

MAGNETIC FLYWHEEL SPIN BIKE

AX703

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SAFETY & WARNINGS

Read all of the instructions in this guide before using this product. Retain this guide for future reference. Do not skip, substitute or modify any steps or procedures in this guide, as doing so could result in personal injury or product damage.

- Before starting any exercise program, consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking any medication that may affect your heart rate, blood pressure or cholesterol level.
- Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, light headedness, dizziness or feelings of nausea. If you experience any of these conditions, you should consult your physician before continuing with your exercise program.
- This equipment is intended for adult use only. Keep children and pets away from the machine. DO NOT leave children unattended in the same room with the equipment.
- This appliance is designed for consumer use. Follow directions and use only as described.
- Once fully assembled, inspect to ensure all hardware parts such as bolts, nuts and washers are positioned correctly and tightly secured.
- Always inspect the safety chain guard that protects the moving parts of the bike to be in safe and good order.
- Always inspect the seat post, seat slider, pedals and handlebar to make sure they are in safe and stable position before using the bike.
- It is recommended to lubricate all moving parts on a monthly basis.
- Do not wear loose clothing while riding.
- Do not remove feet from the pedals while they are in motion. Wear running shoes or other footwear suitable for exercise.
- Dry after each use to remove moisture. Wipe regularly with a mild, non-abrasive cleaner and water solution. To avoid damaging the finish, never use a petroleum-based solvent.
- Do not dismount the bike until the pedals are at a complete stop.
- Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 2 feet (approximately 60 cm) of free space on each side.
- Prior to assembly, ensure you have all the components and tools listed. Some components are pre-assembled to help with the assembly process.

- Always use the equipment as intended. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, cease use immediately and contact help.kogan.com for assistance. Do not use until resolved.
- Do not place fingers or any other objects into moving parts of the exercise equipment.
- After exercising, turn the adjusting Knob to increase tension so the pedals will not rotate freely and possibly hurt someone while bike is not in use.
- Do not exceed the maximum user weight of 110 KG.
- Be careful when lifting and moving the equipment. Always use proper lifting technique and seek assistance if necessary.
- Your equipment is intended for use in cool, dry conditions. You should avoid storage in extreme cold, hot or damp areas as this may lead to corrosion and other related problems.
 - Operating temperature: 0 - 40 °C
 - Storage temperature: -10 - 60°C
- This appliance contains no user-serviceable parts. If it suffers any failure or damage, cease use immediately and contact customerservice@trsports.com.au.
- This equipment is designed and intended for indoor use only.

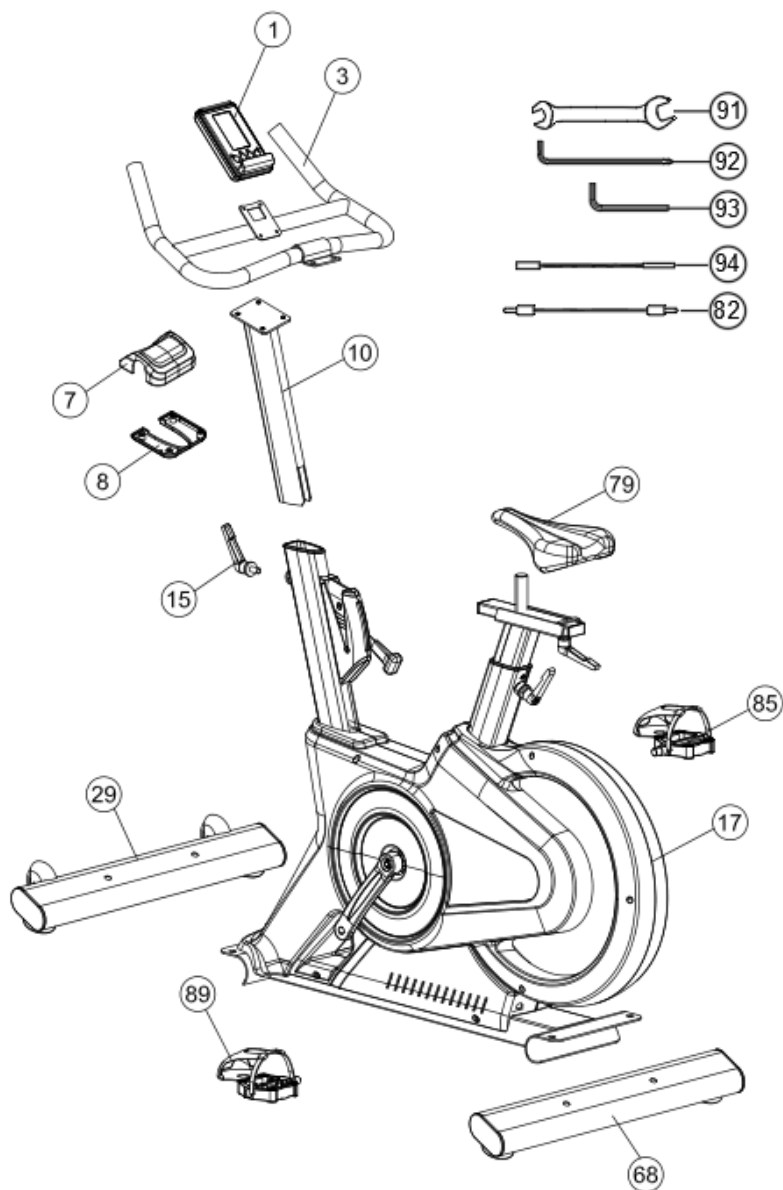
WARNING — KEEP BATTERIES OUT OF REACH OF CHILDREN

