

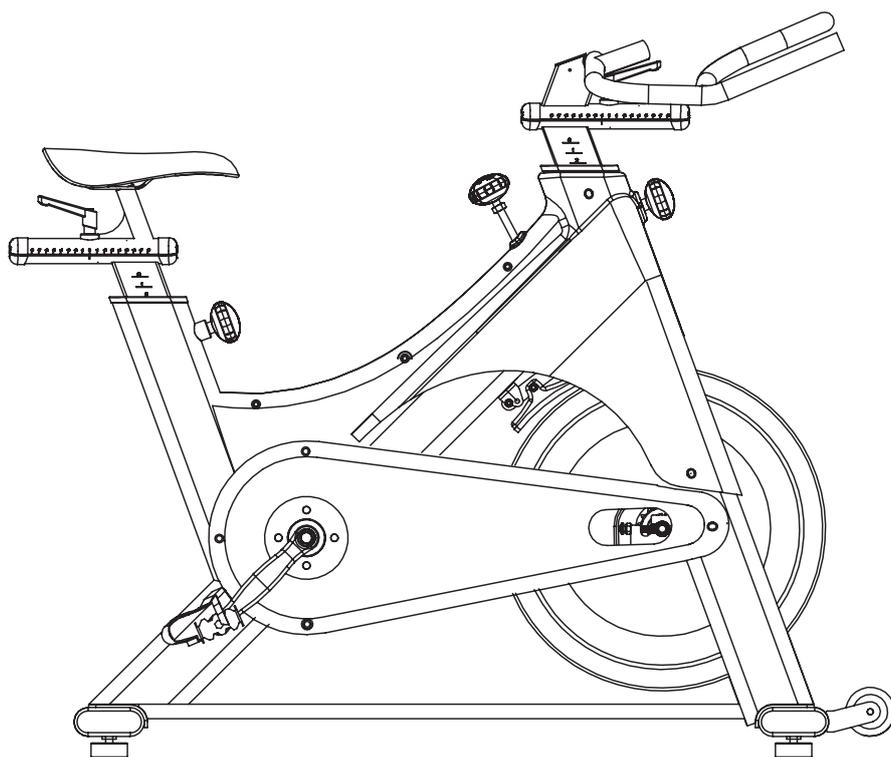
NOTE

Thank you for purchasing the SPIRIT Club spin bike.

Please read carefully through all the precautions and instructions in this manual before using this equipment and keep this manual for your future reference.



CLUB SPIN BIKE



SERVICE CENTRE NUMBER

For immediate help with assembly or for additional product information, please call our service center.

(DBN)

031 702 5784

(JHB)

011 907 1660

(CT)

021 934 0862

(PE)

041 487 0573

please have your model name ready when you call us.

**MAXIMUM USER
WEIGHT**

130kg

INSTRUCTION AND USER'S MANUAL

10165

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SAFETY PRECAUTIONS

To reduce the risk of serious injury, read the following safety instructions before using the Spirit Club Spin Bike.

1. Use the Spirit Club Spin Bike only on a level surface.
2. Keep children and pets away from this equipment at all times.
3. The Spirit Club Spin Bike should not be used by persons weighing more than 130kgs.
4. The Spirit Club Spin Bike should be used by only one person at a time.
5. Be careful to maintain your balance while using, mounting, dismounting, folding, unfolding or assembling the Spirit Club Spin Bike. Loss of balance may result in a fall and / or serious bodily injury.
6. Use the Spirit Club Spin Bike only as described in the manual.
7. Do not attempt to adjust the seat position while you are on the Spirit Club Spin Bike.
8. Before using this equipment to exercise, ensure you warm up properly, by doing stretching exercises.
9. Always make sure all bolts and nuts are tightened prior to each use.
10. Always wear appropriate workout clothing and shoes when exercising, do not wear robes or other clothing that could become caught in the equipment.

WARNING:

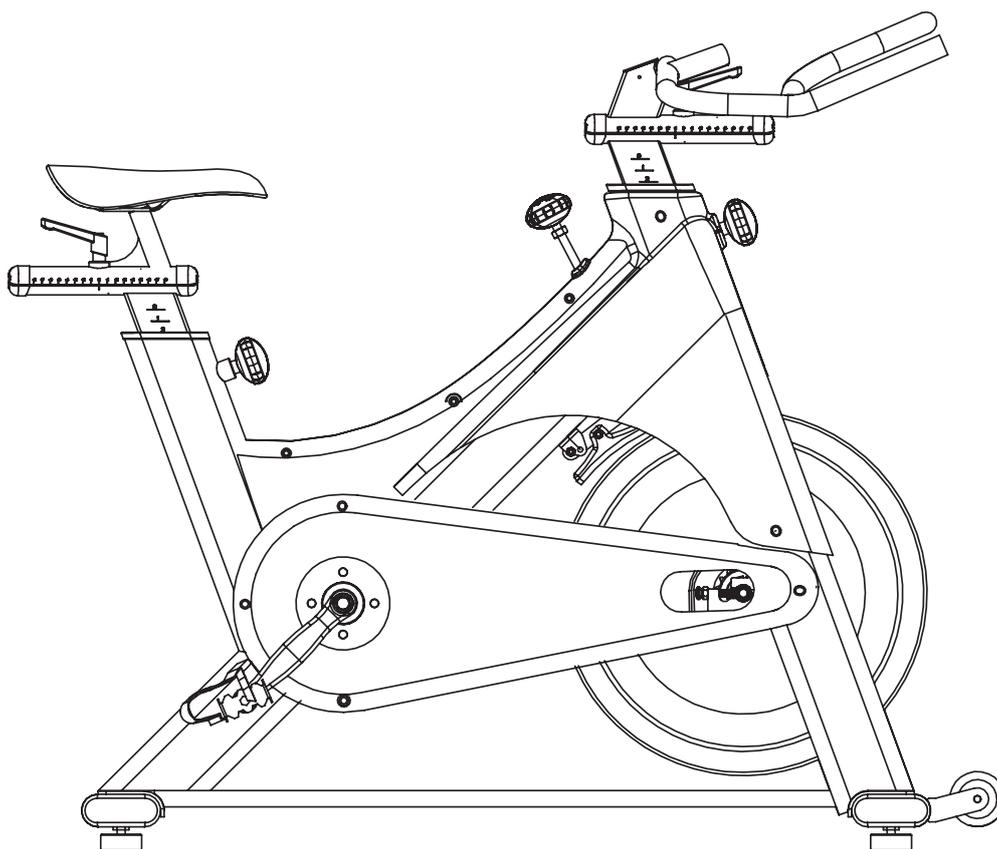
Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any illness.

