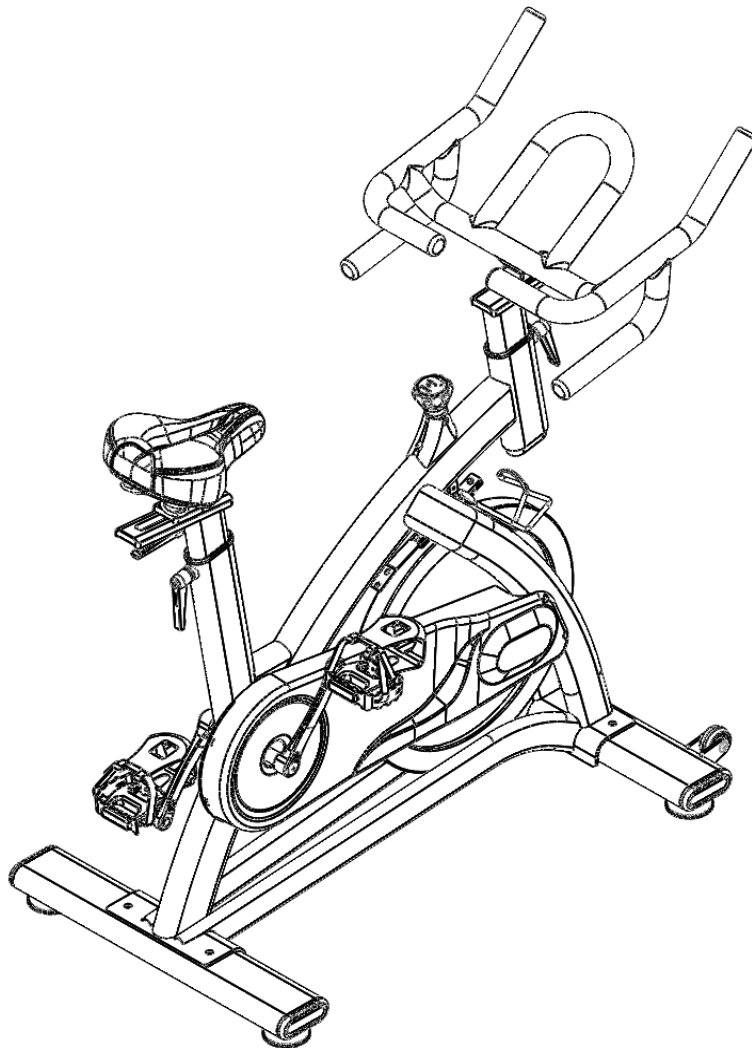


*Soozier*

INada107\_US

**A90-212**



## **Light Commercial Spinning Bike**

READ AND SAVE THESE INSTRUCTIONS FOR FUTURE USE

**ASSEMBLY INSTRUCTION**

# Notes on Important Safety Instructions

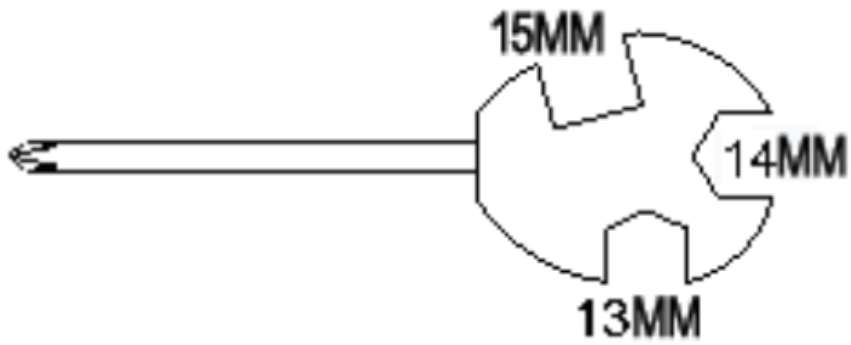
The safety problem has been fully considered in the design and mechanism of the spinning bike, but the user is still required to pay special attention to the following warnings during assembly and use. Be sure to read this manual before assembly and use.

