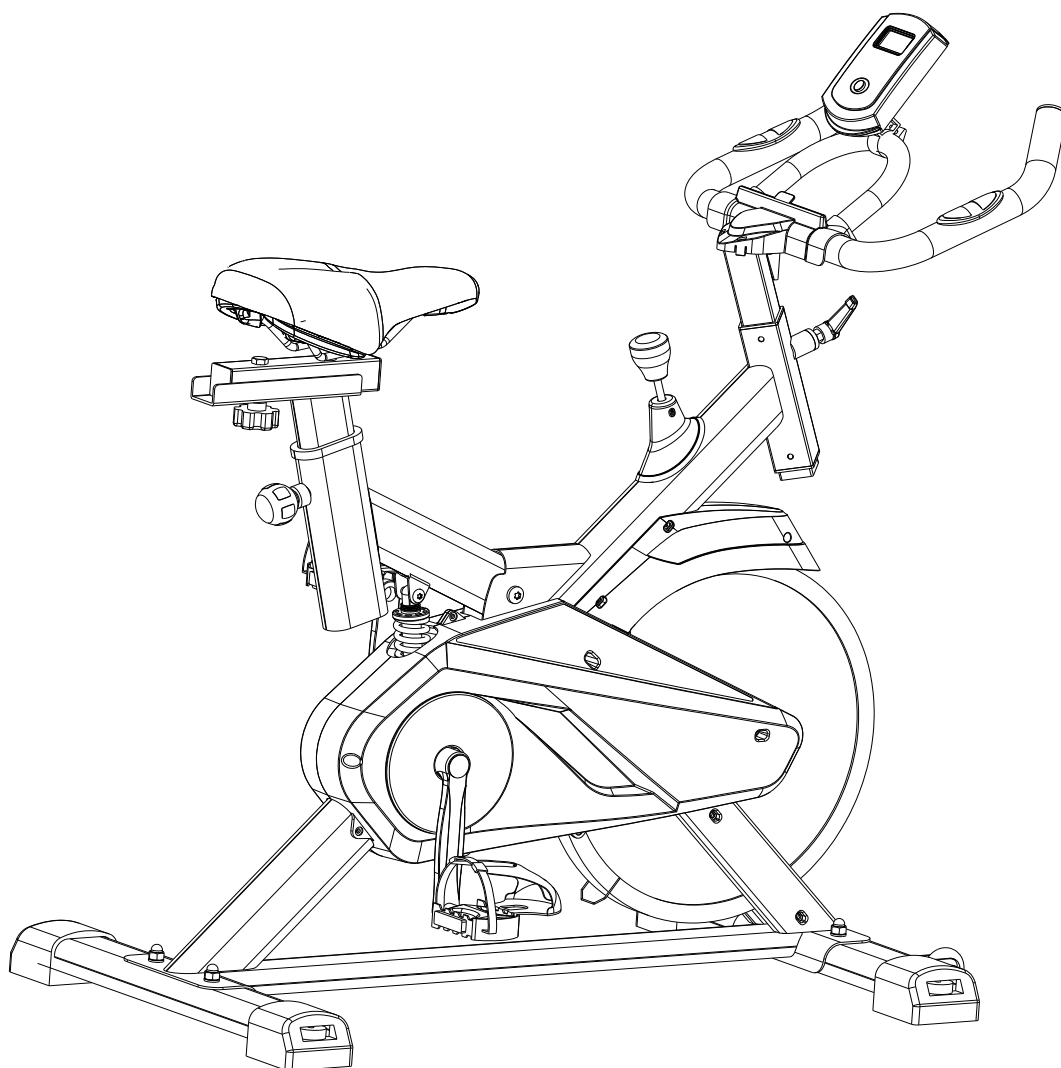


# *Soozier*

INaoa003V01\_US

**A90-238**



## **Spinning Bike User's Manual**

IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY

# ASSEMBLY INSTRUCTION

# Content

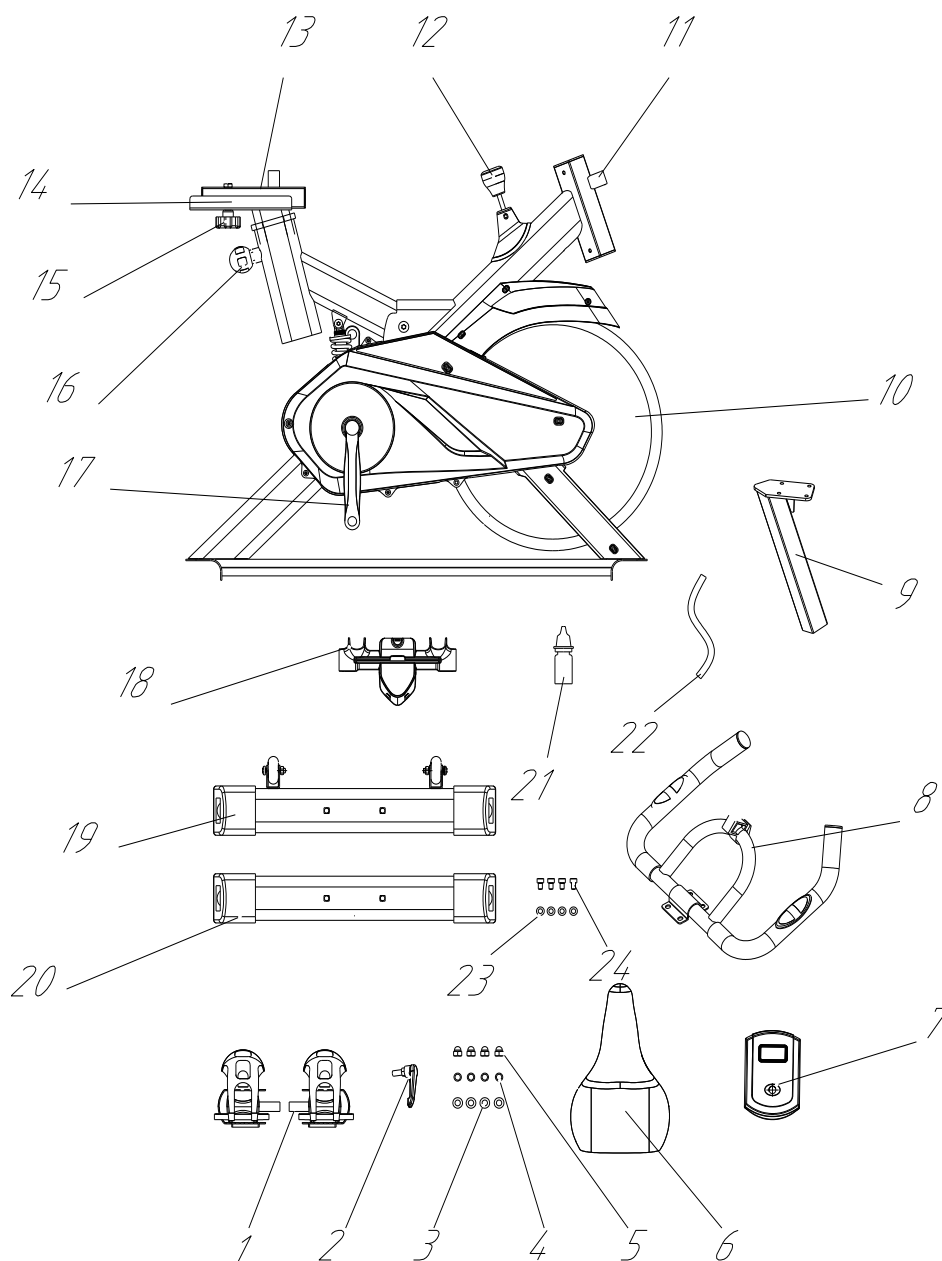
1. Precautions for use.....	3
2. Parts Listing and Diagram.....	4
3. Installation Instruction.....	9
4. Daily Maintenance & Troubleshooting.....	10

## 1. PRECAUTIONS FOR USE

Before using the bike, please read the instructions carefully to ensure you receive the correct information, including all parts required to assemble the bike and operate.

- 1) This bike is intended for home use only and not be used in a commercial setting. The max load is 120kg.
- 2) Please use it in strict accordance with the instruction.
- 3) Please carefully check the machine before first use and check it accordingly every few months. Please use the original accessories only.
- 4) If the bike does not operate well, please contact the dealer and agency.
- 5) Please keep the machine away from corrosive cleaners.
- 6) Please use after the correct installation and careful inspection.
- 7) Please adjust the parts to their maximum level before installation. Ensure all bolts are tightened.
- 8) This product is for adults only. If children would like to use the bike, please ensure they have a guardian with them.
- 9) Please do not attempt dangerous stunts and moves on the bike.
- 10) Please use this product under the guidance of doctors or fitness specialists.
- 11) Please make reasonable plans before using the product and use it in strict accordance with the requirements.
- 12) The resistance of this product is adjustable. Please select the appropriate resistance level.
- 13) Please carefully check all the bolts and screw parts to ensure your safety before use.
- 14) During exercise, ensure you put your feet into the pedal covers. Do not stop immediately during fast rotation, please brake quickly to avoid accidents.

