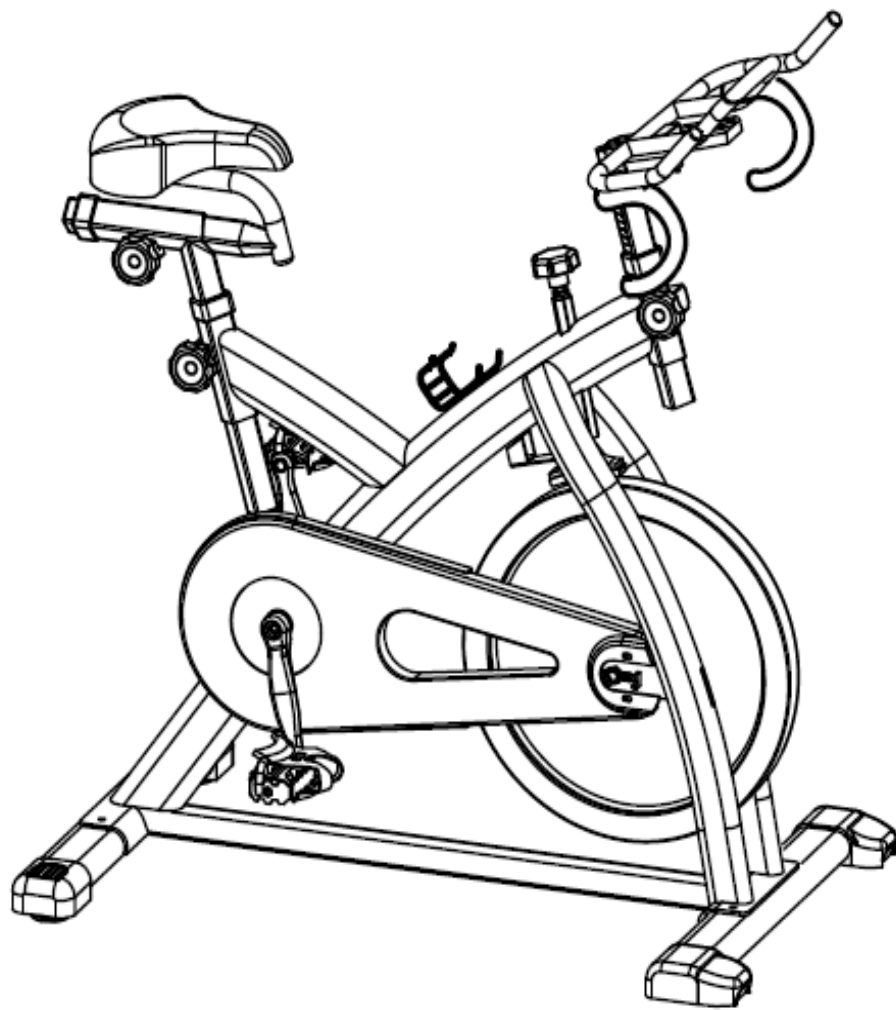


USER MANUAL



INDOOR BIKE XTR PRO

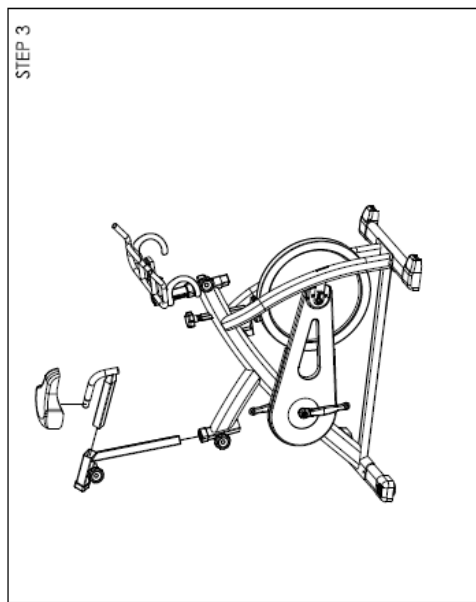
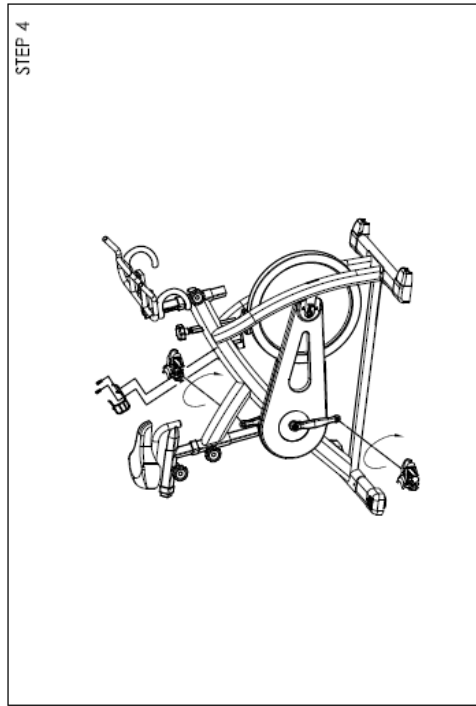