PRE ASSEMBLY CHECK LIST

Thank you for choosing the Spirit Club Spin Bike. We took great pride in producing this quality product and hope it will provide you with many hours of quality exercise to make you feel better, look better and enjoy life to its fullest.

Yes, it's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The Spirit Club Spin Bike provides a convenient and simple method to begin your assault on getting your body in shape and achieving a healthier lifestyle.

Please read this manual carefully and familiarize yourself with the parts of the Spirit Club Spin Bike before using it for the first time.



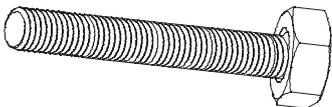
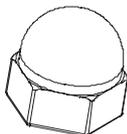
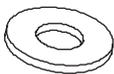
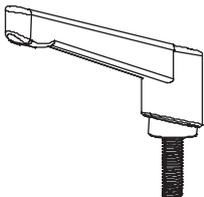
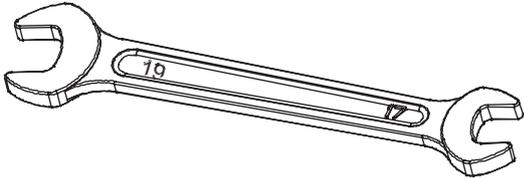
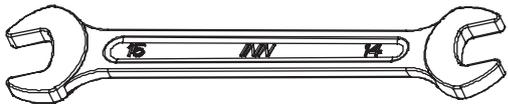
PART LIST

No.	Description	Q'ty	No.	Description	Q'ty
10165-01	Main Frame	1	10165-24	Bolt (M8 x 20mm)	2
10165-02	Rear Stabilizer	1	10165-25	Nut (ø17.5 x ø8 x M6)	2
10165-03	Rear Stabilizer Cap	4	10165-26	Pedal (Left Side)	1
10165-04	Round Foot	4	10165-27	Crank (Right Side)	1
10165-05	Hex Head Bolt (M10 x 60mm)	4	10165-28	Pedal (Right Side)	1
10165-06	Washer (ø10 x ø26 x T2mm)	4	10165-29	Flywheel	1
10165-07	Washer (ø10 x ø26 x T2mm)	12	10165-30	Bearing	6
10165-08	Nut Cap (M10)	4	10165-31	Belt Wheel	1
10165-09	Front Stabilizer	1	10165-32	Steel-plate	1
10165-10	PU Wheel	2	10165-33	Flywheel Axle	1
10165-11	Bolt (M6 x 30mm)	2	10165-34	Washer (12.2 x 16.6)	4
10165-12	Bolt (M6 x 12mm)	2	10165-35	Nylock Nut (M12 x P1.5)	6
10165-13	Pulley Axle	1	10165-36	Zip	2
10165-14	Pulley	1	10165-37	Washer (ø13 x ø20 x 2mm)	2
10165-15	Belt	1	10165-38	Flywheel Spacer	1
10165-16	Spring Washer (M10)	4	10165-39	Plastic Cap	4
10165-17	Bolt (10 x 15)	4	10165-40	Nut (M8 x P1.25)	4
10165-18	Bearings	2	10165-41	Bolt (M8 x 50 x P1.25)	2
10165-19	Spacer	1	10165-42	Bolt (M4 x 10mm)	8
10165-20	Bearings Spacer	2	10165-43	Bolt (M8 x 20mm)	2
10165-21	Nylock Nut (M20 x P1.0)	1	10165-44	Seat	1
10165-22	Plastic Cap (42 x 13)	1	10165-45	Handlebar	1
10165-23	Crank (Left Side)	1	10165-46	Bushing	2

