body go!

SPINNING BIKE

USER'S MANUAL

Read all instruction carefully before use this product. Retain this owner's manual for the future's reference.

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.

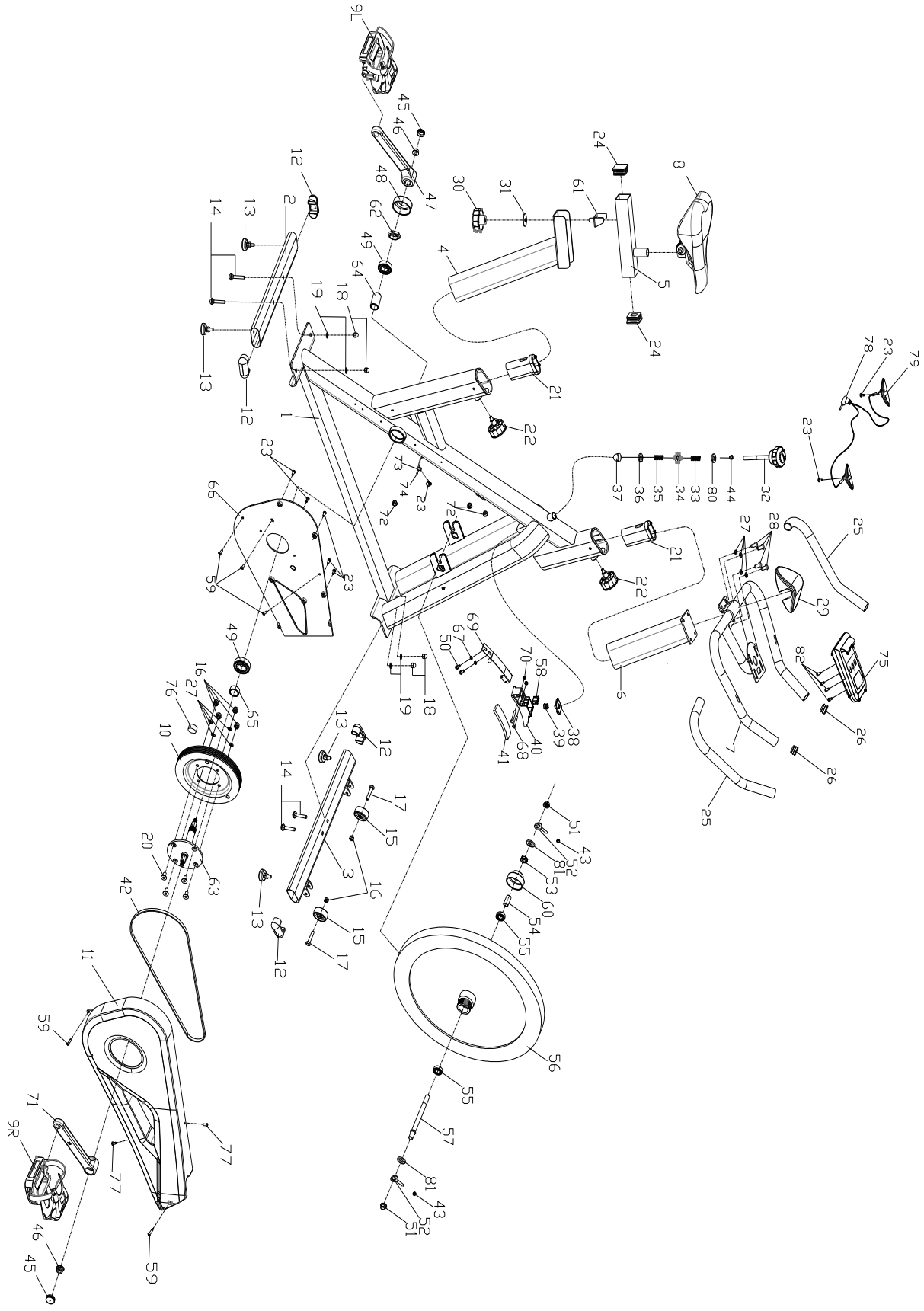
13、 Always wear appropriate workout clothing when exercising. Running or aerobic shoes are also required.

