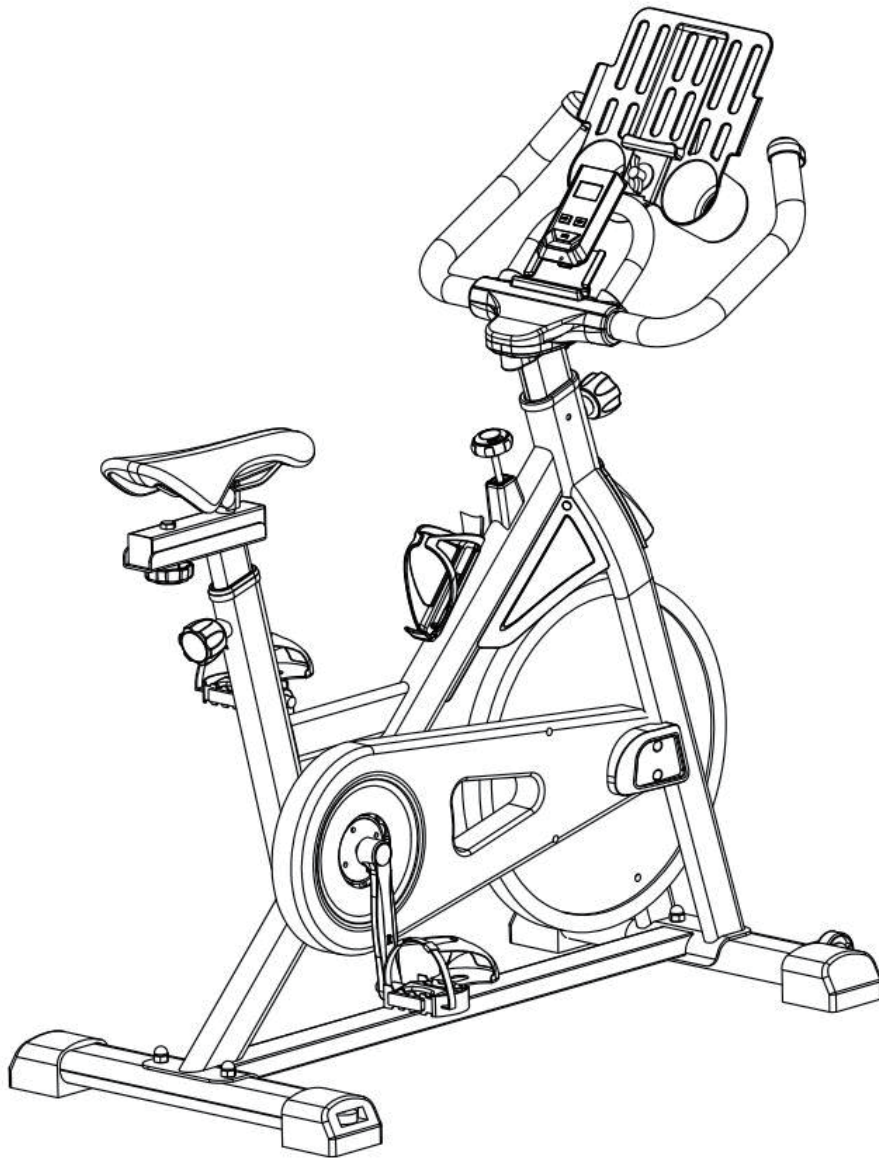




IN230300295V01\_UK

**A90-146V01**



**IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY**

**ASSEMBLY INSTRUCTION**

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## 1、 Precautions for use

Please read the manual carefully before using the exercise bike. Ensure that you receive the correct usage information. Including spare parts we provide you free of charge.

Warning! \*When the exercise bike is not in use, please turn the brake ball head clockwise so that the flywheel will not rotate

\*Improper use or excessive use of the exercise bike may cause injury. It is suggested that the user should pay attention to the use time and resistance when using the exercise bike for the first time. The resistance can be adjusted appropriately first, and then the resistance can be increased slowly after training for a period of time.

