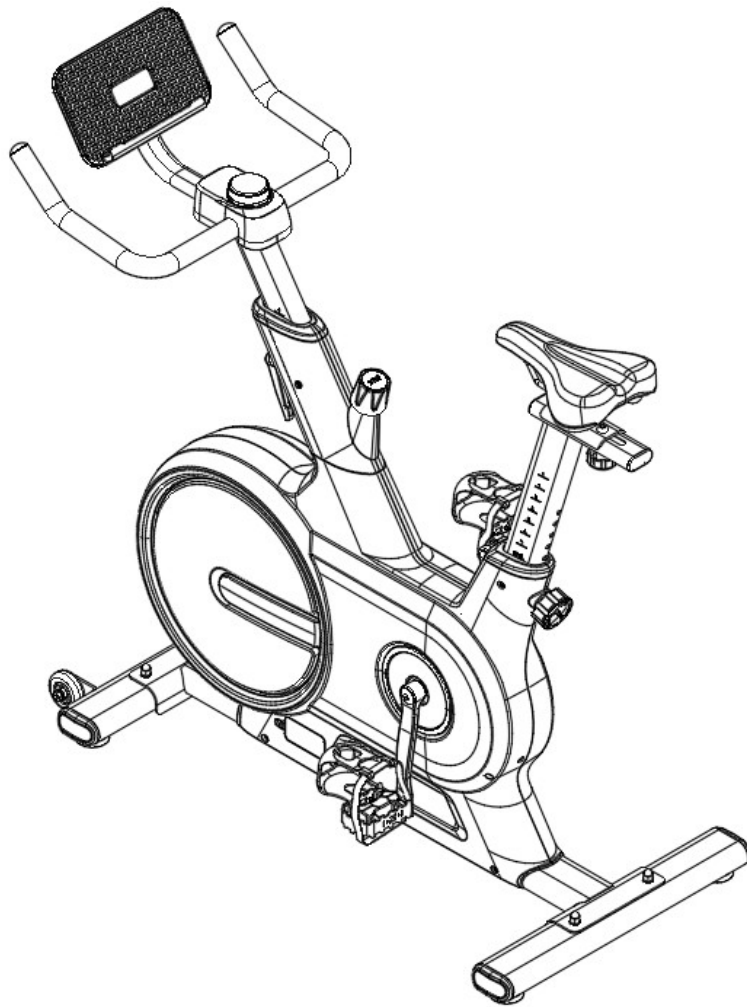

B-44 SPIN BIKE USER MANUAL

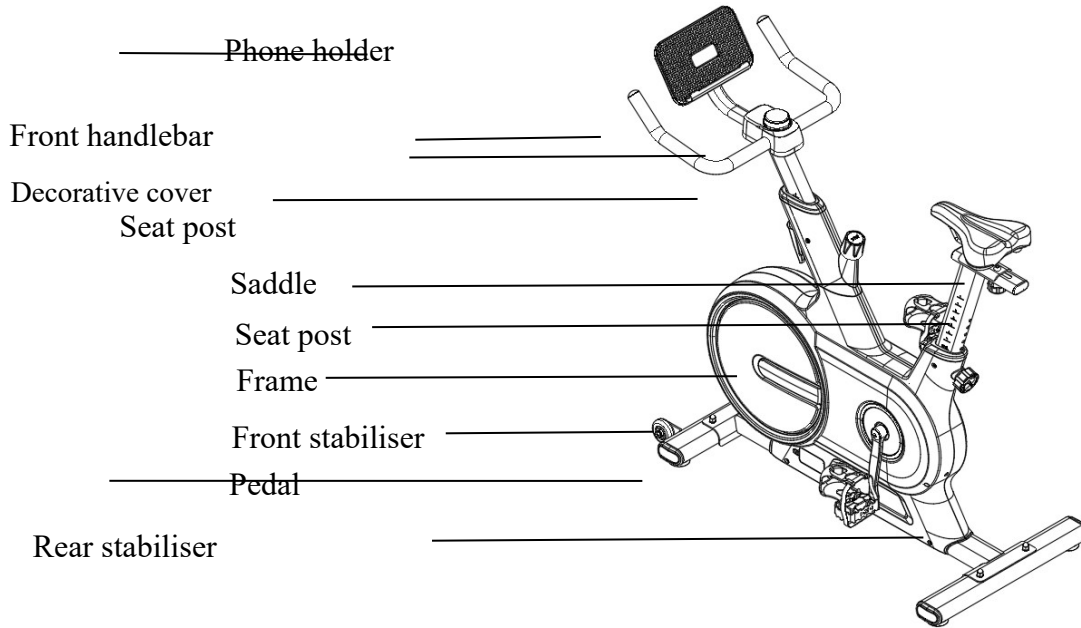


Please read the manual carefully before you assemble and use your new B-44 Spin Bike.

