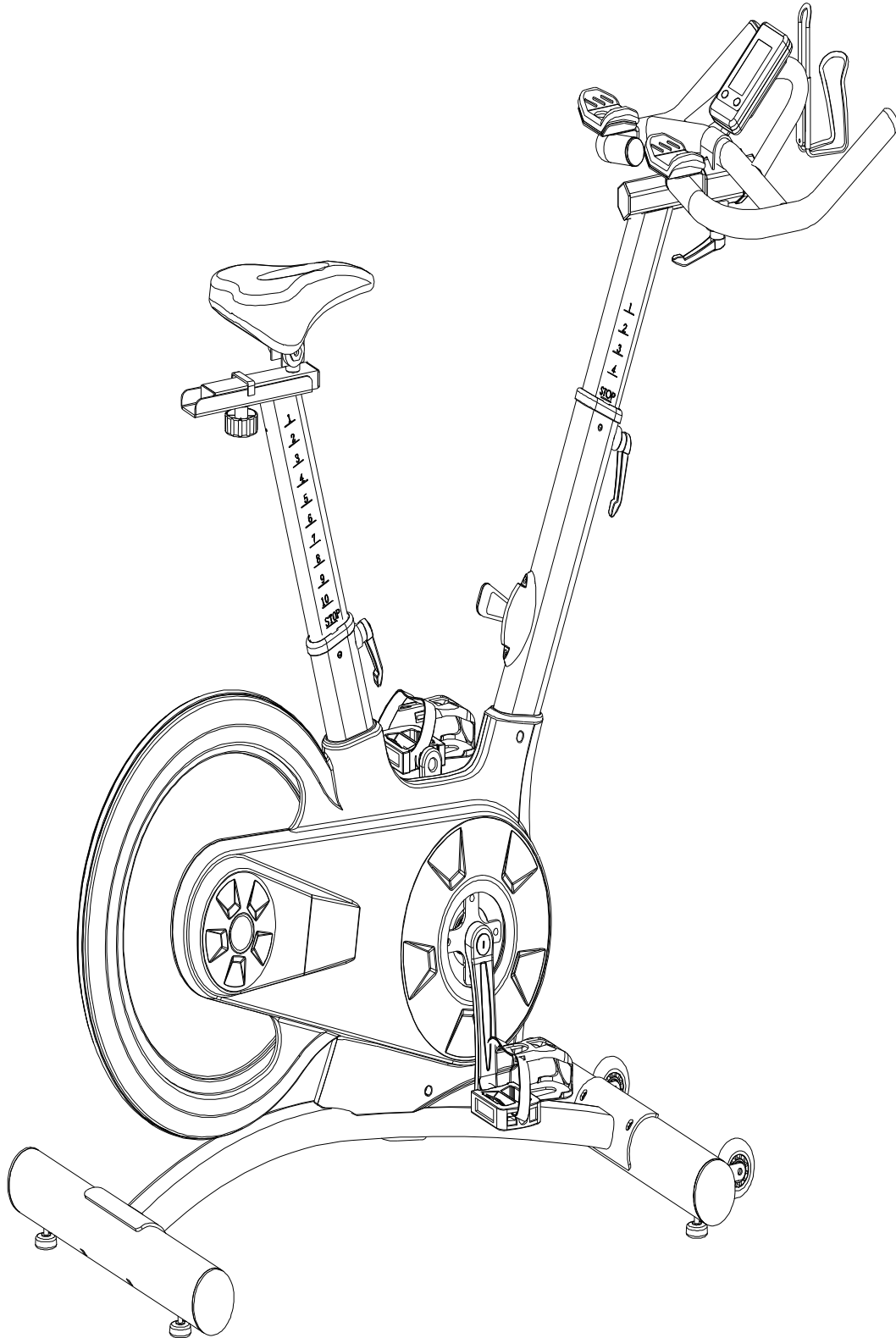


# SPINNING BIKE

## OWNER'S MANUAL



Dear Customer,

Please read this instruction very carefully before using this item. You will find important information regarding safety of your spinner bike.

