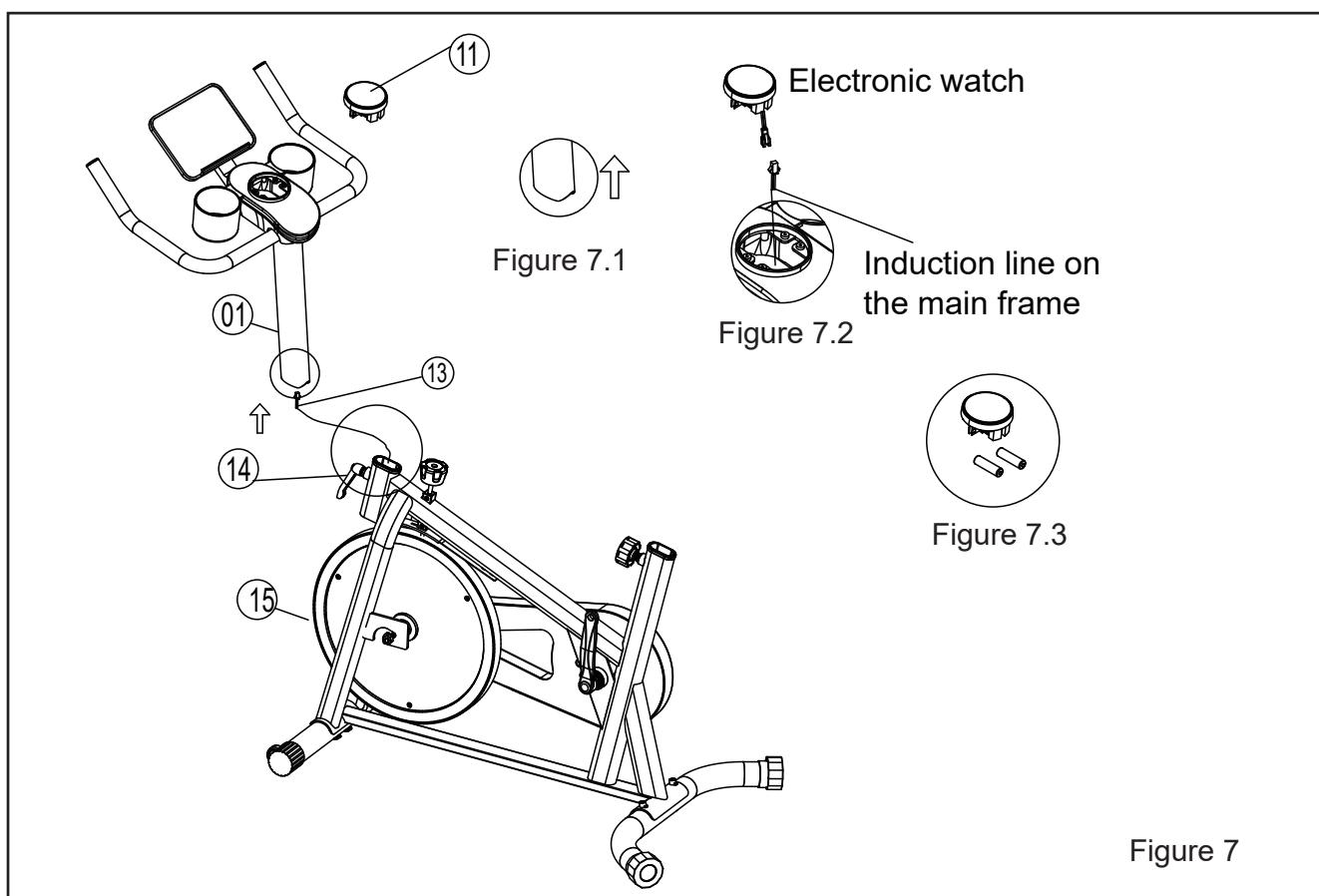


Figure 6

7. Put the induction wire on the riser of the No. 15 main frame assembly through the No. 01 riser assembly and plug it into the No. 11 electronic meter as shown in Figure 7.1. Plug the frame connection wire into the No. 11 electronic meter as shown in Figure 7.2. Install the No. 01 riser on the riser of the No. 15 main frame assembly and lock it with the No. 14 adjustment knob as shown in Figure 7. Put the battery into the electronic meter as shown in Figure 7.3.