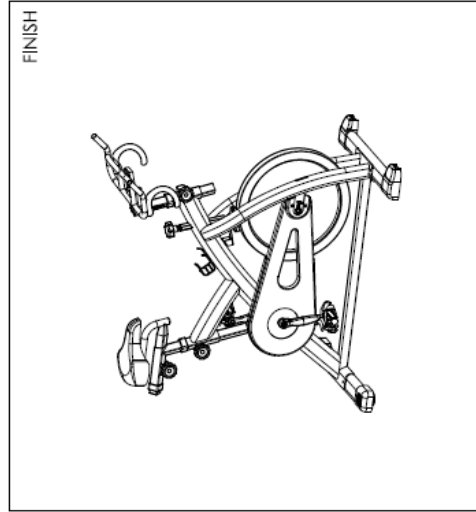
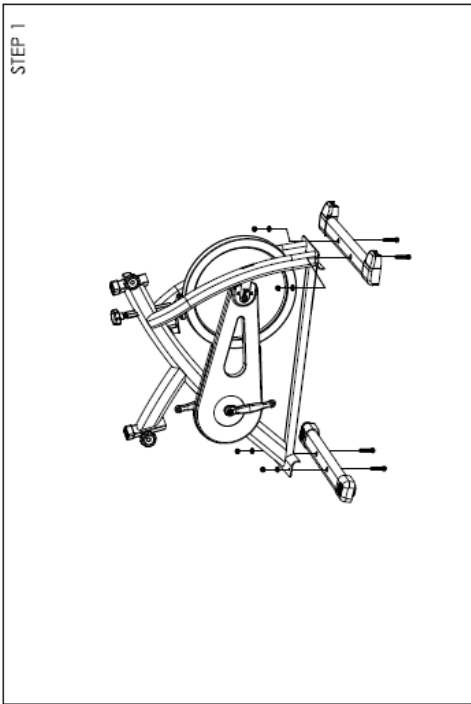
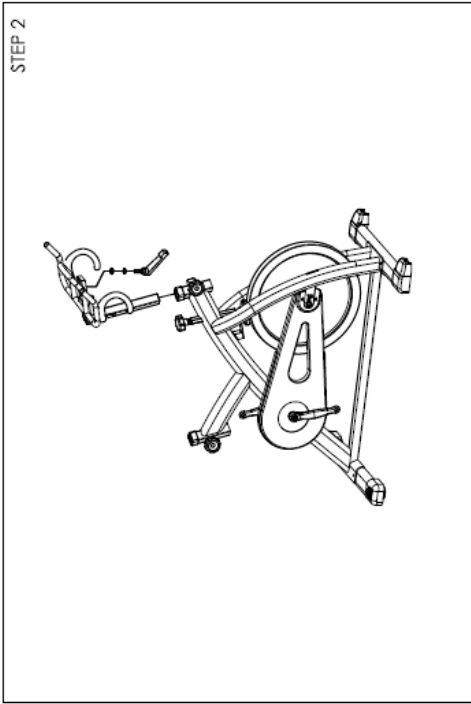
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Safety Instructions

