



INDOOR CYCLING BIKE

USER MANUAL



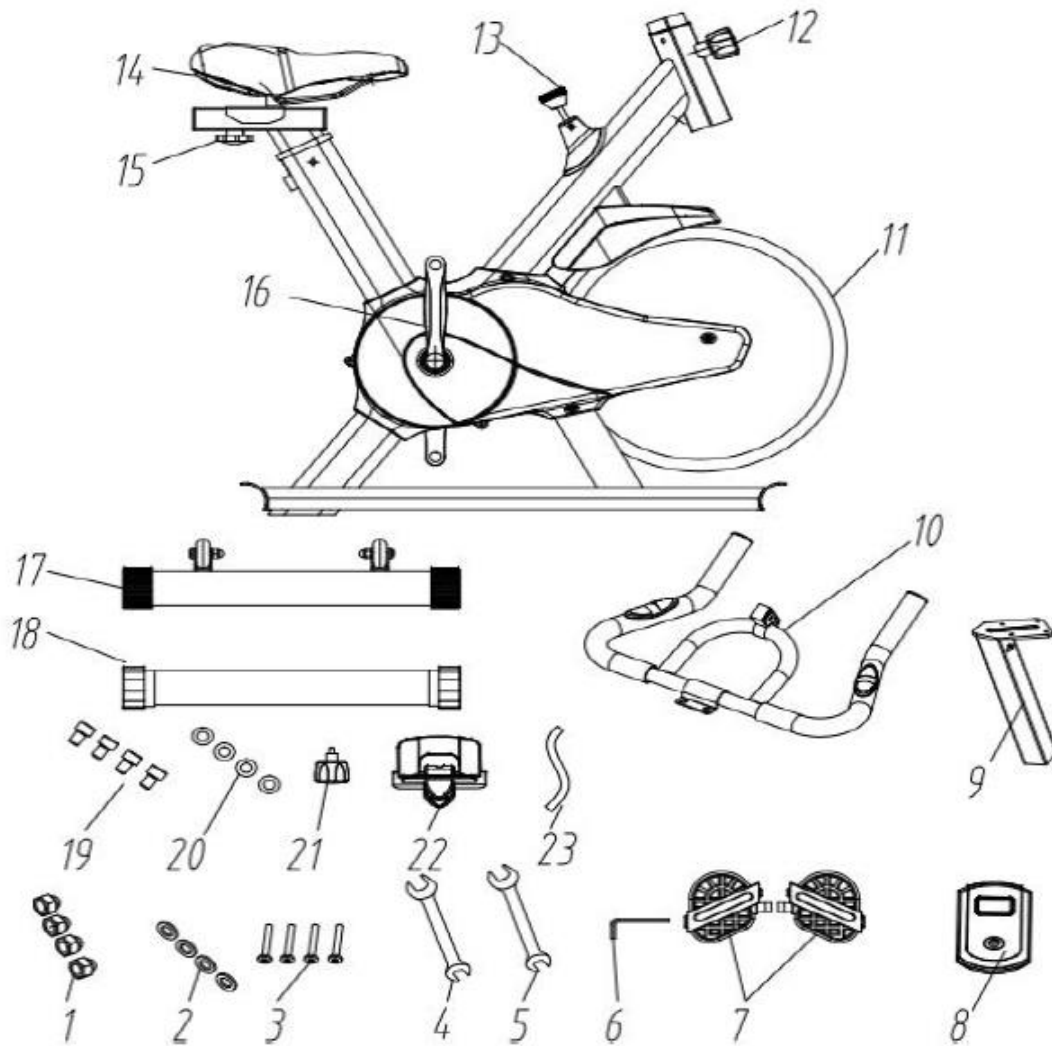
READ AND SAVE THIS INSTRUCTION FOR FUTURE USE

ASSEMBLY INSTRUCTION

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PARTS LIST AND DESCRIPTION.