1. The exercise bike is a household fitness equipment, the maximum load-bearing capacity is 100 kg.
2. Please operate in strict accordance with the instructions.
3. Please check the machine carefully before the first use, and check the machine strictly according to the installation principle every 1-2 months after use. Please try to keep the machine in normal use and use the original accessories.
4. If it cannot be used normally, please contact the dealer.
5. Please avoid contact with corrosive cleaning agents and other articles.
6. Please use it after correct installation and inspection.
7. Please adjust all adjustable parts to the maximum value before installation.
8. This product is adult fitness equipment . If it is used by children, please use it under the supervision of the guardian. Children without supervision should stay away from the equipment.
9. Please do not use this product to make dangerous actions.
10. Please use this product under the guidance of doctors and fitness professionals, it will play a good role.
11. Please make a reasonable training plan before use and use this product strictly according to the requirements.
12. The resistance of this product is adjustable. Please choose the right resistance.
13. Please check all knobs and screws carefully before use to ensure your safety.
14. The exercise bike is only suitable for one person at a time. Other people should keep a safe distance of more than 50cm when using it.
15. When using, please adjust the height of handlebar and saddle reasonably. The height of saddle is the reference height when the user sits on the saddle with his feet stretched out and just completely touching the tread surface. It is recommended to adjust the handlebar height to slightly higher than the saddle height.

16. When using, check whether the pedal of the bicycle is in good condition and whether the fixing sleeve is in good condition. Put the foot in, fasten and fix it, and do not slide. At the same time, the shoelaces must also be tied to avoid entanglement on the bicycle. If the feet are not fixed well, coupled with the inertia of the flywheel, the feet are easy to step on empty, causing danger.

17. Flywheel may cause danger. For example, when riding at high speed, it may bring certain driving or impact to the legs;

After reaching a certain speed, stop the movement, do not try to stop the high-speed flywheel with the strength of legs;

The brake should be used reasonably and the handbrake behind the handlebar should be pressed by hand to avoid accidents. Wait until the flywheel stops.

When the flywheel rotates, it is forbidden to touch other parts of the body or other objects with hands, so as to avoid danger.

18. Part 22 armrest fixed seat and 18 cushion tube are engraved with stop. Please do not exceed this height when adjusting.

19. The exercise bike should be placed in a fixed and flat place, not in an inclined place to prevent overturning.

## **2、 Training Guide**

The correct use of the exercise bike can make the buttocks and legs more healthy, increase the oxygen in the blood volume, and make the spirit more relaxed. So how can we use the right bike safely?

First: warm up in front of the exercise bike

Full warm-up exercise before exercise is indispensable, such as jogging, squatting, high legs, leg pressing, pronunciation, waist twisting, arm movement. And so on the activity, causes the body micro perspiration hot, generally in 5-10 minutes.

Second: adjust the height of the exercise bike seat and the front and back position and handle height

To make the most of your exercise and ride as efficiently as possible, make sure your seat is properly adjusted. It will also make you more comfortable.

1. Seat height adjustment: sit on the seat and put your foot on the pedal so that the toe ball is above the pedal axis. When the pedal is at the lowest point, you should see the knee bend slightly at an angle of 25-30 degrees. The pedal force in this position is maximum and most comfortable. If the hips swing back and forth on the seat, the seat may be too high. In this case, please lower the seat.

2. seat adjustment: sitting on the seat, when the distance between the two pedals and the ground is the same, the front knee should not exceed the toe.

However, you can't sit too far back, the angle between crus and instep should not be more than 90 degrees.

3. Handle height adjustment: after adjusting the seat, adjust the handle to a slightly higher height than the seat; keep the waist and back as straight as possible, especially for the obese and the weak core. If not used properly, the lumbar spine may be injured.

4. The shoelace must be tied, and then put into the fixed sleeve of the foot, and fasten the tension belt, which can let you put more on the pedal when you exercise. The muscles in exercise are more effective in pedaling.

Third: the right posture of the exercise bike

Correct sitting posture: lean forward, arms straight, abdomen tight, abdominal breathing method, legs parallel to the vehicle beam, knees, hip joint coordination, pay attention to the rhythm of riding.

Correct trampling posture: correct pedaling should include: trampling, pulling, lifting and pushing four coherent movements. The foot moves down first, then the calf retracts backward, then raises upward, finally pushes forward, thus just completed a circle. Good pedal rhythm not only saves physical energy consumption, but also improves speed.

Fourth: the right speed can be used for cycling

Frequency and intensity are the basic principles of exercise. At first, it is suggested that you can find the right frequency, and then increase the amount of exercise. The average person pedals about 60 to 80 times per minute. Warm up at low speed for each ride, and then moderate and high frequency cycling for more than 20 minutes may cause slight sweating.