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：



N0	NAME	SPEC	O'TY	UNIT
1	MAIN FRAME	WELDING	1	PCS
2	REAR STABILIZER	WELDING	1	PCS
3	FRONT STABILIZER	WELDING	1	PCS
4	VERTICAL SEAT POST	WELDING	1	PCS
5	SEAT POST	WELDING	1	PCS
6	HANDLEBAR POST	WELDING	1	PCS
7	HANDLE BAR	WELDING	1	PCS
8	SEAT	DD98-2	1	PCS
9	PEDAL	JD-301 （9/16"）	1	SET
10	CHAIN WHEEL	F 240*24	1	PCS
11	OUTER CHAIN COVER	677*280*29 （460g）	1	PCS
12	END CAP	80*40*1.5	4	PCS
13	STOPPER	f 38*43/(M8X25)	4	PCS
14	CARRIAGE BOLT	GB/T 12-1988 M8*52	4	PCS
15	WHEEL	f 50*23	2	PCS
16	LOCK NUT 1	GB/T 889.1-2000 M8	6	PCS
17	BOLT	GB/T 5780-2000 M8*40	2	PCS
18	DOMED NUT	GB/T 802-1988 M8 (H=16mm)	4	PCS
19	FLAT WASHER	GB/T 95-2002 8	4	PCS
20	BOLT	GB/T 70.3-2000 M8*18 （	4	PCS
21	PLASTIC SLEEVE	80*40*1.5	2	PCS
22	SPRING ADJUSTMENT KNOB	f 57*62 (M16*1.5)	2	PCS
23	SCREW 1	GB/T 845-1985 ST4.2*19	8	PCS
24	END CAP 2	38*38*1.5	2	PCS
25	FOAM GRIP	f 23*f 33*465	2	PCS
26	END CAP 3	f 25*1.5管	2	PCS
27	SPRING WASHER	GB/T 859-1987 8	8	PCS
28	BOLT	GB/T 70.2-2000 M8*15	4	PCS
29	HANDLEBAR COVER	177X142X187	1	PCS
30	LOCKING KNOB	PE+Q235/f 58*33	1	PCS
31	FLAT WASHER 1	F 32*F 8.2*2	1	PCS
32	KNOB	M10*215头M6	1	PCS
33	SPRING 1	d1.8X40	1	PCS
34	FIXING NUT3	16*16*d15（M10)	1	PCS
35	SPRING 2	f 1.0X55	1	PCS
36	FLAT WASHER 2	6? 14*? 6*2.5	1	PCS
37	DOMED NUT 2	GB/T 802-1988 M6	1	PCS
38	SPRING COVER	32*23*2	1	PCS
39	SPRING 3	f 2.2	1	PCS
40	PLASTIC FRAME	200*47*30	1	PCS
41	WOOLLY BLOCK	113*25*8	1	PCS
42	BELT	5PK53	1	PCS

N0	NAME	SPEC	O'TY	UNIT
43	NUT	GB/T 41-2000 M6	2	PCS
44	LITTLE PLASTIC 2	f 21.1*f 18*f 10.2*27.5	1	PCS
45	CRANK END CAP	f 23*7.5	2	PCS
46	FIXING NUT 2	GB/T 6177.2-2000 M10*1.25	2	PCS
47	LEFT CRANK	170*27	1	PCS
48	CRANK COVER	f 56*28	1	PCS
49	BEARING	6004ZZ	2	PCS
50	BOLT5	GB/T 5780-2000 M5*10	2	PCS
51	FIXING NUT 1	M12X1.25	2	PCS
52	FIXING BOLT	M6*50	2	PCS
53	FIXING NUT 2	M12X1.25 H=7	2	PCS
54	FIXING TUBE	f 16*f 12.1*30	1	PCS
55	BEARING	6001ZZ	2	PCS
56	FLYWHEEL	F453*71 18KG	1	PCS
57	FLYWHEEL SHAFT	f 12*145	1	PCS
58	CLOGGING	14*9*14	1	PCS
59	SCREW 3	GB/T 15856.1-2002 ST4.2X19	5	PCS
60	FLYWHEEL COVER	f 59*35	1	PCS
61	PLATE	WELDING	2	PCS
62	FIXING NUT	f 28*M20*1	1	PCS
63	AXIS	f 20*158	1	PCS
64	LONG FIXING TUBE	f 25*f 20.05*41.1	1	PCS
65	SHORT FIXING TUBE	f 25*20.05*9	1	PCS
66	INNER CHAIN COVER	686*280*20 （440g）	1	PCS
67	SPRING WASHER2	GB/T 859-1987 8	8	PCS
68	BOLT4	GB/T 5780-2000 M5*30	2	PCS
69	SPRING	d1.0	1	PCS
70	LOCK NUT	GB/T 889.1-2000 M5	3	PCS
71	RIGHT CRANK	170*27	1	PCS
72	PLUG UP	f 14*14	3	PCS
73	THE FIXED FRAME	LTF8163	1	PCS
74	SENSOR	SR-212 L=50	1	PCS
75	COMPUTER	JJD-2627B L=50	1	PCS
76	magnet	c-02Z	1	PCS
77	SCREW 4	GB/T 845-1985 ST4.2*13	2	PCS
78	PULSE SENSOR LINE	L=700	1	PCS
79	PULSE SENSOR	f 25	2	PCS
80	FLAT WASHER	? 16X? 10.2X1.5	1	PCS
81	FLAT WASHER	GB/T 95-2002 12	2	PCS
82	SCREW 5	M5*8	4	PCS

