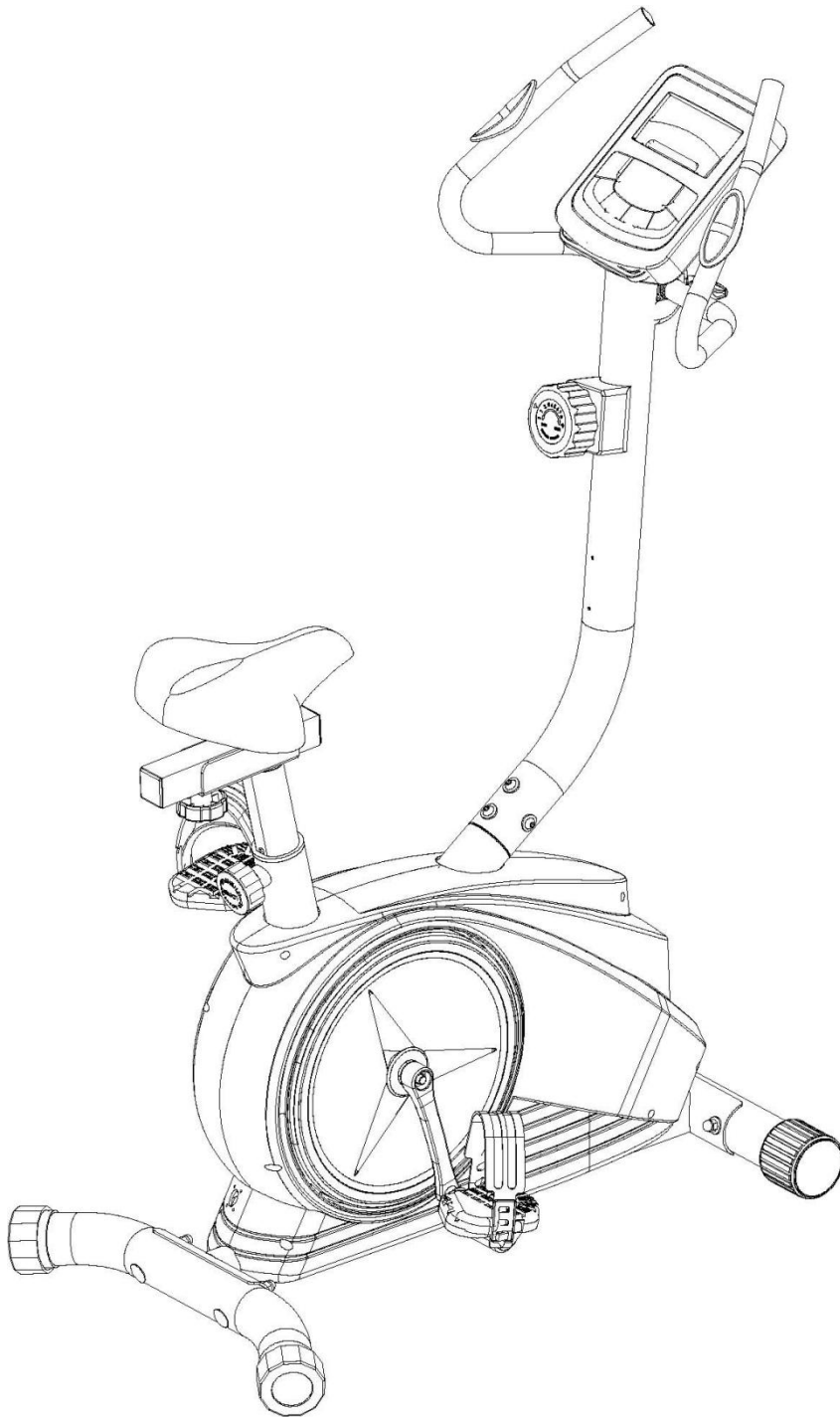

User Manual



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

IMPORTANT SAFETY INFORMATION

Please note the following safety precautions before exercising:

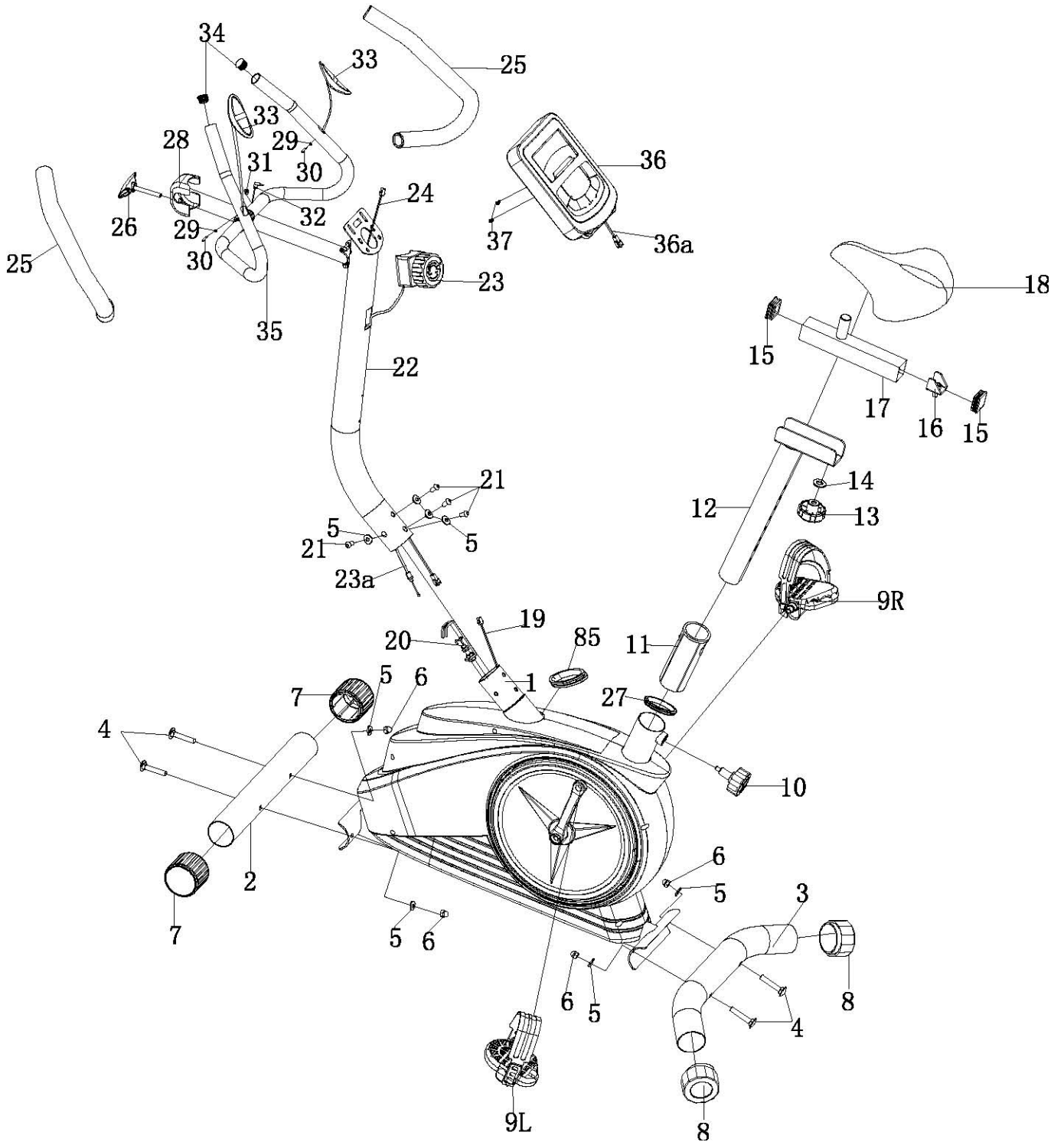
- 1、 Read all instructions before assembly & operation.
- 2、 Check all screws, nuts & other connections before using the bike.
- 3、 Do not expose the equipment to damp places, which will cause failure.
- 4、 When assembling, it is best to place parts on a mat (rubber or wood) to avoid soiling.
- 5、 Before 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