PART LIST

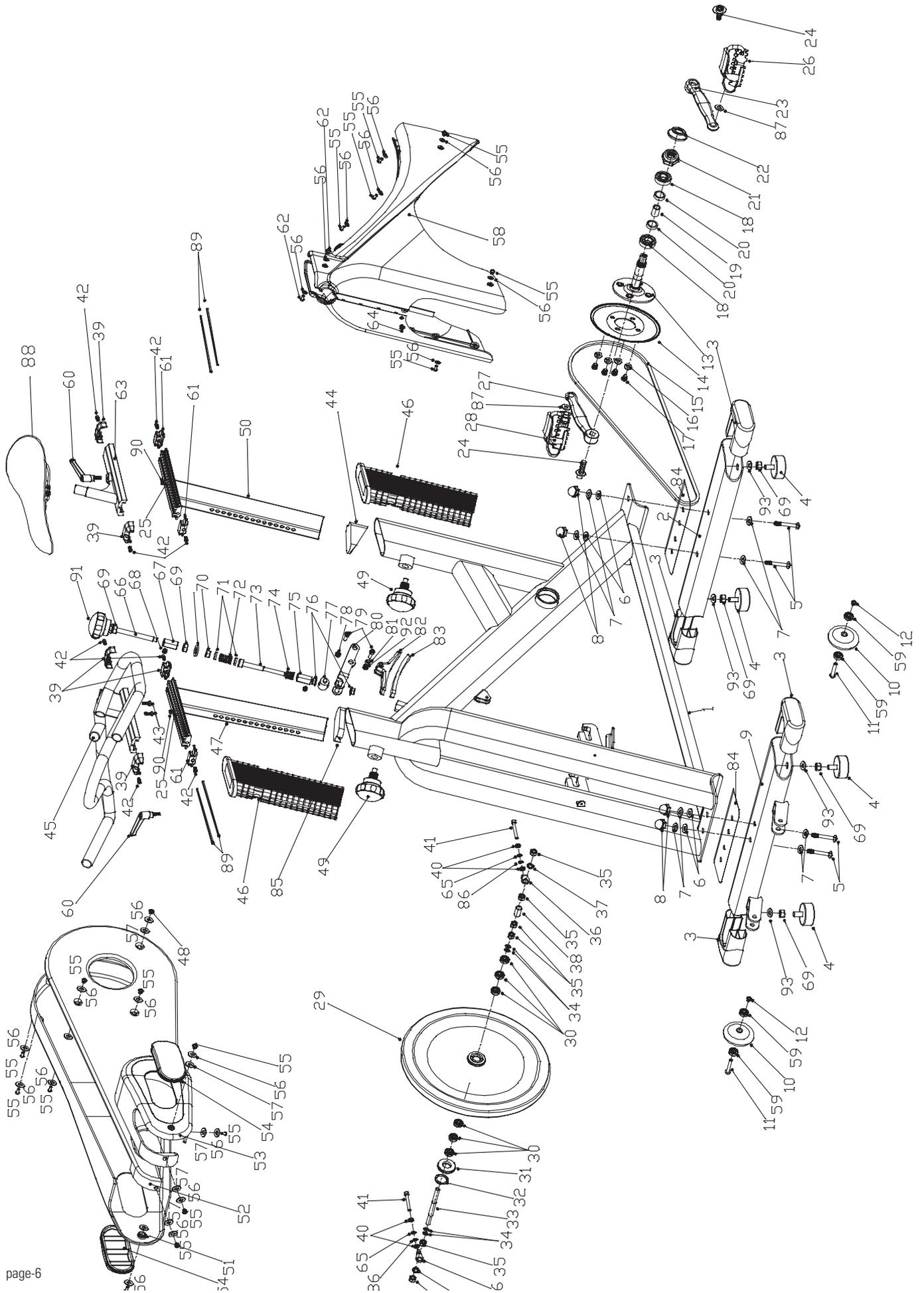
No.	Description	Q'ty	No.	Description	Q'ty
10165-47	Upper Upright Post	1	10165-70	Nylon Nut (M8)	1
10165-48	Bolt (M5 x 9mm)	1	10165-71	Round Steel-plate	2
10165-49	Adjustable Knob	2	10165-72	Spring (2 x 16 x 30)	1
10165-50	Seat Post	1	10165-73	Bolt (M10 x 101.5mm)	1
10165-51	Chain Cover L	1	10165-74	Spring (1.5 x 15 x 25)	1
10165-52	Chain Cover R	1	10165-75	Nut (16.8 x 16.8 x 25)	1
10165-53	Front Cap	1	10165-76	Nut (M8 x P1.25)	2
10165-54	Protect Cap	2	10165-77	Brake Adjust Pin (20 x 30)	1
10165-55	Bolt (M5 x 16mm)	17	10165-78	Nut (M6)	2
10165-56	Washer (ø5 x ø10)	19	10165-79	Bolt (M6 x 20mm)	2
10165-57	Washer (ø6 x ø12)	4	10165-80	U-Tube	1
10165-58	Protect Cap For Main Frame	2	10165-81	Spacer	2
10165-59	Bearing	4	10165-82	Fixed Clip	1
10165-60	L-Adjustable Knob	2	10165-83	Strap	1
10165-61	Lower Cap	4	10165-84	PVC Washer (176 x 59 x 1.5)	2
10165-62	Bolt (M5 x 10mm)	2	10165-85	Rubber Pad	1
10165-63	U-bar For Seat	1	10165-86	Washer (ø8 x ø18 x T1.0)	2
10165-64	Bolt (M4 x 10mm)	1	10165-87	Washer (ø14 x ø20 x T0.5)	2
10165-65	Washer (ø8 x ø19)	2	10165-88	Seat	1
10165-66	Brake Bolt (M10 x 133mm)	1	10165-89	Roll	4
10165-67	Brake Nut (16.8 x 16.8 x 31)	1			
10165-68	Bolt (M5 x 5mm)	2			
10165-69	Nut (M10 x P11.5)	6			

HARDWARE PARTS LIST

No.	Description	Drawing	Q'ty
10165-05	Hex Head Bolt (ø10x30mm)		4
10165-08	Nut Cap (M10)		4
10165-06	Plastic Washer (ø10 x ø26 x T 2 mm)		4
10165-07	Flat Washer (ø10 x ø26 x T 2 mm)		4
10165-60	Adjustable Knob (for Saddle)		1
Tool-A	Screw Driver (14/19)		1
Tool-B	Screw Driver (14/15)		1
Tool-C	Allen Wrench (M3)		1

Above described parts are all the parts you need to assemble this machine. Before you start to assemble, please check the hardware packing to make sure they are included.