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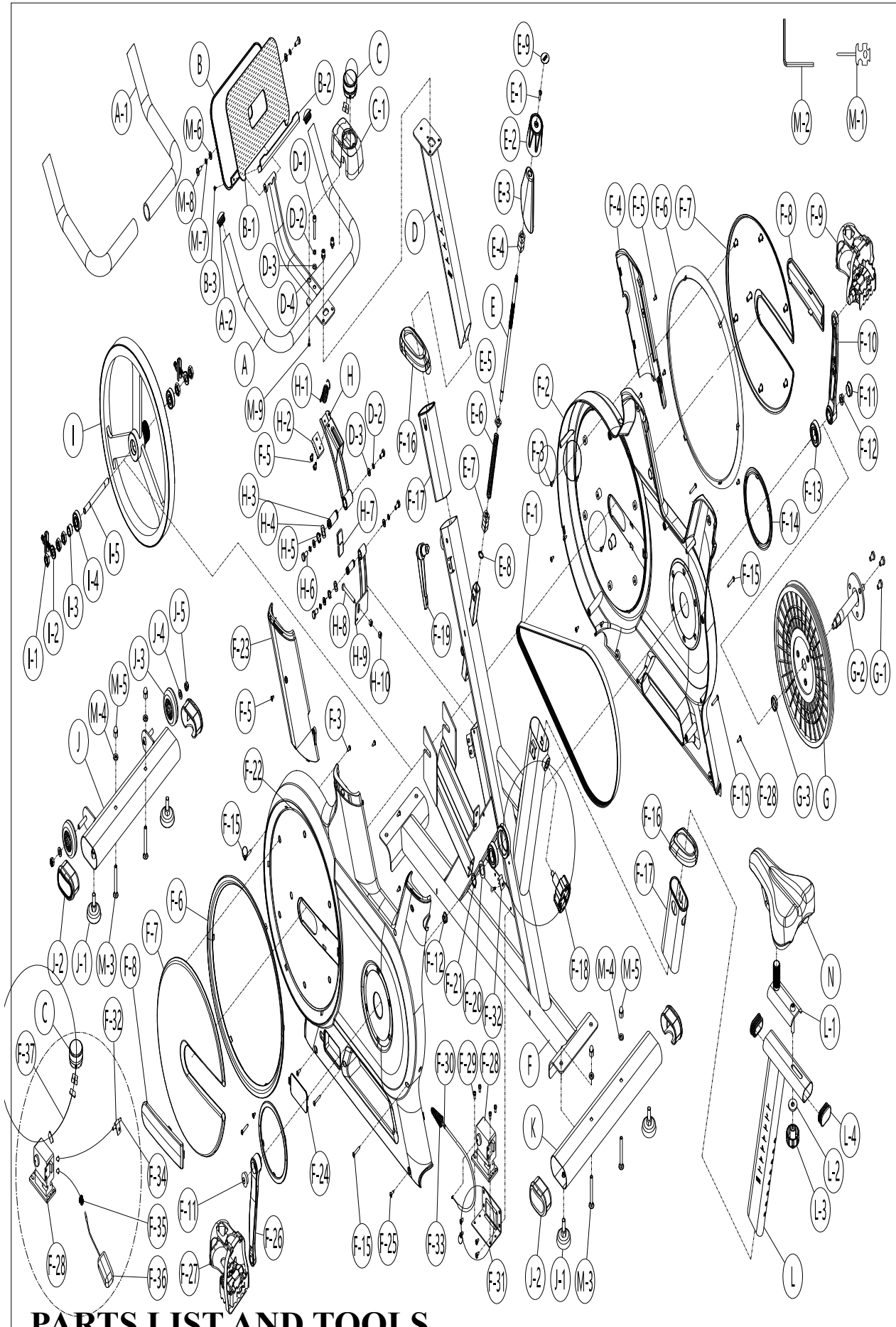
1.Product Brief



Main Parameters					
No.	Item	Description	No.	Item	Description
1	Max Load	120kg	3	Product Size	1160*515*1160mm
2	Flywheel weight	6kg			

Packing List							
No.	Item	Unit	Qty	No.	Item	Unit	Qty
1	Frame	set	1	7	Phone Holder	pc	1
2	Front Stabiliser	pc	1	8	Front Handlebar	pc	1
3	Rear Stabiliser	pc	1	9	Seat Post	set	1
4	Pedals	pair	1	10	Decorative cover	pc	1
5	Seat	pc	1	11	Toolkit	set	1
6	Handlebar Post	pc	1				

Toolkit List							
No.	Item	Unit	Qty	No.	Item	Unit	Qty
1	Combination Wrench	pc	1	6	Flat washer $\Phi 6$	pc	2
2	Allen key 5mm	pc	1	7	Spring Washer	pc	2
3	Carriage bolt	pc	4	8	Pan Head Socket Cap Screw	pc	2
4	Flat washer $\Phi 8$	pc	4	9	Cross Recessed Pan Head Tapping Screw	pc	1
5	Cap Nut	pc	4				