Fifthly, the purpose of different riding methods is different, but we should act according to our ability. If you feel unwell, please stop training

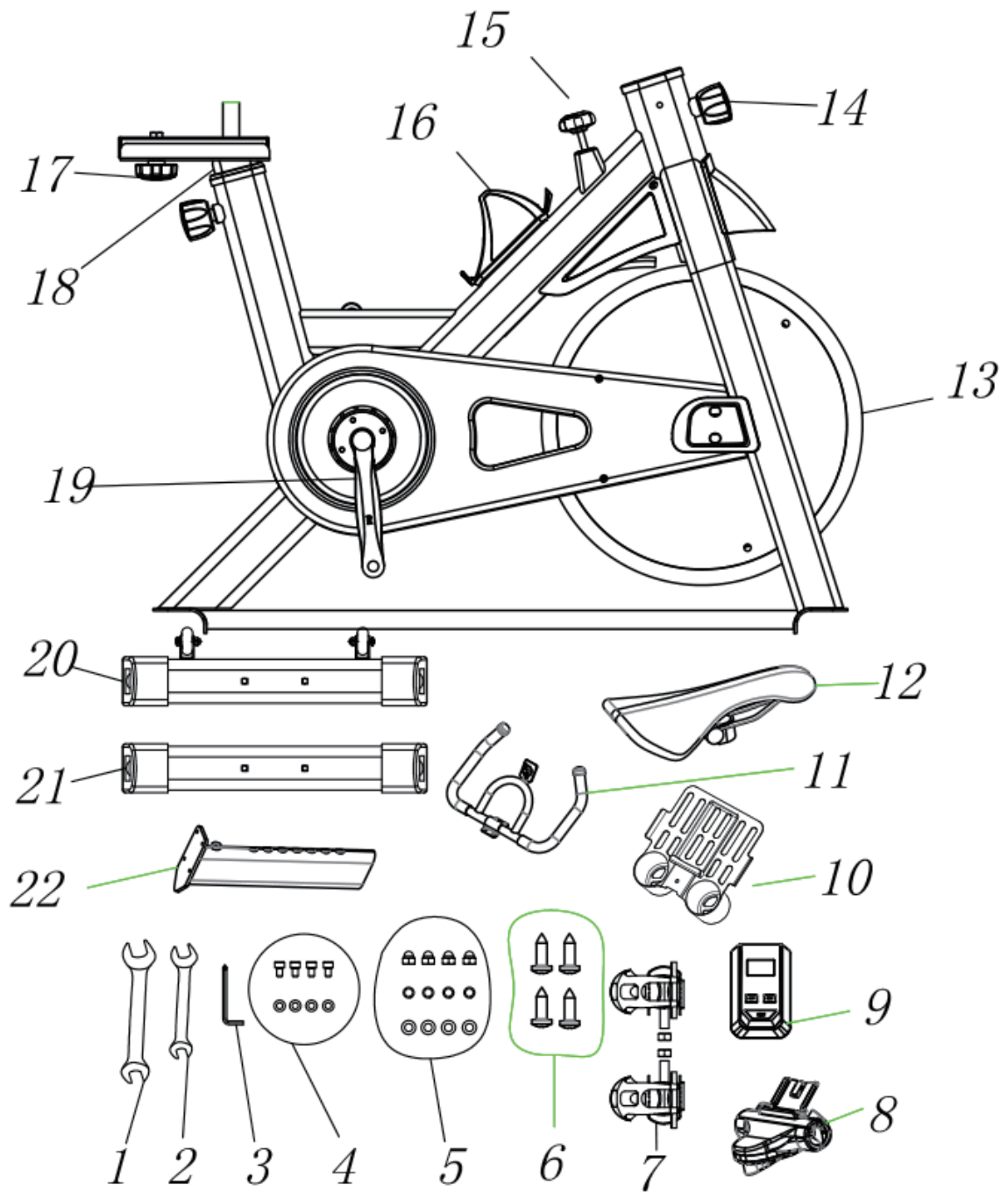
## 1. In order to train to lose weight

For those who want to lose weight by bike, you can use aerobic cycling, which is to adjust the feeling of resisting body load without exerting force. The intensity of this exercise should be moderate, generally more than 30 minutes, in order to decompose fat. Therefore, the best time to ride is 30 to 40 minutes, with a heart rate of 100-110 beats / min.

## 2. In order to train muscles

Exercise by bike to build muscles. Choose easy resistance, slow warm-up for 5 minutes, then as a high-speed ride for about 5 minutes with a heart rate of 170-180 beats / min, and then gradually slow down for 5-10 minutes so that the heart rate returns to 100 beats / min or less. As a group, you can even do several groups and arrange a 3-5 minute rest between groups.