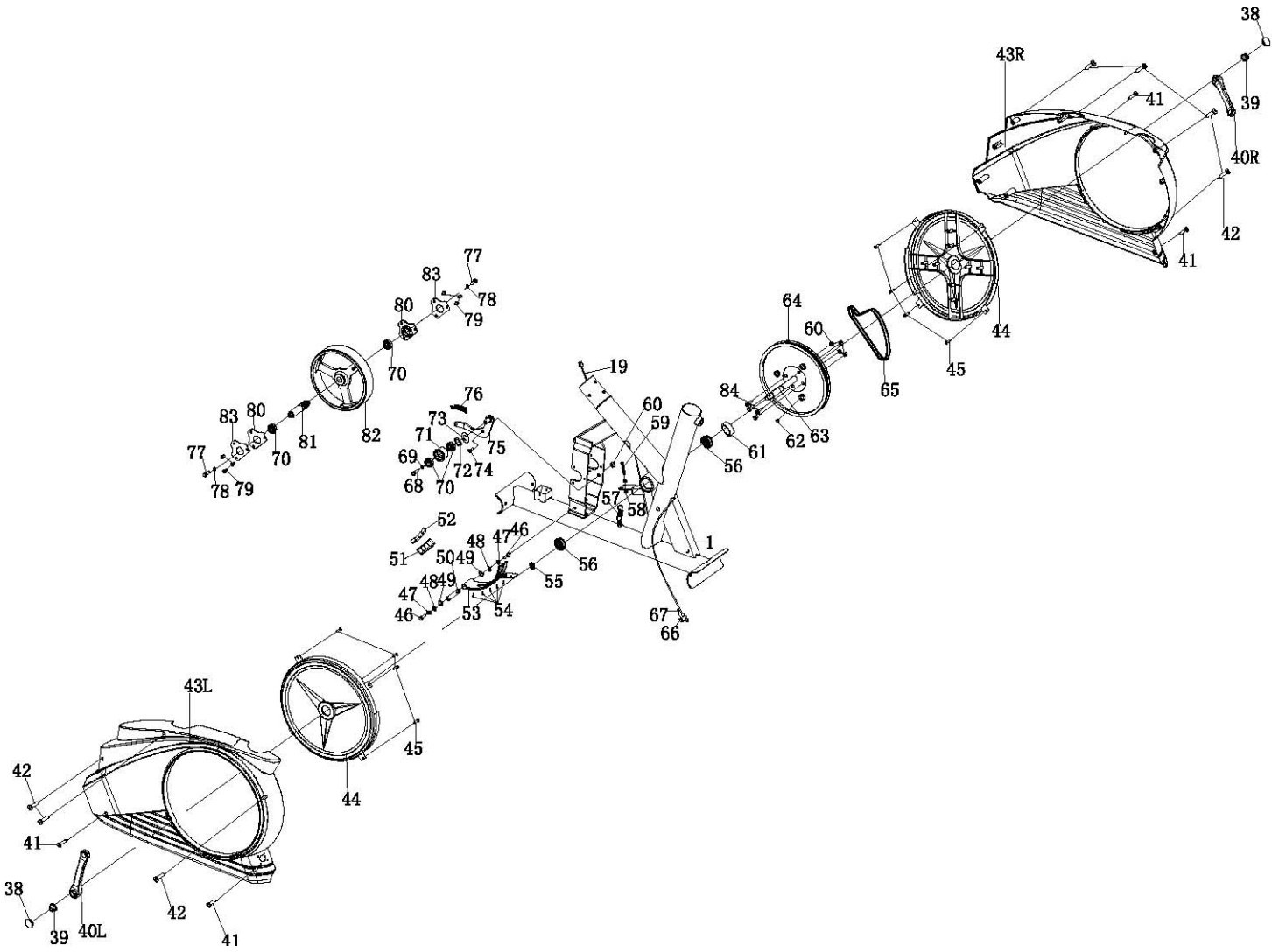
TIP: THE FRONT-END CAP CAN BE MOVED, IT ALLOWS YOU TO MOVE THE BIKE.

EXPLODED DRAWING AND PARTS LIST

Exploded Drawing 1:



Exploded Drawing 2:



Parts List

No.	Name & 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	4
7	Front Stabilizer End Cap Φ 60* Φ 78*62	2
8	Rear Stabilizer End Cap 60*45.5*74.5*74.5	2
9L/R	Pedal (L/R)	2
10	Knob M16*1.5*27* Φ 56	1
11	D-shaped washer Φ 60*D50*L150*22	1
12	Saddle Tube Weld	1
13	Nut M10* Φ 58*32	1
14	Washer Ring d10* Φ 20*2	1
15	Square Tube End Cap F38*38*14	2
16	U-shaped Bracket Weld	1
17	Saddle Horizontal Tube Weld	1
18	Saddle	1
19	Down Sensor wire	1
20	Down Resistance Controller wire	1
21	Inner Hexagon Pan Screw M8*16*S6	4
22	Mid Tube Weld	1
23	Resistance Controller	1
23a	Resistance Controller wire	1
24	Mid Sensor wire	1
25	Handlebar Foam Φ 23*5*560	2
26	Screw M8*55*30	1
27	Seal Ring	1
28	Handlebar Location Cover 77*54*50 with single hole	1
29	Washer Ring d6* Φ 12*1	2
30	Cross Self-tapping Screw ST4*19* Φ 7	2

