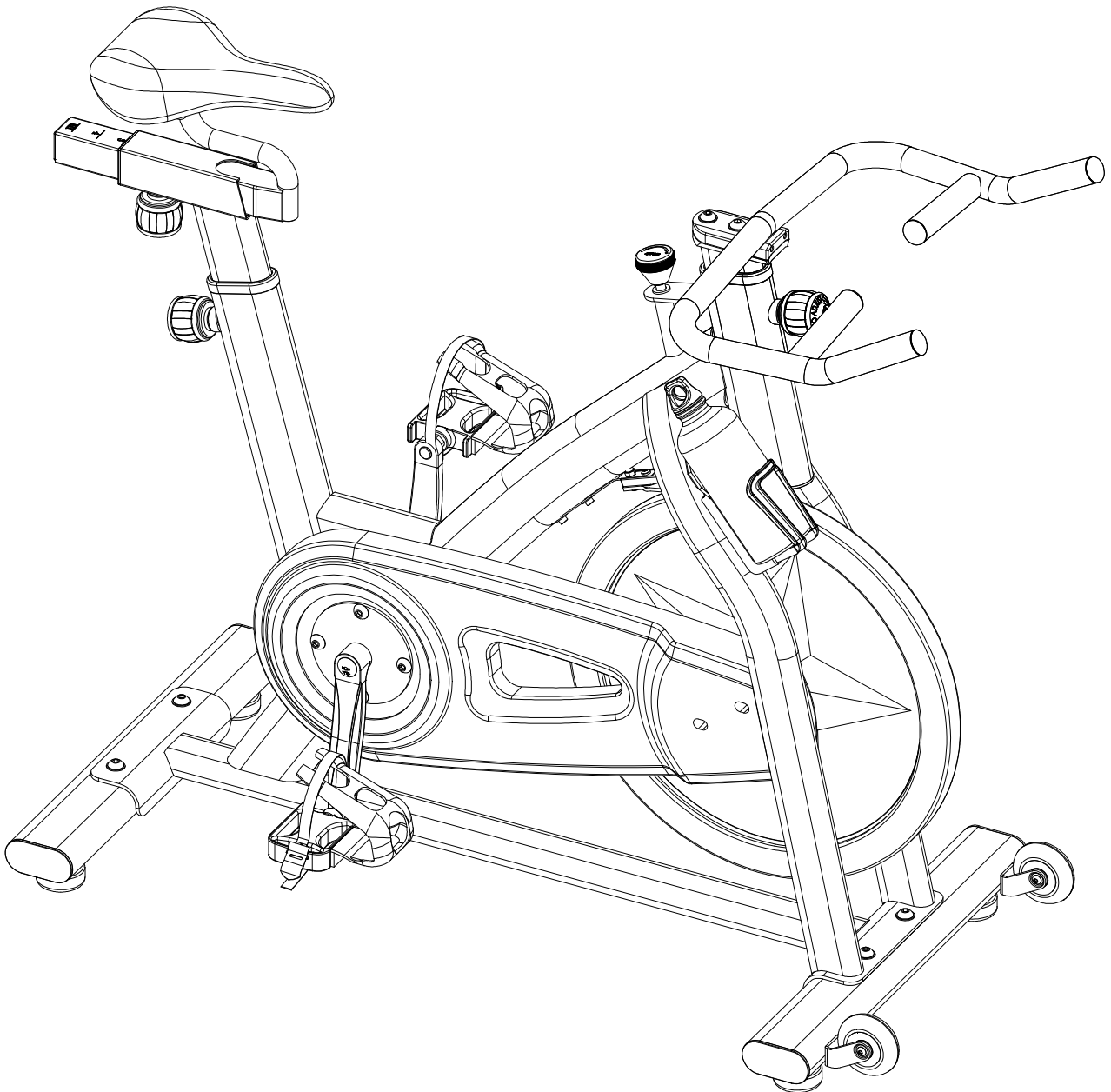


INDOOR EXERCISE BIKE
USER MANUAL
HP-SP0908PK(Home Use)