1. Please keep children and pets away from standing next to the bike platform alone to avoid danger.
2. Please use this product on a flat and solid floor, adjust the base of the bike platform to a balanced position, and put carpet under the bike.
3. Please make a clear space within 1m around during installation and use.
4. Before each use, please make sure that the machine is not damaged or loose, and lock the regulating parts.
- 5. This system is a fixed flywheel system and the user must press the emergency stop knob in an emergency or when parking is required.**
6. If you feel dizziness or chest pain during exercise, please stop exercise immediately and go to the hospital for examination.
7. Do not put your hand into the moving parts to avoid danger.
8. Please wear proper clothes, do not wear loose clothes to avoid clothes being pulled into the car platform, and wear sneakers.
9. Do not modify the product or use non-original accessories without authorization.
10. Please do not use this product alone if you are not able to move freely. Instead, you should be accompanied by a professional.
11. Please warm up before exercise to avoid strain.
12. When the product fails, please stop using it immediately.
13. This product is not a medical rehabilitation bike, but it is only for family use and non-commercial use.
14. For maintenance, please contact customer service hotline.
15. The maximum weight limit of this product is 150kg.
16. This product can only be used by one person at a time.
17. Please adjust the position of handle and cushion according to your height requirement. Do not exceed the minimum line marked on the pipe. After adjustment, make sure that the knob is locked.
- 18. The pedal rotating at high speed may cause injury. Please keep the pedal speed under controllable condition.**
- 19. Before each use, be sure to check that the brake system is in an effective state, and check that all parts are not loose.**

# The machine is equipped with installation tools

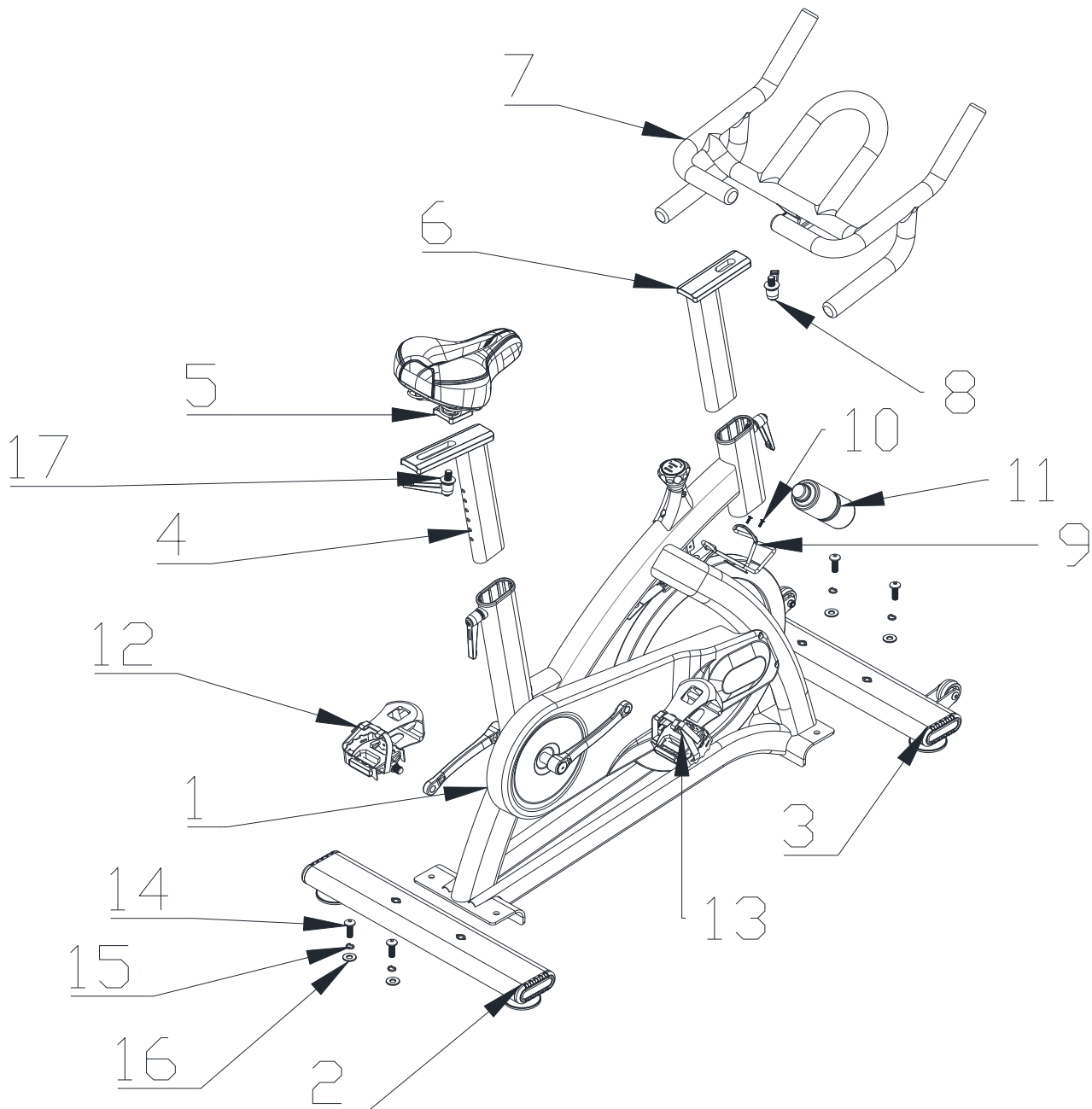
Note: the following figure is for reference only and the product is subject to the actual product.

