

SB700-SOL0023

# SOLE

FITNESS



**OWNER'S MANUAL**  
**GROUP EXERCISE BIKE**

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# IMPORTANT SAFETY INSTRUCTIONS

## ***READ ALL INSTRUCTIONS BEFORE USING THIS EXERCISE EQUIPMENT***

1. Use this equipment only for its intended use as described in this manual. Do not attempt to ride this bike at high pedal speeds until you have ridden the bike for some time and are comfortable riding at slower pedal speeds.
2. The bike is NOT equipped with a freewheel system which means that when the flywheel is in motion, the pedals will be in motion. Do not attempt to stop the unit by applying backward pressure to pedals while they are turning as knee injury may occur. Do not attempt to remove your feet from pedals while they are moving.
3. Wait for flywheel to coast to a stop before dismounting the bike. If you want to stop the flywheel, push down on the brake knob.
4. Serious injury or death may occur from over-training. Consult a medical doctor or qualified fitness instructor to determine an exercise program appropriate for your level of fitness.
5. Do not attempt to turn the pedal cranks by hand. Do not touch any driving mechanism while it is in motion as possible injury could occur.
6. In a home setting, keep children away from the bike when it is not in use. Keep children and pets away from the unit while it is in use.
7. Do not attempt to perform dip movements on handlebars.
8. Never drop or insert any object into any opening of the bike.
9. Only use the bike on a stable, level floor.
10. Follow instructions for safe use of the equipment including proper seat position, handlebar position, and use of foot positioning system of pedals. Do not attempt to pull up handlebar post and seat post over the 'MAX.' graduation.
11. For safe operation, allow for at least 1 foot (30cm) of free space to either side of the unit and 2 feet (60cm) of free space to the rear of the unit.

Regularly examine the bike for damage and wear. Inoperable components should be replaced immediately or the equipment should not be used until it is repaired.

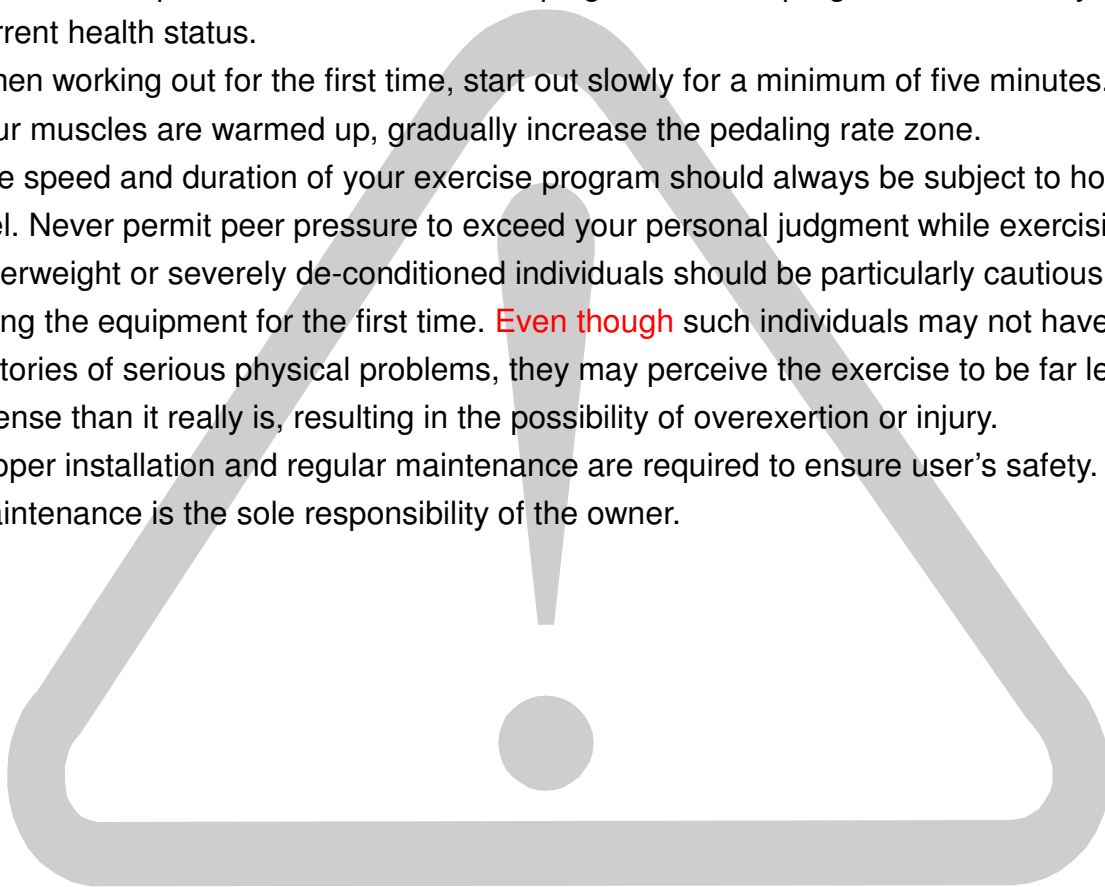
Failure to follow all guidelines may compromise the effectiveness of the exercise experience, expose yourself (and possibly others) to injury, and reduce the longevity of the equipment.

# GUIDELINES FOR SAFE OPERATION

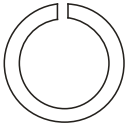
## **WARNING!**

***AS THE OWNER OF THIS EXERCISE EQUIPMENT, YOU SHOULD INSIST THAT ALL USERS FOLLOW THE SAME GUIDELINES: YOU SHOULD MAKE THIS MANUAL AVAILABLE TO ALL USERS.***

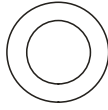
1. Obtain a complete physical examination from your medical doctor and enlist a health/fitness professional's aid in developing an exercise program suitable for your current health status.
2. When working out for the first time, start out slowly for a minimum of five minutes. After your muscles are warmed up, gradually increase the pedaling rate zone.
3. The speed and duration of your exercise program should always be subject to how you feel. Never permit peer pressure to exceed your personal judgment while exercising.
4. Overweight or severely de-conditioned individuals should be particularly cautious when using the equipment for the first time. **Even though** such individuals may not have histories of serious physical problems, they may perceive the exercise to be far less intense than it really is, resulting in the possibility of overexertion or injury.
5. Proper installation and regular maintenance are required to ensure user's safety. Maintenance is the sole responsibility of the owner.



