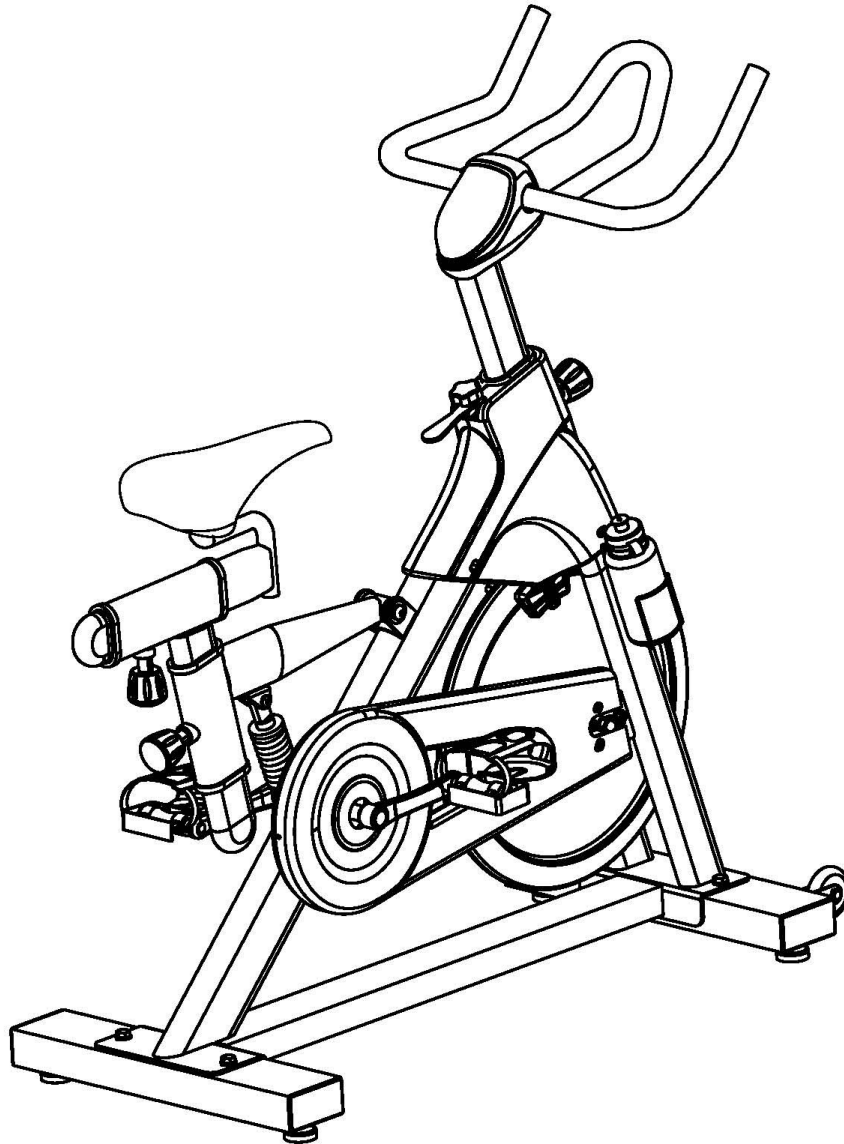


Spin Bike

OWNER'S MANUAL



IMPORTANT !

Please read all instructions carefully before using this product.