Accessory tools can only be used in assembling the product.



In case of missing tools or installation problems, please contact customer service hotline in time.

## Exploded View of Assembly



## Exploded View List

S/N	Name	Specifications	Qty.
1	Main frame	SPING BIKE800-01	1 SET
2	Rear bracket	SPING BIKE800-02	1 SET
3	Front bracket	SPING BIKE800-03	1 SET
4	Seat post adjuster	SPING BIKE800-04	1 SET
5	Cushion frame	SPING BIKE800-05	1 SET
6	Handle adjuster	SPING BIKE800-06	1 SET
7	Handle frame	SPING BIKE800-07	1 SET
8	Adjusting knob	M10.L20	2 PCS
9	Bottle cage	Ø6*128	1 PCS

S/N	Name	Specifications	Qty.
10	Screw	M4*L15	2 PCS
11	Bottle	Ø60*150	1 PCS
12	Left pedal	M16 fine-pitch sports crossbite	1 SET
13	Right pedal	M16 fine-pitch sports frontbite	1 SET
14	Screw	M10*L30	4 PCS
15	Spring washer	Ø10.5*Ø18*T2.0	4 PCS
16	Flat washer	Ø10.5*Ø22*T2.0	4 PCS
17	Flat washer	Ø10.5*Ø26*T2.0	2 PCS

