

**43527007**  
**SPIN BIKE**

Instruction manual

# IMPORTANT SAFETY INSTRUCTIONS

It is the sole responsibility of the purchaser of products to read the owner's manual, warning labels and instruct all individuals, on proper usage of the equipment. Understanding each and every warning to the fullest is important.

The equipment is only intended for home use and is not intended for commercial, institutional and/or studio facilities use.

Contact with any questions regarding this classification. It is recommended that all users be informed of the following information prior to use.



## HEALTH WARNING

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- Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are inactive, pregnant or suffer from any illness.
- If at any time during exercise you feel faint, dizzy or experience pain, stop exercising immediately and consult your physician.
- To avoid muscular pain and strain, begin each workout by stretching and warming up and end each session by cooling down and stretching.



## INSTALLATION

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Recommends that all equipment:

- Be secured to or set up on a solid, level surface to stabilise and eliminate rocking or tipping over during training.
- Be set up inside your home away from moisture and dust (the equipment is not designed for outdoor use).
- Be set up with sufficient ventilation to ensure proper operation.
- Be set up with sufficient space around the equipment so that all exercises can be completed safely. It is recommended that there should be at least 1 m of space around the equipment where access is required to exercise.



## PROPER USAGE

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- Do not use the equipment in any way other than as designed or intended by the manufacturer. It is imperative that equipment is used properly to avoid injury.
- Injuries may result from exercising improperly or excessively.
- Your equipment should only be used by 1 person at a time.
- Be careful to maintain your balance while using, mounting, dismounting or assembling your equipment to avoid injury.
- Do not attempt to adjust the seat or handlebars while you are on your equipment.
- Servicing other than the procedures in this manual should be performed by an authorised service representative only.

# IMPORTANT SAFETY INSTRUCTIONS



## ACCESS CONTROL

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- Recommends that all fitness equipment be used in a supervised area. It is recommended that the equipment be located in an access controlled area. Control is the responsibility of the owner. Keep children away from all equipment.
- Parents or other supervising adults must provide close supervision of children if the equipment is used in the presence of children.



## INSPECTION

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- Do not use or permit use of any equipment that is damaged, or has worn or broken parts.
- Always make sure that all nuts and bolts are tightened prior to each use.
- Maintain labels and nameplates – do not remove labels for any reason. They contain important information.
- Equipment maintenance – preventative maintenance is the key to smooth operating equipment. Please ensure that you follow our maintenance tips to ensure the continued correct function of your equipment.
- Before any use, examine all accessories approved for use with the equipment for damage or wear.
- Should your equipment appear damaged or worn, do not attempt to use or repair the equipment yourself.



## OPERATING WARNINGS

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- It is the purchaser's responsibility to instruct all users as to the proper operating procedures of all equipment.
- Keep children away from all moving parts. Parents must provide close supervision of children if the equipment is used in the presence of children.
- Do not wear loose fitting clothing or jewellery when using the equipment. It is also recommended that users tie up long hair to avoid contact with moving parts.
- Ensure that anyone not using the equipment stays clear of the user, accessories and moving parts while the machine is in operation.



## USER WEIGHT LIMITATIONS

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- This Spinning Bike may not be used by persons weighing more than 120 kg.

SAVE THIS INSTRUCTION MANUAL FOR FUTURE USE AND REFERENCE.