## **IMPORTANT SAFETY NOTICE**

**Note the following precaution before assembling or operating the machine.**

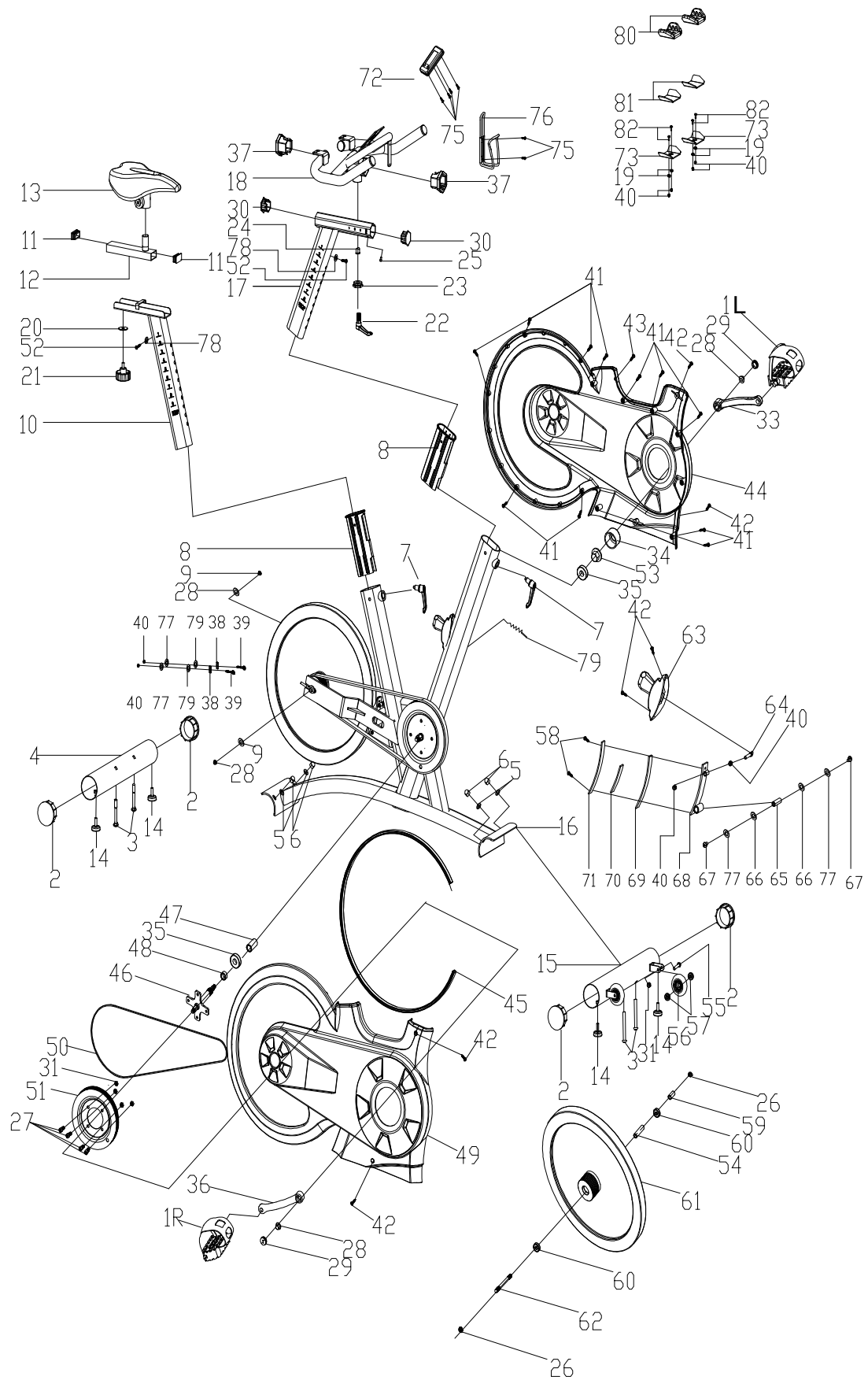
- 1、 Keep children and pets away from the Spinning Bike at all times.  
DO NOT leave unattended children in the same room with the machine.
- 2、 Handicapped or disabled persons should not use the Spinning Bike without the presence of a qualified health professional of a qualified health professional or physician.
- 3、 If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
- 4、 Before beginning training, remove all within a radius of 2 meters from the machine. DO NOT place any sharp objects around the Spinning Bike.
- 5、 Position the Spinning Bike on a clear, level surface away from water and moisture. Place mat under the unit to help keep the machine stable and to protect flooring.
- 6、 Use the Spinning Bike only for its intended use as described in this manual. DO NOT use any other accessories not recommended by the manufacturer.
- 7、 Assemble the machine exactly as the descriptions in the instruction manual.
- 8、 Check all bolts and other connections before using the machine for the first time and ensure that the trainer is in the safe

condition.

