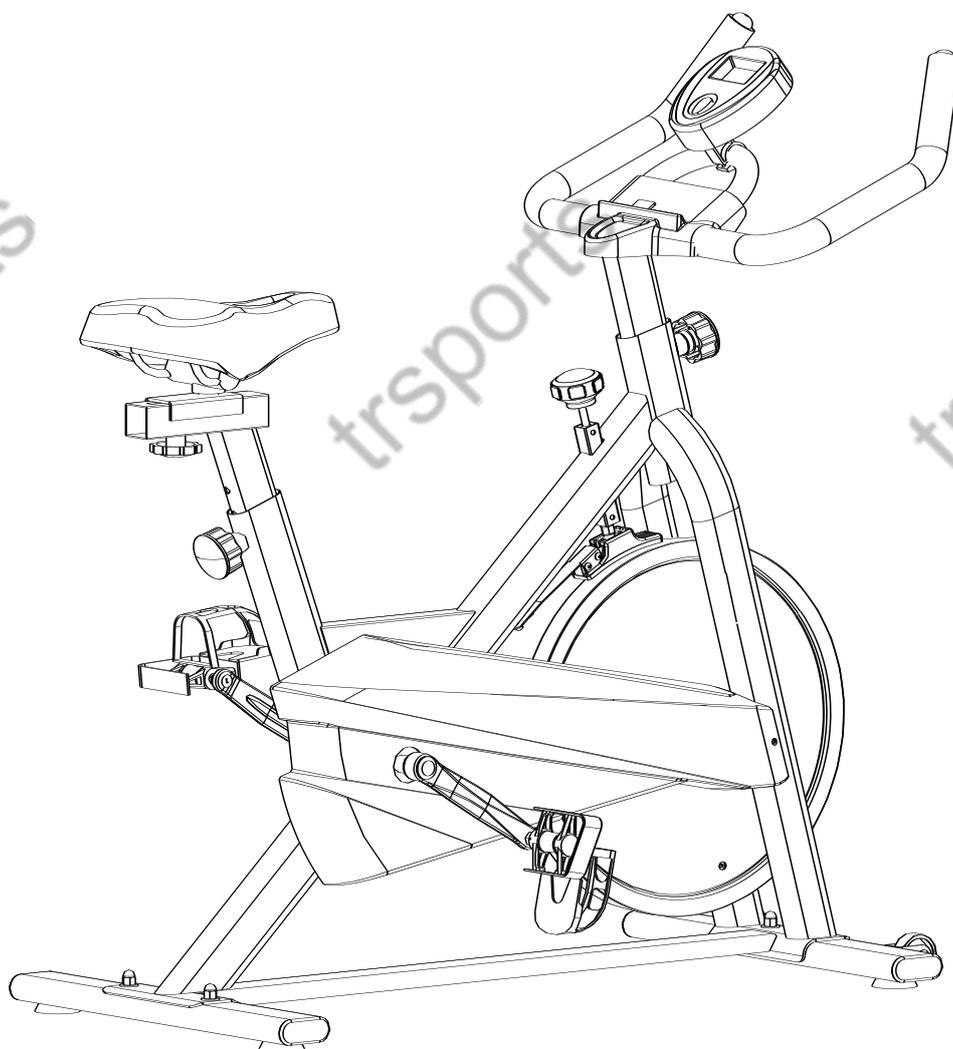


SPIN BIKE

Q1

INSTRUCTION MANUAL



SAFETY INSTRUCTION

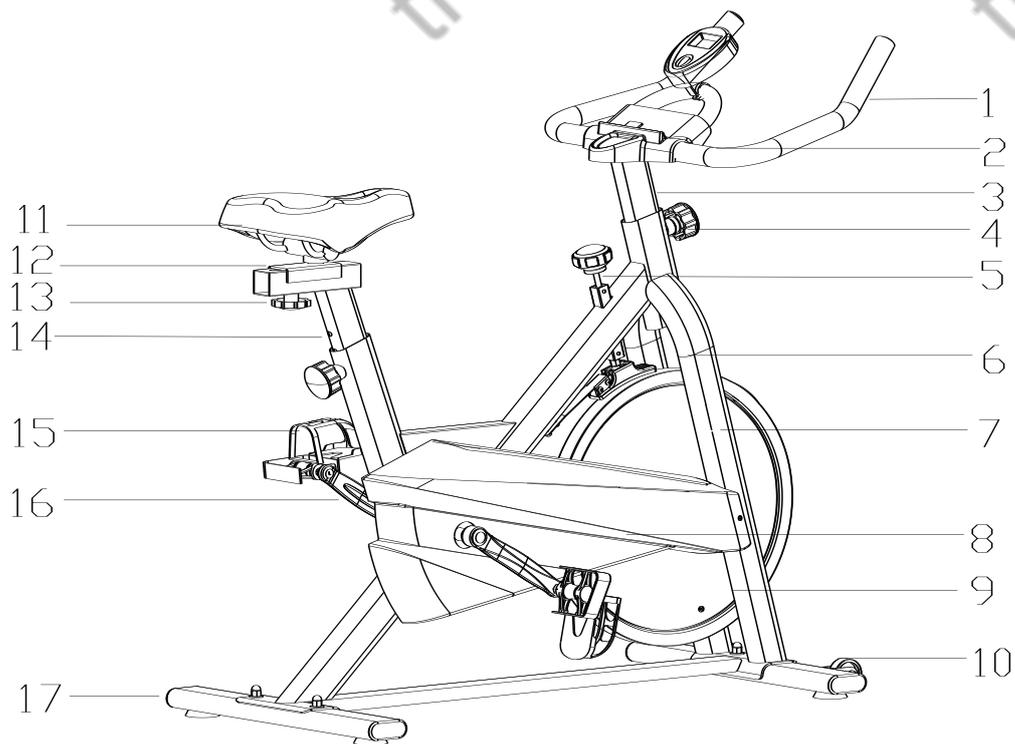
Before you start training on your home Magnetic Bike, please read the instructions carefully. Be sure to keep the instructions for information, in case of repair and for spare parts delivery.

- This spin bike is made for home use only and tested up to a maximum body weight of 150kg.
- 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.



