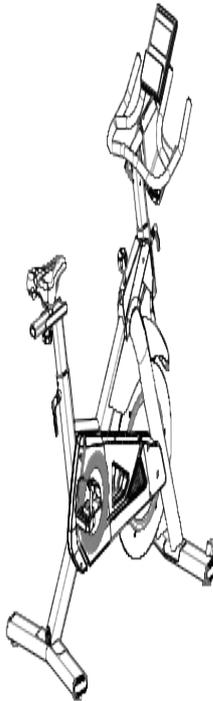

B-55 SPIN BIKE MANUAL



Please read the manual carefully before you assemble and use the bike.



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Main Parameters

No.	Item	Description		No.	Item	Description
1	Power	260W		3	Max load	150kg
2	Flywheel	13kg		4	Product Size	1340*590*1310mm

Packing List

No.	Item	Unit	Qty		No.	Item	Unit	Qty
1	Frame	pc	1		9	Handlebar Post	pc	1
2	Console	pc	1		10	Water Bottle Holder	pc	1
3	Toolkit	set	1		11	Water Bottle Holder Cover	pc	1
4	Front Stabilizer	pc	1		12	Handlebar Post Cap	pc	1
5	Rear Stabilizer	pc	1		13	Adjustment Handle	pc	2
6	Pedals	set	1		14	Adaptor	pc	1
7	Seat Post	pc	1		15	Handlebar	pc	1
8	Saddle	pc	1					

Toolkit List

No.	Item	Unit	Qty		No.	Item	Unit	Qty
1	Allen Key 5mm	pc	1		6	Arc Washer T1.5*φ8.5*φ23	pc	2
2	Combination Wrench	pc	1		7	Flat Washer φ8.5*φ16*1.5T	pc	6
3	Internal Hexagon Screw M8*16	pc	4		8	Cross Recessed Pan Head Screw M5*20	pc	4
4	Internal Hexagon Screw M8*12	pc	4		9	User Manual	pc	1
5	Plug	pc	2		10			

1. Product brief

Console _____

Handlebar _____

Handlebar Post _____

Saddle _____

Slider _____

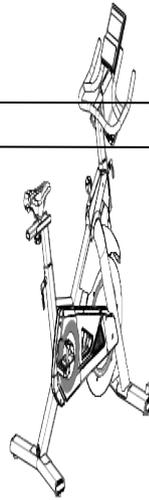
Seat Post _____

Adjustment Handle _____

Pedal _____

Front Stabiliser _____

Rear Stabiliser _____



PARTS LIST AND TOOLS

NO	Item	Qty		NO	Item	Qty
A-1	Console	1		F-3	Adjustment Handle	2
A-2	Console Cover	1		F-4	Cross Recessed Pan Head Screw	1
B	Handlebar	1		F-5	DC Cover	1
B-1	Water Bottle Holder	1		F-6	Crank Cover	2
B-2	Water Bottle Holder Cover	1		F-7	Hexagon flange nuts with glue	2
B-3	Cross Recessed Pan Head Screw	3		F-8	Left Crank Arm	1
B-4	Handlebar Post	1		F-9	C Shaped Buckle	1
B-5	Handlebar Post Plug	1		F-10	Bearing	2
C	Brake Knob	1		F-11	Handlebar Post Sleeve	1