- 9、 Hold a routine inspection of the equipment. Pay special attention to components which are the most susceptible to wear off, i.e. connecting points and wheels. The defective components should be replaced immediately. The safety level of this equipment can only be maintained by doing so. Please don't use the Spinning Bike until it is repaired well.
- 10、 NEVER operate the Spinning Bike if it is not functioning properly.
- 11、 This machine can be used for only one person's training at a time.
- 12、 Do not use abrasive cleaning articles to clean the machine. Remove drops of sweat from the machine immediately after finishing training.
- 13、 Always wear appropriate workout clothing when exercising. Running or aerobic shoes are also required.
- 14、 Before exercising, always do stretching first.
- 15、 The power of the machine increases with increasing the speed, and the reverse. The machine is equipped with adjustable knob, which can adjust the resistance.

**WARNING: BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN F I R S T. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING THE SPINNING BIKE . THANE ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTA I N E D BY OR THROUGH THE USE OF THIS PRODUCT**

# EXPLODED-VIEW & PARTS LIST :



NO	NAME	QUANTITY	SPEC
1	PEDAL	1	JD-301 (9/16")
2	END CAP1	4	φ76
3	CARRIAGE BOLT	4	GB/T 12-1988 M10*90
4	REAR STABILIZER	1	WELDING
5	FLAT WASHER	4	φ10
6	DOMED NUT	4	GB/T 802-1988 M10
7	L SHAPE KNOB	2	(M16*1.5)X20mm
8	PLASTIC SLEEVE 1	2	70*30*1.5
9	FLAT WASHER	2	GB/T 95-2002 12
10	VERTICAL SEAT POST	1	WELDING
11	END CAP1	2	40*20*1.5
12	SEAT POST	1	WELDING
13	SEAT	1	DD-2681
14	STOPPER	4	φ70*36 (M8)
15	FRONT STABILIZER	1	WELDING
16	MAIN FRAME	1	WELDING
17	HANDLEBAR POST	1	WELDING
18	HANDLE BAR	1	WELDING
19	FLAT WASHER 2	4	GB/T 95-2002 8
20	FLAT WASHER 1	1	φ32*φ8.2*2
21	LOCKING KNOB	1	PE+Q235/φ52*47 (M8x15)
22	L SHAPE KNOB	1	M16*25 (M16*1.5)
23	FIXING NUT	2	32*12 (M16x1.5)
24	FIXING SHAFT	2	φ22*20
25	BOLT 3	1	GB/T77-2007 M6*12
26	FIXING NUT 2	2	M12X1.25 H=6
27	BOLT	4	GB/T 70.2-2000 M8*16
28	FIXING NUT 1	4	M12X1.25 H=8MM
29	CRANK END CAP	2	φ28*6.5
30	END CAP 2	2	38*38*2.0
31	LOCK NUT	6	GB/T 889.1-2000 M8
32	END CAP1	1	70*30*1.5
33	LEFT CRANK	1	170*15
34	CRANK COVER	1	φ56*28
35	BEARING	2	6004ZZ
36	RIGHT CRANK	1	170*15
37	PLASTIC SLEEVE	2	38*38*2.0
38	Pull out the fixed piece	2	δ3
39	FIXING BOLT	2	M6*54
40	NUT	8	GB/T 889.1-2000 M6
41	SCREW 1	11	GB/T 845-1985 ST4.2*19