No.	Name & Description	Qty
44	Turnplate	2
45	Cross Pan Self-tapping Screw ST4.2*10* Φ 8	8
46	Hexagon Ring M6*16*S10	2
47	Spring Washer d6	2
48	Washer Ring d6* Φ 12*1.2	2
49	Washer Ring for Axle d12	2
50	Magnetic Board Axle	1
51	Magnetic Location Grip	1
52	Square Magnet	4
53	Magnetic Board Weld	1
54	Cross Pan Self-tapping Screw ST3*10* Φ 5.6	5
55	Washer Ring for Axle d17	1
56	Bearing 6203-2RS	2
57	Drag Spring Φ 1.6* Φ 14.5*61*N20	1
58	Hexagon Nut M6*H5*S10	2
59	Hexagon Bolt M6*55	1
60	Nylon Nut M6	4
61	Washer Φ 22* Φ 18*6.5	1
62	Round Magnetic Φ 15*7	1
63	Middle Axle Weld	1
64	Belt Pulley	1
65	Belt	1
66	Sensor	1
67	Cross Pan Self-tapping Screw ST4.2*16* Φ 8	1
68	Hexagon Bolt M6*10*S10	1
69	Washer Ring d6* Φ 16*1.2	1
70	Bearing 6001RS	4
71	Idle wheel	1
72	Waved Washer d12* Φ 15.5*0.3	1
73	Washer Ring d12* Φ 17*0.5	1
74	Screw M8*12* Φ 10*5*S12	1

31	Hole Cap $\Phi 12*11*\Phi 3$	1
32	Pulse wire, wire length 650	1
33	Pulse	2
34	Round Tube End Cap $\Phi 25$	2
35	Handlebar Tube Weld	1
36	Display	1
36a	Display wire	1
37	Cross Pan Screw M5*10	2
38	Crank Hole Cover $\Phi 25*7$	2
39	Hexagon Flange Nut M10*1.25*H7.5*S14	2
40L/R	Crank (L/R)	2
41	Cross Semi-circle Self- tapping Screw ST4.8*16* $\Phi 8$	4
42	Cross Pan Self-Tapping Screw ST4.2*19* $\Phi 8$	7
43L/R	Chain Cover	2

75	Idle wheel pole weld	1
76	Drag Spring $\Phi 2.5*\Phi 18*64*N12$	1
77	Hexagon Washer M6*12*S10	2
78	Washer Ring $d6*\Phi 16*1.5$	2
79	Cross Pan Screw M6*10* $\Phi 12$	6
80	Bearing Bracket	2
81	Flywheel Axle	1
82	External Flywheel	1
83	Bearing Board	2
84	External Hexagon Pan Bolt M6*16	4
85	Seal Ring	1
A	Wrench S5	1
B	Wrench S13-14-15	

Assembly Instructions

1. Preparatory work:

A. Make sure there is enough space before installation.

B. Confirm that you have all the components before you start installation.

(Refer to previous product exploded view which indicates the name and the location of the components).

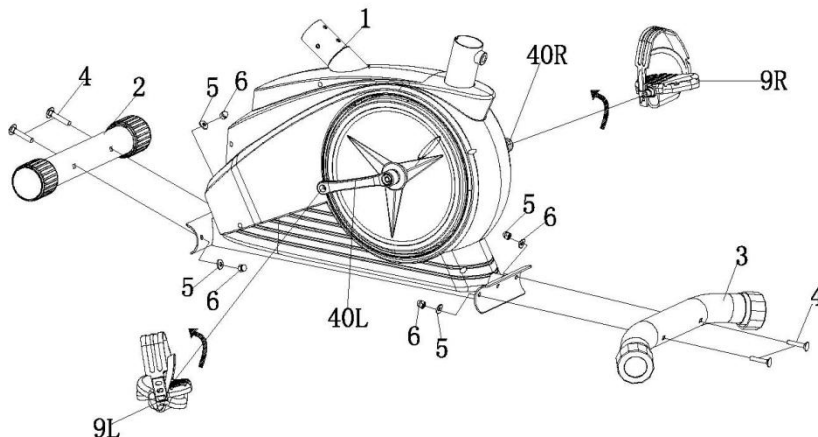
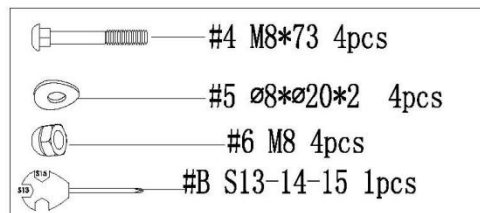
C. Use the provided tools or the special self-contained tools to install.

