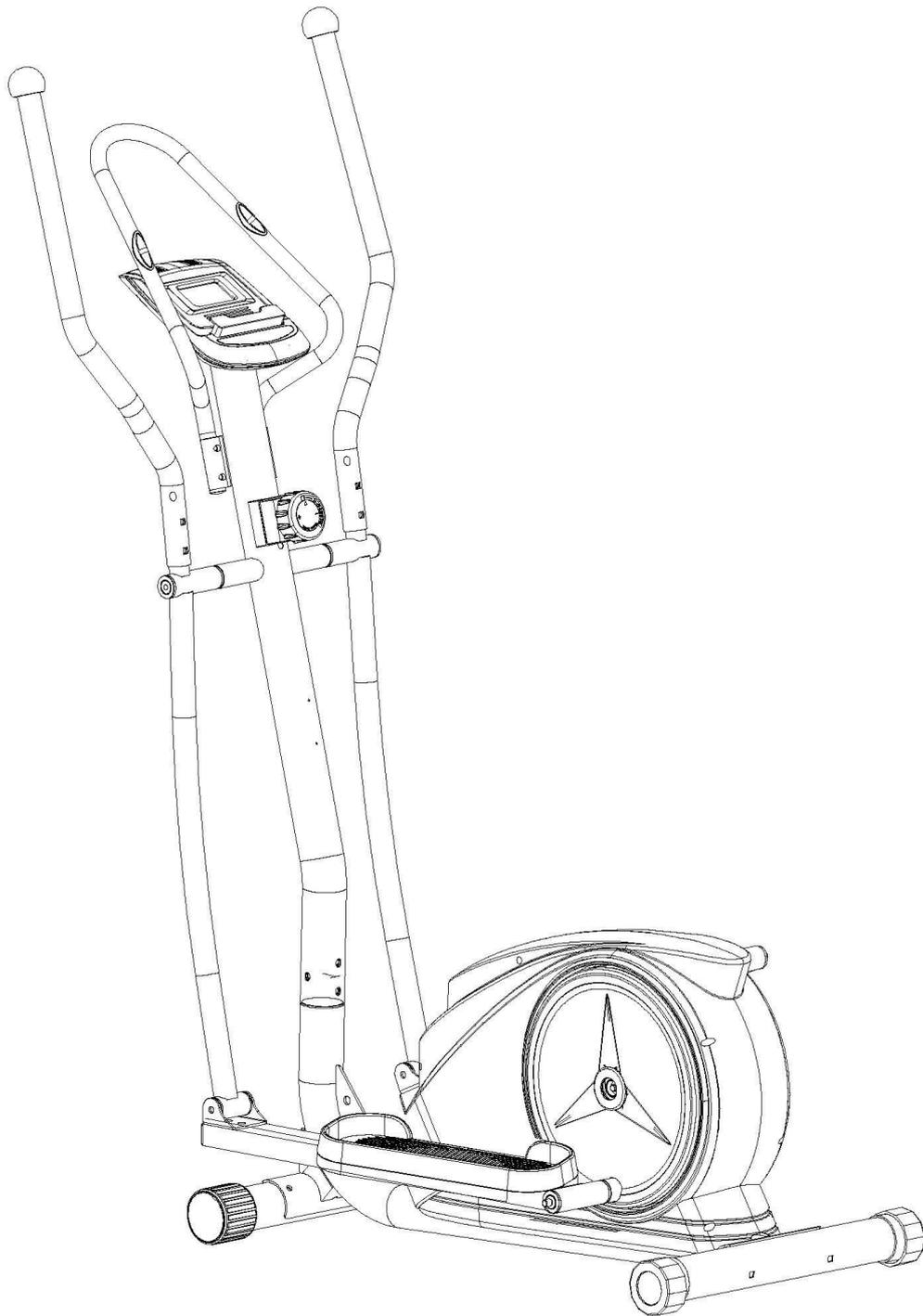

User Manual



Dear Customer,
Please read this instruction very carefully before using the item.