### 3、 Parts drawing



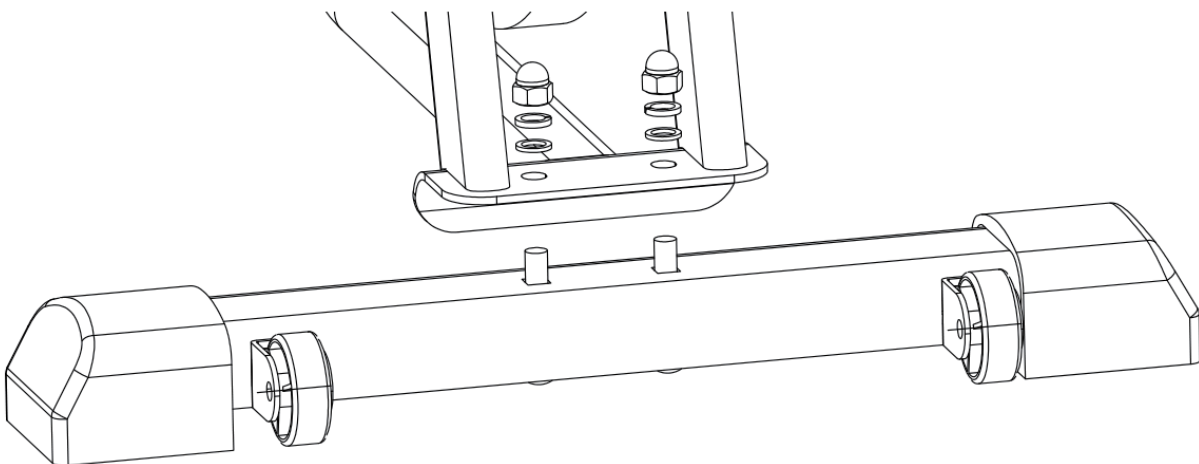
- |                         |                           |                                  |                 |                |
|-------------------------|---------------------------|----------------------------------|-----------------|----------------|
| 1. Open end wrench      | 2. Open end wrench        | 3. inner hexagon spanner         |                 |                |
| 4. Armrest installation | 5. Foot tube installation | 6. Installation of armrest cover |                 |                |
| 7. pedal                | 8. handle cover           | 9. monitor                       | 10. IPAD holder |                |
| 11. handle              | 12. saddle                | 13. flywheel                     | 14. knob        | 15. brake ball |
| 16. bottle holder       | 17. screw                 | 18. saddle slide                 | 19. crank       | 20. front tube |
| 21. rear tube           | 22. handle slide          |                                  |                 |                |

## 4、 Installation steps

### 4.1 foot tube installation

- 1) Take out the front foot tube and put it into the front arc of the frame and align the holes. Then, insert the bolts into the holes. Insert the arc cushion  $\Phi 8$  and the spring washer  $\Phi 8$  on the bolts in turn. Then put on the cover nuts and lock them with our special open-ended wrench.
- 2) The installation method of rear foot tube is the same as above.

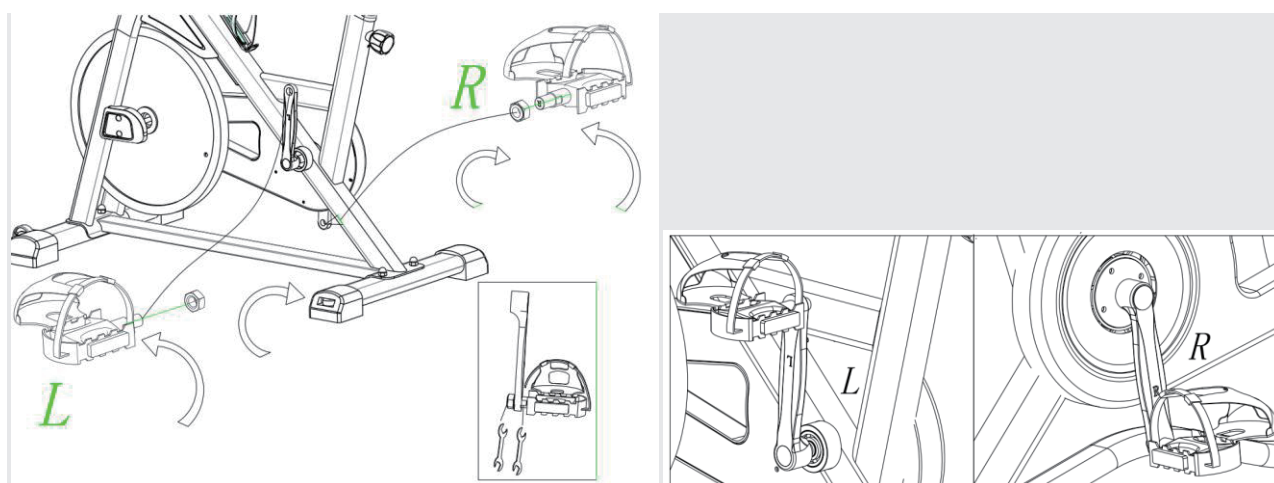
Note: (after the installation of the front and rear pins, the product may have three feet on the ground. At this time, the height of the black leg cover on the pin can be adjusted to balance the product.)



