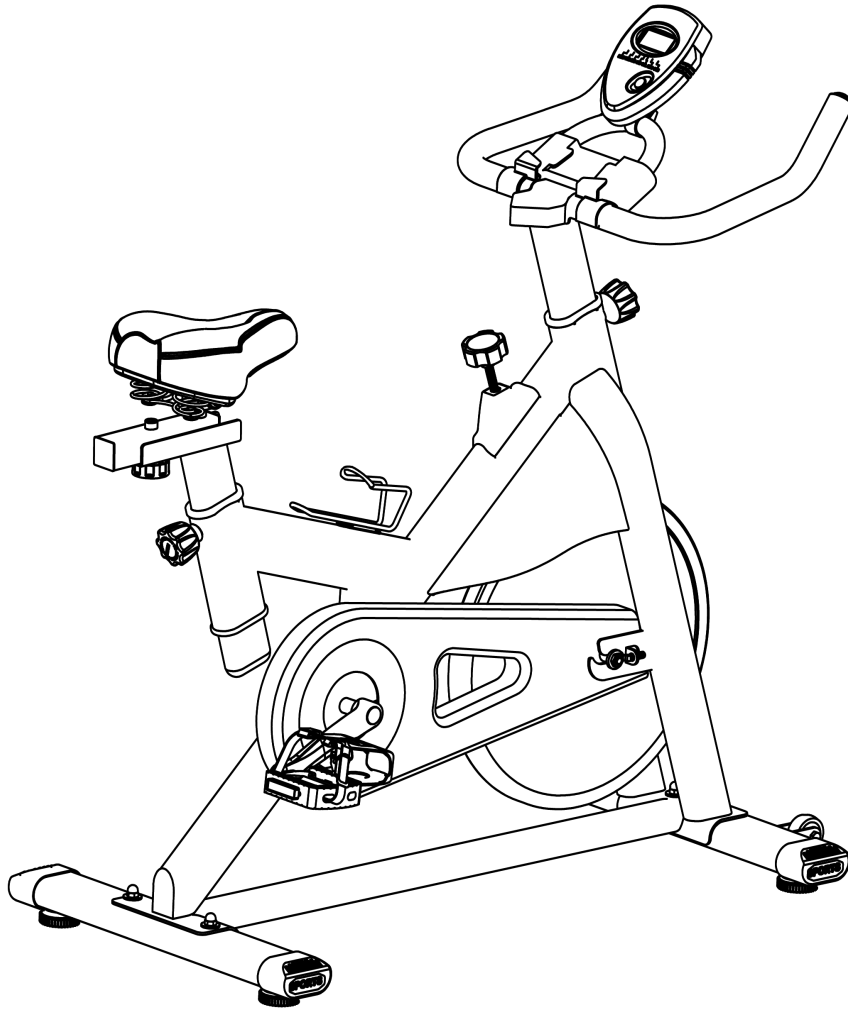


Home Use Spin Bike

USER'S MANUAL

SKU: MS194896



Read all precautions and instructions in this manual before using this equipment.
Keep this manual for future reference.

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IMPORTANT PRECAUTIONS

WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your exercise bike before using your exercise bike.