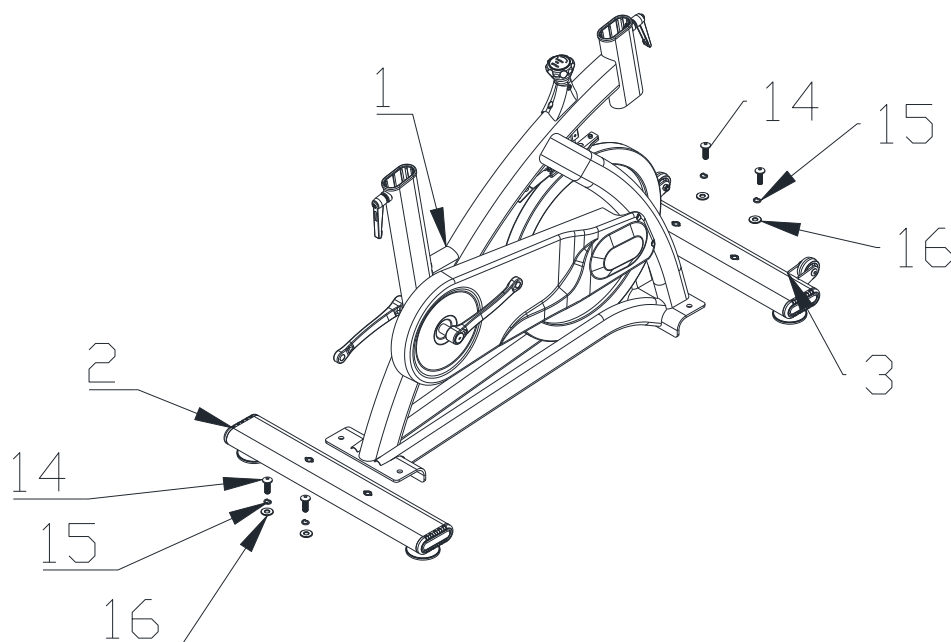
## Product installation steps

After assembly, please check and confirm that the product is free from serious shaking before use!

### Step 1.

A) Place the front bracket (3) under the tile-shaped plate in front of the main frame (1), and fix and lock it with the M10\*L30 screw (14), Ø10.5\*Ø18\*T2.0 spring washer (15) and Ø10.5\*Ø18\*T2.0 flat washer (16).

B) Place the rear bracket (2) under the tile-shaped piece behind the main frame (1), and fix and lock it with the M10\*L30 screw (14), Ø10.5\*Ø18\*T2.0 spring washer (15) and Ø10.5\*Ø18\*T2.0 flat washer (16).

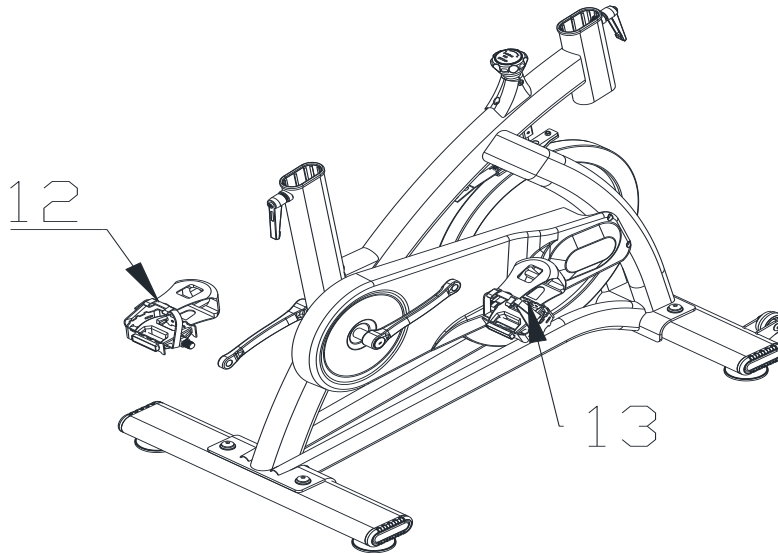


## Step 2.

Install the left and right pedals on the left and right cranks of the frame respectively. (please pay attention to the following installation steps. Failure to follow the steps will cause damage to the crank or pedal.)

A) The axis of the left pedal (12) is marked with L, and the crank is also marked with L. After comparison, install and lock it anticlockwise.