## 4.2 pedal installation

1) Take out the pedal, you will find that there are "L" and "R" on the pedal. First, drop two drops of red thread locking fluid on the thread of "R" pedal, and then turn it into the right crank threaded hole, turn it clockwise until it can't be turned, and then lock it with our special open-ended wrench. Take out the "L" pedal, and drop two drops of thread locking fluid on the thread, and then turn a part of it anticlockwise to the left crank threaded hole until it can not be turned, and then lock it with a special open-ended wrench.

**(Note:** the crank is also marked with "L" and "R", which is corresponding to the mark on the pedal. If it is installed in reverse, the product may be damaged by the crank sliding thread. And the pedal must be locked, otherwise the pedal may fall off after a long time.)



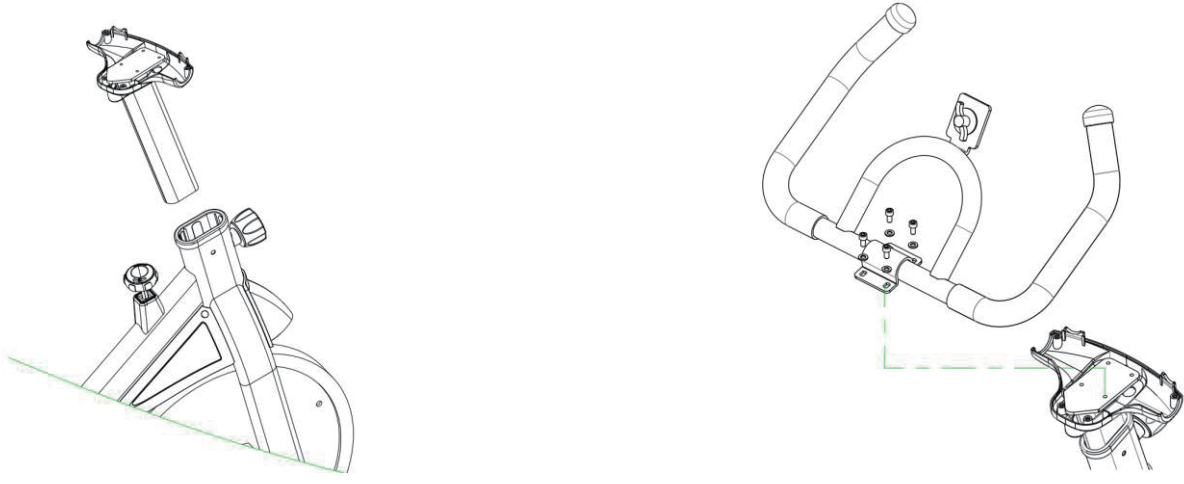


### 4.3 armrest installation armrest cover electronic meter installation

1) First, rotate the plum knob anticlockwise, pull it out, and then take out the armrest slide rail and the lower cover of the armrest cover as shown in the figure, so that it can only penetrate into the flat circle hole of the frame. After adjusting the height of the armrest fixing seat, screw the ball head pull pin to take out the armrest,

