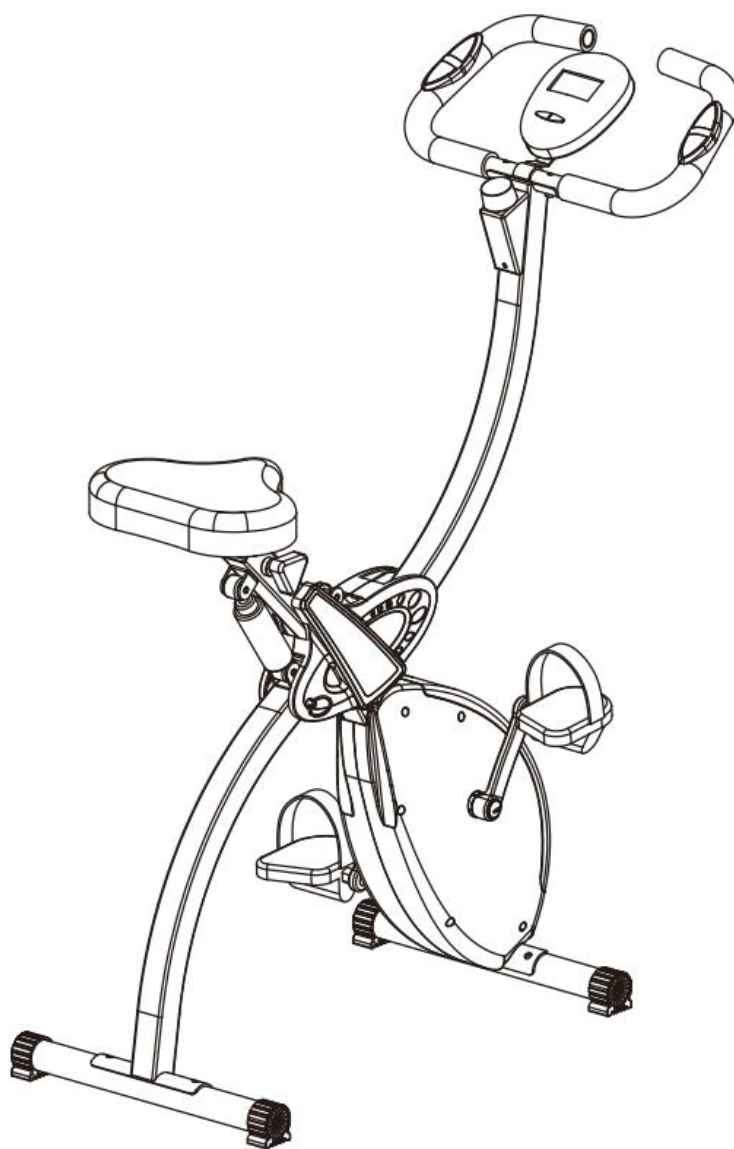


Soozier

INada100_US

A90-191



ASSEMBLY INSTRUCTION

- ◆ Please read the manual carefully and use it tangently according to the instructions.
- ◆ After reading, please keep it in a safe place for confirmation at any time.

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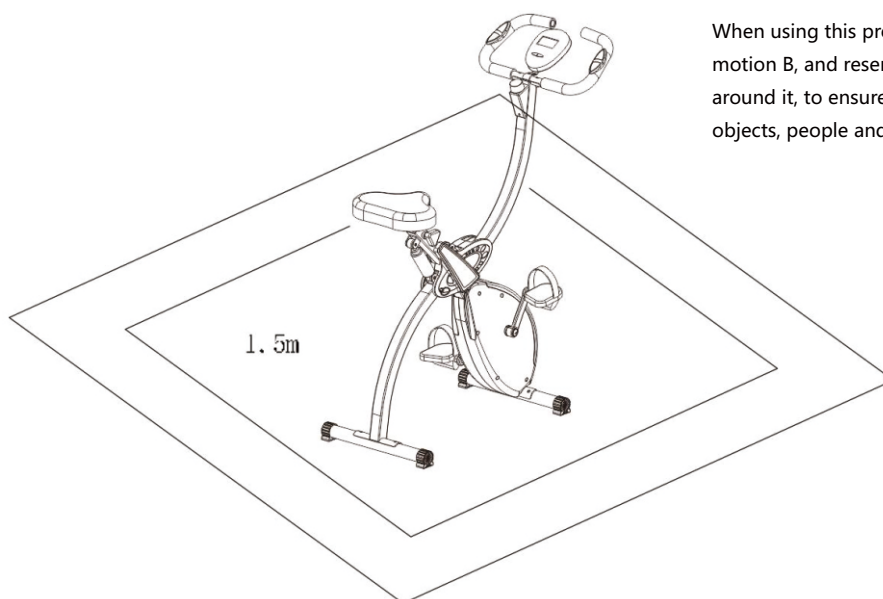
① USER'S MANUAL

