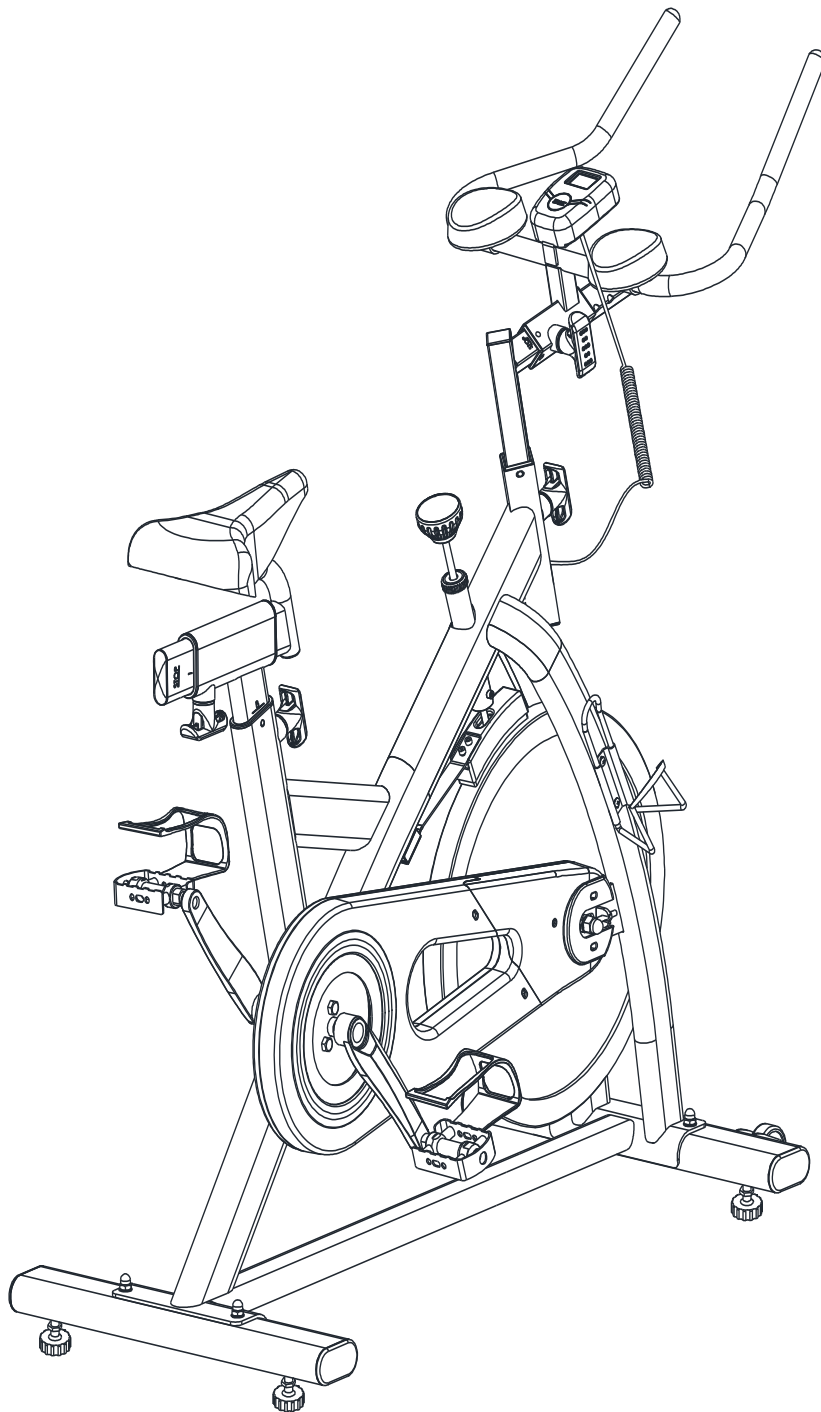


# SPIN BIKE

*INSTRUCTION MANUAL*



**Dear Customers,**

**We want to thank you for having chosen a Spin Bike and wish you a lot of fun and success during training.**

**Please note and follow the enclosed safety and assembly instructions carefully.**

**If you have questions please do not hesitate to contact us.**

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**1.) Safety Instruction**

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## **SAFETY INSTRUCTION**

**Before you start training on your home Spin Bike, please read the instructions carefully. Be sure to keep the instructions for information, in case of repair and for spare part delivery.**

