USER'S MANUAL

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Notes

Before you start training on your home Spin Bike, please read the instructions carefully. Be sure to keep the instructions for information, in case of repair and for spare part delivery.

- This spin bike is made for home use only and tested up to a maximum body weight of 110kg.
- Follow the steps of the assembly instructions carefully.
- For assembly use only suitable tools and ask for assistance with assembly if necessary.
- Check before the first training and every 1-2 months that all connecting elements are tight fitting and are in the correct condition. Replace defective components immediately and/ or keep the equipment out of use until repair. For repairs, use only original parts.
- In case of repair, please ask your dealer for advice.
- Avoid the use of aggressive detergents when cleaning the bike.
- Ensure that training starts only after correct assembly and inspection of the bike.
- For all adjustable parts be aware of the maximum positions to which they can be adjusted/tightened to.
- The spinning bike is designed for adults. Please ensure that children use it only under the supervision of an adult.
- Ensure that those present are aware of possible hazards, e.g. movable parts during training.
- Consult your physician before starting with any exercise program. He or she can advise on the kind of training and which impact is suitable. This Spin bike is not for medical purpose.
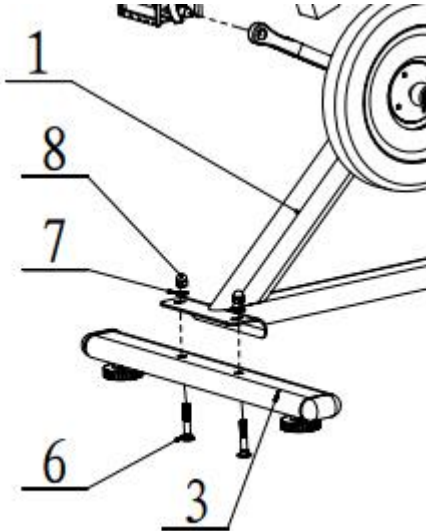
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Parts drawing
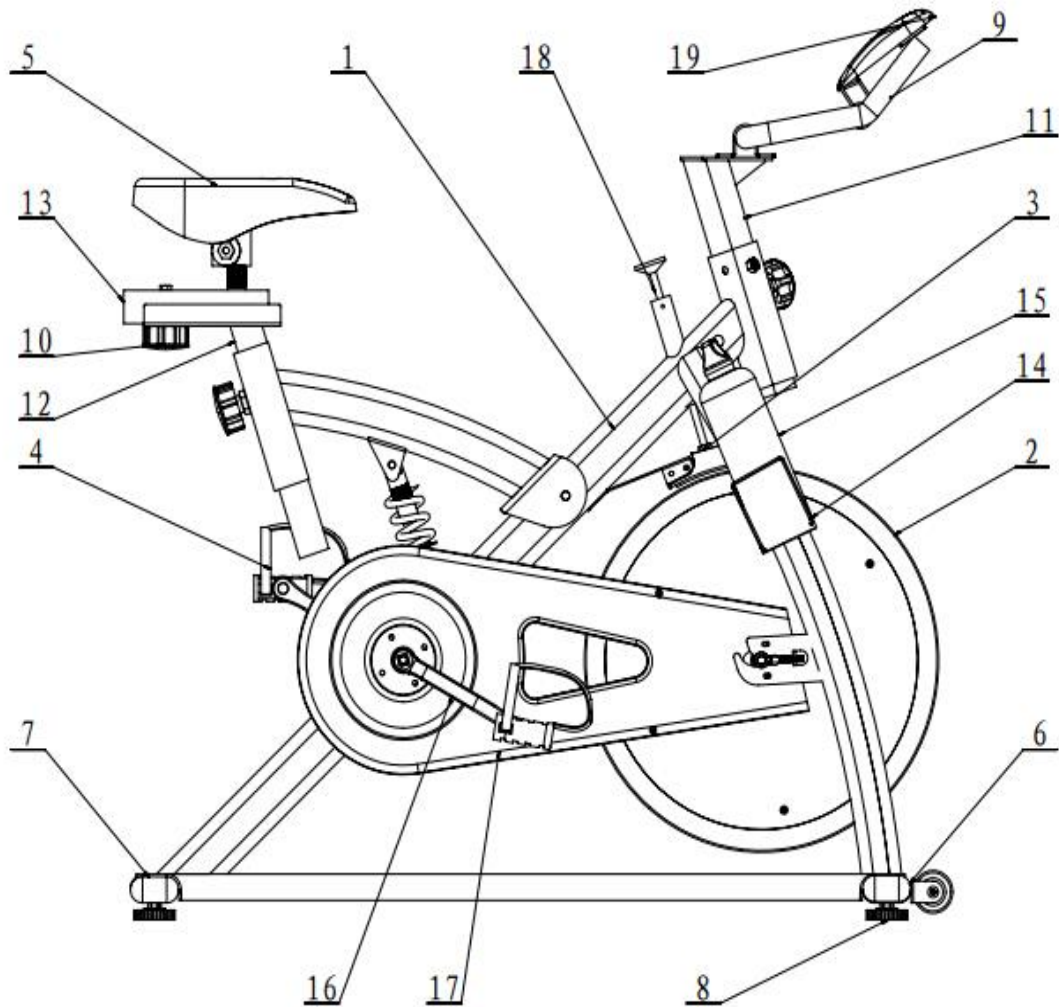
| 1	Frame	9	Handle bar	17	Cover
2	Flywheel	10	Knob	18	Brake
3	Brake part	11	Handle tube	19	Monitor
4	Pedal	12	Seat tube		
5	Seat	13	Horizontal movement tube		
6	Front tube	14	Bottle cage		
7	Rear tube	15	Bottle		
8	Screw	16	Crank		