Thank you for purchasing the new smart active oxygen exercise bike. Please read the manual carefully before using it, and confirm that the purchased items are complete without any damage during transportation.

First, safety precautions

- Be sure to read and follow the safety precautions

Caveat	
Please follow	Be sure to observe the physical discomfort when using this product, stop using it immediately, consult a doctor, and follow the doctor's instructions before using.
	To ensure safety, please check for damage or wear before each use, especially the seat cushion, screws, pins and knobs. If there are cracks or damage, stop using it immediately.
	WARNING Initial use, please do not exceed 30 minutes a day, and exercise in accordance with the instructions to avoid sports injuries caused by incorrect posture.
	If you feel abnormal or discomfort during exercise, stop using it immediately to avoid injury.
	Do not use this product after drinking or meals (use it at least one hour after a meal) to avoid discomfort or accidents.
	This product should be placed in a suitable place, such as on a flat and solid floor, to avoid falling or injury.
	Wear appropriate clothing when exercising to avoid injury or accident.
	Before starting to use this product, please warm up, step on it gently, adjust your breathing and pace, and slowly enter the state of exercise.
	Please read the (Usage Mode) section in detail, as shown in the instruction manual, sit on the cushion, step on the foot pedal with your feet, and follow the instructions of the use mode to hold your hand.
Please keep your children close when you fold to avoid damage.	