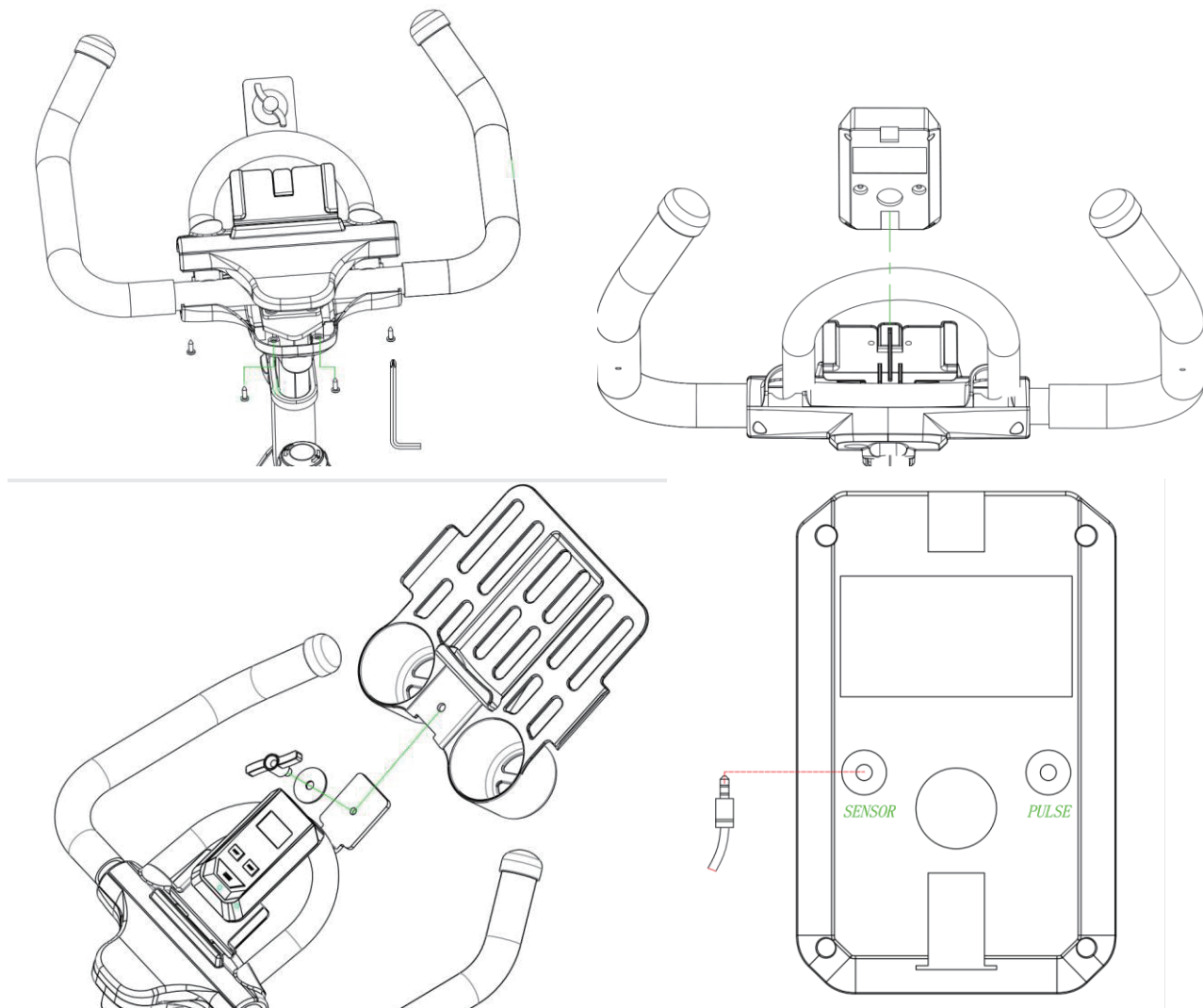
Align the four bar holes on the armrest with the threaded holes on the armrest fixed base, pad the flat pad, insert the cylindrical head screw, and then lock them one by one with the hexagon wrench. Then use the hexagon wrench to lock one by one

2) fit the upper cover of the armrest cover to the armrest fixed base. Use the self tapping screw and the cross screw driver end of the dual-purpose hexagon wrench to lock. (screw hole under armrest cover)