- Swallowing may lead to serious injury or death in as little as 2 hours, due to chemical burns and potential perforation of the oesophagus.
- If you suspect your child has swallowed or inserted a button battery immediately call the 24-hour Poisons Information Centre on 13 11 26 (Australia) or 0800 764 766 (New Zealand) for fast, expert advice.
- Examine devices and make sure the battery compartment is correctly secured, e.g. that the screw or other mechanical fastener is tightened. Do not use if compartment is not secure.
- Dispose of used button batteries immediately and safely. Flat batteries can still be dangerous.
- Tell others about the risk associated with button batteries and how to keep their children safe.



OVERVIEW

Components:



No.	Description	Qty
1	Console	(x1)
3	Handlebars	(x1)
7	Handlebar cover (upper)	(x1)
8	Handlebar cover (lower)	(x1)
10	Handlebar post	(x1)
15	Adjuster (M16)	(x2)
17	Frame base	(x1)
29	Front stabiliser	(x1)
68	Rear stabiliser	(x1)

No.	Description	Qty
79	Seat	(x1)
82	Lower assembly wiring	(x1)
85	Left foot pedal	(x1)
89	Right foot pedal	(x1)
91	13-15 Spanner	(x1)
92	Allen key 1	(x1)
93	Allen key 2	(x1)
94	Upper assembly wiring	(x1)

Hardware:



4 M8x12L (x4)



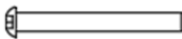
5 Spring washer
ø10.5 (x4)