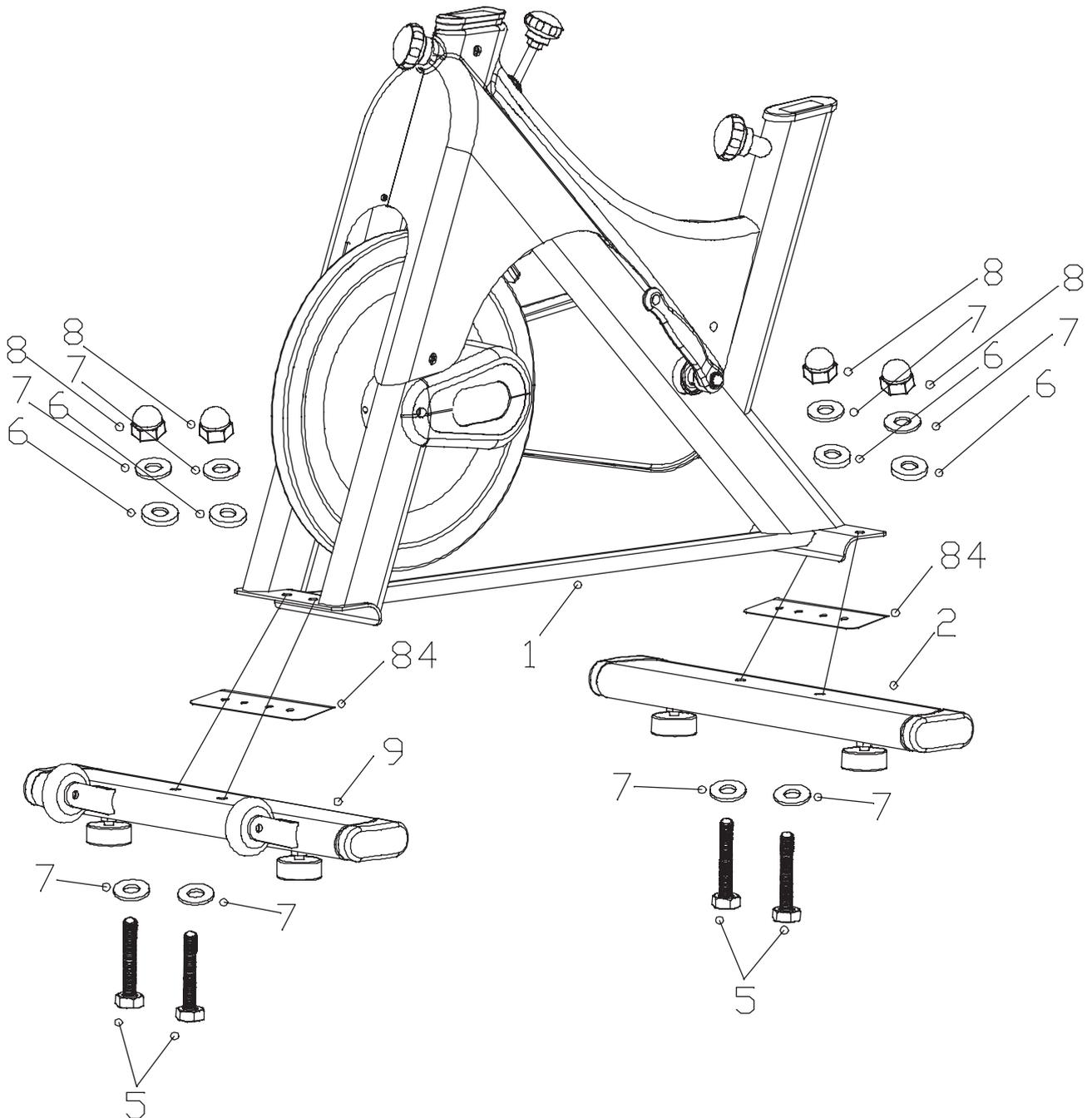
EXPLODED DIAGRAM



ASSEMBLY INSTRUCTION

STEP 1

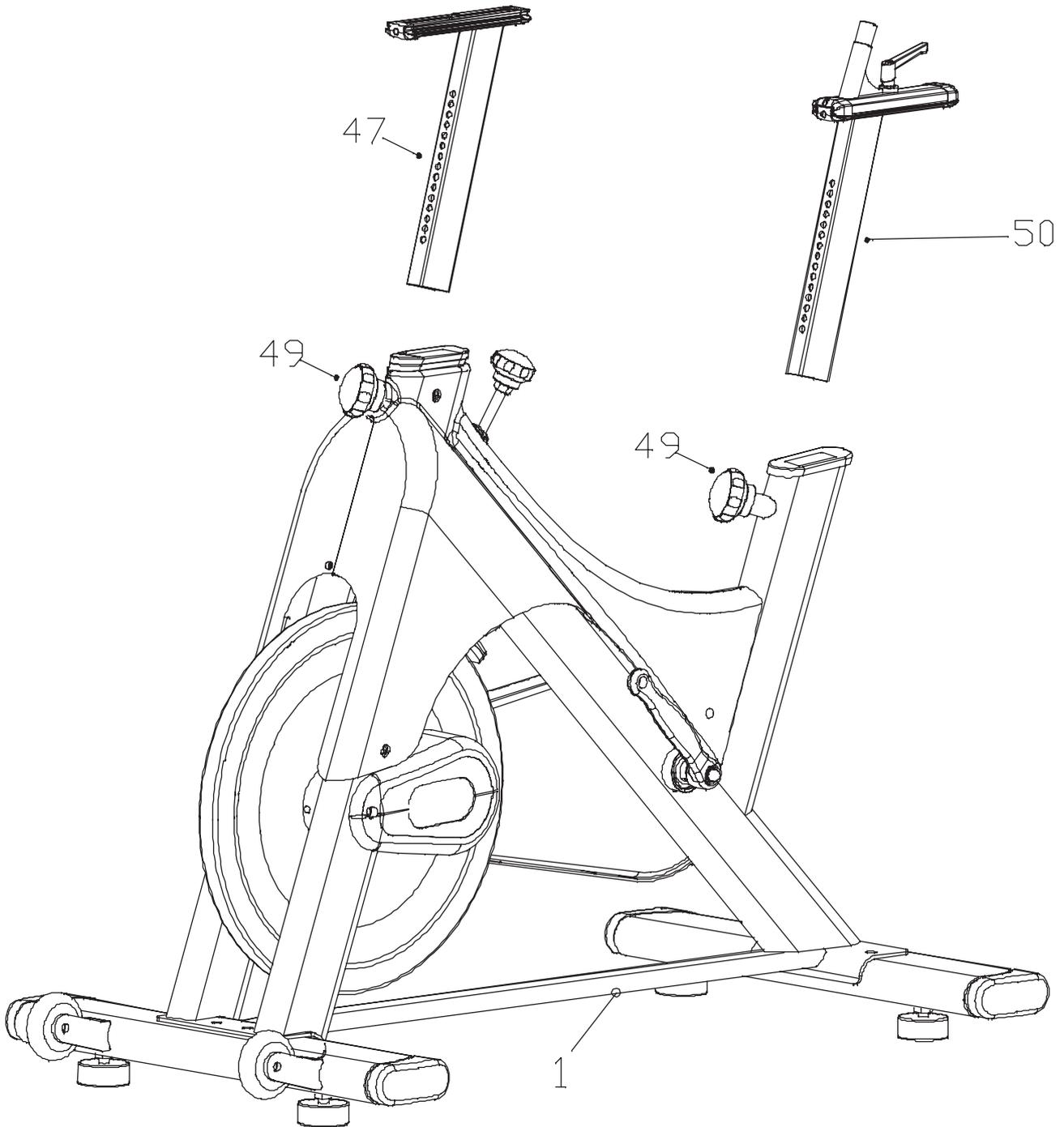
Attach the Stabilizer (9 and 2) to Main Frame (1), through two Steel Plates (84) and secure with four $\varnothing 10 \times 30$ mm Hex Bolts (5), eight $\varnothing 10 \times \varnothing 26 \times T2$ mm Washers (7), four $\varnothing 10 \times \varnothing 26 \times T2$ mm Plastic Washers (6) and four M10 Nut Caps (8).