# Hardware Assembly Pack



#49. 5/16" × 1.5T\_  
Split Washer (4pcs)



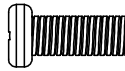
#48. 5/16" × 16 × 1T\_  
Flat Washer (4pcs)



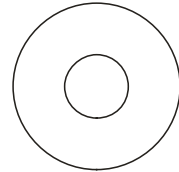
#82. 3/8"  
Cap Nut (4pcs)



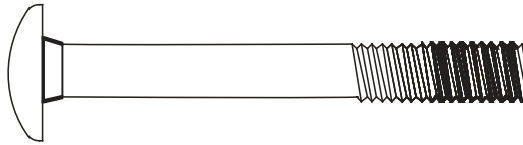
#88. 5/16" × 5/8"\_  
Button Head Socket Bolt (4pcs)



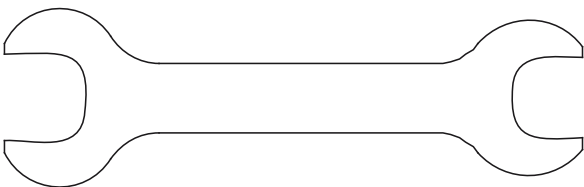
#91. M5 × 10m/m\_  
Phillips Head Screw (2pcs)



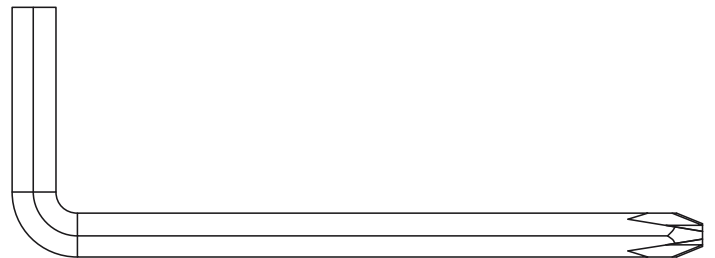
#83. 3/8" × 23 × 1.5T\_  
Curved Washer(4pcs)



#81. 3/8" × 3-1/2"\_  
Carriage Bolt (4pcs)



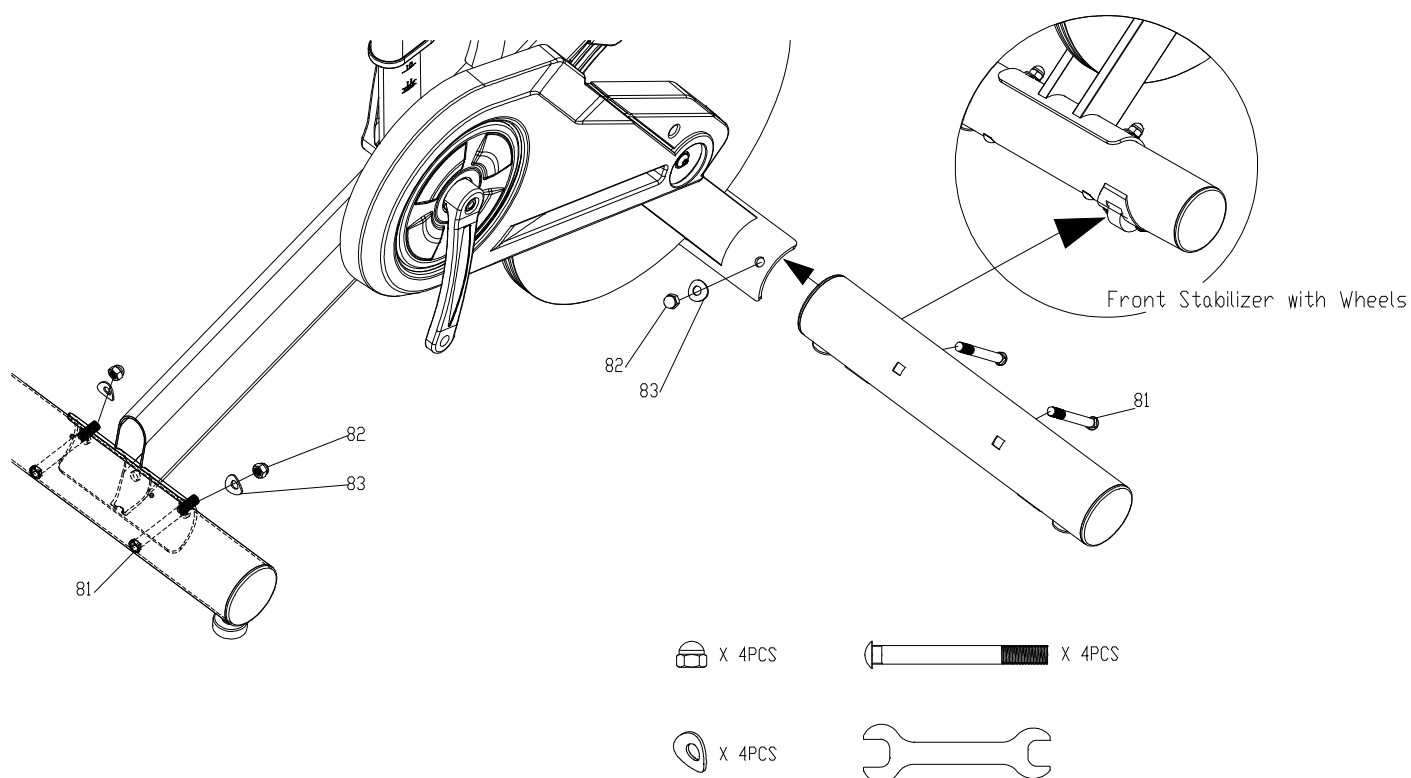
#85. 14/15m/m\_Wrench(1pc)



#86. Combination 5mm Allen Wrench  
& Phillips Head Screw Driver(1pc)