# PARTS LIST

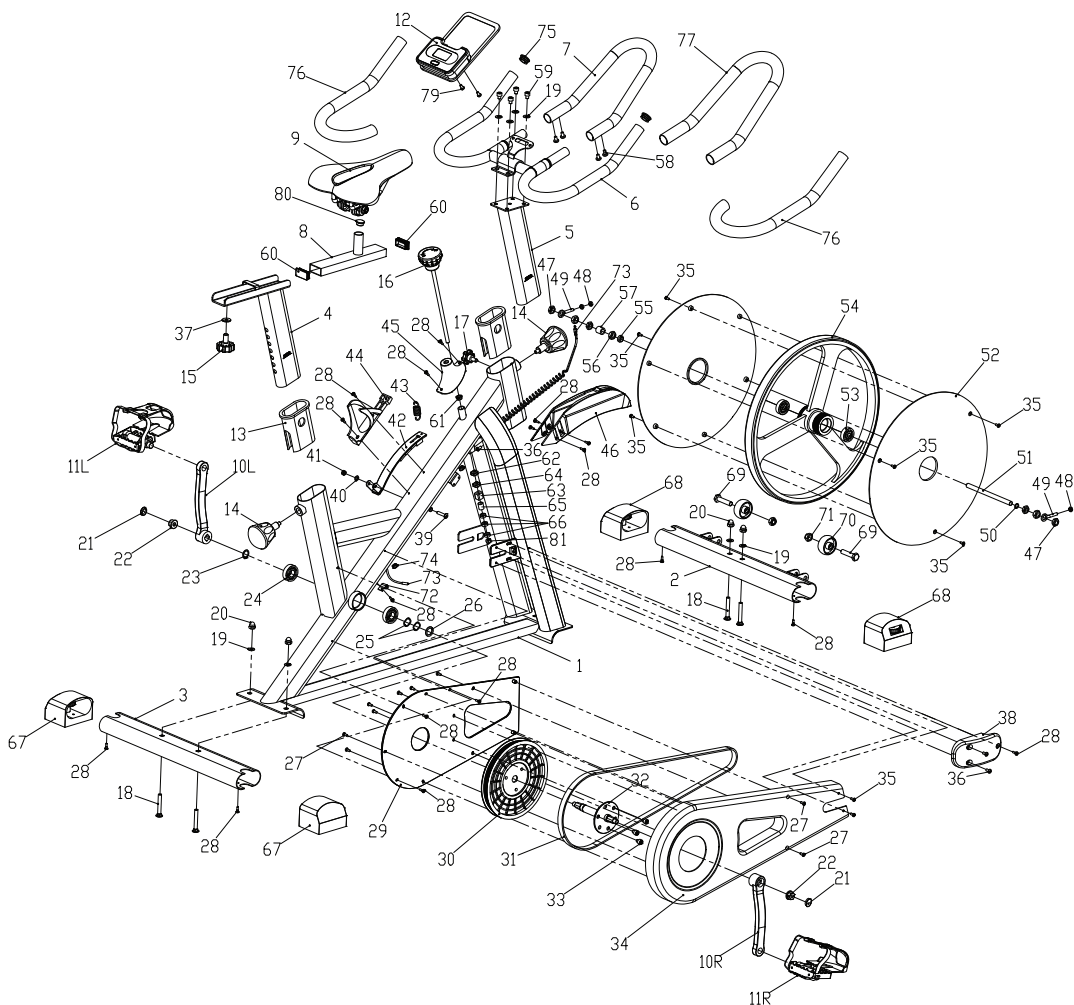
| No. | Description                            | Qty  |    | Qty                                    |    |
|-----|--|------|----|--|----|
| 1   | Main Frame                             | 1    | 28 | Self-tapping Screw (ST4.2 X 13 mm)     | 17 |
| 2   | Front Stabilizer                       | 1    | 29 | Inner Chain Cover                      | 1  |
| 3   | Rear Stabilizer                        | 1    | 30 | Belt Wheel (Φ200 PJ )                  | 1  |
| 4   | Seat Post                              | 1    | 31 | Belt (500PJ)                           | 1  |
| 5   | Handlebar Post                         | 1    | 32 | BB axle (Φ17 X 155 mm)                 | 1  |
| 6   | Handlebar                              | 1    | 33 | Hex Socket bolt (M8 X 10 mm)           | 3  |
| 7   | Front Handlebar                        | 1    | 34 | Belt Cover                             | 1  |
| 8   | Seat Slider                            | 1    | 35 | Phillips tapping screw (ST4.2 X 10 mm) | 8  |
| 9   | Seat                                   | 1    | 36 | Phillips bolt (M5 X 12 mm)             | 3  |
| 10  | Crank L&R (L152)                       | 1set | 37 | Washer                                 | 1  |
| 11  | Pedal L&R                              | 1set | 38 | Protection Cover                       | 1  |
| 12  | Console                                | 1    | 39 | Phillips bolt (M6 X 30 mm)             | 1  |
| 13  | Plastic Sleeve (Oval 40 mm X 80 mm)    | 2    | 40 | Flat Washer (Φ 6 mm)                   | 1  |
| 14  | Spring Knob (M16 X 1.5 mm)             | 2    | 41 | Nylon nut (M6)                         | 1  |
| 15  | Seat Adjusting Knob (M8 X 20 mm)       | 1    | 42 | Magnetic Braking set                   | 1  |
| 16  | Tension Knob                           | 1    | 43 | Spring                                 | 1  |
| 17  | Handlebar Adjustment Knob (M8 X 15 mm) | 1    | 44 | Water Bottle Cage                      | 1  |
| 18  | Carriage Bolt (M8 X 50 mm)             | 4    | 45 | Protection Cover                       | 1  |
| 19  | Flat Washer (Φ8 mm)                    | 8    | 46 | Sweat Guard                            | 1  |
| 20  | Cap Nut (M8)                           | 4    | 47 | Thin Hex Nut (M10 X 1 mm)              | 5  |
| 21  | Crank Cover                            | 2    | 48 | Hex Nut (M6)                           | 3  |
| 22  | Flange Nut (M10 X 1.25 mm)             | 2    | 49 | Tension Adjusting Screw (M6 X 40 mm)   | 2  |
| 23  | C ring (Ø17 mm)                        | 1    | 50 | Thin Washer (Φ10 mm)                   | 1  |
| 24  | Bearing (6203)                         | 2    | 51 | Flywheel Axle (Φ10 X 155 mm)           | 1  |
| 25  | Curve Washer (Ø17 mm)                  | 2    | 52 | Flywheel Cover                         | 2  |
| 26  | Flat Washer (Ø17 mm)                   | 1    | 53 | Bearing (6000)                         | 2  |
| 27  | Phillips bolt (ST4.2 X 13 mm)          | 9    | 54 | Flywheel                               | 1  |