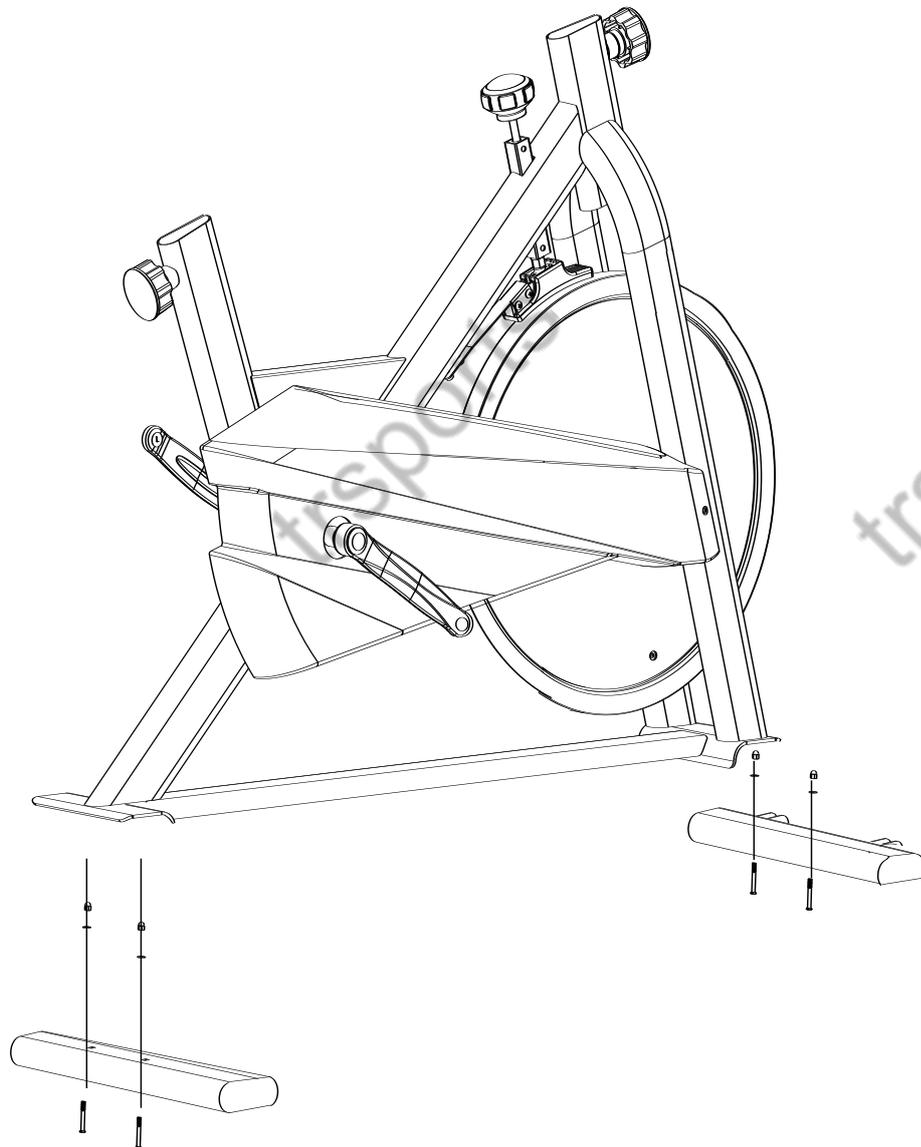
PART LIST

NO.	DESCRIPTION	Q'TY
1	Handle Bar	1 PC
2	PAD Holder	1 PC
3	Handle Bar Post	1 PC
4	Adjusting Knob for Handle Bar Post	1 PC
5	Brake Knob	1 PC
6	Bottle Holder	1 PC
7	Flywheel Cover	1 PC
8	Crank (L+R)	2 PC
9	Main Frame	1 PC
10	Front Stabilizer	1 PC
11	Saddle	1 PC
12	Horizontal Seat Post	1 PC
13	Adjusting Knob for Horizontal Seat Post	1 PC
14	Seat Post	1 PC
15	Pedal (L+R)	2 PC
16	Chain Cover (L+R)	2 PC
17	Rear Stabilizer	1 PC

ASSEMBLY INSTRUCTION

STEP 1

Fasten the front stabilizer (10) on the ,main frame (9) with the carriage bolts (M8x55, 2pcs), washers (8x16, 2pcs) and cap nut (M8, 2pcs); then fasten the rear stabilizer (17) on the main frame (9) with the carriage bolts (M8x55, 2pcs), washers (8x16, 2pcs) and cap nut (M8, 2pcs).



STEP 2

Attach the handlebar post (3) with the handlebar (1) using hex socket bolt (M8x15, 4pcs), spring washer (M8, 4pcs). Then set the PAD holder in the correct position and secure.

