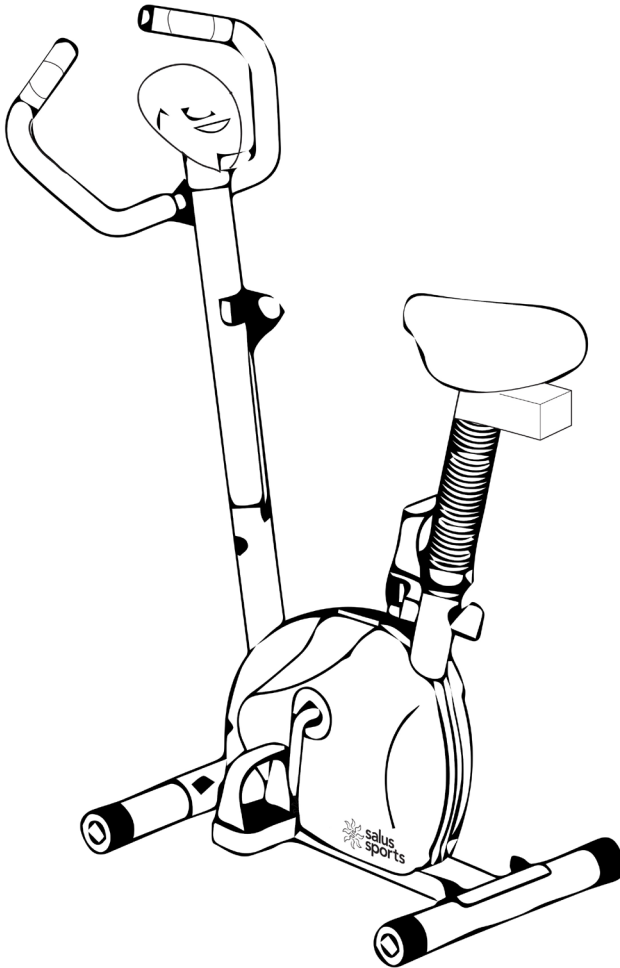




S-Belt Bike™

USER MANUAL



Please read the User Manual carefully before using this product and retain for future reference. If you misplace the manual, you can download it from the Salus Sports website

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TECHNICAL SPECS

Product Dimensions	106(H)* 51(W)*90(L)CM	Gross Weight	12KG
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Packaging Dimensions	49.5(H)* 25(W)*65(L)CM	Max User Weight	100KG
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Net Weight	11KG	Drive System	Belt
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LCD Display	Scan, Time, Speed, Distance, Total Distance, Pulse, Calories
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UK/EU Standards	CE Certified
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PRODUCT FEATURES

- Brand: Salus Sports
- Model: S-Belt Bike™
- LCD display (batteries included)
- Grey gloss frame and support poles
- Black saddle (PU leather) with foam insert
- Fully adjustable saddle (up/down/ forwards/backwards)
- Adjustable handlebars
- Heart rate sensors
- Tension control (resistance)
- Steel pedals with plastic footstraps
- Tool kit: handlebar safety lock, bolts/ washers, spanner and Allen key
- CE certified
- 1 Year Warranty on Frame & Parts (keep PayPal receipt as proof of purchase)
- Exercise Bike and Fitness e-book
- Salus Sports Health & Fitness e-newsletters including mini workouts, fat-burning workouts you can do anywhere, anytime and motivational tips

SAFETY INSTRUCTIONS

Please read carefully prior to using this product.

You should consult a physician before beginning any exercise program including a program involving the use of the S-Belt Bike™ – this is especially important if you are pregnant, sick, injured or have a pre-existing medical condition.

If whilst using the S-Belt Bike™ you feel dizzy, faint, short of breath, or any pain **STOP** using the bike immediately and consult a physician.

When using fitness equipment, you should follow normal safety procedures, especially if there are children or pets around.