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SAFETY GUIDELINE

1. Once assemble completely, please inspect to make sure all hardware parts such as bolts, nuts and washers are positioned and in stable situation.
2. Always inspect the safety chain guard that protects the moving parts of the bike to be in safe and in good order.
3. Always inspect the seat post, seat slider, pedals and handlebar to make sure they are in safe and stable situation before using the bike.
4. To lubricate all moving parts monthly is recommended.
5. Do not wear loose clothing to avoid entangling into any moving parts.
6. Do not remove feet from the pedals while they are in motion.
7. Running or aerobic shoes are required when using the bike.
8. Dry the bike after each use to remove sweat and moisture. Wipe your Hope bike regularly with a mild, non-abrasive cleaner and water solution. To avoid damaging the finish on the bike, never use a petroleum-based solvent when cleaning.
9. Please keep children away from the bike while it is in use. Do not allow children to use the bike. This bike is designed for adults, not children.
10. Do not dismount the bike until the pedals are at a completely STOP.
11. If you have any pain or tightness in your chest, an irregular heartbeat, shortness of breath, feel faint or have any discomfort while you exercise, STOP!
12. Do not place fingers or any other objects into moving parts of the exercise equipment.
13. Before starting any exercise program, consult with your physician first. He or she can help establish the exercise frequency, time and intensity appropriate for your particular age and condition.
14. After exercising, please turn the adjustment control knob clockwise (+) to increase tension so the pedals will not rotate freely and possibly hurt someone.
15. The bike is limited 120KG, please use within the weight regulated, do not overload.

UNIT GENERAL KNOWLEDGE

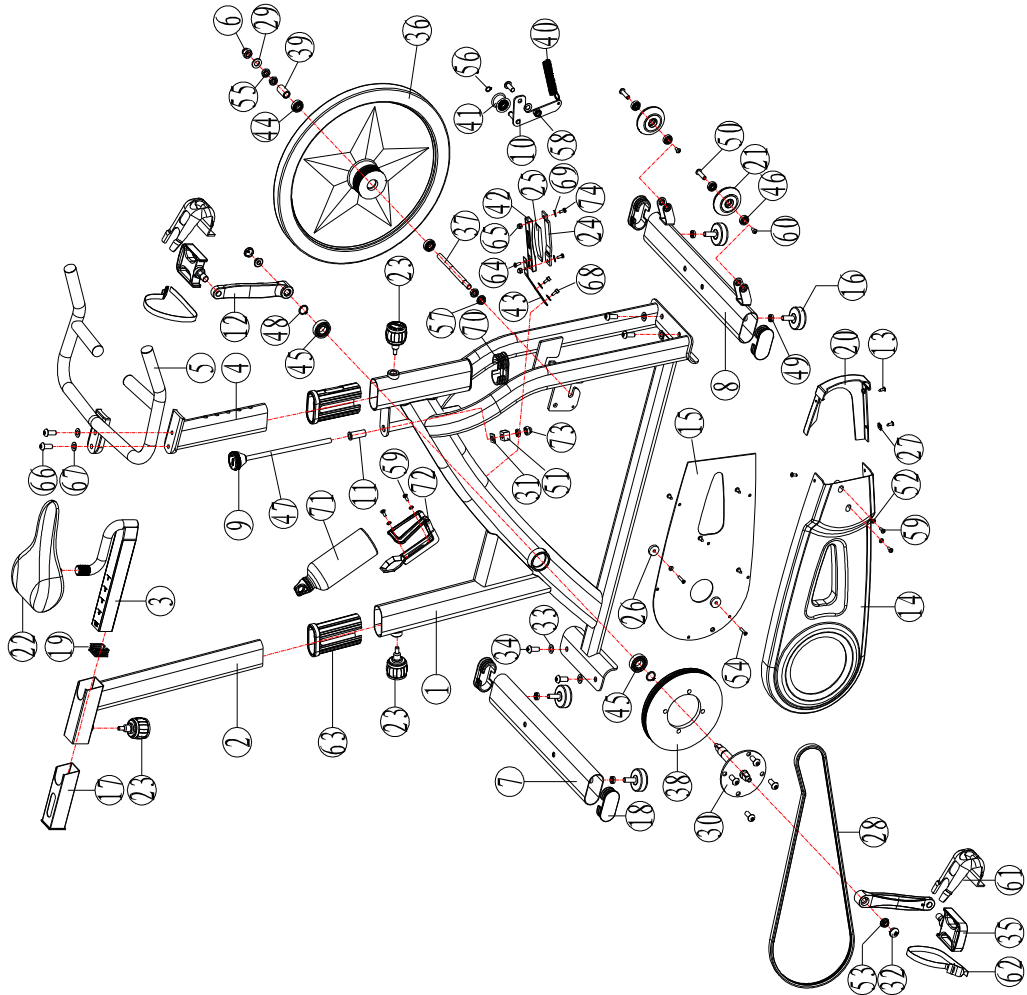
The unit belongs to Aerobic Exercise equipment. Its main objective is to increase oxygen inhaled and blood recycling, to make your heart (blood cycling system) and lung (breath system) be effective stimulus fully through exercise for a long time (stamina exercise) so that all body tissues and organs can be given a good supply of oxygen and nutrition to maintain optimal functional status and achieve the purpose of fitness finally.

