

# NITRO RPM



User Manual  
& Warranty

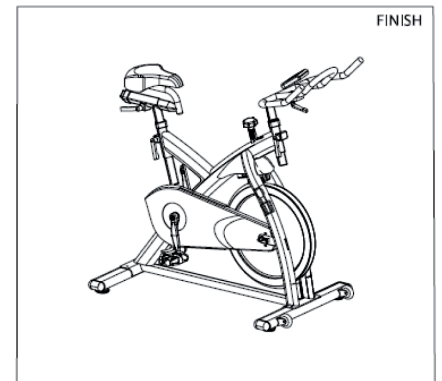
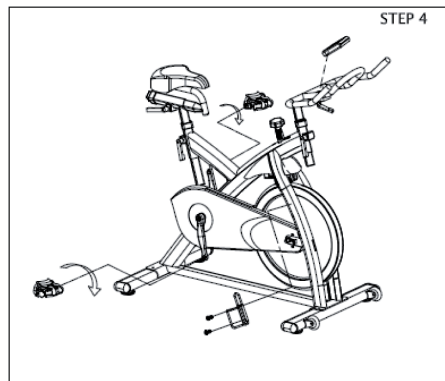
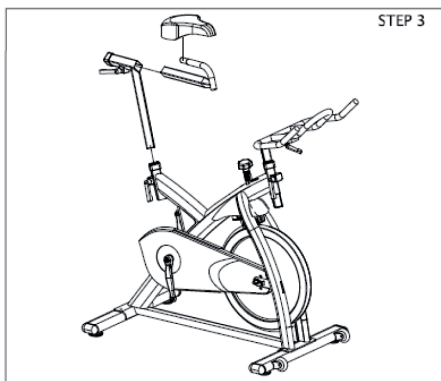
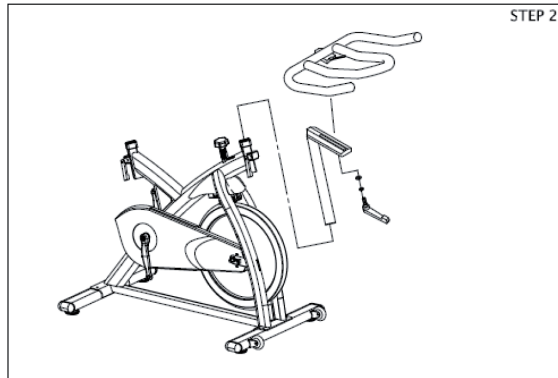
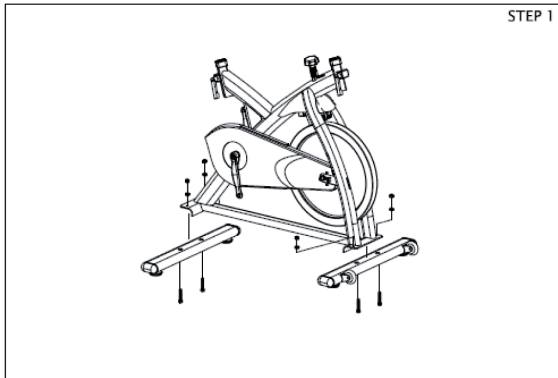
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### Step 1

Attach the front (18) and rear feet (14) to the frame using the nuts (8), washer (9) and bolts (10).

### Step 2

Attach the handlebar post (22) 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 (23) on the handlebar post (22), use release lever (40) to adjust and tighten the handlebar into position.

### Step 3

Insert the seat post (43) into the seat tube on the frame. Attach the saddle (1) into seat slider (42). Insert the seat slider (42) into the seat post (43) and fix. Using knob (6) adjust and tighten the height in the desired position.

