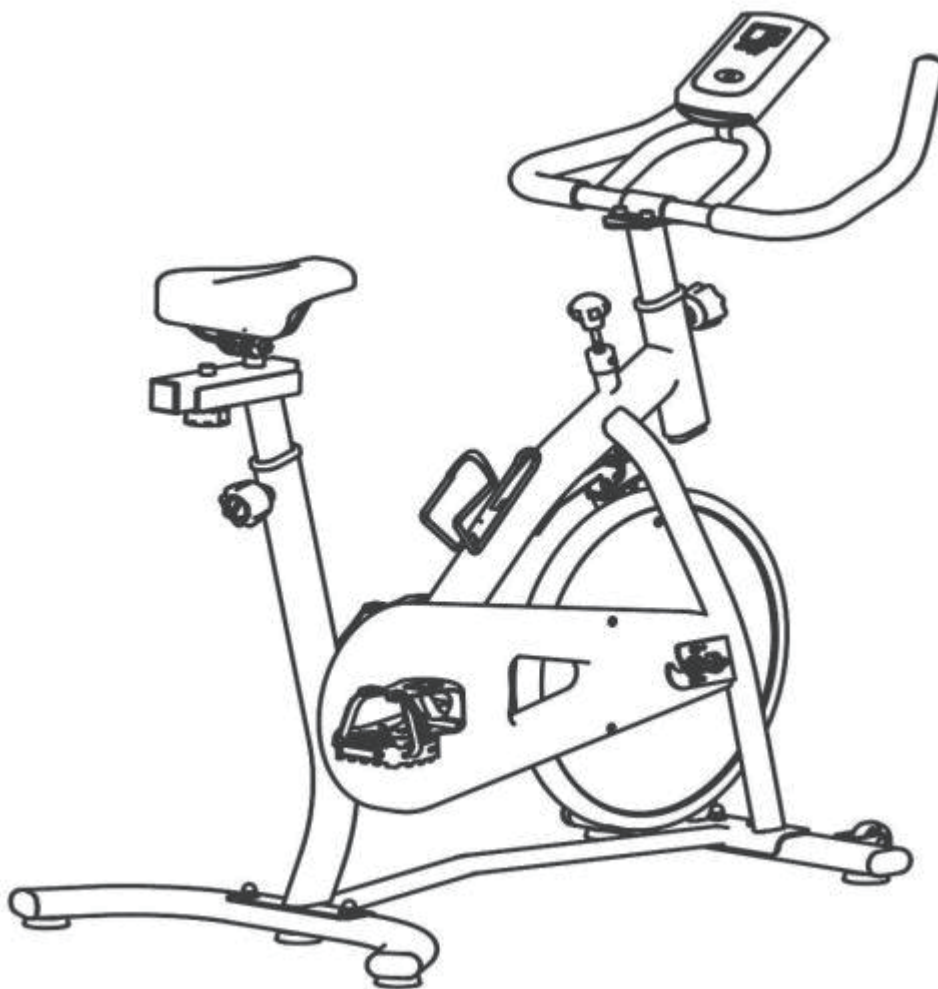




INaoc001V01\_UK

**A91-094**



**Exercise Bike  
INSTRUCTION MANUAL**



READ AND SAVE THIS INSTRUCTION FOR FUTURE USE

**ASSEMBLY INSTRUCTION**

Please read these instructions properly before assembling or using this bike. Important information is listed, which will help you get the best results and ensure safe and correct assembly, use and maintenance.

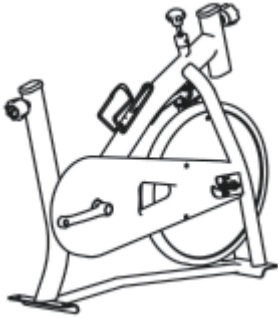
## **SAFETY INFORMATION**

- \* This equipment is intended for home/domestic use, with a maximum holding weight of 100kgs/220lbs.
- \* This equipment is designed for adult use only. Always keep children and pets away from the equipment.
- \* Before starting any exercise program, you should consult your doctor to determine if you have any physical or health conditions that could create a risk to your health or will prevent you from using this equipment properly.
- \* Before using the equipment, check the nuts and bolts are securely tightened, as well as some parts like pedals etc.
- \* Wear appropriate workout clothing when exercising.
- \* Before exercising, always stretch your muscles to properly warm up.
- \* Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. For safety, the equipment should have at least 0.5 sqm free space all around it.
- \* Do not place any sharp objects around the equipment. Keep hands away from all moving parts.
- \* If the user experiences dizziness, nausea, chest pain or other abnormal symptoms stop the workout and seek immediate medical attention.
- \* Please check the equipment carefully before first use and every 1-2 months after using the equipment installed in accordance with the principle of checks.