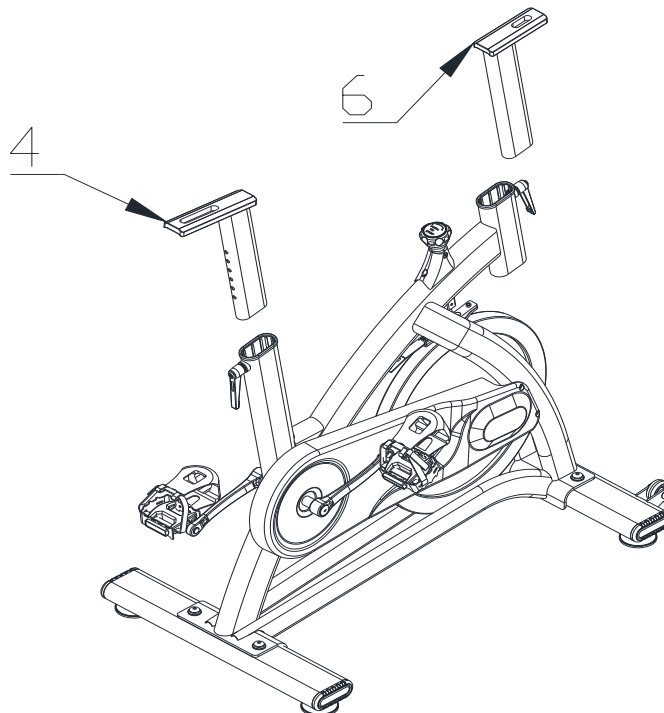
B) The axis of the right pedal (13) is marked with the word R, and the crank is also marked with R. After comparison, install and lock it anticlockwise.



## Step 3.

A) Insert the seat post adjuster (4) into the rear seat post of the main frame (1), align the installation hole and lock it.

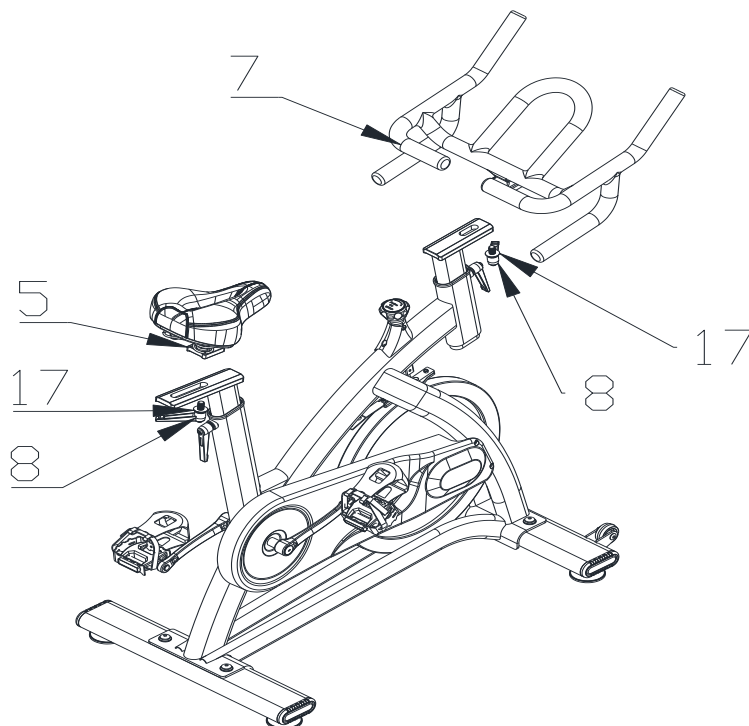
B) Insert the handle adjuster (6) into the rear seat post of the main frame (1), align the installation hole and lock it.



#### Step 4.

A) Place the cushion frame (5) on the seat post adjuster with the M10\*L20 adjustment knob (8) and  $\text{Ø}10.5 \times \text{Ø}26 \times \text{T}2.0$  flat washer (17), align and lock it.

