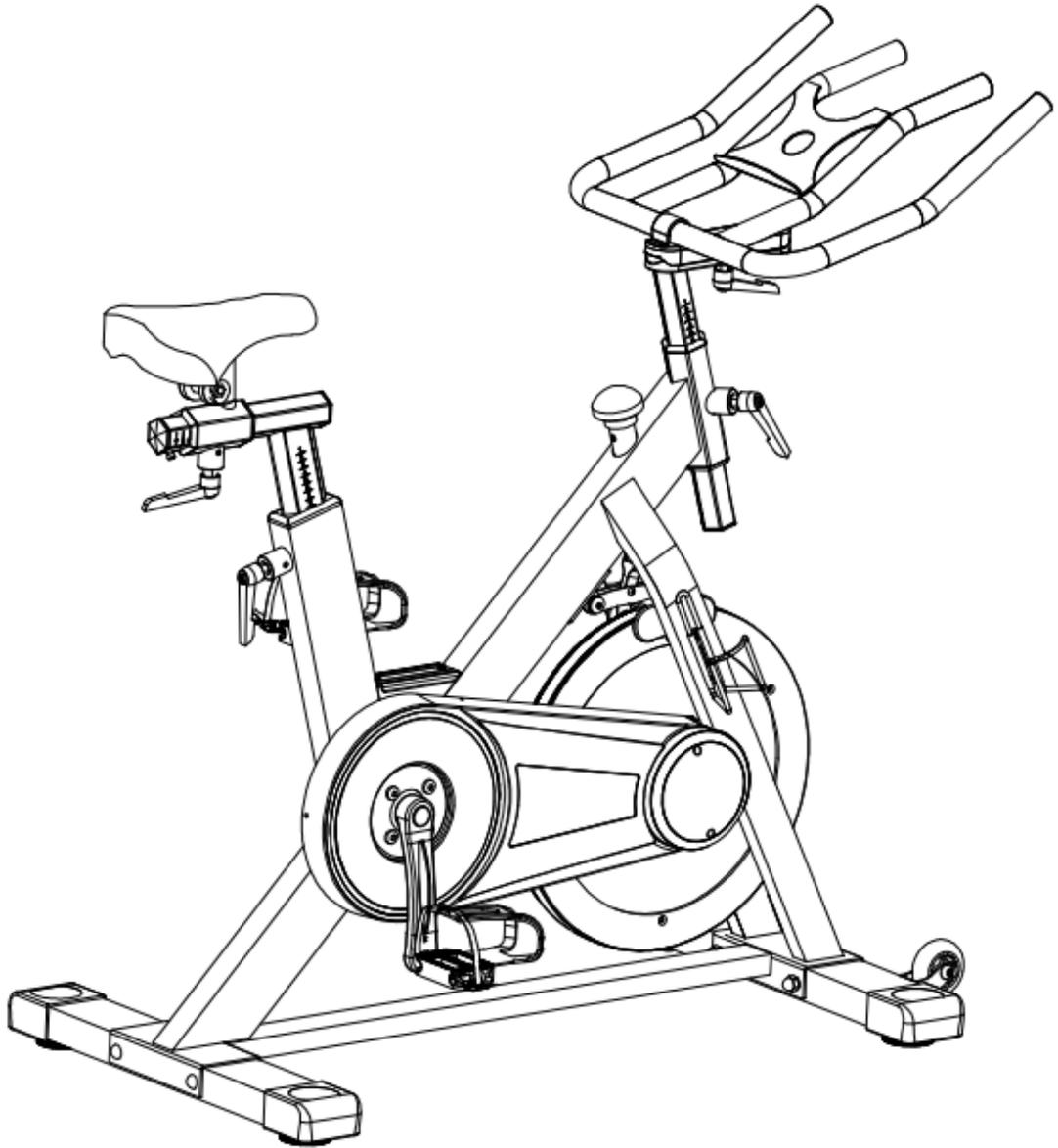


SPINNING BIKE

USER MANUAL



IMPORTANT!

Please retain this manual for maintenance and adjustment instructions. Your satisfaction is very important to us.