C-1	Hexagon Nut	1		F-12	Right chain cover	1
C-2	Self-Tapping Screw	3		F-13	Sensor Bracket	1
C-3	Brake Cover	1		F-14	Crank Shaft Sleeve	1
C-4	Brake Upper sleeve	1		F-15	Lock Nut	4
C-5	Square Brake nut	1		F-16	Flat washer	4
C-6	Brake Spring	1		F-17	Small Magnet	1
C-7	Brake Lever	1		F-18	Axis	1
C-8	Brake Lower sleeve	1		F-19	Pulley	1
C-9	Cross Recessed Pan Head Screw	2		F-20	External Hexagon Screw	4
C-10	Brake Pad	1		F-21	Left Chain Cover	1
C-11	Self-Tapping Screw	1		F-22	Right Crank Arm	1
C-12	Brake Spring Pad	1		F-23	Right Pedal	1
C-13	Brake Pad fixer	1		F-24	Left Pedal	1
D	Saddle	1		F-25	Flywheel Cover	1
D-1	Handlebar Post Plug	2		F-26	Motor Cover	1
D-2	Slider Nut	1		F-27	Belt	1
D-3	Slider	1		G	Idler Wheel	1
D-4	Seat Post	1		G-1	External Hexagon Screw	1
D-5	Flat Washer	1		G-2	Spring Washer	1
D-6	Seat Slider Adj Knob	1		G-3	Flat Washer	1
E	Rear Stabilizer	1		G-4	Lock Nut	1
E-1	Stabilizer End cap	2		G-5	Hexagon flange nuts with glue	1
E-2	Handlebar Post Cap	1		G-6	Adjustor	1
E-3	Flat washer	1		G-7	Idler Rod Axle	1
E-4	Internal Hexagon Screw	2		G-8	Wavy Washer	1
F	Frame	1		H	Gear Box	1
F-1	Seat Post Sleeve	1		H-1	Cross Recessed Pan Head Screw	4
F-2	Tighten Plate	2		H-2	NdFeB Magnet	4
NO.	Item	Qty		NO.	Item	Qty
H-3	Magnet Holder Set	1		J-5	Flywheel Axle	1
H-4	Magnet Holder Set fixed shaft	1		J-6	Flywheel Spacer	1
H-5	Flat washer	1		J-7	Flywheel Aluminum Rim	1
H-6	Spring washer	1		J-8	Socket head cap screws	1
H-7	External Hexagon Screw	1		K-1	Adaptor	1
I	Front stabilizer	1		K-2	Sensor cable	1
I-1	Stabilizer End cap	2		K-3	DC Cable	1
I-2	Internal Hexagon Screw	2		K-4	Console cable	1
I-3	Transportation wheels	2		L-1	Internal Hexagon Screw	4
I-4	Flat washer	2		L-2	Arc Washer	2

I-5	Lock Nut	2		L-3	Flat washer	6
I-6	Internal Hexagon Screw	2		L-4	Internal Hexagon Screw	4
J	Flywheel	1		L-5	Cross Recessed Pan Head Screw	4
J-1	Hexagon flange nuts with glue	2		L-6	Plug	2
J-2	Flat washer	2		L-7	Allen Key	1
J-3	Flywheel Bushing	1		L-8	Combination wrench	1
J-4	Bearing	1				

2. Safety Instructions and Warnings



To make sure your safety and avoid injuries, Please read the following instructions carefully before using the bike and also pay attention to the following safety warnings.

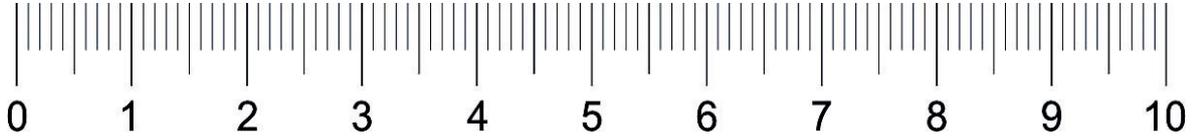
NOTE: Though the product has been thoroughly considered in terms of safety issues in its design and production, please make sure to follow the instructions below. We do not bear any consequences caused by improper operation.

- ◆ **This bike is suitable for indoor use. Set up and operate it on a solid level surface. Do not place any objects on the bike.**
- ◆ **If the power cord is damaged, to avoid danger, it must be replaced by professionals or by Inthemarket.ie. If not in use for a long time, please unplug the power cord.**

- ◆ **Please unplug the power plug if the product is not used for long time.**
- ◆ **This products is of H level. When the product is not in use, please lock the flywheel to avoid injury.**
- ◆ **This product is not suitable for the disabled or children, unless otherwise specified by those responsible. Please do not use it if you feel unwell, otherwise it may cause injury.**
- ◆ Do not use the bike in a dusty room and maintain it low humidity. Avoid strong static electricity or it will affect the use of the console. Please use original parts, otherwise you null your warranty.
- ◆ Do not use the bike near a hot or moving object.
- ◆ Please unplug the bike before moving it. Non-professionals are not allowed to disassemble the bike.
- ◆ Do not wear loose clothing whilst using the bike. Please wear suitable clothing to ensure your safety.
- ◆ If you feel unwell or uncomfortable during use, please stop and consult a physician.
- ◆ Use suitable and safe electrical sockets. If the plug is not compatible with the socket, please do not touch the plug and get an electrician.
- ◆ The product is suitable for home use, not for professional training and test, can not be used for medical purposes.
- ◆ Do not use it when the body is cracked, broken off (the internal structure is exposed) or the welded part is cracked.
- ◆ Do not use it after eating, fatigue, or if you are not fit enough. Please consult a doctor before beginning any exercise.
- ◆ Do not get water, or anything else that may damage it, on the plug. Do not touch
the plug with wet hands. --It may cause electric
shock, short circuit, or fire.
- ◆ Please unplug the bike when not in use.

