

IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY

ASSEMBLY INSTRUCTION

IMPORTANT SAFETY NOTICE

The bike has been designed for home use only. Please note the following safety precautions:

1. Read all instructions before assembly & operation. Assemble the bike exactly as per the instructions contained in this manual.
2. Check all screws, nuts & other connections before using the bike.
3. Use the bike only for its intended use as described in this manual.
4. Use a suitable base, such as a rubber mat, under the bike and keep the area around the bike clear of dirt and obstacles.
5. Keep children & pets away from the bike at all times.
6. Only one person at a time should use the bike. (max weight:110 KG)
7. Always use the bike on a dry, clear & level surface. Do not use it outdoors or near water or excessive moisture.
8. Always remove water or moisture from the bike before & after use.
9. Keep all hands & feet away from any moving parts.
10. Do not insert any objects into any of the openings on the bike.
11. Before using the bike clean it thoroughly, do a comprehensive & proper warm up.
12. Always wear appropriate workout clothing & shoes when exercising & do not wear robes or other clothing that could become caught in the bike.
13. Close supervision is necessary when used by children, invalids or disabled persons.
14. If dizziness, nausea, chest pains, or any other abnormal symptoms are experienced while using the bike, STOP the workout at once & CONSULT A PHYSICIAN IMMEDIATELY.

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING THE BIKE. WE ASSUME NO RESPONSIBILITY FOR HEALTH-RELATED INJURIES OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH INCORRECT OR EXCESSIVE USE OF THIS BIKE.

MAX WEIGHT OF USER: 110 KG

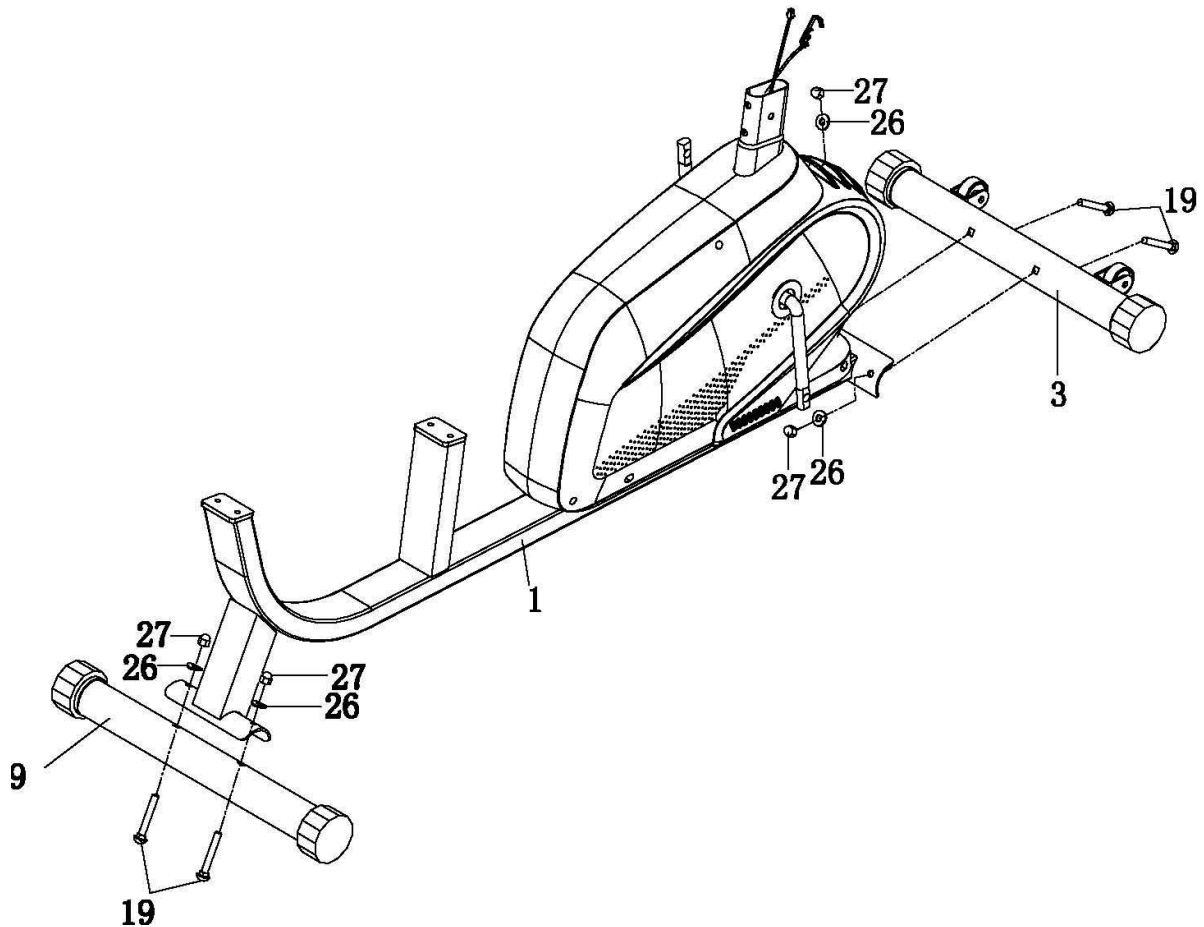
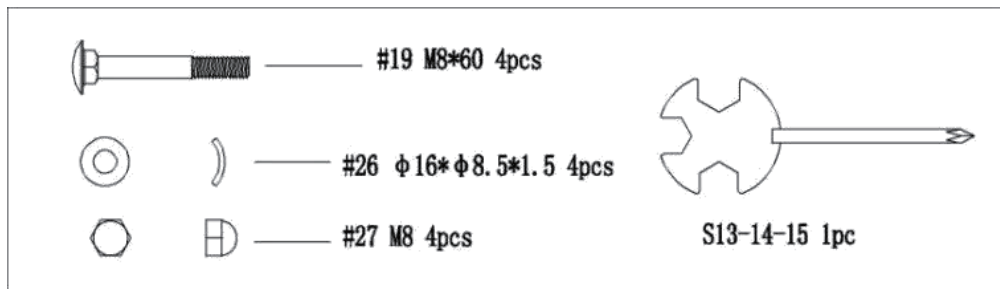
Assembly Instructions