# PARTS LIST

| No. | Description                   | Qty |
|-----|-------------------------------|-----|
| 55  | Short Spacer                  | 1   |
| 56  | Hex Nut (M10 X 1 mm)          | 2   |
| 57  | Spacer                        | 1   |
| 58  | Phillips bolt (M6 X 15 mm)    | 4   |
| 59  | Hex Socket Bolt (M8 X 16 mm)  | 4   |
| 60  | End Cap (20 mm X 40 mm)       | 2   |
| 61  | Plastic Sleeve                | 1   |
| 62  | Square Plastic Sleeve (PP)    | 1   |
| 63  | Square Plastic Sleeve         | 1   |
| 64  | Square Nut                    | 1   |
| 65  | Round Plastic Sleeve          | 1   |
| 66  | Hex Nut (M8)                  | 3   |
| 67  | Rear End Cap (rear end cap)   | 2   |
| 68  | Front End Cap (front end cap) | 1   |
| 69  | Hex Bolt (M10 X 45 mm)        | 2   |
| 70  | Transport Wheel               | 2   |
| 71  | Nylon Nut (M10)               | 2   |
| 72  | Sensor Bracket                | 1   |
| 73  | Sensor Cable                  | 1   |
| 74  | End Cap (Ø12 mm)              | 2   |
| 75  | End Cap (Ø25 mm)              | 2   |
| 76  | Foam Grip 1                   | 2   |
| 77  | Foam Grip 2                   | 1   |
| 79  | Bolts (M5 X 10 mm)            | 2   |
| 80  | End Cap (Ø22 mm)              | 1   |
| 81  | Nylon Nut (M8 )               | 1   |

## EXPLODED DRAWING

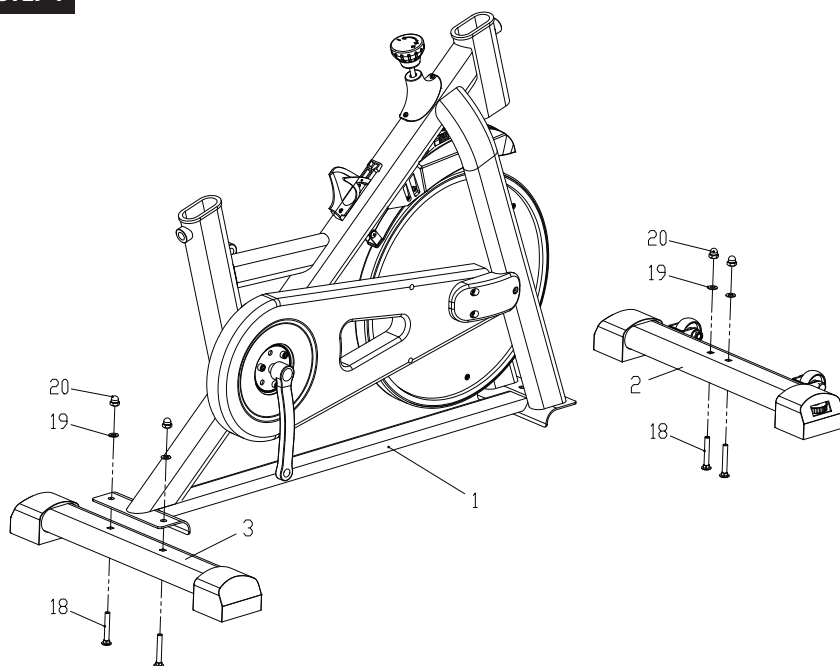


# ASSEMBLY STEPS

## 1. PREPARATION

- Before assembling make sure that you will have enough space around the item.
- Use the supplied parts and hardware for the assembly.
- Before assembling, please check whether all the required parts have been supplied as per the exploded drawing on the opposite page.