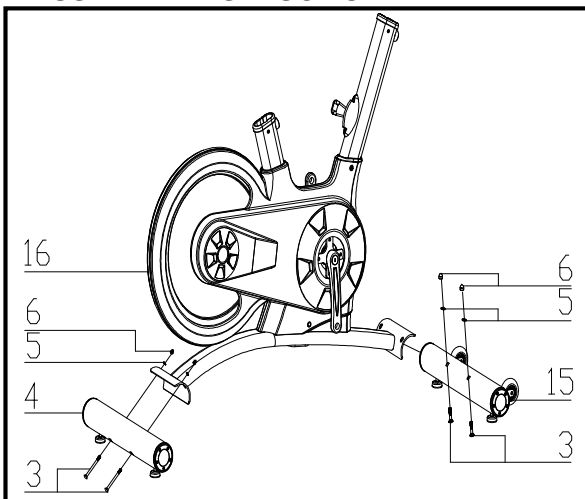
NO	NAME	QUANTITY	SPEC
42	SCREW 2	6	GB/T 15856.1-2002 ST4.2X19
43	SCREW4	1	GB/T 15856.1-2002 ST2.9*12
44	OUTER CHAIN COVER	1	872*507*95 (1380g)
45	LITTLE CHAIN COVER	1	15*8.2*1320
46	AXIS	1	φ20*162
47	LONG FIXING TUBE	1	φ25*φ20.2*41.2
48	SHORT FIXING TUBE	1	φ25*φ20.5*7.5
49	INNER CHAIN COVER	1	872*507*116 (1400g)
50	BELT	1	5PK54
51	BELT WHEEL	1	φ200*24
52	SCREW5	2	GB/845-85 ST4.8X13
53	NUT	1	M20*1.0
54	FIXING TUBE	1	φ16*φ12.2*56.2
55	BOLT	2	GB/T 5780-2000 M8*40
56	WHEEL	2	φ69*23
57	BEARING	4	608ZZ
58	BOLT 2	2	GB/845-85 M6*16
59	FIXING TUBE	1	φ16*φ12.1*35
60	BEARING	2	6001ZZ
61	FLYWHEEL	1	φ453*29
62	FLYWHEEL SHAFT	1	φ12*160
63	Six fine-tuning	1	P=900
64	Fine-tuning pull block	1	M6*41
65	The brake fixed axis	1	φ10*M6*42
66	FLAT WASHER 2	2	GB/T 95-2002 6
67	BOLT 2	2	GB/T 70.2-2000 M6*12
68	The brake block assembly	1	WELDING
69	EVA paddle	1	95*16*9
70	EVA paddle	1	50*20*4
71	WOOLLY BLOCK	1	110*16*4
72	COMPUTER	1	ST-6521
73	SUPPORT SHEET	2	110*60*2
74	SENSOR	1	SR-202
75	BOLT 3	6	GB/T 5780-2000 M5*10
76	BOTTLE HOLDER	1	φ6
77	SPRING WASHER 2	4	GB/T 859-1987 6
78	SPRING WASHER 1	2	GB/T 859-1987 5
79	Big gasket	2	GB/T 95-2002 φ16*φ6 (H=3)
80	HAND SUPPORT	2	120*65
81	STICKER	2	100*55
82	BOLT	4	GB/T 70.3-2000 M6*18

# ASSEMBLY INSTRUCTION:

## 1.PREPARATION:

- A. Before assembling make sure that you will have enough space around the item.
- B. Use the present tooling for assembling.
- C. Before assembling please check whether all needed parts are available (at the above of this instruction sheet you will find an explosion drawing with all single parts (marked with numbers) which this item consists of.

