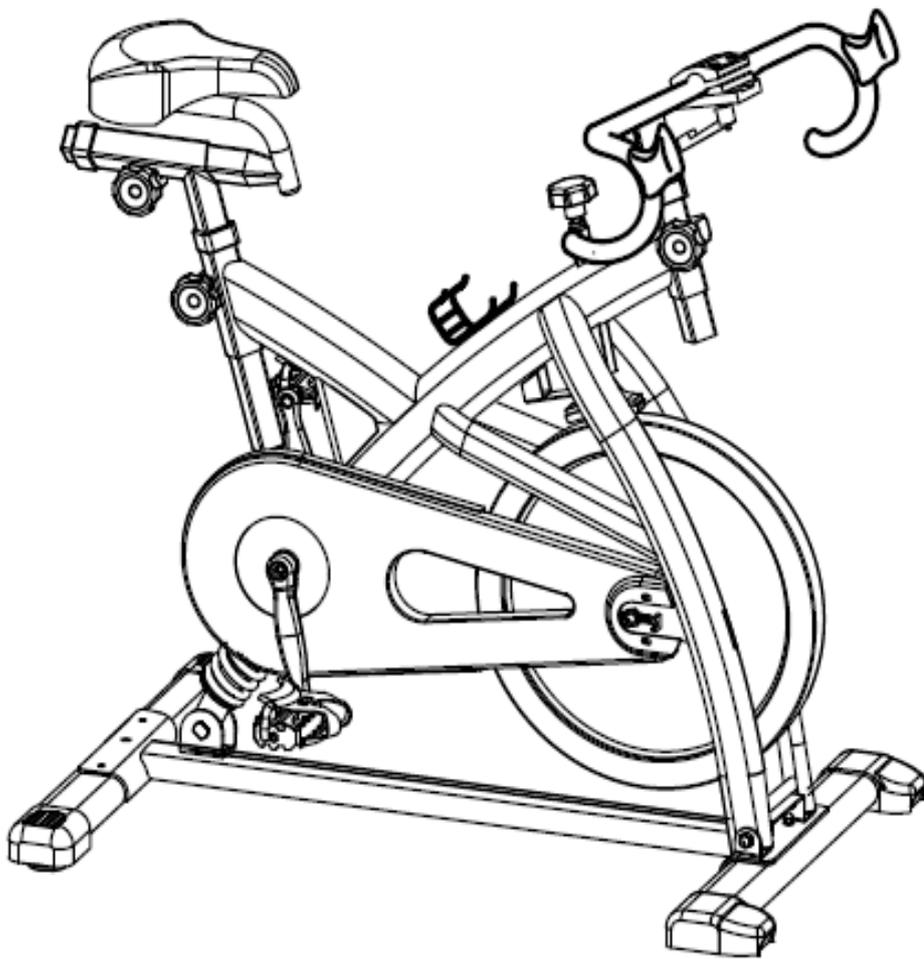


USER MANUAL

INOOR BIKE XTR600 Racing WITH V-BELT/ SHOCK

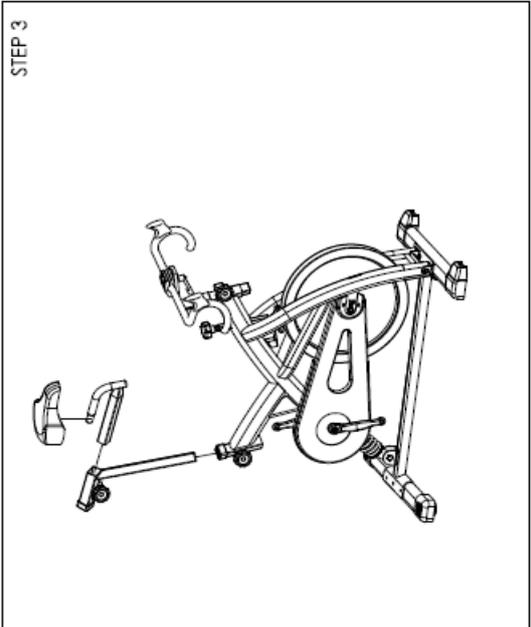
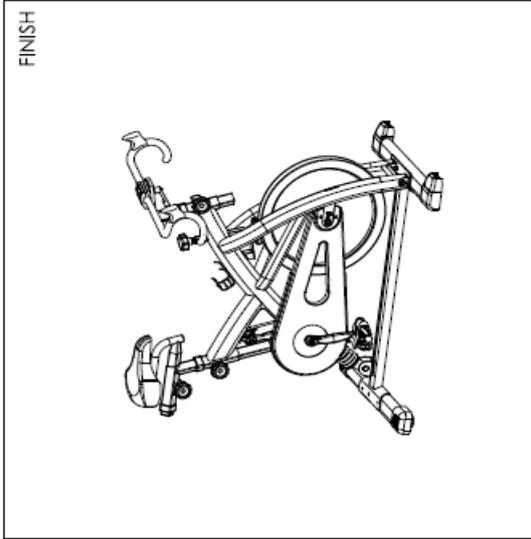
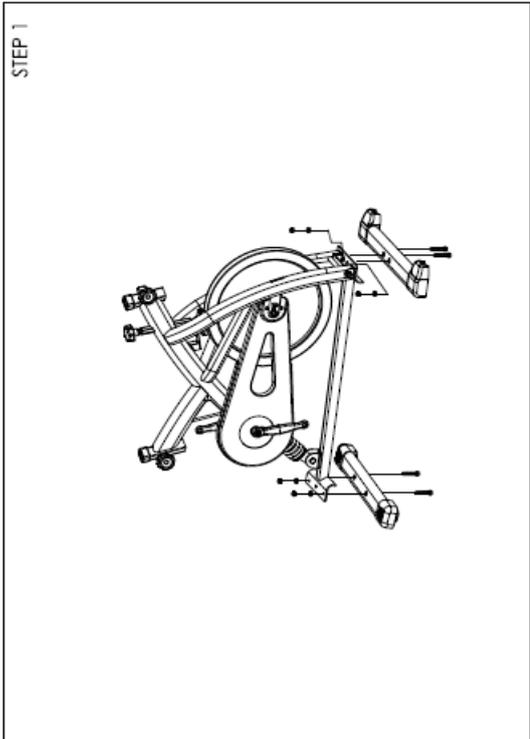
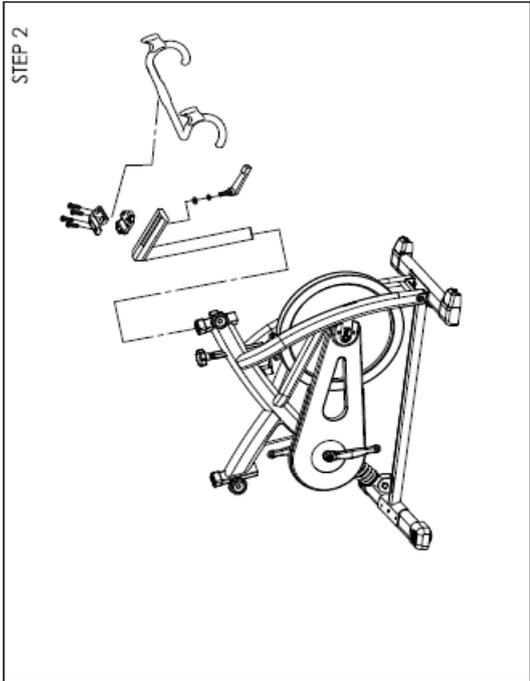


Safety Instructions

- * 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 racing handlebar (21) on the handlebar upper clamp(45) and handlebar slider down seat (52), tighten by (44) bolt and washer.

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). 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.