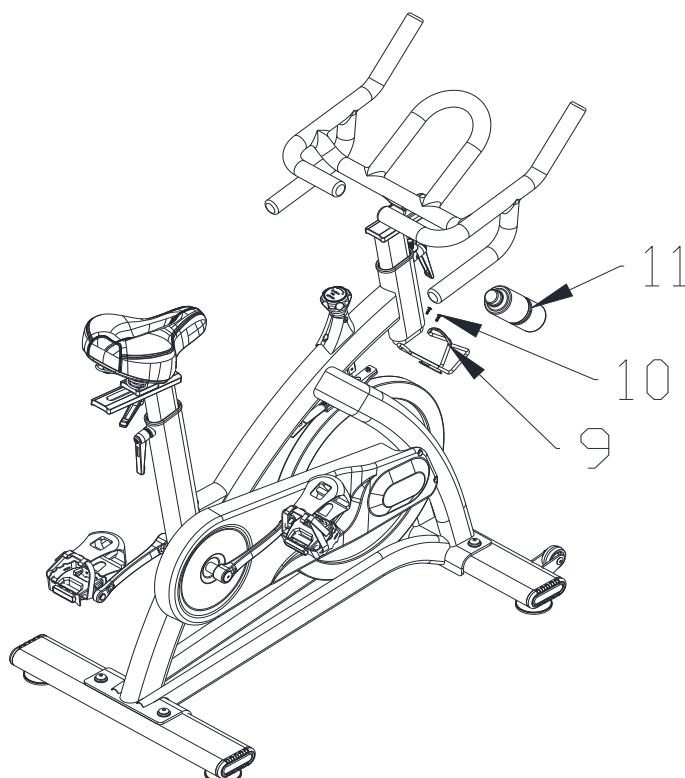
B) Place the handle frame (6) on the handle adjuster with the M10\*L20 adjustment knob (8) and  $\text{Ø}10.5 \times \text{Ø}26 \times \text{T}2.0$  flat washer (17), align and lock it.



#### Step 5.

A) Place the bottle cage (9) on the right front branch pipe of the main frame (1), align and lock it with M4\*L15 screws (10).

B) After inserting the bottle (11) into the bottle cage (9), the product is assembled. Check whether all parts are firmly installed and whether the underframe is stable. The product can be used after no abnormality is found.



# Warm-up representation

Warm up before exercise can help blood circulation, ensure the normal activity of muscles, and reduce the cramps and strains caused by strenuous exercise. Therefore, it is necessary to take 5 to 10 minutes to do the following stretching exercises. Do each stretch about 30 times, but do not stretch your muscles too hard. Stop when you feel a little pain in the stretching area and do it again after the exercise.

## 1) Stretch down

Bend your knees slightly, bend your body forward, relax your back and shoulders, and try to touch your toes with both hands. Hold for 10 to 15 seconds

## 2) Hamstring stretch

Sit on a clean cushion with one leg straight, put the other leg inward to make it close to the inside of the straightened leg and try to touch your toes with your hands. Hold for 10 to 15 seconds and then relax. Repeat 3 times for each leg

## 3) Stretch calf and heel tendon

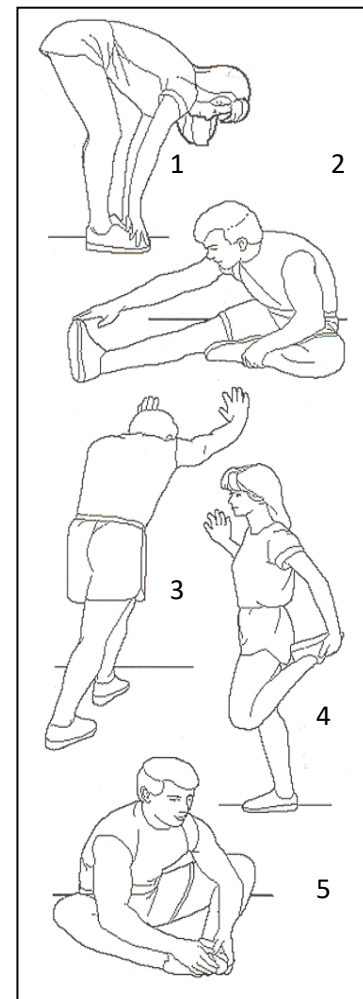
Stand with both hands on the wall and one foot behind. Keep your hind legs upright with your heels on the ground and tilt toward the wall. Hold for 10 to 15 seconds and then relax. Repeat 3 times for each leg (see Figure 3).