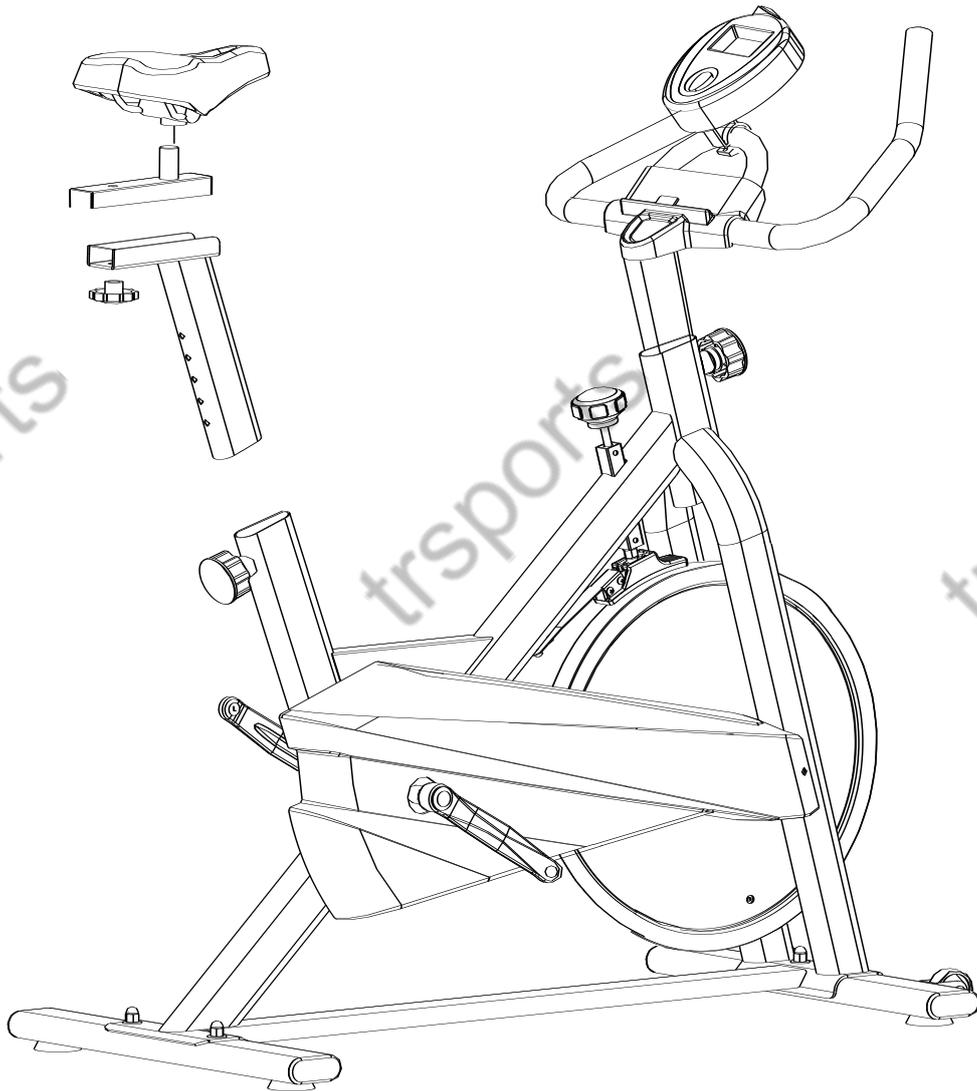


STEP 3

Fasten the seat post (14) on the main frame (9), adjust it to a suitable