ASSEMBLY INSTRUCTION

STEP 2

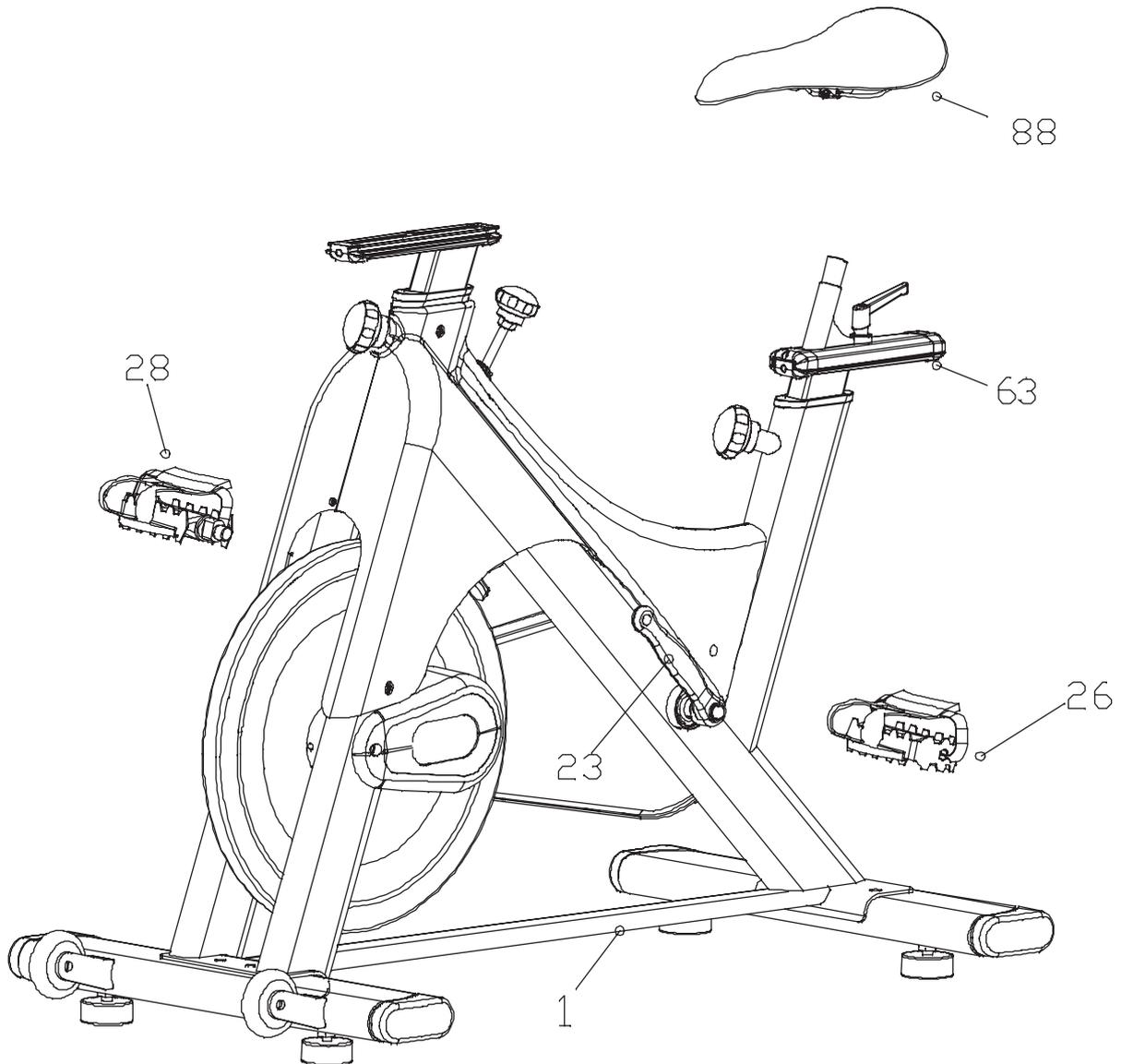
Loosen the Adjustable Knob (49), insert the Upright Post (47) and Seat Post (50) into Main Frame (1). Then tighten the Adjustable Knob (49).



ASSEMBLY INSTRUCTION

STEP 3

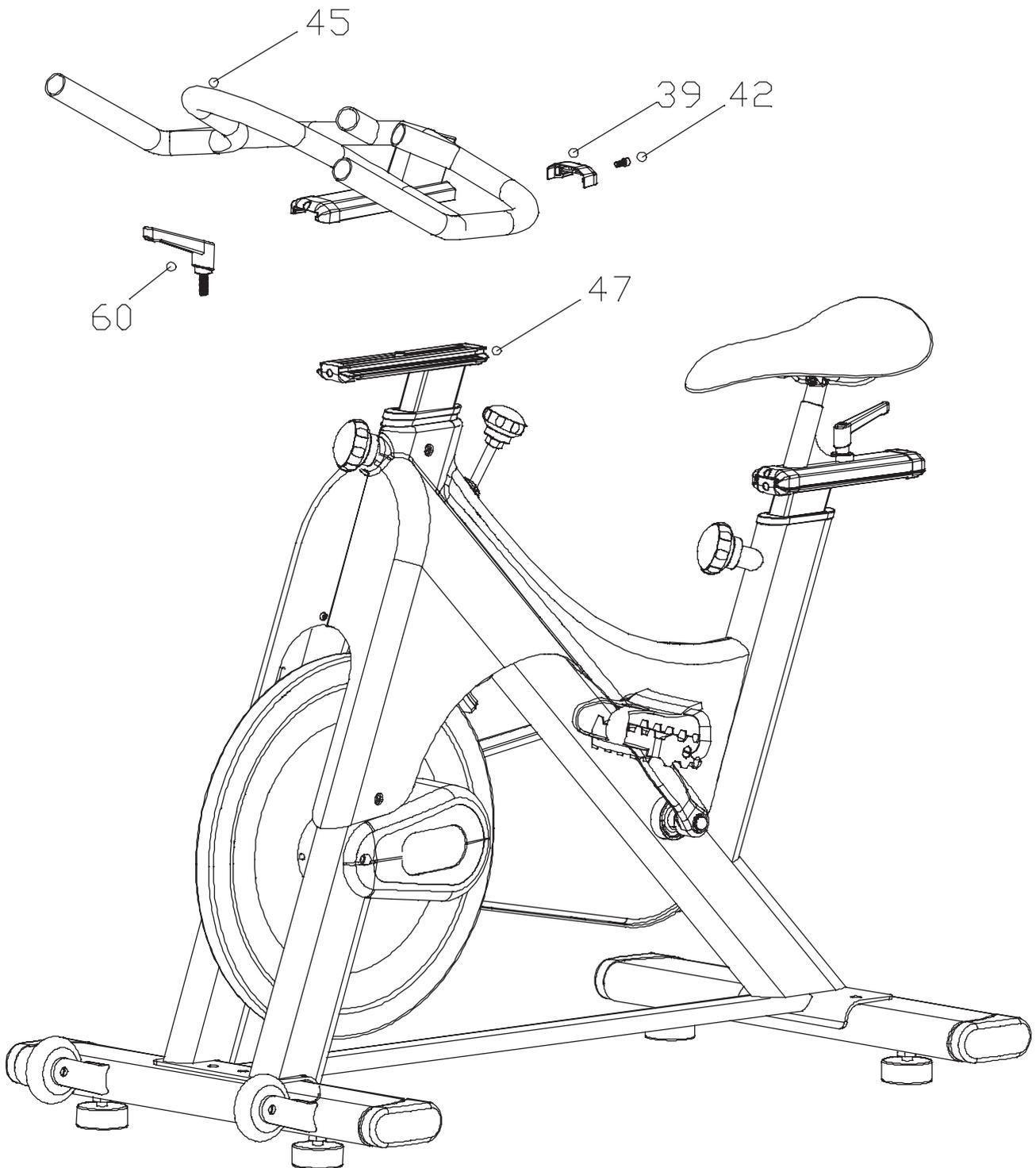
Attach the Right Paddle (28) to the Right Crank (27), Left Paddle (26) to the Left Side Crank (23). Fixed Seat (88) to the Seat Adjustable Tube (63).