## 2.ASSEMBLY INSTRUCTION:

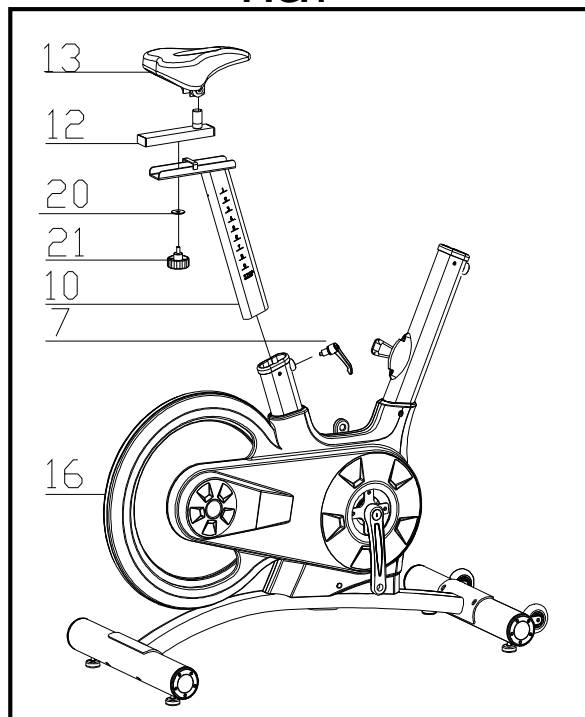


**FIG.1**

**FIG.1:**

Attach the Front Stabilizer (pt.15) to the Main Frame (pt.16) using two sets of Ø10 Flat Washers (pt.5), M10 Domed Nut (pt.6) and M10\*90 Carriage bolt (3).

Attach the Rear Stabilizer (pt.4) to the Main Frame (pt.16) using two sets of Ø10 Flat Washers (pt.5), M10 Domed Nut (pt.6) and M10\*90 Carriage bolt (3).

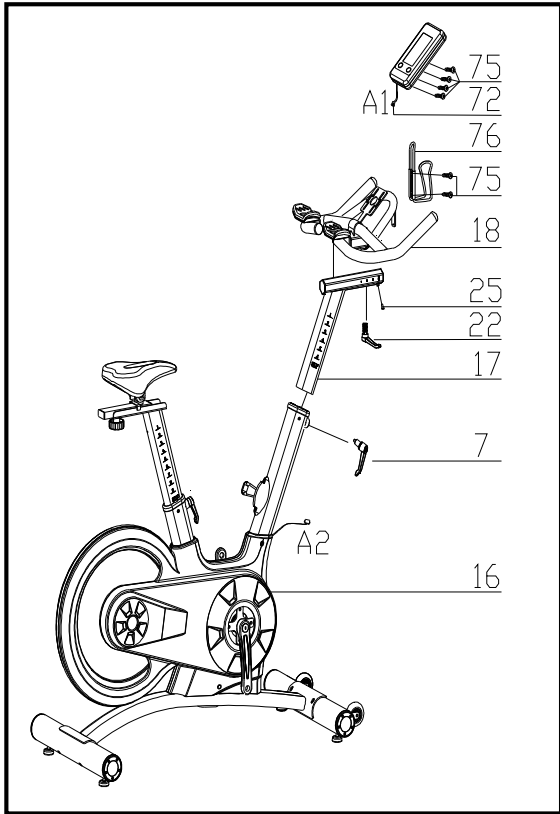


**FIG.2**

**FIG.2:**

Slide the Vertical Seat Post (pt.10) into the seat post housing on the main frame (pt.16). Then slide the Seat Post (pt.12) into the Vertical Seat Post (pt.10), then Secure using a flat washer (20) and Locking knob (21). You will have to slacken the knurled section of the L Shape Knob (pt.7) and pull the knob back and then select the desired height. Release the knob and retighten the knurled portion.

Now fix the Seat (pt.13) to the Seat Post (pt.12) as shown, and tighten the bolts around the screws under the seat.



**FIG.3**

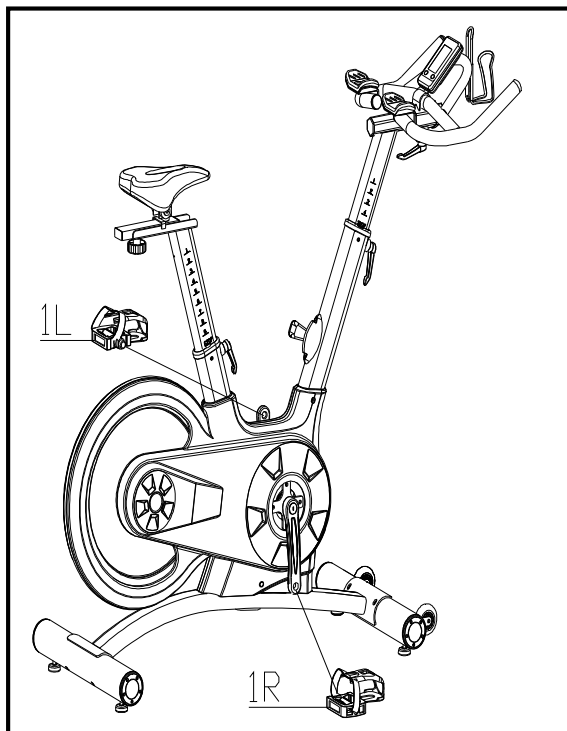
**FIG.3:**

Slide the Handlebar Post (pt.17) into the handlebar post housing on the main frame(pt.16). You will have to slacken the knurled section of the L Shape Knob (pt.7) and pull the knob back and then select the desired height. Release the knob and retighten the knurled portion.

