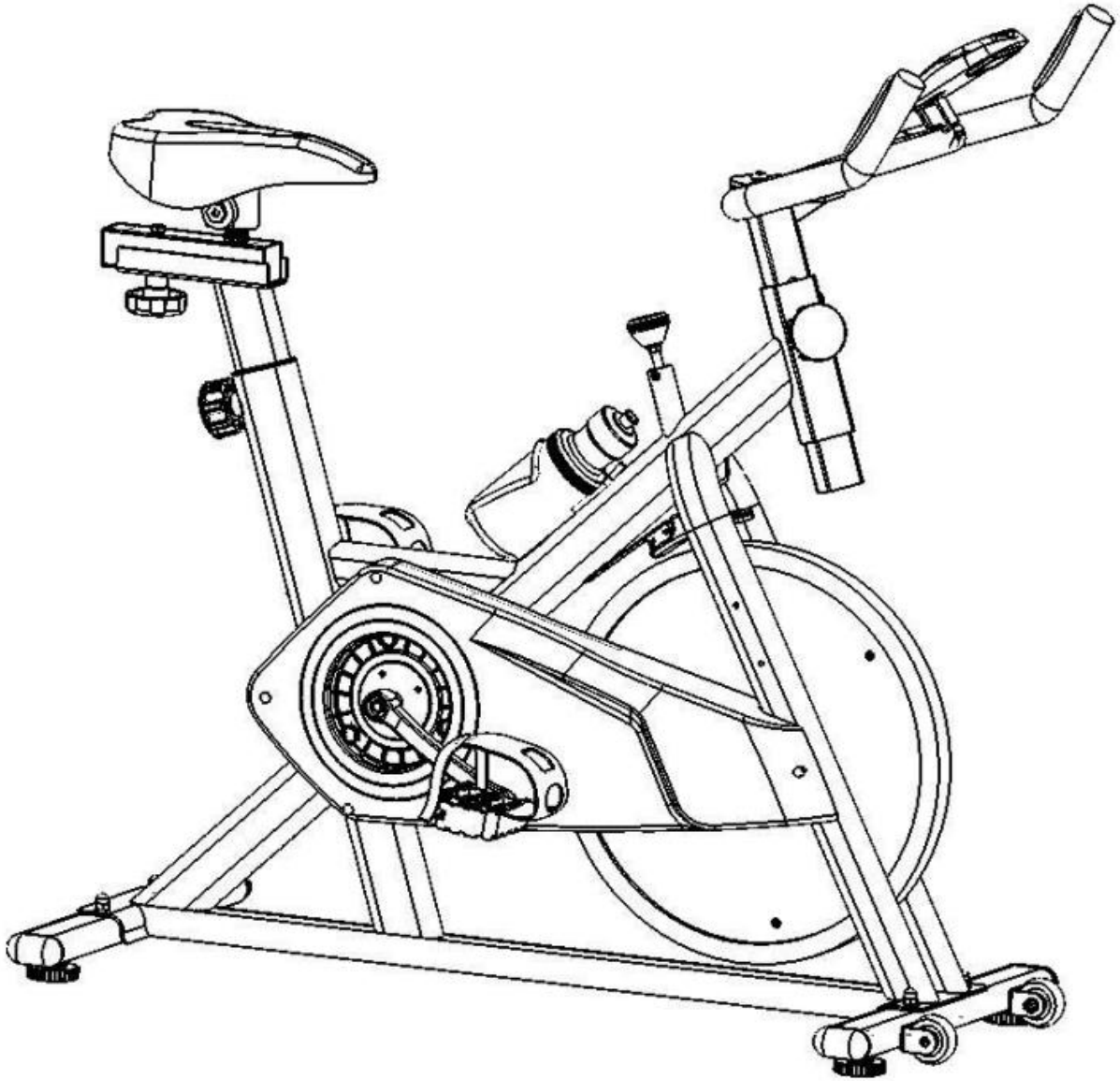


# USER MANUAL



**Please read the User Manual carefully before using this product and retain for future reference.**

## **Important Safety Instructions**

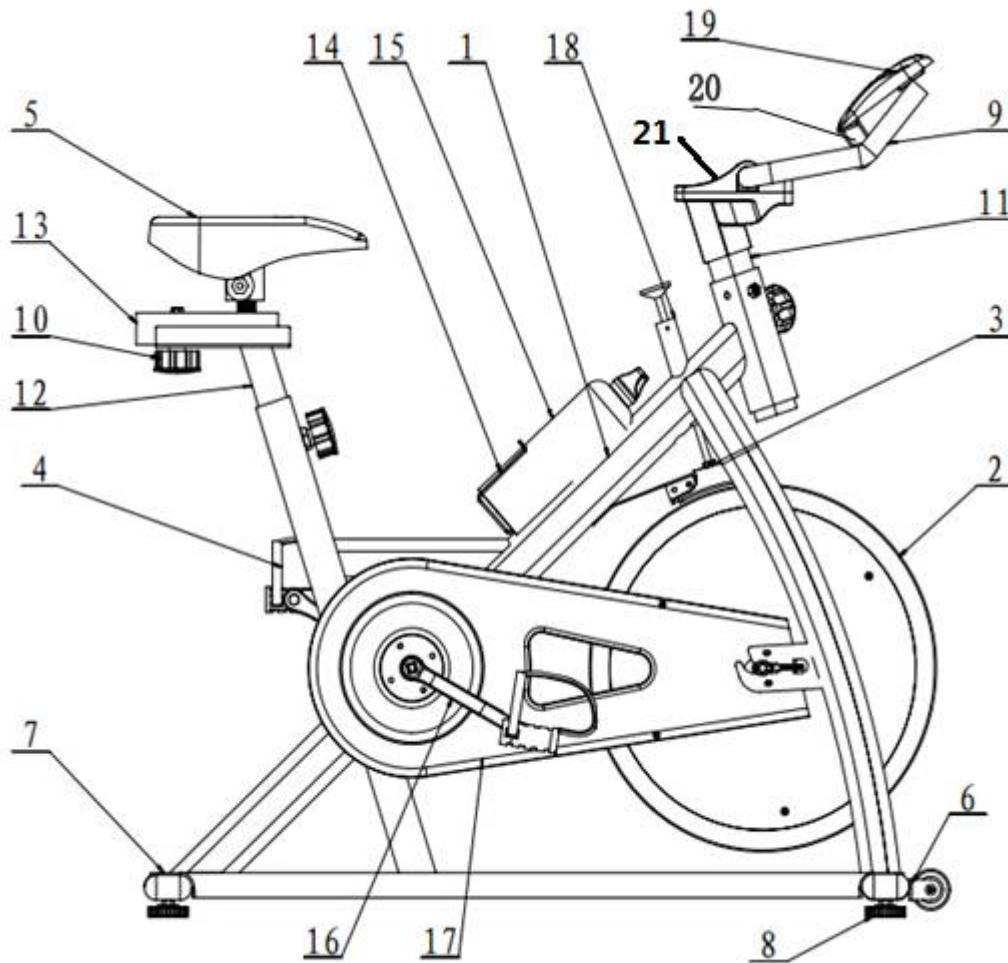
**Please read carefully prior to using this product.**

You should consult a physician before beginning any exercise program including a program involving the use of the spin bike - this is especially important if you are pregnant, sick, injured or have a pre-existing medical condition. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level. If whilst using the spin bike you feel dizzy, faint, short of breath, or any pain, **STOP** using the bike immediately and consult a physician.