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.

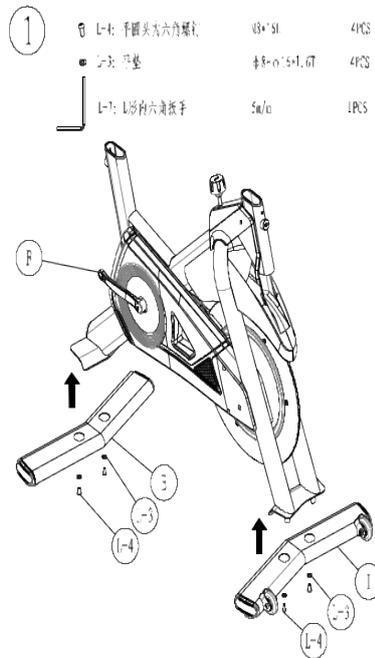


3. Assembly instructions

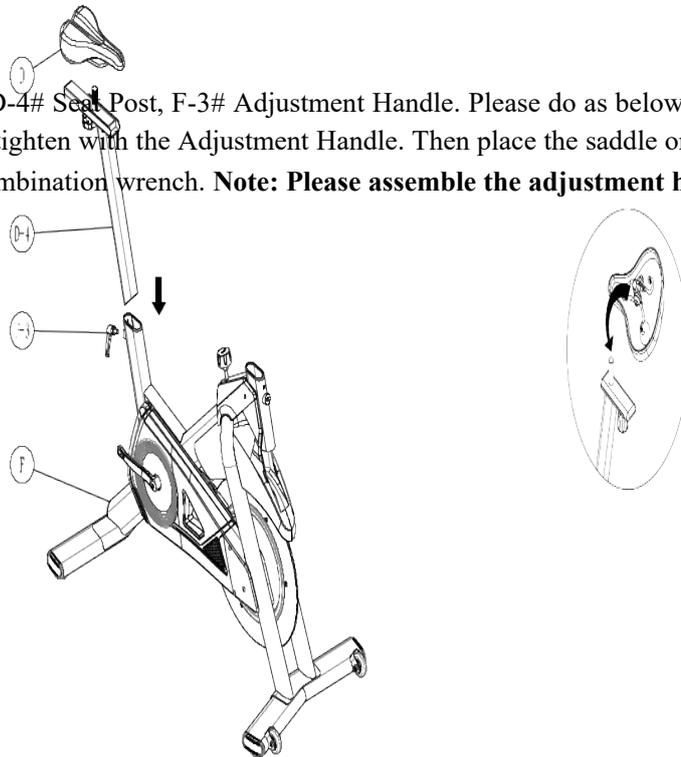


NOTE: Assembly requires two persons. Place all parts of the exercise bike in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. As you assemble it, all screws should be lightly attached first and finally tightened after the bike is completely assembled.

Step 1. Firstly take out the I# Front Stabiliser, E# Rear stabiliser, and L-4# Internal Hexagon Screw, L-3# Flat washer, L-7# Allen Key (5mm) from the toolkit. Please follow the drawing below: Place both stabilizers as below, then tighten L-4# Screws with L-7# Allen Key (5mm).