PARTS LIST AND TOOLS

No.	Item	Qty	No.	Item	Qty
A	Handlebar	1	F-12	Hexagon Flange Nut	2

A-1	Handlebar foam	2
A-2	Handlebar Plug	2
B	Phone holder	1
B-1	Phone holder-2	1
B-2	Phone holder-1	1
B-3	Cross countersunk head screw	3
C	Knob screen	1
C-1	Decorative cover	1
C-2	QR code sticker	1
D	Handlebar post	1
D-1	Socket Cap Screw	1
D-2	Flat washer	1
D-3	Spring washer	1
D-4	Three combination screws	2
E	Break lever	1
E-1	Cross recessed screws	1
E-2	Brake knob	1
E-3	Brake cover	1
E-4	Break sleeve(upper)	1
E-5	Brake nut	1
E-6	Brake spring	1
E-7	Break sleeve(lower)	1
E-8	C Shaped Buckle	1
E-9	STOP stickers	1
F	Main frame	1
F-1	Belt	1
F-2	Right Chain Cover	1
F-3	Cross recessed self-tapping screws	21
F-4	Connection cover(lower)	1
F-5	Triangular mechanical thread screws	8
F-6	Trim cover of big flywheel disc	2
F-7	Trim cover of small flywheel disc	2
F-8	Horizontal trim cover	2
F-9	Pedal(Right)	1
F-10	Crank Arm(Right)	1
F-11	Crank cover	2
F-13	Bearing	2
F-14	Pulley disc	2
F-15	Cross recessed self-tapping screws	9
F-16	Trim cover of seat post	1
F-17	Sleeve	2
F-18	Pull pin knob	1
F-19	L-type pull pin	1
F-20	Wave washer	1
F-21	C Shaped Buckle	1
F-22	Left Chain Cover	1
F-23	Connection Cover(left)	1
F-24	Battery box	1
F-25	Cross recessed self-tapping screws	6
F-26	Crank Arm(Left)	1
F-27	Pedal(Left)	1
F-28	Gearbox	1
F-29	Triangular mechanical thread screws	8
F-30	Speed line	1
F-31	Fixing Seat of Gearbox	1
F-32	Fixing Seat of Sensor	1
F-33	Spring	1
F-34	Sensor box	1
F-35	DC cable	1
F-36	Rectifier	1
F-37	Connecting cable	1
G	Pulley	1
G-1	Hex bolts	3
G-2	Axis	1
G-3	Spacer of the crank shaft	1
H	Magnet Holder Set	1
H-1	Spring	1
H-2	Break pad	1
H-3	Magnet Holder Set fixed shaft	2
H-4	Wave washer	4
H-5	C Shaped Buckle	4
H-6	External Hexagon Screw	4
No.	Item	Qty
No.	Item	Qty

H-7	Strong Magnet	2		L	Seat post	1
H-8	External Hexagon Screw	1		L-1	Seat slider set	1
H-9	Magnet Set	1		L-2	Flat washer	1
H-10	Hex Nut	2		L-3	Horizontal knob	1
I	Flywheel	1		L-4	Tube cover	2
I-1	Hex Nut	5		M-1	Combination Wrench	1
I-2	Adjustor	2		M-2	Allen key	1
I-3	Left limiting stopper of flywheel	1		M-3	Carriage Bolt	4
I-4	Bearing	2		M-4	Flat washer	4
I-5	Flywheel Axle	1		M-5	Cap Nut	4
J	Front Stabilizer	1		M-6	Flat washer	2
J-1	Adjustable foot pad	4		M-7	Spring washer	2
J-2	Tube plug	4		M-8	Pan Head Socket Head Cap Screws	2
J-3	Transportation wheel	2		M-9	Cross recessed self-tapping screws	1
J-4	Flat washer	2		N	Saddle	1
J-5	Lock nut	2		O	Steel part for packaging	1
K	Rear Stabilizer	1				

2. Safety Instructions and Warnings



Please read the below carefully before using your Spin Bike

NOTE: Though the product has been thoroughly designed and produced with safety in mind, please make sure to follow the instructions below.

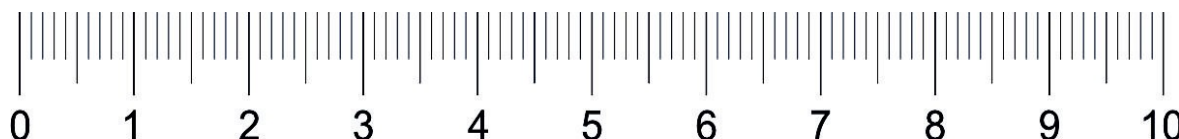
We do accept any responsibility for any issues arising from user error.

- ◆ This rowing machine is suitable for indoor use only. Set up and operate it on a solid, level surface. Do not place any objects on the product.
- ◆ If the power cord is damaged, it must be replaced by professionals to ensure the safety of the user(s).
- ◆ If the product will not be used for a prolonged period, please unplug the power cord.
- ◆ This product is not suitable for minors. Please do not use it if you feel unwell, dizzy or out of breath.
- ◆ Do not use the rowing machine in a dusty environment and ideally an environment with low humidity to avoid static.
- ◆ Please use original parts only.
- ◆ Do not use the rowing machine near a heat source.
- ◆ Non employees of Inthemarket.ie are not allowed to disassemble the rowing machine without authorisation and the warranty is voided by doing so
- ◆ Please make sure to wear the correct footwear and do not wear loose clothing that could potentially get caught in the machine.

