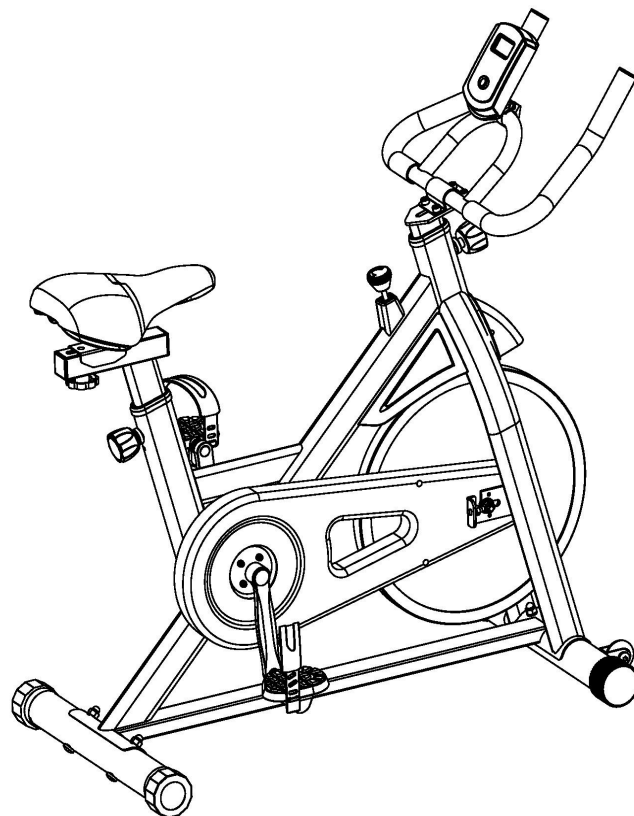




# Spinning Bike

## Instruction Manual

A90-144



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# Safety Information

**Important** – Please read fully before assembly or using

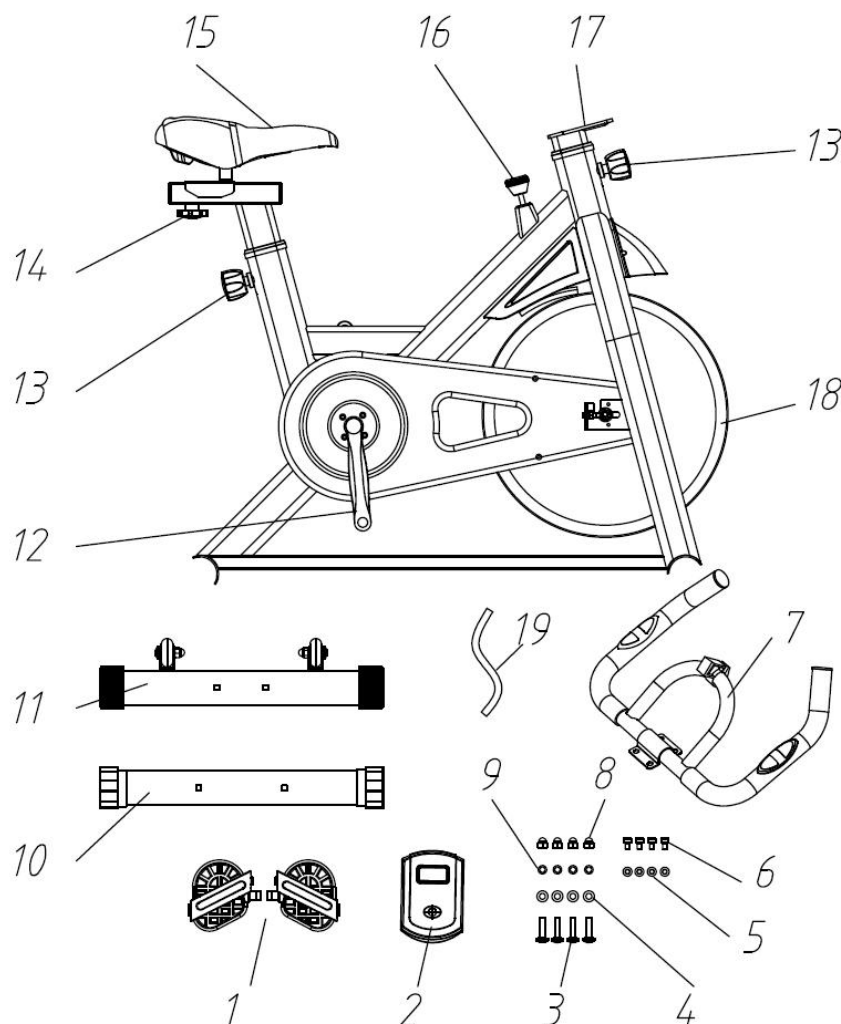
## Assembly

- Check you have all the components and tools listed, bearing in mind that, for ease of assembly, some components are pre-assembled.
- Keep children and animals away from the work area, small parts could choke if swallowed.
- Make sure you have enough space to layout the parts before starting.
- Assemble the item as close to its final position (in the same room) as possible.
- Position the equipment on a clear, level surface.
- Dispose of all packaging carefully and responsibly.

## Using

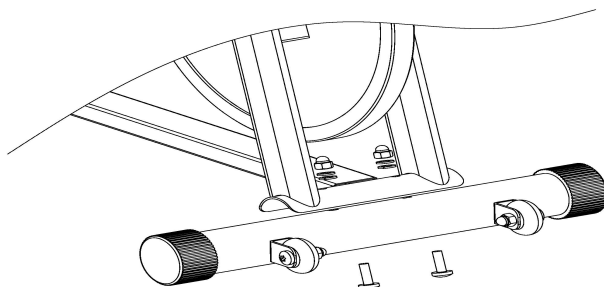
- It is the responsibility of the owner to ensure that all users of this product are properly informed as to how to use this product safely.
- This product is intended for domestic use only.
- **Do not** use in any commercial, rental, or institutional setting.
- Before using the equipment to exercise, always do stretching exercises to properly warm up.
- If the user experiences dizziness, nausea, chest pain, or other abnormal symptoms **stop the workout and seek immediate medical attention.**
- Only one person at a time should use the equipment.
- Keep hands away from all moving parts.