**When using fitness equipment, you should follow normal safety procedures, especially if there are children or pets around.**

1. Always place the bike flat on the ground in a dry clean area, to avoid placing the bike on thick carpet. For safety, the equipment should have at least 0.5 meter of free space all around it.
2. Adjust the front and back stabilizers each time you use the bike to ensure it's stable and level with the floor.
3. In the event the bike malfunctions, PUSH down on the red EMERGENCY STOP – the bike will stop immediately – contact the distributor for further instructions.
4. Never exceed the MAX or STOP mark when adjusting the handlebars and saddle, to ensure the adjustment locks are tight and secure.
5. Spinning pedals can cause injury and damage the bike – to reduce pedal speed, add resistance by turning the TENSION control.
6. Regular maintenance will prolong the life of your bike and prevent injury – refer to the Maintenance section below.
7. Always use proper lifting techniques and / or assistance when lifting or moving the bike to avoid injury.
8. Never leave the bike unattended especially if there are young children around.
9. The Spin bike is not suitable for children under 14 years of age or for people with physical conditions unless supervised by an adult.
10. The maximum user weight for the bike is 100KG.
11. The Spin bike is designed for home use only and should only be used indoors in a clean dry area.

## EXPLODED VIEW



## COMPONENTS

### PART LIST

NO.	DESCRIPTION	QTY	No.	DESCRIPTION	QTY
1	main frame	1	11	handlebar supporting tube	1
2	flywheel	1	12	seat supporting tube	1
3	Braking	1	13	seat sliding set	1
4	pedal	2	14	bottle cage	1
5	seat	1	15	water bottle	1
6	front stabilizer	1	16	crank	1
7	rear stabilizer	1	17	chain cover	1
8	stabilizer base	4	18	brake bolt	1
9	handlebar	1	19	computer	1

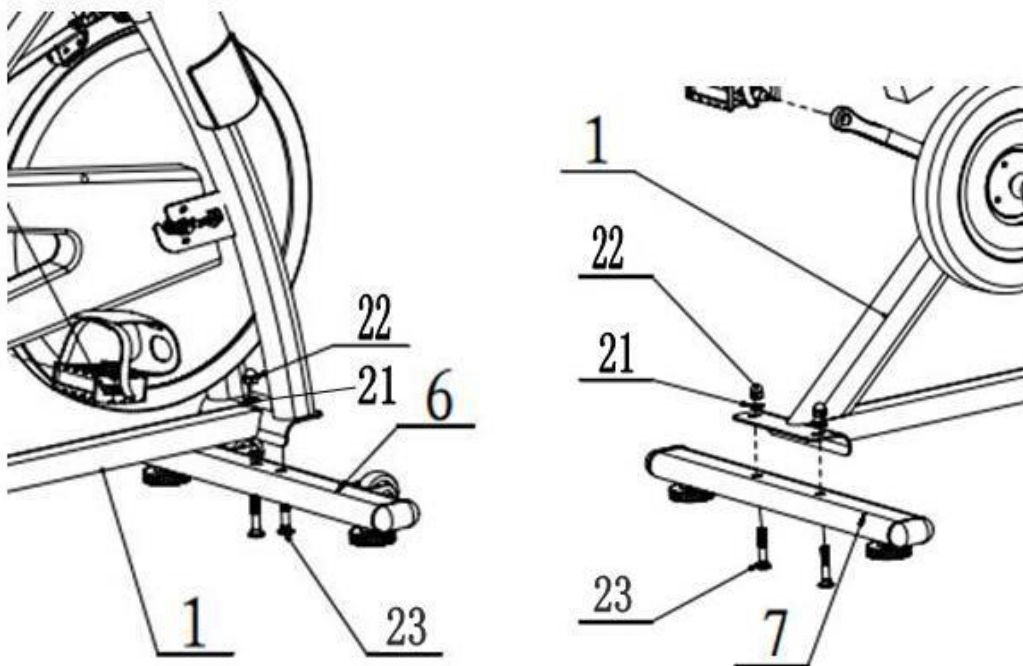
10	adjustable knob	1	20	computer bracket	1
			21	Cover	2

## ASSEMBLY INSTRUCTIONS

*7 easy steps to assemble then you're ready to workout – it takes approx 30 mins to assemble.*

### STEP 1 and 2

1. Fix the front stabilizer (6) and the rear stabilizer (7) to the main frame (1).
2. Lock into the proper place with the bolts (23), washers (21) and nuts (22) provided – see the illustrations.