2. Assembly instructions

Step 1:

1、 Lock Front Stabilizer (2) and Rear Stabilizer (3) into Main Frame (1) respectively by using Square Screw (4)、Curved Washer (5) and Domed Nut (6) .

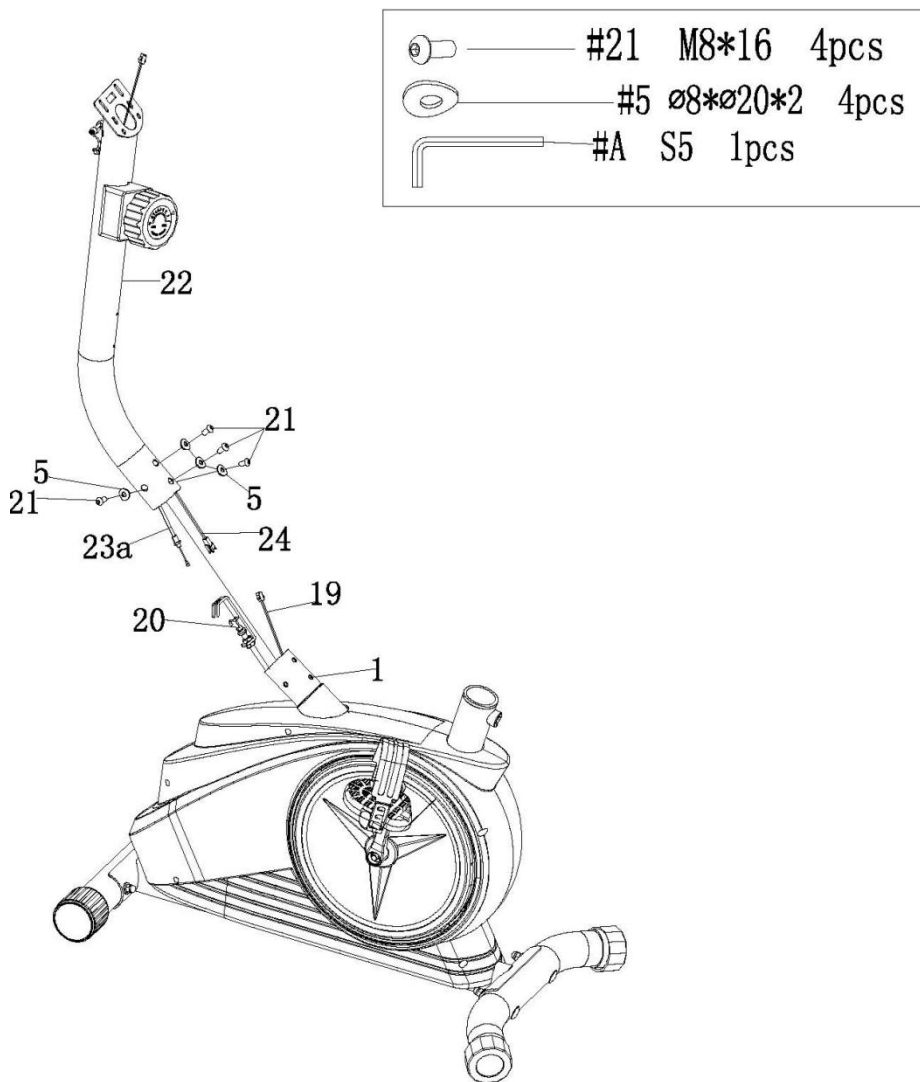
2、 Lock Pedal (9L/R) into Crank (40L/R) of Main Frame (1) respectively by using Wrench (B) .



Step 2 :

1、 Connect Mid Sensor wire (24) with Down Sensor Wire (19) and connect Resistance Controller wire (23a) with Down Resistance Controller Wire (20) .