IMPORTANT SAFETY INFORMATION

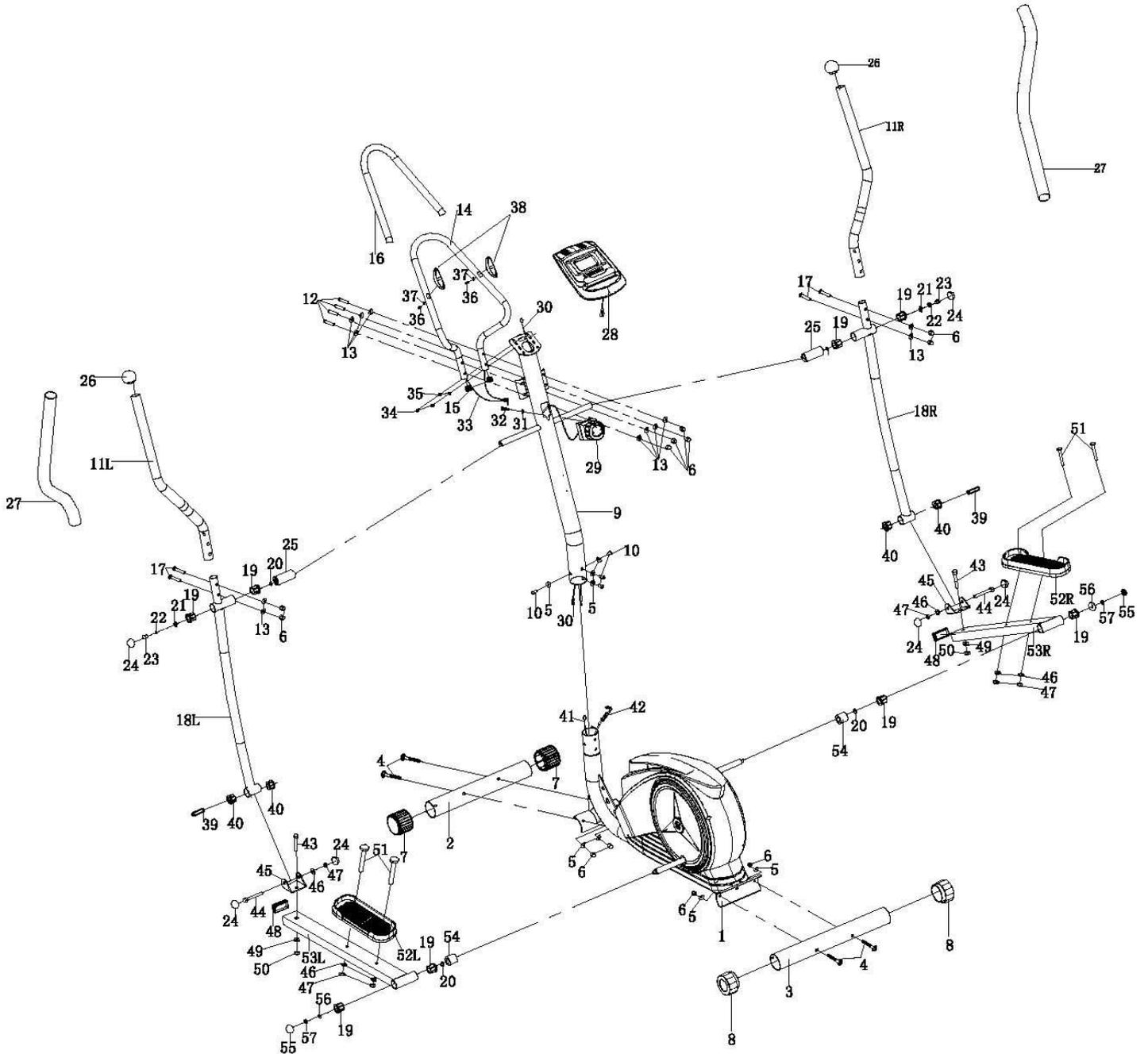
Please note the following safety precautions before exercising:

- 1、 Read all instructions before assembly & operation;
- 2、 Check all screws, nuts & other connections before using the bike;
- 3、 Do not expose the equipment to damp places, which will cause failure;
- 4、 When assembling, it is best to place parts on a mat (rubber or wood) to avoid soiling;
- 5、 Before exercise, make sure that no other items are placed within 2 meters around the equipment;
- 6、 Clean only with a damp cloth, do not use solvent cleaners and also note after each exercise should be wiped off the sweat on the equipment;
- 7、 Incorrect or excessive exercise can damage your health. It is recommended to consult a doctor before exercising. He will give you a maximum amount of training (including pulse, watts, duration, etc.) so that you can Exercise and get accurate information. Note : This equipment is not suitable for therapeutic use;
- 8、 only when the machine is in normal conditions to exercise, maintenance can only use the original accessories provide by the factory;
- 9、 This machine can only be used by one person at a time;
- 10、 Always wear sport clothes and sports shoes when exercising, especially the sports shoes must fit.
- 11、 If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your physician.
- 12、 Children and disabled persons can only use when they are under guardianship;
- 13、 The design of this car can adjust the size of the resistance to adjust the motion intensity, and can be adjusted back and forth between light and heavy to select your suitable resistance.
- 14、 The maximum weight capacity of this unit is 100 kilograms.
- 15、 This equipment is designed for indoor use only!

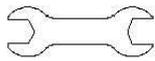
Attention: Make sure all screws and nuts are tightened before Exercise

TIP: THE FRONT END CAP CAN BE MOVED, IT ALLOWS YOU TO MOVE THE BIKE.