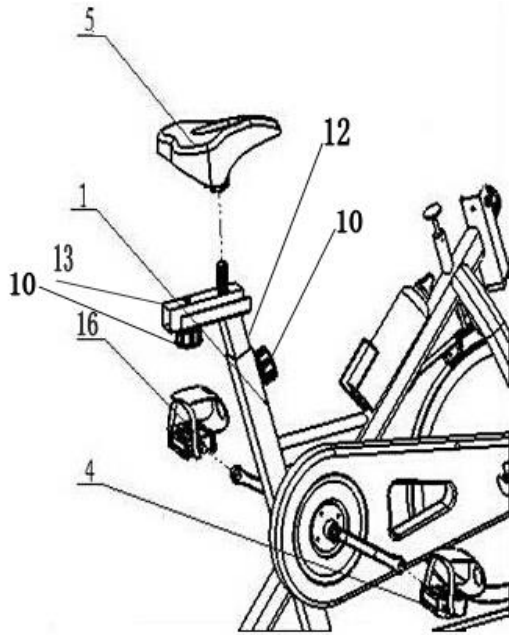


### STEP 3 and 4 and 5

1. Fix the seat supporting tube (12) into the main frame (1), to tighten it with the adjustable knob (10), then slide the seat sliding set (13) into the seat supporting tube (12), to lock in with the adjustable knob (10).
2. Now fix the seat (5) into the seat sliding set (13), to screw the nut of the seat until tight.
3. Screw the pedals (4) to the cranks (16). Please note that there is an 'R' or 'L' marked on the pedal and crank separately.  
Firmly fix the pedal marked L (4) to the crank arm marked L (16) in an anti-clockwise direction until tight.

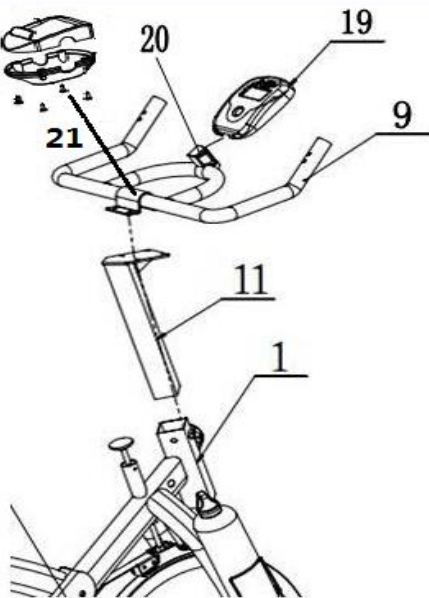
And now firmly fix the pedal marked R (4) to the crank arm marked R (16) in a clockwise direction until tight – see the illustration.

Failure to follow the above instructions could result in damage to the cranks and pedals.



### **STEP 6 and 7**

1. Fix the handlebar (9) to the handlebar supporting tube (11) with the provided bolts and washers.
2. Lock the computer bracket (20) into the handlebar (9), then insert the computer bracket (20) into the flute on the back of the computer (19) – see the illustration. Then remember to load the 2AA batteries, and connect the computer wire to the computer (19) – see the illustration.



## ***Most Important***

After all above 7 steps finished, the most important is to make sure all the bolts and parts are securely fixed before you are riding on the bike.

## **COMPUTER OPERATING INSTRUCTIONS**

SCAN	Scans all functions – TIME, SPEED, DISTANCE, TOTAL DIST, PULSE, CALORIES
TIME	Displays work out time lapse while exercising
SPEED	Displays the current speed
DISTANCE	Displays the distance while exercising
TOTAL DIST	Displays the total distance at the end of your workout
PULSE	Displays your heart rate
CALORIES	Displays the calories you have burned

1. You will need 2AA batteries (provided) to operate the Computer.
2. To select the function you want, press the MODE button and then select the function of choice from the table above.
3. To reset the Computer, hold down the MODE button for 4 seconds.
4. The Computer will automatically turn off after 4 minutes when the bike is not in use. Press any key to restart.
5. To monitor your heart rate, place your thumbs on the heart rate sensor for a few seconds and check the display.
6. To adjust the resistance, turn the tension control to the right (harder), or to the left (easier) .
7. If there is an improper display on the Computer, please replace both batteries with new ones at the same time.
8. To move the bike, hold onto the saddle support pole, lift and push forward.