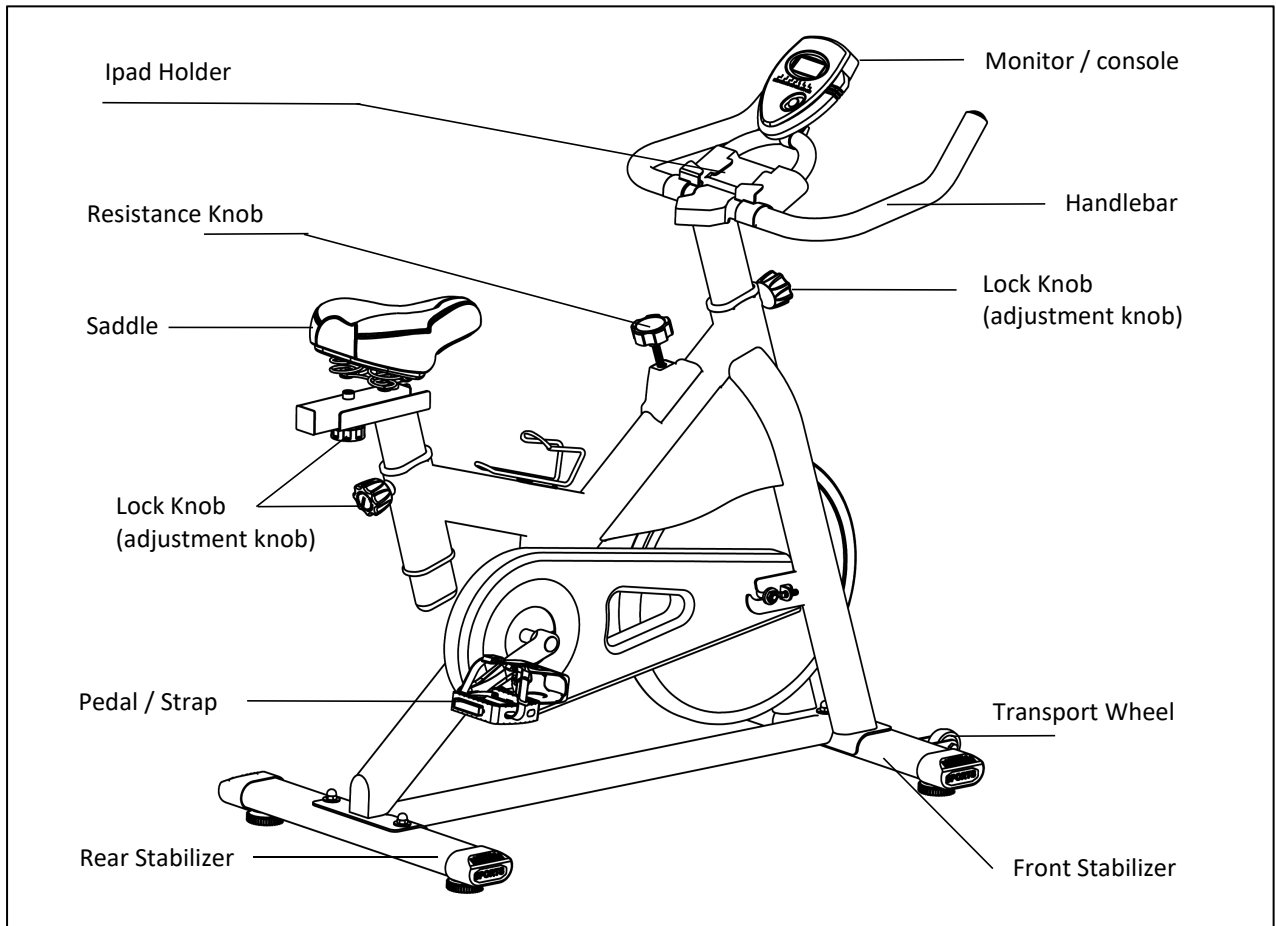
We assume no responsibility for personal injury or property damage sustained by or through the use of bike.

1. It is the responsibility of the owner to ensure that all users of the exercise bike are adequately informed of precautions.
2. Before beginning any exercise program, consult your physician.
3. The exercise bike is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about use of the exercise bike by someone responsible for their safety.
4. Use the exercise bike only as described in this manual.
5. The exercise bike is intended for home use only.
6. Keep the exercise bike indoors, away from moisture and dust. Do not put the exercise bike in a garage or covered patio, or near water.
7. Place the exercise bike on a level surface, with a mat beneath it to protect the floor or carpet.
8. Inspect and properly tighten all parts each time the exercise bike is used.
9. Keep children under age 13 and pets away from the exercise bike at all times.
10. Wear appropriate clothes while exercising; do not wear loose clothes that could be caught on the exercise bike. Always wear athletic shoes for foot protection.
11. The exercise bike should not be used by persons weighing more than 267 lbs.(120 kg).
12. Be careful when mounting and dismounting the exercise bike.
13. Always keep your back straight while using the exercise bike; do not arch your back.
14. The pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.
15. To stop the flywheel quickly, press the resistance knob downward.
16. When the exercise bike is not in use, tighten the resistance knob to prevent the flywheel from moving.
17. To avoid damaging the brake pads, do not lubricate the brake pads.
18. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.
19. Dispose of batteries in accordance with all local codes and ordinances.