Installation Step Description

Step 1 :

Take out of the spin bike from carton . Use the Allen wrench to bolt M8 * 45(6), put on pads(7) and a cap nut(8), respectively, front tube (03)and rear tube fixed to the main frame

Step 2 :
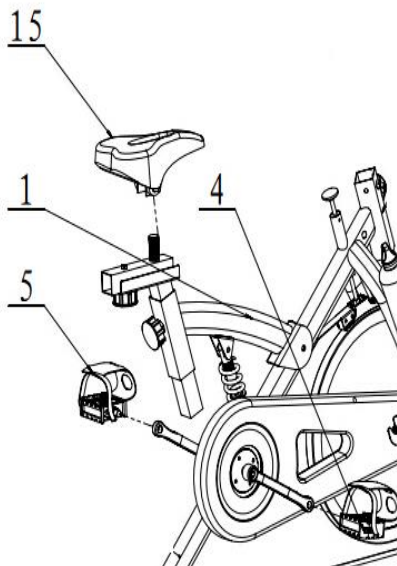
The seat (15) mounted on the main frame. Take the pedal "L" (5) to the left crank ,and "R"to the right crak .

Step 3:
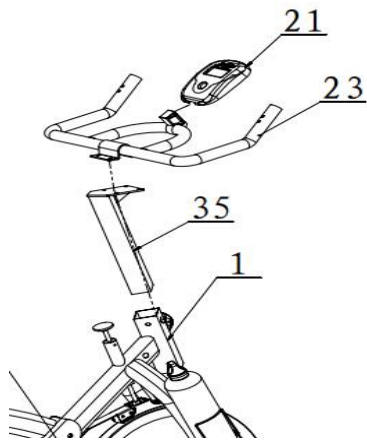
Put the tube(35) to the frame (1) ,then
With 4 locking screws on the main frame,
Take the monitor holder from tool bags to
the handlebar , then get the monotor
mounted to the holder .

Monitor instruction

SPECIFICATIONS：

    TIME（TMR）...…..**00:00-99:59**

    SPEED(SPD) ....**0.0-99.9KM/H(ML/H)**

    DISTANCE(DIST) ....**0.00-99.99KM(ML)**

    CALORIES(CAL) **0.0-999.9KCAL**

※PULSE(PUL) ....……. …**40-240BPM**

KEY FUNCTIONS:

    MODE: This key lets you to select and lock on to a particular function you want.

    ※SET (IF HAVE): Can to proceed the data establish for "TIME""DISTANCE" "CALORIES"**.**

    ※RESET(IF HAVE): The key to reset the value to zero by pressing the key.

OPERATION PROCEDURES:

1. **AUTO ON/OFF**

◆ The system turns on when any key is pressed or when it sensor an input from the speed sensor.

◆ The system turns off automatically when the speed has no signal input or no key are pressed for approximately 4 minutes.

2. **RESET**

    The unit can be reset by either changing battery or pressing the MODE key for 3 seconds.

3. **MODE**

    To choose the SCAN or LOCK if you do not want the scan mode, press the MODE key when the pointer on the function you want which begins blinking.

FUNCTIONS:

1. **TIME**: Press the MODE key until pointer lock on to TIME. The total working time will be shown when starting exercise.

2. **SPEED**: Press the MODE key until the pointer advance to SPEED. The current speed will be shown.

3. **DISTANCE**: Press the MODE key until the pointer advance to DISTANCE. The distance of each workout will be displayed.

4. **CALORIE**: Press the MODE key until pointer lock on to CALORIE. The calorie burned will

be displayed when starting exercise.

5. **ODOMETER** (IF HAVE): Press the MODE key until the pointer advance to ODOMETER. The total accumulated distance will be shown.

6. **PULSE** (IF HAVE): Press the MODE key until the pointer advance to PULSE. User's current heart rate will be displayed in beats per minute. Place the palms of your hands on both of the contact pads (or put ear-clip to ear), and wait for 30 seconds for the most accurate reading.

SCAN: Automatically display changes every 4 seconds.

BATTERY:

If improper display on monitor, please reinstall the batteries to have a good result.