- * Consult your physician before starting with any exercise program to receive advice on the optimal training.
- * Warning: incorrect/ excessive training can cause health injuries. Stop using the bike when feeling uncomfortable.
- * Please follow the advice for correct training as detailed in the training instructions.
- * Ensure that training only starts after correct assembly, adjustment and inspection of the bike.
- * Always start with a warm-up session.
- * Only use original parts as delivered
- * Follow the steps of the assembly instruction carefully.
- * Only use suitable tools for assembly and ask for assistance if necessary
- * Place the bike on an even, non-slippery surface.
- * For all adjustable parts be aware of the maximum position to which they can be adjusted.
- * Tighten all adjustable parts to prevent sudden movement while training.
- * This product is designed for adults. Please ensure that children only use it under the supervision of an adult.
- * Ensure that those present are aware of possible hazards, e.g. movable parts during training.
- * The resistance level can be adjusted to your personal preference.
- * Do not use the bike without shoes or loose shoes.
- * Ensure that sufficient space is available to use the bike.
- * Be aware of non-fixed or moving parts whilst mounting or dismounting the bike.

- » To protect the floor or carpet from damage, place a mat under the exercise Bike.
- » In case of emergency please place both feet at the same time on the side reins.
- » Ensure that an area of 2000 x 1000 mm behind the exercise Bike is free from any obstacles.
- » This product is tested up to a maximum body weight of 120 kilograms.
- » We take no responsibility for personal injury or damage sustained by or through the use of this exercise Bike.

Assembly Drawing



Assembly

Step one

Attach the front (16) and rear feet (12) to the frame using the nuts (8), washer (9) and bolts (10).

Step two

Attach the handlebar post (23) by inserting it into the head tube on the frame. Use the knob to adjust and tighten the height to the desired position. Attach the handlebar slider (21) on the handlebar post (23), use release lever (22) to adjust and tighten the handlebar into position.

Step three

Insert the seat post (42) into the seat tube on the frame. Attach the saddle (1) into seat slider (41) then tighten the screw of saddle. Insert the seat slider (41) into the seat post (42) and fix. Using knob (4) adjusts and tightens the height in the desired position.

Step four

Attach the pedals (11) into the crank arms (7)(5), each pedal is marked with L (left) or R (right) to denote the side of the spinning bike they are on. Note - the right hand crank is on the same side as the chain guard (24). Be careful to align the threads correctly to avoid damaging them. Applying a little grease on the threads will help the pedals to screw in easily and correctly, tighten using a 15mm spanner; both pedals should tighten towards the front of the spinning bike.