Then fix the Handlebar (pt.18) with L Shape knob (22), And then use tool fix the bolt (25) .Use two screw(75)to fix bottle holder(76) onto handlebar(18).

**ATTENTION: YOU SHOULD FIX THE HANDLEBAR TIGHTLY**

FIX the Computer (pt.72) onto the Computer Holder (pt.18) use 4 bolt(75).connect the plug (A1&A2),



**FIG.4**

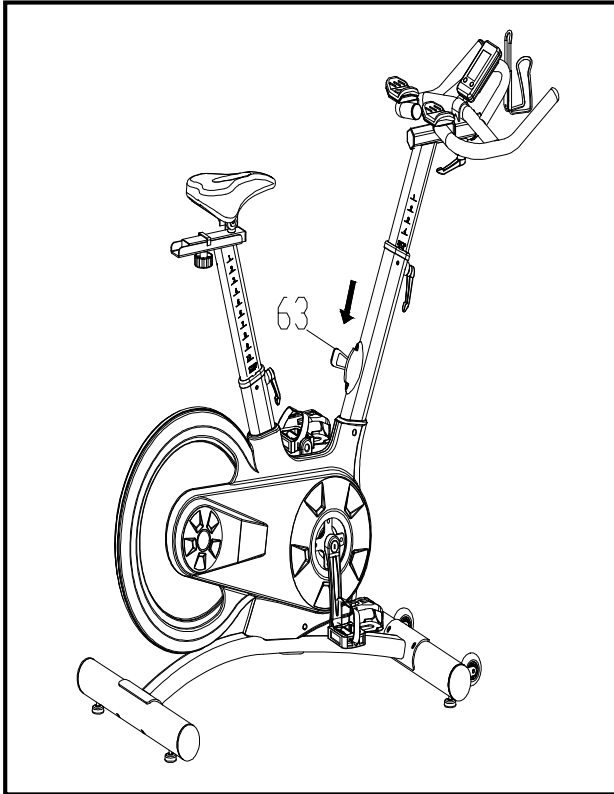
**FIG.4:**

The Pedals (pt.1 L & pt.1 R) are marked "L" and "R" - Left and Right.

Connect them to their appropriate crank arms. The right crank arm is on the right- hand side of the cycle as you sit on it.

Note that the Right pedal should be threaded on clockwise and the Left pedal anticlockwise.





As Shown,adjustable gear tension knob(63) for adjust different tension control, also have brake control function in the level-8 direct press down.

## ADJUSTMENT

**\*To adjust the seat height, slacken the spring knob on the vertical post stem on the main frame and pull back the knob. Position the vertical seat post for the desired height so that holes are aligned, then release the knob and retighten it.**

**\*To move the seat forward in the direction of the handlebar or backwards away from it, loosen the adjusting knob and washer and pull the knob back. Slide horizontal seat post into desired position. Align holes and then retighten the adjusting knob.**

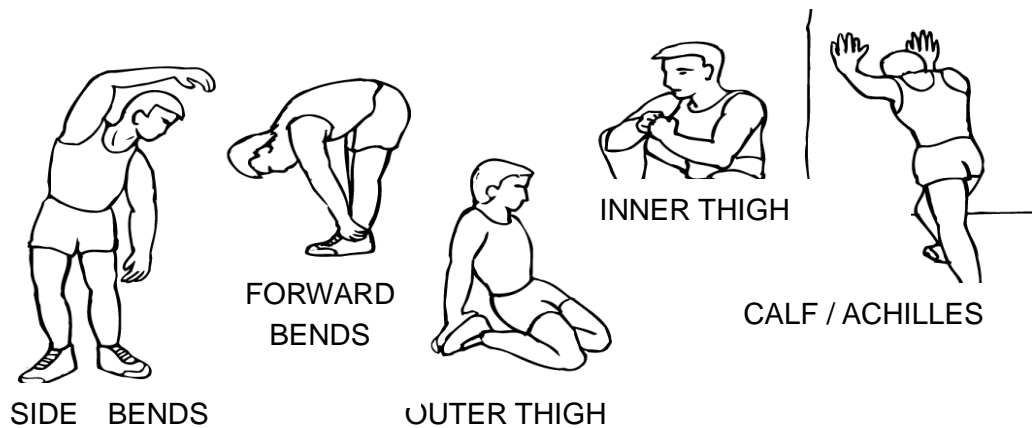
**\*To adjust the handlebar height, slacken the spring knob and secondary knob and pull both knobs back. Slide the handlebar post along the housing on the main frame to the desired height and, with the holes aligned correctly, tighten the spring adjusting knob and then the secondary knob.**