## **MAINTENANCE**

Regular maintenance will prolong the life of your spin bike and prevent injury. We strongly recommend that you do the following on a regular basis:

1. Clean the bike after use with a soft cloth – ensure it is dry. Note, a build up of moisture over time will cause corrosion.
2. Clean the Computer display with a soft cloth and anti-static computer spray to remove dust or finger prints. **Note**, harsh chemicals will destroy the protective coating on the Computer and cause a static build up inside the Computer that could damage the components.
3. Check the front and back stabilizers each time you use the bike to ensure the bike is stable and level with the floor.
4. Check and tighten loose nuts/buts, the saddle adjustment locks, pedals, and handlebars to ensure they are secure each time you use the bike to avoid injury.
5. A spent battery is hazardous waste, please dispose of it correctly, and do not throw it in the trash.
6. For replacement parts, contact the distributor

## **TROUBLESHOOTING**

<b>REF</b>	<b>PROBLEM</b>	<b>SOLUTION</b>
1	THE PEDALS ARE SPINNING OUT OF CONTROL	<ol style="list-style-type: none"> <li>1. PRESS THE RED EMERGENCY STOP LEVER.</li> <li>2. ADD MORE RESISTANCE BY TURNING THE TENSION CONTROL TO THE RIGHT.</li> <li>3. START PEDALLING SLOWLY.</li> <li>4. KEEP TURNING THE TENSION CONTROL TO THE RIGHT UNTIL YOU CAN FEEL RESISTANCE WHEN YOU PEDAL.</li> </ol>
2	THE BIKE IS UNSTABLE	<ol style="list-style-type: none"> <li>1. ADJUST THE FRONT AND BACK STABILIZERS UNTIL THEY ARE FLAT ON THE SURFACE.</li> <li>2. SHAKE THE BIKE TO ENSURE IT'S STABLE.</li> </ol>
3	THE HANDLEBARS ARE WOBBLY	<ol style="list-style-type: none"> <li>1. PRESS THE RED EMERGENCY STOP LEVER.</li> <li>2. TURN THE HANDLEBAR SAFETY LOCK UNTIL TIGHT (DO THIS WHILE STANDING).</li> </ol>
4	MY FEET BARELY TOUCH THE PEDALS	<ol style="list-style-type: none"> <li>1. ADJUST THE HEIGHT OF THE SADDLE BY PULLING OUT THE HEIGHT ADJUSTMENT LOCK..</li> </ol>

		<p>2. ADJUST THE HEIGHT OF THE BIKE UNTIL THE SADDLE IS HIP HEIGHT.</p> <p>3. REPEAT STEP 1 AND STEP 2 UNTIL YOUR FEET COMFORTABLY SIT INSIDE THE FOOTSTRAPS WITH YOUR LEGS SLIGHTLY BENT.</p>
5	THE COMPUTER DOESN'T RESPOND	<p>1. REMOVE THE COMPUTER FROM THE COMPUTER BRACKET.</p> <p>2. CHECK THE BATTERY IS LOADED CORRECTLY.</p> <p>3. CHECK THE COMPUTER IS RESPONDING.</p> <p>4. IF NOT, REMOVE THE COMPUTER WIRE AND RE-INSERT IT.</p> <p>5. CHECK THE CONSOLE IS RESPONDING.</p> <p>6. IF NOT, TRY REPLACING THE BATTERY.</p> <p>7. OTHERWISE, CALL THE DISTRIBUTOR FOR MORE INFORMATION.</p>