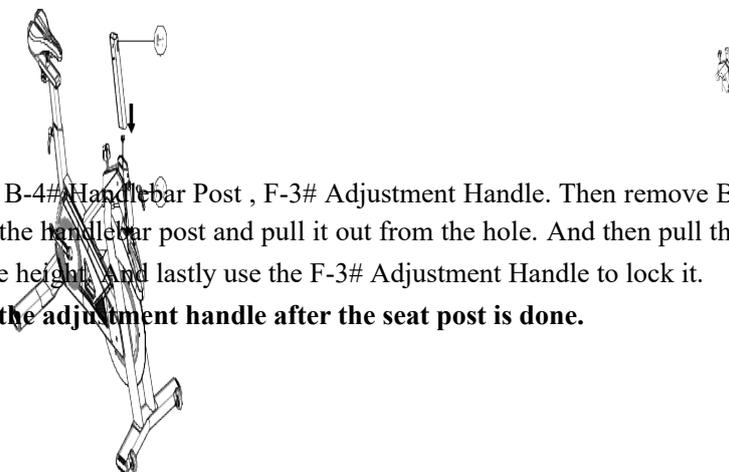


Step 2. Take out D# Saddle, D-4# Seat Post, F-3# Adjustment Handle. Please do as below: insert the Seat Post inside the hole of the frame and tighten with the Adjustment Handle. Then place the saddle onto the slider, tighten it at a suitable angel with the Combination wrench. **Note: Please assemble the adjustment handle after the seat post is done.**



Step 3. Take out the B-4# Handlebar Post , F-3# Adjustment Handle. Then remove B-5# Handlebar Post Plug. Thread the cable inside the handlebar post and pull it out from the hole. And then pull the plug out of the A notch, and adjust it to a suitable height. And lastly use the F-3# Adjustment Handle to lock it.

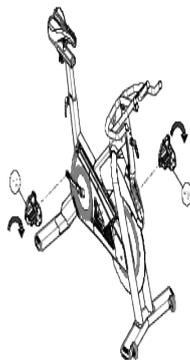
Note: Please assemble the adjustment handle after the seat post is done.

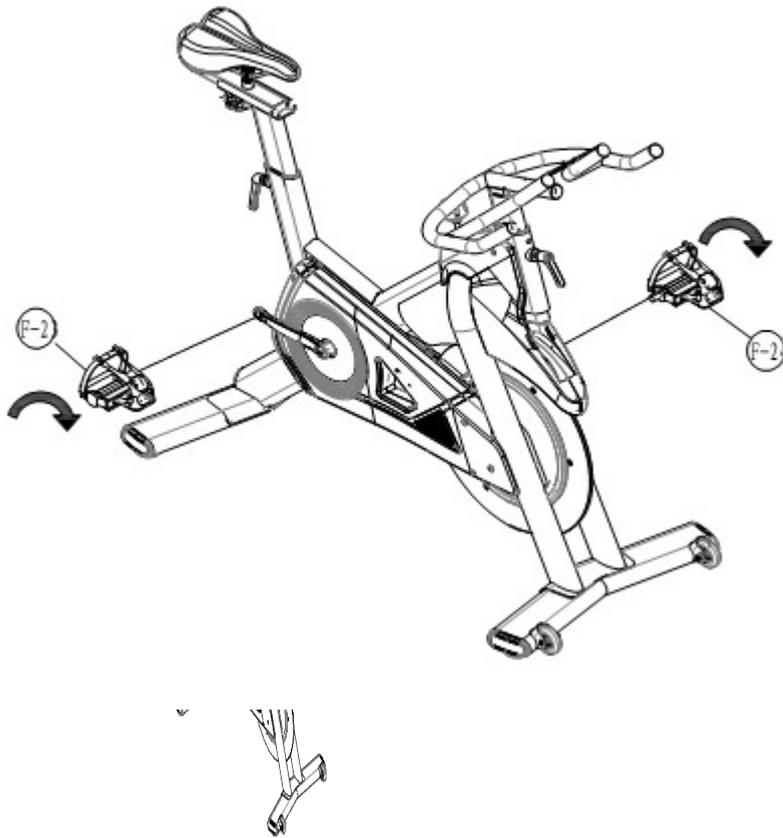




Step 4. Take out the B# Handlebar, L-2# Arc washer, L-1# Internal Hexagon Screw M8*12 in toolkit.
Follow as below: Insert the handlebar inside the hole of the handlebar post, and then attach L-1# Screw and L-2# Arc Washer. Lastly tighten them with L-7# Allen Key (5mm).

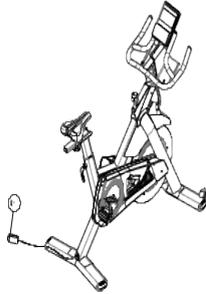
Step 5. Take out the F-23# Right Pedal, F-24# Left Pedal. Do as below: tighten them with L-8# Combination wrench in the direction of the arrow.