1. Preparatory work

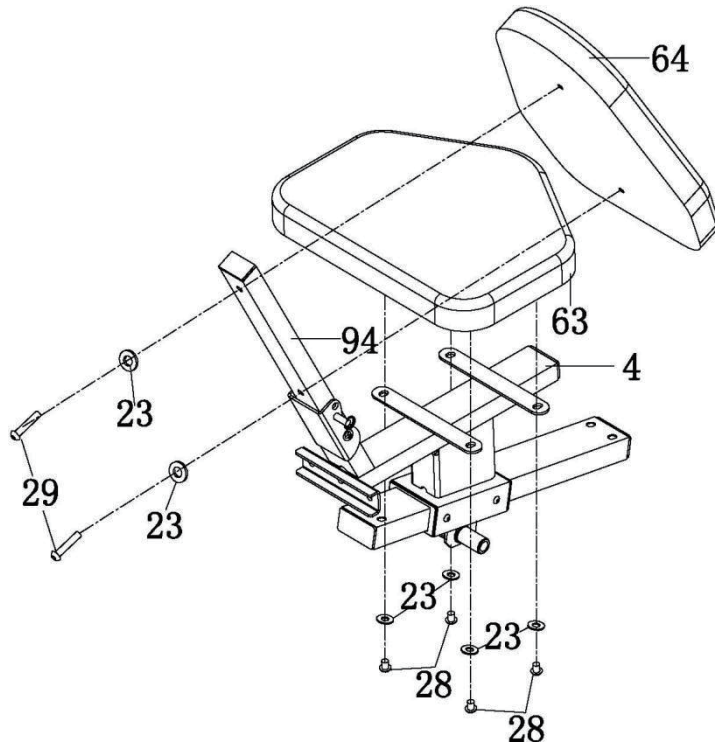
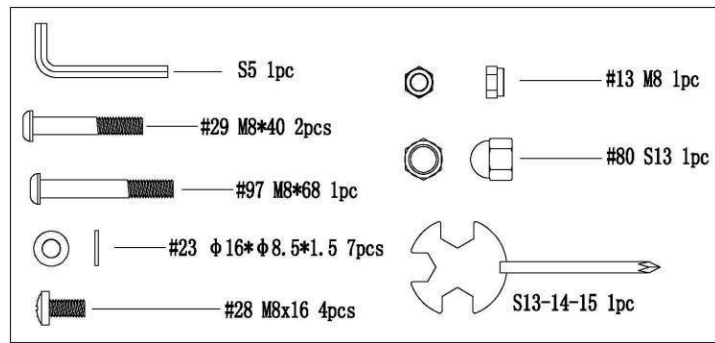
- A. Make sure there is enough space before installation.
- B. Confirm all the components are ready before installation. (refer to previous product exploded view which indicates the name and the location of the components).
- C. Use the provided tools or the special self-contained tools to install.

2. Assembly instructions

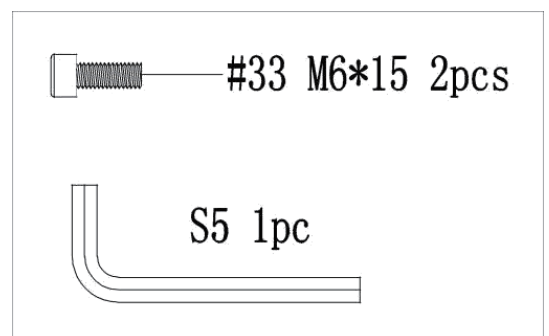
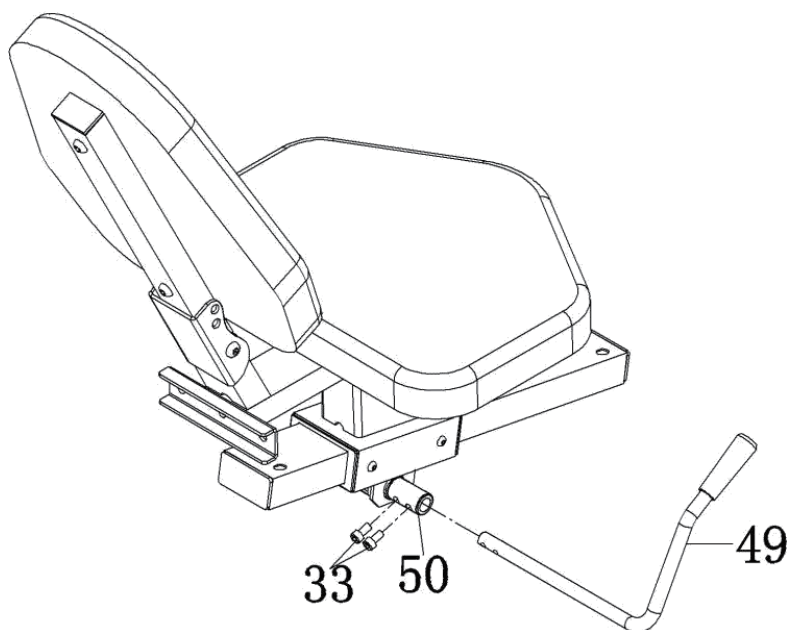
Step 1:



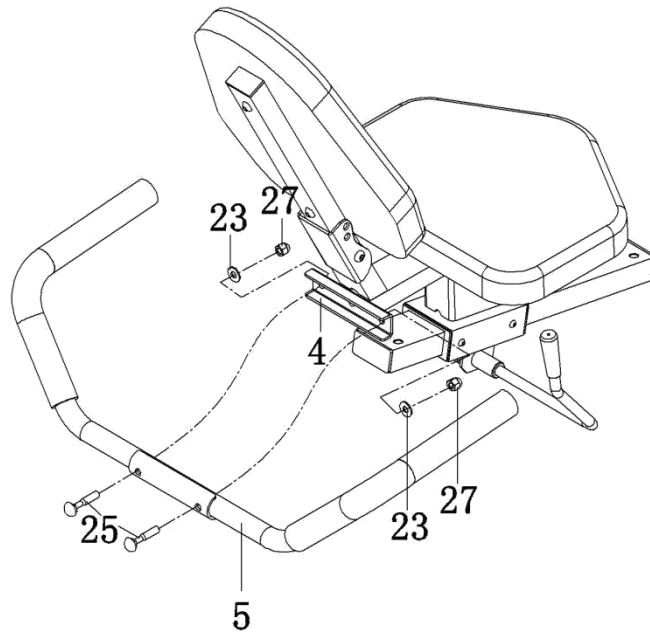
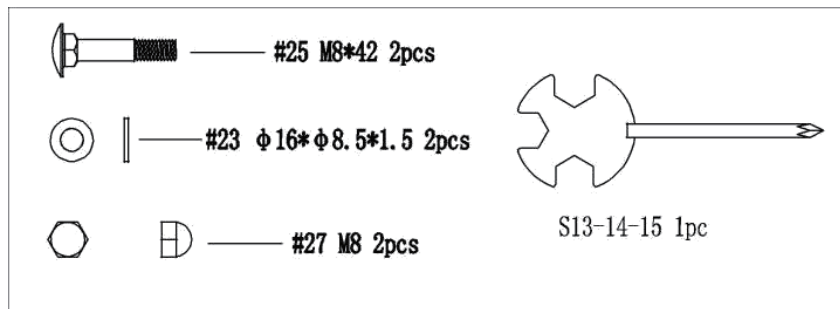
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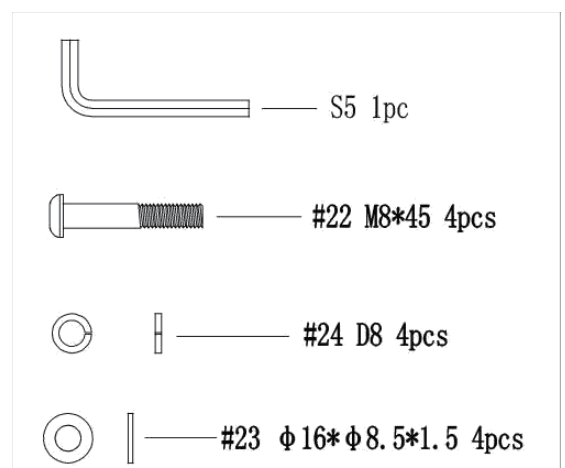
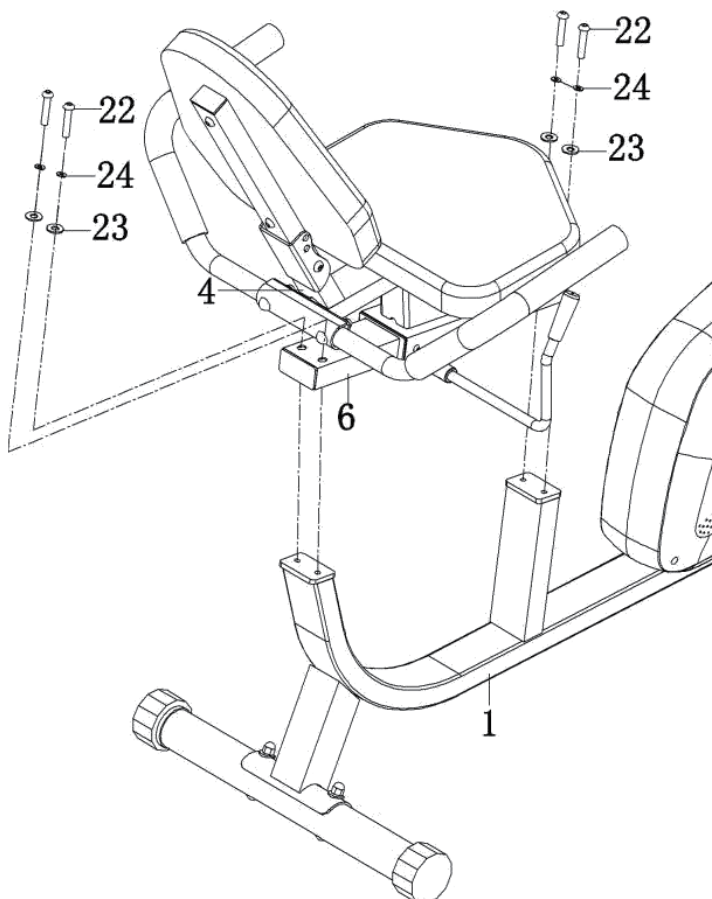
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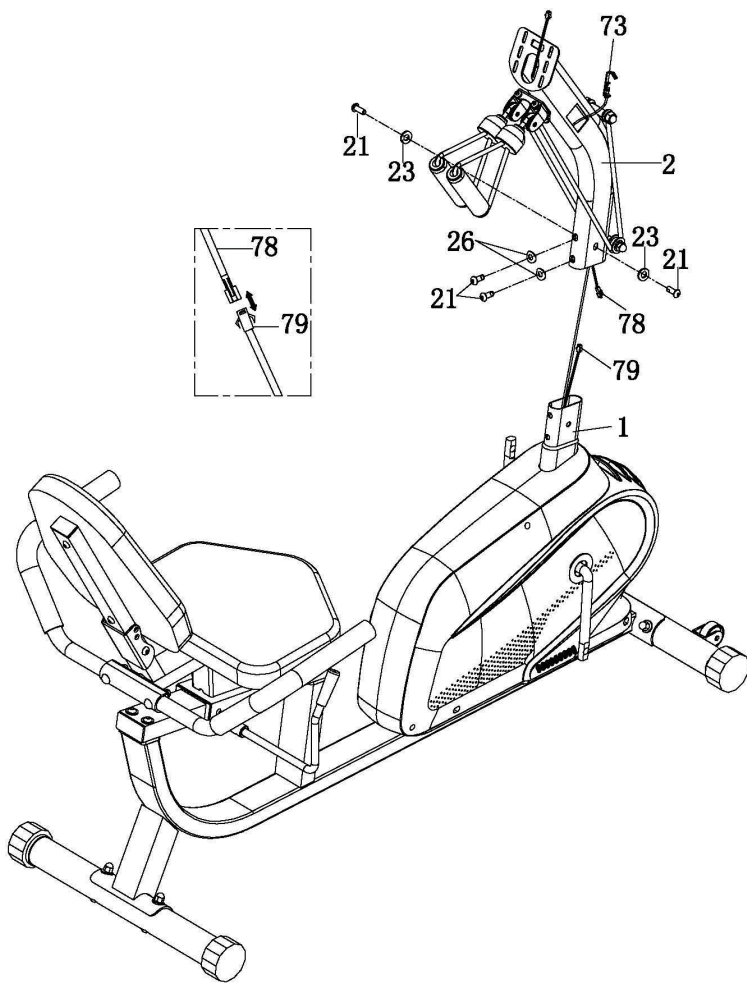
Step4:







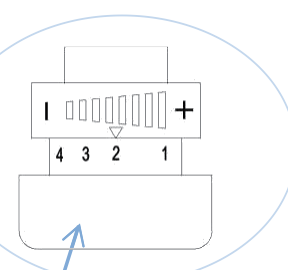
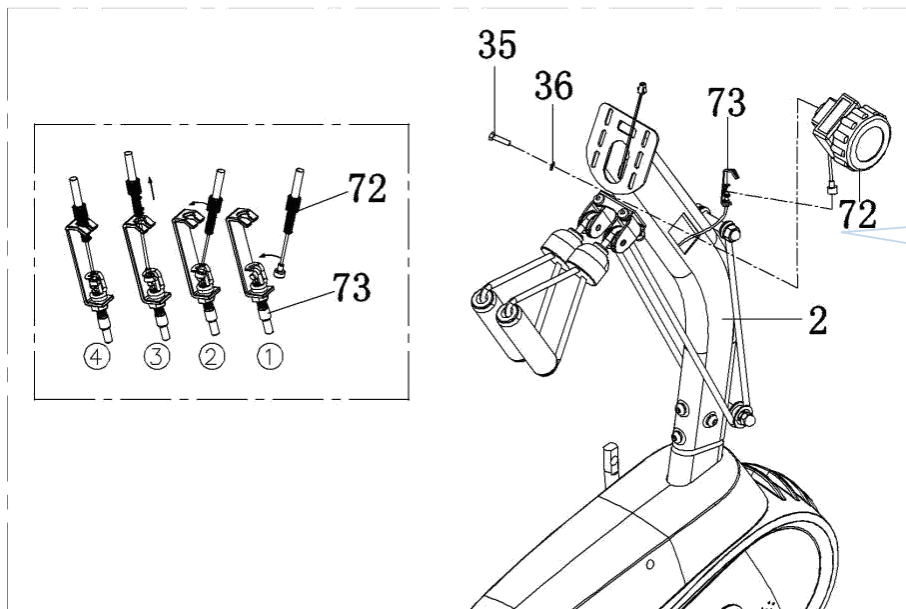
Step 5:



Step 6:

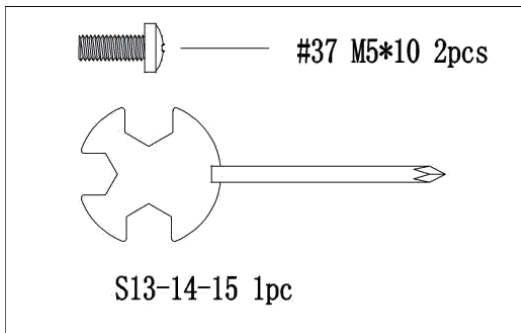
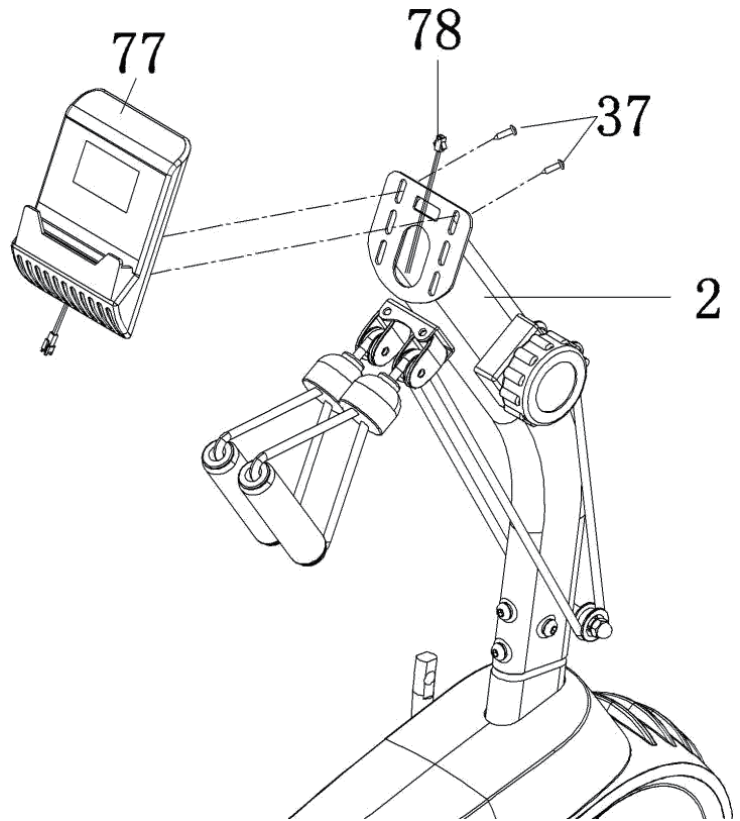
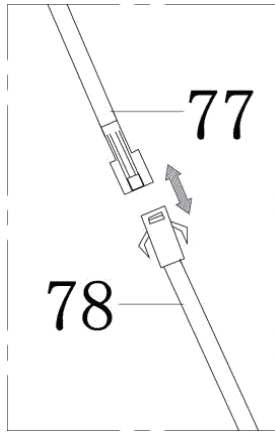