- ◆ If you feel unwell or uncomfortable during use, please stop and consult a doctor.
- ◆ Make sure that the electrical socket that you are using is safe. Do not use on an overloaded socket or extension lead.
- ◆ The product is suitable for home use, not for professional training or a gym environment. It can not be used for medical purposes.
- ◆ Do not use it if there are any cracks or breaks in the outer casing or if there are any internal wires visible.
- ◆ Do not use it after eating, when extremely tired or if you are not in good physical condition. Always consult a medical professional before any exercise regime is started.
- ◆ Do not touch the plug with wet hands.
- ◆ Please unplug the rowing machine when not in use.
- ◆ The product is of HC level. If you feel that there may be electrical issue with the rowing machine, please consult with a certified electrician only.

HARDWARE IDENTIFICATION CHART

This chart is provided to help identify the hardware used in the assembly process. Use the small scale to check the length of the bolts and screws.

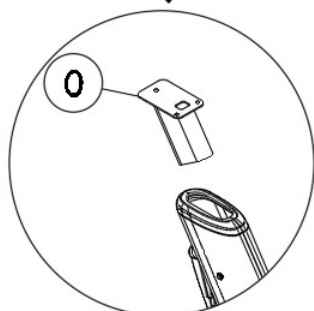
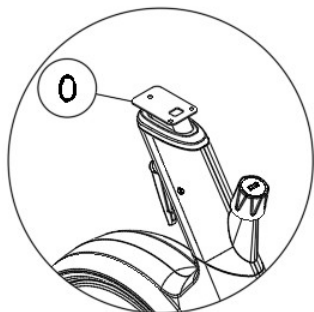


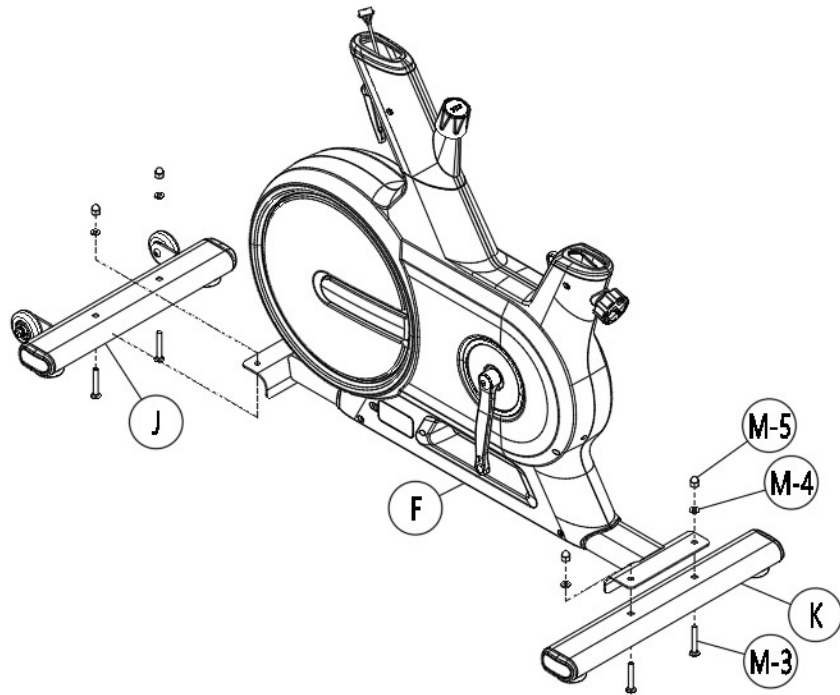
2. Assembly Instructions

3. As you assemble it, attach all of the screws initially, and only finally tightened after the rowing machine is completely assembled.

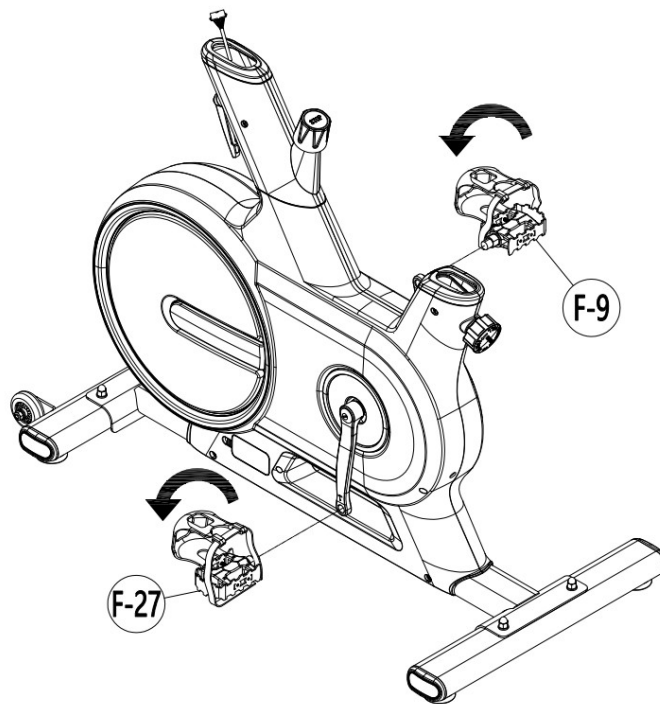
Step 1. Take out the bike main frame F#, Front Stabiliser J#, and the Rear Stabiliser K# from the box.