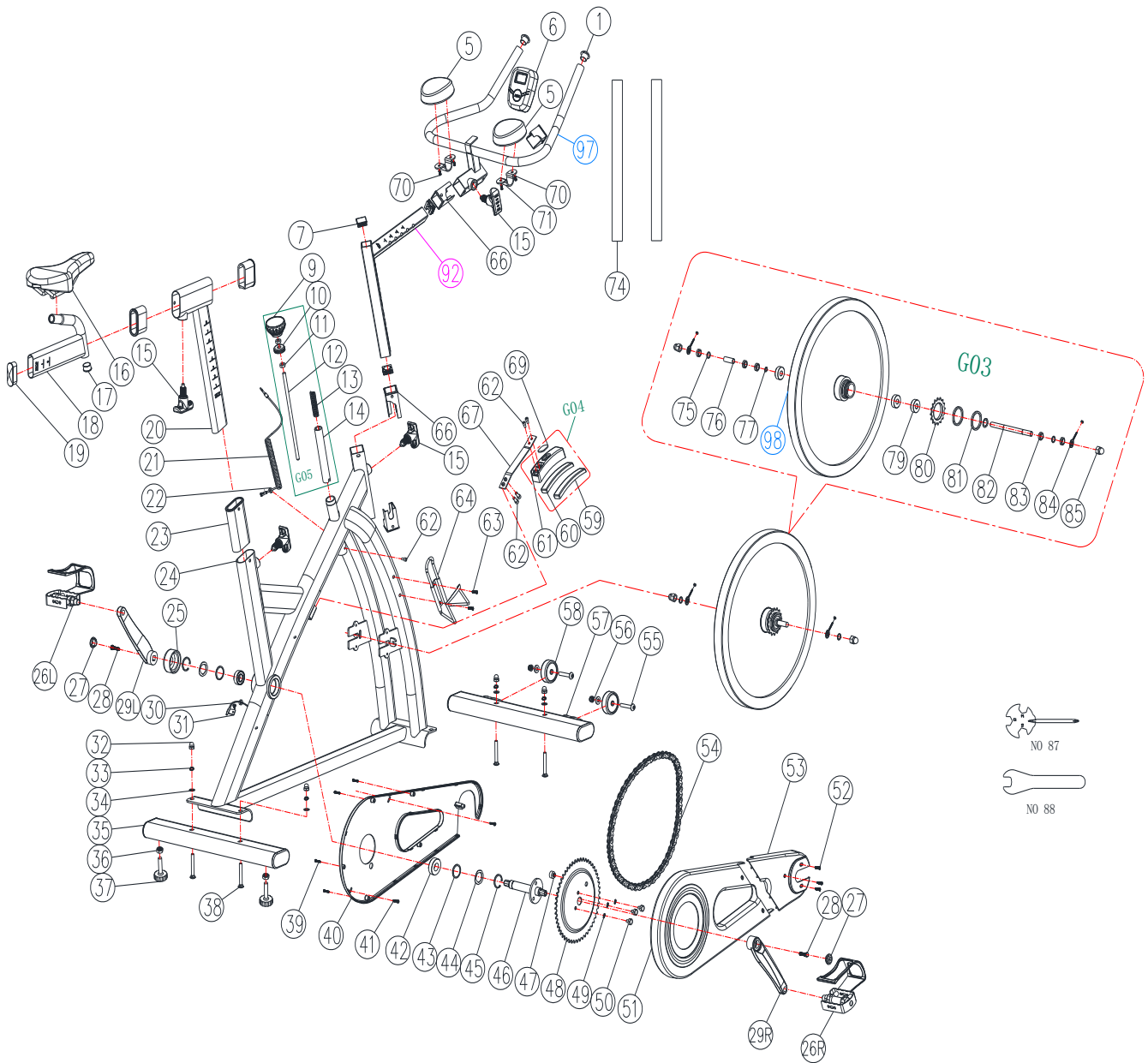
- This Spin bike is made for home use only and tested up to a maximum body weight of 120 kgs.
- Follow the steps of the assembly instructions carefully.
- For assembly use only suitable tools and ask for assistance with assembly if necessary.
- Check before the first training and every 1-2 months that all connecting elements are tight fitting and are in the correct condition. Replace defective components immediately and/ or keep the equipment out of use until repair. For repairs, use only original parts.
- In case of repair, please ask your dealer for advice.
- Avoid the use of aggressive detergents when cleaning the home exerciser.
- Ensure that training starts only after correct assembly and inspection of the item.
- For all adjustable parts be aware of the maximum positions to which they can be adjusted/tightened to.
- The home exerciser is designed for adults. Please ensure that children use it only under the supervision of an adult.
- Ensure that those present are aware of possible hazards, e.g. movable parts during training.