-  — S5 1pc
-  — #21 M8*15 4pcs
-  — #26 $\phi 16*\phi 8.5*1.5$ 2pcs
-  — #23 $\phi 16*\phi 8.5*1.5$ 2pcs

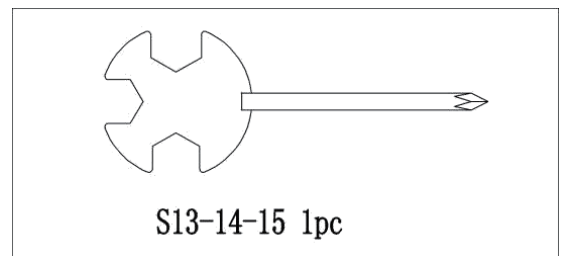
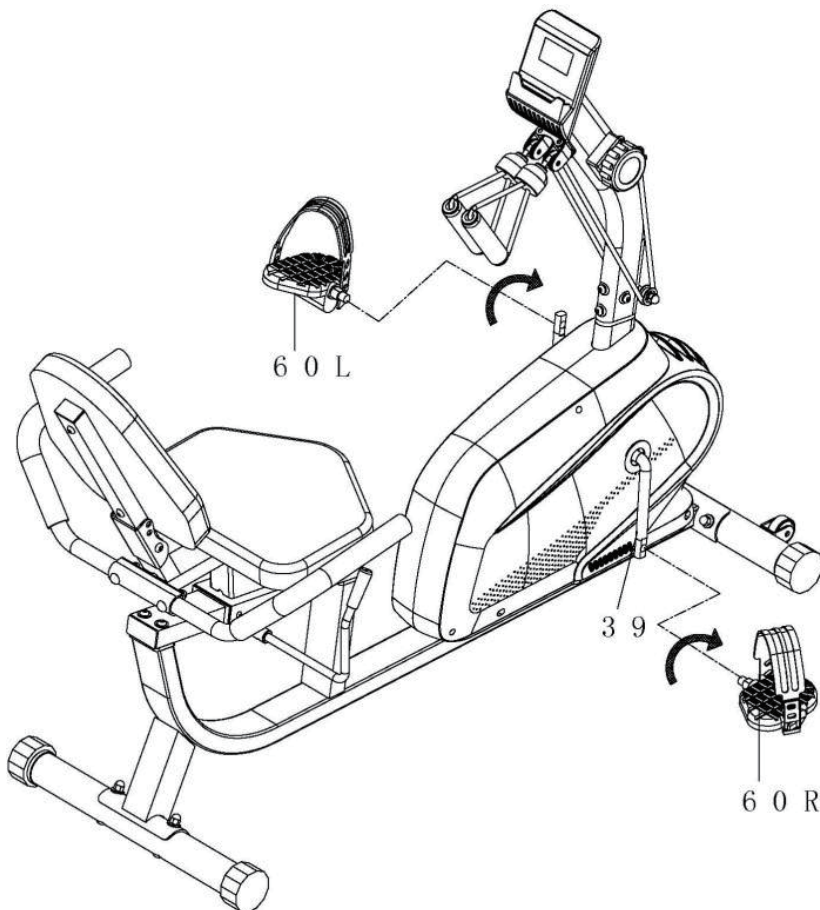


Note: Set the Tension Control Knob at 1 to ensure enough wire length to connect the Tension Control Wires (No. 72 and 73).

