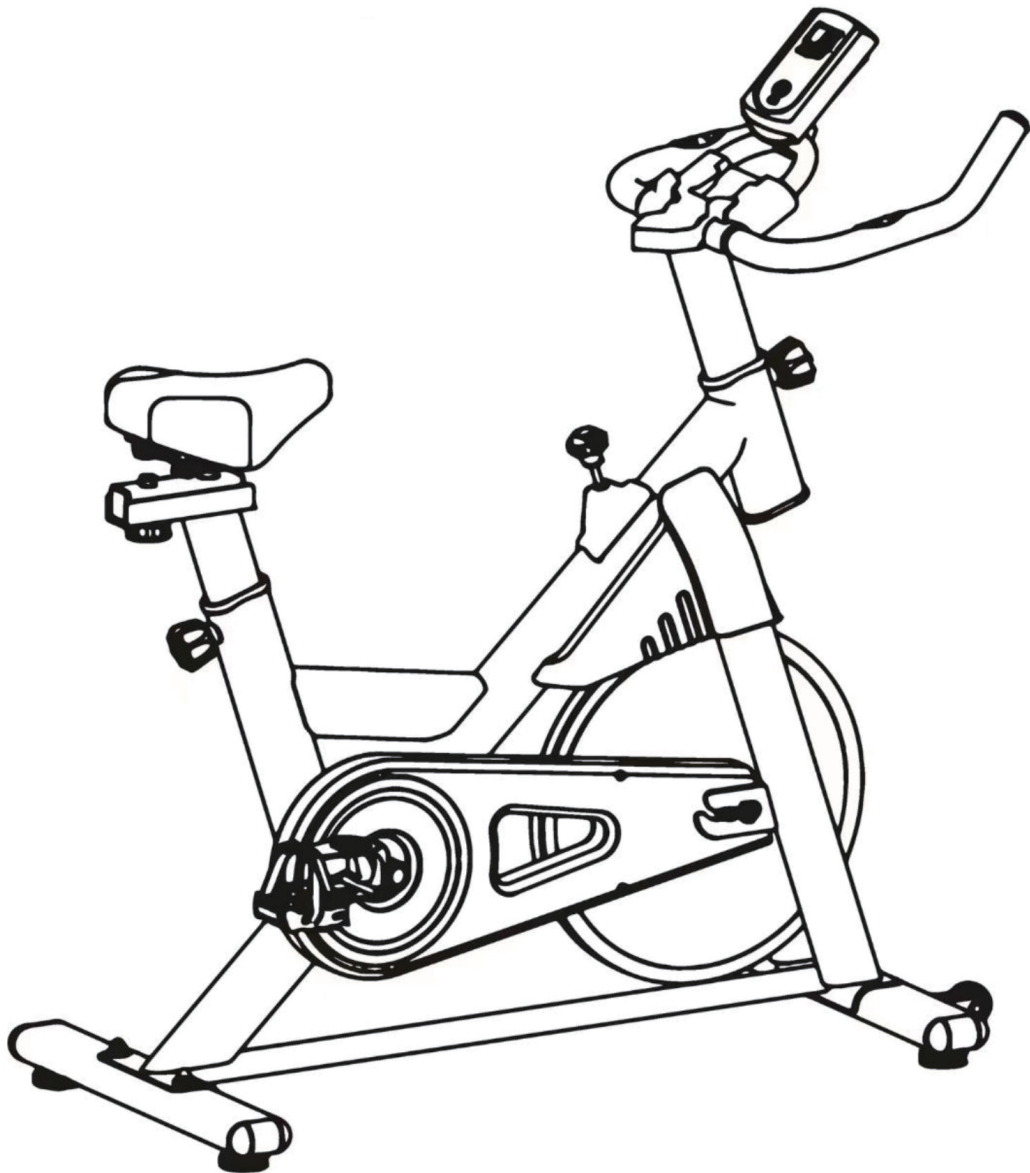


Home Workout Spin Bike

Instruction Manual



Safety Information

***This equipment is intended for home/domestic use.**

***This equipment is designed for adults use only. Always keep children and pets away from the equipment.**

***Before starting riding spin bike, you should make sure there you do not have any physical or health conditions that may create a risk to your health, a warm-up of gentle fitness will be suggested.**