1. $\Phi 10$ cap nut x 4	2. $\Phi 10$ washer x 4	3. M10 Carriage bolt x 4	4. Open-end wrench (17*19mm)	5. Open-end wrench (13*15mm)
6. Inner hexagon spanner (Allen Key)	7. Pedal x 2	8. Monitor	9. Armrest fixed seat	10. Handlebar
11. Flywheel	12. Pull pin knob	13. Ball head pull pin	14. Seat	15. Plum nut
16. Crank	17. Front stabiliser bar	18. Back stabiliser bar	19. Hexagon cylindrical head screw x 4	20. M10 flat washer x 4
21. Plum blossom pin	22. Phone Holder	23. S-shaped bellows		

Please remove all parts from the packaging and check against the list. If you are missing any parts, please contact the retailer.

ASSEMBLY INSTRUCTIONS

Step 1: Assemble the foot stabiliser bars

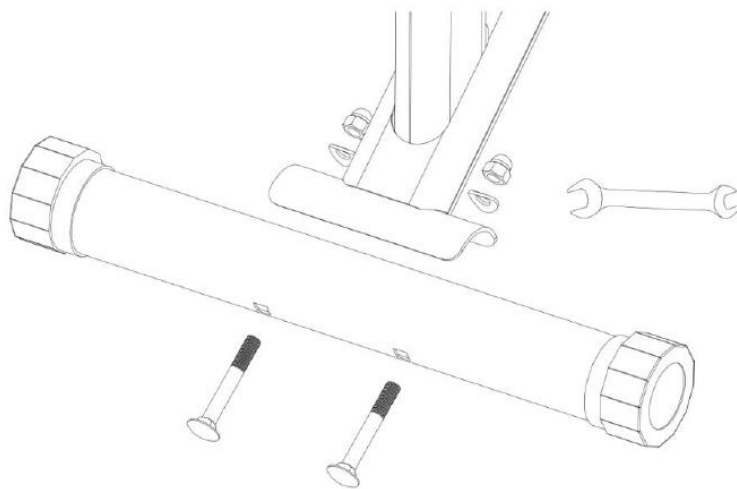
Please take the two stabiliser bars (No.17 and No.18), four M10 carriage bolts (no.3), four Φ 10 washers (no.2), four Φ 10 cap nuts (no.1) and the open-end wrench (No.5).

Note: The foot stabiliser bars are different. The front foot stabiliser bar has two wheels, whilst the back one does not.

Attach the front foot stabiliser bar to the front of the main frame, using two carriage bolts, washers, and cap nuts, ensuring the wheels are facing outward.

Attach the rear foot stabiliser bar to the rear of the main frame. Screw the two M10 carriage bolts, washer Φ 10 and Φ 10 cap nuts using the wrench to fix them.

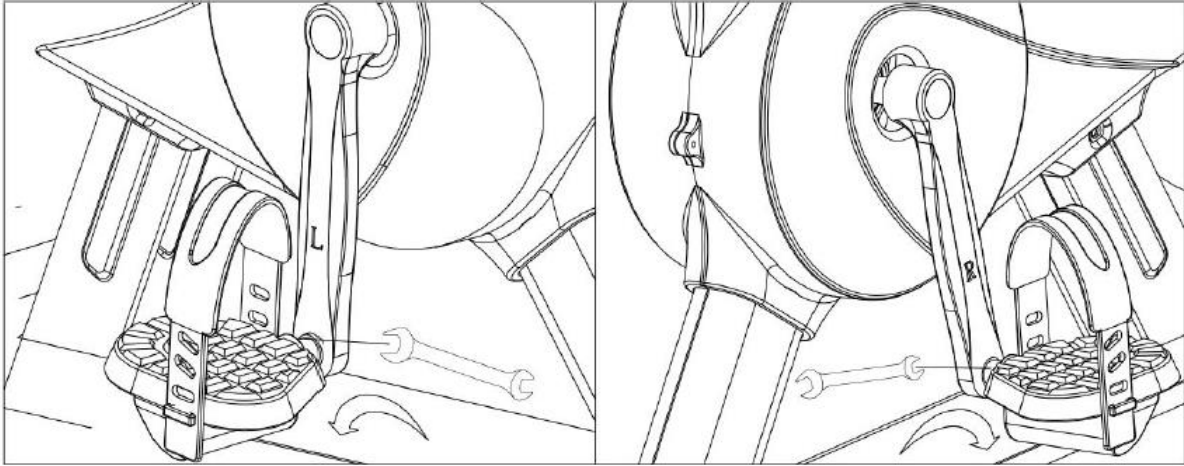
Note: Please adjust the black feet strap to balance the frame if it is unstable.