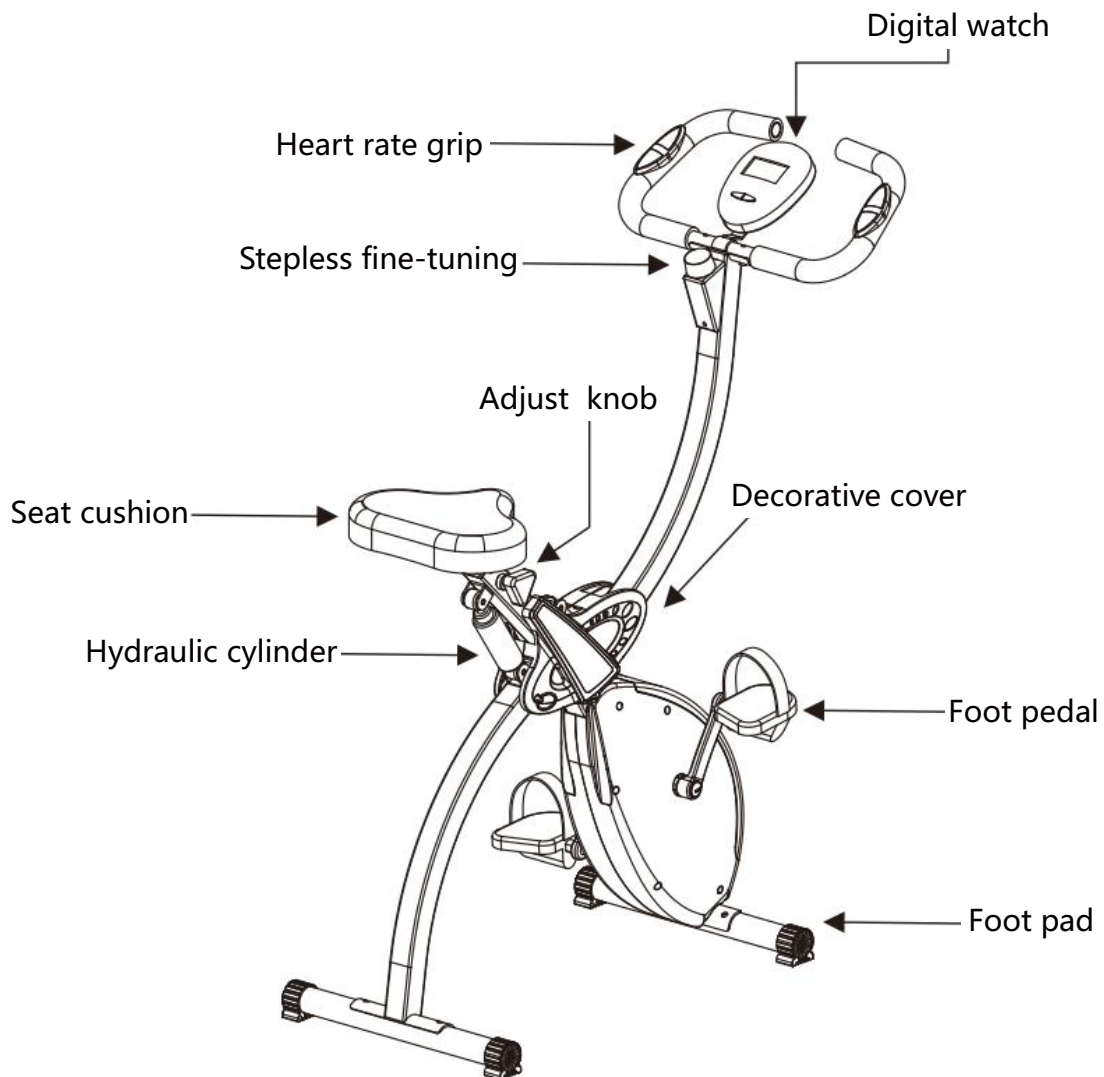


When using this product, please reserve a range of motion B, and reserve a free range A of 1 meter around it, to ensure a safe distance from surrounding objects, people and pets during exercise.