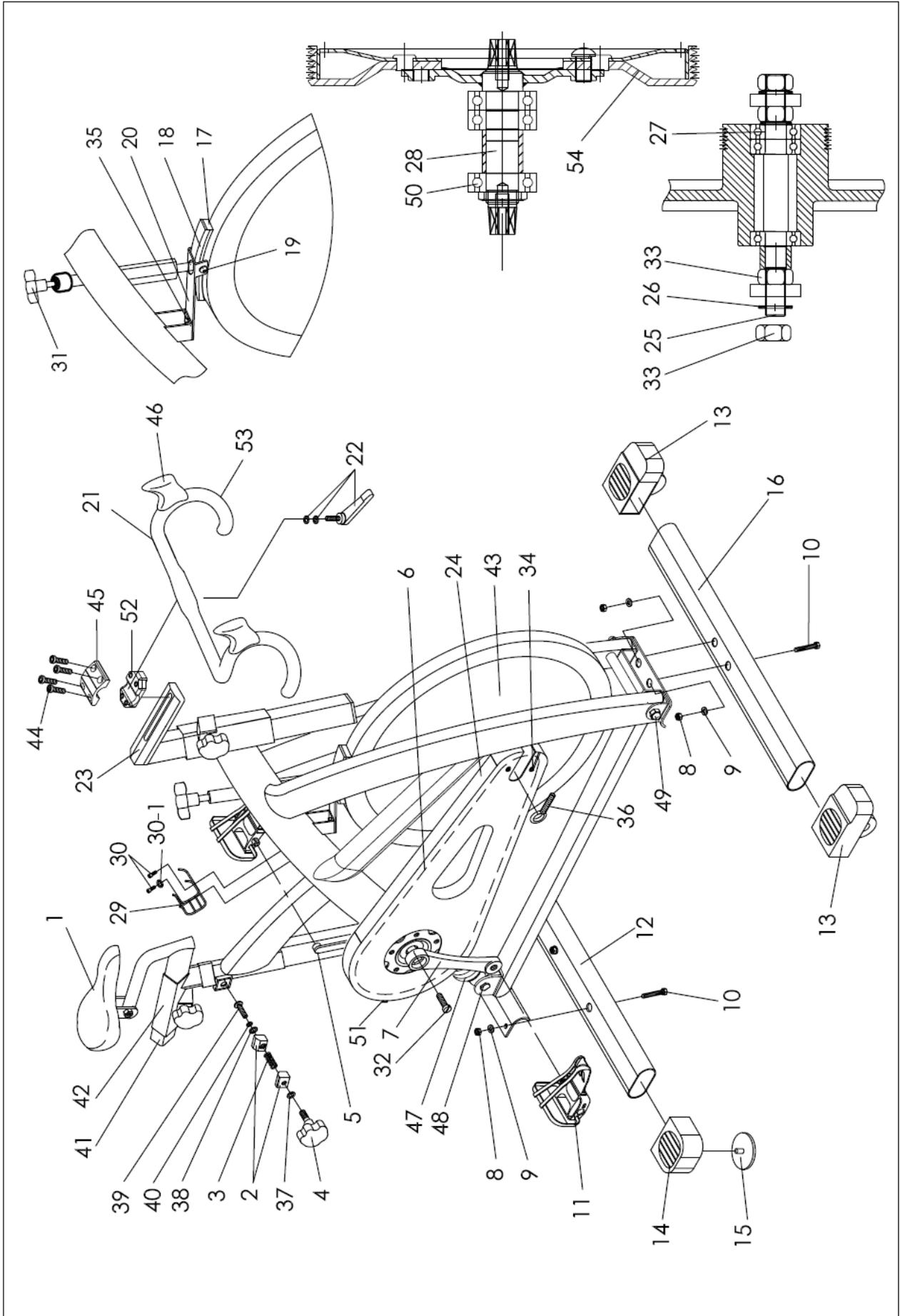
Adjusting the resistance

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	Unit	No.	Name	Unit
1	Saddle	PC	28	BB axle w/plate	PC
2	Alloy bind clamp (R/L)	PC	29	Bottle cage	PC
3	Knob spring	PC	30	Screw for bottle cage	PC
4	Knob	PC	30-1	Washer for bottle cage	PC
5	Left crank arm	PC	31	Brake system	SET
6	Belt	PC	32	Crank bolt	PC
7	Right crank arm	PC	33	Flywheel security nut	PC
8	Foot tube nut	PC	34	Outer chain guard bolt (M6)	PC
9	Foot tube washer	PC	35	Bolt and washer for spring bracket	PC
10	Foot fixing bolt	PC	36	Flywheel adjuster bolt	PC
11	Pedal	PR	37	Knob washer	PC
12	Rear foot tube	PC	38	Knob plastic washer	PC
13	Front foot end cap	PC	39	Knob fixed bolt	PC
14	Rear foot end cap	PR	40	Washer	PC
15	Rear foot adjuster wheel		41	Seat extender	PC
16	Front foot tube	1 PC	42	Seat post	PC
17	Brake pad	SET	43	Flywheel	SET
18	Brake pad holder		44	Handlebar stem bolt w/washer	PC
19	Screw & nut	PC	45	Handlebar upper clamp	PC
20	Spring bracket	PC	46	Racing handle bar support	PR
21	Racing Handlebar	PC	47	Suspension	PC
22	Release lever w/washer	PC	48	Bolt & nut	PC
23	Handle bar post	PC	49	Bolt & nut for front fork	PC
24	Outer chain guard	PC	50	BB bearing	PC
25	Flywheel axle	SET	51	Outer chain guard bolt (M5)	PC
26	Flywheel security washer		52	Handlebar slider down seat	PC
27	Flywheel bearing		53	Tape with end cap	PR
33	Flywheel security nut		54	Pulley with screws	SET