height and lock.

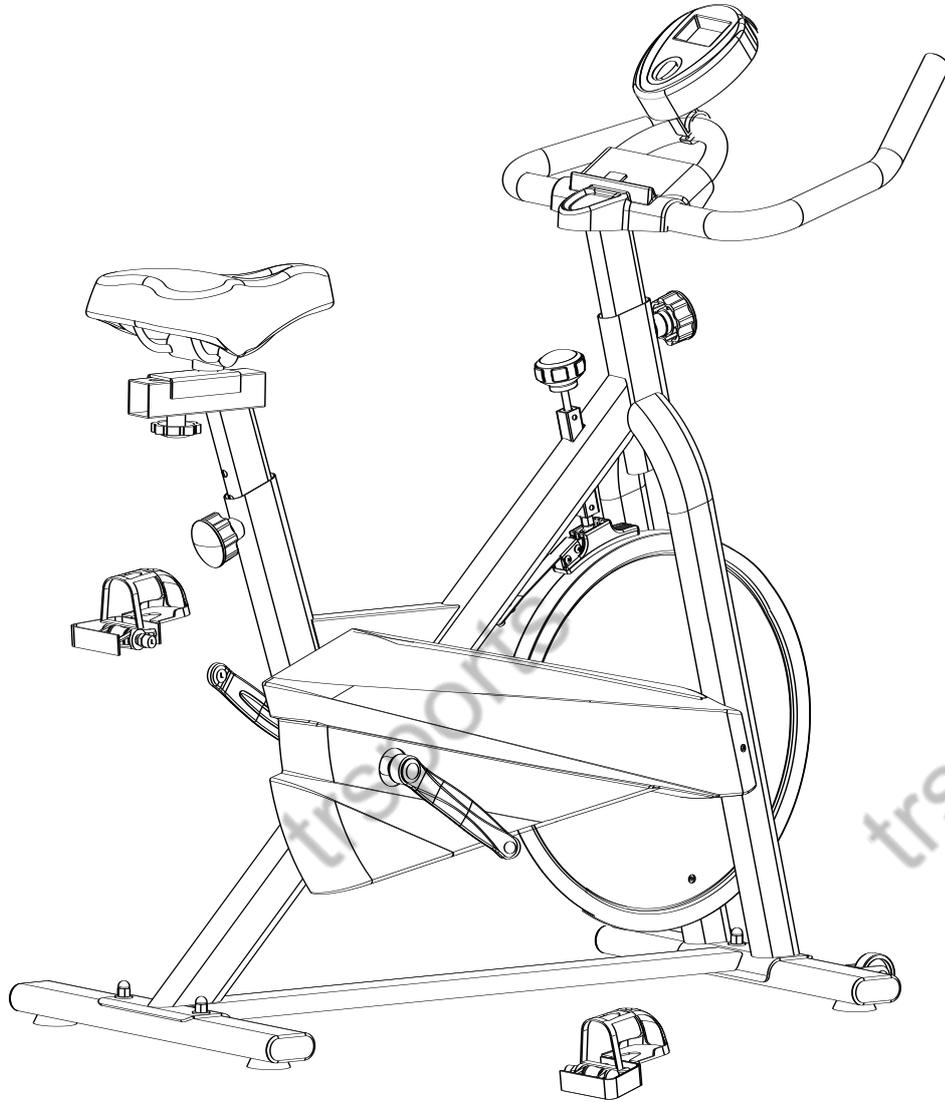
Install the saddle (11) to the horizontal seat post (12).

