

## **Exercise Bike**

Photo may differ from actual product

READ AND SAVE THIS INSTRUCTION FOR FUTURE USE

# ASSEMBLY INSTRUCTION

Please read these instructions properly before assembling or using this bike. Important information is listed, which will help you get the best results and ensure safe and correct assembly, use and maintenance.

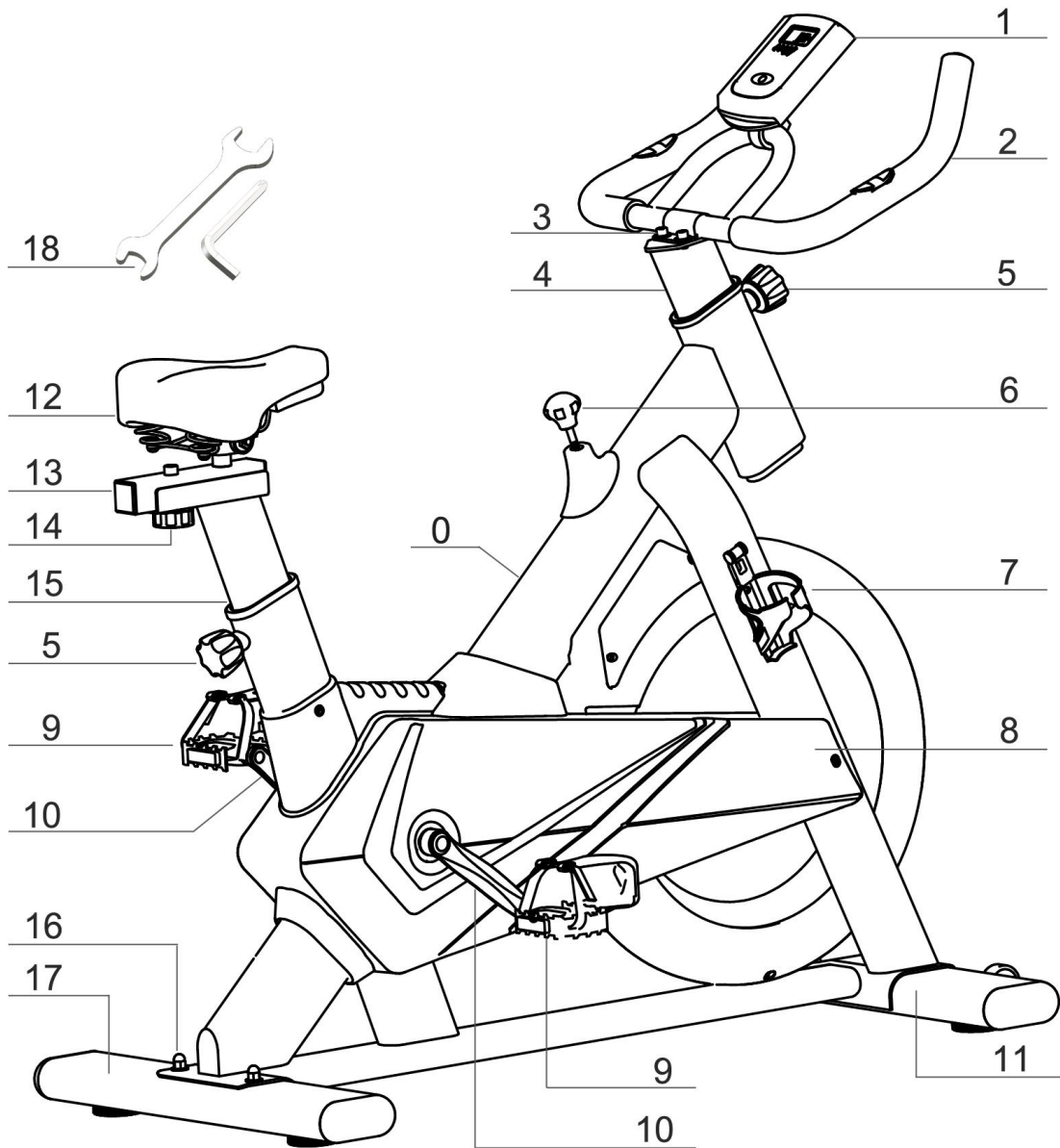
## **Safety information**

- \* This equipment is intended for home/domestic use, with a maximum holding weight 120kgs/264lbs.
- \* This equipment is designed for adult use only. Always keep children and pets away from the equipment.
- \* Before starting any exercise program, you should consult your doctor to determine if you have any physical or health conditions that could create a risk to your health or will prevent you from using this equipment properly.
- \* Before using the equipment, check the nuts and bolts are securely tightened, as well as some parts like pedals etc.
- \* Wear appropriate workout clothing when exercising.
- \* Before exercising, always stretch your muscles to properly warm up.
- \* Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. For safety, the equipment should have at least 0.5 sqm free space all around it.
- \* Do not place any sharp objects around the equipment. Keep hands away from all moving parts.
- \* If the user experiences dizziness, nausea, chest pain or other abnormal symptoms stop the workout and seek immediate medical attention.
- \* Please check the equipment carefully before first use and every 1-2 months after using the equipment installed in accordance with the principle of checks.