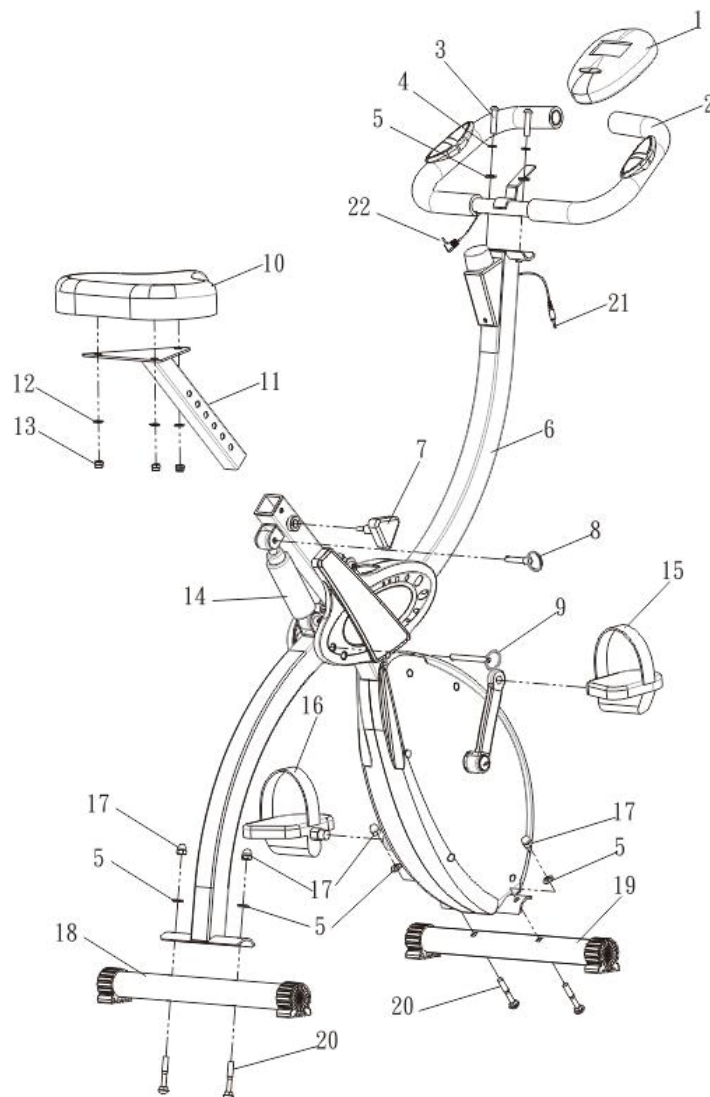
Warning

Do not disassemble this product.	Do not modify or modify this product yourself to avoid abnormal use or accident.
Confirmation	When using this product, please make sure that the screws, pins and knobs have been positioned to reduce the risk of accidents.
Prohibited	Do not use the product without the knob fixed in place.
	Please do not use it outside the manual to avoid injury or accident.
	Do not use more than two people at the same time to avoid injuries or accidents
	This product is suitable for general household use, please do not use it for commercial use to avoid injury or accident.
	This product is forbidden to use by children. Please use it under the supervision of an elderly person or a person with reduced mobility. Please do not approach anyone or pets during use to avoid injury or accident.

Appearance illustration



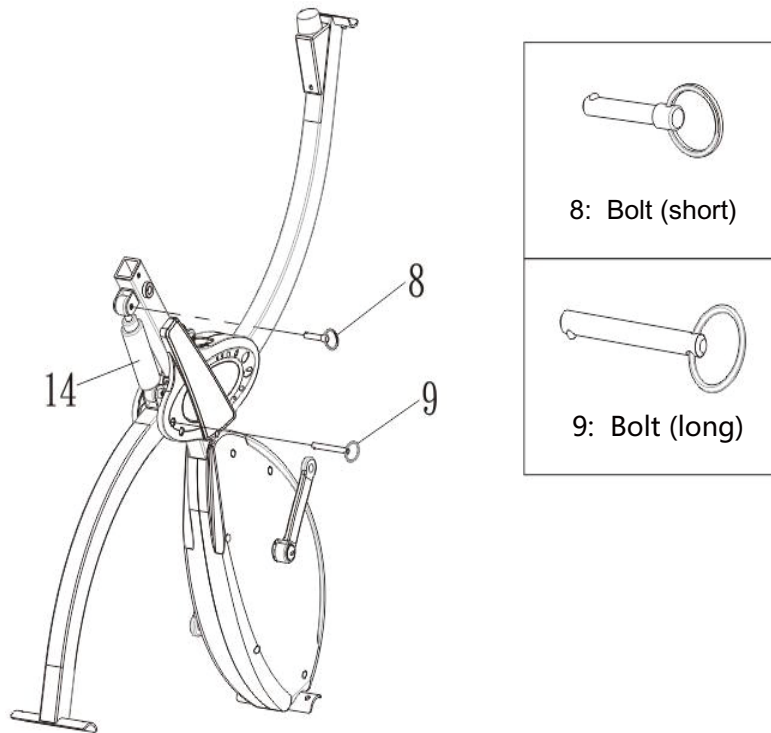
② Details of accessories



NUMBER	NAME	QUANTITY	NUMBER	NAME	QUANTITY
1	Digital watch	1	13	M8 nut	3
2	Armrest	1	14	Hydraulic cylinder	1
3	Hexagon socket screw	2	15	Right foot tube	1
4	Spring washer	2	16	Left foot tube	1
5	Curved gasket	6	17	M8 cover nut	4
6	Elbow	1	18	Rear leg tube	1
7	Adjustment knob	1	19	Front foot tube	1
8	Bolt (short)	1	20	Round head square neck screws	4
9	Bolt (long)	1	21	Connection line	1
10	Cushion	1	22	Heart rate grip cable	1
11	Seat cushion telescopic tube	1		Open end wrench	1
12	Φ8.2 Gasket	3		L-shaped wrench	1