- Consult your physician before starting with any exercise program. He or she can advise on the kind of training and which impact is suitable.

**WARNING ! INCORRECT/EXCESSIVE TRAINING CAN CAUSE HEALTH INJURIES.**

- Please follow the advice for correct training as detailed in training instructions.
- The load/work level can be adjusted by turning the adjustment knob on the handle bar stem.
- The safety level of this equipment can be maintained only if it is checked regularly for all assembly procedure mentioned in the assembly instruction sheet.
- Please check regularly for the tightening knobs to notice any irregular wear.

# EXPLODED DRAWING



## PART LIST

Part #	Description	Quantity
1	Handlebar end cap	2
2	Screw M7	2
3	Spring washer D7	2
4	steel cover for fixed handlebar	1
5	Arm holder	2
6	Monitor LB6002	1
7	End cap	3
9	Knob M8	1
10	End cap for brake pole	1
11	Hex head nut M8	2
12	Brake pole M8x235	1
13	Spring	1
14	Bushing $\phi$ 28x160x5T	1
15	T shape knob M16x22	3
16	Saddle	1
17	End cap	1
18	Seat slider	1
19	End cap	1
20	Seat post	1
21	Monitor link cable	1
22	Plastic cover	2
23	Bushing	3
24	Main frame	1
25	Plastic cover	1
26L	Pedal (L)	1
26R	Pedal (R)	1
27	Crank end cap	1
28	Anti-loose bolt M8x20mm	2
29L	Crank (L)	1
29R	Crank (R)	1
30	Sensor cable	1
31	Sensor set	1
32	Cap nut	4

Part #	Description	Quantity
33	Spring washer M8	4
34	Washer D8x16x1.5	4
35	Rear stabilizer	1
36	Nut	4
37	Base leveler	4
38	Carriage bolt M8x55	4
39	Self-tapping screw M4x25	6
40	Chain cover (L)	1
41	Screw M5x15	2
42	Bearing 6201 RS (6004 RS)	3
43	Washer D20x25x1T	2
44	Waved washer D20.5x25x1T	2
45	C Shape washer M18	2
46	Pedal axle	1
47	Magnet	1
48	Chain wheel	1
49	Spring washer M8	3
50	Nut M8	3
51	Chain cover (R)	1
52	Screw M5x15	2
53	Plastic cover	1
54	Chain	1
55	Allen bolt M8x40	2
56	Nylon nut M8	2
57	Front stabilizer	1
58	wheel	2
59	Woolen braking pad	1
60	Rubber mat	1
61	Braking pad holder	1
62	Screw M5x10	2
63	Screw M5x15	3
64	Water bottle holder	1
65	Screw M5x7.5	1
66	Bushing	4