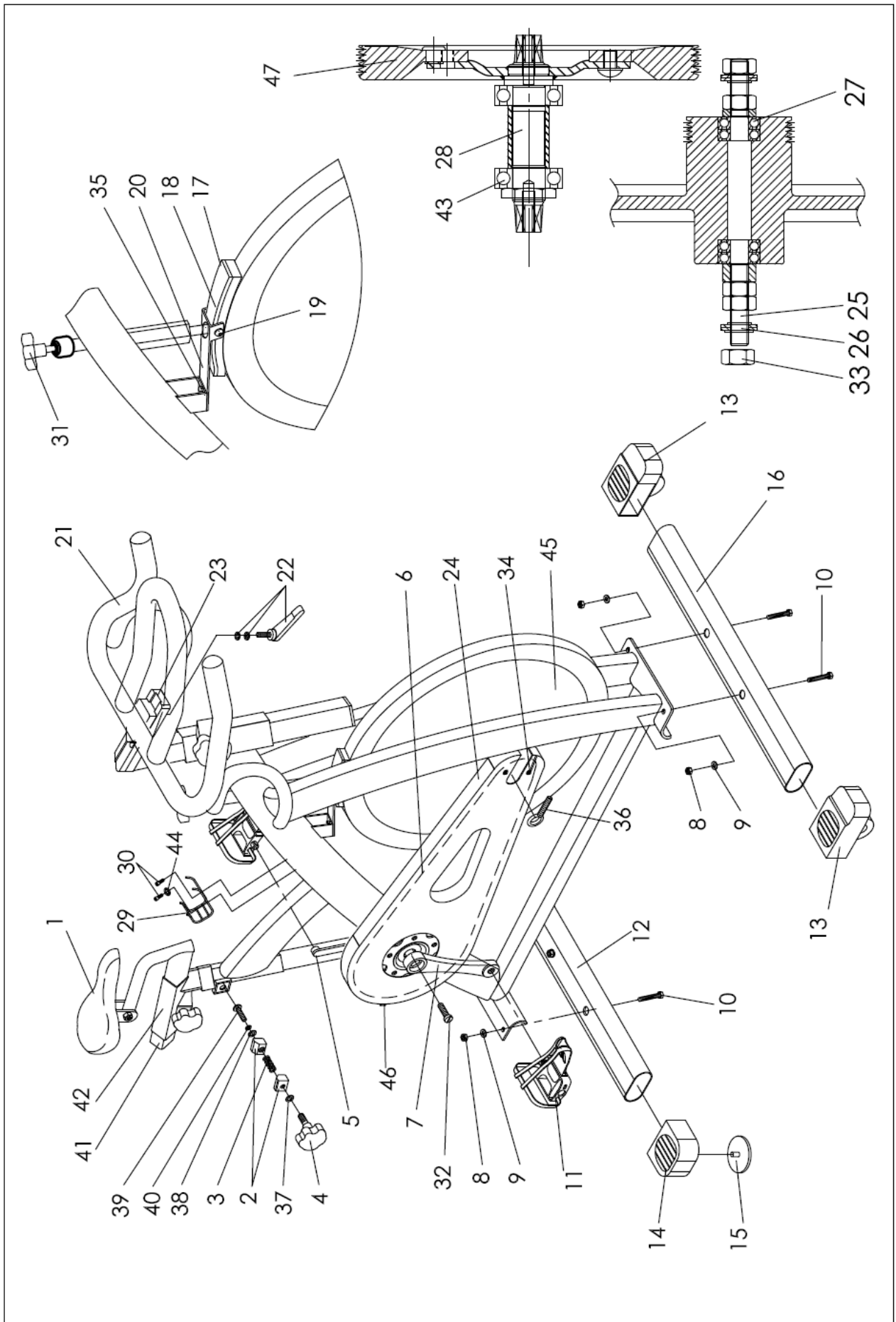
Adjusting the resistance

Adjust the exercise resistance on the spinning bike using the brake knob (31) to loosen (-) or tighten (+).

The flywheel should rotate freely without resistance when you loosen (-) the brake system fully.

More experienced riders may wish to increase the overall resistance by tightening (+) the brake system.

Exploded Drawing



Part list

No.	Name	Q/TY per bike	No.	Name	Q/TY Per bike
1	Saddle	1 PC	25	Flywheel axle	1 SET
2	Alloy bind clamp (R/L)	3 PC	26	Flywheel security washer	
3	Knob spring	3 PC	27	Flywheel bearing	
4	Knob	3 PC	28	BB axle w/plate	1 PC
5	Left crank arm	1 PC	29	Bottle cage	1 PC
6	Belt	1 PC	30	Screw for bottle cage	2 PCS
7	Right crank arm	1 PC	31	Brake system	1 SET
8	Foot tube nut	4 PCS	32	Crank bolt	2 PCS
9	Foot tube washer	4 PCS	33	Flywheel security nut	2 PCS
10	Foot fixing bolt	4 PCS	34	Outer chain guard bolt (M6)	2PCS
11	Pedal	1 PR	35	Bolt and washer for spring bracket	2 PCS
12	Rear foot tube	1 PC	36	Flywheel adjuster bolt	2 PCS
13	Front foot end cap	2 PCS	37	Knob washer	3 PCS
14	Rear foot end cap	2 PCS	38	Knob plastic washer	3 PCS
15	Rear foot adjuster wheel		39	Knob fixed bolt	3 PCS
16	Front foot tube	1 PC	40	Washer	3 PCS
17	Brake pad	1 SET	41	Seat slider	1 PC
18	Brake pad holder		42	Seat post	1 PC
19	Screw & nut	1 PC	43	BB bearing	2 PCS
20	Spring bracket	1 PC	44	Washer for bottle cage	1 PC
21	Handlebar w/slider	1 PC	45	Flywheel	1 SET
22	Release lever w/washer	1 PC	46	Outer chain guard bolt (M5)	3PCS
23	Handle bar post	1 PC	47	Belt pulley w/screw	1SET
24	Outer chain guard	1 PC			

Instruction Use

- 1) This bike is designed to be used as a “spin“ cycle. It has a fixed wheel driven flywheel and the momentum will keep the flywheel and pedals turning even when you stop applying pressure. If you wish to stop