## 4) Stretch quadriceps

Keep balance with your left hand against the wall or table, then reach back with your right hand, grasp the heel of your right foot and slowly pull it toward your buttocks until you feel the muscle tension in the front of your thigh. Hold for 10 to 15 seconds and then relax. Repeat 3 times for each leg (see Figure 4).

## 5) Stretch sartorius muscle (the muscle in the inner thigh)

Sit with your feet facing each other and your knees facing out. Grab your feet with both hands and pull toward the groin. Hold for 10 to 15 seconds and then



# Common problem handling

## How to adjust the resistance and emergency stop of the exercise bike:

Considering the needs of different users, this product is equipped with resistance adjustment system and the user can adjust the resistance by adjusting the knob. (+. -) is marked on the trim, where + indicates an increase in resistance and - indicates a decrease in resistance. According to the requirements of the movement, the user can increase the resistance by clockwise rotation, reduce the resistance by counterclockwise rotation and press the knob down hard to stop the emergency. **(note: please make sure that the brake system is in an effective state before each use).**

## How to adjust the four uneven feet of the exercise bike:

This product is equipped with 4 adjustable foot pads under the front and rear bottom pipes. If it is found that the front and rear feet of the product are uneven, you can adjust them through the four adjusting pads, so that the product can be used in a stable state.

## Belt adjustment:

The belt tension of this product has been adjusted in advance in the factory. Long-term high-strength use will cause the belt to lengthen and become loose, resulting in instantaneous slip when force is applied. In case of this situation, the screw of fixed inertia wheel can be loosened at the same time, so that the hexagon screw can be slightly locked and adjusted with a wrench. However, the above wrench used for calibration is not in the box attached with the machine.

### **Cushion height adjustment:**

The height of the cushion can be adjusted according to different heights of users. Loosen the L-shaped fixed knob of the cushion frame, pull the cushion adjustment tube frame into the appropriate hole position, and lock the L-shaped knob.

### **Cushion levelness adjustment:**

The levelness position of the cushion can be adjusted according to different heights of users. Loosen the L-shaped fixed knob of the cushion frame, pull the cushion adjustment tube frame into the appropriate position, and lock the L-shaped knob.

### **Handle height adjustment:**

The height of the handle can be adjusted according to different heights of users. Loosen the L-shaped fixed knob of the handle holder, pull the handle adjustment tube frame into the appropriate hole position, and lock the L-shaped knob.

### **Handle levelness adjustment:**

The levelness position of the handle can be adjusted according to different heights of users. Loosen the L-shaped fixed knob of the handle holder, pull the handle adjustment tube frame into the appropriate position, and lock the L-shaped knob.

### **Use of L-shaped knob:**

This type of knob is an elastic knob. If it is found that the L-shaped knob is blocked by the bike, you can pull the handle out to neutral, and then rotate it to the place where it cannot be blocked. Release the handle and the handle will automatically spring back to its original position, and then lock or release the knob clockwise or anticlockwise.

### **Maintenance of this product:**

For your health and safety, please make sure to clean and maintain this product regularly. After each use, clean cloth can be used to remove sweat and dust. Electroplating accessories, such as armrest adjuster and cushion adjuster, inertia wheel, screw parts, etc., can be sprayed with furniture wax or antirust oil every week to prevent rust. The brake pads should be inspected regularly according to the service conditions. If the wear is serious, please replace them in time to eliminate potential safety hazards.



US



001-877-644-9366  
customerservice@aosom.com

CA



001-855-537-6088  
customerservice@aosom.ca

UK



0044-800-240-4004  
enquiries@mhstar.co.uk

DE



0049-(0)40-88307530  
service@aosom.de

FR



0033-1-84166106  
contact@aosom.fr

ES



0034-931294512  
atencioncliente@aosom.es

IT



0039-0249471447  
clienti@aosom.it