③ The Assembly Method

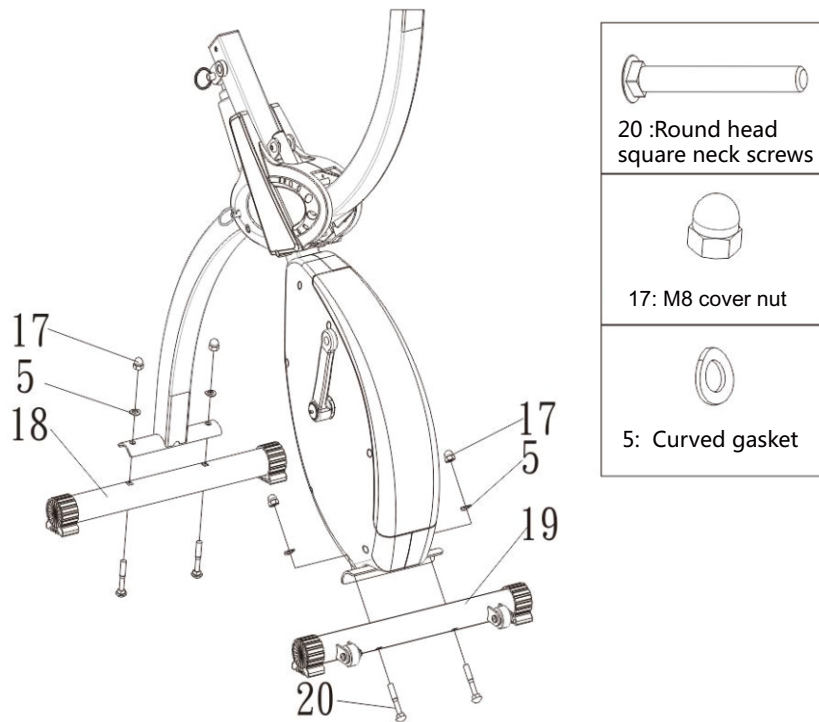
Please check zero before assembly. Accessories Description All spare parts are not missing.



Step one: unfold the main frame

After taking out the product and unfolding the main frame, fix the #8 and #14 jacks as shown in the figure. Insert the #9 pin into the fixed main frame as shown.

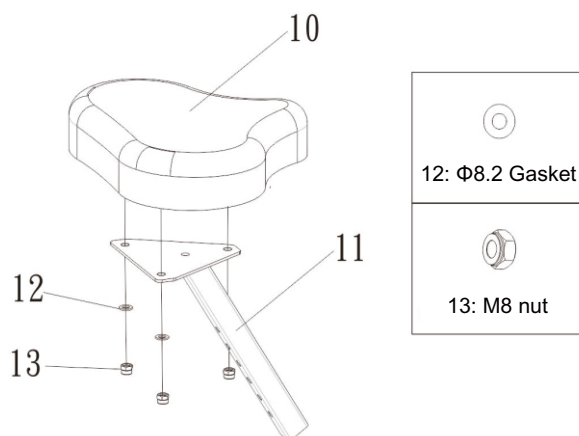
Warning: Do not fix the bolt under the bolt position, and disassemble the parts to avoid accidents caused by falling.



Step two: assemble the tripod

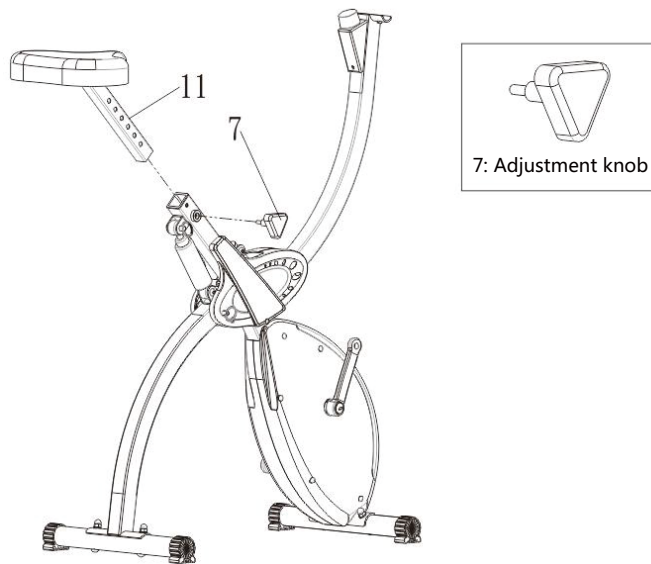
Use arc washer # 5, semi-circular head square neck screw # 20 and M8 cap nut to connect and lock the rear foot tube # 18 to the main frame.