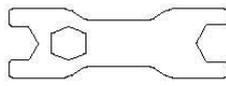
EXPLODED DRAWING AND PARTS LIST



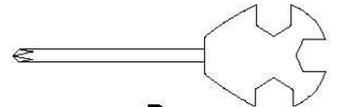
A



B



C

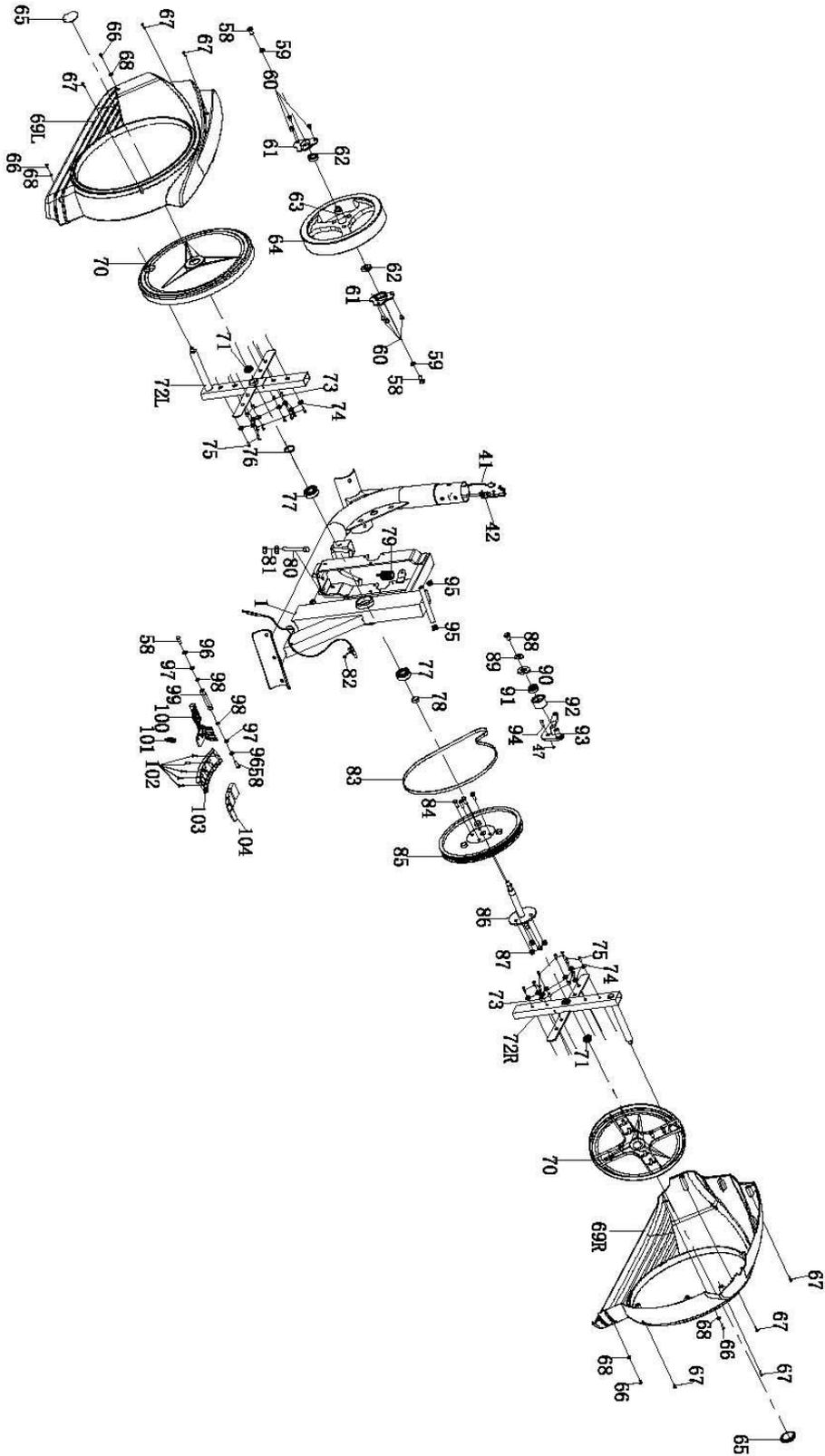


D

No.	Description	Qty
1	Main frame	1
2	Front Stabilizer	1
3	Rear Stabilizer	1
4	boltM8*73	4
5	Curved washer d8*20*2*R30	8
6	nutM8	12
7	Front Stabilizer End Cap	2
8	Rear Stabilizer End Cap	2
9	Strengthen tube	1
10	Screw M8*20	4
11LR	Handle Bar-L-R	2
12	Screw M8*38	4
13	Curved washer d8*20*2*R16	12
14	Middle Handle Bar	1
15	Cap 22*16	2
16	Foam Grip	1
17	Down Square Bolt M8*43	4
18L/R	Pole Weld (L/R)	2
19	Axle cap 4	8
20	Waved Ring d19*28*0.3	4
21	Washer Ring d8*32	2
22	Spring Washer d8	2
23	Bolt M8*16	2
24	Ball Cap s13	6
25	Long Spacer 32*19.2*75.5	2
26	Ball Head Tube Cap	2
27	Handlebar Foam 30*5*480	2
28	Display	1
29	Resistance Controller	1
30	Mid sensor wire	1
31	Curved Washer Ring d5*20*1.5	1

No.	Description	Qty
32	Screw M5*16	1
33	Pulse Wire	1
34	Screw M5	2
35	Washer Ring d6	2
36	Cross Drown Self-tapping Screw ST4*19	2
37	Washer Ring d6*12*1	2
38	Pulse	2
39	Spacer	2
40	Axle Cap 3	4
41	Need	1
42	Resistance Controller Down Wire	1
43	Bolt M10*45	2
44	Bolt M8*75	2
45	U Seat with pole	2
46	Washer Ring d8*16*1.5	6
47	Nylon Nut M8*7.5	7
48	Square Tube Cap 60*30*15	2
49	Washer Ring d10*20*2	2
50	Nylon Nut M10*9.5*17	2
51	Bolt M8*50	4
52LR	Pedal (L/R)	2
53LR	Pedal Pole Weld (L/R)	2
54	Short Spacer 32*19.22*30	2
55	Ball Cap s16	2
56	Washer Ring d10*32*2	2
57	Nylon Nut M10*1.25*9.5*17	2
A	Wrench S5	1
B	Wrench S13-14	1
C	Wrench S17-19 inner S17	1
D	Wrench S13-14-15	1

EXPLODED DRAWING INSIDE AND PARTS LIST



58	Hexagon Bolt M6*15	4		82	Cross Pan Self-tapping Screw ST4.2*19	1
59	Washer d6*16*1.5	2		83	Muti-groove Belt	1
60	Cross Pan Screw M6*10	6		84	Hexagon Bolt M6*16	4
61	Bearing Seat	2		85	Muti-groove Belt Disk	1
62	Bearing 6001-2RS C&U	2		86	Mid Axle Weld	1
63	Flywheel Axle	1		87	Nylon Nut M6*H5.5*S10	4
64	External Magnetic Flywheel	1		88	Hexagon Bolt M6*10*10	1
65	Rotate Disk Cover	2		89	Washer Ring d6*16*1.2	1
66	Cross Pan Self-tapping Screw ST4.2*16	4		90	Washer Ring d12*17*0.5	1
67	Cross Pan Self-tapping Screw ST4.2*19	7		91	Bearing 6001-2RS	1
68	Washer d5*10	4		92	Idle Wheel	1
69L/R	Chain Cover (L/R)	2		93	Idle Wheel Pole	1
70	Rotate Disk	2		94	Flat Screw	1
71	Hexagon Falon Nut	2		95	Tube Cap	2
72L/R	Crank Weld(L/R)	2		96	Spring Washer d6	2
73	Tube	8		97	Washer d6*12*1.5	2
74	Washer d5*13	16		98	Washer Ring d12	2
75	Cross Pan Self-tapping Screw ST4.0*13	16		99	Magnetic Board Axle	1
76	Washer Ring D17	1		100	Magnetic Board Weld	1
77	Bearing 6203-2RS	2		101	Drag Spring	1
78	Spacer	1		102	Cross Pan Self-tapping	5
79	Drag Spring	1		103	Magnet located Grip	1
80	Hexagon Bolt M6*55	1		104	Square Magnet	4
81	Hexagon M6*5*10	2				