ASSEMBLY INSTRUCTION

STEP 4

Attach the Handlebar (45) to the Upright Post (47), secure with a Plastic Cap (39), M4 x 10mm Bolt (42) and L-Adjustable Knob (60).

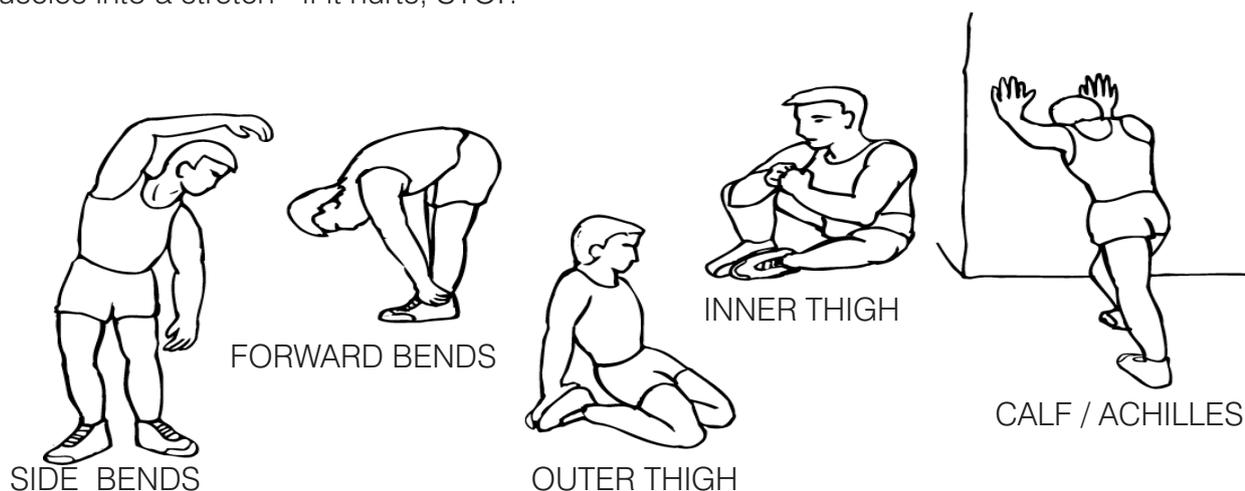


EXERCISE INSTRUCTIONS

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

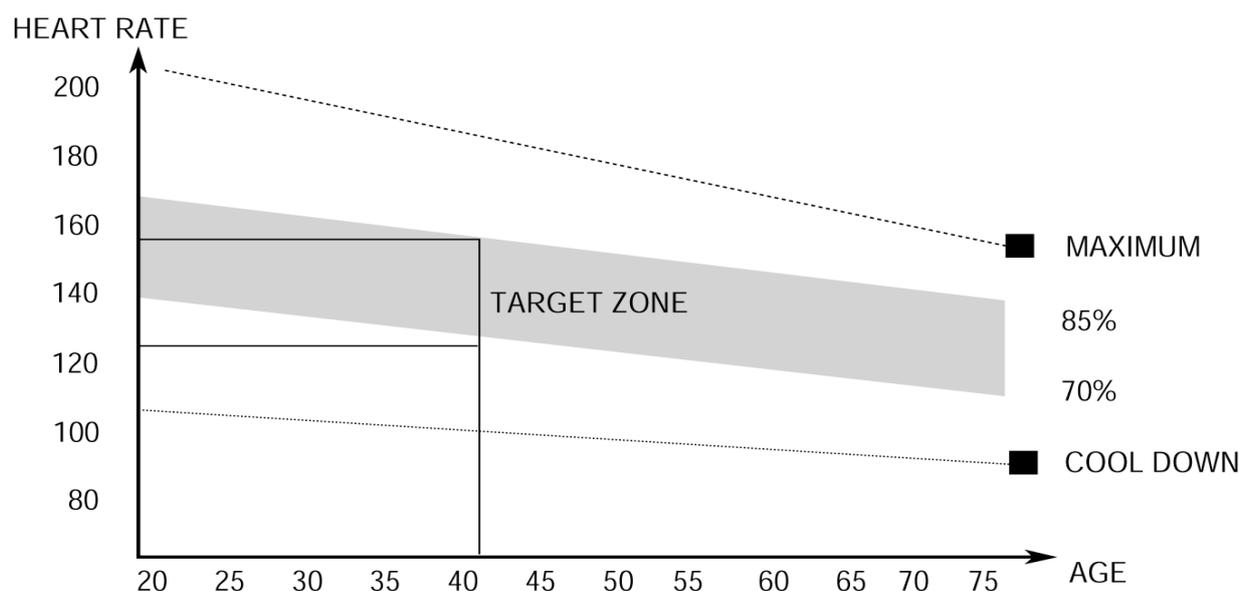
1. The Warm Up Phase

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 more flexible. Work to your own pace but try 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 though most people start at about 15-20 minutes.