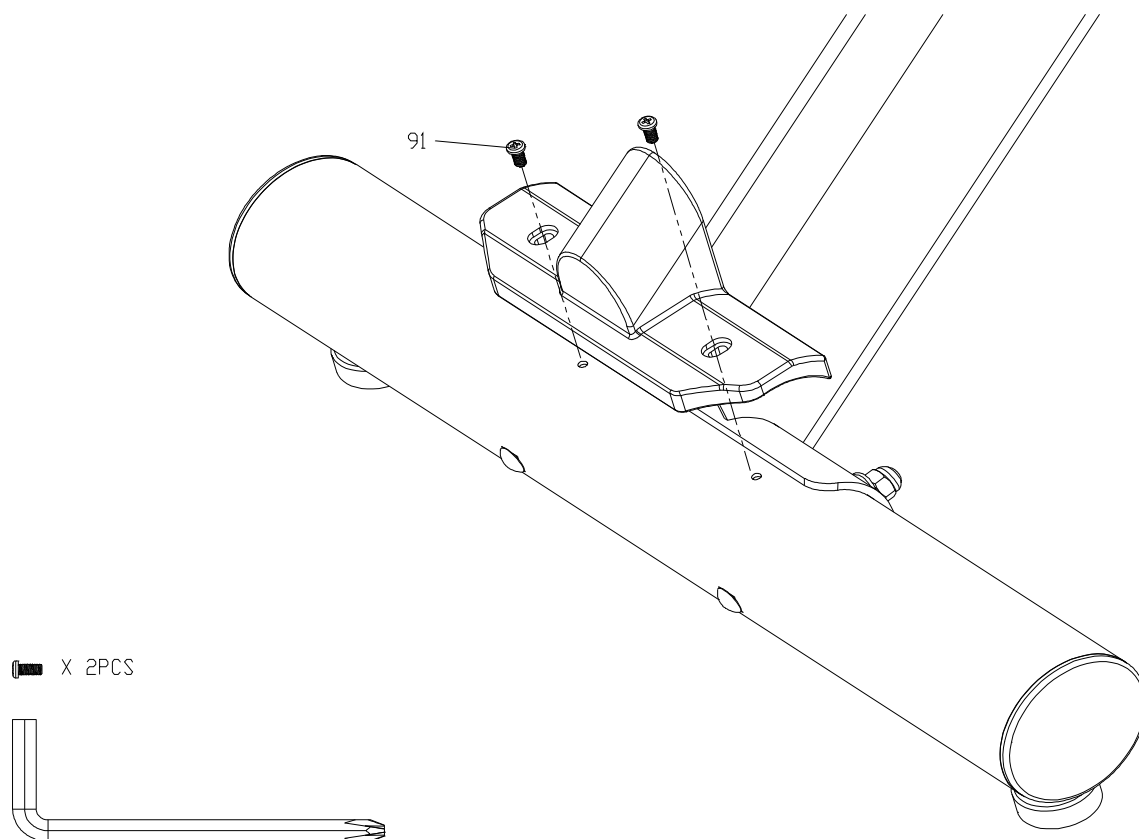
## STEP 1 Stabilizer Assembly

- Install the front and rear stabilizers with four 3/8"×3-1/2" carriage bolts (81), four 3/8" curved washers(83) and four 3/8" cap nuts(82). The front and rear stabilizer are different. Be sure to assemble the stabilizer with the wheels onto the front of the bike.