Take out the combination wrench M-1# cap nut M-5#, flat washer M-4#, and the carriage bolt M-3# from the toolkit. Install as shown in the figure below: first take out the steel part for packaging O#, then place the front stabiliser J#, the Rear Stabiliser K#. Align the holes on stabilizers with the ones on the main frame F#, and place the fasteners with the order of carriage bolt M-3#, flat washer M-4# and cap nut M-5#, and finally use the combination wrench M-1#to secure it.



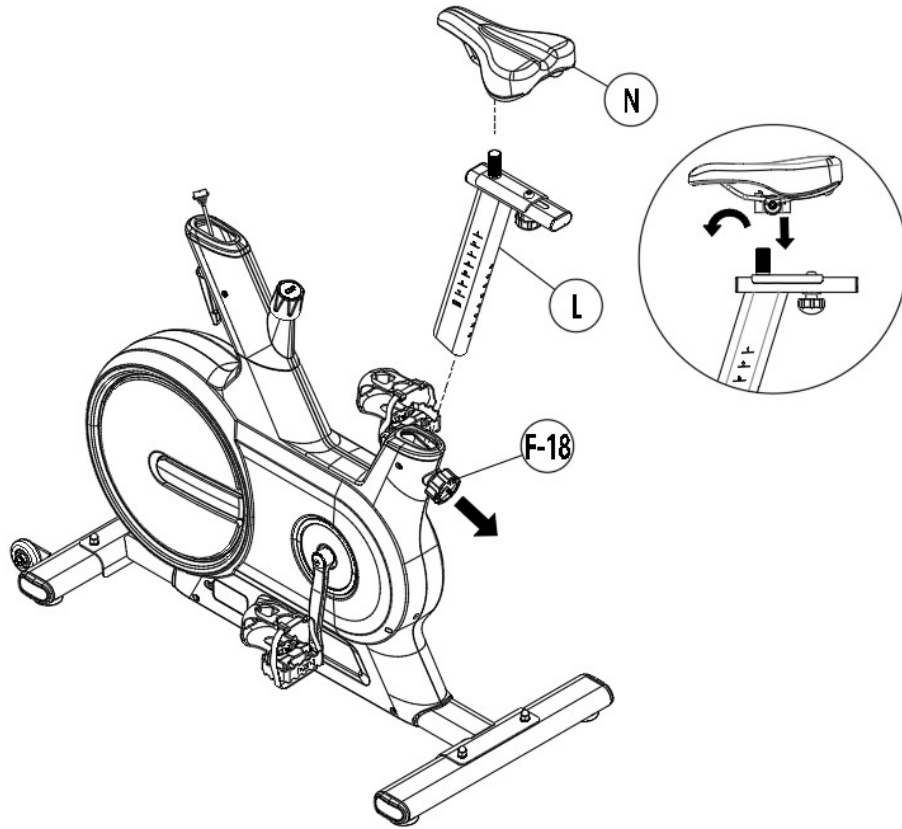


Step 2. Take out the Right Pedal F-9#, and Left Pedal F-27# from the package. Install as shown in the figure below: use the Combination Wrench M-1# to rotate in the arrow direction and secure.