### Step 4

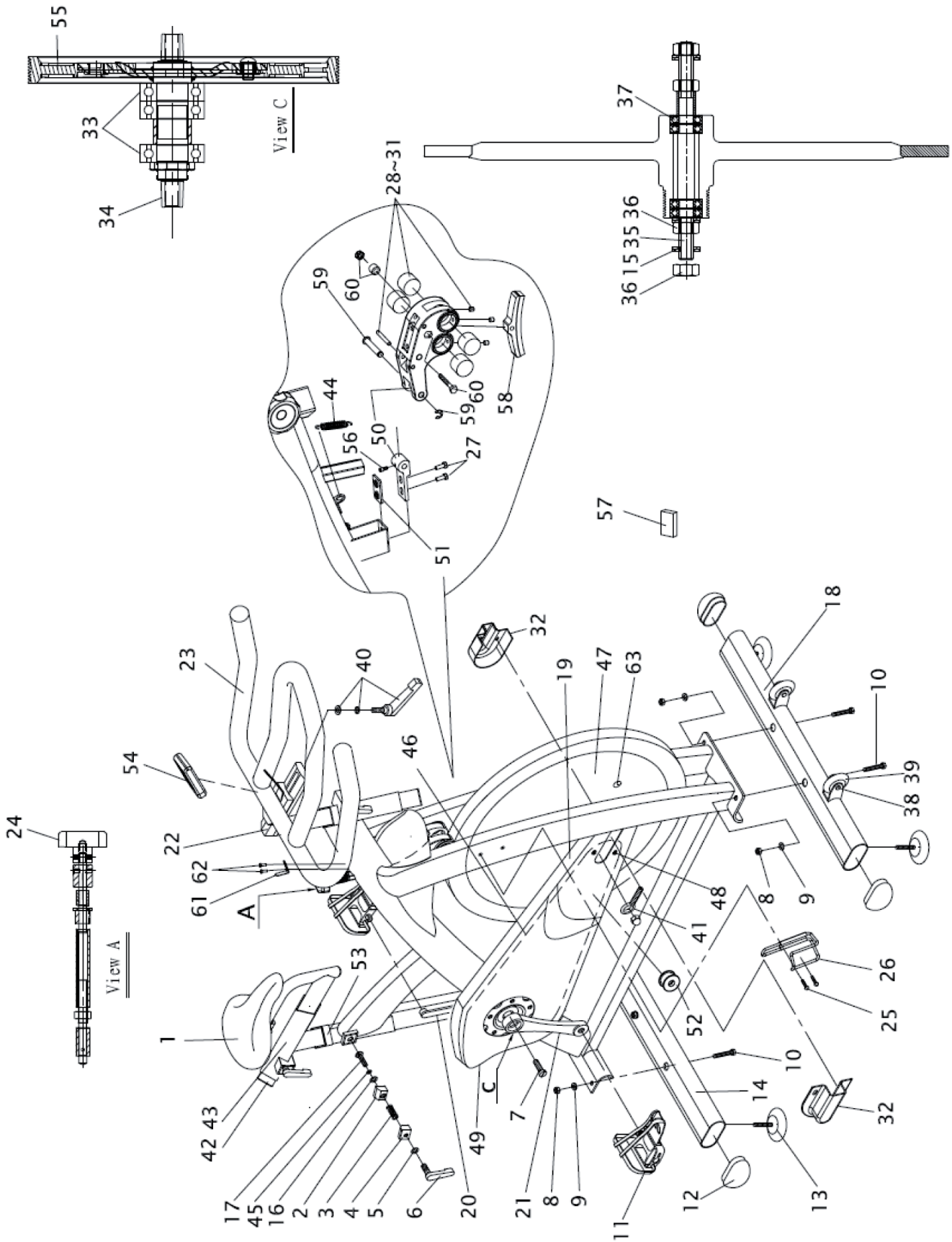
Attach the pedals (11) into the crank arms (20)(21), each pedal is marked with L (left) or R (right) to denote the side of the spinning bike they are on. Note - the right hand crank is on the same side as the chain guard (19). Be careful to align the threads correctly to avoid damaging them. Applying 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 (24) 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.



No.	Name	Unit	No.	Name	Unit
1	Saddle	PC	35	Flywheel axle	SET
2	Alloy bind clamp ( L )	PC	36	Fixed wheel nut	PC
3	Spring for release lever	PC	37	Flywheel bearing	PC
4	Alloy bind clamp ( R )	PR	38	Axle bolt for moving wheel	PC
5	Washer for release lever	PC	39	Front moving wheel with plate	PC
6	Release lever	PC	40	Release lever w/washer	PC
7	Crank bolt	PC	41	Flywheel adjuster bolt	PC
8	Foot tube nut	PC	42	Seat slider	PC
9	Foot tube washer	PC	43	Seat post	PC
10	Foot fixing bolt	PC	44	Spring	PC
11	Pedal	PR	45	Stainless washer	PC
12	Front / rear foot tube end cap	PC	46	Belt	PC
13	Foot tube adjuster pad	PC	47+63	Flywheel + Magnet	SET
14	Rear foot tube	PC	48	Outer chain guard bolt M5	PC
15	Flywheel security washer	PC	49	Outer chain guard bolt M6	PC
16	Plastic washer for release lever	PC	50	Connection bracket	PC
17	Fixed bolt for release lever	PC	51	Plate for screw	PC
18	Front foot tube	PC	52	Idler w/bearing, clip	SET
19	Outer chain guard	PC	53	Rubber sleeve	PC
20	Left crank arm	PC	54	Computer- complete set	PC
21	Right crank arm	PC	55	Pulley with screw, magnet	PC
22	Handle bar post	PC	56	Bolt	PC
23	Handle bar	PC	57	Transmitter	PC
24	Brake system	SET	58	Brake pad w/holder	SET
25	Screw for bottle cage	PC	59	E clip w/fixed pin	PC
26	Bottle cage	PC	60	Screw & nut for brake pad	PC
27	Screw & washer for plate	PC	61	Sprocket bracket for resistance knob	PC
28~31	Magnetic holder w/magnetic, bolt , fixed pin	SET	62	Bolt for sprocket bracket	PC
32	Axle cover	PC	63	Magnet	PC
33	BB bearing	PC			
34	BB Axle with plate	PC			