### STEP 1

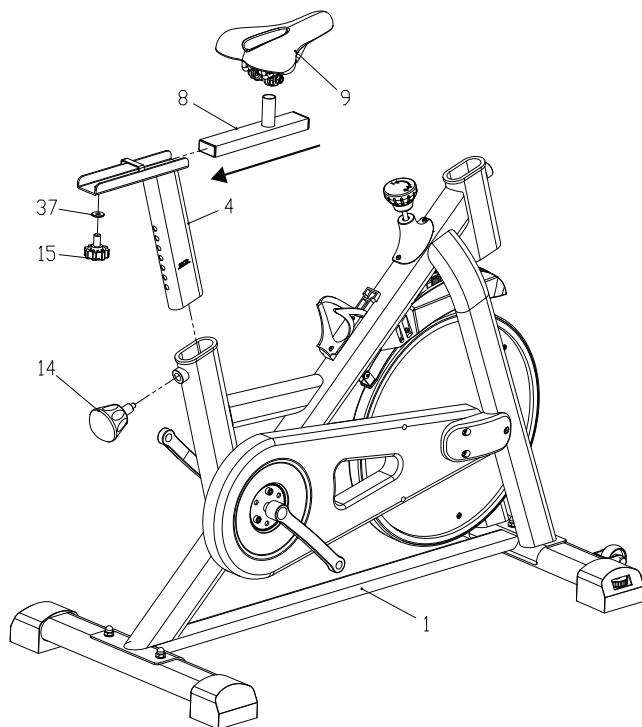


## STEP 1: FRONT AND REAR STABILIZERS INSTALLATION

Attach the Front Stabilizer (2) and Rear Stabilizer (3) to the Main Frame (1) using 4 x Carriage Bolts (18), 4 x Washers (19) and 4 x Cap Nuts (20)

# ASSEMBLY STEPS

## STEP 2



### STEP 2:

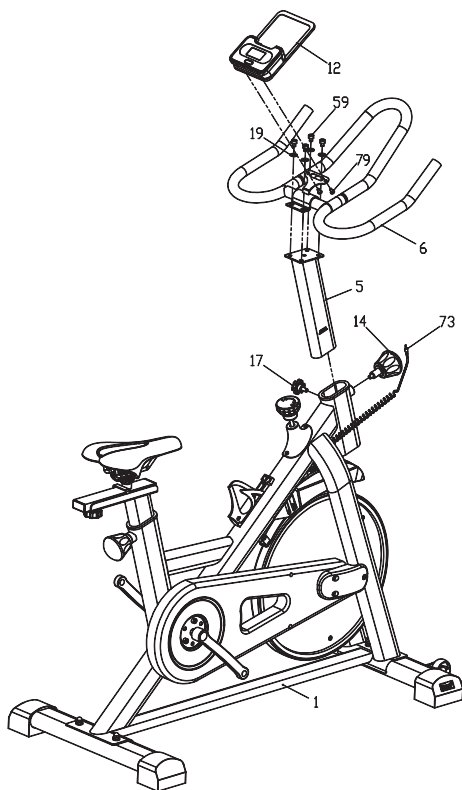
Insert the Seat Post (4) into Main Frame (1) and secure using the Spring Knob (14).

Insert the Seat Slider (8) into the Seat Post (4). Adjust the Seat Slider (8) to the desired position and secure using the Seat Adjusting Knob (15) and Washer (37).

Attach the Seat (9) to the Seat Slider (8).

# ASSEMBLY STEPS

## STEP 3:



### STEP 3:

Attach the Handlebar (6) to the Handlebar Post (5) using 4 x Hex Socket Bolts (59) and 4 x Washers (19).

Loosen the Handlebar Adjustment Knob (17).

Insert the Handlebar Post (5) into the Main Frame (1) and tighten the Spring Knob (14) to secure.

Re-tighten the Handlebar Adjustment Knob (17) to secure the Handlebar Post (5).