Assembly Instructions

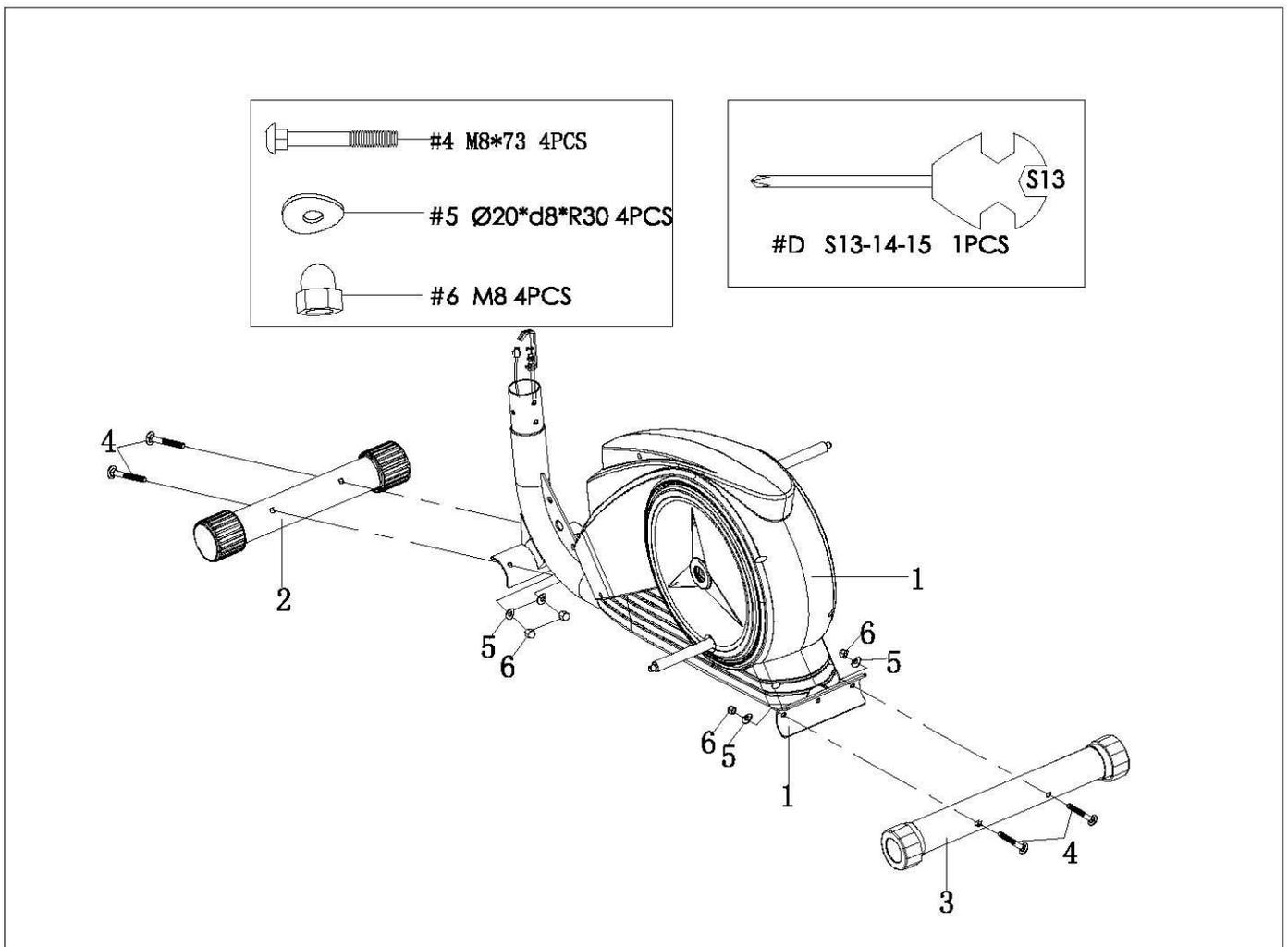
1.Preparatory work:

- A. Make sure there is enough space before installation ;
- B. Confirm all of the components are all-ready before installation. (refer to previous product exploded view which indicates the name and the location of the components);
- C. Use the provided tools or the special self-contained tools to install.