Slide the horizontal seat post (12) into the seat post (14) and fix it using adjusting knob (13).



STEP4

Attach the pedal (15) to the crank (8). Note that the Right pedal should be threaded on clockwise and the left pedal anti-clockwise.



Assembly accomplished

The most important:

Make sure all the bolts and the parts are securely fixed before you are riding on bike.

Now, your machine is ready for use.

EXERCISE INSTRUCTIONS

Warning

Before using this product, please consult your personal physician for a complete physical examination. Frequent and strenuous exercise should be approved by your doctor. If any discomfort should result from your use of this product, stop exercising and consult your doctor. Proper usage of this product is essential. Please read your manual carefully before exercising.

Please keep all children away from the equipment during use and when equipment is unattended. Always wear appropriate clothing, including athletic shoes, when exercising. Do not wear loose clothing that could become caught during exercising.

Make sure that all bolts and nuts are tightened when equipment is in use. Periodic maintenance is required on all exercise equipment to keep it in good condition.

Before beginning

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time gradually, a few minutes per week.

Initially you may be able to exercise only for a few minutes in your target zone. However, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. And the better your aerobic fitness, the harder you will have to work to stay in your target zone. But remember these essentials:

>Contact your physician before starting a workout or training program. Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.

>Begin your training program slowly with realistic goals that have been set by you and your doctor.

>Supplement your program with some type of aerobic exercise such as walking, jogging, swimming, dancing and/or bicycling.

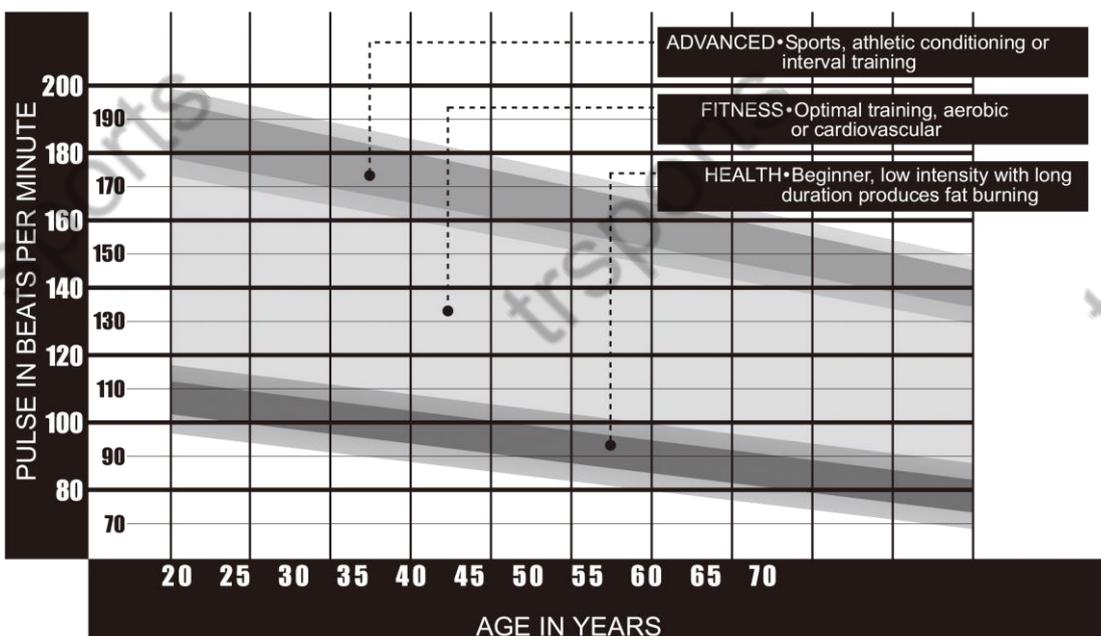
>Monitor your pulse frequently. If you do not have an electronic heart rate monitor, have your physician show you the proper way to manually check your pulse by using your wrist or neck. Establish your target heart rate based on your age and condition.