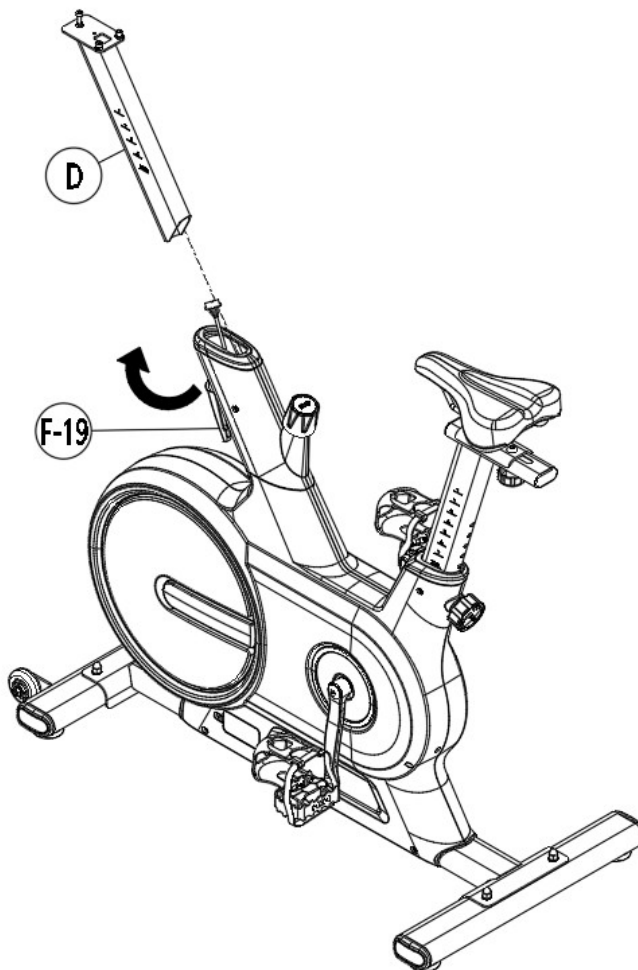
Step 3. Take out the Saddle N# from the package. First pull up the main frame F#. Adjust the height of the saddle N# onto the seat post L#, and use the Combination wrench M-1# to lock the seat after adjusting into a proper angle and direction.

install as shown in the figure below: pull up the main frame F#. Adjust the height of the saddle N# onto the seat post L#. Lock the seat with the knob F-18# to lock it. Install the Saddle N# onto the seat post L# and use the Combination wrench M-1# to lock the seat after adjusting into a proper angle and direction.

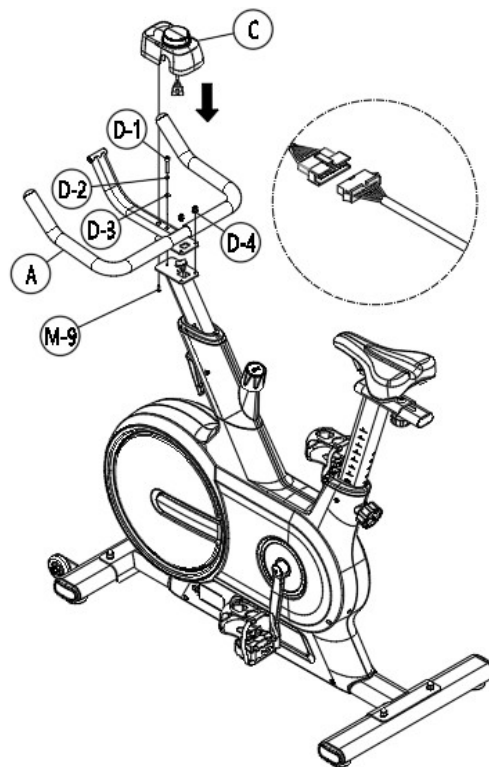


Step 4. Take Handlebar Post Loose the L-type pin F-19#, and the handlebar post D# into the main frame F#. Pay attention to pull the communication wires out of the handlebar post with a make sure the connector of communication wire is outside of the handlebar post. Adjust the handlebar post according to and use the L-type pull pin

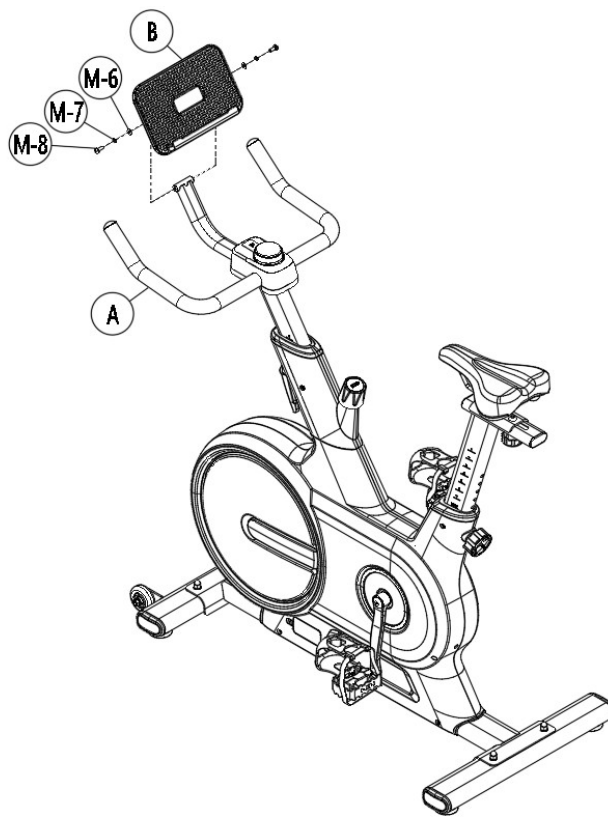
out the D#. pull insert outside of the height of the user's height F-19# to lock it.