Part #	Description	Quantity
67	Plate	1
68	Screw M5x15	2
69	Press plate	1
70	Metal sheet	4
71	Arm holder support	2
73	Plastic cover	1
74	Handlebar Foam	2
75	Washer D12.5x16x1T	2
76	Tube spacer	1
77	Waved washer D12.5x17x0.3T	1
79	Bearing 6201 RS	3
80	Small chain wheel	1
81	Ring	2
82	Flywheel axle	1
83	Nut M12	6
84	Chain adjustable set	2
85	Cap nut M12	2
87	Wrench	1
88	Wrench	1
92	Handlebar post	1
97	Handlebar	1
98	Flywheel	1

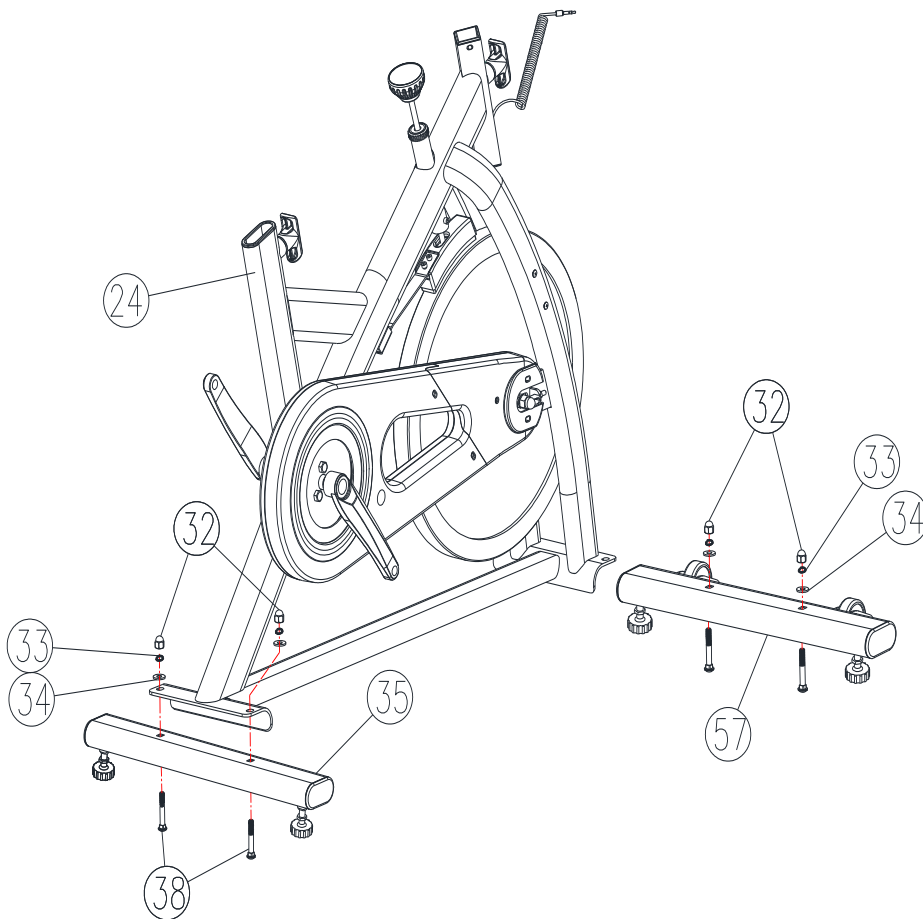


# ASSEMBLY INSTRUCTION

## STEP 1

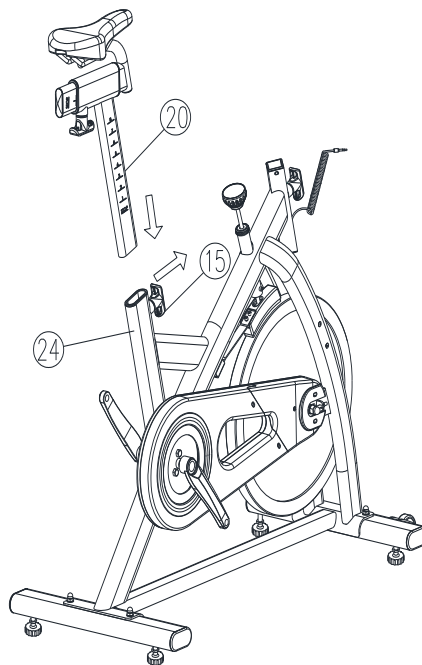
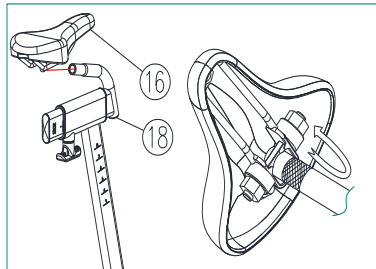
Attach the Front Stabilizer (57) onto the Main Frame (24) with Carriage bolt (38), Flat washer (34), Spring washer (33) and Cap nut (32) and then tighten fully.

Attach the Rear Stabilizer (35) onto the Main frame (24) with Carriage bolt (38), Flat washer (34), Spring washer (33) and Cap nut (32) and then tighten fully.