2. Assembly instructions:

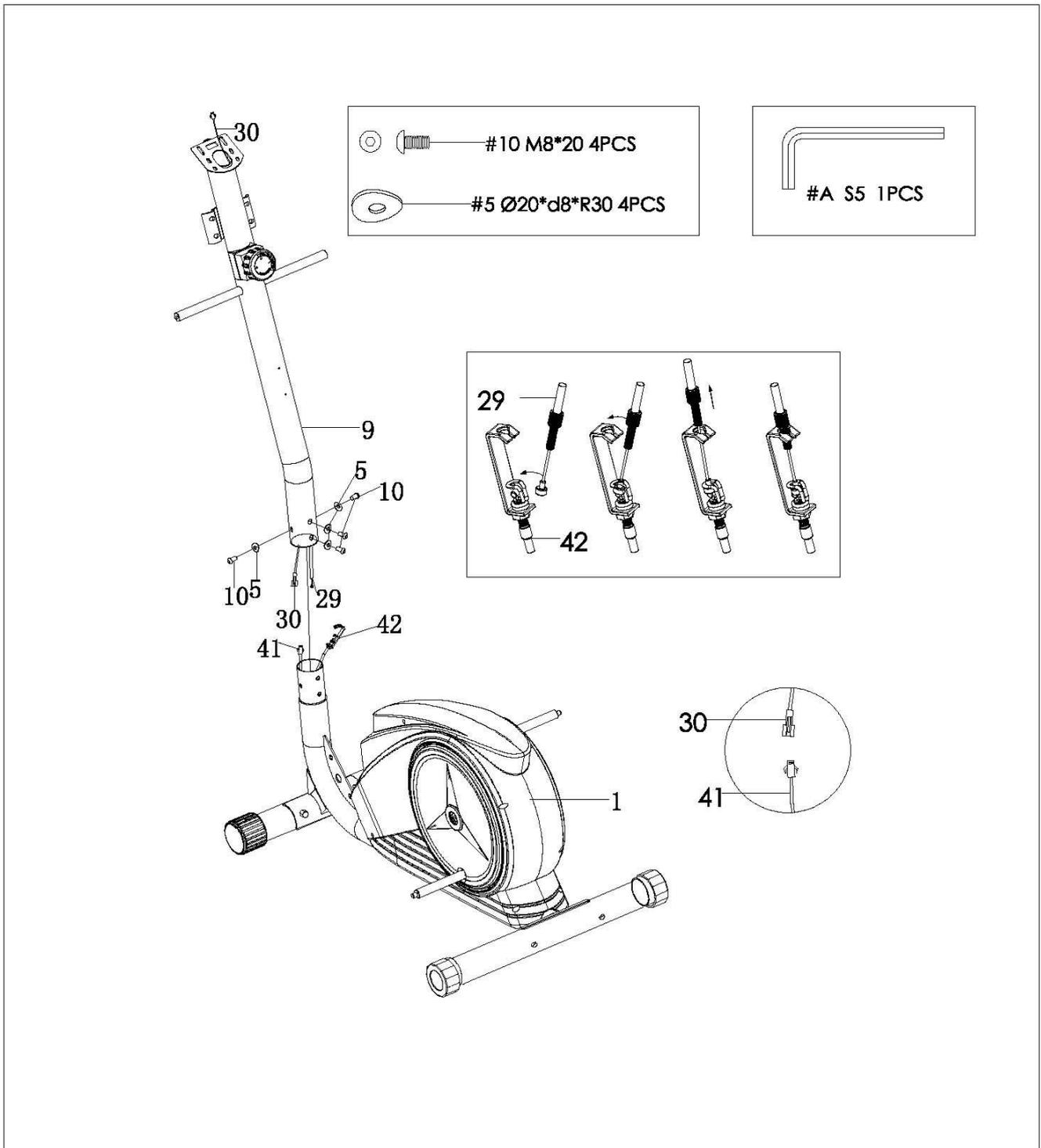
Step 1:

Secure Front and Rear Stabilizer (2&3) on main frame(1) with screw(4),washer(5),and nut(6).



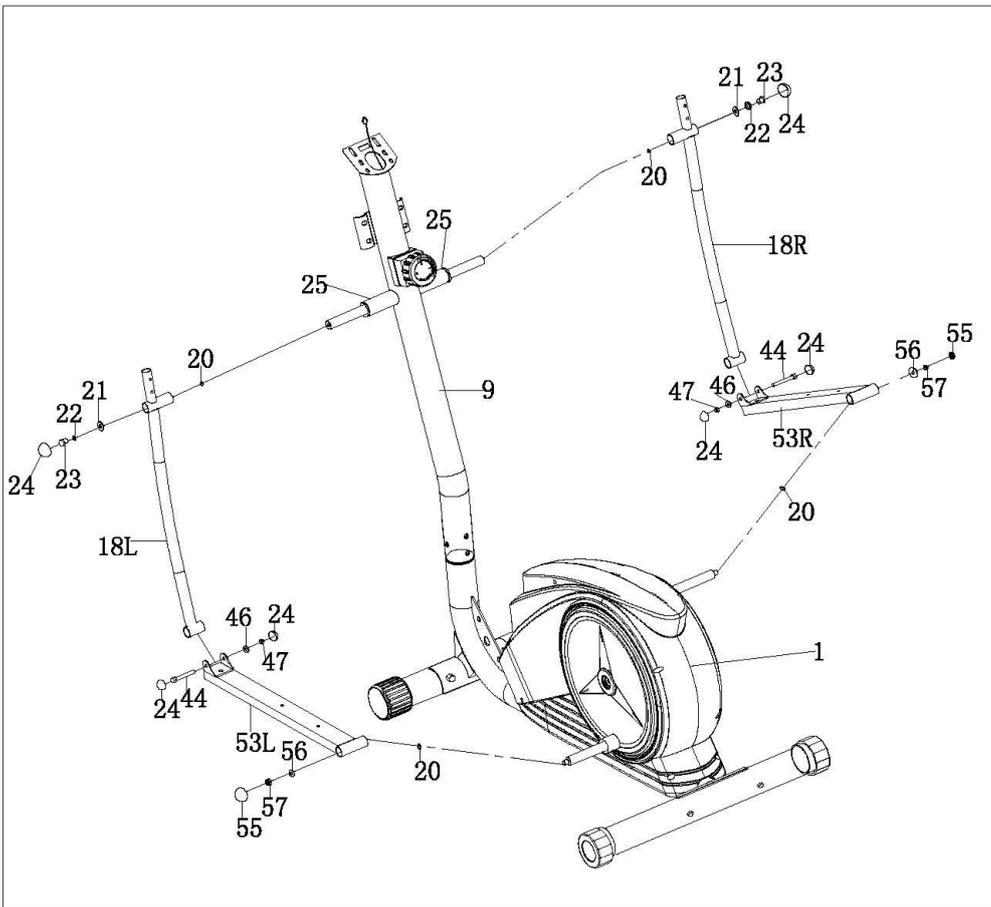
Step 2:

- a. Connect mid wire(30) and sensor wire(41), then connect tension controller(29) and down wire(42).
- b. secure front post(9) on main frame(1) with screw(10), and washer(5).



Step 3:

- a. Secure swing rod(18L/R) on pedal tube(53L/R)with bolt(44),washer(34),nylon nut(46)and Nylon Nut (47) , then cover them with cap(24);
- b. Secure bushing(25)on front post(9)with washer(20),and then screw swing rod(18L/R)on front post(9)with bolt(23),spring cushion(22),washer(21), then cover them with cap(24);
- c. Secure pedal tube(53L/R)on crank of mainframe(1) with washer(20), washer(56), nut(57),and cover with cap(55).



-  #21 d8*Ø32*2 2PCS
-  #22 d8 2PCS
-  #23 M8*16 2PCS
-  #56 d10*Ø32*2 2PCS
-  #57 M10*1.25 2PCS
-  #24 S13 6PCS
-  #55 S16 2PCS
-  #20 d19*28*0.3 4PCS
-  #44 M8*75 2PCS
-  #46 d8*16*1.5 2PCS
-  #47 M8*7.5 2PCS

-  #B S13-14 1PCS
-  #C S17-19内S17 1PCS
-  #D S13-14-15 1PCS

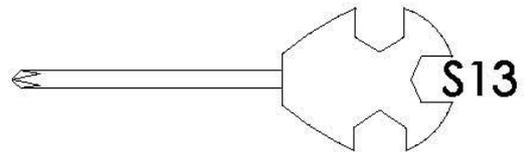
Step 4:

Secure pedal(52L/R)on pedal tube(53L/R)with bolt(42),washer(34),nut(35).