***Before using the equipment, check the nuts and bolts are securely tightened, as well as some parts like pedals etc.**

***Appropriate fitness suits are required when exercising, never ride it with your bare foot without shoes.**

***Before using the equipment to exercise, always do stretching exercises to properly warm up.**

***Use the equipment on a solid, a flat level surface with a protective cover will be better. For your safety, the equipment should have at least 10 square foot free space all around it.**

***Do not place any sharp objects around the equipment. Keep hands away from all moving flywheel or pedal.**

***If you feel dizziness, nausea, chest pain or other abnormal symptoms stop the workout and seek immediate medical attention.**

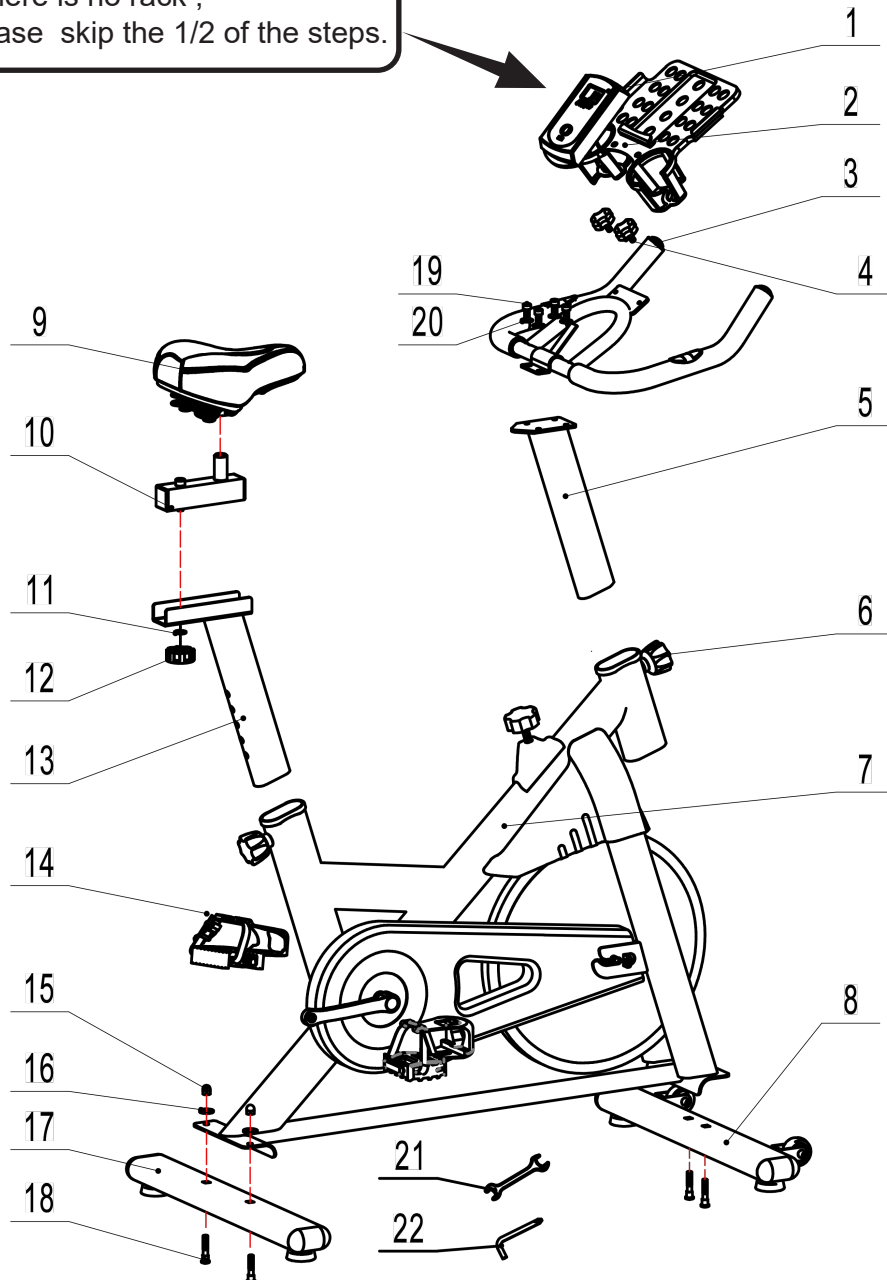
***Please check the equipment carefully before first use and every 7-15 days after using the equipment installed in accordance with the principle of checks.**

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.**

COMPONENTS - PARTS

If there is no rack ,
please skip the 1/2 of the steps.