# EXERCISE INSTRUCTIONS

Using your **SPINNING BIKE** provides you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with calorie controlled diet help you lose weight.

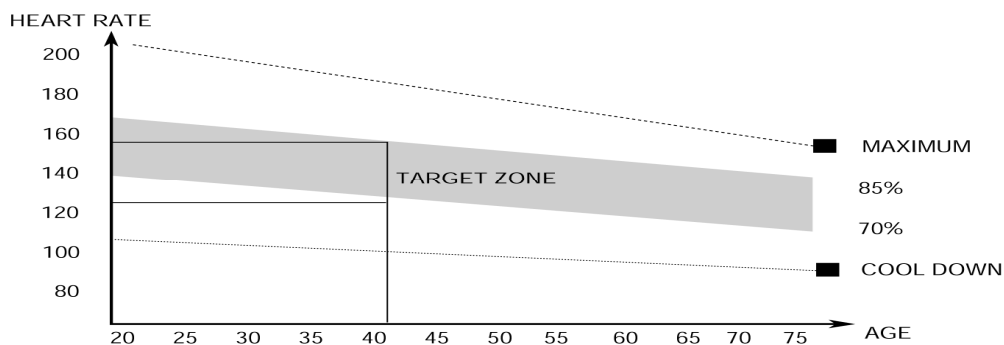
## 1.The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, **STOP**.



## 2.The Exercise Phase

This is the stage where you put the effort in. After regular use , the muscles in your legs will become Stronger. Work to your but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.



**This stage should last for a minimum of 12 minutes for most people**

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

### **MUSCLE TONING**

To tone muscle while on your **SPINNING BIKE** you will need to have the resistance set quite high. This will put more strain on our 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 may 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 tension control knob allows you to alter the resistance of the pedals. A high resistance makes it more difficult to pedal, a low resistance makes it easier. For the best results set the tension while the bike is in use.

# Instruction Manual of ST6521-64/-67

## BUTTONS:

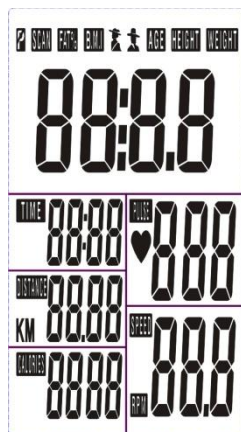
MODE/ RESET	To confirm all settings. Press this button and hold for 2 seconds to reset all function figures.
SET	To set up the value of TIME, DISTANCE, CALORIES, PULSE. You can hold the button to increase the value fast. (The computer has to be in stop condition.)

## FUNCTIONS:

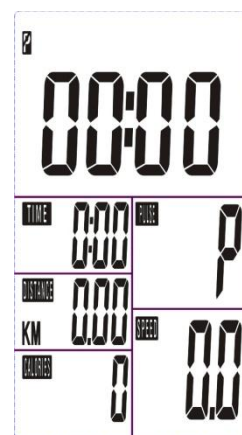
- SCAN:** Displays all function TIME→DISTANCE→CALORIES→ PULSE→ RPM/SPEED in sequence.
- RPM:** Displays the pedaling Rotation Per Minute. The RPM and SPEED will switch to another display in every 6 seconds after exercise starts.
- SPEED:** Displays the user's exercise speed.
- TIME:** 1.You can press "SET" button to set target time between 0:00 to 99:00 for count down function.  
2. It can be set up by the user or accumulated automatically for count up function.
- DISTANCE:** 1.Your can press "SET" button to set target distance between 0.0 to 99.50 for count down function.  
2. It can be set up by the user or accumulated automatically for count up function.
- CALORIES:** 1.You can press "SET" button to set target calories between 0 to 9990 for count down function.  
2. It can be set up by the user or accumulated automatically for count up function.
- PULSE:** Displays the user's pulse. User may set the target pulse. When pulse value reaches to the target, the computer will alarm with "Bi" sound.