Step 6. Take out the B-1# Water Bottle holder and B-2# Water Bottle holder cover, then remove the pre-attached 3pcs B-3# Cross Recessed Pan Head Screw M5*14 on the handlebar. Then place the bottle holder and the cover on the corresponding position of the handlebar in the direction shown as below and tighten them with L-8# Combination wrench. The water bottle holder cover is not locked temporarily, please keep a gap to adjust the cable length.





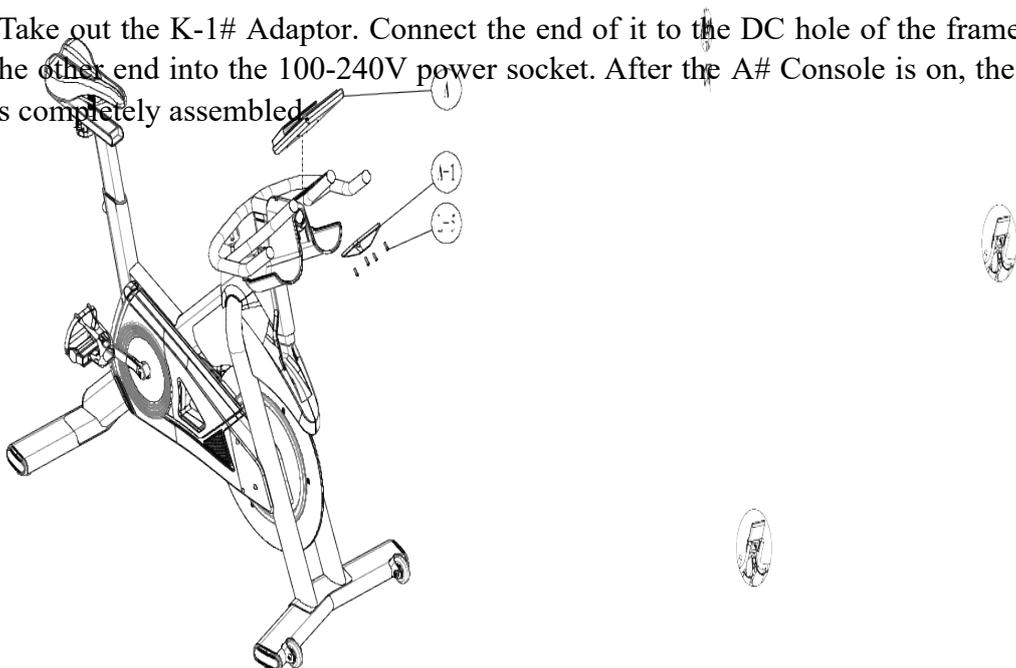
Step 7. Take out the A# Console, A-1# Console cover, then take out the L-5# Cross Recessed Pan Head Screw M5*20 from the toolkit. Pass the cable through the console cover in turns, and then insert them into the slots on the back of the console. Then place the console and the console cover on the handlebar, and lastly use L-8# wrench to lock.

I

II

III

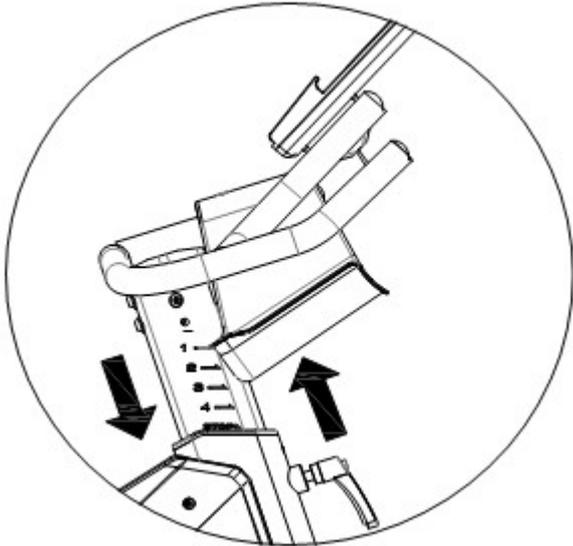
Step 8. Take out the K-1# Adaptor. Connect the end of it to the DC hole of the frame, and insert the other end into the 100-240V power socket. After the A# Console is on, the whole bike is completely assembled.