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:

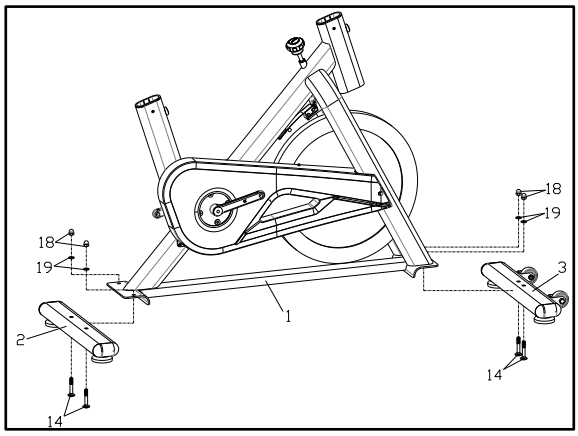


FIG.1

FIG.1:
attach the Front Stabilizer (pt.3) to the Main Frame (pt.1) using two sets of Flat Washers (pt.19), Domed Nut (pt.18) and Carriage bolt (14). Attach the Rear Stabilizer (pt.02) to the Main Frame (pt.1) using two sets of Flat Washers (pt.19), Domed Nut (pt.18) and Carriage bolt (14).

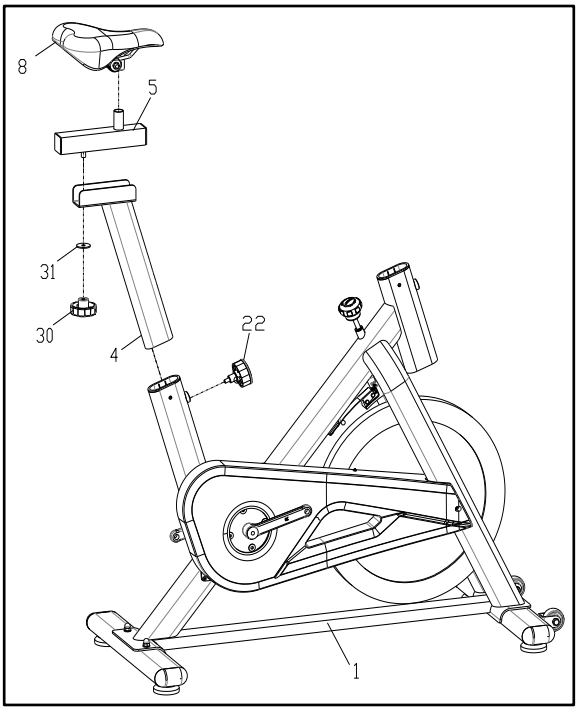


FIG.2

FIG.2:
Slide the seat post (5) into the vertical Seat post (4) and, at the desired position, align holes and fix in place with the Locking Knob (30) and flat washer (31). Now fix the Seat (8) to the seat post (5) as shown, Insert the vertical Seat Post (4) into the main frame (01) and line up the holes. Secure the vertical Seat Post (4) in position with the Adjustment Knob (23). The correct height for the seat can be adjusted after the bike is fully assembled.

ATTENTION: YOU SHOULD FIX THE SEAT POST TIGHTLY.