6 Washer ø8
x ø16 x 1.6T (x4)



9 ST4.0x15L (x4)



34 M10x65L (x4)



35 Spring washer
ø10.5 (x4)

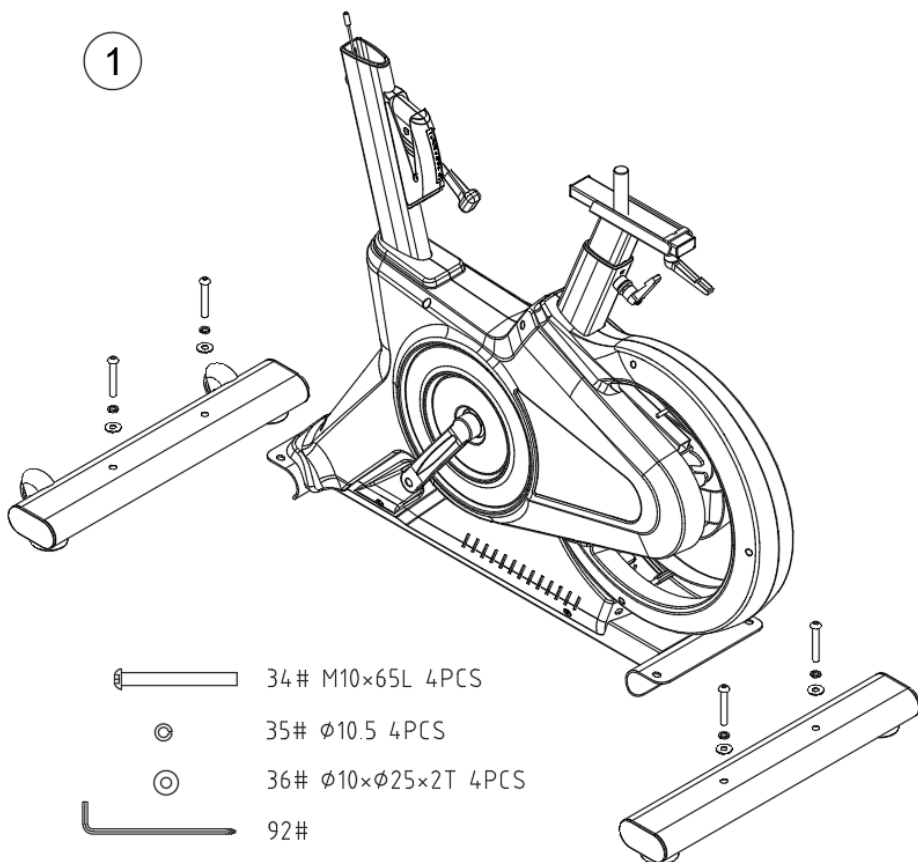


36 Washer ø10
x ø25 x 2T (x4)

ASSEMBLY

Step 1

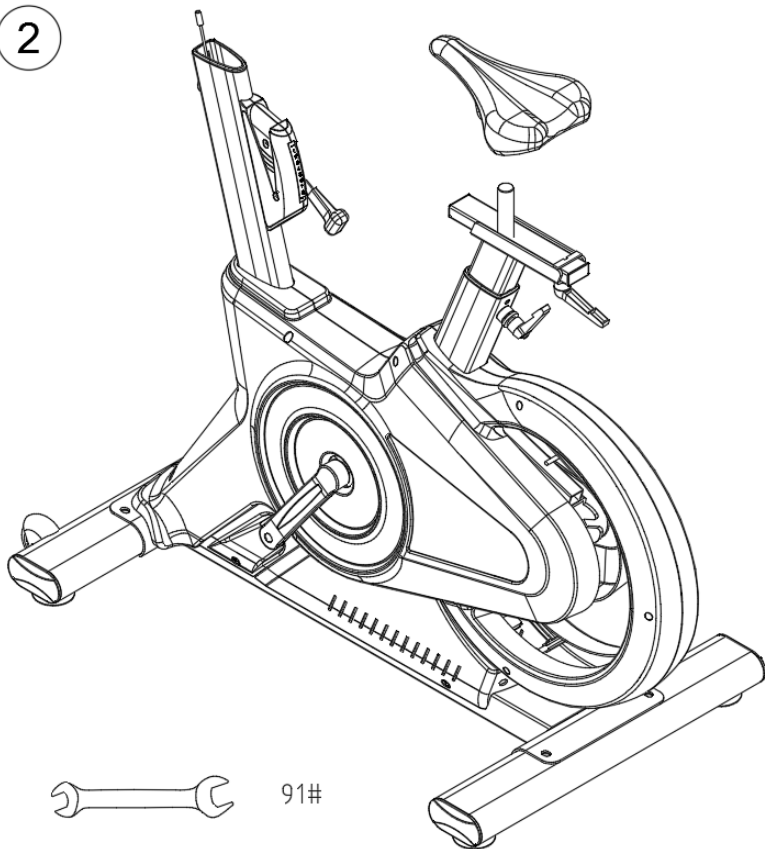
Attach the front and rear stabilisers (29 and 68) using the screws, washers and spring washers (34, 35, 36) and Allen key (92) shown below.