IMPORTANT SAFETY INFORMATION

Thank you for choosing our product. To ensure your safety and health, use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

1. Before starting any exercise program, you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. Keep children and pets away from the equipment. The equipment is designed for adult use only.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least **4 feet (1.2 M)** of free space all around it.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
6. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, discontinue use of the equipment immediately and do not use until the problem has been rectified.
7. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
8. Do not place fingers or objects into the moving parts of the equipment.
9. The maximum weight capacity of this unit is **300 pounds (135 KG)**.
10. The equipment is not suitable for therapeutic use.
11. To avoid bodily injury and/or damage to the product or property, proper lifting and moving is required.
12. Your product is intended for use in cool, dry conditions. You should avoid storage in extreme cold, hot or humid areas as this may lead to corrosion and other related problems.
13. This equipment is designed for indoor and home use only. It is not intended for commercial use!

PARTS LIST

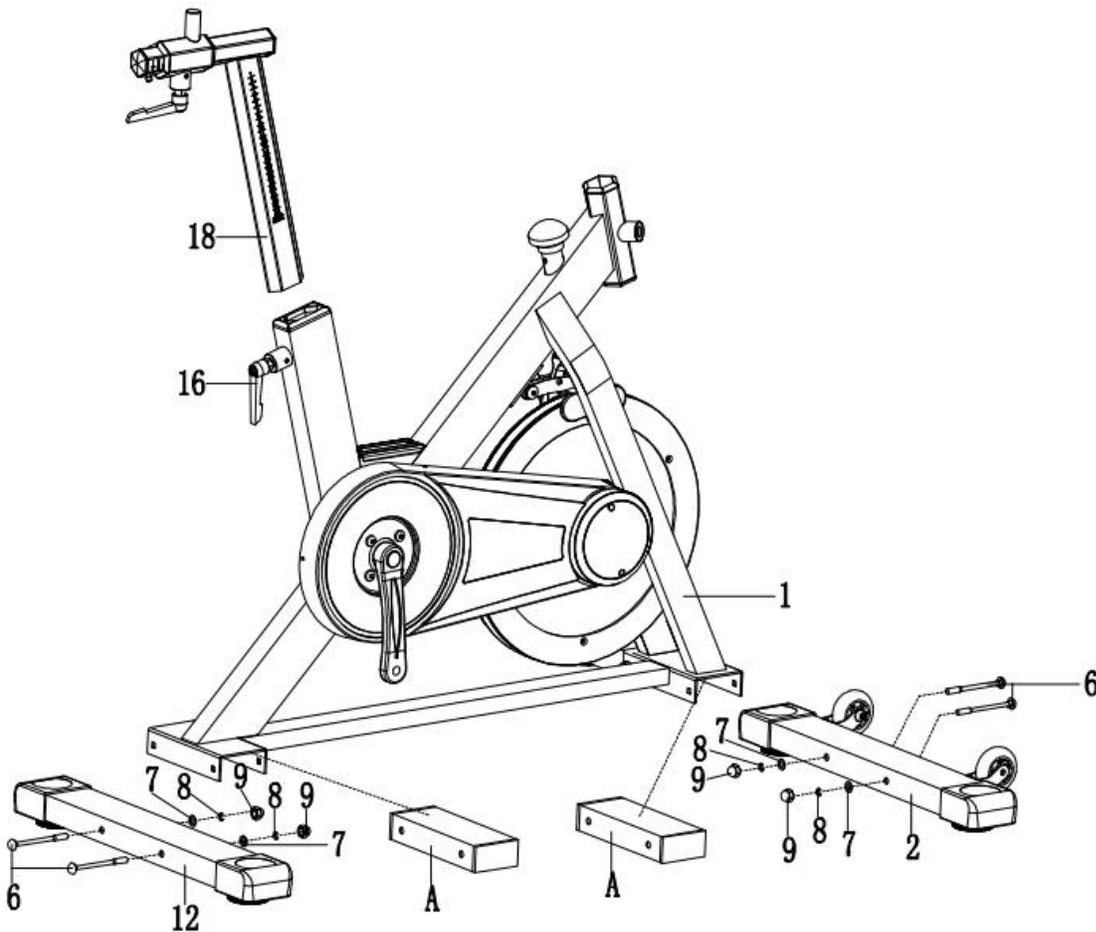
No.	Description	Qty.
1	Main Frame	1
2	Front Stabilizer	1
3	Front End Cap	2
4	Rear End Cap	2
5	Foot Pad	2
6	Carriage Bolt	4
7	Flat Washer	6
8	Spring Washer	4
9	Acorn Nut	4
10	Nylon Nut	2
11	Wheel	2
12	Rear Stabilizer	1
13	Hexagon Socket Head Screw	2
14	Cross Recessed Countersunk Head Screw	2
15L/R	Pedal	1 pr.
16	L-Shaped Knob	3
17	Bushing	1
18	Seat Post	1
19	Seat Horizontal Post	1