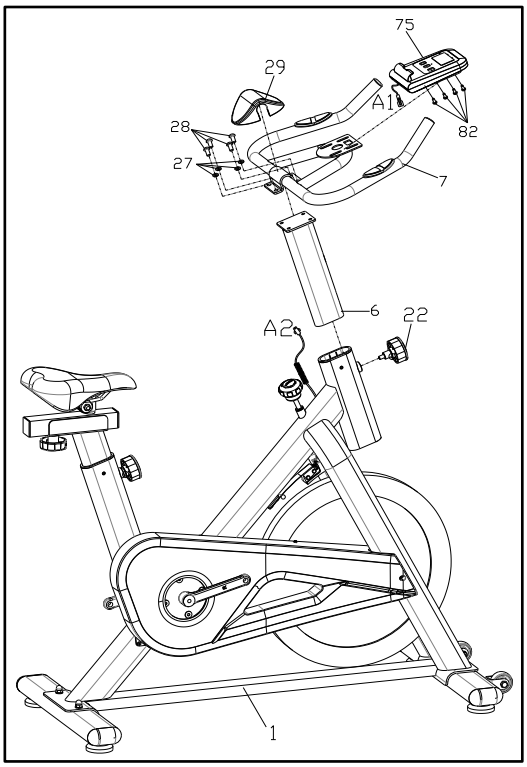


FIG.3

FIG.3:

Slide the Handlebar Post (pt.06) into the handlebar post housing on the main frame. You will have to slacken the knurled section of the Spring Adjustment Knob (pt.22) and pull the knob back and then select and align holes for the desired height. Release the knob and retighten the knurled portion.

Then fix the Handlebar (pt.07) with four sets of the Spring Washer (pt.27) and the Bolt (pt.28).

Insert the handlebar cover (pt.29) and insert the the computer(pt.75) into the Computer Holder (pt.49) .

ATTENTION: YOU SHOULD FIX THE HANDLEBAR TIGHTLY

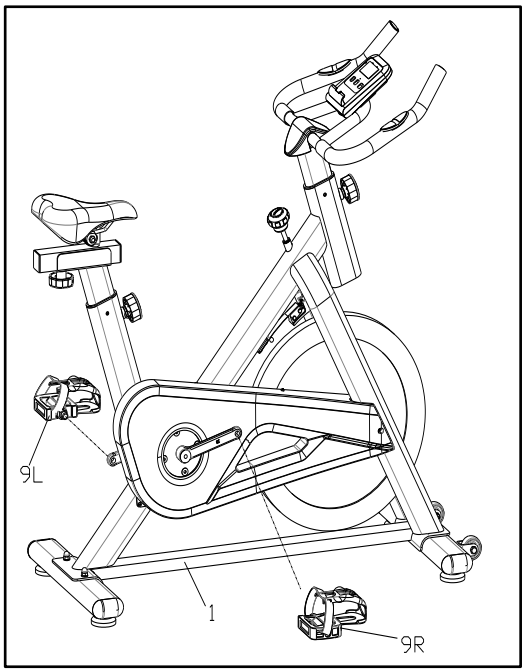


FIG.4

FIG.4:

The Pedals (pt.9 L & pt.9 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.