BEFORE YOU BEGIN

Thank you for selecting the new spinning bike. For your benefit, read this manual carefully before you use the exercise bike. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.

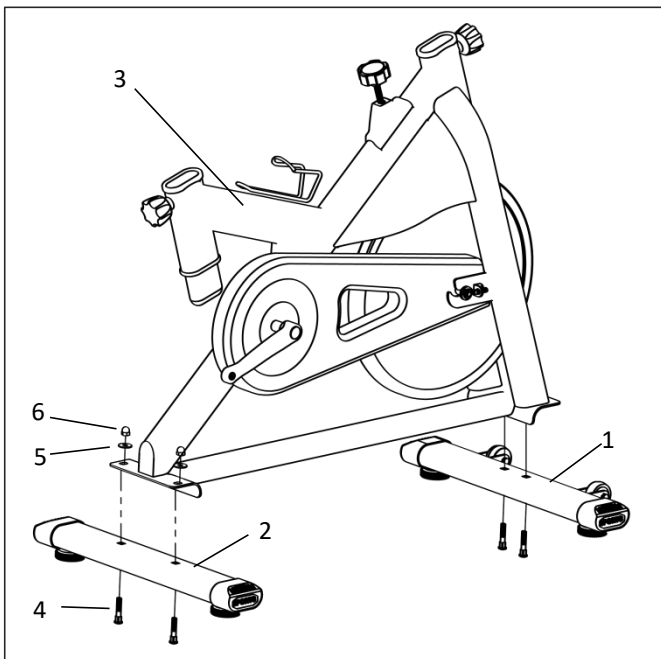


PART LIST

NO.	ITEM	QTY	NO.	ITEM	QTY
1	Front Stabilizer (with wheels)	1	12	Saddle	1
2	Rear Stabilizer	1	13	Handlebar Post Tube	1
3	Main Frame	1	14	Handlebar	1
4	Stabilizer Allen Bolts T1	4	15	Handlebar Bolts	4
5	Stabilizer Washers	4	16	Handlebar Washers	4
6	Stabilizer Nuts H1	4	17	Monitor	1
7	Saddle Post Assembly	1	18	Monitor Bracket	1
8	Lock Knob M1	2	19	Ipad Holder	1
9	Saddle Adjustment Tube	1	20	Right Pedal	1
10	Saddle Lock Nut N1	1	21	Left Pedal	1
11	Saddle Lock Washer	1	22	Tool Kit	1

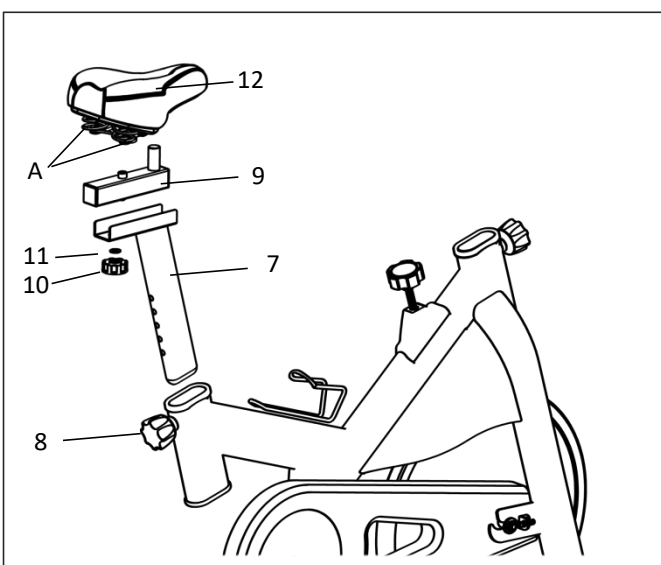
Assembly Instruction

- Assembly requires two persons normally.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- **Left parts are marked “L” and right parts are marked “R”.**
- In addition to the included tool(s), assembly requires the following tools:
one open end wrench
one screwdriver
Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.