1. The bike is designed to be used as a “spin” cycle in fitness studios and health clubs. It has a fixed wheel driven flywheel and should only be used under professional supervision.
2. **Installation** – it is important that the bike is correctly assembled and we recommend that suitably qualified personnel carry out installation and assembly.
3. **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. To adjust the handlebar height undo the release lever that is located where the handlebar post fits into the frame. Slide the handlebar post up or down to the required height and re-tighten the release lever. 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 and backwards until you reach the required position. Then securely re-tighten the Release lever.
4. **Adjusting the seat height** - undo the release lever located where the seat post fits into the frame. Adjust the seat to the required height. Then retighten the knob. Make sure it is tightened enough to prevent the seat from twisting side to side. The seat position can be adjusted forwards and backwards. Undo the release lever located directly to the side of the seat slider. Loosen the release lever 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 the exercise. Put your foot as far forwards as you can into the toe-clip and then pull the strap tight.
6. **Levelling** - The bike should operate on a level surface with no lateral movement. There is a height adjuster pad located on either side underneath of the foot tube. Turn these pads clockwise or anti-clockwise until the bike is totally stable on the ground.
7. **Emergency brake** – Press down brake system (24) for stop.
8. **Maintenance** – It may be unsafe when bolts are loosened or there is noise from the flywheel, please contact your supplier. Like any other mechanical cycling device, the bike should be regularly maintained. We recommend you follow the maintenance chart in this manual.

No	DESCRIPTION	Daily	Weekly	Monthly	Quarterly	Annually
1	Keep machine clean: Wipe machine down with clean & dry fabric to clear dirt & sweat.	X				
2	Spray with WD40 or similar on the seat post set, handlebar set (Don't spray on the main frame)	X				
3	Visual check	X				
4	Check security of handlebar post & seat post	X				
5	Check security of saddle	X				
6	Remove handlebar post and clean tube		X			
7	Remove seat 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 the magnetic holder is in correct position		X			
15	Check belt tension			X		
16	Wipe the anti-rust oil on the middle range of flywheel surface			X		
17	Check bottom bracket				X	
18	Check flywheel bearings					X
19	Full service-frame inspection					X

**Adjusting the belt tension** – the belt is constructed of flexible material. It will relax with frequency of use and time. This is a normal situation.

- Loosen the bolt (48)(49), and take off the outer chain guard (19).
- Loosen the nut (36).
- Rotate the adjuster bolt (41) clockwise or anti-clockwise to adjust the belt tension. Suggest rotating  $\frac{1}{4}$  of a turn each time. Don't rotate too much because if the tension is too tight it will damage the axle and bearing.
- Make sure the flywheel keeps parallel with frame. On both sides the distance between flywheel and magnet must be the same.
- After finishing the above steps, screw the nut on both sides. Make sure the nut is tightened and fixed securely.

**How to replace magnetic holder :**

- Screw the brake pad set on the magnetic holder but don't tighten.
- Screw the magnetic holder on the frame but don't tighten.
- Press down the brake system (24). Make sure brake pad touches flywheel completely. Then re-tighten the screw and nut (60). Make sure the two sides of the magnetic holder are symmetrical and in the centre of the flywheel. Prevent the magnet touching the surface of flywheel. Then tighten the screw and washer (27).

### Changing the battery

1. Open battery cover and insert 2 AAA or 2 UM-4 batteries, then replace cover.
2. If the LCD shows partial display, please take out batteries, wait for 15 seconds and insert again.
3. Previous exercise data will be removed if batteries are removed.
4. Please follow local environment regulations when disposing of batteries.

### Function Keys

#### ENTER:

1. Press ENTER key to select the functions for setting exercise values of TIME and DISTANCE.
2. Press ENTER key to confirm the set exercise values.
3. Keep pressing ENTER key for 2 seconds to remove all previous exercise data.