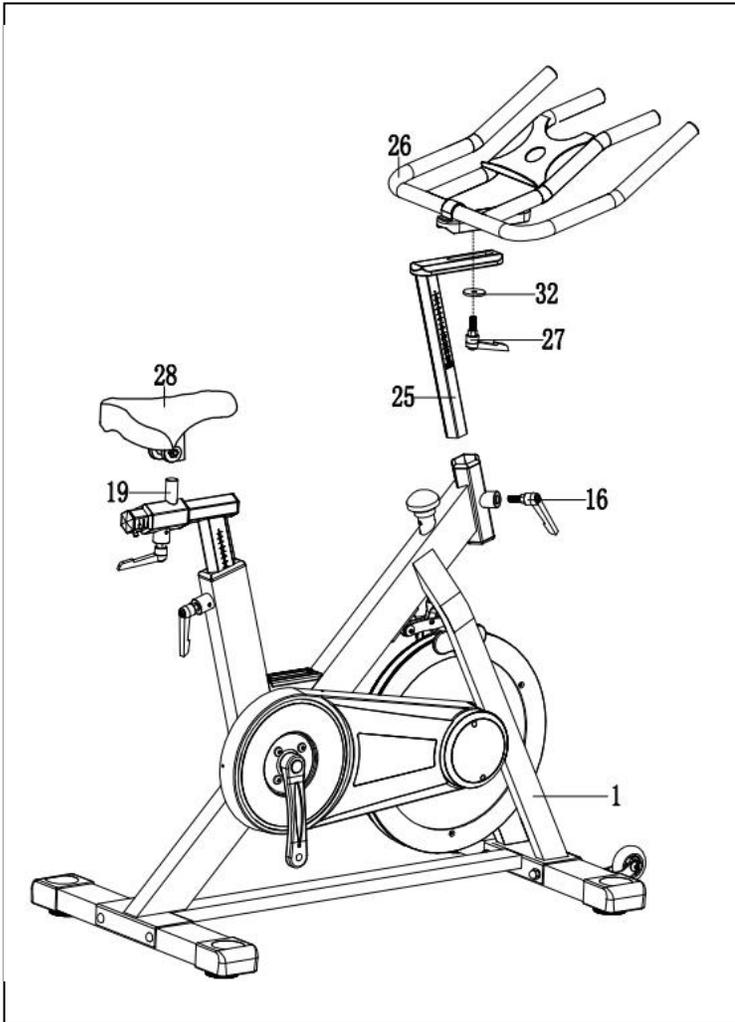
No.	Description	Qty.
20	Tube Plug	3
21	Sleeve	4
22	V-Shaped Block	1
23	Hex Stopper Screw	1
24	Hex Socket Cap Screw	2
25	Handlebar Post	1
26	Handlebar	1
27	L-Shaped Knob	1
28	Seat	1
29L/R	Crank	1 pr.
30	Protective Cover	1
31	Brake Knob	1
32	Flat Washer	1
33	Hex Screw	2
34	Inner Hexagon Pan Head Bolt	2
35	Cross Head Screw	2
36	Flat Washer	2
37	Water Bottle Holder	1

ASSEMBLY INSTRUCTIONS

STEP 1:

1. Remove the preassembled 4 **Carriage Bolts (6)**, 4 **Flat Washers (7)**, 4 **Spring Washers (8)**, 4 **Acorn Nuts (9)** and 2 **Shipping Tubes (A)**, from the **Main Frame (1)** with the **Spanner** .
2. Attach the **Front & Rear Stabilizer (2 & 12)** to the **Main Frame (1)** using 4 **Carriage Bolts (6)**, 4 **Flat Washers (7)**, 4 **Spring Washers (8)** and 4 **Acorn Nuts (9)** that were just removed. Tighten and secure with the **Spanner**
3. Insert the **Seat Post (18)** into the **Main Frame (1)**, and lock with **L Shaped Knob (16)**.