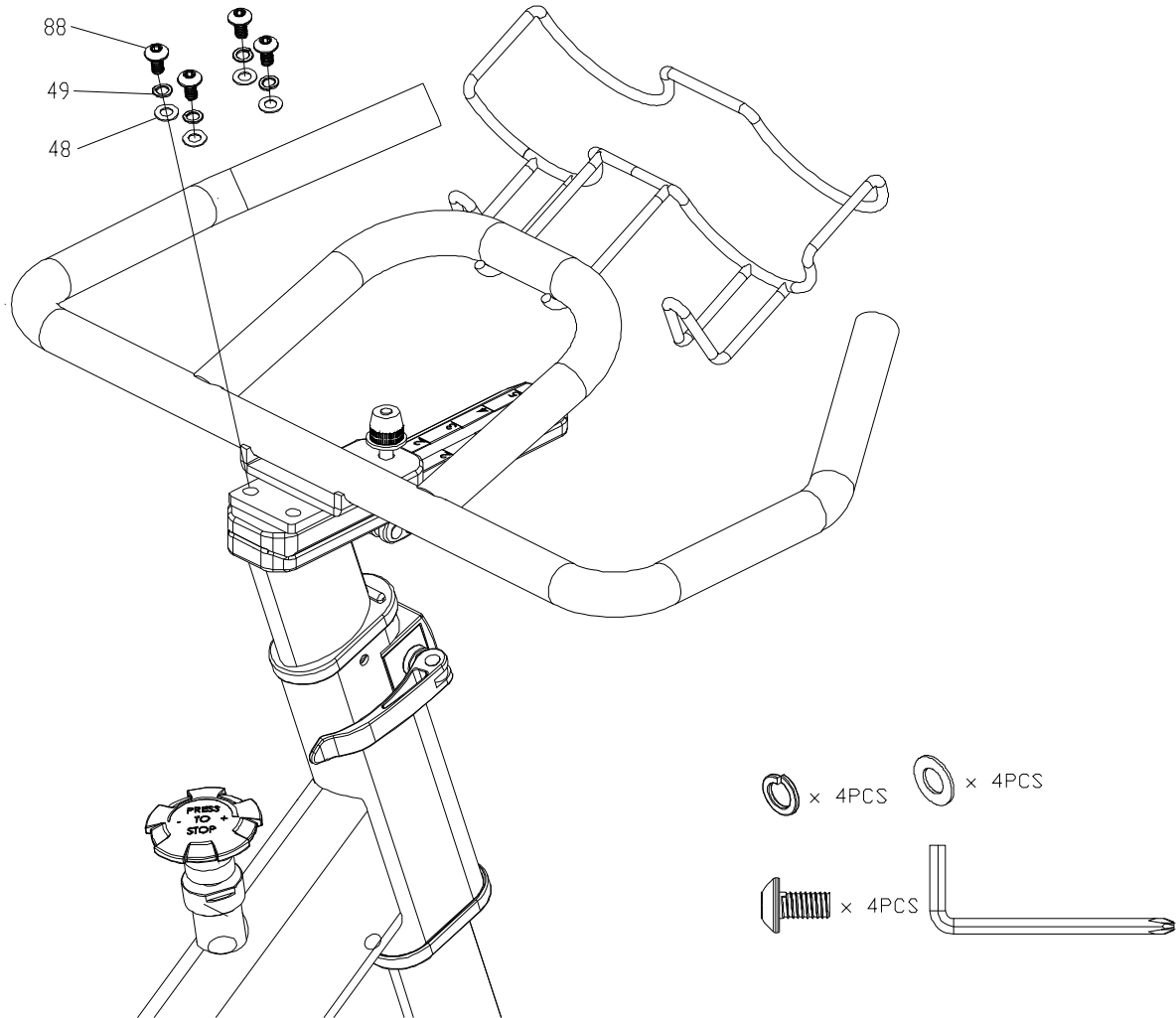
## STEP 2 Rear Cover

- Install the rear stabilizer cover with two M5 x 10mm screws (91).



### STEP 3     Handlebar and Drink Holder

- Install the handlebars with four 5/16" x 15mm bolts (88), 5/16" split washers (49) and four 5/16" flat washers (48). Tighten the bolts securely.
- Install the drink holder to the handlebars by loosening the thumb screw, clamp to the handlebars and re-tighten the thumb screw.

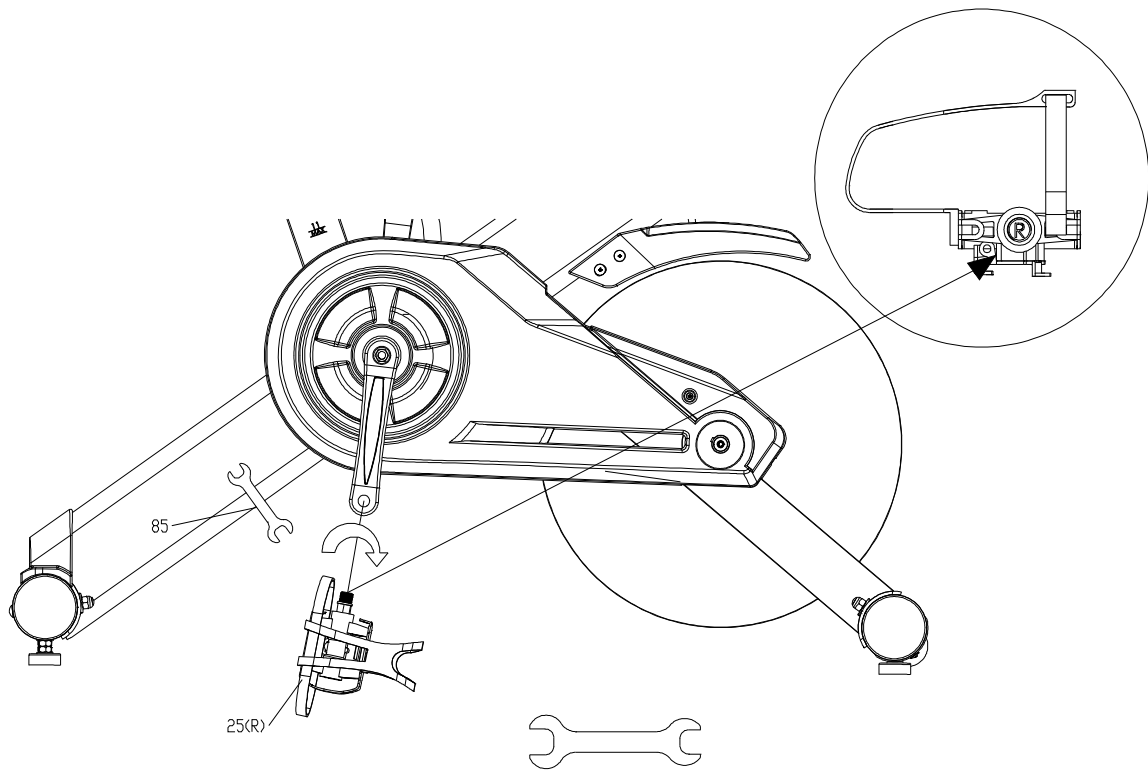




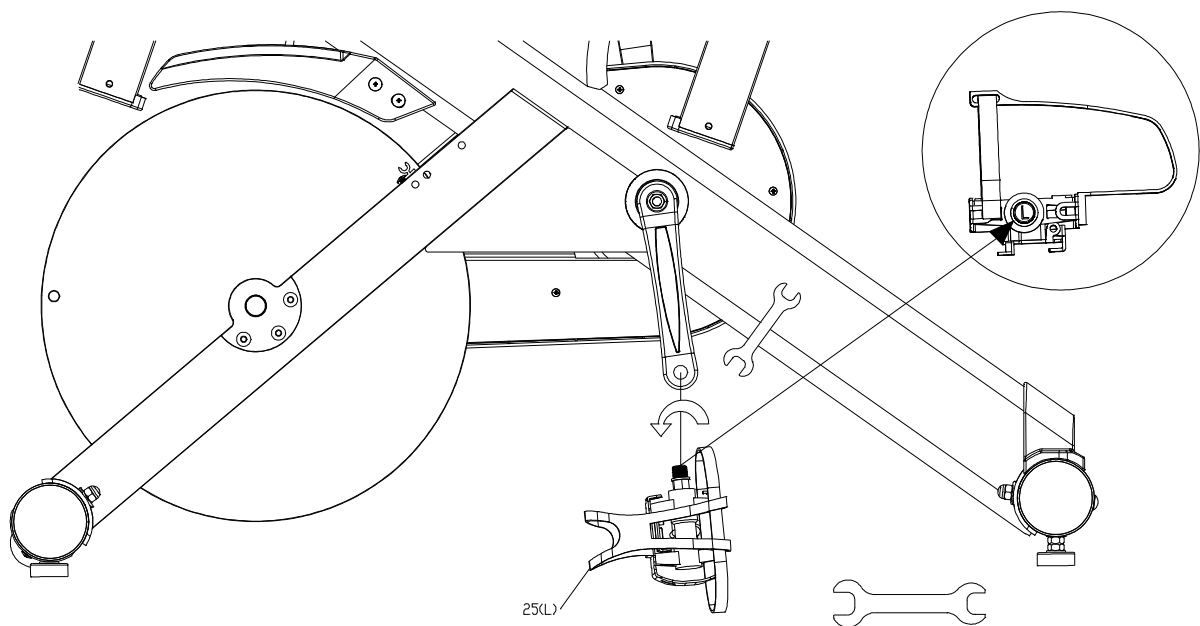
## STEP 4 Pedal Assembly

- Install the Left (25L) and Right (25R) pedals to the crank arms. Please note that the Left pedal has a reverse threaded bolt and needs to be tightened in a counterclockwise direction. The pedals are identified by either an **R** or **L** stamped into the end of the bolt.