#### UP:

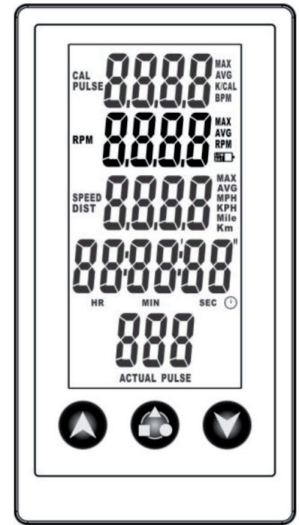
1. Press UP key to switch the functions of speed, average speed, maximum speed, heart rate, maximum heart rate, RPM, average RPM and maximum RPM.
2. Press UP key to add the setting exercise values of TIME and DISTANCE. The minimum setting value of TIME is 5 minutes. Pressing one time will add 5 minutes, for example: 0, 5, 10, 15, 20 etc.

#### DOWN:

1. Press DOWN key to switch SPEED/DISTANCE, CAL/ PULSE
2. Press DOWN key to decrease the setting exercise values of TIME and DISTANCE. The minimum setting value of DISTANCE is 1 km or mile. Pressing one time will decrease 1 km or mile, for example : 5, 4, 3, 2, 1 etc

#### UP+DOWN:

1. Press UP key and DOWN key at the same time for 3 seconds to start "AUTO SCAN"function.
2. Under the condition of setting exercise values, Press UP key and DOWN key at the same time for 1 second to remove the values.



### Function and Operation

#### Auto ON/OFF

The monitor automatically starts working once the user starts to do the exercise on the machine. It will automatically turn off after the machine is not used for 4 minutes, and all exercise value will be removed.

#### TIME

1. Press ENTER key to select TIME, and press UP/DOWN keys to set the exercise TIME.
2. If users do not set TIME, time will automatically count up 00:00:00~99:59:59
3. Setting value of Count Down is from 5:00~99:59:00. The monitor will beep it reaches 0:00.

#### SPEED

1. SPEED display range is 0.00 ~ 99.9 kmh / mph
2. 3 SPEED display: current speed, average speed and maximum speed.

#### RPM

1. RPM display range is 15 ~ 9999.
2. 3 RPM display: current RPM, average RPM and maximum RPM.

#### DISTANCE

1. Press ENTER key to select DISTANCE (TIME value is 0), and press UP/DOWN keys to set the exercise value.
2. If users do not set DISTANCE, distance will automatically count up 0.0~999.9 km/mile
3. Setting value of Count Down is from 1.0~999.0 km/mile. The monitor will beep when it reaches 0:00.

#### CALORIE

1. Calorie displays K/Cal on the LCD.
2. Calories will be automatically count up 0.0~9999

#### PULSE

1. Pulse display range is 40~200. The Pulse value will display "P", after user stops measuring heart rate for 16 seconds.
2. PULSE display"BPM" on the LCD.
3. 3 PULSE display: current heart rate, average heart rate and maximum heart rate.

Working Temperature: 0°C~ 50°C

Storage Temperature: -10°C~ 60°C



## Extended Warranty

1. This product is covered by a Frame warranty for 2 years and a Component warranty for 1 year. (Consumables including but not limited to Brake Pads, Pedals, Pedal Straps, seat and water bottle holders are not covered by this warranty). This warranty is only applicable for the original purchaser (or gift recipient) and is not transferable.
2. The warranty commences from the invoice date for the product.
3. The warranty covers defective paint or application, defective materials and workmanship.
4. The warranty does not cover normal wear and tear, abrasion, neglect, abuse, accidents, improper assembly or maintenance, oxidisation or solvents damage, failure to clean or maintain the product on a regular basis, improper installation or lack of reasonable care during use of the product and it specifically ceases to apply if:
  - a. the product is misused,
  - b. the product is used contrary to the Company's recommendations,
  - c. the product is altered or modified without prior written consent from the Company,
  - d. parts of the product have been replaced or substituted without the prior written consent of the Company, or
  - e. inadequate maintenance procedures have been carried out on the product.
5. A warranty claim must be reported immediately to the Company after a defect is believed to have been detected but no later than 7 days after detection or the claim will be void.
6. The Company's liability (if any) will be determined by the Company after an examination of the product by the Company and will be in proportion to the degree of usage completed by the product. The customer would be responsible for returning the product to the premises of the Company and:-
  - a. all costs associated with traveling to and from or transporting the product to and from the premises of the Company will be met by the customer,
  - b. if there is a defect in the material or workmanship covered by this warranty it will either be repaired or replaced by the Company at the absolute discretion of the Company.
7. The total liability of the Company will be limited to the repair or replacement of the defective product. The Company will not be in any way liable for any damage caused by the product being defective nor any consequential costs, damages or losses incurred by the customer resulting from the defect.
8. The benefit of this warranty is in addition to all rights, remedies in respect of the product that the customer has under the Trade Practices Act.