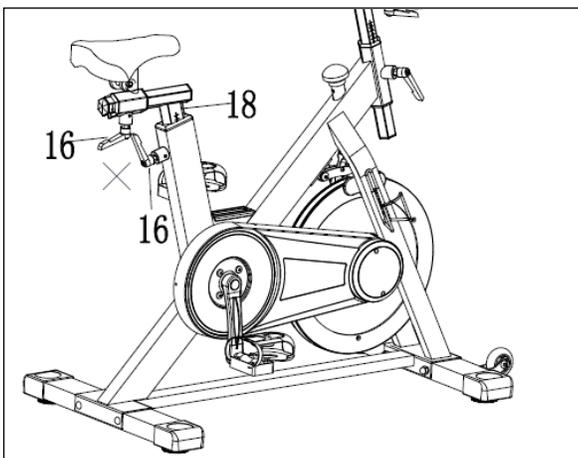




STEP 2:

1. Insert the **L Shaped Knob (16)** into the front tube of the **Main Frame (1)**. Tighten **clockwise**. Then turn **counter-clockwise** to loosen the **L Shaped Knob (16)** enough to insert the **Handlebar Post (25)**.
2. Insert the **Handlebar Post (25)** to the front tube of **Main Frame (1)**, adjust to the proper height, and insert and tighten **L Shaped Knob (16)** to secure.
3. Attach the **Handlebar (26)** to the **Handlebar Post (25)**. Insert **L Shaped Knob (27)** and **Flat Washer (32)** and tighten to secure.
4. Attach the **Seat (28)** to the **Seat Horizontal Post (19)**. Tighten and secure with the **Spanner**

NOTE: Before exercise, make sure the **Seat (28)** is securely tightened to the **Seat Horizontal Post (19)**.



NOTE: ADJUSTING THE SEAT POST AND THE SEAT HORIZONTAL POST

When the **Seat Post (18)** is at the lowest setting, the handles on **L Shaped Knobs (16)** may not have enough space to turn (See drawing on left). If this happens, the handles can be adjusted.

To adjust the handle, pull on the handle, turn to a position that is not blocked, and release. Repeat as needed. It may take several adjustments to get the handle to a position where it can be turned.

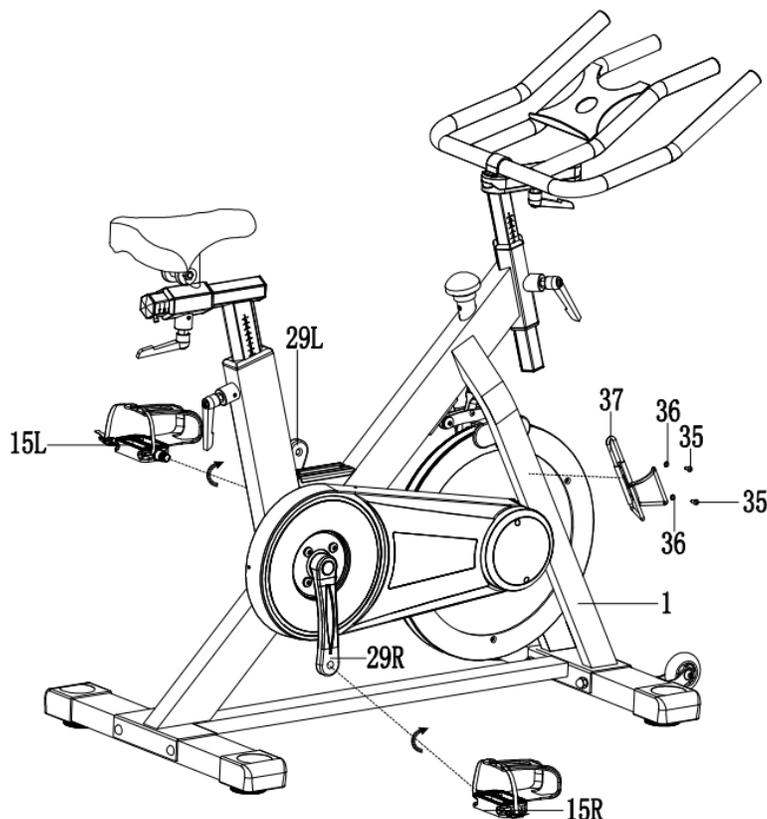
STEP 3:

IMPORTANT!

Read instructions carefully, failure to do so may cause permanent damage to your bike.