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 down seat. Slide the handlebar assembly forwards or backwards 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.

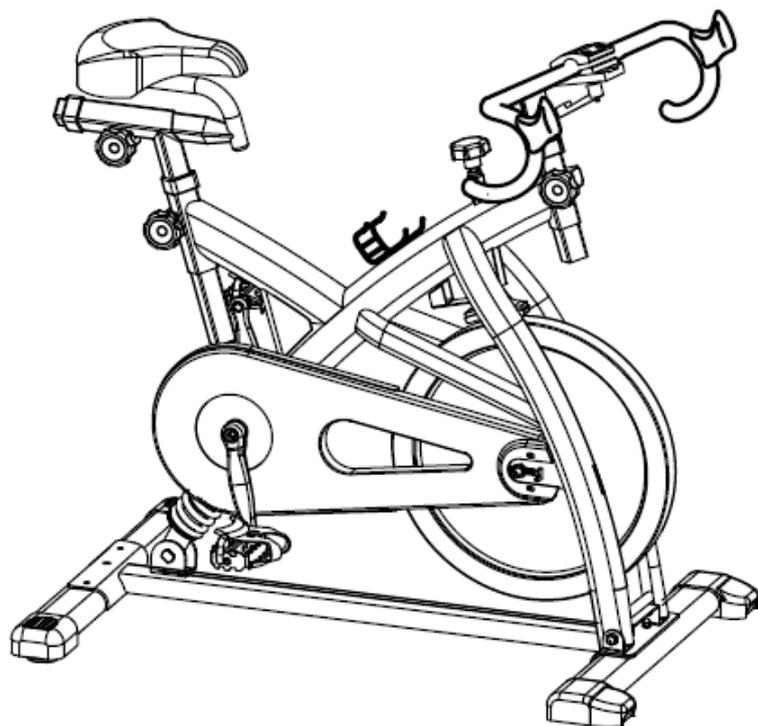
Maintenance Chart

No	DESCRIPTION	Daily	Weekly	Monthly	Quarterly	Annually
1.	Wipe machine down	X				
2.	Spray with WD40 or similar on frame	X				
3.	Visual check	X				
4.	Check security of handle bar post & seat post	X				
5.	Check security of saddle	X				
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

Limited Warranty

This product carries the following guarantee against manufacturing defects:

- * Frame is warranted for 2 years from the date of purchase.
 - * Components are warranted for 1 year.
- * Warranty is only valid for the original purchaser.
- * Labor and freight charges are not included.
- * Normal wear, neglect, abuse, accidents, improper assembly or maintenance, or the installation of parts or accessories not compatible with the original intended use of the bike, as sold, are not covered by the warranty.
- * Neither does it cover any corrosion caused by failure to clean the bikes on regular basis.
- * This warranty is limited to the repair or replacement of the defective part at no cost. **The supplier** shall in no event be responsible for consequential, special damages, and any parts failures, breakages or injuries resulting from misuse of the machine or failure to follow the recommended maintenance procedures.
- * Warranty claims must be through an authorized dealer, and replacement parts will normally be dispatched to you. We recommend you held a small stock of basis spare parts, as well as a tool kit to cover the regular maintenance routines.
- * The Limited Warranty is the only express or implied warranty applicable to **original supplier**. Any implied warranties, including warranties of merchantability and fitness shall be limited in scope and duration in accordance with this limited warranty.



Indoor Bike