Step 5. Take out the Handlebar A#, and install as shown in the figure below: Use Allen key M-2# to remove the pre-assembled cylindrical head screw D-1#, D-2#, D-3#, and D-4#. Install the handlebar A# and align it with the handlebar post D#, and use the Allen key M-2# to secure it. Take the decorative cover C# from the package, and cross recessed self-tapping screws M-9# from the toolkit. Connect the wiring port on the decorative cover C# with the port on the handlebar post D#, and pay attention to the buckle direction. Then buckle the decorative cover C# onto the handlebar A#, and use the Combination Wrench M-1# to secure the decorative cover C# with the self-tapping screw M-9#.



Step 6. Take out the phone holder B# from the package, and take out the Flat washer 7#, Pan Head M-8# from the toolkit. Install as shown in the figure below: Buckle the phone holder B# onto the rotation axis of the handlebar A#. Use M-6# to connect the phone rotation axis of the holder with the rotation axis of the handlebar A#. Use the Allen key M-2# to secure it after both sides are connected. At this point, the whole product is complete. Take out the rectifier in the package and connect the power supply to start the machine.



phone holder B# onto the rotation axis of the handlebar A#. Use M-6# to connect the phone rotation axis of the holder with the rotation axis of the handlebar A#. Use the Allen key M-2# to secure it after both sides are connected. At this point, the whole product is complete. Take out the rectifier in the package and connect the power supply to start the machine.

3. Warm-up Suggestions

4.

Warm-up and Stretching

WARM-UP

The purpose of warming up is to prepare your body for exercise and to minimise injuries. Warming up for two to five minutes before strength training or aerobic exercising can raise your heart rate and warm your muscles, which can also help to avoid injuries.

STRETCHING

Stretching is very important to warm up your muscles before exercise, to avoid injuries or to relax your muscles to relieve the soreness in muscles after strength or aerobic training. Muscle stretches are easier and

more efficient at this time because muscles have warmed up, which greatly reduces the risk of injury. Each stretch should be held for 15 to 30 seconds.

Here are the suggested warm-up and stretching exercise as below.



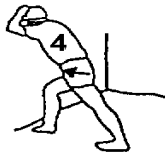
15 seconds for each



20 seconds



20 seconds



25 seconds



20 seconds



20 seconds



30 seconds



25 seconds for each leg



30 seconds



20 seconds



5 seconds x 3 times



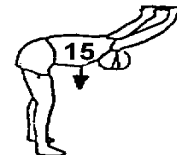
20 seconds



20 seconds for each leg



5 times



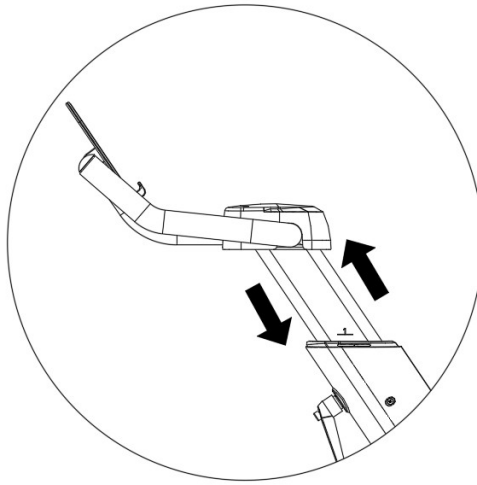
15 seconds

5. Operational Instructions

Please do not lock all screws tightly until you have followed all of the steps above to assemble the bike. Please check to ensure that items are fastened fully.

You can adjust the height of handlebar and seat with the adjusting knob to the position that is most comfortable for you.

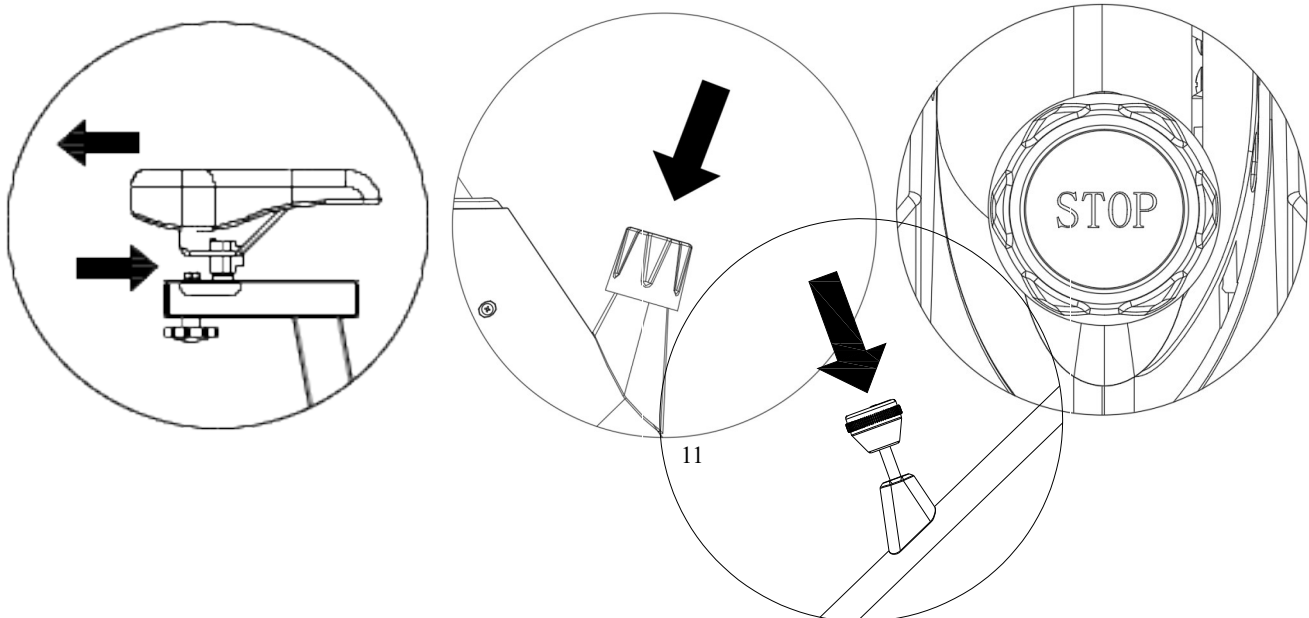
Note: Please do not exceed the STOP mark when adjusting the height of the handlebar post.