8. Insert the assembled cushion set No. 17/19/21 into the main frame No.

15. As shown in Figure 8:

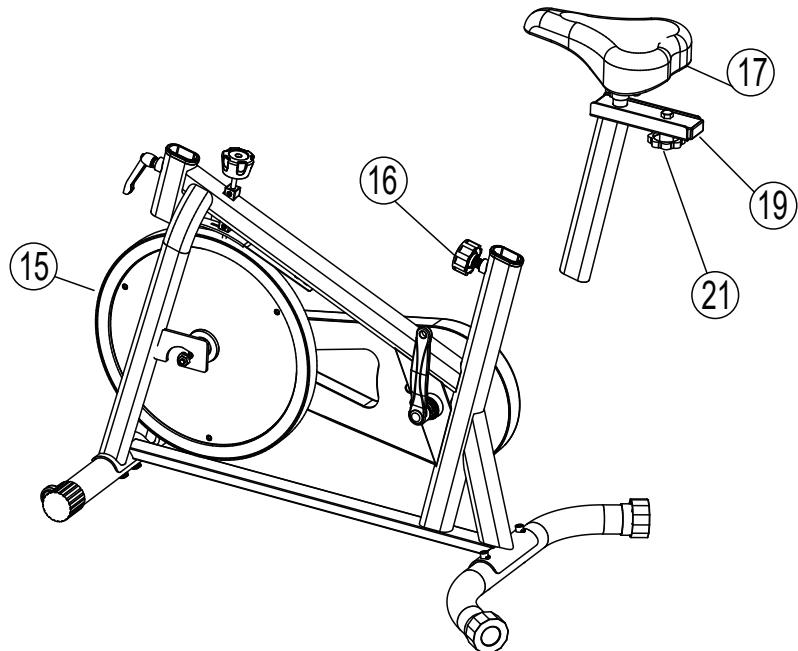


Figure 8

9. The seat cushion can be adjusted up and down through the No. 16 plum blossom knob with multiple holes. As shown in Figure 9:

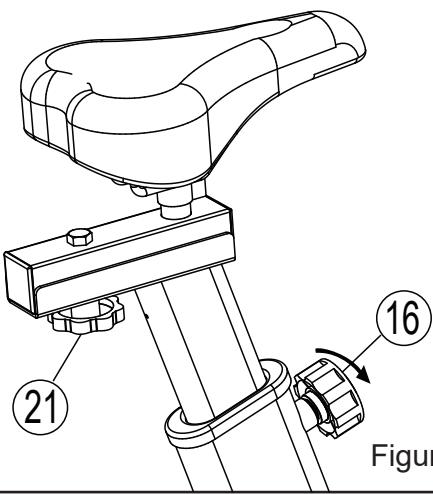


Figure 9

10. The armrest group can be adjusted up and down through the No. 14 L-shaped adjustment knob. As shown in Figure 10:

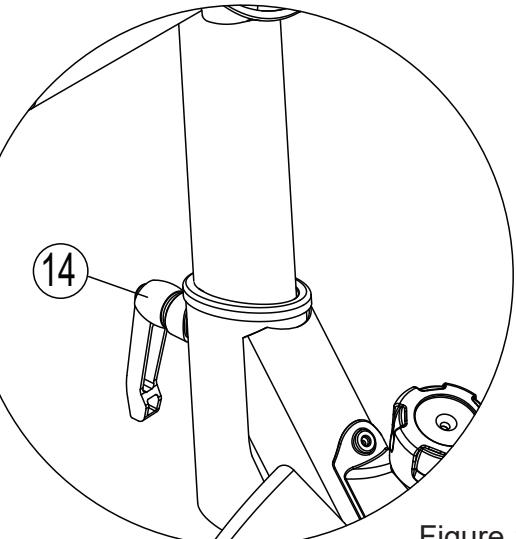
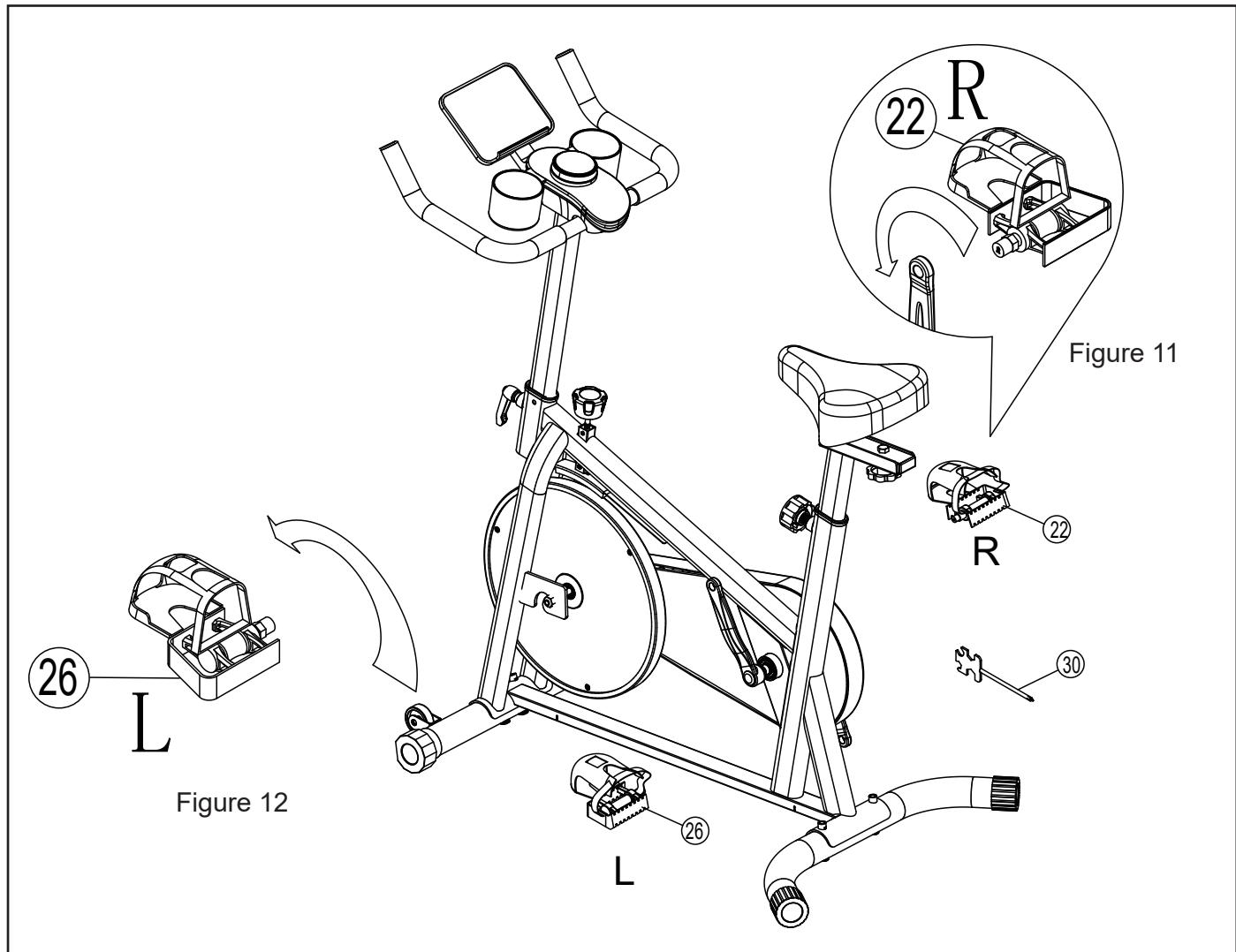


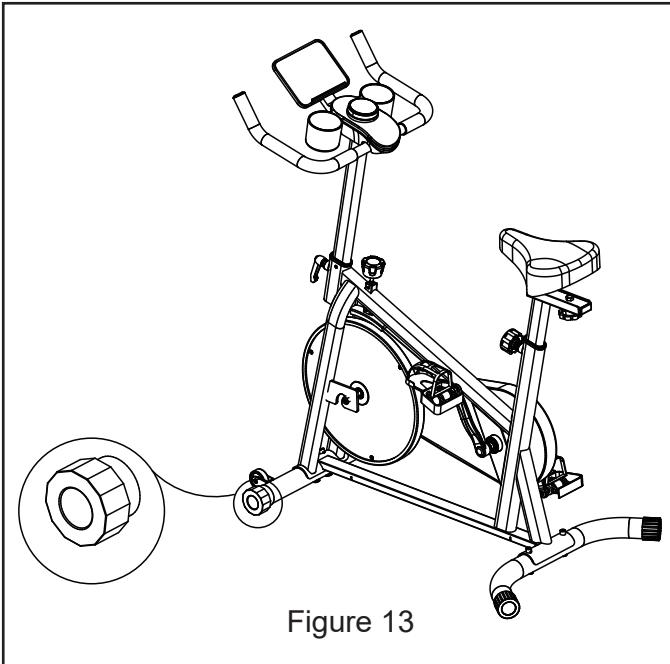
Figure 10

11. Align the No. 22 pedal R with the crank threaded opening and rotate it counterclockwise as indicated by the arrow. As shown in Figure 11:

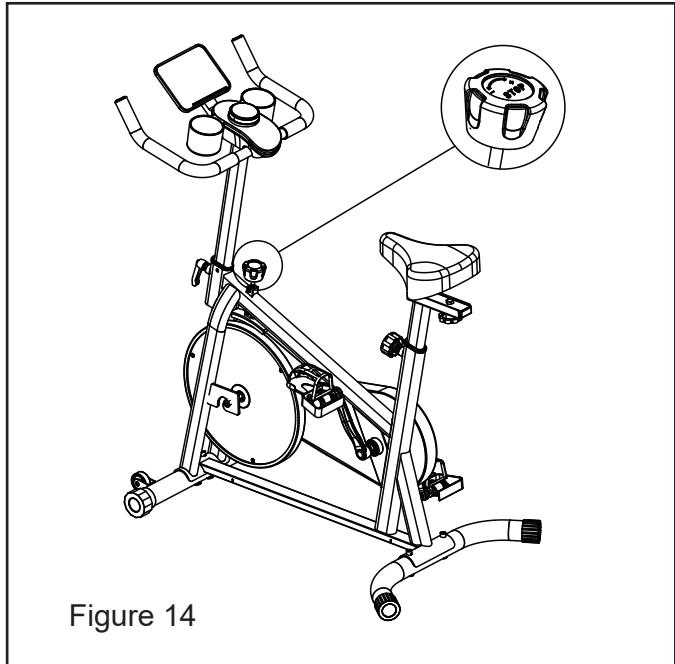
12. Align the No. 26 pedal L with the threaded opening of the crank and rotate it counterclockwise as indicated by the arrow to install it. As shown in Figure 12:



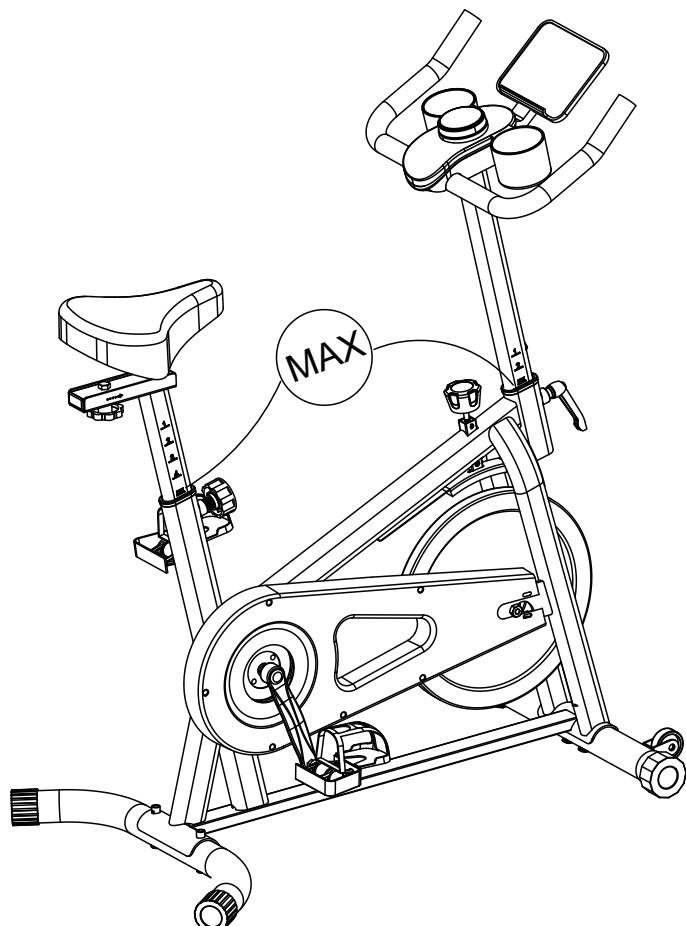
13.If the whole vehicle is not stable after assembly, you can rotate the wheels by hand to make slight adjustments.As shown in Figure 13:

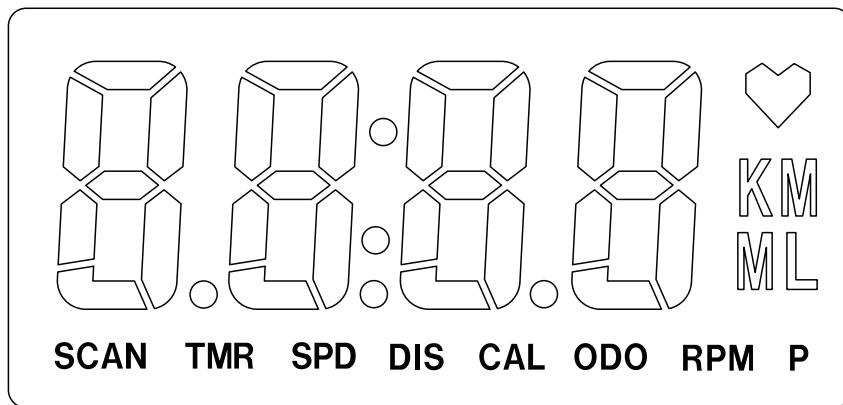


14.Rotate the adjustment handle forward and backward to increase or decrease the resistance. Press down directly to brake urgently.As shown in Figure 14:



15.After assembling all parts, check the screws in each part to ensure they are tightened before use.





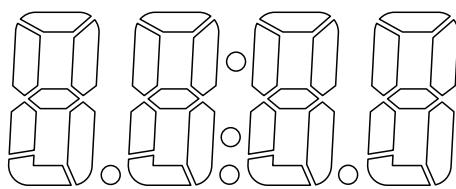
Display function

1. The meter will not work if the battery is not installed. For proper operation, please ensure that the meter is properly locked in place and the meter wires are properly connected.
2. When not in use, the display will be blank. To use, just start the pedal and the display will show your time/mileage/number of times/total times/calories.
3. The display will automatically start in Scan mode. In this mode, the SCAN icon on the left side of the display will be visible and flashing. The mode will cycle you through each display function as you work. Press the display button and release to select the next display function. This function will remain on the screen throughout the training session. Press the display button again to cycle through each display function.
4. To reset the display, press and hold the display button until the screen is fully displayed once, then release the button. The display function will now be reset to zero.

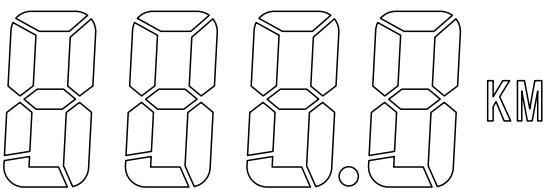
SCAN: This feature allows the program to automatically scan or rotate each training data reading (time, speed, distance, calories, total mileage). When the SCAN icon on the left side of the screen is lit and flashing, the scan function is running.

INTRODUCTION

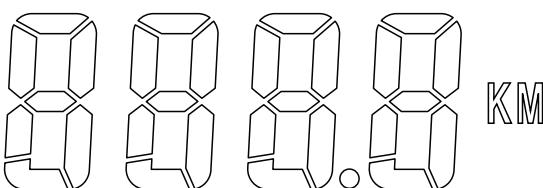
Please read this instruction manual carefully before using the fitness equipment.



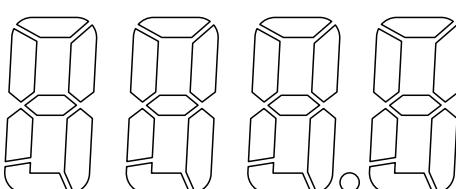
TIME: This function shows the duration of your training.



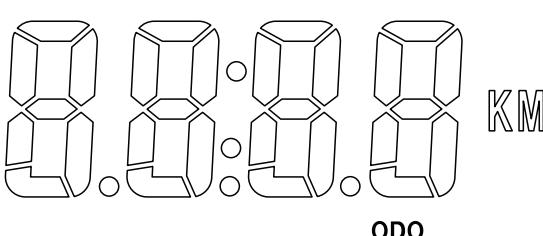
SPD - Speed: This function shows your speed while training



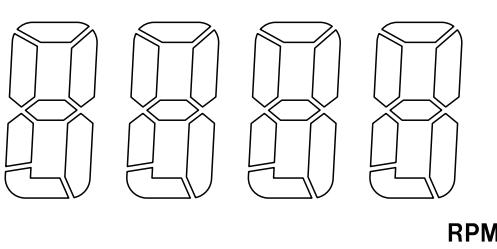
DST-Distance: This function shows the distance you have traveled in a single exercise during training.



CAL - Calories: This feature shows the calories you have burned during training. The calorie count is based on average body weight, so the result is only an estimate. The result should not be used for medical purposes



ODO-Total Mileage: This function displays the total mileage you have exercised during training



RPM-Cadence: This function displays the real-time cadence data while riding, that is, how many times you ride per minute.

NOTES / NOTAS



✉ support@eyesun.net

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. NOTE: 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.

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

The device has been evaluated to meet general RF exposure requirement, the device can be used in portable exposure condition without restriction