# COMPONENTS/PARTS

Please check if you have all parts as listing below.

*Note:* Small components/parts might be pre-fitted to the larger components as to make it easier for end users to assembly the spin bike. Please check carefully on all the parts before contacting us regarding any missing components.



## PART LIST

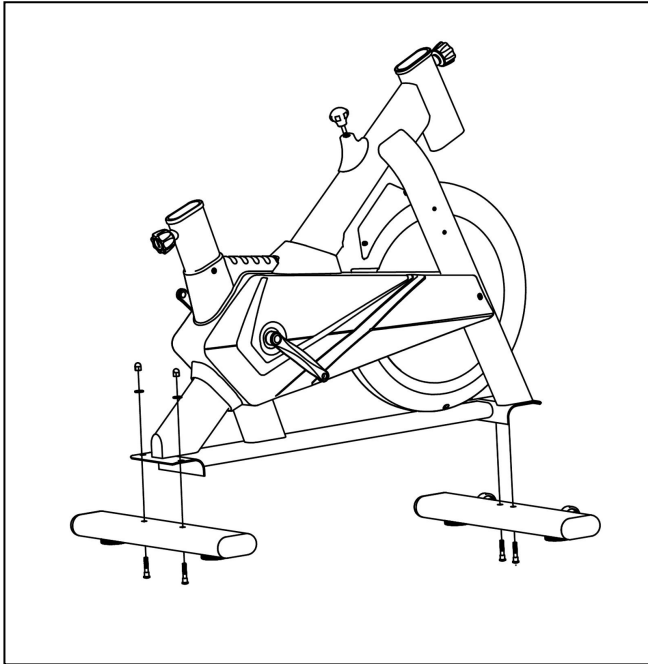
NO.	ITEM	QTY	NO.	ITEM	QTY
1	Monitor	1	11	Front Stabilizer (with Transportation Wheels)	1
2	Handlebar	1	12	Saddle	1
3	* Lock Nut & Washer Set	4	13	Saddle Adjustment Frame	1
4	Handlebar Support Tube	1	14	Saddle Adjustment Knob K3	1
5	Lock Knob K1	2	15	Saddle Support Tube	1
6	Resistance Knob K2	1	16	* Lock Bolt, Washer & Nut Set	4
7	Water Bottle Holder(not included)	1	17	Rear Stabilizer	1
8	Plastic Chain Cover	1	18	Hex Key & Wrench Set	1
9	Pedal (L/R) Set	1			
10	Crank Arm (L/R) Set	1			

**Remark:**

\* NO. 3 Lock Nut & Washer Set is pre-fixed onto the Handlebar.

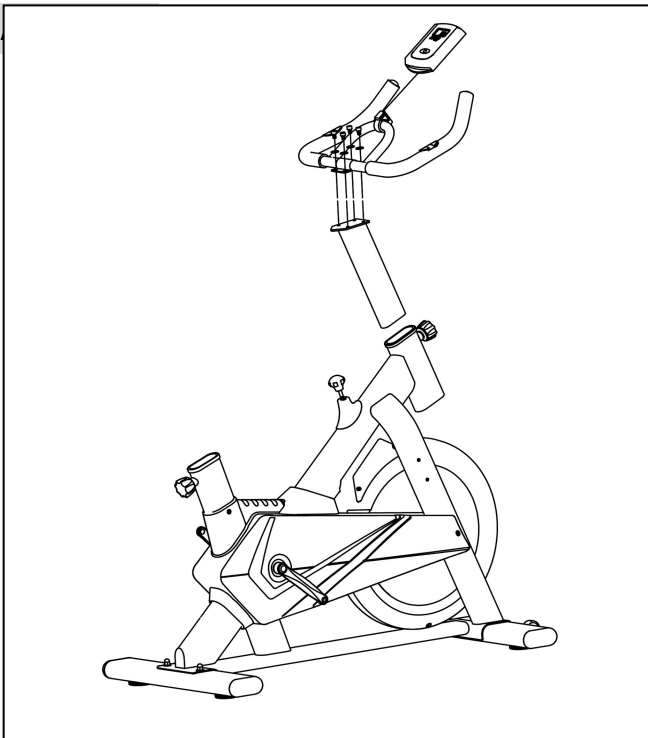
\* NO. 16 Lock Bolt, Washer & Nut Set is pre-fixed onto the Rear Stabilizer & Front Stabilizer.

# Assembly Instruction



## ① STABILIZER

Divide the Front Stabilizer (with two transportation wheels) and the Rear Stabilizer, to fix them onto the main body with **NO. 16** Lock Bolt, Washer & Nut Set.