# COMPONENTS/PARTS

Please check if you have all parts as listing below.

Note: Small components/parts might be pre-fitted to the larger components as to make it easier for end users to assembly the spin bike. Please check carefully on all the parts before contacting us regarding any missing components.



1. Main Body x 1



2. Front Stabilizer x 1



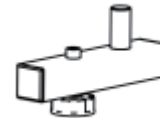
3. Rear Stabilizer x 1



4. Saddle x 1



5. Saddle Post Assembly x 1



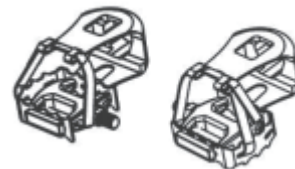
6. Saddle Adjustment Frame x 1



7. Handle Frame x 1



8. Handle Post Assembly x 1



9. Pedal (L/R) Set x 1



10. Monitor x 1



11. Open End Wrench x 1



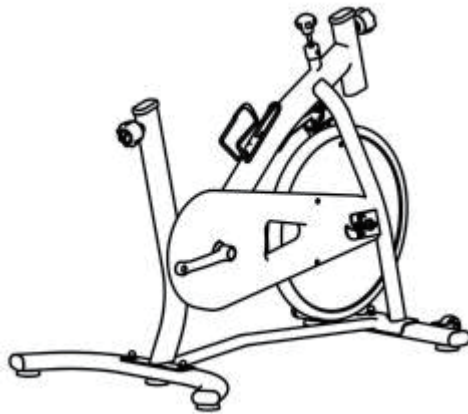
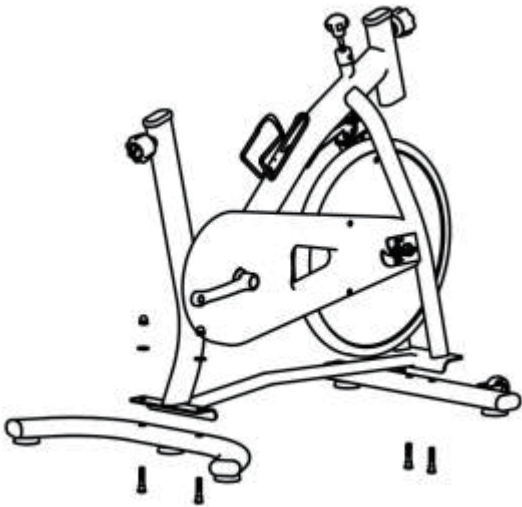
12. Allen Wrench x1

# PARTS LIST

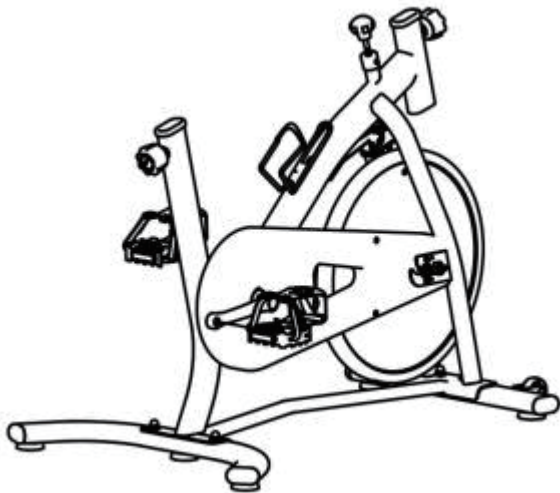
<b>NO.</b>	<b>ITEM</b>	<b>QTY</b>	<b>NO.</b>	<b>ITEM</b>	<b>QTY</b>
<b>1</b>	Main Body	1	<b>7</b>	Handle Frame	1
<b>2</b>	Front Stabilizer	1	<b>8</b>	Handle Post Assembly	1
<b>3</b>	Rear Stabilizer	1	<b>9</b>	Pedal (L/R) Set	1
<b>4</b>	Saddle	1	<b>10</b>	Monitor	1
<b>5</b>	Saddle Post Assembly	1	<b>11</b>	Open End Wrench	1
<b>6</b>	Saddle Adjustment Frame	1	<b>12</b>	Allen Wrench	1

## ASSEMBLY INSTRUCTIONS

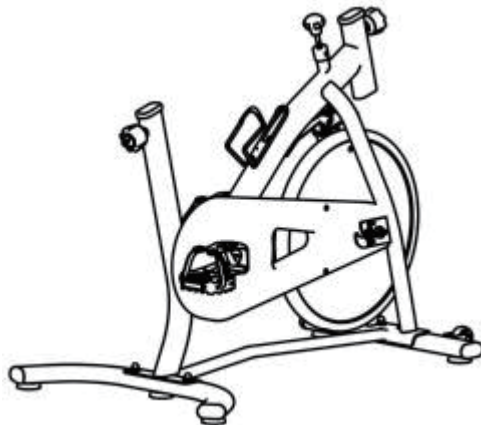
① STABILIZER ASSEMBLY Divide the front stabilizer(#2) and rear stabilizer(#2), to fix them onto the main body(#1) with bolts, washers and nuts..