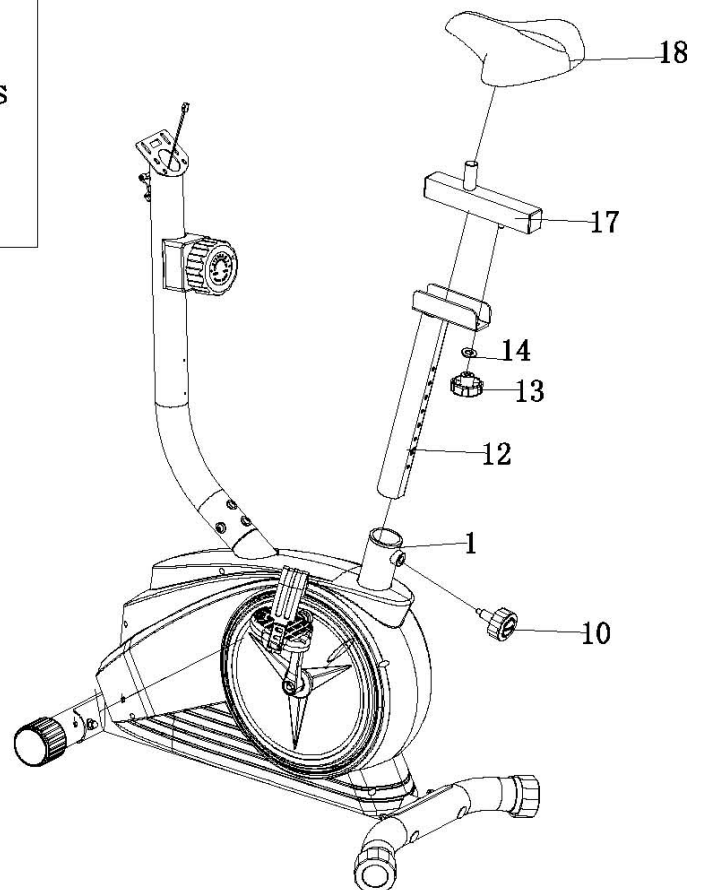
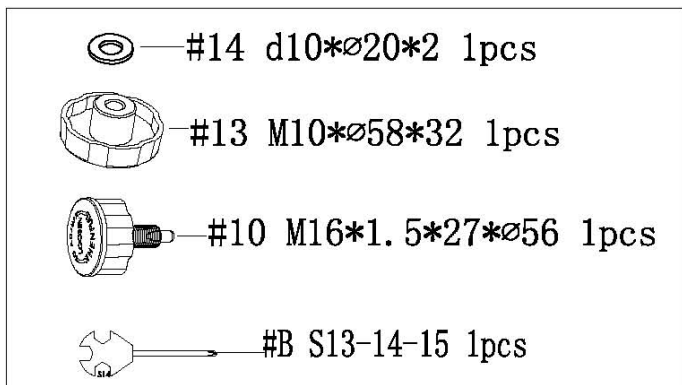
2、 Lock Mid Tube Weld into Main Frame (1) by using Inner Hexagon Screw (21) and Curved Washer (5) .



Step 3:

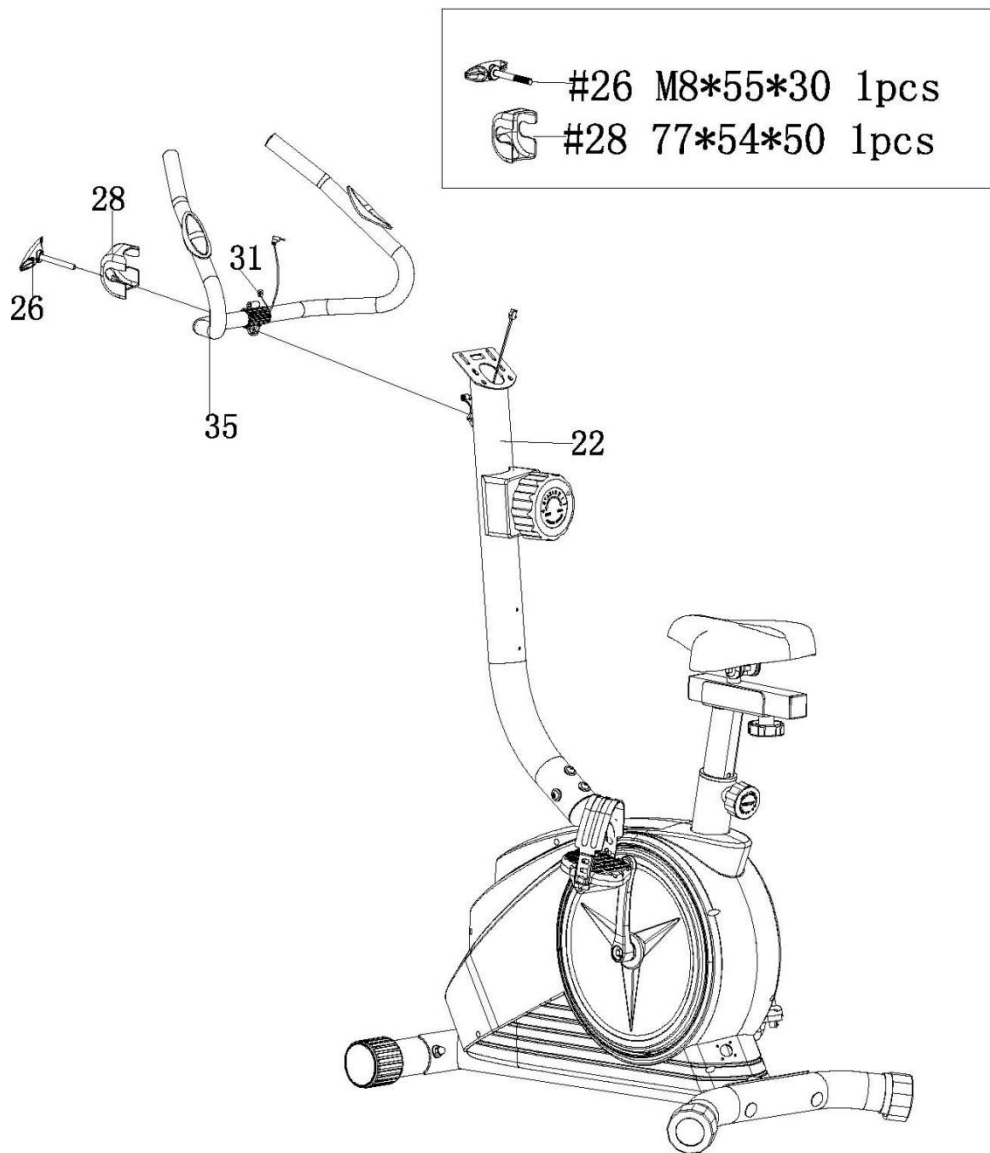
1、 Insert Saddle Tube (12) into Main Frame (1) and lock it by using Knob (10) .

2、 Lock Saddle Horizontal Tube Weld (17) into Saddle Tube Weld (12) by using Washer Ring (14)、 Nut (13) , then insert Saddle (18) into Saddle Horizontal Tube Weld (17) .



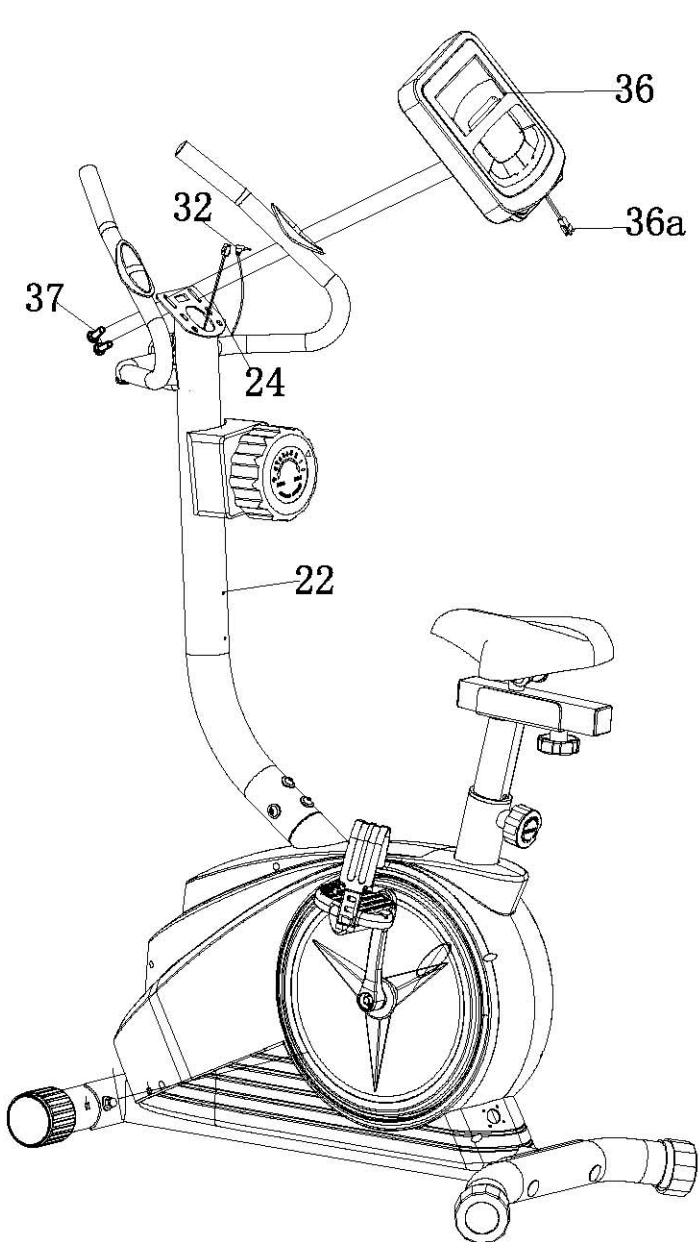
Step 4:



First, line Mid Handlebar Weld (35) with Mid Tube Weld (22). Second, lock Mid Handlebar Weld (35) into Mid Tube Weld (22) by using Handlebar Location Cover (28) and Screw (26).



Step 5:

- 1、 Connect Display Wire (36a) with Mid Sensor Wire (24) .
- 2、 Lock Display (36) into Display Bracket of Mid Tube Weld (22) by using Cross Pan Screw (37). Then, insert Pulse Wire (32) into the hole of Display (36) .



	#37 M5*10 2pcs
	#B S13-14-15 1pcs

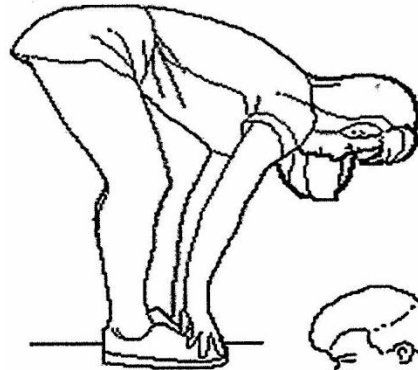
EXERCISE INSTRUCTIONS

The Warmup 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.

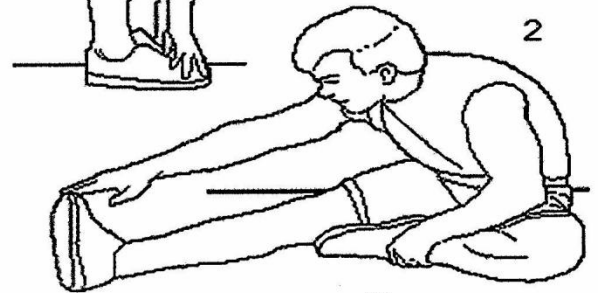
1、 Down Stretch

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.



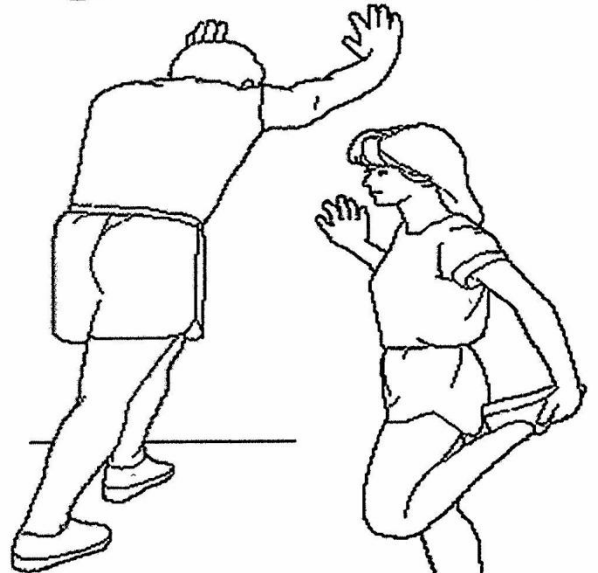
2、 Hamstring Stretch

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.



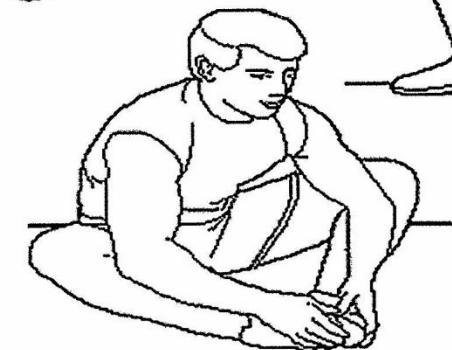
3、 Calf and Foot Stretching

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.