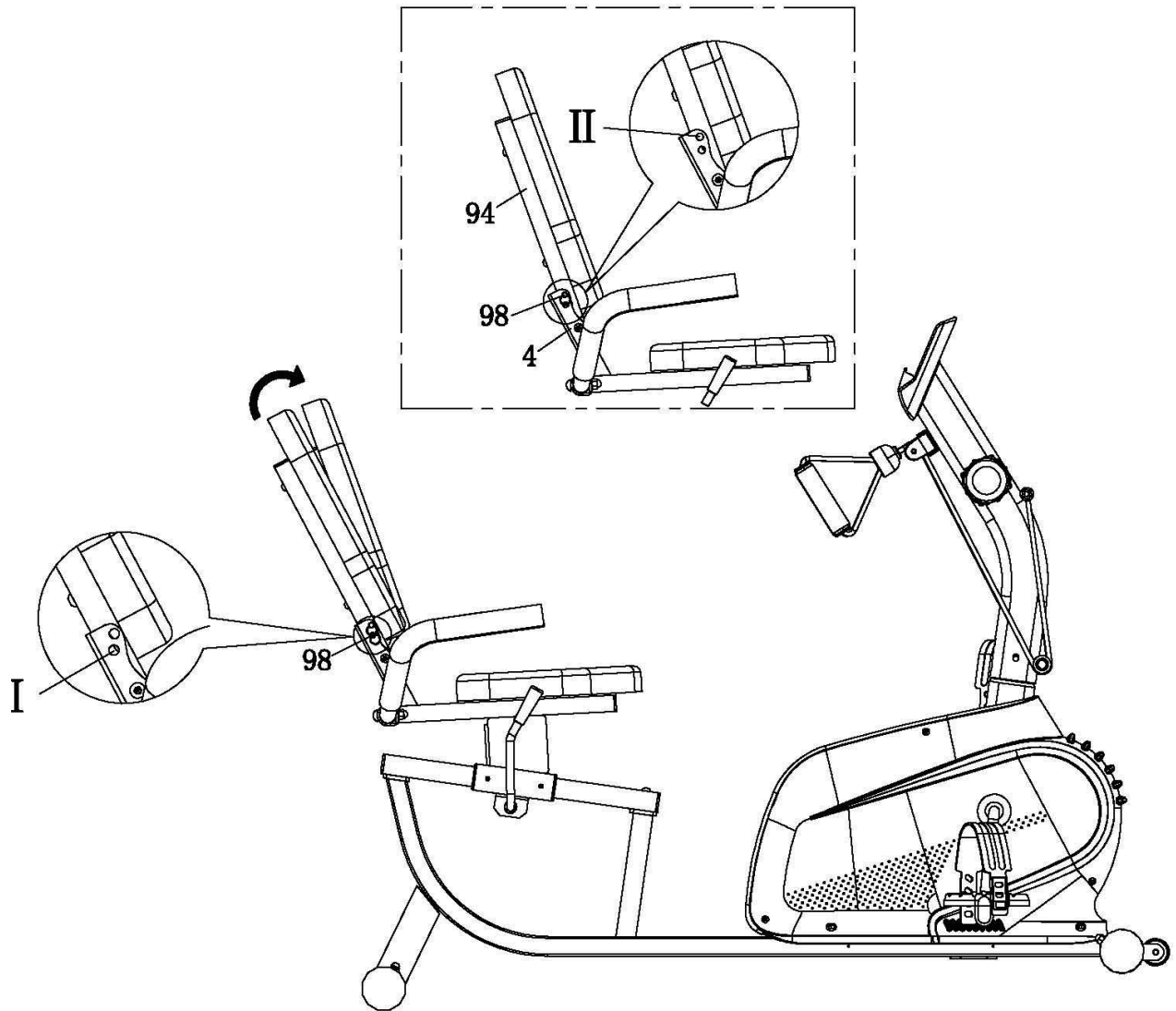
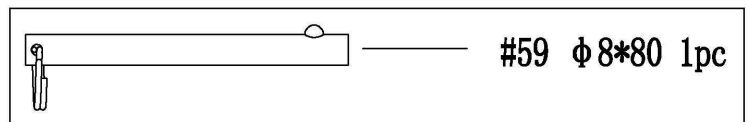
Step 7:



Step 8:



Step 9:



ADJUSTING THE SADDLE

Pull the Brake handle (49) up to loosen (see Fig 1). Then you can move on the Cushion frame(4) to find a suitable position. Push the Brake handle (49) down to tighten (see Fig 2).

Fig 1

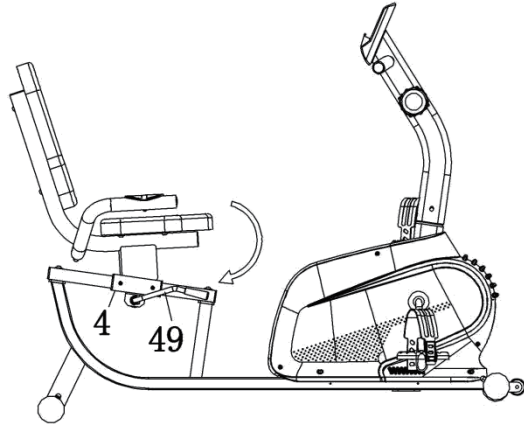
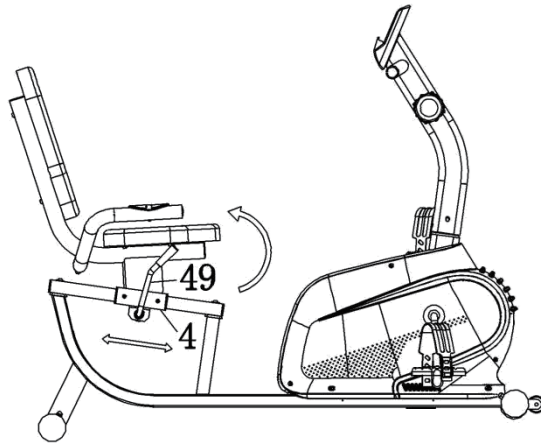
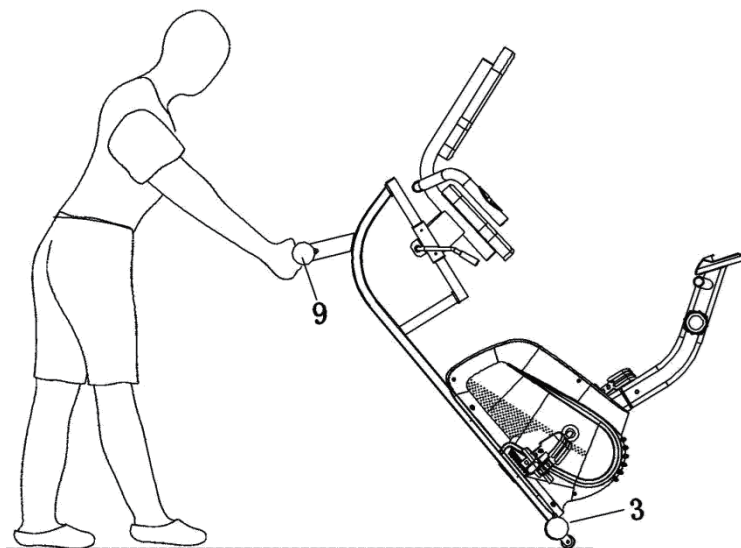