Step 2: Assembling the pedals

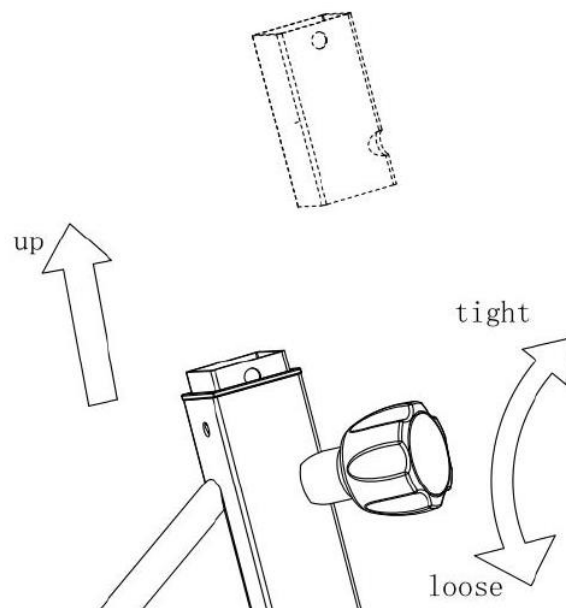
Please take the two pedals (No.7) and the No.4 and No.5 wrenches.

Note: The left and right pedals have a sticker with the letter's "L" and "R" on them, respectively. The screwing directions of the pedal's bolts are different for each side and are indicated on the stickers. Attach the pedals to the relevant pedal arms. Screw the left bolt on in an anticlockwise direction and the right bolt clockwise using the two wrenches. (Please ensure you tighten the relevant lock nuts).

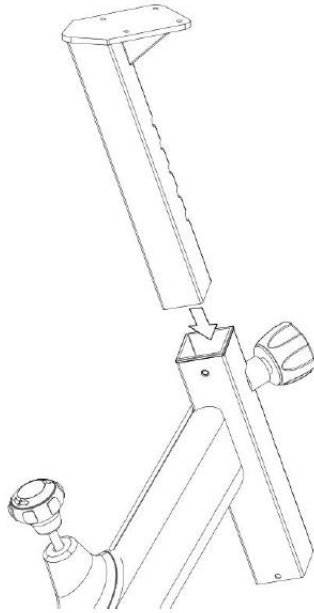


Step 3: Assembling the handlebar

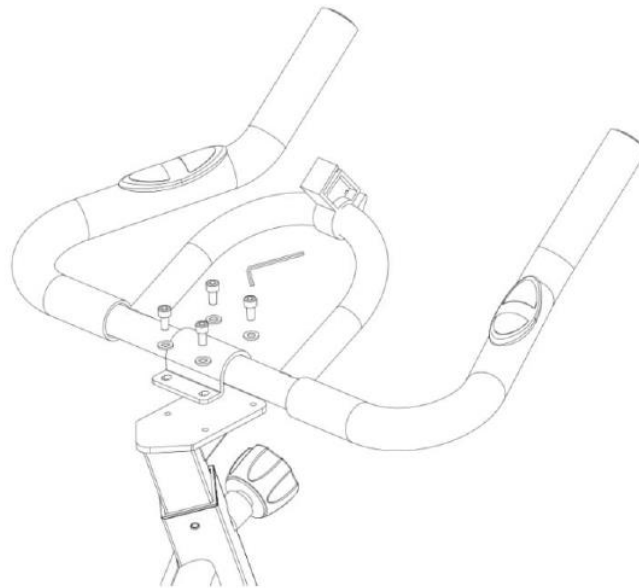
As shown in the diagram below, first rotate the plum blossom pin (No.21) in an anti-clockwise direction to loosen the pin. Remove the anti-falling bar at the head of the bar (no longer required).