### Right Pedal



### Left Pedal



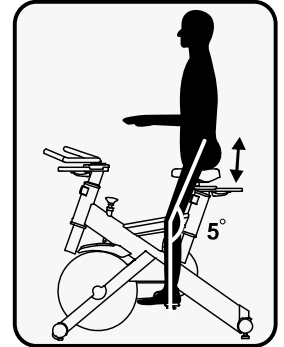
# ADJUSTING THE BIKE FOR A PROPER FIT

Take some time to learn how to properly adjust the bike to your body; it will make your workouts more pleasant and a safer experience too. Riding the bike when it is incorrectly adjusted can result in discomfort and increase your risk of injury.

## Adjustment of Seat Position:

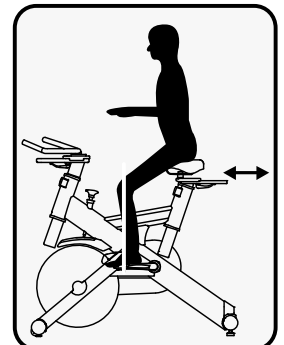
### Seat Height Adjustment

1. Standing next to the bike, adjust seat until it is about hip height.
2. Rotate crank arms until the pedals are in the vertical position: 12 and 6 o'clock.
3. Place your foot in toe cage of pedal closest to the floor and mount the bike. Ensure that the ball of your foot is over the center of pedal. Your leg should be slightly bent at the knee, about 5 degrees.
4. If your leg is too straight or your foot cannot touch pedal you will need to lower seat height. If your leg is bent too much you will need to raise seat height.
5. Dismount the bike. Loosen the quick release lever on seat post and adjust up or down as necessary.
6. When seat is in the desired position, tighten the quick release to secure the seat post.
7. Note the final position mark on the seat post for future reference.



### Seat Forward/Aft Adjustment

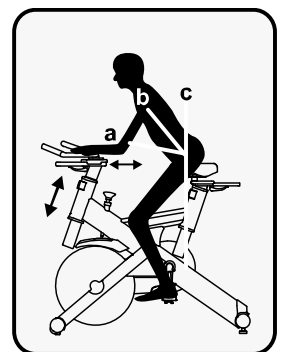
1. Sit on bike with crank arms in the 3 and 9 o'clock positions. For road bike training, a proper forward/aft position of the seat is achieved when small bump at the top of the shin is above pedal axle.
2. Dismount the bike. Loosen the quick release under the seat and slide the seat forward or backward as desired; then tighten the quick release.



## Handlebar Adjustment:

### Handlebar Height Adjustment

1. The Handlebar height is a matter of preference. Start with a handlebar height that is the same as the seat's height. Adjusting the handlebar higher will give the rider a more upright position; lower will result in a more crouched position.
2. Raise or lower the handlebar by loosening quick release on handlebar post and adjust by sliding the handlebar mount up or down as desired. Then tighten the quick release to secure the handlebar post. Note the final position mark on handlebar post for future reference.



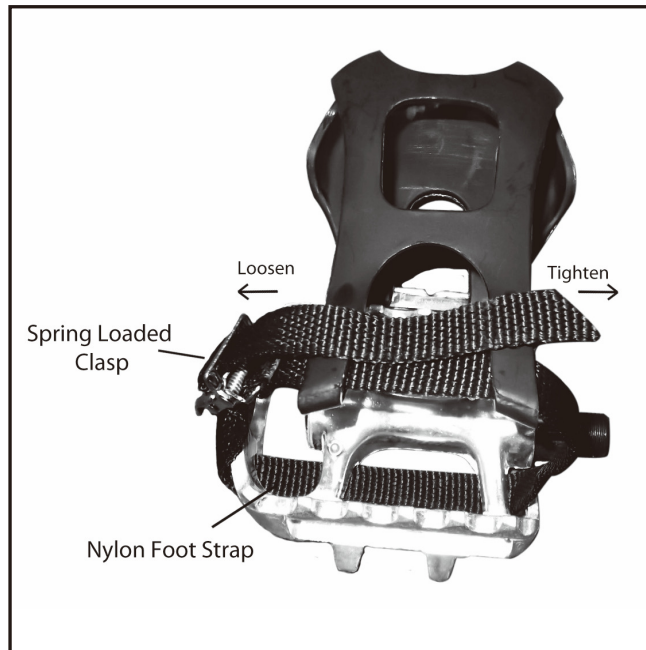
### Adjustment of Handlebar's Forward/Aft Position

1. Loosen the quick release under the handlebar and slide the handlebar forward or backward as desired. Suitable forward/aft position should allow the rider to comfortably grasp the handlebar with a slight bend at the elbow.
2. Tighten the quick release to secure the handlebar assembly.

# DUAL FUNCTION PEDAL

## ADJUSTING THE PEDAL STRAPS

Place your feet in between the aluminum surface of the pedal and the nylon foot strap that wraps around it. If the opening is too narrow, depress the spring loaded clasp with one hand and pull on the nylon strap with the other to increase the opening area. If it is too loose or to tighten the strap, depress the spring loaded clasp, then pull on the open end of the nylon strap until the strap is snug around each foot.



## BASIC OPERATION

Now that you have established a proper riding position, take a few minutes to ride the bike and determine that your position is comfortable. Start pedaling at a slow pace with your toes and knees pointed directly forward. Hold the handlebar lightly and in a position that allows your shoulders and upper body to relax. Pedal easily, at a low resistance until you feel confident that you could ride in that position for the duration of your workout.

