

- Stretching your body properly before exercising on this bike may prevent body injury from cycling

Note: pictures in the manual are only for demonstration. Its appearance and technical parameters may be changed without further notice.



DUAL BIKE



Instruction Manual
A90-189 EN C000000

This user manual provides both operation information of this product and its detailed specifications. Please read this manual carefully and understand it thoroughly before operation. Keep this manual for future reference.



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READ AND SAVE IMPORTANT SAFETY INSTRUCTIONS

Please read the following safety instructions carefully before using this product. If you suffer from any of the medical conditions listed below, pay close attention to your workout time or consult with a doctor before using this product.

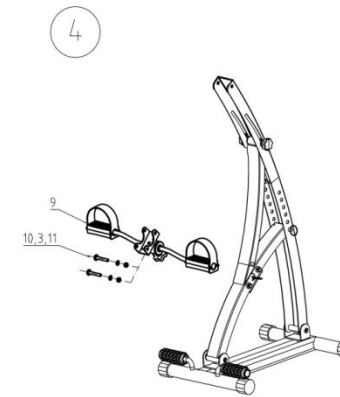
If you:

- Suffer from a heart condition
- Have a sensory disorder or pacemaker
- Suffer from osteoporosis or diabetes
- Are pregnant
- Have a malignant tumor
- Are undergoing medical treatment
- Are physically disabled
- Have high blood pressure, suffering from acute diseases
- Are osteoporosis, vertebral fracture patients, such as muscle disease
- Have the gout, arthritis, joint deformation
- Have symptoms of dizziness, tinnitus

We advise you to pay close attention to your workout time or consult with your doctor before using this product.

SAFETY WARNING

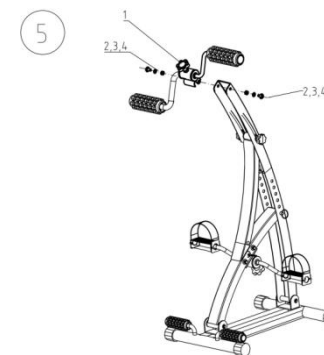
1. Never stand up on the pedals of this product.
2. Always be seated on chairs / sofa / bed side when you do pedaling with this product.
3. Always check and make sure all screws / bolts / knobs / frames / brackets are properly fixed before using this product for exercise.
4. Always escort and pay attention while patients, disabled and elderly people are using this product.
5. People with heart disease or prohibited to have excited exercise should reduce workout time unless you have consulted with your doctor.
6. People with wounded or after surgery and not well recovered should not use this product unless you have consulted with your doctor.
7. Close supervision is necessary when this product is used by, close or next to children, invalids, or disabled person.
8. This product is designed for home use only.



STEP 4:

Install I-frame

Fix I-frame(16) with Auxiliary frame(12). Connect with Socket head cap screw(13)、 Plain gasket (14)、 nut locknut (15)、 Power spacer(17), and using spanner to tighten it.

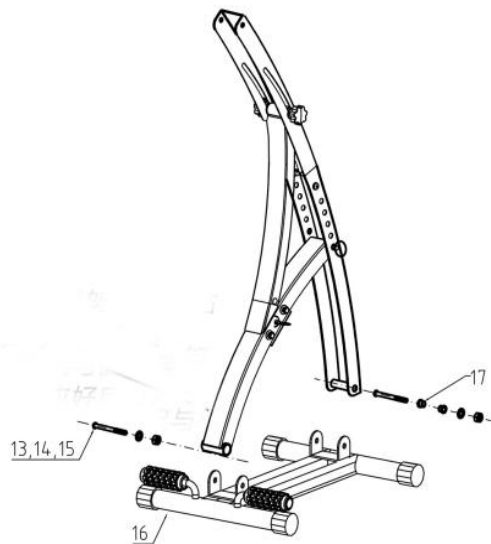


STEP 5:

Install Handle Resistance

Fix Handle resistance(1) with Short main frame(7). Connect with Socket head cap screw(2)、 Plain gasket (3)、 nut locknut (4) , and using spanner to tighten it.