PART LIST

NO.	ITEM	QTY	NO.	ITEM	QTY
1	Monitor	1	14	Pedal (Set)	1
2	Phone/pad Holder	1	15	Stabilizer Nut	4
3	Handlebar	1	16	Stabilizer Gasket	4
4	Holder Lock Knob	2	17	Rear Stabilizer	4
5	Handle Post Frame	1	18	Allen Bolt T1	4
6	Lock Knob M1	2	19	Handlebar Bolt S1	1
7	Main Body	1	20	Handlebar Gasket	4
8	Front Stabilizer	2	21	Open End Wrench	1
9	Saddle	1	22	Allen Wrench	1
10	Saddle Adjustment Frame	1			
11	Saddle Adjustment Gasket	1			
12	Saddle Adjustment Knob	1			
13	Saddle Post Frame	1			

Each single part is pre-assembled with matched screws, and packed in a plastic bag .

Please check each part is included and install them one by one.

Note: Small components/ parts might not seen on the components but in the plastic bag. Please check carefully on all the parts before contacting us for a missing screw.

Assembly Instruction

Installation preparation:

Open the box and take out spin bike, put each single part separately.

Step 1. Install Front base rack and Rear base rack to main body.

Nut and Allen Bolts (#15 #16 #18) are pre-fixed on the rack(#8 #17), screw them down by Open End Wrench (#21) and screws them to the spin bike as the left image.

Attention: base rack with wheels are on the front side.

Step 2. Install the front and the rear seat knob.

Install lock knob (#6) into the hole site on main body by turning in a CLOCKWISE direction, rotate several lap, no need to fasten the knob.

Step 3. Connect Pedals (#14) to the Cranks, tighten by Open End Wrench (#21).

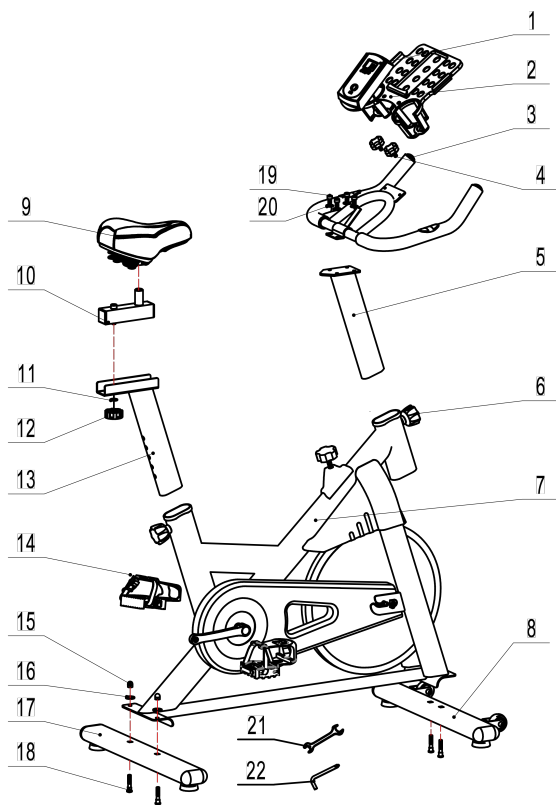
Attention: There are L/R marks on the pedals and the cranks, please make sure you install the true side one.

Step 4. Install Saddle Post Frame (#13) onto Main Body.

Before loosen Lock Knob by turning in an ANTI-CLOCKWISE direction, choose a suitable hole site and then fasten the Lock Knob.

Step 5. Install the Saddle (#9) on to the Saddle Post Frame(#13).

First release the screws under the saddle with Open End Wrench, then put Saddle (#12) on the raised cylinder and then fasten the screws. Twist off the knob and gasket from Saddle Post Frame(#10), connect it with Saddle Post Frame(#13), then fasten the screws.



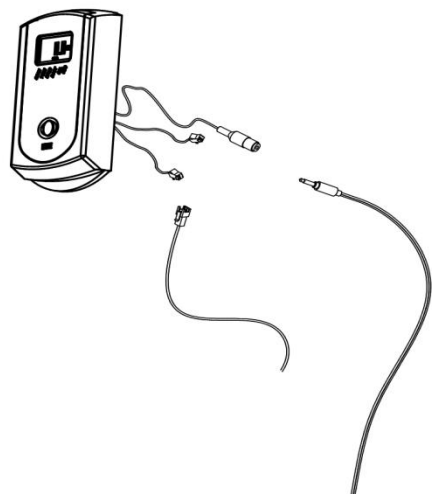
Step 6. Place the Saddle (#9) onto the Saddle Adjustment Frame and tighten the saddle locking nuts by Open End Wrench (#2).