### 3) Installation of electronic meter iPad rack

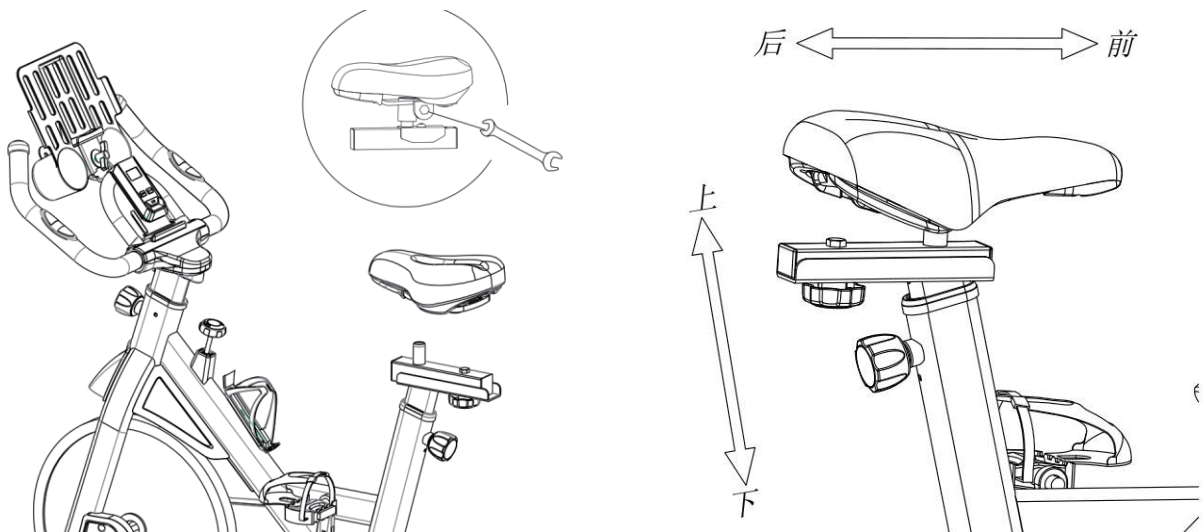
- ① Take out the electronic watch, install the battery and insert it into the bottom of the armrest cover to fix it
- ② First, take out the s-bolt and flat pad as shown in the figure, and then screw the s-bolt after the iPad frame and flat pad are installed
- ③ Insert the wire connector into the electronic meter interface according to the diagram. (the double wire connector is inserted into the "pulse" on the right, and the single wire connector is connected to the "sense" on the left)



## 4.4 cushion installation and adjustment

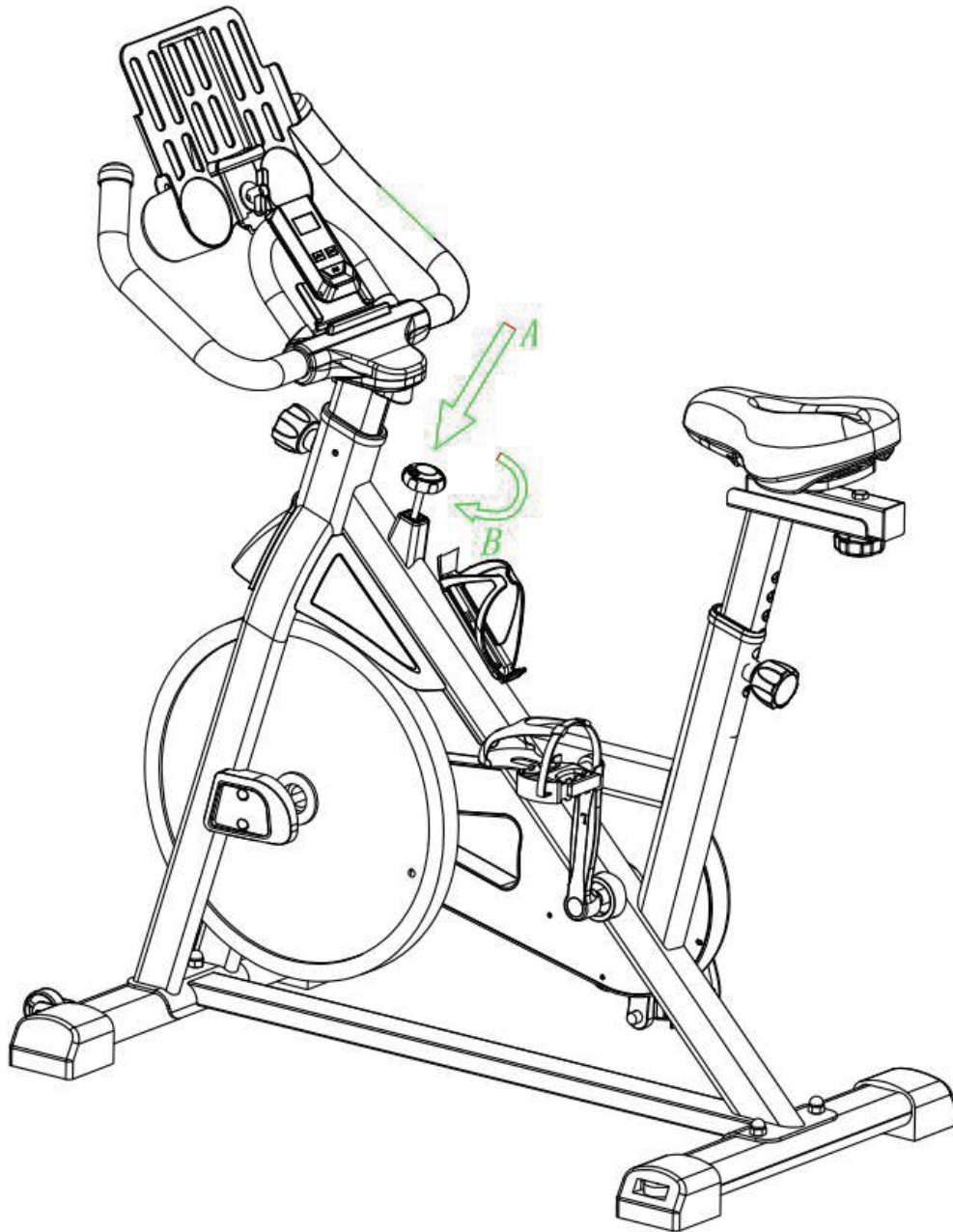
1) Take the seat cushion, align the round hole at the seat cushion with the cushion shaft (if it can't be put in, loosen the nut at the cushion with a wrench first) and insert the cushion shaft to the bottom. When the cushion is placed exactly in the direction of the cushion, use an open-ended wrench to tighten and adjust the height of the cushion. Now loosen the ball head pull pin to the left, then pull the ball head pull pin, lift up or press down the seat cushion to a suitable height, loosen the ball head pull pin, make the pin penetrate into the small hole of the seat cushion fixed seat, and then lock the ball head pull pin. (the height adjustment of armrest is the same)