>Drink plenty of fluids during the course of your routine. You must replace the water content lost from excessive exercising to avoid dehydration. Avoid drinking large amounts of cold liquids. Fluids should be at room temperature when consumed.

EXERCISING IN YOUR TARGET ZONE

Finding your pulse

To make sure your heart is beating in its target zone, you'll need to know how to monitor your heart rate. The easiest way is to feel the pulse in the carotid artery on either side of your neck, between the windpipe and the large neck muscles. Count the number of beats in ten seconds, and then multiply by six. This gives you the number of beats per minute. How fast should your heart beat during aerobic exercise? Fast enough to reach and stay in its “target zone,” a range of beats per minute that is largely determined by your age and physical condition. To determine your target zone, consult the chart we have provided.



Aerobic exercise is any sustained activity that sends oxygen to your muscles via your heart and lungs. It will improve the fitness of your lungs and heart: your body's most important muscle. Aerobic fitness is promoted by any activity that uses your large muscle groups - arms, legs or buttocks, for example. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

WARM UP AND COOL DOWN

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the following warm-up and cool-down exercises:

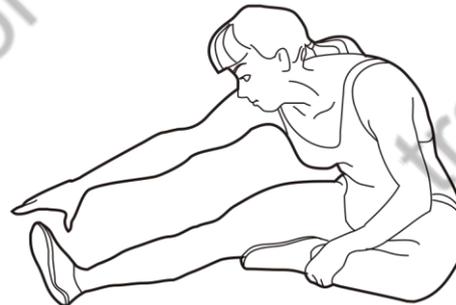


Inner Thigh Stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.

Hamstring Stretch

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.

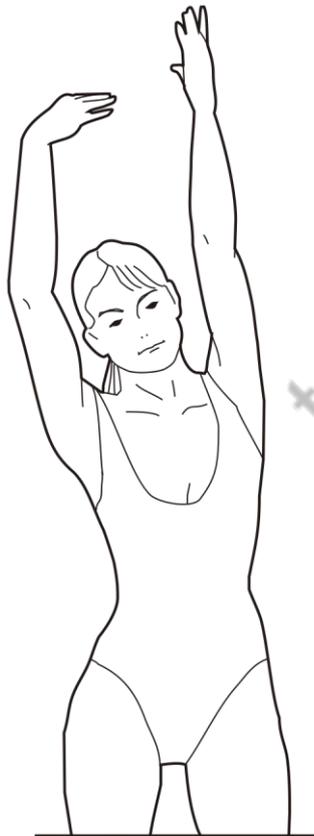


Head Roll

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally,

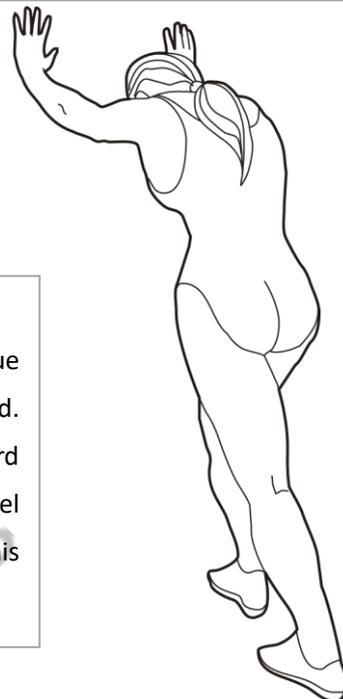
Shoulder Lift

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



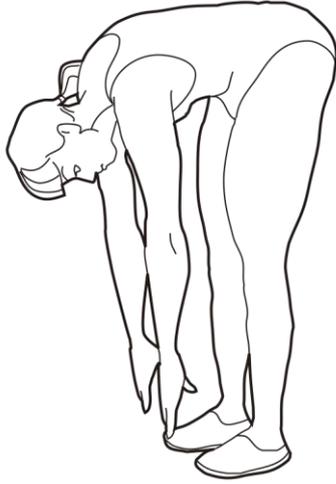
Calf-Achilles Stretch

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, and then repeat on the other side for 15 counts.