- Always wear appropriate workout clothing when exercising. **Do not** wear loose or baggy clothing, since it may get caught in the equipment. Wear athletic shoes to protect your feet while exercising.
- **Do not** place any sharp objects around the equipment.
- Disabled persons should not use the equipment without a qualified person or doctor in attendance.
- This product is suitable for user's weight of **110kgs**.

# Components – Parts



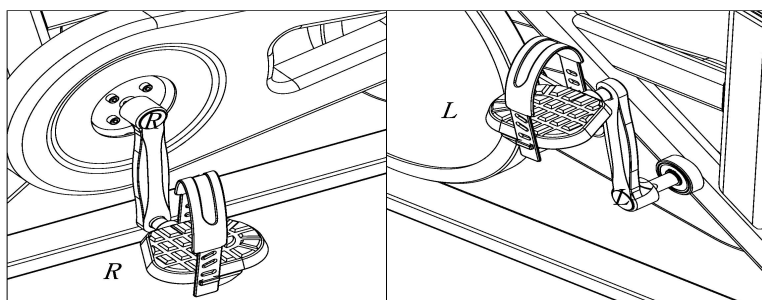
- |                           |                    |                    |                     |
|---------------------------|--------------------|--------------------|---------------------|
| 1.pedal                   | 7.handle           | 13. knob           | 19. corrugated pipe |
| 2. monitor                | 8.screw M8         | 14. Screw nut      |                     |
| 3. 8*75 carriage bolt     | 9. $\Phi 8$ washer | 15.saddle          |                     |
| 4. $\Phi 8$ arc pad       | 10. rear tube      | 16. brake          |                     |
| 5. $\Phi 6$ washer        | 11. front tube     | 17. handle support |                     |
| 6. Cylinder head screw M6 | 12. crank          | 18. flywheel       |                     |

# Installation Instruction



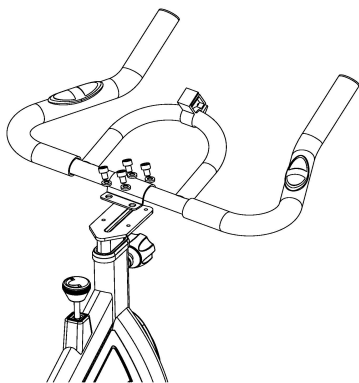
- 1) Connect the front tube with the frame, and fix by the plain washer 8, washer 8 and the cover-shaped screws. Installation of back tube is the same.

Note: Please adjust the black feet strap to make it balance if it is not stable.