Adjust the front and rear position of the cushion. Loosen the plum bolt, move the cushion seat back and forth, and lock the plum bolt after adjusting to the comfortable position.



## 4.5 resistance adjustment

1) As shown in the figure, brake the ball head, turn the ball head clockwise, the resistance of the exercise bike increases, otherwise decreases. In case of emergency Please press the brake ball head with your hand, and the exercise bike will stop quickly to prevent injury.



## 4.6 monitor description

### (1) monitor function

TMR time --- display current movement time, display range: 0-99:59 Min: S

SPD speed --- display current movement speed, display range: 0-999.9 km / h

Dis distance --- display current movement distance, display range: 0-99.99 km

Cal calories --- display current exercise energy consumption, display range: 0-999.9 kcal

Total distance of ODO --- display of movement mileage, display range..... 0-999.9km

Scan scan --- when "scan" flashes, each function will be displayed one by one in turn.

When "scan" has no display, the lock display mode is fixed on a certain function.

### (2) Key function

Press the key to turn on the display.

When "scan" flashes, each function will be displayed one by one in turn. At this time, press the button, "scan" will disappear, at the same time stop rotating display, enter the lock mode, fix it on a function, and then you can press the key to select the function you want to display.

Long press for 2 seconds to clear all readings (except the total distance of ODO). The total distance of ODO will not be reset as long as the battery has been powered.

### (3) Precautions

When the movement stops and there is no key operation within 4 minutes, the electronic watch will automatically close.

When there is motion sensing or press button operation, the electronic watch will automatically open.

## **5. Daily maintenance and troubleshooting**

### **(1) Daily maintenance**

#### 1) Daily cleaning and maintenance

Soft cloth can be used to gently wipe the dust on the bicycle. Do not use abrasive or solvent scrubbing for plastic parts. Feel the sweat after each use.

#### 2) Daily maintenance

Avoid direct sunlight, especially the electronic watch will be vulnerable. Please check every week for proper fit on the bike

Check whether the bolts are loose and keep tight. Keep the bike away from children in a clean and dry environment.

### **(2) Troubleshooting**

1) Elimination of shaking in the use of exercise bike. Rotate the four legs as necessary until the bike is stable.

2) The electronic watch screen does not display the troubleshooting. Check whether the connecting wire at the armrest and the electronic watch is connected correctly; check whether the battery is installed.

If the battery is dead, replace the battery.

3) No heart rate display or abnormal resolution. Check that the lower armrest jumper is connected correctly; make sure to hold it with both hands.

On the armrest sensing piece; pay attention to grasp the palm rate sensor with both hands and not too tight (applicable to the machine with heart rate function).

4) Elimination of squeaks in use. Please check whether the bolt is loose and make sure the bolt is tight.

If you have any questions, please contact our customer care center.

Our contact details are below:



0044-800-240-4004



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