Please do not tighten all of the screws tightly until you have followed all of the steps above to assemble the bike. Please only use it after careful inspection.

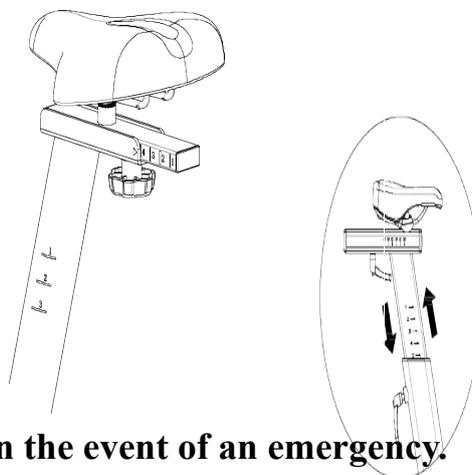
Handlebar/Seat Height Adjustment:

You can adjust the handlebar height and seat height with the Adjustment Handles according to your sitting posture, depending on what is most comfortable. **Note: Please don't exceed the STOP mark when adjusting the height of the handlebar post.**



Saddle Adjustment:

You can adjust the distance of the saddle with the Seat Slider Adj Knob, according to your sitting posture until you feel comfortable. After adjusting to a suitable distance, use the Seat Slider Adj Knob to tighten the saddle.



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

When the product is not in use, please rotate the brake knob clockwise to lock

the flywheel. Release the brake knob before using it next time.



4. Warm-up Suggestions

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 working 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. Muscles stretches are easier and more efficient at this time because of their elevated temperature, which greatly reduces the risk of injury. Each stretch should be held for 15 to 30 seconds.

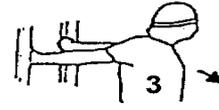
Here are the suggested warm-up and stretching exercise as below.



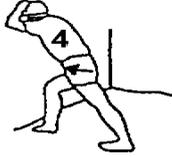
15 seconds for each



20 seconds



20 seconds



25 seconds



20 seconds



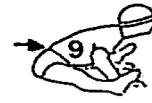
20 seconds



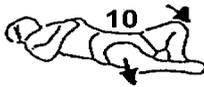
30 seconds



25 seconds for each leg



30 seconds



20 seconds



5 seconds x 3 times



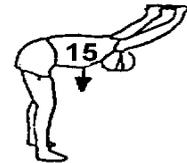
20 seconds



20 seconds for each leg



5 times



15 seconds

5. Operational Instructions

Rotary Knob Function:

START/STOP	Start or Stop workout.
RESET	In Stop state, press it to return to the menu; Hold on it for 6 seconds, the console will reboot.
UP (+)	Select workout program; 2. Increase the value.
MODE	In Stop state, press it to select and enter the mode.
DOWN (-)	1.Select workout program; 2. Decrease the value.
RECOVERY	Test heart rate recovery status.

Display Function:

TIME	Display range: 0:00 ~ 99:99; Setting range: 0:00 ~ 99:00 minutes
DISTANCE	Display range: 0 ~ 99.99; Setting range: 0 ~ 99.90 kms
CALORIES	Display range: 0 ~ 9999; Setting range: 0 ~ 9990 calories
PULSE	Display range: 30 ~ 230; Setting range: 0-30 ~ 230
WATT	Display range: 0 ~ 999 watt; Setting range: 10 ~ 350 watt
SPEED	0.0~99.9 km/h
RPM	0~999

How to use:

1 . Plug-in the power (or hold on RESET KEY for 2 seconds), the BUZZER bees once and all data on LCD screen will be fully displayed for 2 seconds (Figure 1). Then display distance type, KM or ML, and Fat symbol “E” for 1 second (Figure 2). Last the console will go to MANUAL interface (Standby state) (Figure 3). At this point, the

motor reverses to Load

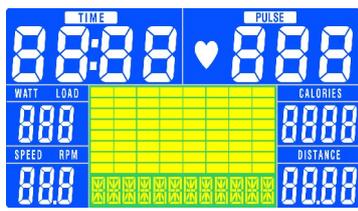


Figure 1

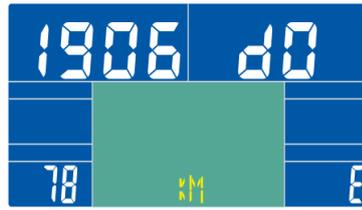


Figure 2



Figure 3

2. In the MANUAL interface (Figure3), user can press MODE and then press UP/DOWN to set the Time(Figure 4). Press MODE and UP/DOWN to set the Distance. Press MODE and UP/DOWN to set the Calorie. And then press START/STOP to start workout directly. Rotate UP/DOWN button to set the Load level(Figure 7). Press START/STOP to stop the workout. And press RESET button to clear all the data. Users can select program by sequence: MANUAL→BEGINNER→ADVANCE→SPORTY→CARDIO→WATT.