## 2. SPARE PARTS DESCRIPTION



1. Pedal	2. Locking bolt	3. Φ10 washer	4. Φ10 washer	5. Screw nut
6. Cushion	7. computer	8. Armrest	9. Armrest fixed seat	10. Flywheel
11. Locking sleeve		13. Cushion seat	14. cushion fixed seat	15. Plum nut
16. Ball pin	17. Crank	18. Armrest cover	19. front tube	20. Back tube
21. Locking Oil	22. Corrugated pipe	23. Φ8 washer	24. M8 cylinder Screw	

### 3. INSTALLATION INSTRUCTION



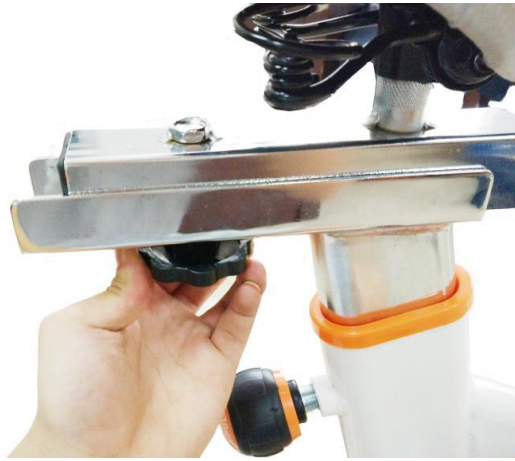
- 1) Connect the front tube with the frame and install the plain washer 10 (no.3) to the bolts and put on the cover-shaped screws. Use open spanner to tighten them. Assemble the back tube is the same way.

**Note: Please adjust the black feet strap to balance the bike if it is unstable.**

- 2) The feet straps are marked with “L” and “R”. Please add 2 drops of the locking liquid in the “R” strap and fasten it with a screw and in the right threaded hole using the spanner. Repeat for the left strap too.

**(Note:** “L” and “R” are marked on the crank as well. Please install them accordingly otherwise it will damage the products. Please ensure the feet straps are fastened securely, otherwise they will come undone after a long period of use.





- 3). Take out the cushion and place it at the cushion seat. Adjust the angle and fasten them with screws. Loosen the brake and adjust the cushion to the appropriate height. Fasten the brake and seats. (You can adjust the cushion seat backwards and forward by loosening the plum-head bolts to a comfortable situation. Ensure you tighten the plum-head bolt after adjustment.)





- 4). Take out the armrest fixed seats, put it through the square-shaped tube then fasten them by using locking screws and you can also adjust the height.



- 5). Take out the armrest. Put it at the screw holes, stack up the washer and cylinder screw to fasten them with 6-side spanner.



- 6) Put the cover and armrest together as photo. Please press the cover gently and it will be fastened to the armrest.



- 7) Fasten the electronic watch into the slots and connect the cables as illustrated in the picture. (Double wire with right Pulse and single wire with left sensor).



- 8) Tuck the cables into the cable covering to keep tidy.



- 9). Rotate the break knob clockwise to increase resistance and anticlockwise to decrease the resistance.

Press down the break knob for emergency stop.

## 4. DAILY MAINTENANCE & TROUBLESHOOTING

### 4.1 Maintenance

#### 4.1.1 Daily Cleaning

Use soft cloth to wipe the dust on the bike. Do not use abrasive cleaners to clean plastic parts. Wipe the sweat after use, preferably with antibacterial wipes or spray.

#### 4.1.2 Daily maintenance

Please avoid direct sunlight, especially the electronic watch which is sensitive. Every week, please check all the bolts and screws to see if they are loose and tighten if required. Please keep the bike in a clean and dry environment and away from children.

### 4.2 Troubleshooting

4.2.1 If the bike is unstable, please move and rotate the pedals until it is stable.

5.2.2 If screen of the electronic watch does not display anything, please check whether the cables in armrest and digital are connected correctly. Please also check the battery is installed correctly or if it needs replacing.

5.2.3 If monitor does not display the heartbeat rate or is incorrectly displayed, please check whether the cable in the armrest is connected correctly. Please make sure you hold the armrest sensors; please do not grasp the sensors too tight.

5.2.4 If there is abnormal sound during usage, please check if the bolts are loose and ensure the bolts are tightened.