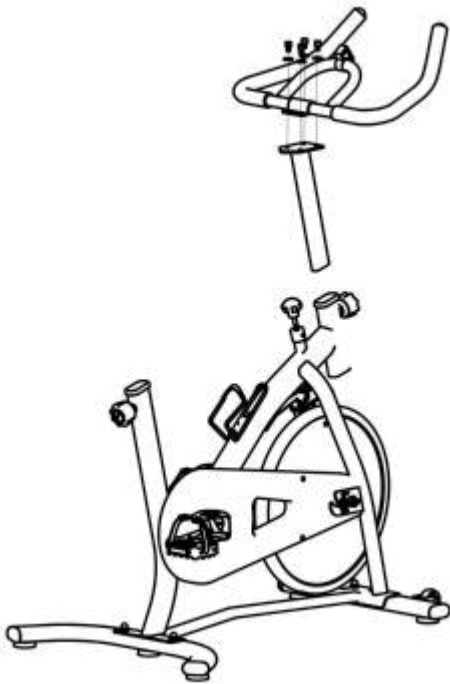


② PEDAL(L/R) ASSEMBLY Fasten the LEFT pedal(#9) by turning in an ANTI-CLOCKWISE direction, and then tighten anti-loose nut in an ANTI- CLOCKWISE direction.



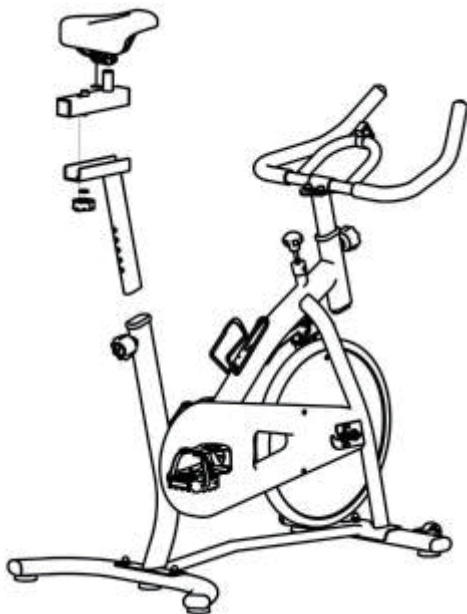
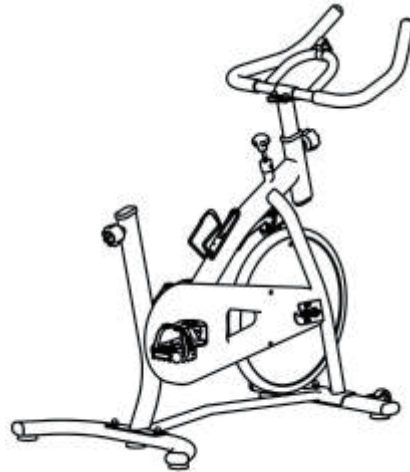
Fasten the RIGHT pedal(#9) by turning in a CLOCKWISE direction, and then tighten anti-loose nut in a CLOCKWISE direction.





③ HANDLE & MONITOR ASSEMBLY Loosen the lock knob and insert the handle post assembly- (#8) into the opening tube, and tighten the lock knob when the handle post frame(#8) at desired position.

Attach the monitor holder to the handle frame(#7) and fix the monitor(#10), connect sensor wire into the monitor.



④ SADDLE ASSEMBLY Loosen the lock knob and pull it out, inserting the saddle post- assembly(#5) into the rear opening tube, then tighten the lock knob. Loosen the lock nut to select the correct position and fix the knob.

Place the saddle onto the saddle adjustment frame(#6) and tighten the saddle locking nut.

## ASSEMBLING FINISHED



## **CARE AND MAINTENANCE**

\*Examine the equipment periodically in order to detect any damage or wear which may have been produced.

\* Lubricate moving parts with light oil periodically or prevent premature wear.

\* 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.

\* The equipment can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.

\* Do not attempt to repair this equipment yourself before contacting the manufacturer or sales agent.