Use arc washer # 5, semi-circular head square neck screw # 20 and M8 cover nut to connect and lock front foot tube # 19 to the main frame.



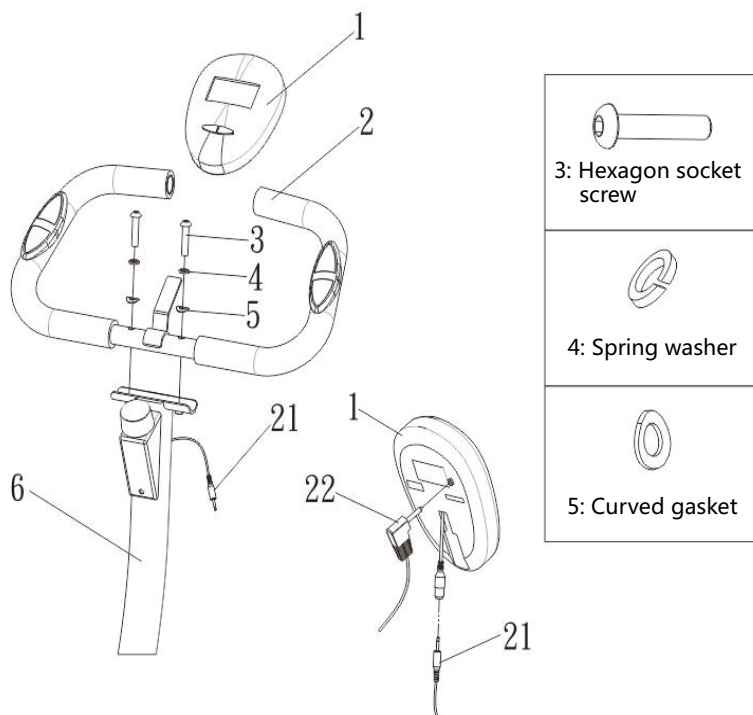
Step three: assemble the cushion

Remove the (# 10 seat cushion) pre-assembled (# 12 flat cushion) and (# 13 flight cap). Install the seat cushion on the (# 11 seat tube telescopic tube), and use an open-end wrench to fix and lock the flat cushion and the nut.



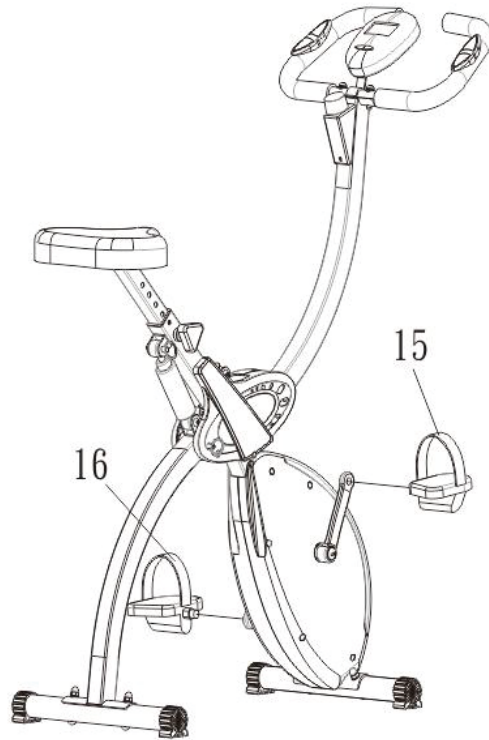
Step four: seat cushion fixing

Insert seat cushion group # 11 into the main pipe, and then insert (# 7adjust knob) into the hole to fix and lock.