Step 2

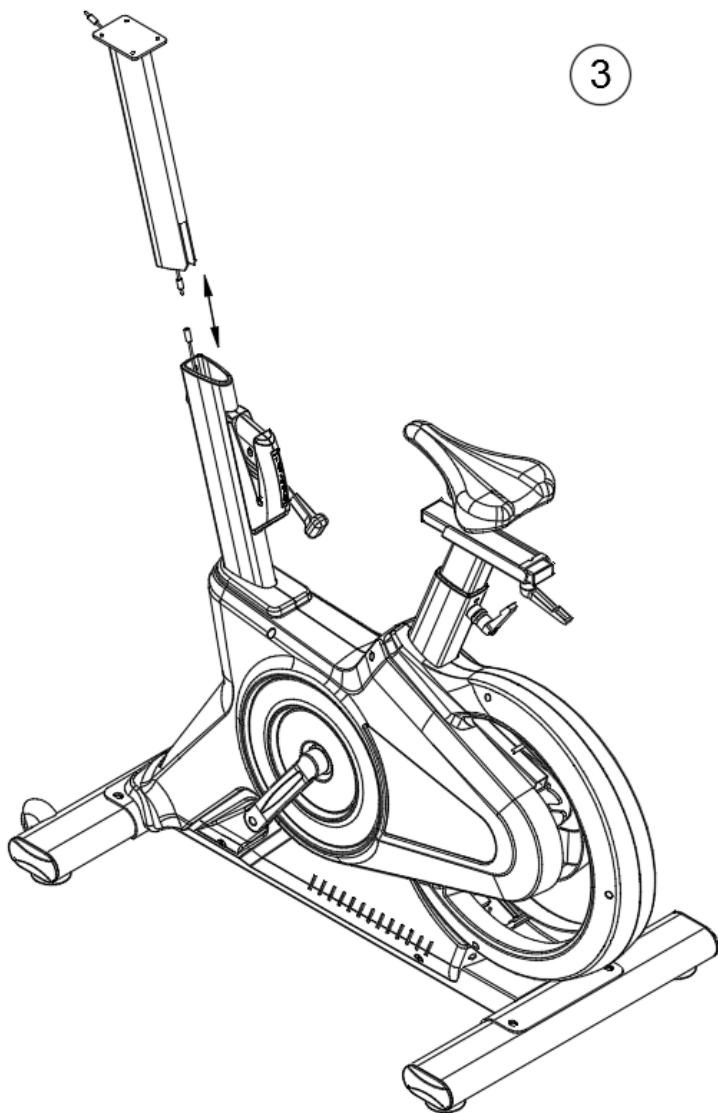
Attach the seat (79).

2



Step 3

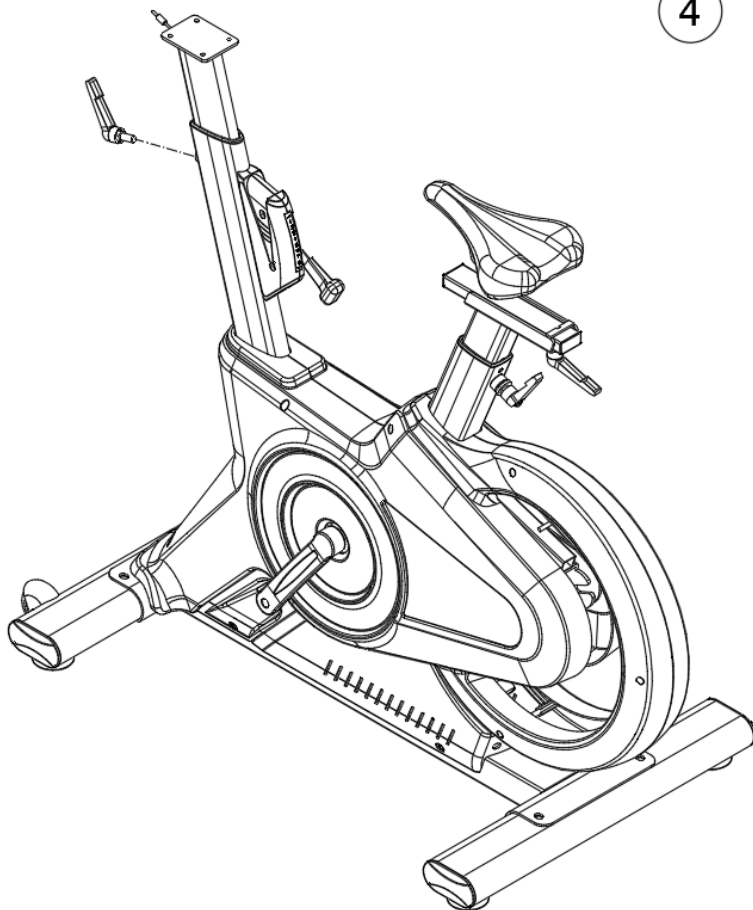
Attach the **82** and **94** wiring, then fit the handlebar post (**10**).