## STEP 2

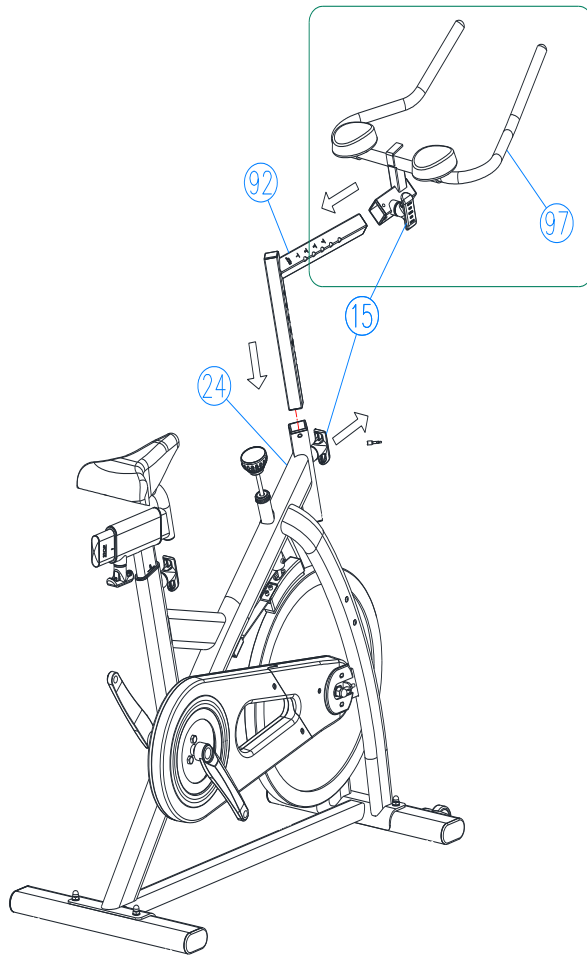
Attach the Saddle (16) to the saddle supporting bar (18), then tighten it. Carefully pull the T-shaped knob (15) out a little on the main frame (24) and inset the seat post (20).



### STEP 3

Pull the T-shaped knob (15) out a little on the handlebar (97) and slide the handlebar post (92) into the handlebar.

Carefully pull the T-shaped knob (15) out a little on the main frame (24) and inset the handlebar post (92).



## STEP 4

Attach the monitor (6) onto the handlebar (97).

Connect the monitor with monitor link cable (21).

Loose the pre-assembled screw (63) from the frame (24), then attach the water bottle holder (64) onto the main frame using screw (63).

Assemble the Pedal Left and Pedal Right (26L+R) with Crank Left and Crank Right (29L+R)

Now your spin bike is ready to use.