3

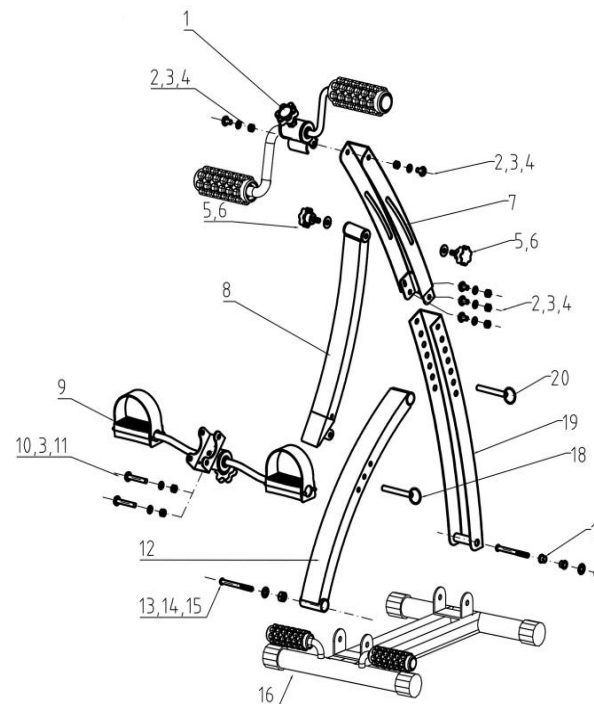


STEP 3:

Install I-frame

Fix I-frame(16) with Auxiliary frame(12). Connect with Socket head cap screw(13)、 Plain gasket (14) 、 nut locknut (15) 、 Power spacer(17), and using spanner to tighten it.

Exploded Drawing

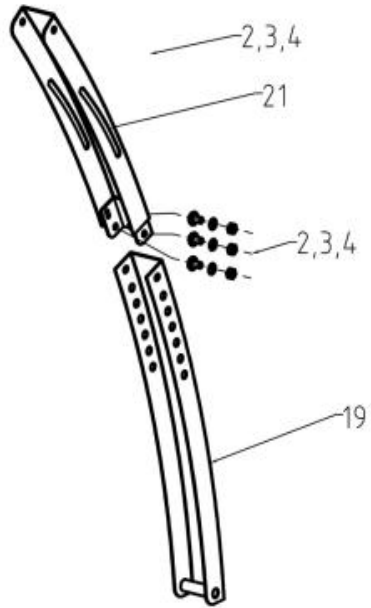


PART LIST

PART NO.	DESCRIPTION	QTY	PART NO.	DESCRIPTION	QTY
1	Handle resistance	1	11	M8 cover nut	2
2	Socket head cap scraw M8*16	5	12	Auxiliary frame	1
3	Φ8 Plain gasket	7	13	Socket head cap scraw M10*85	2
4	M8 nut locknut	5	14	Φ10 Plain gasket	2
5	M8 Plum blossom knob	2	15	M10 nut locknut	2
6	Φ8 Large shim	2	16	I-frame	1
7	Short main frame	1	17	Power spacer	2
8	Support frame	1	18	Φ8 Bolt	1
9	Foot resistance Device	1	19	Long main frame	1
10	Socket head cap scraw M8*55	2	20	Φ8 Bolt	1

ASSEMBLY INSTRUCTIONS

1

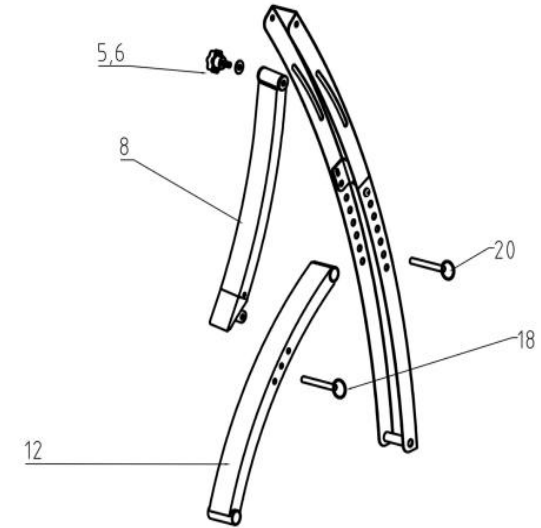


STEP 1:

Install main frame

Fix Long main frame(19) with short main frame(21). Connect with Socket head cap screw(2)、 Plain gasket (3)、 nut locknut (4) , and using spanner to tighten it.

2



STEP 2:

Install Support frame

Fix Support frame(8) with Auxiliary frame (12) . Connect with Plum blossom knob (5) , Large shim (6) 、 Bolt (20) , and using spanner to tighten it.