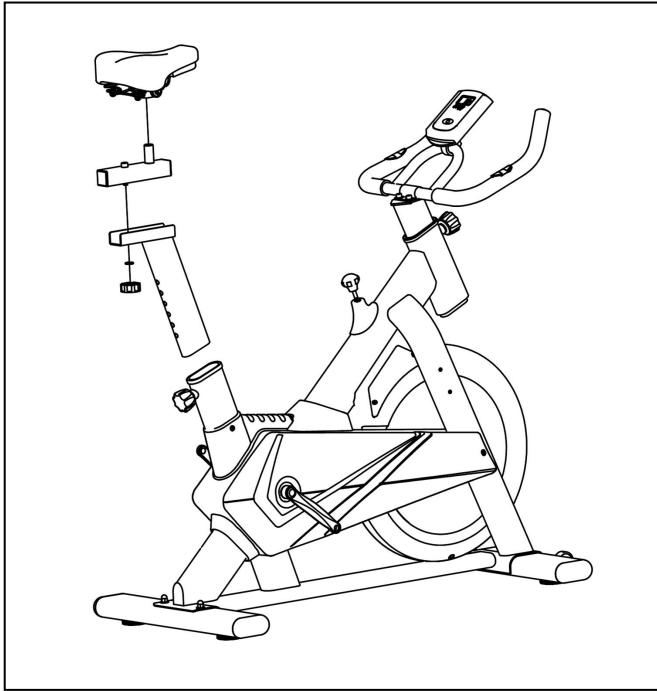


## ② HANDLEBAR & MONITOR

Loose **NO. 5** Lock Knob K1 and insert the Handlebar Support Tube into opening tube of main body, and tighten the Lock Knob K1 when the Handlebar Support Tube is at desired position.

Fix the Handlebar onto the Handlebar Support Tube with **NO. 3** Lock Nut & Washer Set .

Attach the Monitor to the Handlebar and fix the monitor, connect sensor wires into the monitor.

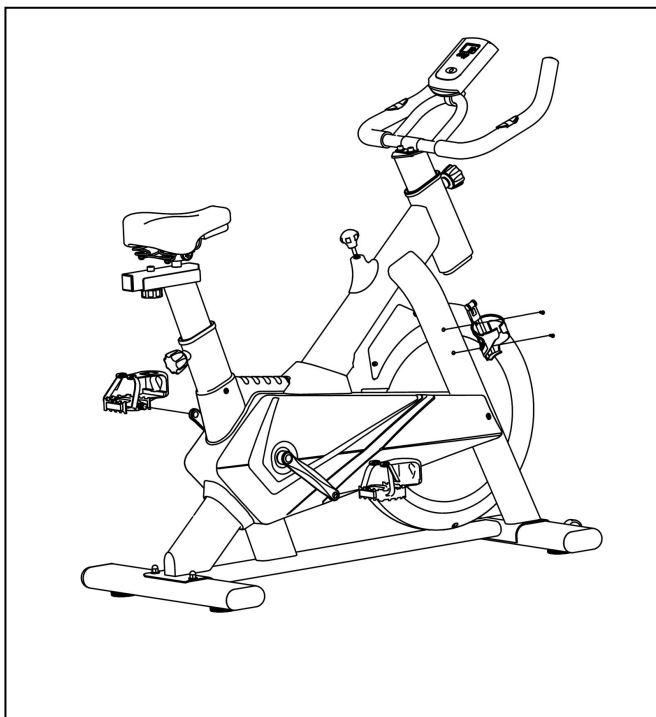


### ③ SADDLE ASSEMBLY

Loose the Lock Knob K1 and pull it out from the rear opening tube, insert the Saddle Support Tube into the rear opening tube, then tighten the Lock Knob when the Saddle Support Tube is at desired position.

Attach the Saddle Adjustment Frame to the Saddle Support Tube, and fix it with **NO.14** knob K3.

Place the Saddle onto the Saddle Adjustment Frame and tighten the Saddle locking nuts on both sides.



### ④ PEDAL(L/R)

Fasten the **LEFT** pedal by turning in an **ANTI-CLOCKWISE** direction.

Fasten the **RIGHT** pedal by turning in a **CLOCKWISE** direction.

Please do not make it in the opposite direction.

Attach the Water Bottle Holder onto the frame with two screws.  
( this style not need to fix holder )

## Care and maintenance

- \* Examine the equipment periodically in order to detect any damage or wear which may have been produced.
- \* Lubricate moving parts with light oil periodically or prevent premature wear.
- \* Inspect and tighten all parts before using the equipment, replace any defective parts immediately, and do not use the equipment again until it is in perfect working order.
- \* The equipment can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.
- \* Do not attempt to repair this equipment yourself before contacting the manufacturer or sales agent.

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