Side Stretch

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.



Toe Touch

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.

MUSCLE TONING

To tone muscle while on your exercise cycle you will need to have the resistance set quite high. This will put more strain on your leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness, you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance, making your legs work harder than normal. You will have to reduce your speed to keep your heart rate in the target zone.

WEIGHT LOSS

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

USE

The seat height can be adjusted by removing the adjustment knob and rising or lowering the seat. There are several holes in the seat post allowing for a range of heights. Once the correct height has been chosen, refit the adjustment knob and tighten. The tension control knob allows you to alter the resistance of the pedals. A high resistance makes it more difficult to the pedal; a low resistance makes it easier for the best result set the tension while the bike is in use.

TROUBLE SHOOTING

1. Change the battery. To change the computer battery ,please slide the computer from the computer holder ,remove the battery cover on the back of the computer console, and remove the batteries. Replace with 2Xaa batteries. Finally put the cover back on the console, and slide the computer back on the computer holder.

2. Computer not working correctly. If your computer is not working correctly, please check whether the lower sensor wire is connected to the upper sensor wire, and make sure the upper sensor wire is plugged into the computer, When you have checked the above, and the computer still not working, then please make sure the batteries are installed correctly in the computer and the batteries are still working.

3. No resistance. If there is no tension resistance on the bike, please make sure the upper tension cable is connected to the lower tension cable. Turn the tension knob anti-clockwise to its lowest level. Then go to the tension strap buckle which is situated on top of the flywheel cover at the base of the front post. Loosen the tension strap. Pull it through the buckle until you can feel some resistance on the strap then lock it back around the buckle. Now mount the cycle and turn the pedals, the tension control knob can now be used for a finer adjustment ,if you find it is now too tight to back to the tension strap buckle and loosen the strap slightly.

MAINTENANCE

1. Before using the bike, always make sure all bolts/nuts are fully tightened
2. A spent battery is hazardous waste, please dispose of it correctly, and do not throw it in the trash.
3. When eventually you want to scrap the machine, you should remove the batteries from the computer, and dispose separately as hazardous waste.

COMPUTER INSTRUCTION

SPECIFICATION:

TIME (TMR).....00:00-99:59MIN
SPEED (SPD).....0.0-99.9KM/H
DISTANCE (DST).....0.00-999.9KM
ODOMETER0.0-999.9KmorML
PULSE.....40-240BPM
CALORIE (CAL).....0.00-999.9KCAL

KEY GUIDE:

MODE: Press to select a function.

RESET: The value to zero by pressing the RESET key.

AUTO ON/OFF:

The monitor will start up automatically if the exercise machine is in motion or any key is pressed.

The processor will turn off automatically and reset all function values to zero if stop exercising for over 4 minutes.

RESET:

If you press and hold MODE key for 3 seconds, all values are reset to zero, except the Odometro.

MODE:

When the direction sign flashes, the monitor enters SCAN mode, monitor will circularly display the functions in the following order: **SPEED-DISTANCE-TIME-ODO-CAL-PULSE**, and then presses the MODE key, it will be fixed on a certain function.

FUNCTIONES:

TIME: Displays the total time of exercise up to 99:59.

SPEED: Shows the current speed.

DISTANCE: Shows the total distance travelled up to 99.99 KM.

ODO: Display the total accumulated distance.

PULSE: Display the current heart rate in beats minute percent. Place the palms of your hands on the both of the contact pads and wait for 30 seconds for the most accurate reading. (ATTENTION: the pulse with handhelds are approximate, so not suitable for therapeutic purposes)

CALORIE: Displays calories during exercise.

SCAN: Scan automatically through each of the functions.

If the screen is not working properly, try to reinstall the battery.

Specifications battery: 1.5V UM-3 or AA (1PC).