

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.
- * Do not attempt to repair this equipment yourself before contact the manufacturer or sales agent.

Exercise Bike
Instruction Manual

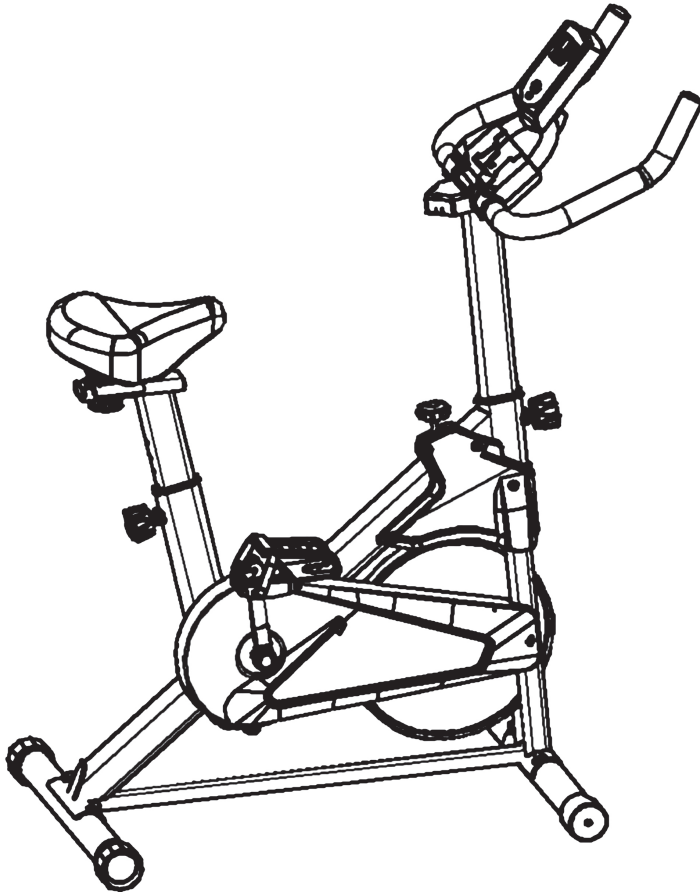


Photo may differ from actual product

THANKS FOR VIEWING THE
INSTRUCTION MANUAL

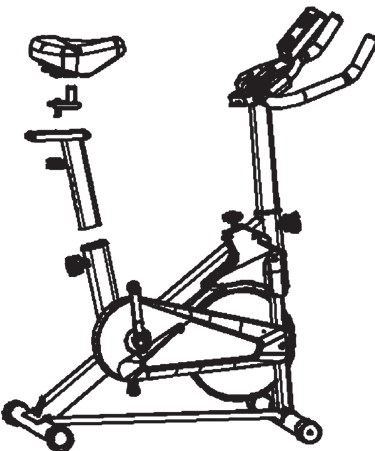
Please read the instructions fully before assembly or using. These instructions contain important information which will help you get best result from your equipment and ensure safe and correct assembly, use and maintenance.

Safety Information

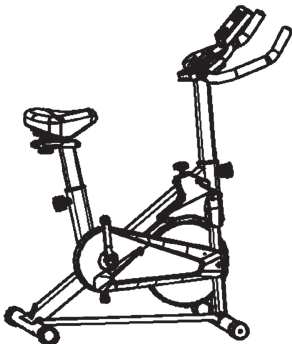
- * This equipment is intended for home/domestic use, with a maximum loading weight 150kgs/330lbs.
- * This equipment is designed for adults use only. Always keep children and pets away from the equipment.
- * Before starting any exercise program, you should consult your doctor to determine if you have 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.

④ SADDLE ASSEMBLY

Loose the Lock Knob M1 and pull it out, insert the Saddle Post Assembly into the rear opening tube, then tighten the Lock Knob. Loose the Lock Knob M1 to select the correct position and fix it.



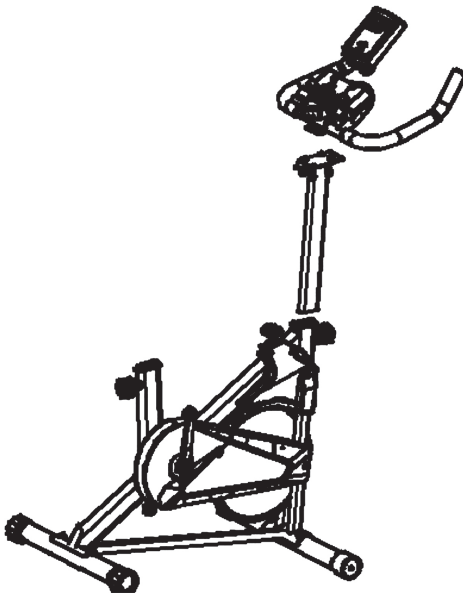
Set the Saddle Adjustment Frame on to the Saddle Post Assembly and tighten it with Lock Nut N1.



Place the saddle onto the Saddle Adjustment Frame and tighten the saddle locking nuts by the Open End Wrench.

③ HANDLE & MONITOR ASSEMBLY

Loose the Lock Knob M1 and insert the Handle Frame Assembly into the opening tube, and tighten the Lock Knob when the handle frame at desired position.



Fix the Handle Frame onto the Handle Frame Assembly with Bolt S1 X 4.

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



COMPONENTS - PARTS

Thank you for choosing the *Exercise Bike*. We took great pride in producing this quality product and hope it will provide you with many hours of quality exercise to make you feel better, look better and enjoy life to its fullest.

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 bike. Please check carefully on all the parts before contacting us regarding any missing components.

PART LIST

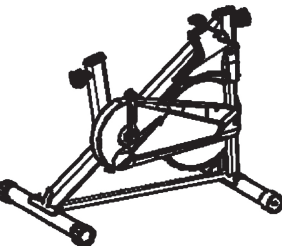
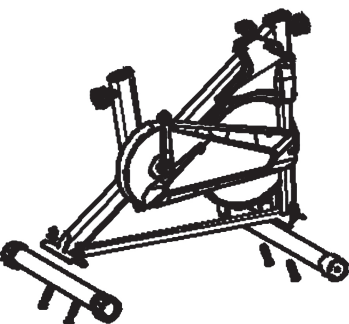
NO.	ITEM	QTY
1	Monitor Holder	1
2	Handle Frame	1
5	Gasket	4
6	Cap nut	4
7	Handrail lift pipe	4
9	Front leg tube	1
10	Cushion	1
12	Cushion base plate	1
15	knob	1
13	Cushion lifting pipe	1
21	Screw	4
19	Spring washer	4
18	Bolt	4
17	Pedal	1
20	rear leg tube	1
22	Wrench	1
23	Allen key	1

Assembly Instruction

① STABILIZER ASSEMBLY

Divide the Front Stabilizer and Rear Stabilizer, to fix them onto the Main Body with Allen Bolt T1 x 4, washers x 4 and Nut H1x 4.

Insert the Lock Knob M1 into the Main Frame.



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.