Figure4

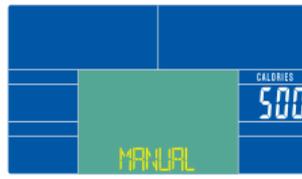


Figure5

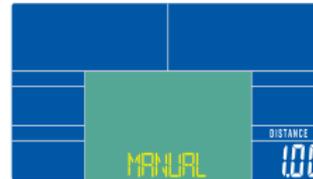


Figure6



Figure7



Figure8

3. If you user choose the “BEGINNER” program(Figure 9), press UP(+)/DOWN(-) to select BEIGINNER 1-4. Then press“MODE” to enter the time setting interface(Figure 10). Use UP(+)/DOWN(-) to set the number and press START/STOP to start the workout(Figure 11) . During the workout, the system will adjust the resistance(Load level) automatically and user cannot adjust the load level manually during the workout. Press START/STOP to stop the workout. And press RESET to clear the data. Pressing RESET for 3 seconds, the screen will restart.



Figure9



Figure10



Figure11

4. If user choose ADVANCE program(Figure 12), press UP(+)/DOWN(-) to select ADVANCE1-4. Then press“MODE” to enter the time setting interface(Figure 13). Use UP(+)/DOWN(-) to set the number and press START/STOP to start the workout(Figure 14) . During the workout, the system will adjust the resistance(Load level) automatically and user cannot adjust the load level manually during the workout. Press START/STOP to stop the workout. And press RESET to clear the data. Pressing RESET for 3 seconds, the screen will restart.

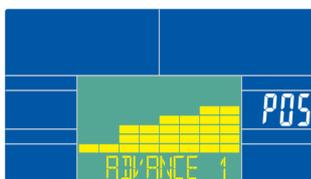


Figure12



Figure13



Figure14

5. If user choose SPORTY program(Figure 15), press UP(+)/DOWN(-) to select SPORTY1-4. Then press“MODE” to enter the time setting interface(Figure 16). Use UP(+)/DOWN(-) to set the number and press START/STOP to start the workout(Figure 17) . During the workout, the system will adjust the resistance(Load level) automatically and user cannot adjust the load level manually during the workout. Press START/STOP to stop the workout. And press RESET to clear the data. Pressing RESET for 3 seconds, the screen will restart.



Figure15



Figure16



Figure17

6. If user choose CARDIO program(Figure 18), press UP(+)/DOWN(-) to select CARDIO 55%-TAG. Then press“MODE” to enter the time setting interface(Figure 19). Press MODE again to enter the CUSTOM and use UP(+)/DOWN(-) to set the PULSE. Press MODE again to enter the Time setting interface. And then press MODE again to enter the HRC AGE SET interface(Figure 20). Press START/STOP to start the workout(Figure 21) . During the workout, the system will adjust the resistance(Load level) automatically and user cannot adjust the load level manually during the workout. Press START/STOP to stop the workout. And press RESET to clear the data. Pressing RESET for 3 seconds, the screen will restart.

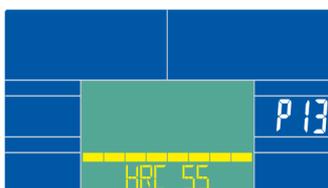


Figure18



Figure19

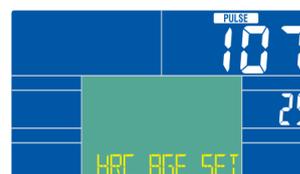


Figure20



Figure21

7. If user choose WATT program(Figure 22), use UP(+)/DOWN(-) to set the TIME(Figure 23). Press MODE to enter the WATT setting interface and use UP(+)/DOWN(-) to set the watt number and press START/STOP to start the workout(Figure 24-25) . During the workout, the system will adjust the resistance(Load level) automatically and user cannot adjust the load level manually during the workout. Press START/STOP to stop your workout. And press RESET to clear the data. Pressing RESET for 3 seconds, the screen will restart.