1. It is important to read the entire manual before assembling and using this product. Safe and efficient use can only be achieved if the equipment is assembled, maintained and used properly. It is the user's responsibility to adhere to all warnings and precautions prior to using the bike.
2. Always place the bike on the ground in a dry clean area.
3. Avoid placing the bike on thick carpet – it should be placed on a flat clean surface.
4. In the event the S-Belt Bike™ malfunctions **STOP** immediately and contact the Customer Care team for further instructions.
5. The maximum user weight for the S-Belt Bike™ is 100KG.
6. When adjusting the saddle and handlebars check they are secure to avoid injury.
7. Prior to use, tighten the nuts and bolts on parts such as the saddle, pedals and handlebars to avoid injury.
8. Always use proper lifting techniques and/or assistance when lifting or moving the bike to avoid injury.
9. The S-Belt Bike™ is not suitable for children under 14 years of age or for people with physical conditions unless supervised by an adult.
10. The S-Belt Bike™ is designed for home use only and should only be used indoors in a clean dry area.

WHAT'S IN THE BOX

Remove all the components from the packaging – please **save the packaging** until you have fully assembled and tested the S-Belt Bike™ as you may have to return it. **Note**, all items must be returned in the original packaging for safety reasons.

If any of the components are missing, damaged in transit or simply don't work, please contact the Customer Care team immediately for further instructions. Please do not try to resolve any issues yourself as this could lead to further damage or injury.

All the components are available in our UK warehouse and can be shipped to you the next day. We like to make things easy for you at Salus Sports and our dedicated Customer Care team are available during business hours to assist with returns, exchanges and resolve issues quickly.

COMPONENTS

- Frame
- Console (with batteries)
- Support Poles
- Handlebars with heart sensors
- Front and Back Stabilizers
- Concertina cover
- Saddle
- Pedals

DESCRIPTION		QTY		DESCRIPTION		QTY	
1	Main Frame	1	11	Lower Sensor Wire		1	
2	Front Support Pole	1	12	Tension Control		1	
3	Front Stabilizer	1	13	Saddle		1	
4	Back Stabilizer	1	14	Horizontal Saddle Bar		1	
5	Console	1	15	Saddle Support Pole		1	
6	Console Holder	1	16	Concertina Cover		1	
7	Handlebars	1	17	Horizontal Saddle Adjustment Lock		1	
8	Handlebar Safety Lock	1	18	Saddle Height Adjustment Lock		1	
9	Tension Control Wire	1	19	Crank Arms (Right & Left)		2	
10	Upper Sensor Wire	1	20	Pedals (Right & Left)		2	

TOOL KIT

- Allen Key x 1
- Spanner x 1
- Handlebar safety lock x 1
- Various nuts, bolts and washers
- User Manual



Nylock Nut
(M8)



Domed Nut
(M8)



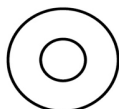
Fixing Screw
(M5x12mmL)



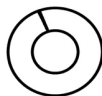
Key Head Bolt
(M8x60mmL)



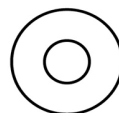
Fixing Bolt
(M8x16mmL)



Washer
(Ø20xØ 8.2x1.5t)



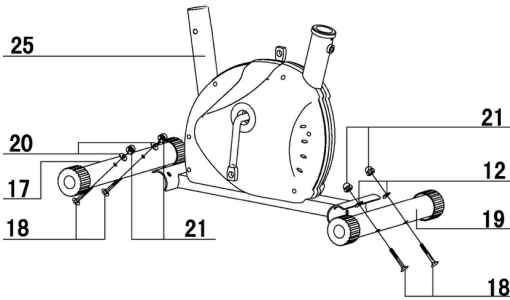
Spring Washer
M8



Washer
(Ø20xØ8.2x1.5t)

ASSEMBLY INSTRUCTIONS

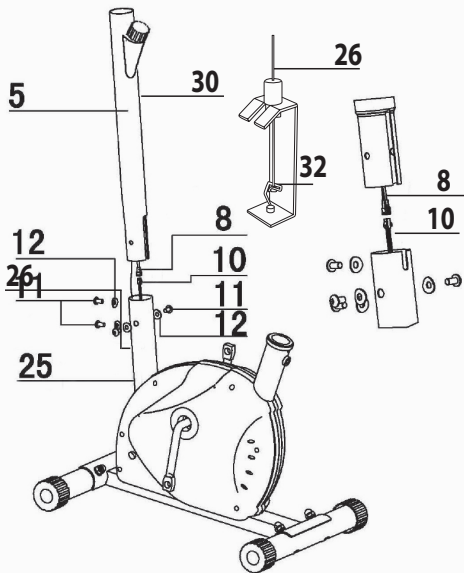
7 easy steps to assemble then you're ready to workout – it takes approx 30 mins to assemble.



