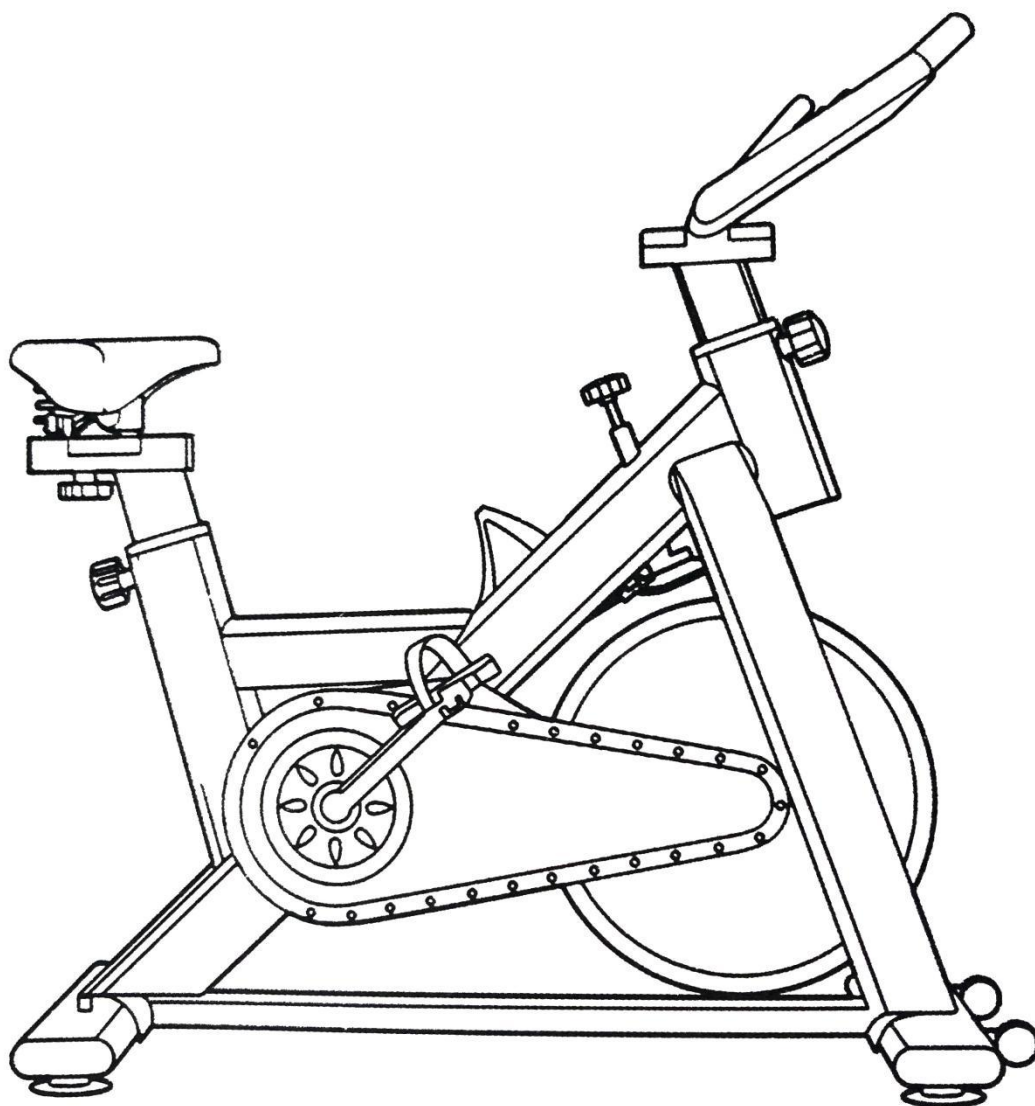


EXERCISE BIKE



Security Operations Guide

Dear Users:

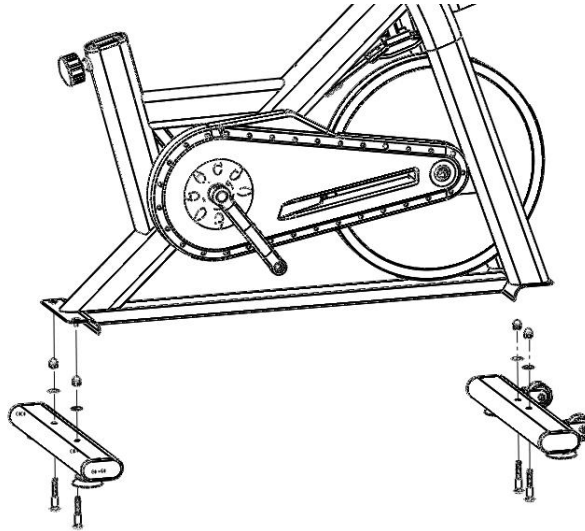
You are welcome to use our fitness equipment, we hope you pass the fitness equipment to achieve a good effect!

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 parts delivery.

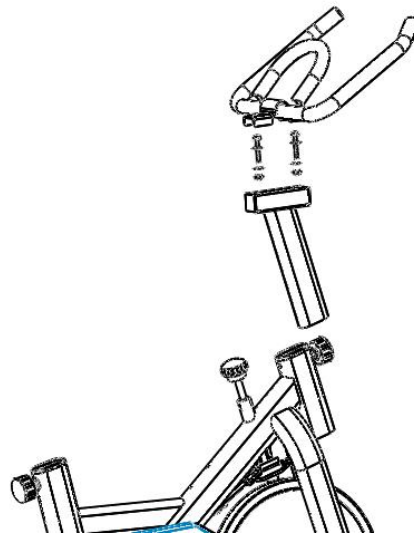
1. This spin bike is made for home use only and tested up to a maximum body weight of 150kg.
2. Follow the steps of the assembly instructions carefully.
3. Check before the first training and every 1-2 months that all connecting elements are tight fitting and are in the correct condition. Replace defective components immediately and/or keep the equipment out of use until repair. For repairs, use only original parts.
4. In case of repair, please ask your dealer for advice.
5. Avoid the use of aggressive detergents when cleaning the home exerciser.
6. Ensure that training starts only after correct assembly and inspection of the item.
7. For all adjustable parts be aware of the maximum positions to which they can be adjusted / tightened to.
8. The home exerciser is designed for adults. Please ensure that children use it only under the supervision of an adult.
9. Avoid making dangerous play when training.
10. Consult your physician and fitness professionals before starting with any exercise program.
11. Please make a reasonable training plan before training and follow the requirement to start strictly.
12. The resistance of this spin bike is adjustable, please adjust on the appropriate resistance.
13. Please check all knobs and screws carefully before starting to ensure your safety.
14. Be sure to put your foot into the foot cover while you are training. Don't stop immediately when rotating at top speed and use the brakes quickly to avoid accidents.

Instruction Manual

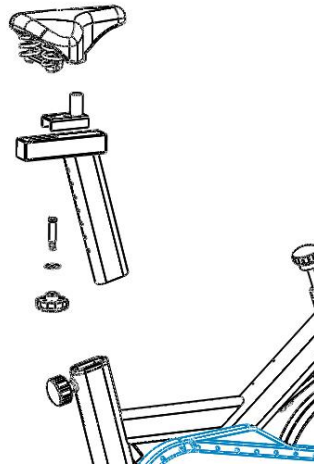
1. Fasten the front stabilizer on the frame with bolts, washers and cap nuts with a open-end wrench ; then fasten the rear stabilizer on the frame by the same way.



2. Fasten the handle bar post in the frame with pins, put the handle bar on the handle bar post. Fasten the handle bar with countersunk socket head screws and washers. Adjust the ball pins to the suitable place.



3. Fasten the seat post on the frame, then fasten the seat to the seat post. Tighten the screws on the seat with the wrench from the screw bag. The distance between the front and back of the sea can be adjusted by the knob.



4. The pedals which marked “L” and “R”, when you install the pedals, Place the “R” pedal in the threaded hole of the “R” crank (make sure the thread alignment). Turn the pedals clockwise by hand until it does not rotate, then use an open spanner which to tighten it, the other side operate with same.