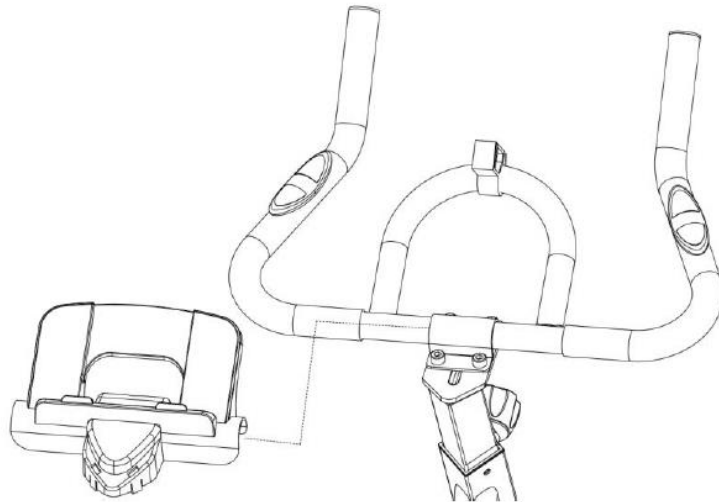
Take the armrest fixed seat (No.9), loosen the plum blossom pulling pin to the left, insert the armrest fixed seat tube to the head bar, adjust the height of the armrest fixed seat tube, and then lock the ball head pull pin.



Take the handlebar (No.10) and align the four bar holes on the handlebar with the threaded holes on the armrest fixed base. Place the four M10 flat washers and insert the four hexagon cylindrical head screws (No. 19) and tighten them individually using the Allen key (No. 6).

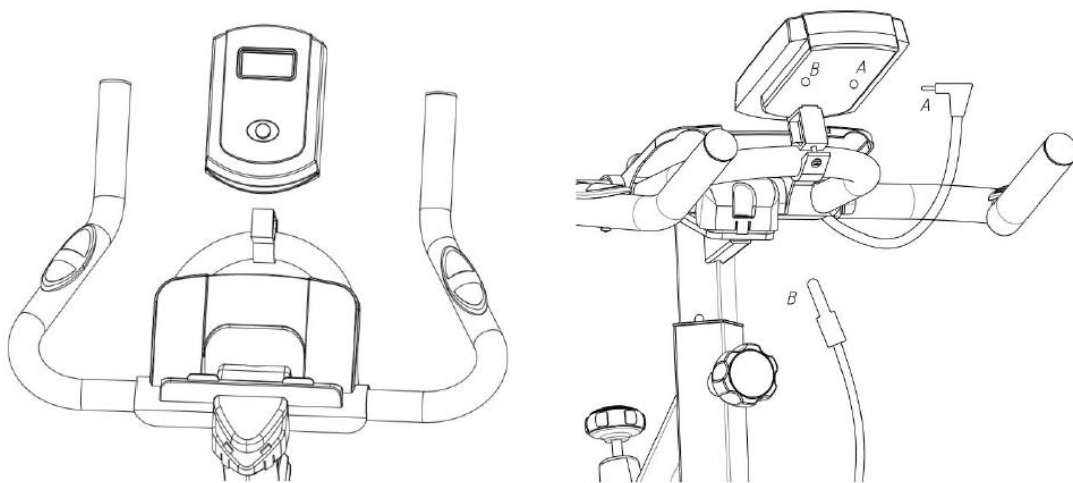


Take the armrest cover, (illustrated in the diagram above), and gently press down. The armrest cover will automatically clip onto the armrest. Attach the phone holder to the handlebar.



Fasten the monitor (No.8) into the slot.

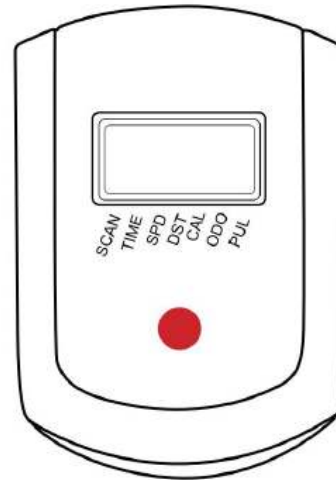
Your monitor will come with one cable if it only has the sensor. There will be two cables if your model has the pulse function. Connect the sensor cable into slot A, and the pulse cable into slot B.