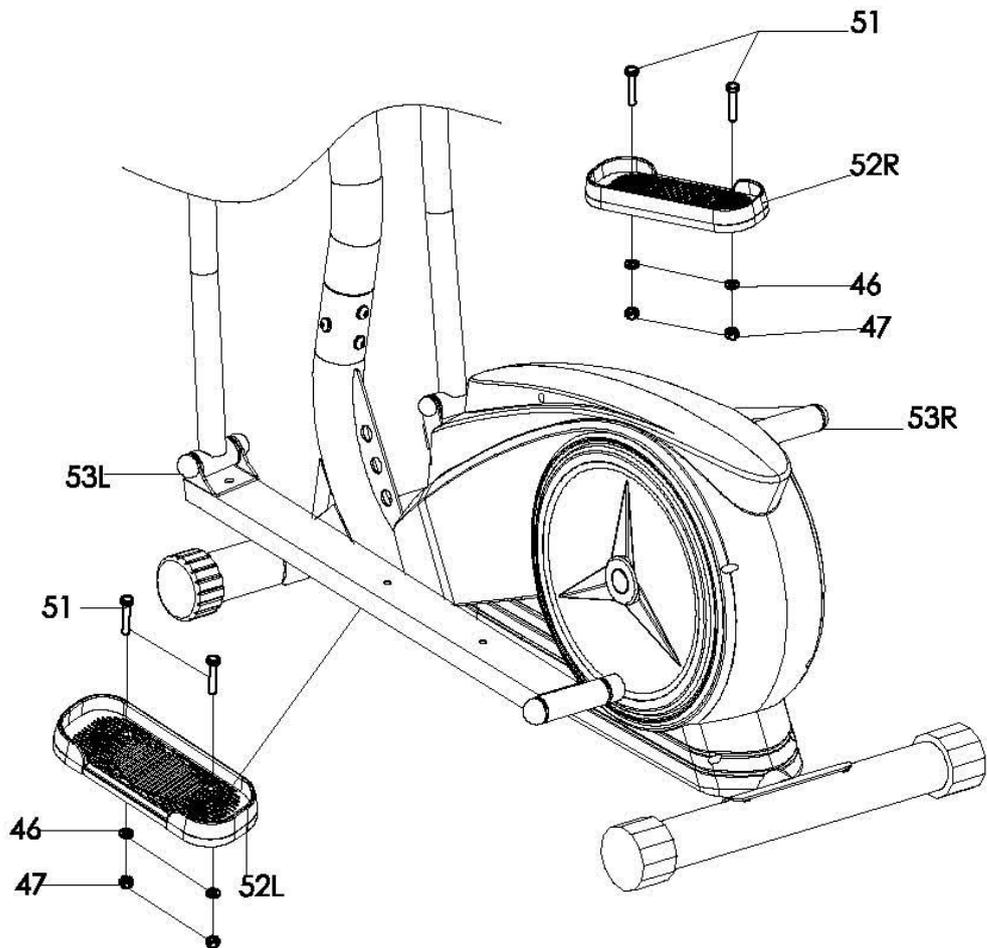
  — #51 M8*50 4PCS

 — #46 d8*Ø16*1.5 4PCS

 — #47 M8 4PCS

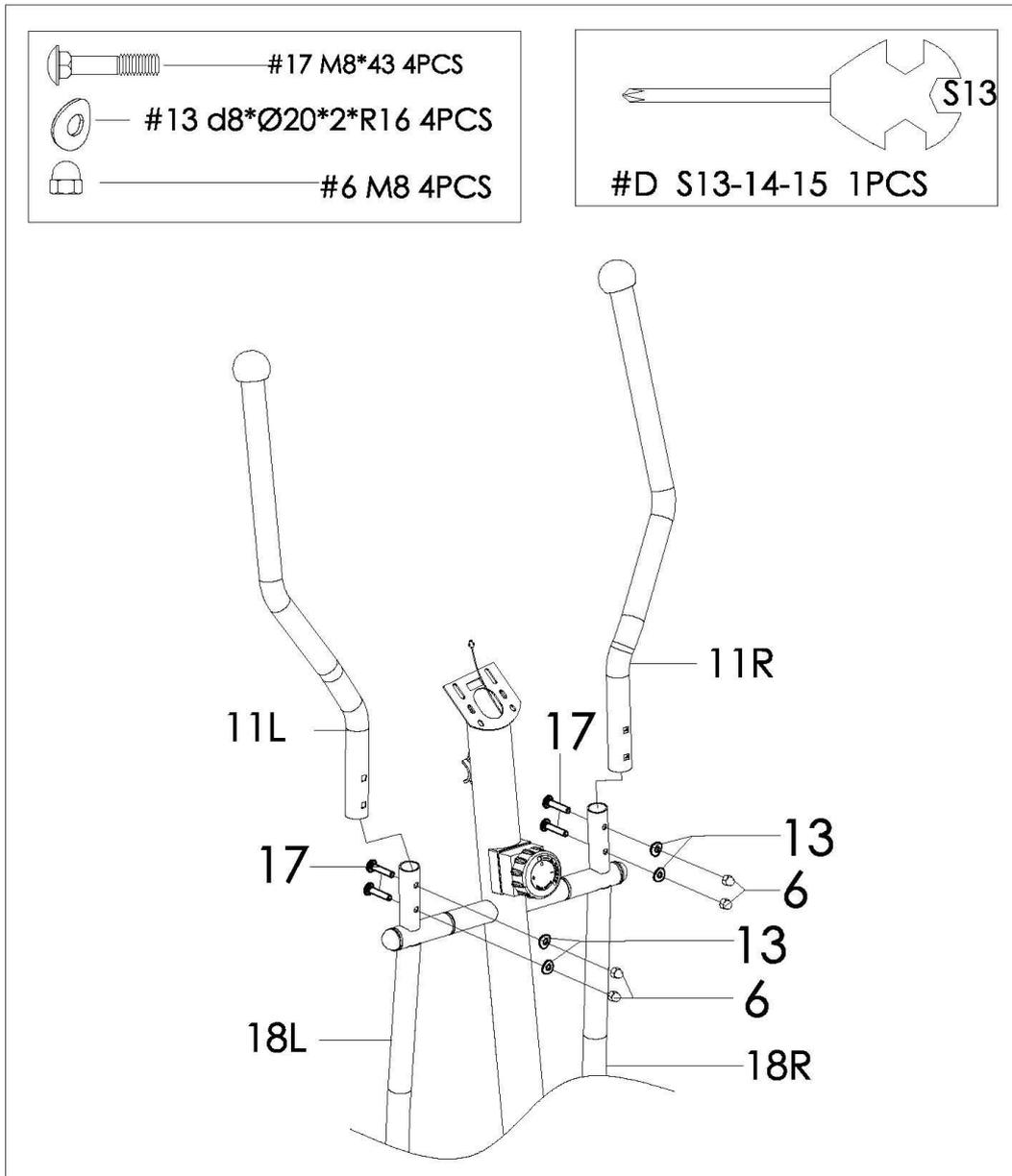


#D S13-14-15 1PCS



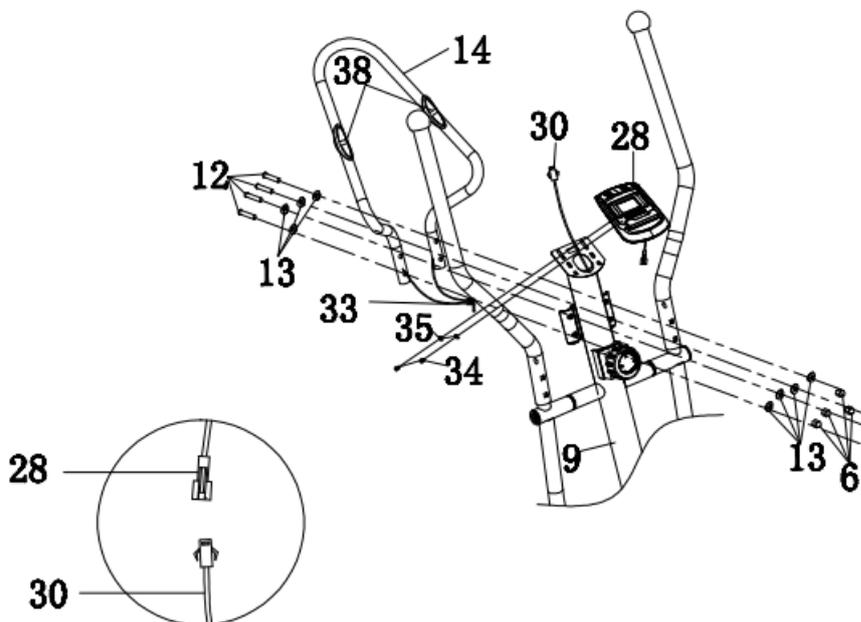
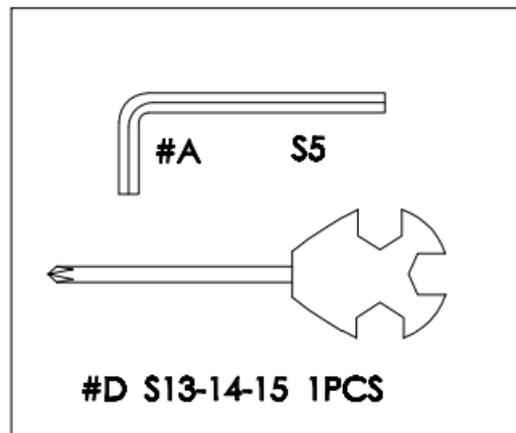
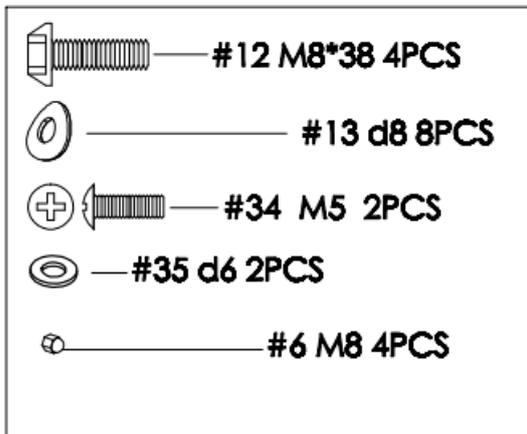
Step 5 :