1. Make sure you have the **Left Pedal (15L)** in hand. Align the **Left Pedal (15L)** with the **Left Crank (29L)** at 90° and gently insert the **Left Pedal (15L)** into the **Left Crank (29L)**.
2. Screw the **Left Pedal (15L)** **COUNTER-CLOCKWISE** into the **Left Crank (29L)**. Tighten and secure with **Spanner**.
3. Align the Right pedal with the **Right Crank (29R)** at 90° and gently insert the **Right Pedal (15R)** into the **Right Crank (29R)**. Screw the **Right Pedal (15R)** **CLOCKWISE** into the **Right Crank (29R)**. Tighten and secure with **Spanner**.
4. Remove the preassembled 2 **Cross Head Screws (35)** and 2 **Flat Washers (36)** from the **Main Frame (1)** with the **Spanner**.
5. Attach the **Water Bottle Holder (37)** to the **Main Frame (1)** with 2 **Cross Head Screws (35)** and 2 **Flat Washers (36)** by using **Spanner**.

The assembly is complete!



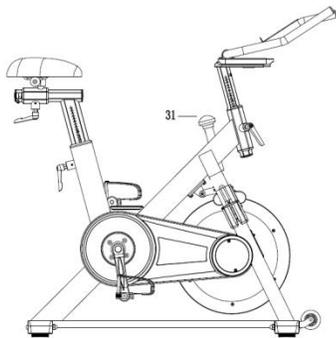
ADJUSTMENTS GUIDE



#42 (S=10, 13, 14, 15, 17)-1PC

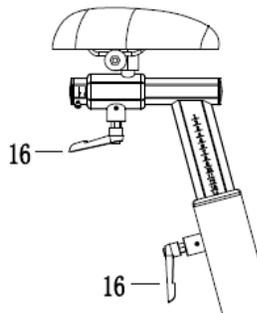
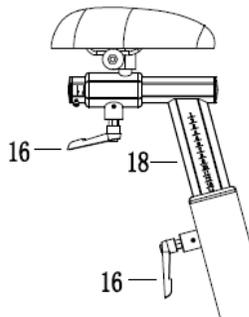
ADJUSTING THE BALANCE

In order to achieve a smooth and comfortable ride, you must ensure that the stability of the bike is secured. If you notice that the bike is unbalanced during use, you should adjust the foot levelers located beneath the front and rear stabilizers. To do so, use **Spanner** to loosen **Hex Screw (33)** by turning it **clockwise** (direction **A**). With the screw loosened, rotate **Foot Pad (5)** until it sits level with the surface that the bike is on. When you have finished adjusting the foot leveler, use **Spanner** to re-tighten the **Hex Screw (33)** by turning it **counter-clockwise** (direction **B**). If required, repeat this process to adjust the remaining feet.



ADJUSTING THE RESISTANCE

Adjust the resistance of the bike using the **Brake Knob (31)**. Increase the level of resistance by turning the tension knob to the **RIGHT (clockwise)**, decrease the level of resistance by turning the tension knob to the **LEFT (counter-clockwise)**. Push down on the **Brake Knob (31)** for emergency brake.



ADJUSTING THE SEAT

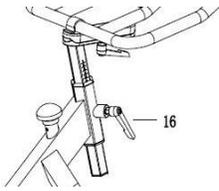
An appropriate seat height helps to ensure your exercise efficiency and reduce the risk of injury. Adjusting the seat forward or backward can help you work out different body muscle groups.

With one pedal in the upward position, place your foot in the toe clip and get on the bike. If your leg is bent too much, you should move the seat up. If your foot cannot touch the pedal or your leg is too straight, you should move the seat down.

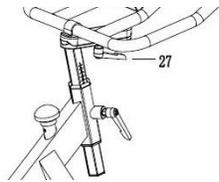
Loosen the **L Shaped Knob (16)** to raise or lower **Seat Post (18)** to the desired position. Make sure **L Shaped Knob (16)** secures into the desired hole. Do not raise past the **STOP** mark on the post.

Loosen **L Shaped Knob (16)** to move the seat forward or backward to the desired position. Once the position is located, firmly secure **L shaped Knob (16)** by turning **clockwise**.

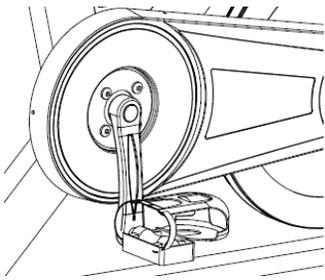
ADJUSTING THE HANDLEBAR



Loosen the **L Shaped Knob (16)** to raise or lower the handlebar to the desired position. Make sure the **L Shaped Knob (16)** settles into the desired hole and secure it firmly by turning **clockwise**. See *Figure A*.