The last part: Install the bike Handlebar, phone bracket and LCD monitor.

Step 7. First the Post Frame (#13) onto Main Body, choose a suitable hole site and then fasten the Lock Knob.

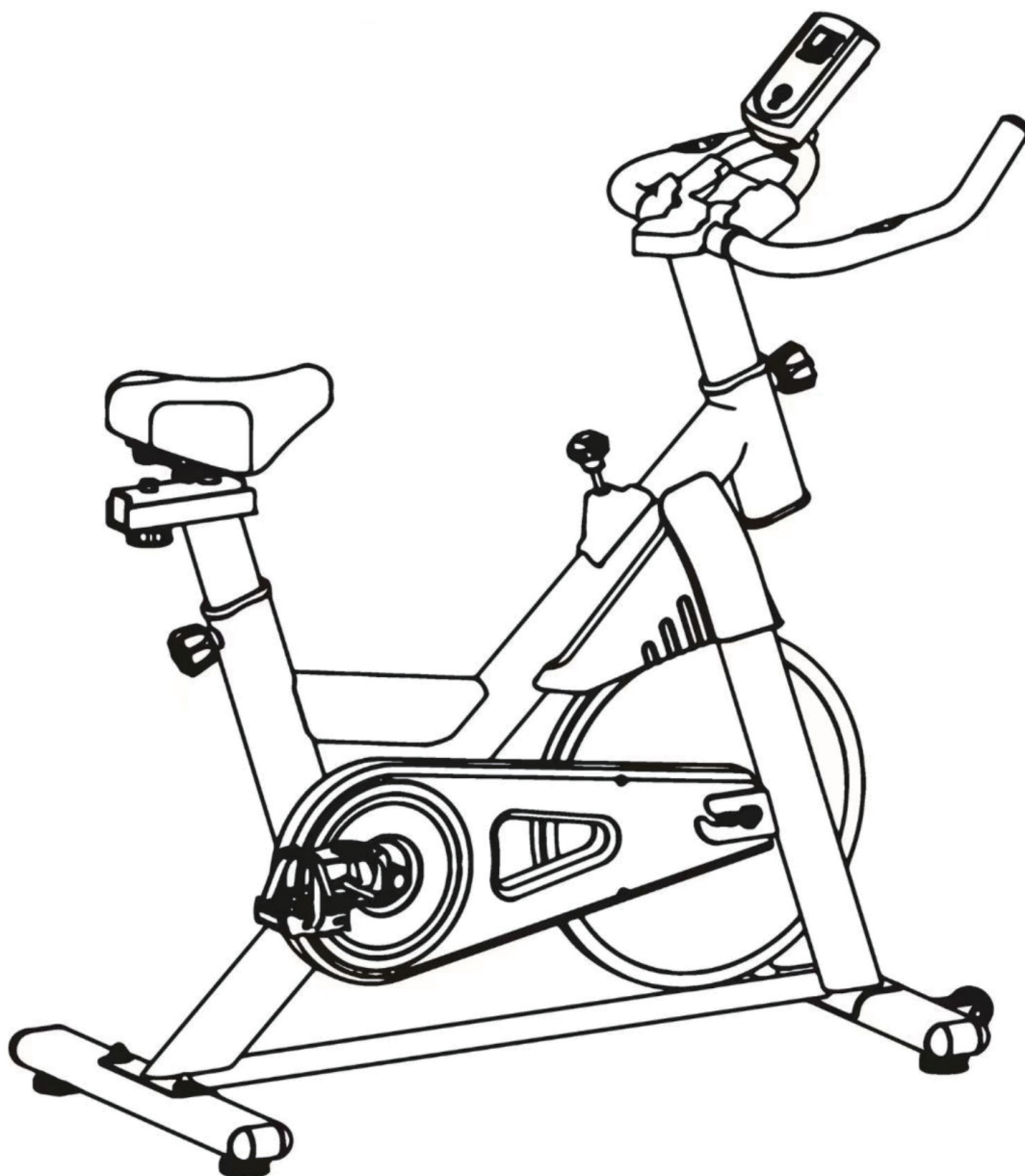
Step 8. Install Handlebar (#3) onto Handle Post Frame(#5), align the hole site and fasten the screw #19 #20 by Allen Wrench (#22)

Step 9. Fasten phone/pad holder (#2) on the handlebar by Lock Knobs (#4).