## OPERATION PROCEDURE:

- Installs 1 piece of CR2032 3V battery, then the screen will display as following "Drawing A" and have "Bi" sound at the same time.  
After that, it goes to the next step to the main menu as "Drawing B".



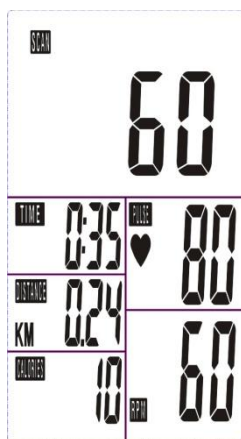
Drawing A



Drawing B

- Get access to the set-up mode of TIME/DISTANCE/CALORIES/PULSE. When you are in each set-up mode, for example in the time set-up mode, time value is blinking, you can press "SET" button to adjust the value and press "MODE" for confirmation. The set-up of DISTANCE, CALORIES, PULSE is the same as TIME.

3. With any signal been transmitted into the monitor, the value of TIME, DISTANCE, CALORIES start to count up as Drawing C. When there is any function has been preset the target (TIME or DISTANCE or CALORIES), the function will be counting down from the preset to zero while the training starts. Once the target is achieved to zero, the monitor start to beep for 8 seconds, and the function will be counting up from zero directly if the training is going. Press “MODE” button for confirmation and skip to next set-up.
4. In SCAN mode shown as “Drawing C”.  
TIME/DISTANCE/CALORIES/PULSE/(RPM/SPEED) will skip to display in every 6 seconds. The order is as follows.



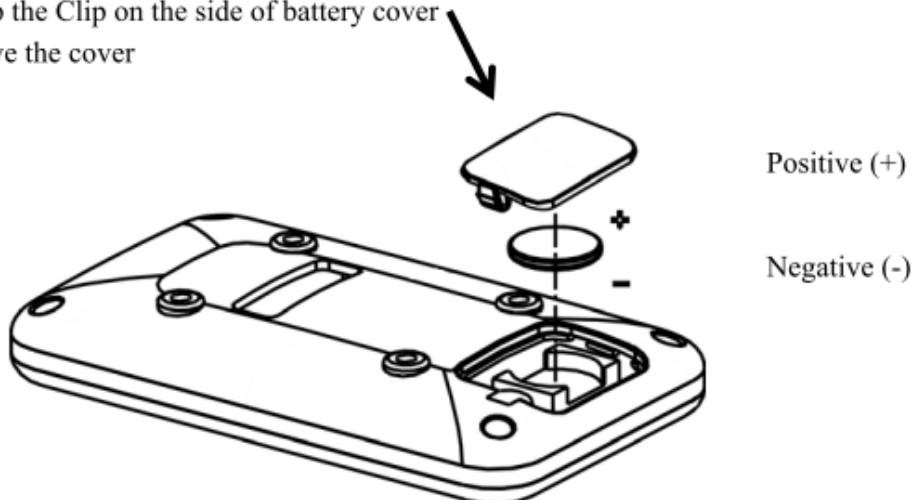
Drawing C

5. You can also press “MODE” button to select single function display except RPM & SPEED function. The RPM & SPEED function will switch display.

Note:

1. Stop training for 4 minutes, the computer will enter to Sleep mode.  
You may press any button to have the computer restart working, the original value will retain.  
(If re-install batteries, the original value will remove.)

- ① Holding up the Clip on the side of battery cover
- ② And remove the cover



- ③ Install a new CR2032 battery by tilting the battery slightly to its side and slide it in. (positive (+) at upper side and negative (-) at down side)



- ④ For the battery change, please gently holding the clip on the side and the battery will pup up.



- ⑤ Put the battery cover back