Step 1

Attach the front (17) and back (19) stabilizers to the main frame (25) with the domed nuts, washers (12 and 20) and key-head bolts (21 and 18) provided.

Tip: Ensure the warning label is facing you before attaching the back stabilizer.



Step 2

Inside the main frame, you will see a red plastic rectangle. Pull it towards you to loosen it from its current position.

Tip: This will make it easier for you to do the next step.

Take the front support pole (5) and connect the upper (8) and lower (10) sensor wires (see insert).

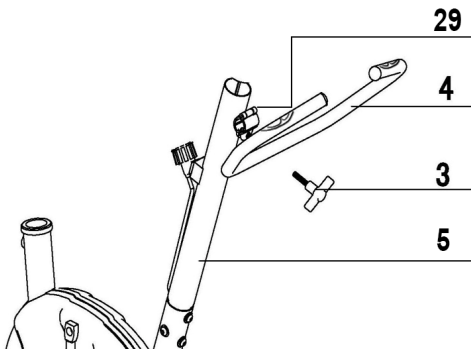
Turn the tension control (30) to the left until it stops.

Hook the tension control wire (26) into the red plastic (32) inside the main frame (25). To do this you must pull the tension control wire (26) to full length by pulling upwards on the front support pole (5).

Tip: for better leverage do this whilst standing.

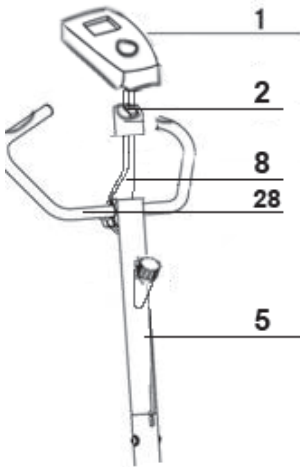
Fix the 4 sets of fixing bolts (11) and washers (12) provided to the front support pole (5).

Tip: Tape the tension wire onto the support pole so it doesn't fall inside.



Step 3

Turn the handlebars with the heart rate sensors to face you then attach the handlebars (4) to the front support pole (5). Lift the metal flap (29), centre the handlebars in the space provided, close the flap over the handlebars and lock in place with the handlebar safety lock (3) – secure tightly.

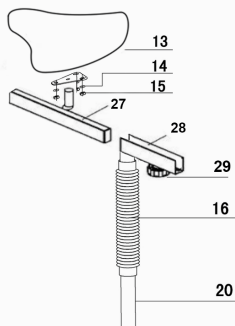


Step 4

Insert batteries and check the console display is on.

Take the console holder (2) in your hand and connect the wire from the console to the wire inside the front support pole (5). Feed the wires through the support pole to hide them.

Slide the console onto the console holder (2) and connect the handlebar wires to the console (1).



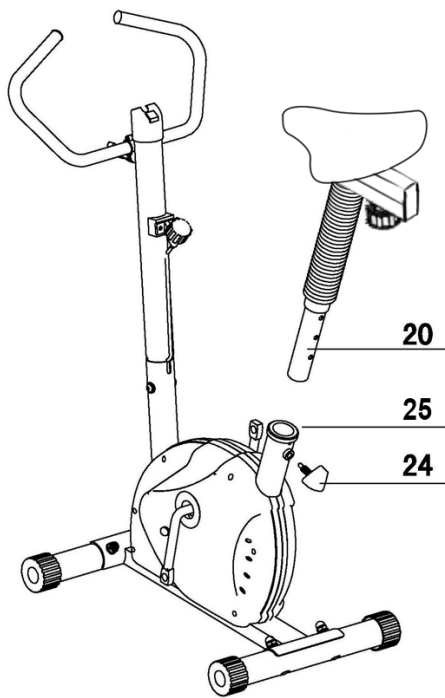
Step 5

Attach the saddle (13) to the horizontal saddle bar (27) with the four sets of nuts (15) and washers (14) provided. Secure tightly with spanner.