Seat Adjustment: You can adjust the seat distance from the handlebar with the adjustment handle under the seat.

Please press the STOP brake knob hard in the event of an emergency.

When the product is not in use, please keep the resistance in the highest level by rotating the brake knob and loose it before using the next time.



Knob Screen Using Instructions:

- When the machine is not powered on, the display of the central control knob is fully off (Figure 1).
- Plug-in the power, the BUZZER beeps once and all data on LCD screen will be fully displayed for 2 seconds(Figure 2). If there is no action for 20 seconds during operation, the system will pause, and if there is no action for 2 minutes during standby or pause, it will enter into sleep mode and the screen will be completely off (Figure 1).

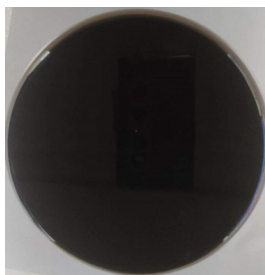


Figure 1
2
3

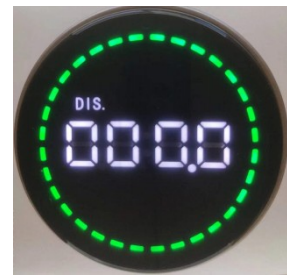


Figure
Figure

- In standby mode or during exercise, the data display in turns and change in every 5 seconds: DISTANCE(Figure 3), TIME(Figure 4), CALORIES(Figure 5), RPM(Figure 6), LOAD LEVEL(Figure 7), SPEED(Figure 8). Short press to lock the display of required content. A long press will clear all workout data, and return to the machine to standby mode.



Figure 4



Figure 5



Figure 6



Figure 8



Figure 9

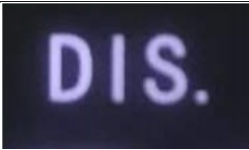
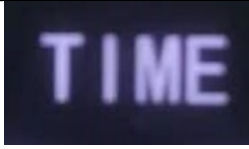
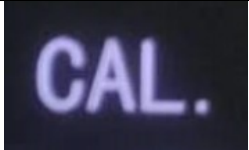
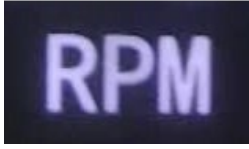

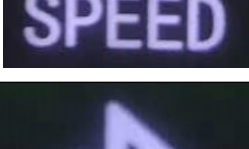



7

Figure

- During workouts, users can adjust the load level by rotating the control knob. Rotate clockwise to increase the load level. Maximum is level 32. Rotate anticlockwise to reduce the load level. The minimum is level 1. (Figure 9)
- Notice: This machine is an electrical device. Please ensure that the power sockets are safe to use. When not in use, the power plug must be unplugged. When used by minors, it is necessary to have a guardian accompanying them to avoid accidents or injury to the child. The spin bike is designed for use by adults.

Display Function:

No.	Item	Display	Illustration
1	Distance		000.0~999.9
2	Time		00:00~99:59
3	Calorie		000.0~999.9
4	RPM		10~200
5	Load level		1-32
6	Speed		Calculated according to the wheel diameter
7	Bluetooth		Display: The Bluetooth is connected No display: The Bluetooth is not connected

6. Maintenance

Cleanliness:

Comprehensive cleaning will extend the life of the Spin Bike.

Remove dust regularly to keep it clean. Make sure that your trainers are clean.

Maintenance:

Replace any damaged parts immediately and do not use the device until the parts are replaced

Thank You for Buying from InTheMarket.ie!

We appreciate your support. As a valued customer, please use the discount code **ITMFIVE** for your next purchase for a 5% discount. Feel free to share with family and friends.

We hope that you have many happy years with your new A-88 Rowing Machine. Please note that even outside of your warranty, we carry spares and we also have a repair service available, so your product will last for many, many years.

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