EXERCISE INSTRUCTIONS

3. The Cool Down Phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise, however reduce your tempo and 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 SPIN BIKE you will need to have the resistance set quite high. This will put more strain on your 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. You will 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.

SPIRIT 1 YEAR LIMITED WARRANTY

Masstores (Pty) Ltd (“the Supplier”) hereby provides a limited warranty to the original purchaser of this product (“the Consumer”) that this product will be free of manufacturing defects in materials and workmanship which under normal, personal, family or household use (commercial use expressly excluded) manifest themselves within the following stipulated periods from the date of purchase:

Exclusions

The warranty does not include and will not be construed to cover products damaged as a result of disaster, misuse, commercial use, use not in accordance with the written instructions included with the product, abuse, and/or any non-authorized modification of the product. It also does not cover replacement of the light bulbs and other expendables. All demo models carry a 3 month warranty.

Waiver

The warranty provided herein and the obligations of the Supplier are in lieu of, and the Customer waives, all other warranties, guarantees, conditions or liabilities, express or implied, arising by law or otherwise, including without limitation, any obligation of the Supplier in respect of any injury, loss or damage (direct, indirect or consequential) arising out of the use of, or inability to use, this product and whether or not occasioned by the Supplier’s negligence or any act of omission on its part.

CLAIMS UNDER 1 YEAR LIMITED WARRANTY

- **Within 7 days of purchase:**

The faulty product will be exchanged (provided that the product is in its original packaging with all accessories).

- **After 7 days but within 3 months of purchase:**

The Supplier may in its sole discretion either replace or repair the product.

- **After 3 months but within 1 year of purchase:**

The Supplier may in its sole discretion either replace or repair the product. The following shall not be covered:

TREADMILLS : Running Decks, Running Belts, and Rubber Arm covers

EXERCISE BIKES / SPINNERS : Pedals, Cranks, Seats and Rubber Arm covers

CROSS TRAINERS / ELLIPTICALS / STEPPERS : Foot Rests, Cranks, Shocks, and Rubber / Foam Arm Covers

HOME GYMS : Pulleys, Cables, Seats and Padding

TRAMPOLINES : Springs, Mats and Covers

ROWERS : Rowing Strap / Rope /Arms, Pulling Handle, Grip, Moveable Seat

VIBRATION TRAINERS : Platform / Rubber Arm Cover / Resistance Bands

Parts not mentioned in the above, are covered under warranty within the 1st year of purchase.

SPIRIT REPAIRS PROCEDURE

1. Procedure for repairs

Should you experience any faults or breakdowns on your Spirit equipment, please adhere to the following procedure to have the fault rectified speedily and professionally.

- Do not return the product to the store.
- Call the Service Centre to log the faulty product (under warranty or out of warranty).
- The operator or technical advisor will try to identify the fault and will book a service.
- The service team will take the faulty product back to the service centre.
- Once the item has been repaired it will be returned to the Consumer's home on an agreed date and time.

Note: Should you live in an outlying area, it may be necessary to return the product to the store nearest to you. Our service operator will advise you of your repair procedure.

2. Cost of repairs

2.1. Under warranty

- Any items still under warranty will be repaired free of charge, as long as it complies with the terms and conditions of the warranty (refer to "warranties" section of this manual).
- Any items that need to be repaired that are NOT covered in the warranty will be for the Consumer's expense. A quote for the repair/replacement of these items will be provided to the Consumer for approval prior to repairs being conducted.

2.2. Out of warranty

- Any items that need to be repaired once the warranty has expired will be for the Consumer's expense, including call-out fees. A quote for the repair/replacement of these items will be provided to the Consumer for approval prior to repairs being conducted.

SERVICE CENTRE NUMBER

For immediate help with assembly or for additional product information, please call our service centre:



(DBN) 031 702 5784 (JHB) 011 907 1660

(CT) 021 934 0862 (PE) 041 487 0573

please have your model name ready when you call us.

PROOF OF PURCHASE

Any claim in terms of the warranty must be supported by a proof of purchase or a warranty number. Warranty numbers can be issued through contacting our Service Centre. If such proof is not available, then notwithstanding anything to the contrary herein, the service agent's prevailing charges for services / repairs including call-out and / or spares will be payable by the Consumer upon collection or delivery of the repaired product.

The Consumer does not need to return the product to the store.

The Consumer shall phone the Service Centre and the Supplier's authorized agent will collect and repair the item at their premises.

During the warranty period the product may only be serviced and/or repaired by the Supplier's duly authorized agent(s).



ATTACH RECEIPT

CLIENT DETAILS:

Name:
E-mail: Cell:
Tel (h): Tel(w):
Address:

PRODUCT DETAILS:

Date of Purchase Serial number
Till slip number:
Description of product:
Branch purchased at:

Masstores (pty) Ltd
16 Peltier Drive, Sunninghill
Sandton, Johannesburg, South Africa