### **WARNING!**

*IF AT ANY TIME DURING YOUR WORKOUT, YOU FEEL CHEST PAIN, EXPERIENCE SEVERE MUSCULAR DISCOMFORT, FEEL FAINT, OR ARE SHORT OF BREATH, STOP EXERCISING AT ONCE. IF THE CONDITION PERSISTS, YOU SHOULD CONSULT YOUR MEDICAL DOCTOR IMMEDIATELY.*

1. Pedaling resistance is controlled by the tension knob. Resistance can be changed at any time by turning tension knob: clock-wise for more resistance; counterclockwise for less resistance.
2. To apply the brake, press down on the tension knob.
3. Before dismounting, apply the brake to stop flywheel, or increase resistance and let flywheel come to a stop.

## MAINTENANCE GUIDELINES

MAINTENANCE SCHEDULE

PART	RECOMMENDED ACTION	FREQUENCY	CLEANER	LUBRICANT
Pedals	Ensure that pedals are tight in crank arms; that all screws on pedals are tight; and that the pedal straps are not frayed	Before each use	N/A	N/A
Frame	Wipe down by using a soft damp clean cloth	Daily	Water	N/A
Flywheel	Wipe down by spraying on a rag and applying a light coat to sides of the flywheel	Weekly	WD-40 spray.	N/A
Brake Pad	Inspect for excessive wear or a dry leather brake pad	Weekly	N/A	3-IN-ONE Oil or 10W oil. Do not use silicone-based lubricants

1. Do not service internal parts of pedals. If they are found to be worn internally, we recommend replacing the pedal.

2. Use of lubricants or cleaning solutions other than those so specified will result in diminished performance and a shorter life span for that part.