Step five: assemble the armrest

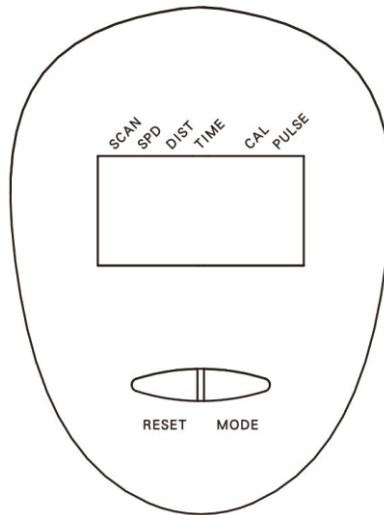
Use arc washer # 5, hexagon socket screw # 3 and $\Phi 8$ spring washer # to fix armrest # 2 on the elbow # 6 below the armrest. Fix the electronic watch # 1 on the handrail # 2 as shown. Then insert the connecting wire # 21 and the heart rate grip connecting wire · 22 into the corresponding sockets on the back of the electronic watch as prompted by the electronic watch.



Step 6. Assemble the foot pedal

Install (# 15 left foot pedal (L)) on the left side of the main frame and (# 16 right foot pedal (R)) on the right side of the main frame. Note: When the foot pedal is assembled, the letters L is for the left or the letter R for the right.

④



Fourth, electronic watch function parameters

Time 00: 00-99: 59

Speed 0.0-99.9KM / H (ML / H)

Mileage 0.00-99.99KM (ML)

Calories 0-999.9KCAL

Total mileage 0-9999KM (ML)

Heartbeat 40-240BPM

Scan Automatically display various data every 4 seconds

Key function: MODE: This key is used to select or lock a function.

Set RESET: This button is used to clear all data. It will be set after the data counts down to zero.

Beep.

Operation instructions:

RESET

Reinstall the battery or press and hold the mode button for 3 seconds or reset (RESET), the system will automatically reset and restore.

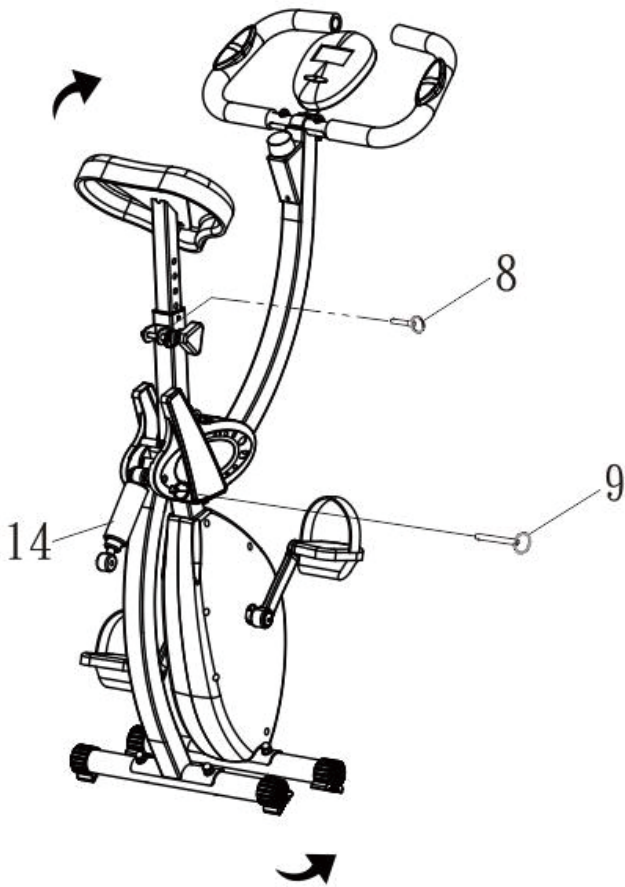
MODE

This button can choose to scan automatically or point to a specific function.