Remove the horizontal saddle safety lock (29) from the horizontal saddle bar (27).

Attach the saddle (13) to the horizontal saddle bar (27). Slide it into the horizontal support bar (28), adjust to suit your height and tighten with the horizontal saddle safety lock (29).

Place the concertina cover (16) over the saddle support pole (20).



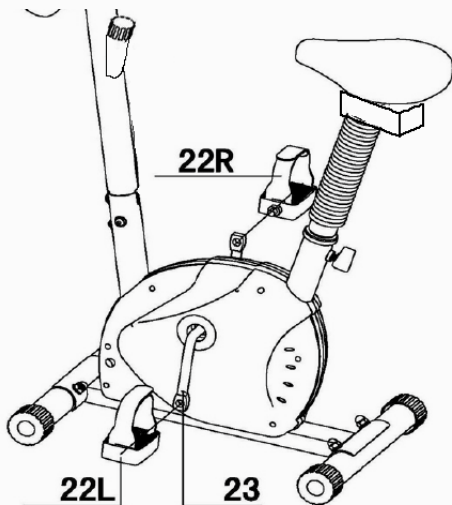
Step 6

Remove the saddle height adjustment lock (24) from the main frame.

Insert the saddle support pole (20) into the main frame (25).

Push the concertina up and adjust to suit your height.

Lock into place with the saddle height adjustment lock (24).



Step 7

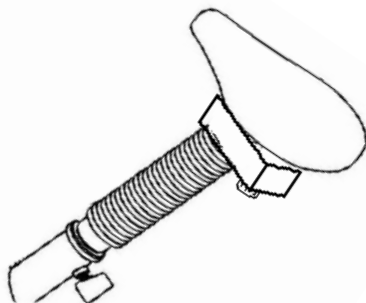
Firmly attach the left pedal (22L) to the left crank arm (23) in a counter-clockwise direction using the spanner provided until tight.

Now firmly attach the right pedal (22R) to the right crank arm (23) in a clockwise direction using the spanner provided until tight.

Tip: Do this by turning the nut, not the pedal.

OPERATING INSTRUCTIONS

Adjusting the saddle

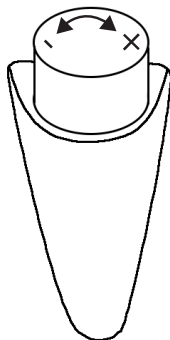


The height and length of the saddle can easily be adjusted to accommodate a range of heights.

To adjust the saddle up or down – remove the saddle height adjustment lock, hold the saddle in your hands and slide it up or down the saddle support pole, find the correct level for your height, insert the lock in the hole and tighten.

To adjust the saddle forwards or backwards – loosen the horizontal saddle adjustment lock, slide the saddle forwards or backwards and lock in place.

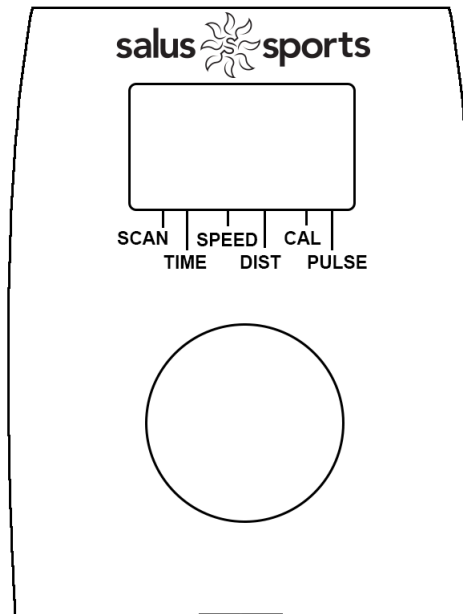
Adjusting the tension



The tension control allows you to alter the resistance of the pedals. A high resistance makes it harder to pedal, and a low resistance makes it easier.