Step 4

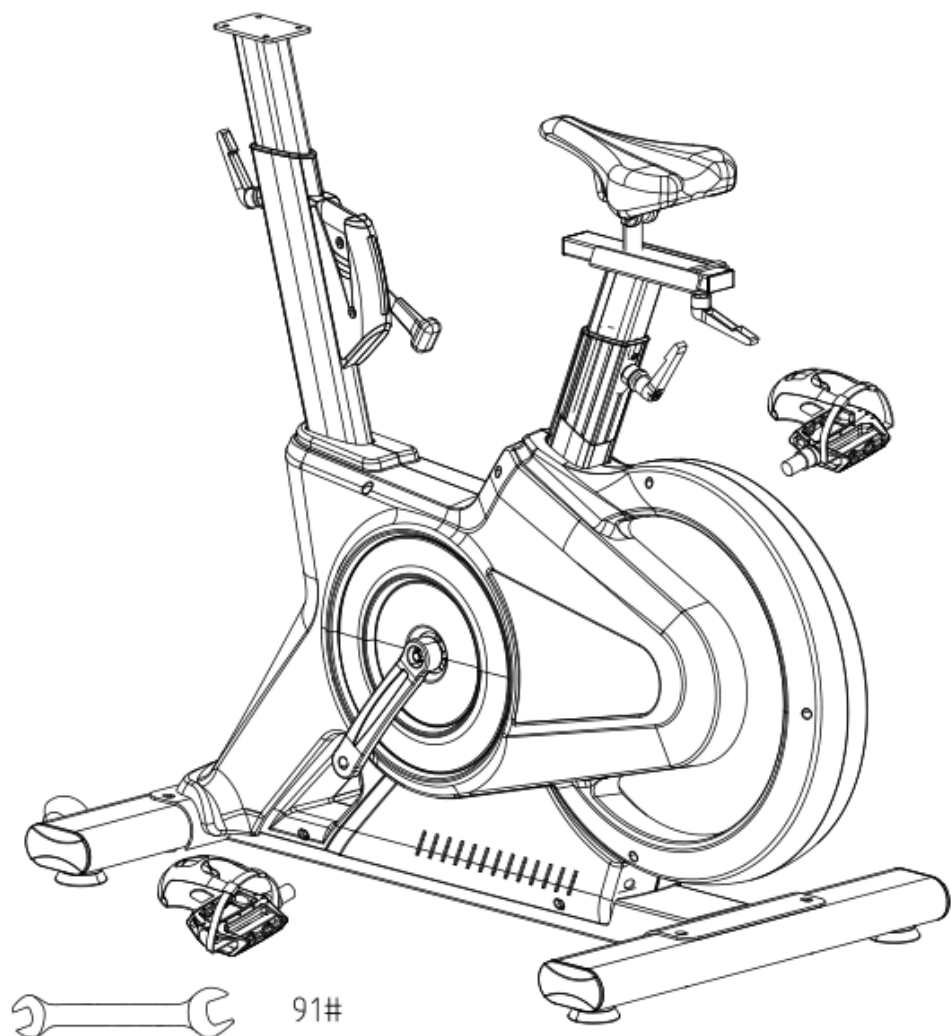
Set the handlebar post into position with the Adjuster (15).

4



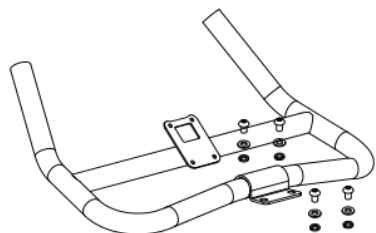
Step 5

Attach the left and right pedals (85, 89).