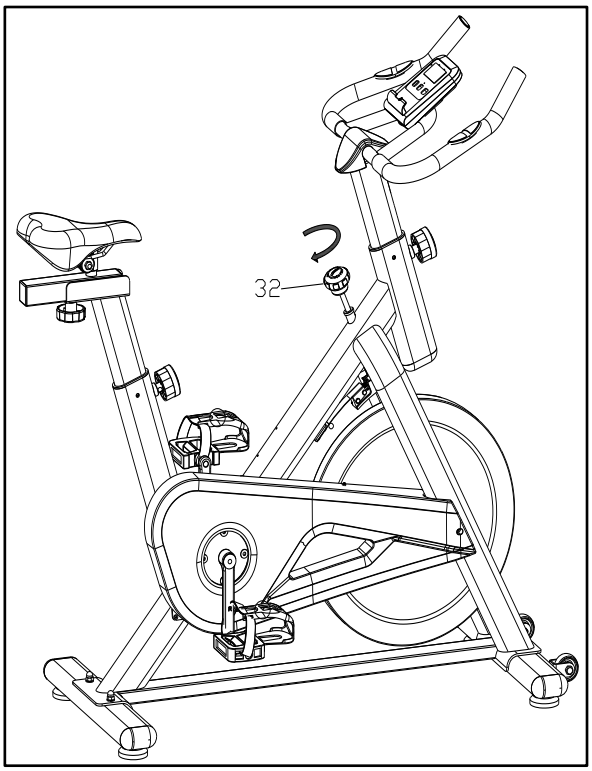


FIG.A

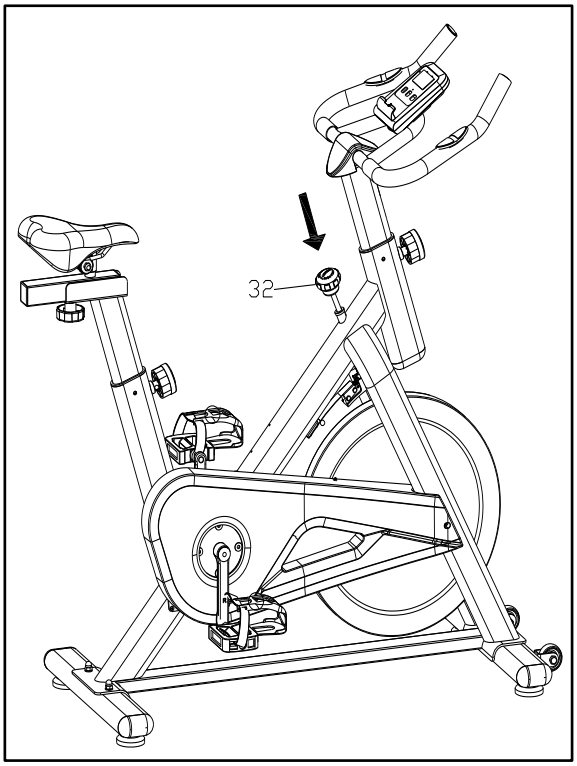


FIG.B

A.) Adjusting the Tension:
Increasing or decreasing the tension allows you to add variety to your workout sessions by adjusting the resistance level of the bike.
To increase tension and increase resistance (requiring more strength to pedal), turn the *Emergency Brake & Tension Control Knob (#32)* to the *right*.
To decrease tension and increase resistance (requiring less strength to pedla), turn the *Emergency Brake & Tension Control Knob (#32)* to the *left*.B.) Using the Emergency Brake Function:

The same knob that allows you to adjust the tension of the bike also doubles as the Emergency Brake. Use this safety feature in any situation where you would need to get off the bike and/or stop the bike's flywheel.
To use the Emergency Brake function in any situation you would need it in, firmly press down on the *Emergency Brake & Brake Control Knob (#32)*.

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.**

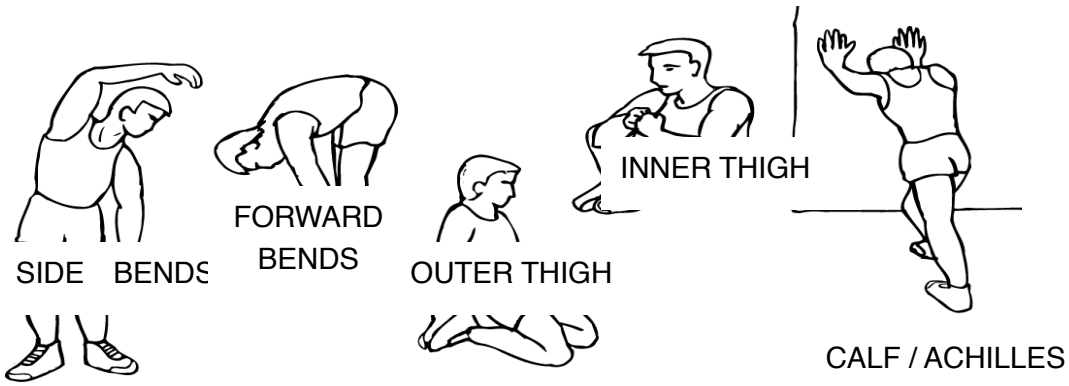
***To adjust the handlebar height, slacken the spring knob and pull the knob back. Slide the handlebar post along the housing on the main frame to the desired height and, with the holes aligned correctly, tighten the spring adjusting knob.**

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.