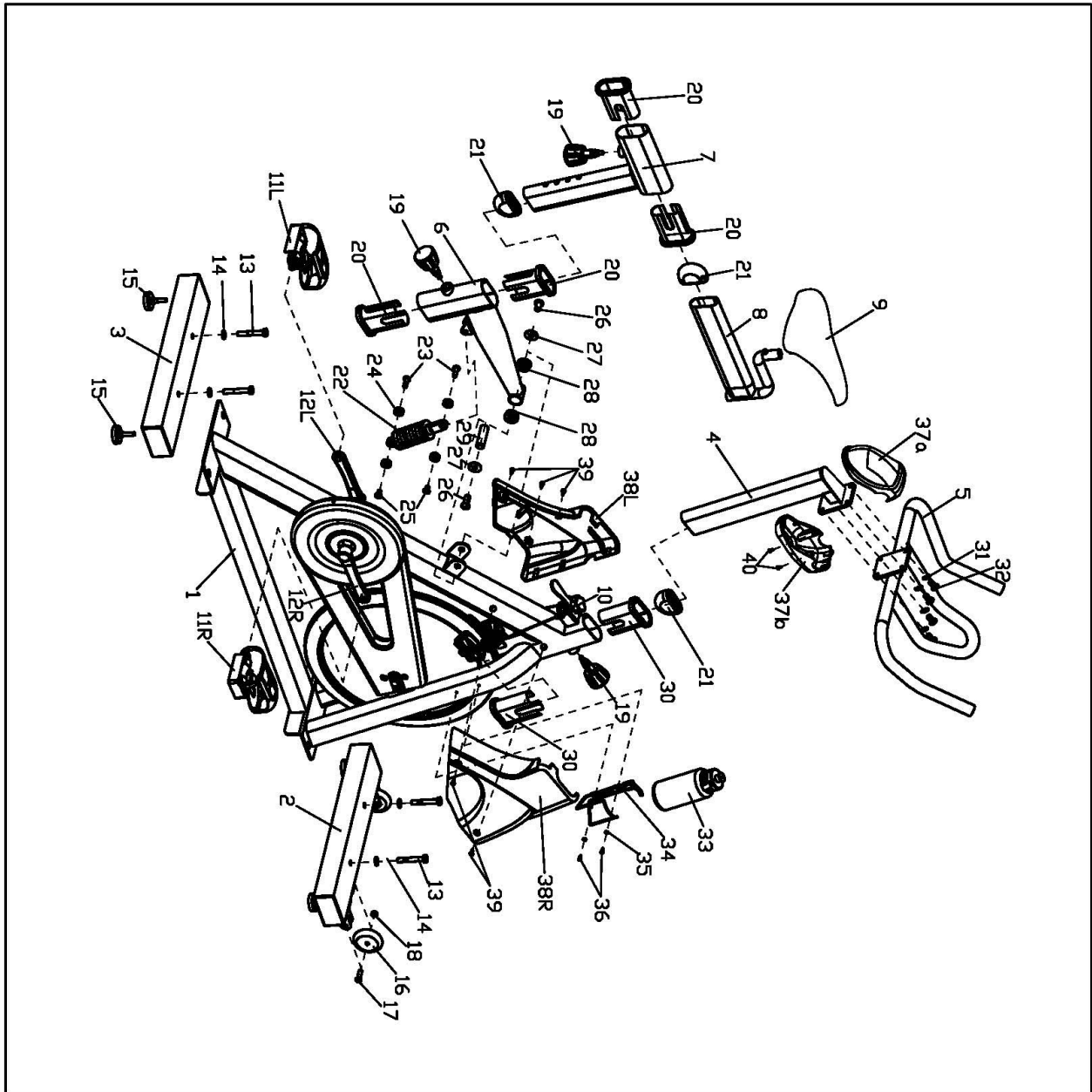
Retain this manual for future reference.

The specifications of this product may vary slightly from the illustrations and are subject to change without notice

SECURITY & MAINTENANCE INSTRUCTIONS

- * Once completely assembled, check for loose screws, nuts and bolts.
- * Check the chain guard. Everything should be enclosed and stay in place for protection.
- * Check seat position. Make sure pedals and handlebar are tight and properly secured.
- * It is recommended that all moving parts be lubricated once a month.
- * Refrain from wearing loose clothing as it may get caught in moving parts.
- * Never attempt to remove your feet from the pedals when they are in motion.
- * Always use athletic shoes when using the machine.
- * Wipe down the machine after every use to remove sweat and moisture.
You may use a soft towel with a mild soap and water. Do not use wax or any detergents/solvents to clean the machine.
- * Please keep children away from the machine while in use.
Children under age 8 should not use the machine.
- * Do not dismount the machine until the pedals have come to a complete stop.
- * In the case of nausea, dizziness, loss of breath or any other discomfort, stop exercise immediately and rest.
- * Keep fingers or small objects away from all moving parts.
- * Prior to exercising it is recommended that you take 5 minutes to stretch and warm up.
- * The maximum user's weight is 120kg.

EXPLODED DIAGRAM



NOTE:

Most of the listed assembly hardware has been packaged separately, but some hardware items have been preinstalled in the identified assembly parts. In these instances, simply remove and reinstall the hardware as assembly is required.

Please reference the individual assembly steps and make note of all preinstalled hardware.