Step 6

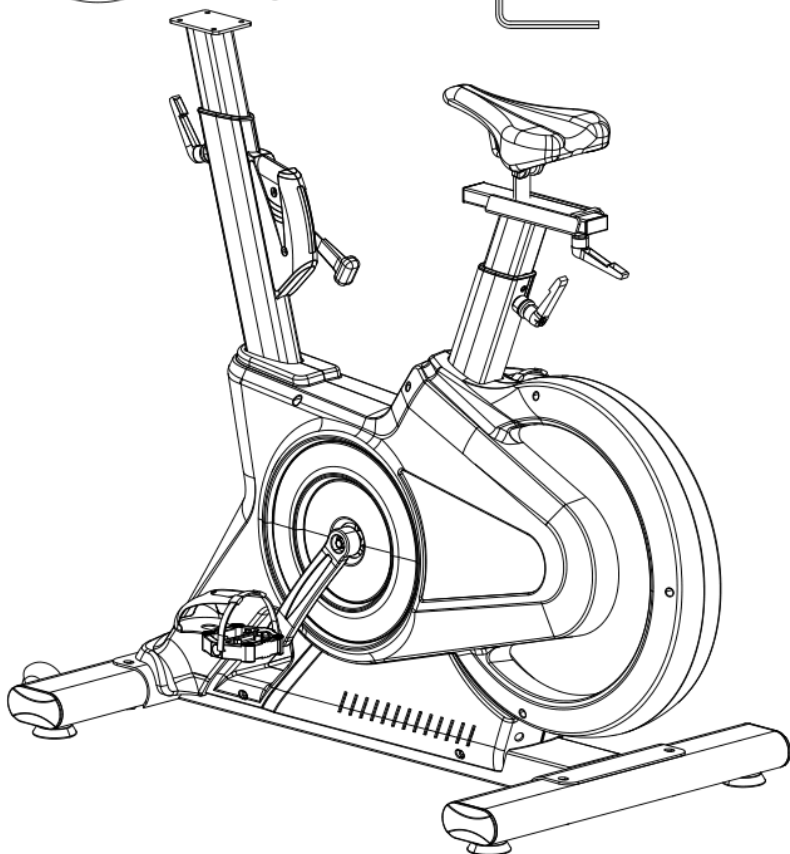
Attach the handlebars (3).