Figure22

Figure23

Figure24

Figure25

Button Function:

1. UP and DOWN (Used to adjust the values. Long press can make a quick change.)

Can be used to select MANUAL, BEGINNER, ADVANCE, SPORTY, CARDIO, and WATT programs.

When in value setting modes, use UP or DOWN to cycle the options. The machine can also be started by pressing START button directly.

Adjust the Load levels

In START status, you can use this button to select the load levels in MANUAL mode. The load number will be showed on the screen during the adjustment. If without any selection for 3 seconds, the data of WATT will be shown on the screen. The UP or DOWN button advances or goes back one step at a time. Keep pressing it for 1.5 seconds, it will increase/step per second, and it will stop when released. When adjusting, only the current CHART and the following CHARTS will be changed.

Setting values (e.g TIME, DISTANCE, CALORIES):

In the MANUAL function, after select from TIME, DISTANCE, CALORIES, PULSE , press UP or DOWN to set the value and can cycle these functions with this button.

Only TIME can be set under BEGINNER, ADVANCE, SPORTY, WATT, HRC functions.

Press the UP/DOWN button to advance or go back one step each time, and keep pressing for 1.5 seconds, then +/- 8 steps per second, and stop when released.

CARDIO setting (H.R.C):

If CARDIO (H.R.C) is selected, press MODE to confirm and the default value calculated according to age will be displayed in the PULSE window;

If TARGET is selected, the target value will be displayed in the PULSE window and when it flashes, press the UP /DOWN button to set its values. Press MODE to cycle the options of TIME, AGE, HEART RATE value.

If WATT is selected, the value of WATT flashes and waits to be set (Default value: Time-30 minutes, watt-120). Use UP/DOWN button to set the WATT value, and press MODE to cycle other settings.

After START, the Load Level will change automatically according to the WATT number set.

2. MODE button:

(1). Select the function that can be set (such as TIME, DST, CAL):

Press MODE to select TIME, DST and CAL in sequence (MANUAL), when a function is selected, the data flashes on the LCD, indicating that the function can be set now.

2). The button also has another function: ENTER

After selecting or setting, press this KEY to proceed to the next step.

After pressing it, the previous function can no longer be set.

(3). The above actions can only be performed in STOP state.

(4). The button is invalid during workout.

3. RESET Button:

(1).General RESET: When pressing this key once in the STOP state, it will return to the main menu (MANUAL flashes and waits to be selected by pressing the UP/DOWN button→BEGINNER→ADVANCE→SPORTY→CARDIO→WATT, and clear all the values of TIME, DISTANCE, CALORIES, PULSE, (WATT).

4.START/STOP Button:

After pressing this KEY, the system starts to calculate, and then press it to stop the calculation.

If it is in MANUAL mode, you can only press START to start exercise or press RESET to return to the home page.

5.RECOVERY button:

(1). If there is no PULSE input, the RECOVERY button is invalid.

(2). Press this KEY once after the PULSE value is displayed:

i. Only "TIME" and "PULSE" display, all other functions are disable (Figure 26).

ii. TIME window display "0:60" and start counting down (no matter pulse input or disappear prior to TIME counting down to 0), PULSE will show actual heart rate. After counting down to 0:00, it shows "FX"(X=1....6), and alarm one beep sound. Press RECOVERY to reverse back to main menu.

(3)During RECOVERY function, user can press RECOVERY button to stop measure and go back to previous Page (Figure 27).

(4). Press the button to restore during RECOVERY.



Figure26



Figure27

Bluetooth APP function

The product is compatible with Fitshow, Zwift and Kinomap applications. Please download the apps from App Store or Google Play Store to use.

NOTE: This console is built with charging and Bluetooth functionality, thus the power consumption is high. In order to ensure stable function, it is recommended to use the adaptor above 9V 1A or one distributed by the manufacturer.

6. Maintenance

Cleanliness: Comprehensive cleaning will extend the life of the spin bike.

Remove dust regularly to keep it clean. Make sure that the users shoes are clean and avoid bringing foreign objects on to the bike.

Maintenance: Replace the defective parts immediately or do not use the spin bike until the defective parts are replaced. Contact InTheMarket.ie on 0214389345.

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