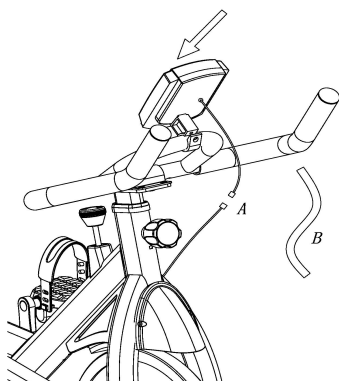


- 2) The pedals are marked with L and R. Please fasten the pedal with right threaded hole by using the spanner and fix it tight with the built-in nut. And fasten the pedal with left threaded hole by using the spanner and fix it tight with the built-in nut.

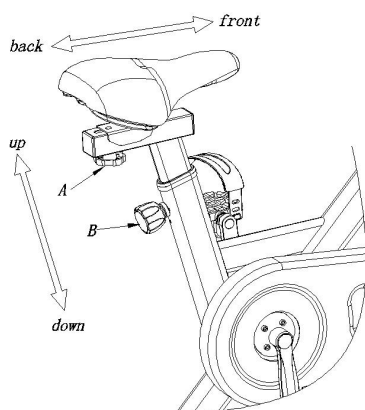
(Note: L and R are marked in crank as well. Please install them accordingly otherwise it will damage the products. And please fasten the feet strap, or it will fall down after long usage.)



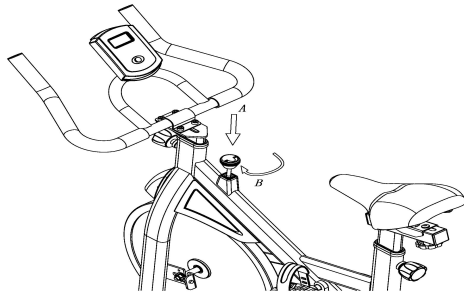
3) Take out the handle and fix it into the support by screws and washers..



- 3) 1. Slide the monitor onto the groove
2. Connect the cables as A. (only for model without pulse function)
3. Double wire with right Pulse and single wire with left sensor. Please keep the messy cables inside the pipe as B. (only for model with pulse function)



5) Loose the knob A and B to adjust the position of the cushion. And fasten the knob to fix the cushion. (The cushion can be adjusted front/ back, up/ down.)



6) Rotate the break knob clockwise to increase the resistance and rotate the break knob anticlockwise to decrease the resistance. Press down the break knob for emergency stop.

## Computer Operation

Time.....	00-00—99: 59 Minute: Second
Speed .....	00—99.9 km/h
Distance.....	0.00—99.99 Km
Odometer.....	0.00—999.9 Km
Heart Rate.....	40—240BPM(Optional)
Calorie.....	0.999.9Kcal

- **MODE:** This key lets you select and lock on to a particular function which you want. Press to Choose **SCAN** or **LOCK**, if you do not want the scan mode, press the **Mode** key until the pointer is next to the “flashing” function which you want.
  - **AUTO ON /OFF:** The monitor will switch on automatically when the exercise machine is in motion. The monitor will turn off automatically when the speed has no signal input or no keys are pressed for approximately 4 minutes.
  - **RESET:** The unit can be reset by either changing the battery or pressing the **MODE** key for 3 seconds.
  - **SPEED:** Press Mode key until the pointer advances to SPEED. The Computer will display the current speed.
  - **DISTANCE:** Press Mode key until the pointer advances to DIST. The Computer will display each trip distance you have traveled.
  - **TIME:** Press Mode key until the pointer advances to TIME. The total working time will be shown when starting exercise.
  - **CALORIES:** Press Mode key until the pointer advances to CAL. The Computer will display total calories burns when starting to exercise.
- ODOMETER:** Press the **MODE** Key until the pointer advance to **ODOMETER**. The total accumulated distance will be shown.

## Exercising Information

***Each workout should include the following three parts:***

1. A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.
2. Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. (**Note:** During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.)
3. A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

**Exercise Frequency**

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is make exercise a regular and enjoyable part of your everyday life before starting to exercise

## Care and Maintenance

1. Examine the equipment periodically in order to detect any damage or wear which may have been produced.
2. Lubricate moving parts with light oil periodically to prevent premature wear.
3. 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.
4. The equipment can be cleaned using a damp cloth and mild non-abrasive detergent.  
**Do not** use solvents.

5. **Do not** attempt to repair this equipment yourself. Should you have any difficulty with assembly, operation or use of your exercise product or if you think that you may have parts missing, contact the manufacturer.

**Guarantee:**

For guarantee purposes, please retain your purchase receipt.