DETAILS OF THE DISPLAY MONITOR

Parameters

Time (TIME)	00:00-99:59
Speed (SPD)	0.0-99.8 miles/h
Distance (DST)	0.00-99.9 miles
Calories (CAL)	0.00-999.8KCAL
Odometer (ODO)	0-9999Miles
Pulse (PUL)	40-240 BPM



Operation

Switching the bike on/off

The monitor will automatically switch on when you begin to exercise. You can also switch it on manually by pressing any of the buttons.

The monitor will automatically turn off after a while when you stop exercising.

If there is no data showing, please check if the wire has connected, or change the batteries. (The monitor requires AAA batteries.)

Mode

Time (TIME) ----- This mode displays the time you have pedalled.

Speed (SPD) ----- This mode displays the speed of your exercise in real time.

Distance (DST) ---- This mode displays the distance you have pedalled.

Calories (CAL) ---- This mode displays the calories you have burnt during your exercise.

Odometer (ODO)-- This mode displays the total distance you have pedalled since the exercise bike was purchased or reset.

Pulse (PUL) ----- This mode displays your heart rate per minute.

Scan (SCAN) ----- This mode displays above the above six modes automatically in turns. When the "SCAN" button is pressed on the left of the screen, the data will switch automatically one by one. You can also scan each data by pressing the button.

Reset

If you long press the button over 3 seconds, all data will be reset except odometer. If you replace the battery, all data also will be reset.

Usage Details

The resistance of the bike can be changed to match your fitness level by rotating the knob clockwise, to decrease, rotate anticlockwise.

If you want to brake urgently, you need to press down the resistance adjustment knob to avoid muscle strain or other injuries.

SAFETY PRECAUTIONS

Before using the bike, please read the instructions carefully to ensure you receive the correct information, including all parts required to assemble the bike and operate.

- 1) This bike is intended for home use only and not be used in a commercial setting. The max load is 120kg.
- 2) Please use it in strict accordance with the instruction.
- 3) Please carefully check the machine before first use and check it accordingly every few months. Please use the original accessories only.
- 4) If the bike does not operate well, please contact the dealer and agency.
- 5) Please keep the machine away from corrosive cleaners.
- 6) Please use after the correct installation and careful inspection.
- 7) Please adjust the parts to their maximum level before installation. Ensure all bolts are tightened.
- 8) This product is for adults only. If children would like to use the bike, please ensure they have a guardian with them.
- 9) Please do not attempt dangerous stunts and moves on the bike.
- 10) Please use this product under the guidance of doctors or fitness specialists.
- 11) Please make reasonable plans before using the product and use it in strict accordance with the requirements.
- 12) The resistance of this product is adjustable. Please select the appropriate resistance level.
- 13) Please carefully check all the bolts and screw parts to ensure your safety before use.
- 14) During exercise, ensure you put your feet into the pedal covers. Do not stop immediately during fast rotation, please brake quickly to avoid accidents.

MAINTENANCE AND TROUBLESHOOTING

1 **Cleaning**

Use a soft cloth to wipe the dust on the bike. Do not use abrasive cleaners to clean the plastic parts. Wipe the sweat after use, with an antibacterial spray or wipe).

2 **Maintenance**

Please avoid direct sunlight, especially the electronic watch which is very vulnerable. Every week, please check all the bolts and screws to see if they are loose tighten them if required. Please keep the bike in a clean and dry environment and away from children.

Troubleshooting

- 1 To solve the “wobbling” problem of bike, please move and rotate the pedals until it is stable.
- 2 If screen of the monitor does not display anything, please check whether cables are connected correctly; whether the battery is installed correctly or needs replacing.
- 3 If monitor does not display the heartbeat rate or is incorrectly displayed, please check whether the cable in the armrest is connected correctly. Please make sure you hold the armrest sensors; please do not grasp the sensors too tight. (suitable for model with pulse function).
- 4 If there is abnormal sound during usage, please check if the bolts are loose and ensure the bolts are tightened.