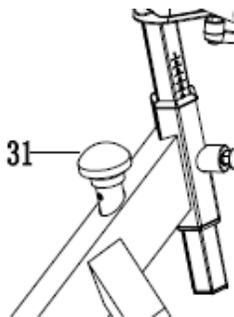


Loosen the **L Shaped Knob (27)** to move the handlebar forward or backward to the desired position. Once the handlebar is in the desired position, firmly secure the **L Shaped Knob (27)** by turning **clockwise**. See *Figure B*.



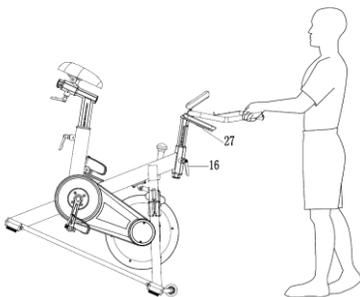
ADJUSTING THE PEDAL STRAP

Place the ball of each foot in the toe clips so the front of your shoe fits in the toe clip cage. Rotate one foot to within arm's reach and pull the strap until the top clip cage fits your shoe snugly. Insert the strap back into the hoop of the toe clip. Repeat this for the other foot.



DISMOUNTING THE BIKE

WARNING! Do not dismount the bike or remove your feet from the pedals until the pedals have stopped completely. You can stop the flywheel at any time by pushing down on **Brake Knob (31)**.



MOVING THE BIKE

To move the bike, first ensure that the handlebar is properly secured. If the handlebar is loose, tighten the **L Shaped Knobs (16 & 27)** to secure it. Next, stand at the front of the bike so that you're directly in front of the handlebar. Firmly grasp and hold each side of the handlebar, place one foot on the front stabilizer and tilt the bike towards you until the transportation wheels on the front stabilizer touch the ground. With the wheels on the ground, you can transport the bike to the desired location with ease.

MAINTENANCE INSTRUCTIONS

This is general information for daily, weekly and monthly maintenance to be performed on your bike.

<p>DAILY MAINTENANCE</p> <p>After each exercise session, wipe down all the equipment: seat, frame and handlebars. Pay special attention to the seat post, handlebar post and belt/chain guard. Sweat is very corrosive and may cause problems that require parts replacement later.</p> <ol style="list-style-type: none">1. Get on the bike and start pedaling.2. Pay attention to any vibrations felt through the pedals. If you feel any vibrations, you may need to tighten the pedals, bottom bracket, or adjust the drive belt/chain tension.3. Use a wrench to tighten the pedals until they are secure.	<p>MONTHLY MAINTENANCE</p> <ol style="list-style-type: none">1. Check that hardware is secure, such as: water bottle holder, flywheel nuts, belt/chainguard bolts, brake caliper lock nuts and brake caliper tension rod nuts.2. Inspect the brake tension rod for signs of wear such as missing threads. Clean and lubricate the brake tension rod.3. Clean and lubricate the seat post, handlebar post and seat slider. Remove any build-up of foreign material.
<p>WEEKLY MAINTENANCE</p> <ol style="list-style-type: none">1. Inspect moving parts and tighten the hardware.2. Inspect pull pin frame fittings, making sure the fittings are snug. Loose frame fittings may strip out threads over time and cause extensive damage.3. Clean and lubricate pop-pin assemblies. Pull on the pin and spray a small amount of lubricant onto the shaft.4. Tighten the seat hardware, making sure the seat is level and centered.5. Brush and treat the resistance pads. Remove any foreign material that may have collected on the pads. Spray the pads with silicone lubricant. This helps to reduce noise from friction between the pads and the flywheel.6. Visually inspect the bottom bracket, toe clips and toe straps. If any of them are loose or disconnected, attach and tighten.	<p>LEATHER BRAKE PAD CARE (If applicable)</p> <ol style="list-style-type: none">1. Perform this maintenance when the brake pad is first installed and throughout the brake pads life. Following these simple guidelines can increase the life of your brake pads.2. Some brake pad assemblies are pre-lubricated. Squeeze the brake pad. If lubricant is released, then the pad has been pre-lubricated.3. If the brake pad is dry, then coat the brake pad with 3-n-1 oil. Brush the leather with a clean, wire bristle brush, and apply the oil. The oil should be allowed to soak into the pad. Repeat 4-5 times until the pad is saturated, but not dripping with oil. When the pad is saturated, it will no longer absorb oil.4. Inspect the brake pad weekly and lubricate if needed. The pad should not have a glazed appearance. If the pad appears glazed, then brush it with wire brush and apply lubricant as needed. If any of the sponge padding is showing through the leather pad, the brake pad should be replaced.