① STABILIZERS ASSEMBLY

Divide the Front Stabilizer (1) and Rear Stabilizer (2) that is with transport wheels, to fix them onto the Main Frame (3) with four Allen Bolt (4), four Washers (5) and four Nuts (6) for each stabilizer.

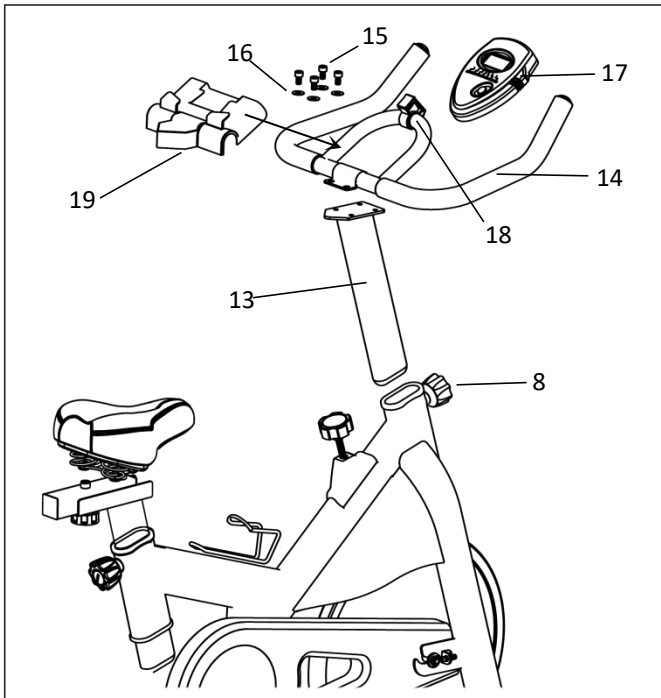


② SADDLE ASSEMBLY

Insert the Saddle Post Assembly (7) into the rear opening tube, then tighten the Lock Knob M1 (8) .

Set the Saddle Adjustment Tube (9) onto the Saddle Post Assembly (7) and tighten it with Lock Nut N1 (10) and Washer (11).

Place the Saddle (12) onto the Saddle Adjustment Tube (9). Make sure that the Saddle is level and is pointing straight ahead. Tighten the two nuts (A) beneath the Saddle.



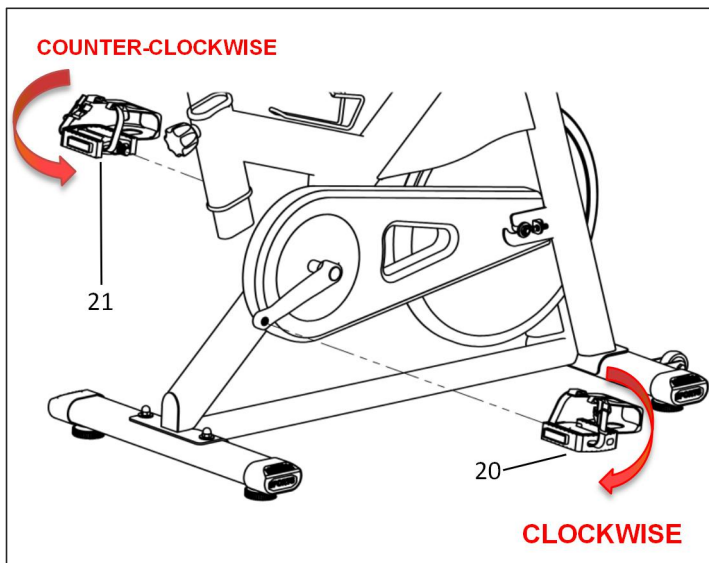
③ HANDLE BAR & MONITOR

Insert the Handle Post Tube (13) into the opening tube, and tighten the Lock Knob M1 (8) when the handle frame at desired position.