Secure handle bar(11L/R) to swing rod(18L/R) with bolt(17), washer(13) and nut(6).



Step 6:

- a. secure middle handle(14) bar on front post(9) with screw(12), washer(13);
- b. Connect monitor(28) and middle Sensor wire(30), and then screw monitor(28) on front post(9) with screw(54), washer(35);
- c. Put the handle bar wire(33) to hole in the back of monitor(28).



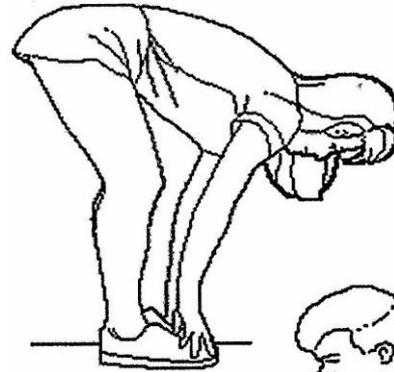
EXERCISE INSTRUCTIONS

The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP.

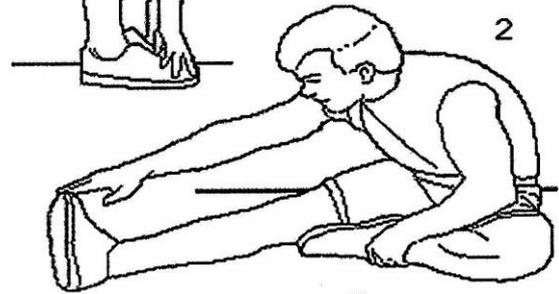
1、 Down Stretch

Bend your knees slightly and body slowly, let your back and shoulders relax, and try to touch your toes. Keep it for 10 ~15 seconds, repeat 3 times.



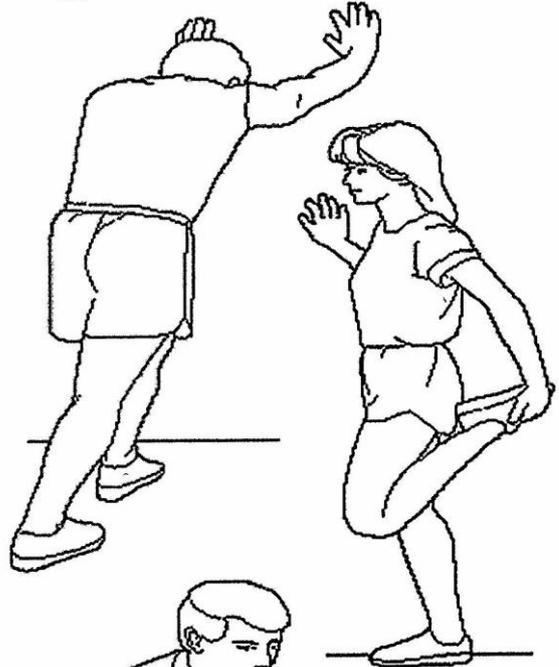
2、 Hamstring Stretch

Sitting on a clean cushion, then bend your right foot. Place your left foot against the inner thigh of your right foot. Try to touch your toes. Keep it for 10 ~15 seconds, repeat each foot 3 times.



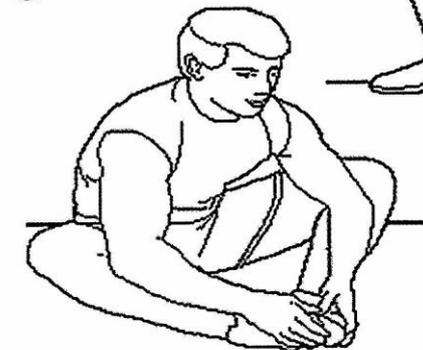
3、 Calf and Foot Stretching

Stand and place both hands on a wall or a tree, one foot behind. Keep the behind foot stand and its heel on the floor, then tilt to the wall or tree. Keep it for 10 ~15 seconds, repeat each foot 3 times.



4、 Quadriceps Stretch

Place your left hands against a wall or a desk to aid your balance. Then grasp your ankle with your left hand and pull your foot toward your buttocks. Keep it for 10 ~15 seconds, repeat each foot 3 times.



5、 Groin Stretch

Sit with your knees flexed and soles of feet together. Hold your ankles and bend at your hips. Keep it for 10 ~15 seconds, repeat 3 times.