Step 10. Install LCD Monitor (#1) on the Handlebar(#3), connect 3 data lines to the hole back of monitor.

Congratulation!!! Assembling Completed!!!



Resistance system: with unlimited resistance system. Rotate to increase or decrease resistance. Press the resistance knob to stop the flywheel immediately.

Aquarius: Aquarius will keep water during the whole exercise. This convenient bottle rack is built into the frame for easy access.

LCD screen: The LCD screen on the exercise bike can track your time, speed, distance, calories burned and odometer while riding a bike.

Mobile phone/base: The mobile phone/base allows you to enjoy sports and music at the same time, making it easier for you to keep exercising. The stand can support a 7-inch mobile phone or a 14-inch iPad.

Transport wheels: Transport wheels can help you move this spinning bike easily.

LCD operation guide

get ready:

1. Please install the battery (CR2032 3V) on the back of the LCD monitor.
2. Make sure that the 3 cables are connected.

Operating skills:

1. Press any key on the display to light it.
2. The unit of speed and distance is miles or miles per hour.
3. Start riding a spinning bike, and the LCD will display your fitness records.
4. Hold the double-sided silver sheet with both hands for a few seconds, and then ride the bike. The LCD will read your heartbeat and display it in the last column of the LCD.
5. The LCD displays information in order from top to bottom:
Speed (miles per hour), RPM (one revolution per minute), calories, distance (miles), time, heartbeat
6. Fitness goal setting function:
Press the up or down key to quickly move the item you need,
Then press ENTER to select the item to be edited,
Press up or down to adjust your project goals,
Finally, press ENTER to lock the target, then exercise,
You will see your goal count down and complete it.

QUESTION & ANSWER

Question 1: What is recommendation user height for this spin bike?

Answer: We recommend user's height from 5 ft to 6ft 4in, max weight 330LB.

Question 2: What size of iPad/iphone does the stand holds?

Answer: The spin bike supports max 7in Phone and 10.2 in Pad. By the way, it holds up to 3 inches diameter water bottle.

Question 3: Does the LCD monitor work on batteries or electricity?

Answer: It use one piece CR2032 3Volt Batteries. There is one included in the package.

You can easily buy it from Amazon or nearby shops.

Question 4: Do you have an installation video I can follow?

Answer: Please check our online product page, this are complete installation steps for each part, you can easily follow it.

Question 5: What is the unit of the speed and distance showed on the LCD monitor?

Answer: Miles/hour for speed, mile for distance.

Question 6: How quiet is the bike? Will it influence the neighbor or any sleeping one?

Answer: It indeed make sound and acceptable, will be very quiet and lower than 45DB in most condition.

Question 7: This spin bike is not balanced, what should I do?

Answer: You need to adjust the screws of the bike to make it in balance.

By the way, some bikes may not keep in perfect balance for production reason, and it will not influence your normal using.

Question 8: How to reset the miles to zero?

Answer: Take out batteries to reset it.

Question 9: What kind of after-sales services do you provide for this spin bike?

Answer: provides 365 days quality warranty from the day you got it.

Question 10: Could I return it or replace it for some reason?

Answer: Yes, just operate it in your Amazon account, find this order in your order list, and select the service you need. The valid time is 30 days after your purchase.

Question 11: Anything I can do to maintain the bike for longer using time?

Answer: Add lubricating oil to the brake pad once a month if you use it very often, keep the bike clean, and not store under long direct sunshine.

WARRANTY

provides you a warranty period of 365 days.

The guarantee period begins from the day you collected it.

1. The warranty does not cover: :

All parts of the device which are subject to wear due to function after long time using, in so far as they are not production or material defects once over 1 year.

- Damage caused by improper or faulty maintenance and repairs, alterations or replacement of parts which have not been carried out by a qualified person.
- Damage caused by improper use and force majeure.

2. Authorized warranty claims are provided if:

- The claim or defect at the time of handing over to the customer already existed.
- No natural or function-related wear Cause of the wear or alteration of the goods (see list of parts)!
- The damage or defect is not caused by the fact that the device was not used as intended.

If you have questions about your spin bike, our staff of Service department will help you.

We wish you lots of fun and success with your new device!