Fix the Handlebar (14) onto the Handle Post Tube (13) with four Bolts (15) & Washers (16).

Slide the Monitor (17) onto the Monitor Bracket (18) on the Handlebar (14). Connect the wire to the Monitor.

Cover the Ipad Holder (19) onto the Handlebar.



④ PEDAL (L/R) ASSEMBLY

Please make sure Pedal in your hand is the **RIGHT** Pedal (20).

Fasten the **RIGHT** Pedal (20) by turning in a **CLOCKWISE** direction.

Please make sure pedal in your hand is the **LEFT** Pedal (21).

Fasten the **LEFT** Pedal (21) by turning in a **COUNTER-CLOCKWISE** direction.

Initially turn the pedal slightly by hand, and then tighten it by the wrench.

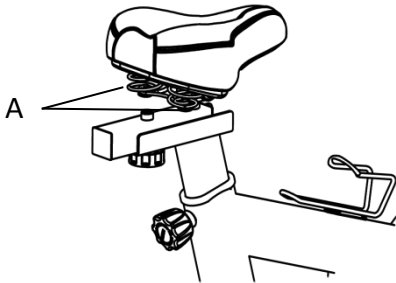
After the exercise bike is assembled, inspect it to make sure that it is assembled correctly and that it functions properly.

Make sure that all parts are properly tightened before you use the exercise bike.

HOW TO USE THE SPIN BIKE

HOW TO ADJUST THE ANGLE OF THE SADDLE

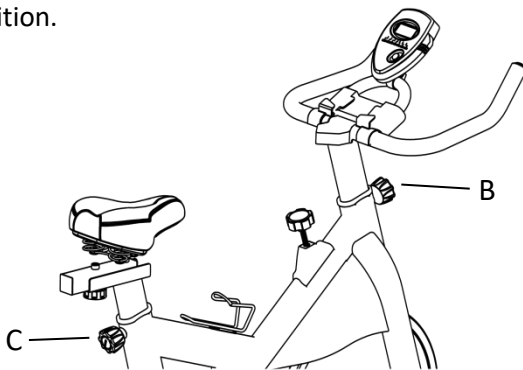
You can adjust the angle of the saddle to the position that is most comfortable. You can also slide the saddle forward or backward to increase your comfort or to adjust the distance to the handlebar.



To adjust the saddle, loosen the nuts (**A**) on the saddle clamp a few turns, and then tilt the saddle upward or downward or slide the saddle forward or backward to the desired position. Then, re-tighten the nuts.

HOW TO ADJUST THE HANDLEBAR & THE SADDLE POST

For effective exercise, the saddle should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position.



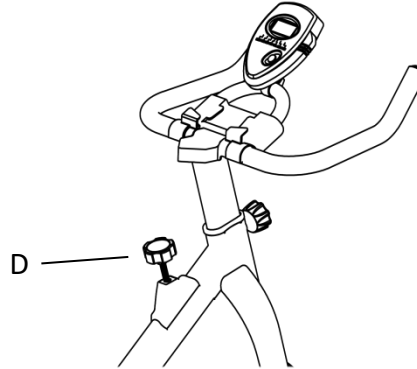
To adjust the height of the handlebar, first loosen the adjustment knob M1 (**B**) and pull it outward. Then, move the handlebar upward or downward, release the adjustment knob into an adjustment hole in the handlebar, and firmly tighten the adjustment knob.

Make sure that the adjustment knob is engaged in an adjustment hole.

To adjust the height of the saddle post, first loosen the adjustment knob M1 (**C**) and pull it outward. Then, move the saddle post upward or downward, release the adjustment knob into an adjustment hole in the saddle post, and firmly tighten the adjustment knob.

HOW TO ADJUST THE PEDALING RESISTANCE

To increase the resistance of the pedals, turn the resistance knob (**D**) clockwise; to decrease the resistance, turn the resistance knob counterclockwise.