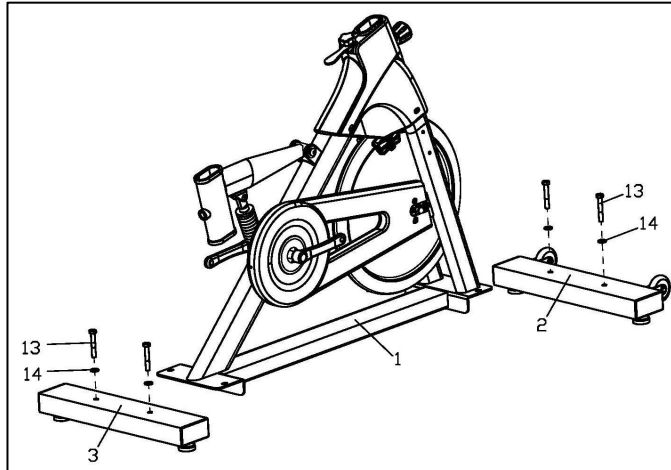
PARTS LIST

| Parts No. | Description | QTTY | Parts No. | Description | QTTY |
|-----------|------------------------------|------|-----------|-------------------------------|------|
| 1 | Main Frame | 1 | 21 | End Caps | 3 |
| 2 | Front Stabilizer | 1 | 22 | Shock Absorber | 1 |
| 3 | Rear Stabilizer | 1 | 23 | Hexagon Socket Pan Head Bolt | 2 |
| 4 | Handlebar Post | 1 | 24 | Rubber Washer | 4 |
| 5 | Handlebar Assembly | 1 | 25 | Hexagon Socket Pan Head Bolt | 2 |
| 6 | Rear Post Assembly | 1 | 26 | Hexagon Socket Pan Head Bolt | 2 |
| 7 | Seat Post | 1 | 27 | Flat Washer | 2 |
| 8 | Saddle Slide Tube | 1 | 28 | Bushing | 2 |
| 9 | Saddle | 1 | 29 | Rear Post Axis | 1 |
| 10 | Brake System | 1 | 30 | Bushing | 2 |
| 11L/R | Pedal(L/R) | 1 pr | 31 | Spring Washer | 4 |
| 12L/R | Crank(L/R) | 1 pr | 32 | Hexagon Socket Pan Head Screw | 4 |
| 13 | Hexagon Bolt | 4 | 33 | Water Bottle | 1 |
| 14 | Flat Washer | 4 | 34 | Bottle Holder | 1 |
| 15 | Adjustable Foot Pad | 4 | 35 | Flat Washer | 2 |
| 16 | Transport Wheel | 2 | 36 | Phillips Pan Head Screw | 2 |
| 17 | Hexagon Socket Pan Head Bolt | 2 | 37 a/b | Handlebar Shield | 1pr |
| 18 | Nylon Nut | 2 | 38 L/R | Brake Shield | 1pr |
| 19 | Pop-Pin Knob | 3 | 39 | Phillips Pan Head Screw | 5 |
| 20 | Seat Post Bushing | 4 | 40 | Phillips Pan Head Screw | 2 |

ASSEMBLY INSTRUCTION

Step 1: Install the Front & Rear Stabilizers.

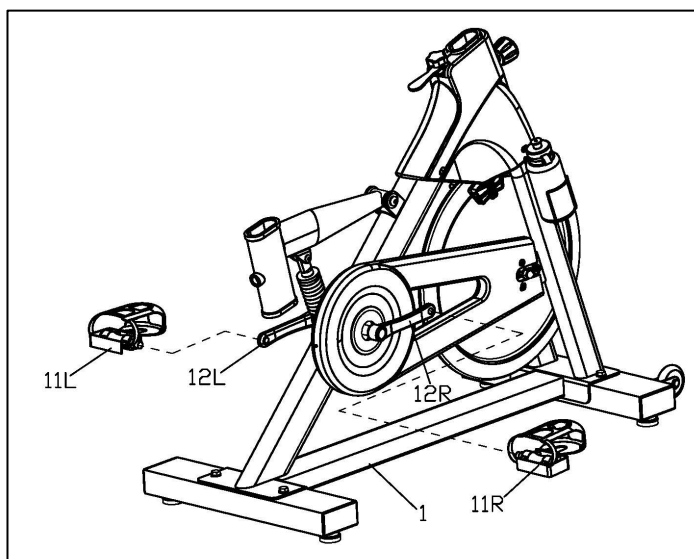
Attach the Front Stabilizer (2) and the Rear Stabilizer (3) onto the Main Frame (1), secure with the Hexagon Bolts (13) and Flat Washers (14).



