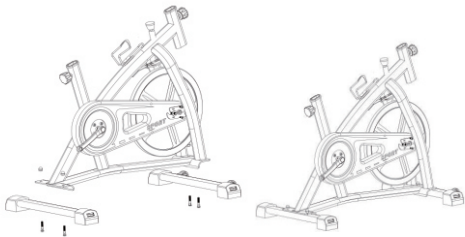


Assembly Instruction

① STABILIZER ASSEMBLY

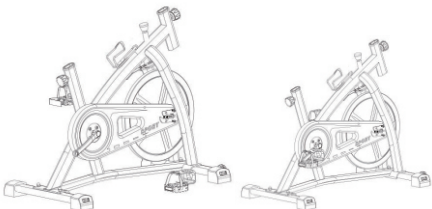
Divide the front stabilizer and rear stabilizer, to fix them onto the main body with bolts T1 x 4, washer x 4 and nuts x 4.



② PEDAL(L/R) ASSEMBLY

Fasten the **LEFT** pedal by turning in an **ANTI-CLOCKWISE** direction, and then tighten anti-separation nut in an **ANTI-CLOCKWISE** direction.

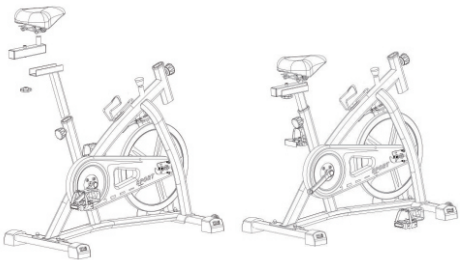
Fasten the **RIGHT** pedal by turning in a **CLOCKWISE** direction, and then tighten anti-separation nut in a **CLOCKWISE** direction.



③ SADDLE ASSEMBLY

Loose the lock knob and pull out, insert saddle post assembly into the rear opening tube, then tighten the lock knob. Loose the lock nut to select the correct position and fix the nut.

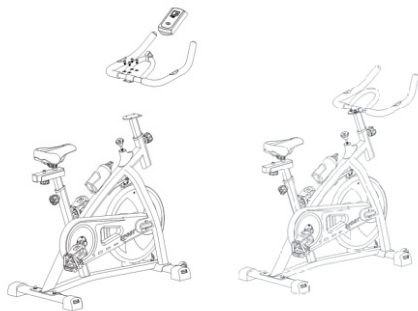
Place the saddle onto the saddle adjustment frame and tighten the saddle locking nuts.



④ HANDLE & MONITOR ASSEMBLY

Loose the lock knob and insert the handle frame assembly into the opening tube, and tighten the lock knob when the handle frame at desired position.

Attach the monitor holder to the handle frame and fix the monitor, connect sensor wire into the monitor.



INDOOR CYCLING BIKE
User Manual



Photo may differ from actual product

THANKS FOR VIEWING THE USER MANUAL

Please read the instructions fully before assembly or using. These instructions contain important information which will help you get best result from your equipment and ensure safe and correct assembly, use and maintenance.

Safety Information

- * This equipment is intended for home/domestic use, with a maximum loading weight 150kgs/330lbs.
- * This equipment is designed for adults 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 safe, or 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 using the equipment to exercise, always do stretching exercises 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.