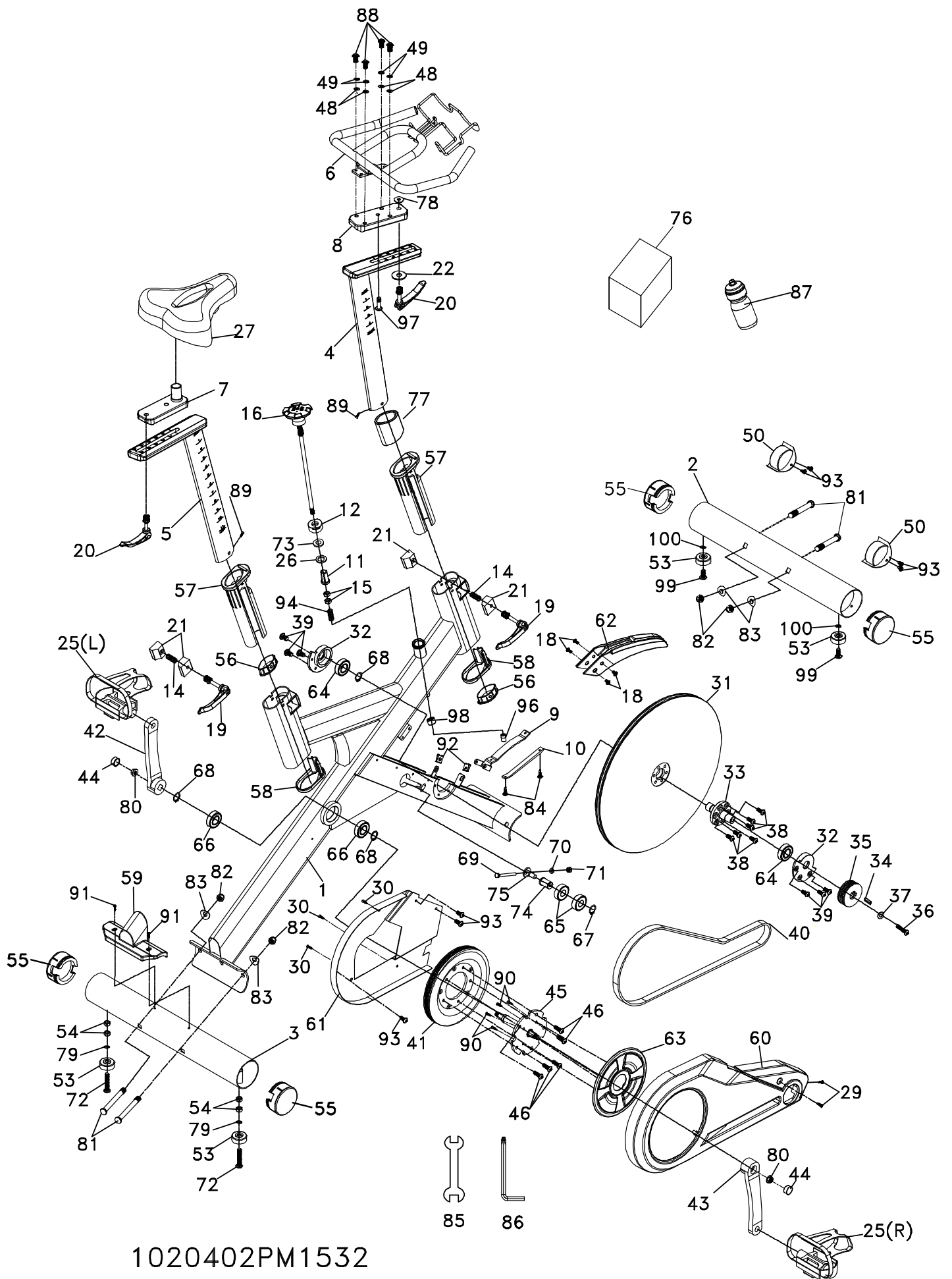
## PARTS LIST

No.	Description	Qty
1	Main Frame	1
2	Front Stabilizer	1
3	Rear Stabilizer	1
4	Handlebar Post	1
5	Seat Post	1
6	Handlebar	1
7	Sliding Seat Mount	1
8	Sliding Handlebar Mount	1
9	Brake Pad Bracket	1
10	Brake Pad - Wool Felt	1
11	Bushing	1
12	Nut	1
14	Spring	2
15	M10 × P1.25 × 3T_Luck Nut	2
16	Brake Tension Knob	1
18	M6 × 15mm_Phillips Head Screw	4
19	8 × 40m/m_Quick Release lever	2
20	8 × 25m/m_Quick Release Lever	2
21	Aluminum Locking V-Blocks	4
22	5/16" × 35 × 3.0T_Flat Washer	1
25	Pedal Set ( 25L.25R )	1
26	Anti-Rotation Washer	1
27	Seat	1
29	5 × 16m/m_Tapping Screw	2
30	3.5 × 12m/m_Sheet Metal Screw	3
31	Flywheel	1
32	Bearing Housing	2
33	Flywheel Axle	1
34	Woodruff Key	1
35	Flywheel Pulley	1
36	5/16" × 3/4"_Button Head Socket Bolt	1
37	5/16" × 20 × 3.0T_Flat Washer	1
38	5/16" × 3/4"_Button Head Socket Bolt	6
39	M6 × 10L_Flat Phillips Head Screw	6
40	Belt	1
41	Drive Pulley	1
42	Crank Arm ( L )	1
43	Crank Arm ( R )	1

<b>No.</b>	<b>Description</b>	<b>Qty</b>
<b>44</b>	Crank Arm Dust Cap	2
<b>45</b>	Crank Axle	1
<b>46</b>	5/16" × 1/2"_Button Head Socket Bolt	5
<b>48</b>	5/16" × 16 × 1T_Flat Washer	4
<b>49</b>	5/16" × 1.5T_Split Washer	4
<b>50</b>	Transportation Wheel	2
<b>53</b>	Rubber Foot	4
<b>54</b>	3/8"_Nut	4
<b>55</b>	Stabilizer End Cap	4
<b>56</b>	End Cap, Eye Tube	2
<b>57</b>	Plastic Slide Insert, Eye Tube	2
<b>58</b>	Bottom End Cap, Eye Tube	2
<b>59</b>	Rear Stabilizer Cover	1
<b>60</b>	Chain Cover ( Outer )	1
<b>61</b>	Chain Cover ( Inner )	1
<b>62</b>	Flywheel Fender	1
<b>63</b>	Pulley Cover	1
<b>64</b>	6004_Bearing (NSK)	2
<b>65</b>	6203_Bearing	2
<b>66</b>	6004_Bearing (TMT)	2
<b>67</b>	Ø17_C Ring	1
<b>68</b>	Ø20_C Ring	3
<b>69</b>	1/4" × 3"_Hex Head Bolt	1
<b>70</b>	1/4"_Hex Head Bolt	1
<b>71</b>	1/4" × 5.5T_Nyloc Nut	1
<b>72</b>	3/8" × 2"_Flat Head Socket Bolt	2
<b>73</b>	Ø16.7 × 2.5T_Star Washer	1
<b>74</b>	Idler Axle	1
<b>75</b>	Idler Adjustment Carriage Bolt	1
<b>76</b>	Console Assembly	1
<b>77</b>	Foam Stop, Handlebar Eye Tube	1
<b>78</b>	Ø5/16" × 23 × 2.0T_Flat Washer	1
<b>79</b>	3/8" × 19 × 1.5T_Flat Washer	2
<b>80</b>	M10 × P1.25_Nut	2
<b>81</b>	3/8" × 3-1/2"_Carriage Bolt	4
<b>82</b>	3/8"_Cap Nut	4
<b>83</b>	3/8" × 23 × 1.5T_Curved Washer	4
<b>84</b>	M5 × 12m/m_Tapping Screw	2
<b>85</b>	14/15m/m_Wrench	1

<b>No.</b>	<b>Description</b>	<b>Qty</b>
<b>86</b>	Combination M5 Allen Wrench & Phillips Head Screw Driver	1
<b>87</b>	Drink Bottle(Optional)	1
<b>88</b>	5/16" × 5/8" _Button Head Socket Bolt	4
<b>89</b>	M5 × 10m/m _Socket Head Cap Screw	2
<b>90</b>	Ø5 × 10m/m _Tapping Screw	4
<b>91</b>	M5 × 10m/m _Phillips Head Screw	2
<b>92</b>	M5 _Speed Nut Clip	2
<b>93</b>	M5 × 10m/m _Tapping Screw	7
<b>94</b>	Spring	1
<b>96</b>	Safety Sleeve	1
<b>97</b>	5/16" × 1" _Button Head Socket Bolt	1
<b>98</b>	Sleeve Bushing	1
<b>99</b>	3/8" × 3/4" _Button Head Socket Bolt	2
<b>100</b>	3/8" × 21 × 2T _Flat Washer	2

# Exploded View Drawing



1020402PM1532





## **WARRANTY, SAFETY AND ASSEMBLY INFORMATION**

### **SOL0023- SPIN BIKE**

#### **IMPORTANT**

Please read and retain this manual as it will assist with identification for parts and service.

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BOYLES FITNESS warrants their SPIN BIKE to be free from defects in material and workmanship under normal use and service conditions.

The various components of the SPIN BIKE are warranted against defects and workmanship for the time periods specified as follows:

#### **SOL0023 –SPIN BIKE**

#### **LIMITED WARRANTY**

<b>Frame</b>	<b>Lifetime</b>
<b>Parts</b>	<b>2 years</b>

All warranty coverage extends only to the original retail purchaser from the date of purchase. BOYLES FITNESS' obligation under this Warranty is limited to replacing or repairing, at BOYLES' option, the product or parts therein. Any enquiries relating to warranties or spare parts must be directed to our Service **07 3272 7010**.

For efficient processing of your enquiry please have relevant date of purchase, retailer name you purchased the item from and the brand on the product. This warranty does not extend to any damage to a product caused by abuse, improper or abnormal usage (as detailed in this instruction manual), or repairs not provided by BOYLES. Nor does this warranty extend to products used for commercial or rental purposes. This warranty does not cover ordinary wear, tear and weathering, failure to follow directions, improper installation, improper maintenance or acts of God (such as damage caused by storms, lightning and by snow or ice). No other Warranty beyond that specifically set forth above is authorised by BOYLES.

Our sales and service centre has been set up to provide assembly assistance, replacement parts and accessories, and to efficiently handle all warranty related matters.