Step 2: Install the Pedals.

Secure the Pedals (11L/R) to the Cranks (12L/R) respectively, viewed from the rider's seated position.

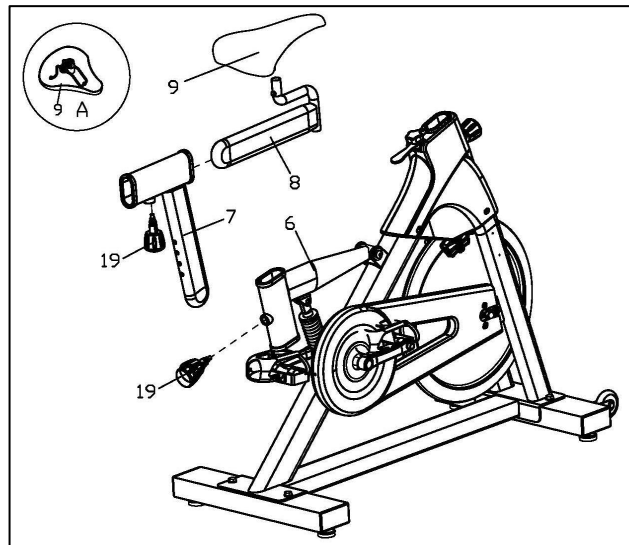
Note: Both pedals are labeled L for LEFT and R for RIGHT.
To tighten turn the left pedal COUNTERCLOCKWISE and the right pedal CLOCKWISE.



Step 3: Install the Saddle and Seat Post.

Fit the Saddle (9) onto the Saddle Slide Tube (8), secure in place by using the Spanner. Insert the Slide Tube (8) to the Seat Post (7), secure with the Pop-Pin Knob (19). And then insert the Seat Post (7) onto the Rear Post Assembly (6), secure with the Pop-Pin Knob (19).

Note: When insert the Slide Tube (8) to Seat Post (7), loosen the Pop-Pin Knob (19) and pull it, after inserting the Tubes, make sure the Knobs correctly pop into the holes. Then lock the Knobs.

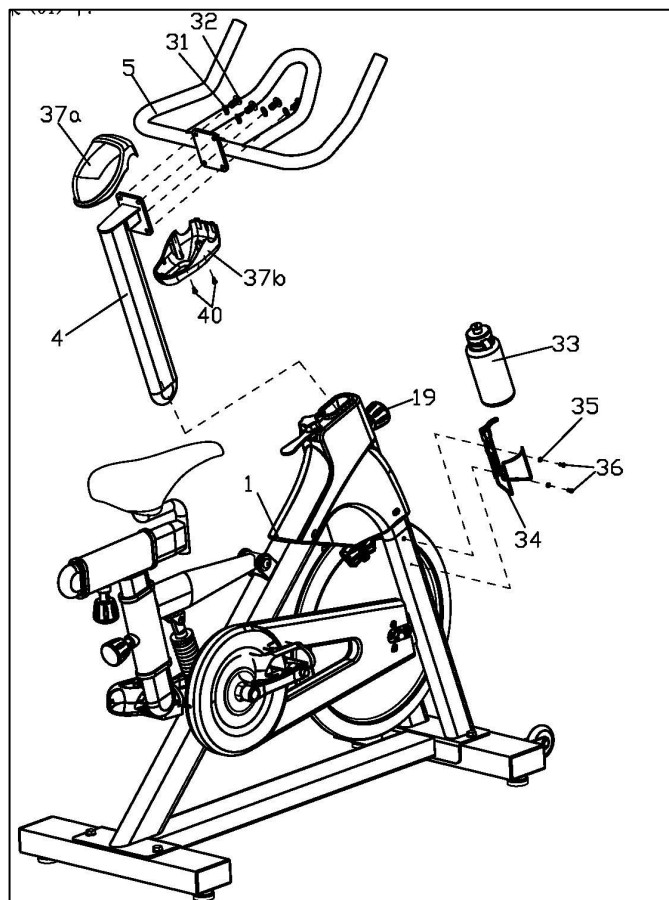


Step 4: Install the Handlebar Assembly.

Fix the Handlebar Assembly (5) onto the Handlebar Post (4) with Hexagon Socket Pan Head Screw (32) and Spring Washer (31).