Fig 2



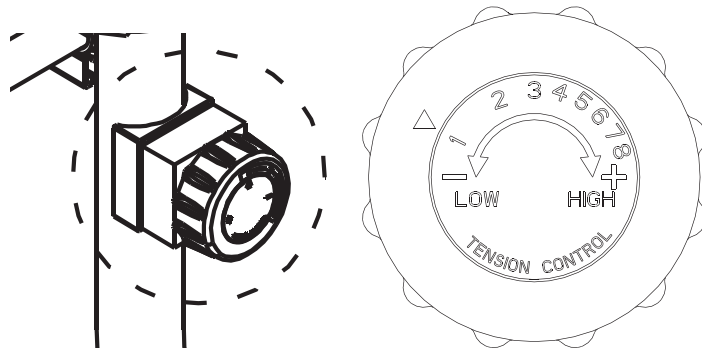
HOW TO MOVE THE BIKE?



Hold the **Rear Stabilizer (No. 9)** and lift the bike until wheels on the **Front Stabilizer (No. 3)** touch the ground. Now you can wheel the bike to the desired location.

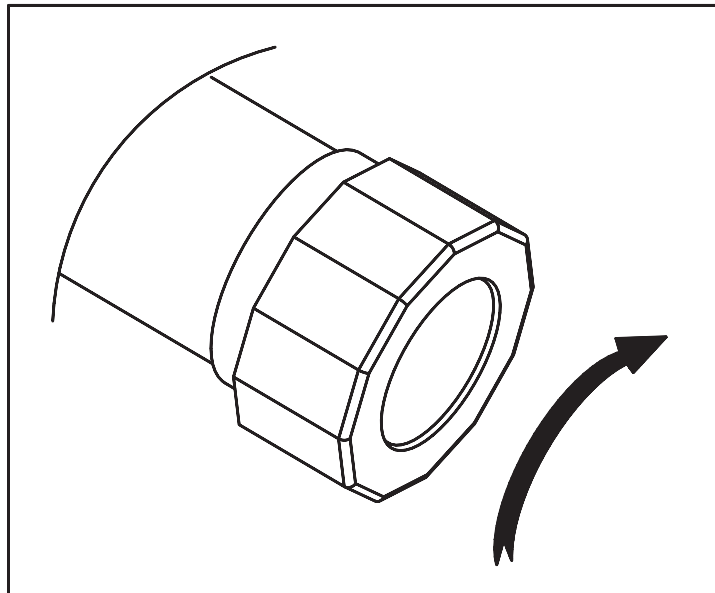
ADJUSTING THE RESISTANCE

Adjust the resistance of the bike using the **Tension Control (No. 72)**. Increase the level of resistance by turning the tension knob to the RIGHT (*clockwise*), decrease the level of resistance by turning the tension knob to the LEFT (*counter-clockwise*).