For the best results set the tension when you are on the bike by turn the tension control to the left (easier) or right (harder).

Using the console



Insert the batteries provided.

To turn on the display - press the **MODE** button or start pedalling.

To turn off the display – stop pedalling and it will automatically turn off after 4 minutes.

MODE – Press to select a function, or hold for 4 seconds to reset.

SCAN – Scans all functions: TIME, SPEED, DISTANCE, CALORIES, HEART RATE.

TIME – Displays the time.

SPEED – Displays the speed in KM/h.

DISTANCE – Displays the distance in KM/h.

CALORIES – Displays the calories burned.

PULSE – Displays your heart rate - place your thumbs on the heart rate sensors first.

MAINTENANCE

Regular maintenance will prolong the life of your bike and prevent injury. We strongly recommend that you do the following on a regular basis –

1. Clean the bike after use with a soft cloth and cleanser - then dry it.
2. Clean the Console display with a soft cloth and anti-static computer spray to remove dust or finger prints. **Note**, harsh chemicals will destroy the protective coating on the Console and cause a static build up inside the Console that could damage the components.
3. Check the front and back stabilizers each time you use the bike to ensure the bike is stable and level with the floor.
4. Check and tighten loose nuts/bolts, the saddle adjustment locks, pedals, and handlebars to ensure they are secure each time you use the bike to avoid injury.
5. For replacement parts, contact Customer Care.

TROUBLESHOOTING

REF	PROBLEM	SOLUTION
1	THE PEDALS ARE SPINNING OUT OF CONTROL	<ol style="list-style-type: none"> 1. ADD MORE RESISTANCE BY TURNING THE TENSION CONTROL TO THE RIGHT. 2. OTHERWISE, IT COULD BE AN ISSUE WITH THE BELT DRIVE – CONTACT CUSTOMER CARE FOR INSTRUCTIONS.
2	THE BIKE IS UNSTABLE	<ol style="list-style-type: none"> 1. ADJUST THE FRONT AND BACK STABILISERS UNTIL THEY ARE FLAT ON THE SURFACE. 2. SHAKE THE BIKE TO ENSURE IT'S STABLE.
3	THE HANDLEBARS ARE WOBBLY	<ol style="list-style-type: none"> 1. STOP PEDALLING AND AND GET OFF THE BIKE. 2. TURN THE HANDLEBAR SAFETY LOCK UNTIL TIGHT AND THE HANDLEBARS DO NOT MOVE.
4	MY FEET BARELY TOUCH THE PEDALS	<ol style="list-style-type: none"> 1. ADJUST THE HEIGHT OF THE SADDLE TO HIP HEIGHT. 2. YOUR FEET SHOULD COMFORTABLY SIT INSIDE THE FOOTSTRAPS WITH YOUR LEGS SLIGHTLY BENT.
5	NO RESISTANCE	<ol style="list-style-type: none"> 1. CHECK THE UPPER AND LOWER SENSOR WIRES AND TENSION CONTROL WIRE ARE CONNECTED. 2. OTHERWISE, IT COULD BE AN ISSUE WITH THE BELT DRIVE – CONTACT CUSTOMER CARE FOR INSTRUCTIONS.
6	THE CONSOLE DOESN'T RESPOND	<ol style="list-style-type: none"> 1. REMOVE THE CONSOLE FROM THE CONSOLE HOLDER. 2. CHECK THE BATTERIES ARE INSERTED CORRECTLY AND CHECK THE CONSOLE IS RESPONDING. 3. IF NOT, CHECK ALL WIRES ARE CONNECTED AND PLUGGED INTO THE CONSOLE. 4. CHECK THE CONSOLE IS RESPONDING. 5. IF NOT, TRY REPLACING THE BATTERY. 6. OTHERWISE, CONTACT CUSTOMER CARE FOR INSTRUCTIONS.