4# M8×12L 4PCS

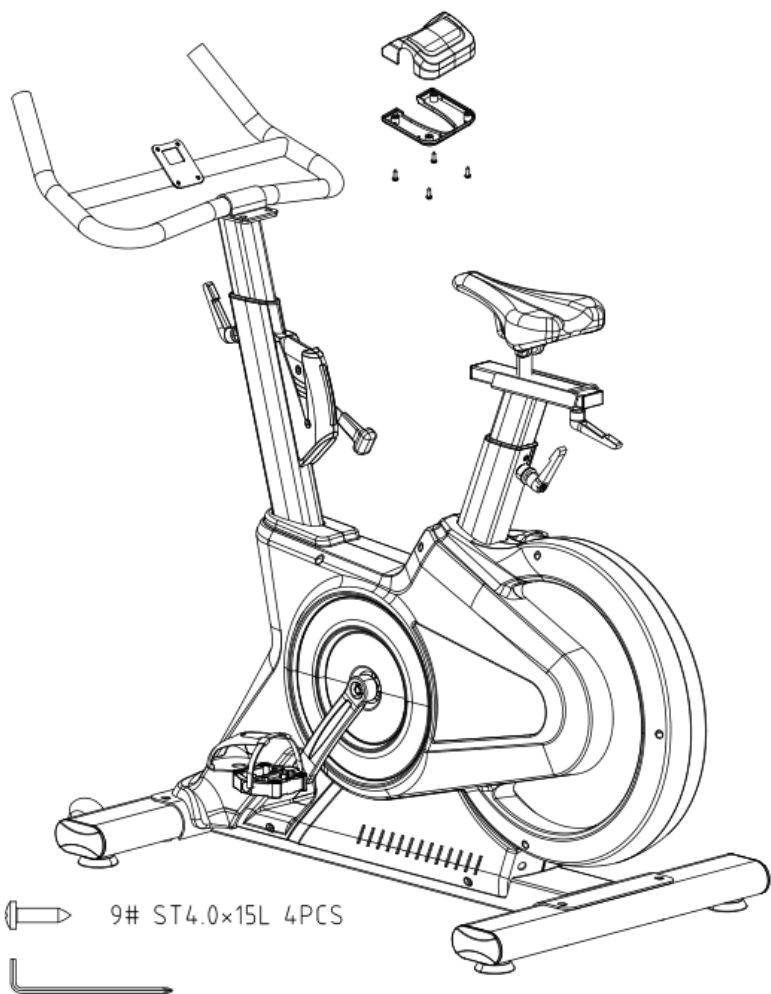
5# $\phi 10.5$ 4PCS

6# $\phi 8 \times \phi 16 \times 1.6T$ 4PCS



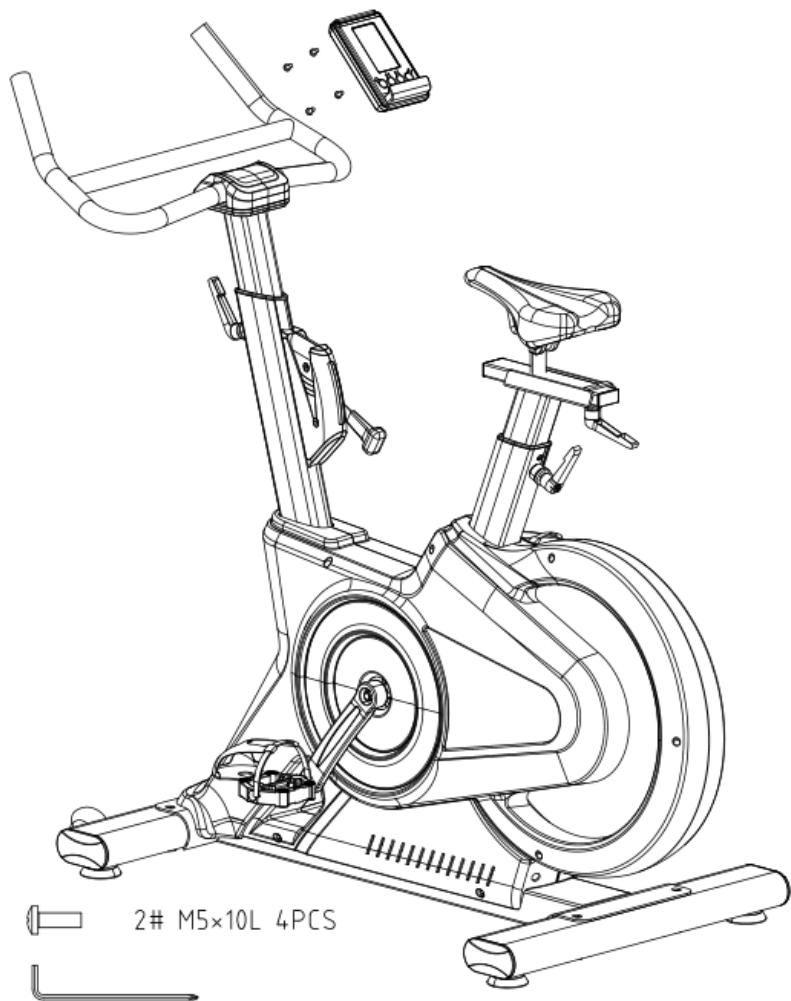
Step 7

Fit the handlebar cover assembly (7 and 8).



Step 8

Fit the Console (1).



OPERATION

Button function:



MODE	<ol style="list-style-type: none">1. To switch window of TIME / DISTANCE / CALORIES / PULSE.2. To confirm selection when setting.
RESET	<ol style="list-style-type: none">1. Press to clear the set value.2. Hold for 3 seconds to restart the console.
UP	<ol style="list-style-type: none">1. To set value of TIME / DISTANCE / CALORIES / PULSE.2. Press to increase selection3. Long press to quickly increase settings.
DOWN	<ol style="list-style-type: none">1. To set value of TIME / DISTANCE / CALORIES / PULSE.2. Press to decrease selection3. Long press to quickly decrease settings.

Operation Function

Power on

Install the battery, the console will display full screen for two seconds, accompanied with a two second beep.



1. Turn the power on.
2. Press MODE button to set TIME / DISTANCE / CALORIES / PULSE, then press SET to confirm the value.
3. Press MODE again to begin exercising.
4. During exercise, TIME / DISTANCE / CALORIES / PULSE will start counting.

Heart rate sensing / “PULSE” reading

To show the PULSE reading on the display, simply use a 5.3kHz heart rate strap or any other HR sensors that broadcasts the reading through the 5.3kHz connection. The PULSE meter will automatically show the heart rate reading when a wireless monitor is detected.

5.3kHz heart rate strap is not included.

WARMING UP BEFORE USE

		
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

CLEANING & CARE

1. Examine the equipment periodically in order to detect any damage or wear which may have been produced.
2. Lubricate moving parts with light oil periodically to prevent premature wear.
3. Inspect and tighten all parts before using the equipment, replace any defective parts immediately and do not use the equipment again until it is in perfect working order.
4. The equipment can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.
5. Do not attempt to repair this equipment yourself. Should you have any difficulty with assembly, operation or use of your exercise product or if you think that you may have parts missing, contact the manufacturer.