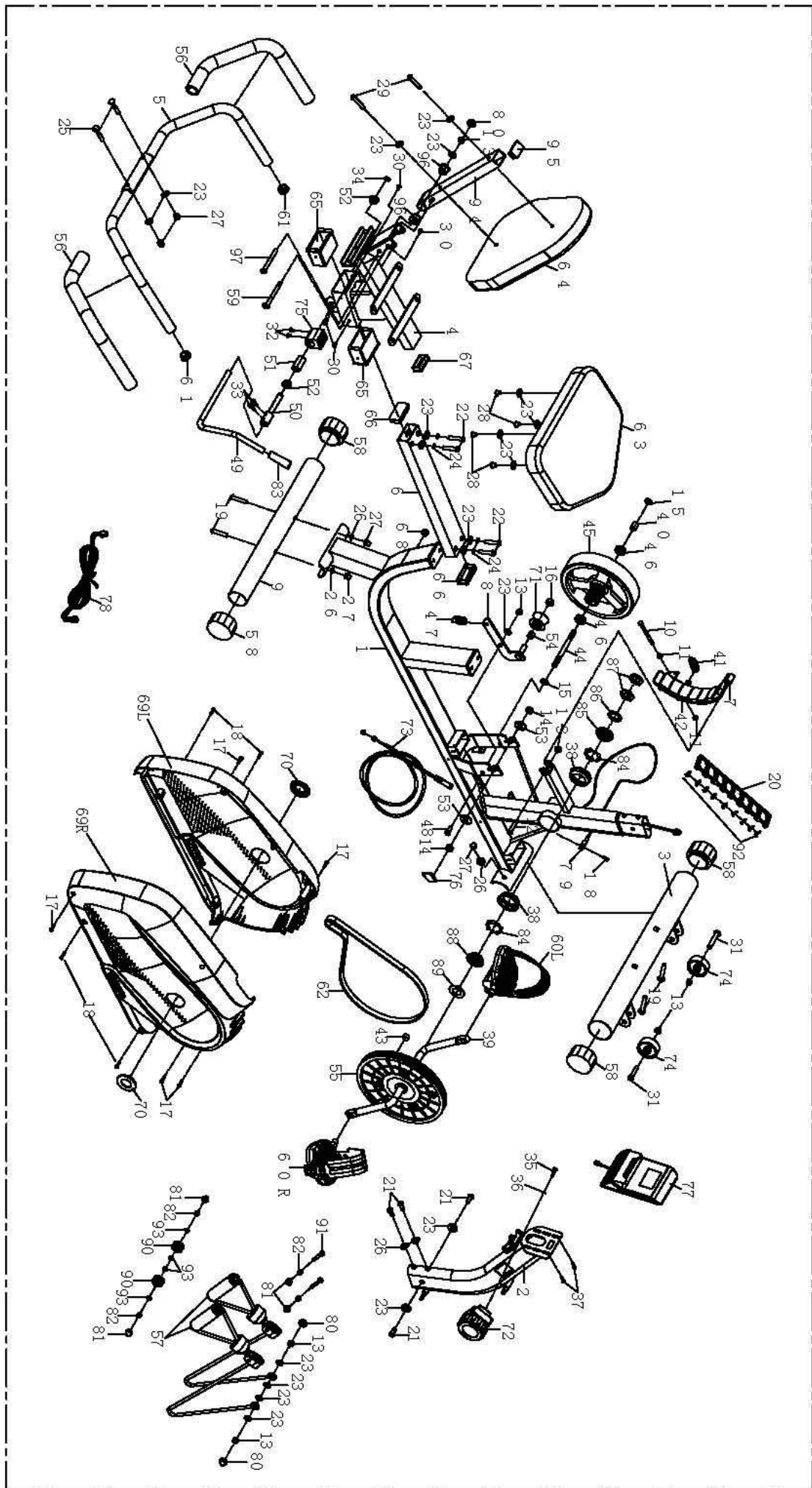


ADJUSTING THE HEIGHT AND BALANCE

In order to achieve a smooth and comfortable ride, you must ensure that the bike is stable. If you notice that the bike is unbalanced during use, you should adjust the end caps located beneath the **Rear Stabilizer (No. 9)**. To do so, turn it *clockwise*.



EXPLODED DRAWING



Parts List

No.	Description	Qty	No.	Description	Qty
1	Main frame	1	50	Eccentric shaft $\Phi 12 \times 105$	1
2	Front post	1	51	Eccentric wheel $\Phi 20 \times 38$	1
3	Front Stabilizer	1	52	Bushing $\Phi 23 \times \Phi 12.2 \times 11$	2
4	Cushion Frame	1	53	Lock washer $\Phi 30 \times 2.0$	2
5	Handle bar	1	54	Idler spacer $\Phi 16 \times \Phi 10.2 \times 10$	1
6	Adjusting tube	1	55	Pulley $\Phi 240/J6$	1
7	Magnet board	1	56	Foam grip $\Phi 23 \times \Phi 33 \times 450$	2
8	Idler link	1	57	Rope Set	2
9	Rear stabilizer	1	58	Rear end cap $\Phi 50$	4
10	Bolt M6*70	2	59	Plug	1
11	Nut M6	1	60L/R	Pedal (1/2")	2
12	Bolt M8*40	7	61	Round end cap $\Phi 25 \times 1.5$	2
13	Nylon Nut M8 S13	2	62	Belt 370PJ6	1
14	Nut M10x1xH5	2	63	Seat cushion 360*280*40	1
15	Nut M10x1xH4	1	64	Backrest cushion 380*290*40	1
16	Nylon Nut M10	5	65	Sleeve	2
17	Screw ST4.2*20	5	66	Cap 60*30*1.5	2
18	Screw ST4.2*20	4	67	Cap 50*25*1.5	1
19	Bolt M8*60	1	68	Plug 12	1
20	Magnetic fix board	4	69	Shell	1
21	Bolt M8*15	4	70	Crank plug	2
22	Bolt M8*45	20	71	Arc idler $\Phi 43.5 \times 25$	1
23	Washer $\Phi 16 \times \Phi 8.5 \times 1.5$	4	72	Tension control wire 280mm	1
24	Washer D8	2	73	Tension control wire 55MAX/760mm	1
25	Bolt M8*42	6	74	Idler wheel $\Phi 41 \times \Phi 8.5 \times 20$	2
26	Washer $\Phi 16 \times \Phi 8.5 \times 1.5$	6	75	Brake block 40*38*32	1
27	Nut M8	4	76	EV washer 40*20*3	1
28	Bolt M8*16	2	77	Computer wire 100mm	1
29	Bolt M8*40	4	78	Middle wire 600mm	1
30	Bolt M5*8	2	79	Needle sensor wire 500mm	1
31	Screw M8x38	2	80	Domed Cap for M8 Nylon Nut	3
32	Screw M5*15	2	81	Domed Nut for M6 Nylon Nut	4
33	Bolt M6*15	1	82	Nylon Nut M6	4
34	Lock Washers for Shafts D12	1	83	Brake handsets $\Phi 24 \times 77 \times \Phi 12$	1
35	Bolt M5*20	1	84	Ten sets shelf $\Phi 46 \times 8$	2
36	Flat Washer D5	2	85	Nut $\Phi 46 \times 12$	1
37	Bolt M5*10	2	86	Washer $\Phi 46 \times 2$	1
38	Ten sets $\Phi 56 \times 15.5$	1	87	Nut 32*32*4	2
39	Crank 140*220, 1/2	1	88	Lock nut 2 $\Phi 46 \times 12$	1
40	Flywheels spacer $\Phi 16 \times \Phi 10.2 \times 17$	1	89	Washer $\Phi 40.5 \times 3$	1
41	Tension spring $\Phi 18 \times 48 \Phi 2$	8	90	Slidable Wheel	2
42	Black magnet 40x25x10	1	91	Bolt M6*45	2
43	Round magnet $\Phi 15 \times 6$	1	92	Screw ST3*10	9

PARTS LIST

44	Inertia wheel Φ 10*125*M10*1*17	1	93	Flat Washer D6	4
45	External magnetic flywheels Φ 200*72.5/3Kg	2	94	Bad pad Bracket	1
46	Bearing 6000Z	1	95	Cap 40*25*2.0	1
47	Tension spring Φ 18 \times 48 Φ 2	1	96	Sleeve	2
48	Bolt Φ 9.8*6*M8*15	1	97	Screw M8*68	1
49	Brake handle Φ 12*380				

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