The unit is designed according to the drive theory of bicycle; friction theory is adopted the resistance. Adjust the resistance by turning the Adjusting Knob, and brake by the Brake Handle. The equipment is safe and reliable during exercise. It is suitable for using at home, in office or other small places of leisure fitness.

Notice :

1. Make sure the equipment is stably before starting exercise. It can be leveled to compensate for uneven surfaces through raising or lowering the four leveling bolts (16).
2. Adjust Seat (22) to a suitable position by adjusting Seat Sliders (3) and Seat Post (2). And please adjust height of Handlebar Post (4) according to your body size.
3. Set right resistance by Brake Knob (9), please set a right resistance according to your body condition. You may do exercise three times every week, about one hour every time. The best working effect is HBF as 110-150 times/min.
4. The drive mode of the equipment is bi-directive drive. Please press Brake-Knob (9) for braking when aggressive exercise is performed, it will stop immediately.
5. Do not leave Seat (22) until all parts come to a stop completely.

EXPLODED DRAWING



PART LIST

Part NO.	DESCRIPTION	SPECIFICATION	QTY
1	Main Frame		1
2	Seat Post	Flat oval 30*70*450L*1.5T	1
3	Seat Slider	38*38*270*T1.5	1
4	Handlebar Post	Flat oval30*70*270L*1.5T	1
5	Handlebar	Φ28*998*t1.5	1
6	Cap Nut	M12*1.0	1
7	Rear Base	Flat oval 40*80*1.5T*498L	1
8	Front Base	Flat oval 40*80*1.5T*498L	1
9	Brake- Knob	M10	1
10	Chain Adjusting Welding		1
11	Plastic Bushing	Φ19*Φ15.5*40L	1
12	Left Crank	9/16"-20UNF-LH	1
13	Cross Pan Self-tapping Bolt	ST4.8*15	8
14	Chain Cover A		1
15	Chain Cover B		1
16	Base Leveler	M10	4
17	Plastic Sheath-inner Pipe (long)	Suitable for square pipe 45*45*1.5 and 38*38	1
18	Cap of Bases	Flat oval 40*80*1.5	4
19	Cap of Seat Slider	Suitable for square pipe38*38*1.5T	1
20	Front Cover	For belt	1

21	Pulley	D8*D71.5*W223	2
22	Seat		1
23	Pop Pin	M16*P1.5*35L	3
24	Brake pad (cowhide)	T4	1
25	Brake soft mat	20*11*96	1
26	Plastic mat for chain cover	Φ25*Φ6.5*6	2
27	Shrapnel nut		1
28	Belt	5PK54"	1
29	Flat washer	Φ12*2T	1
30	Spindle		1
31	Rubber mat	20*20*2T	1
32	Crank cover		2
33	Flat washer	Φ20*Φ10*1.5	5
34	Inner hexagon flat round head screw	M10*25	5
35	Left/Right pedal	9/16"-20UNF-RH	1
36	Flywheel		1