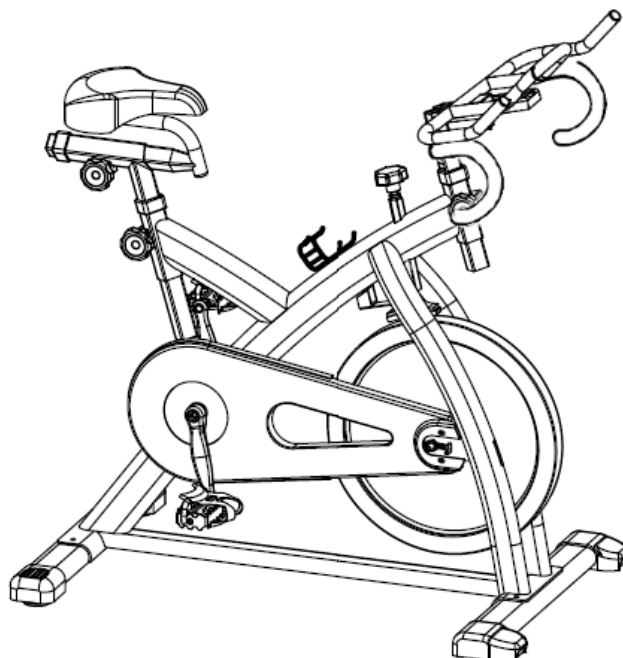
suddenly apply the emergency brake.

- 2) **Emergency brake** – Press down brake system (31) for stop.
- 3) **Installation** – it is important that the bike is correctly assembled. If in doubt contact the retailer for assistance.
- 4) **Handlebar and seat adjustment.** It is important that the handlebar and seat are set at the correct height for your body. Ask your instructor for assistance. Adjusting the handlebar height - Undo the knob located where the handlebar post fits into the frame. Slide the handlebar post up or down to the required height and re-tighten the knob. Make sure it is securely tightened and that there is no lateral or vertical movement of the handlebar. The handlebar position can also be adjusted forwards or backwards. Undo the Release lever located below the handlebar slider. Slide the handlebar assembly forwards until you reach the required position. Then securely re-tighten the Release lever.
Adjusting the seat height- undo the knob located where the seat post fits into the frame. Adjust the seat to the required height. Then retighten the knob. Make sure it is tight enough to prevent the seat from twisting side to side. The seat position can be adjusted forwards and backwards. Undo the knob located directly to the side of the seat slider. Loosen the knob then slide the seat to the required position. Then make sure the knob is re-tightened.
- 5) **Pedals and toe straps-** your feet should be securely positioned in the toe clips during exercise. Put your foot as far forwards as you can into the toe-clip and then pull the strap tight.
- 6) The bike should operate on a level surface with no lateral movement. There are height adjuster caps located on either side underneath the rear foot. Turn these caps clockwise or anti-clockwise until the bike is totally stable on the ground.
- 7) **Maintenance** – If any parts become loose, or there is noise from the flywheel, please contact your supplier as it may be unsafe. Like any other mechanical cycling device, the bike should be regularly maintained. Ask your supplier for a detailed maintenance program.

Maintenance Chart

No	DESCRIPTION	Daily	Weekly	Monthly	Quarterly	Annually
1.	Keep machine clean: Wipe machine down with clean & dry fabric to clear dirt & sweat.	X				
2.	Wipe Anti-rusty cream or similar on the seat post set, handlebar set	X				
3.	Visual check	X				

5.	Check security of saddle	△	
6.	Remove handlebar post and clean tube	X	
7.	Remove seat post and clean tube	X	
8.	Check brake pads for wear-align	X	
9.	Check brake adjustment	X	
10.	Check security of all knobs & release lever	X	
11.	Check toe straps for signs of wear	X	
12.	Check crank bolts and re-tighten	X	
13.	Make sure pedals are screwed in	X	
14.	Check belt tension		X
15.	Wipe the anti-rust oil on the flywheel Surface, because people sweat on flywheel.		X
16.	Check bottom bracket		X
17.	Check flywheel bearings		X
18.	Full service-frame inspection		X



INDOOR BIKE