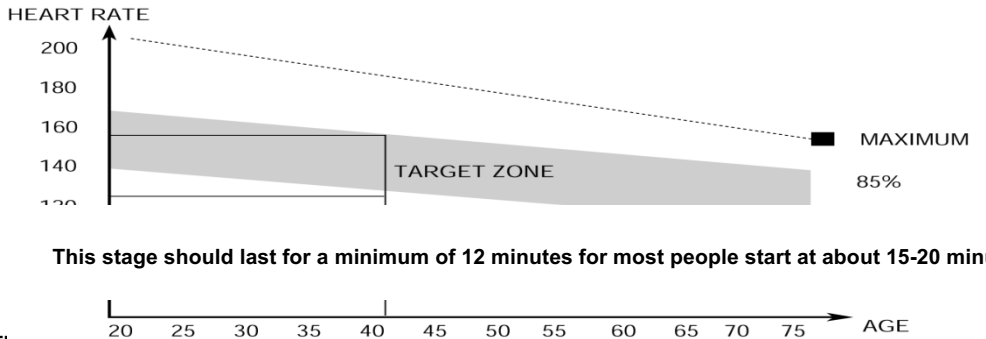
1.The Warm Up Phase

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 start at about 15-20 minutes

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 harden 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.

EXERCISE COMPUTER WITH PULSE

FUNCTIONAL BUTTONS:

MODE - Push down for selecting functions.If the long time holds down MODE button down for resetting time、dist and cal.

SET - To set the values of time、dist、cal and pulse when not in scan mode.

Reset - Long press to reset time, distance, calibration, and pulse.

FUNCTION AND OPERATIONS:

1. SCAN: Press“MODE”button until“SCAN”appears,monitor will rotate through all the 6 functions :Time、speed、dist、ODO、cal、pulse ,Each display will be hold 5 seconds.

2. TIME: (1)Count the total time from exercise start to end.

(2)Press“MODE”button until“TIME”appears,press“SET”button to set exercise time. When the“SET”is zero, the computer will stop 1 seconds after the start of the time

3. SPEED: Display current speed.

4. DIST: (1)Count the distance from exercise start to end.

(2)Press“MODE”button until“DIST”appears,Press“SET”button to set exercise distance. When the“SET”is zero, the computer will stop about 1 seconds after the start of the time.

5.CAL: (1)Count the total calories from exercise start to end.

(2)Press“MODE”button until“CAL”appears,Press“SET”button to set exercise calories. When the“SET”is zero, the computer will stop about 1 seconds after the start of the time.

6.ODO:The total distance which this function is refers to from battery capacity period runs

7. PULSE (IF HAVE):

(1) Press MODE button until “PULSE” appears. Before measuring your pulse rate, please place your palms of your hands on Both of your contact pads and the monitor will show your current heart beat rate in beats per minute(BPM) on the LCD after 6~7 seconds. Remark: During the process of pulse measurement, because of the contact jamming, the measurement value may be higher than the virtual pulse rate during the first 2~3 seconds, then will return to normal level. The measurement value can not be regarded as the basis of medical treatment.

(2)Press“MODE”button until“pulse”appears,Press“SET”button to set exercise calories. When the“SET”is zero, the computer will stop about 1 seconds after the start of the time.

NOTE：

1. If the display is faint or shows no figures ,please replace the batteries.
2. The monitor will automatically shut off if there is no signal received after 4 minutes
3. The monitor will be auto-powered on when starting to exercise push button signal in.、4. The monitor will automatically start calculating when you start to exercise and will stop calculating when you stop exercising for 4 seconds .

SPECIFICATIONS:

FUNCTION	SCAN	Every 5 seconds
	TIME	00:00’~99:59’
	SPEED	The maximum signal can be pickup is 99.99(ML)KM/H
	DIST	0.00~99.99(ML)KM
	CAL	0.0~999.9kCAL
	ODO	0.0~999.9((ML)KM
	PULSE (IF HAVE)	40~240BPM
BATTERY TYPE		2pcs of SIZE –AAA or UM –4
OPERATING TEMPERATURE		0°C ~ +40°C

STORAGE TEMPERATURE	-10°C ~ +60°C

Made in China
Ogalas ULC
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