**Phone**      **07 3272 7010**

**Hours**      **9:00am – 4:00pm Mon-Fri (excluding public holidays)**

**Email:**      **spares@boylesfitness.com.au**

**Website**    **www.bfe.net.au**

## BFE Warranty Policy – November 1st 2013

1. When purchased from an authorised BFE distributor the BFE warranty shall guarantee that all framework and components of your product are free from faulty manufacture. All faulty framework and components will be repaired or replaced as set out in this policy. All warranties in this policy apply to INDOOR HOME/DOMESTIC USE ONLY.
2. These warranties do not apply to products used in commercial use applications.
3. Warranty DOES NOT cover normal wear & tear and excludes faults due to misuse, abuse, incorrect assembly or lack of general maintenance.
4. Warranty is applicable to products sold and placed within Australia only.
5. **IMPORTANT.** Most of BFE products are pretested and we have inspectors checking all products prior to shipment. The number one reason for a fault is due to **INCORRECT ASSEMBLY**.  
If you do have problems please go back to the start and double check your assembly and pay special attention to all **WIRING** connections. If you have accidentally cut or damaged the wiring please let us know and we will be happy to send you a new set at no-charge.

If you have done this and are confident you have double checked your assembly and are still having problems please email our service department at [spares@boylesfitness.com.au](mailto:spares@boylesfitness.com.au) including your best contact details ,proof of purchase, serial number and a brief explanation of what is wrong.

Emailing is the quickest and most reliable way to get your service request processed. Once we have your details we will either call or email you back with the next steps. The quickest way, once we determine the problem and send you a replacement part, is that we can talk you through over the phone on how to fit it. If it is deemed by our service tech that it is too difficult, we can arrange (where available) a service technician.

**NOTE.** If we arrange for a service technician ( where applicable) and it is found that it is not a manufactures fault and found to be an assembly issue , normal wear and tear, transport damage or misuse then there will be a call out fee of \$140 depending on location. (Surcharge applies for non-metro areas)

**WARRANTY TERMS-** Warranty commences from the date of purchase from the retail store. Warranty only applies to the original purchaser and is **NON** transferable. Warranty is void if the serial number of the product has been removed or tampered with.

Warranty does not apply to defects, faults or failures due to:

- (a) Defects caused during assembly or failure to assemble to the assembly manual provided. Assembly errors include but are not limited to damaged wiring harness, stripped crank arms and or pedals and bolts used in the wrong locations.
- (b) Lack of general maintenance and or failure to service or maintain the equipment in accordance with the user manual specifications and recommendations.
- (c) **Power Surges.** The computers, control boards and motors are very sensitive to power fluctuations. You must use a surge protector on all items that plug into your mains power otherwise your electronics will not be covered by this warranty. You can purchase these from numerous retailers or you can call us on 02 46 366 680 to get a price.
- (d) User negligence, abnormal or excessive use, misuse, abuse or transport damage.
- (e) Repairs, alterations or modifications by **NON** BFE authorised service technician.
- (f) Accident, fire, flood or malicious damage by third person.
- (g) Ordinary wear and tear.
- (h) Failure to keep the product in a clean, dry environment causing rust. You should wipe off any sweat and moisture after each training session.
- (i) Any products sold or placed in an application or the incorrect environment that is not recommended by BFE or as not stipulated in the owner's manual such as a commercial / rental environment will void the warranty set forth by BFE
- (j) BFE recommends the use of a protective rubber floor mat. This reduces the incidence of dust and lint collection around the motor, reduces noise & protects your floor. You can purchase this from your retailer or contact BFE directly at [sales@boylesfitness.com.au](mailto:sales@boylesfitness.com.au)

BFE will have the option to repair or replace any product which requires attention under the warranty.

**NOTE:** Lifetime refers to the warranty coverage of the units expected service life. **NOT** the lifetime of the purchaser.

**Servicing/Spare Parts-** As with any mechanical equipment general maintenance should be performed on a regular basis by an authorised retailer or service technician. This will ensure longevity of the product and ensure that it is kept working in optimum condition. Failure to properly maintain your equipment may lead to safety issues and may also void the warranty.

You should only use genuine BFE replacement parts otherwise the warranty will be void.

**Freight Costs:**

The cost of freighting the replacement part under warranty to the customer shall be free of charge. Your requirement is to return the faulty part via the pre-paid postal service which we will supply.

**Returned Goods:**

The unauthorised return of parts or product shall be refused and placed in the hands of the carrier at the cost of the shipper. Return authorisations can be obtained from BFE head office only.

**Additional Warranty**

If you would like to extend your labour warranty by 1 year (\$99), 2 years (\$199), 3 years (\$299) please contact our office by emailing [sales@boylesfitness.com.au](mailto:sales@boylesfitness.com.au) (Not available in all areas)

**Service Department hours: Monday to Friday between 9am and 4pm**

**Service Phone Number: 07 3272 7010 Email: [spares@boylesfitness.com.au](mailto:spares@boylesfitness.com.au)**

PLEASE NOTE: that Authorised service technicians do not reside in all areas of this vast country. If you live beyond the reasonable service area of a metropolitan area, BFE may not be able to support the labour portion of the product warranty. Alternatively you can return (at your cost) your product to the closest BFE repair centre, where it will be fixed at no charge under the warranty period.

Metropolitan Area- defined as no more than 50km from G.P.O in all capital cities.

**Disclaimer:**

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a 'Major failure' and for compensation for any other Reasonable foreseeable loss or damage.

You are also entitled to have goods repaired or replaced if the goods fail to be of an acceptable quality and the failure does not amount to a major failure.

BFE does not assume, nor authorise any representative or other person to make or assume for BFE, any warranties whatsoever, whether expressed or implied, in, in connection with the sale, service, or shipment of our products.

BFE reserve the right to make changes and improvements in our products and specifications without incurring any obligation to similarly alter products previously purchased.

This warranty operates in addition to other rights and remedies available to consumer's rights under the Australian Consumer Law.

**Service Department hours: Monday to Friday between 9am and 4pm**

**Service Phone Number: 07 3272 7010 Email: [spares@boylesfitness.com.au](mailto:spares@boylesfitness.com.au)**