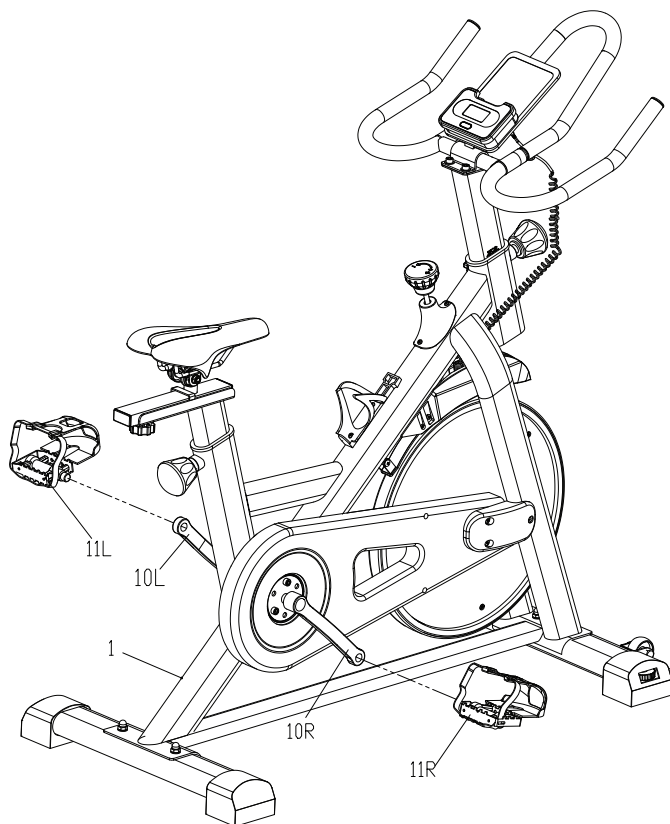
Remove the 2 x Bolts (79) pre-assembled to the Console (12).

Attach the Console (12) to the console holder on the Handlebar (6) using the 2 x Bolts (79).

Connect the Sensor Cable (73) to the backside of the Console (12).

# ASSEMBLY STEPS

## STEP 4



### STEP 4:

Attach the Left Pedal (11L) into its corresponding Left Crank (10L) by rotating counterclockwise.

Note: The Left Pedal and Left Crank are marked with the letter L.

Attach the Right Pedal (11R) into its corresponding Right Crank (10R) by rotating clockwise.

Note: The Right Pedal and Right Crank are marked with the letter R.

# ASSEMBLY STEPS

## RESISTANCE ADJUSTMENT

Pedaling resistance is controlled by the tension knob. Properly adjusting the seat will help reduce the risk of injury and ensure maximum exercise efficiency and comfort. (The most appropriate position while using this bike is with one pedal in the downward position, while the other leg is slightly bent at the knee.) To adjust the seat height simply loosen the adjustable knob, then pull the knob to move the seat up or down to the desired height (there are different seat height positions for adjustment).

## HOW TO LEVEL THE BIKE

The end caps on the front stabilizers can be adjusted when the bike is not level with the floor.

## HANDLEBAR ADJUSTMENT

There are different handlebar heights that can be adjusted. Please adjust the seat height first then adjust the proper height of the handlebar to match the seat.

## BELT ADJUSTMENT

The belt on your bike has been pre-adjusted and should not require immediate attention. Continuous use of the bike may cause the belt to stretch or become loose causing the need for bike adjustments. If so, simply tighten the bolts on both sides of the flywheel and pull forward until the belt becomes tight.

# CONSOLE FUNCTIONS



## FUNCTION BUTTON:

### MODE:

Press MODE to choose functions. Press the "MODE" key for 2 seconds to reset all values to 0 (except ODO). Press to activate console from sleep mode.

SCAN -> TIME -> SPEED -> DISTANCE (DIST) -> CALORIES (CAL) -> ODO

### SCAN:

This function allows the screen to automatically scan through the different functions. Changing screen every 6 seconds.

TIME->SPEED->DISTANCE->CALORIES->ODO

### TIME:

The total exercise time will be shown whilst exercising.

### SPEED:

The current speed will be shown whilst exercising.

### DISTANCE:

The distance of each workout will be shown whilst exercising.

### CALORIE:

The calories burned will be shown whilst exercising.

### ODO:

The total distance of all workouts done will be shown when you start exercising.

### SLEEP MODE:

System will go into sleep mode automatically when the sensor has had no signal input for approximately 4 minutes.

### BATTERY:

This Console uses two AAA batteries. If the display appears incorrectly or becomes difficult to read, please install new batteries. Always change both batteries at the same time.