Insert Handlebar Shield (37 b) into Handlebar Post (4), and then lock Handlebar Shield (37 a) with Handlebar Shield (37 b) using Phillips Pan Head Screw (40). Fix the Handlebar Post (4) onto Main Frame (1) with Pop-Pin Knob (19).

Fix Bottle Holder (34) onto Main Frame (1) with Phillips Pan Head Screw (36 L/R) and Flat Washer (35), and then insert Water Bottle (33) into Bottle Holder (34).



WARM-UP and COOL-DOWN

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

WARM-UP PHASE

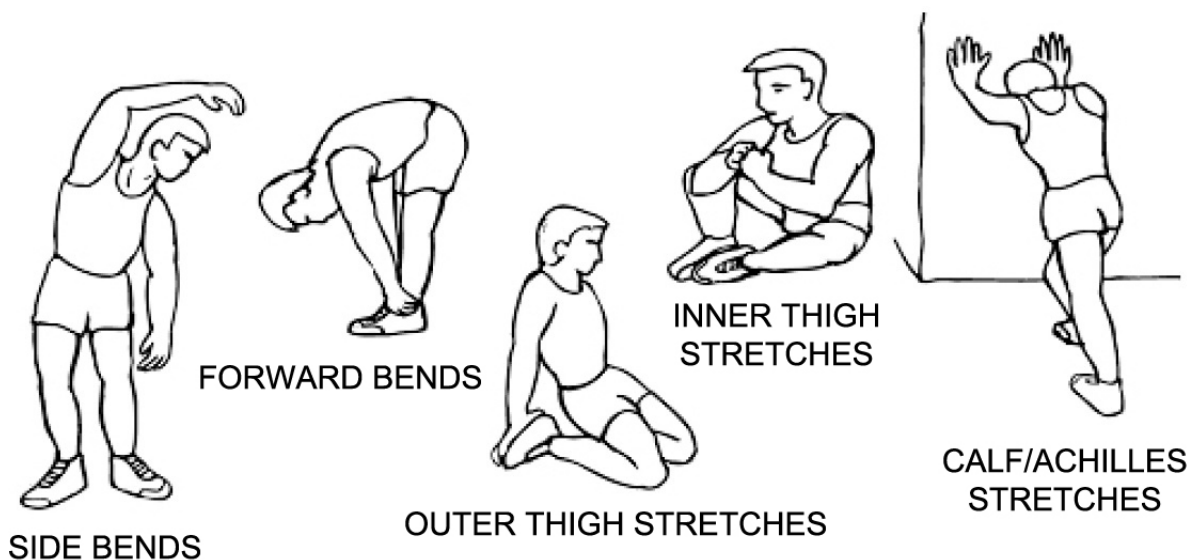
The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

STRETCHING

Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds.

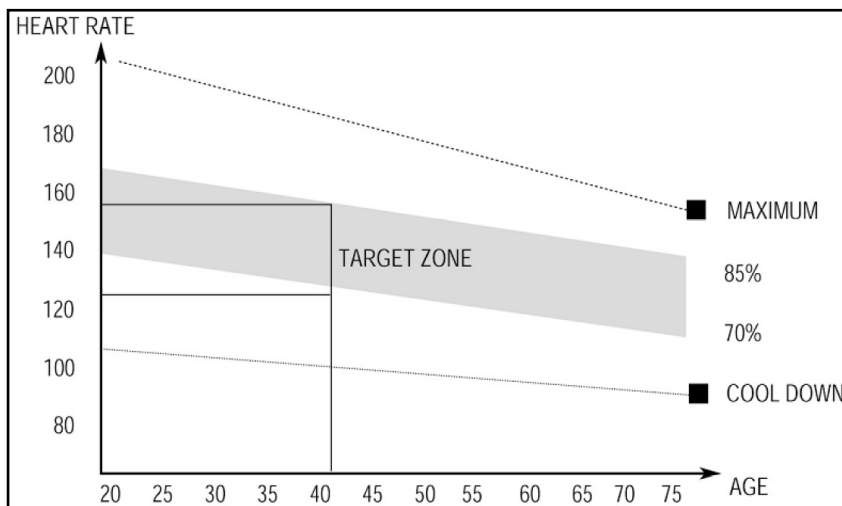
DO NOT BOUNCE.

Remember always to check with your physician before starting any exercise program.



EXERCISE PHASE

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work at your own pace and be sure to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heartbeat into the target zone shown on the graph below.



COOL-DOWN PHASE

The purpose of cooling down is to return the body to its normal, or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.