Function Description:

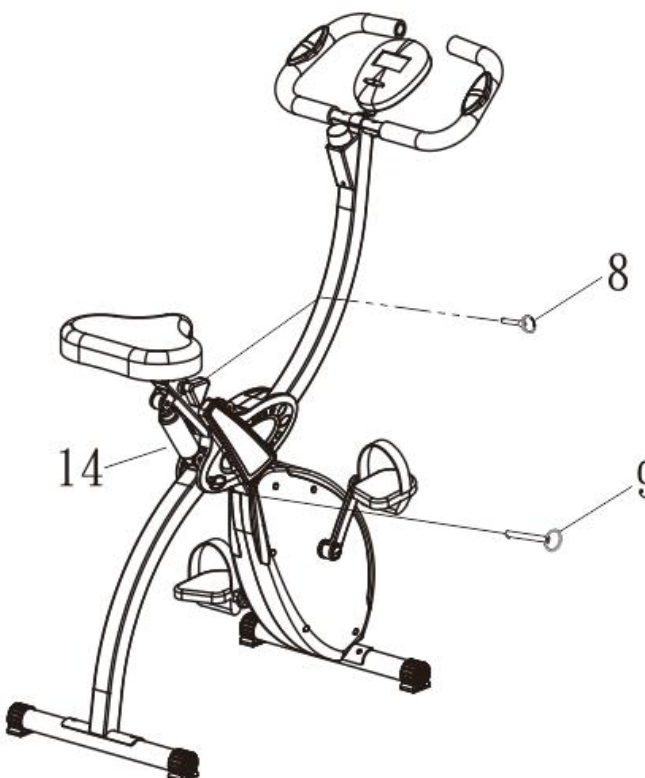
1. Time TIME: Press the mode button, let the arrow point to the time TIME position, and record the time from the start to the stop of the movement
2. Speed SPEED: Press the mode button and let the arrow point to the speed SPEED position. The real-time speed during the movement will be recorded and displayed.
3. Mileage DISTANCE: Press the mode button and let the arrow point to the mileage DISTANCE position, and the number of miles from the start to the stop of the movement will be recorded and displayed.
4. Calorie: Press the mode button and let the arrow point to the calorie position. The record will show the calories consumed when the exercise starts and stops.
5. Total mileage ODOMETER: Press the mode button and let the arrow point to the time TIME position. The record shows the total mileage from the start of the exercise to the replacement of the battery.
6. Heartbeat PULSE: Press the mode button, and let the arrow point to the heartbeat PULSE position, and the heart rate data of the recorded exercise will be displayed in real time.
7. Scan SCAN: Automatically switch and display various function parameters every 4 seconds.
8. Battery BATTERY: If the display is fuzzy or abnormal, please power on or replace the battery.

⑤ Folding Storage / Maintenance And Maintenance



Folding main frame

Remove the mounting on the main frame (# 9 latch (long)), remove the fixed latch (short) # 8, when removing the latch (short) # 8, put the hydraulic cylinder # 14 in place, as shown Fold and fold, please keep the product fixed after folding, it is recommended to place it horizontally to avoid collision, causing fall or accident



Expand main frame

Remove the (# 9 dongle (long)) as shown in the figure, remove the fixed bolt (short) # 8, and take off the hydraulic cylinder # 14 when removing the bolt (short) # 8. After folding, please keep the product in place. It is recommended to place it horizontally to avoid collision, resulting in falling or accident.

Maintenance

1. Dilute with neutral detergent and water, moisten it with a rag and carefully wipe the oil, then wipe with a dry cloth
2. Do not use solvents such as alkaline cleaners, diluted solvents, volatile oils, etc.

Maintenance / inspection

1. Avoid high temperature, humidity or direct sunlight, please place in a well-ventilated and clean place
2. When not in use, please fold it away and keep it out of reach of children
3. If it has not been used for a period of time, be sure to confirm the precautions before using the product and use the product in a normal state.
4. To avoid slipping when this product is accidentally wet, wipe it with a dry cloth before use.

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