To stop the flywheel, push the resistance knob downward. The flywheel should quickly come to a complete stop.

IMPORTANT: When the exercise bike is not in use, tighten the resistance knob completely.

HOW TO MAINTAIN THE EXERCISE BIKE

Regular maintenance is important for optimal performance and to reduce wear. Inspect and properly tighten all parts each time the exercise bike is used. Replace any worn parts immediately.

To clean the exercise bike, use a damp cloth and a small amount of mild detergent. **IMPORTANT:** To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.

FEATURES OF THE MONITOR

SPECIFICATIONS

TIME.....	.00.00 -99.59
SPEED.....	0.0-99.9KM/H(ML/H)
DISTANCE.....	0.00-99.99KM(ML)
ODO METER.....	0-9999KM(ML)
PULSE (if have).....	40-240BPM
CARLORIES.....	0.0-9999KCAL

KEY FUNCTIONS

MODE: This key makes you select and lock on to a particular function you want.

Scan(SCAN)—This mode displays the time, speed, distance, calories, and odometer modes, for a few seconds each, in a repeating cycle.

Time (TIME)—This mode displays the elapsed time.

Note: If you set a time goal, this display will show the time remaining in your workout.

Speed (SPEED)—This mode displays your pedaling speed, in kilometers or miles per hour.

Distance (DIS)—This mode displays the distance that you have pedaled during your workout, in kilometers or miles.

Note: If you set a distance goal, this display will show the distance remaining in your workout.

Calories (CAL)—This mode displays the approximate number of calories you have burned during your workout.

Note: If you set a calorie-burning goal, this display will show the number of calories yet to be burned in your workout.

Odometer (ODO)—This mode displays the total distance, in kilometers, that has been pedaled since the odometer was last reset.

Note: To reset the odometer, remove the batteries from the console and then reinsert them.

HOW TO USE THE MONITOR

Make sure the wire is well connected and the batteries are installed in the console.

1. Turn on the console.

To turn on the console, press MODE button on the console or simply begin pedaling.

2. Set a workout goal if desired.

To set a time, distance, or calorie-burning goal for your workout, press the Mode button repeatedly until the word TIME, DIS, or CAL appears in the display. Make sure that the word SCAN does not appear in the display. To reset the goal, press and hold the Mode button until zeros appear in the display.

3. Begin pedaling and follow your progress.

Scan mode—To select the scan mode, press the Mode button repeatedly until the word SCAN appears in the display.

Time, speed, distance, calories, or odometer mode

—To select one of these modes for continuous display, press the Mode button repeatedly until the name of the desired mode appears in the display. Make sure that the word SCAN does not appear in the display.

When a workout goal is not set, an upward-pointing arrow will appear in the display when the time, distance, or calories mode is selected.

When a workout goal is set, a downward-pointing arrow will appear in the display when the time, distance, or calories mode is selected.

If you have set a workout goal, the display will count down and show zeros when you reach your goal; if you continue to exercise, the display will begin to count upward.

4. When you are finished exercising, the console will turn off automatically.

If the pedals do not move for a few seconds, the console will pause.

The console has an auto-off feature. If the pedals do not move and the console buttons are not pressed for a few minutes, the power will turn off automatically to save the batteries.

EXERCISE GUIDELINES

WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level.

The chart below shows recommended heart rates for fat burning and aerobic exercise.

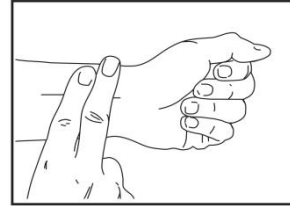
165	155	145	140	130	125	115	♥♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
<hr/>							
20	30	40	50	60	70	80	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

HOW TO MEASURE YOUR HEART RATE



To measure your heart rate, exercise for at least four minutes. Then stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute.

WORKOUT GUIDELINES

Warming Up - Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise - Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise; never hold your breath.

Cooling Down - Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months, you may complete up to five workouts each week.