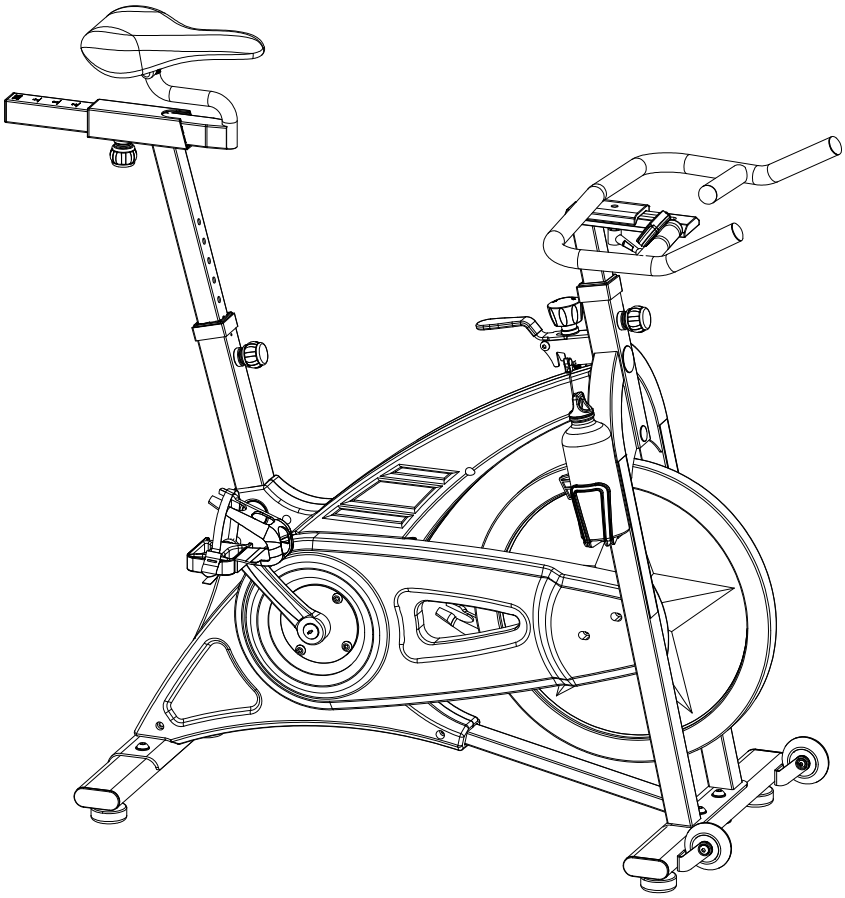
by Healthstream

Spin Bike

300SB

User Manual



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SAFETY & MAINTENANCE INSTRUCTIONS

1. Once assembled fully, please ensure that all parts such as bolts, nuts and washers are positioned and tightened correctly.
2. Inspect the safety chain guard of the bike regularly to ensure that all screws and bolts are tight.
3. Always inspect the seat post, seat slider, pedals and handlebar to make sure they are in safe and stable position before using the bike.
4. Do not wear loose clothing
5. Running or aerobic shoes are required when using the bike. Do not wear bare feet.
6. Dry the bike after each use to remove sweat and moisture. Wipe your 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.
7. 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.
8. Do not dismount the bike until the pedals are at a complete STOP.
9. 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!
10. Do not place fingers or any other objects into moving parts of the exercise equipment.
11. 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.
12. After exercising, please turn the adjustment control knob clockwise (+) to increase tension so the pedals will not rotate freely and possibly hurt someone.

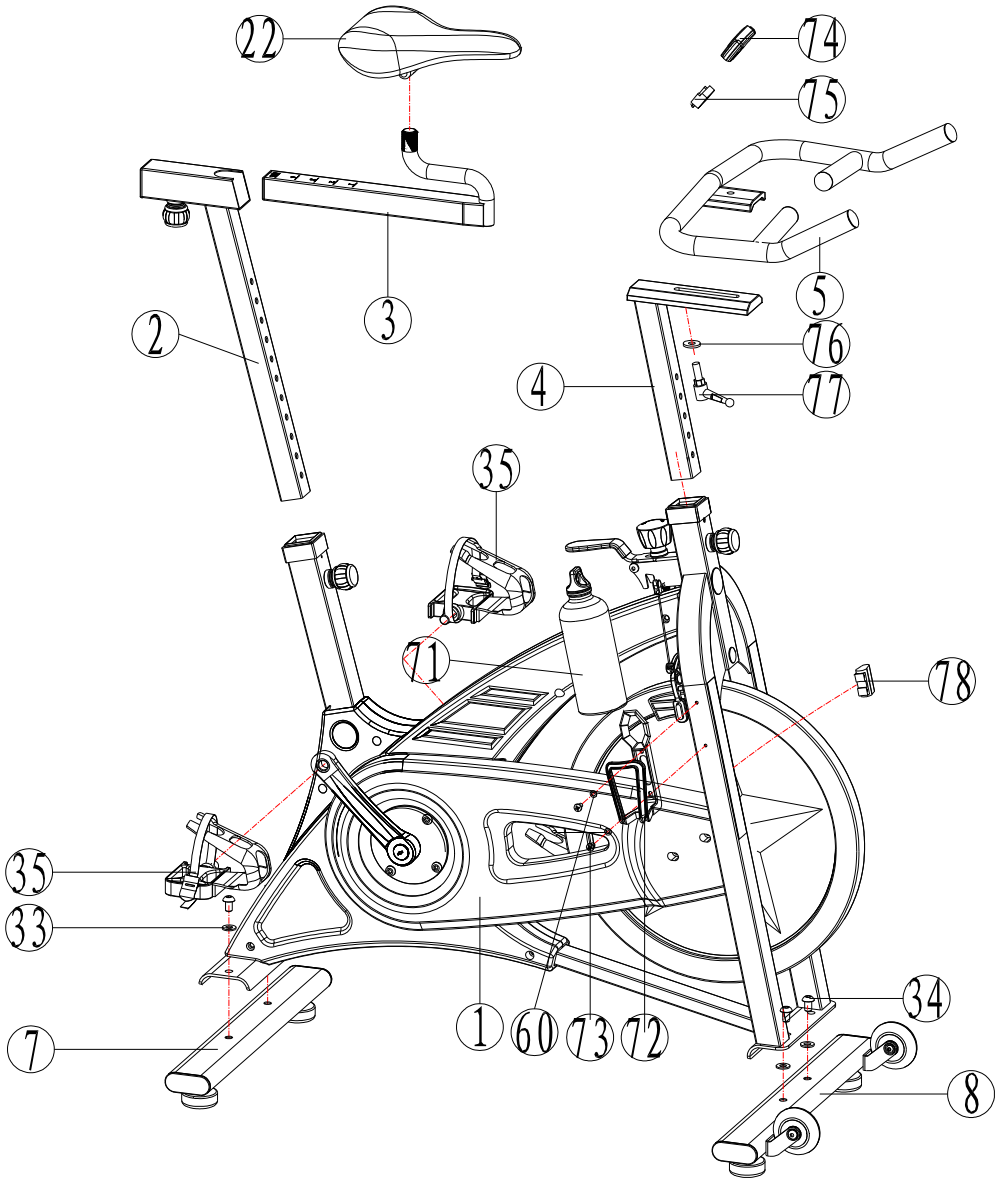
GENERAL KNOWLEDGE

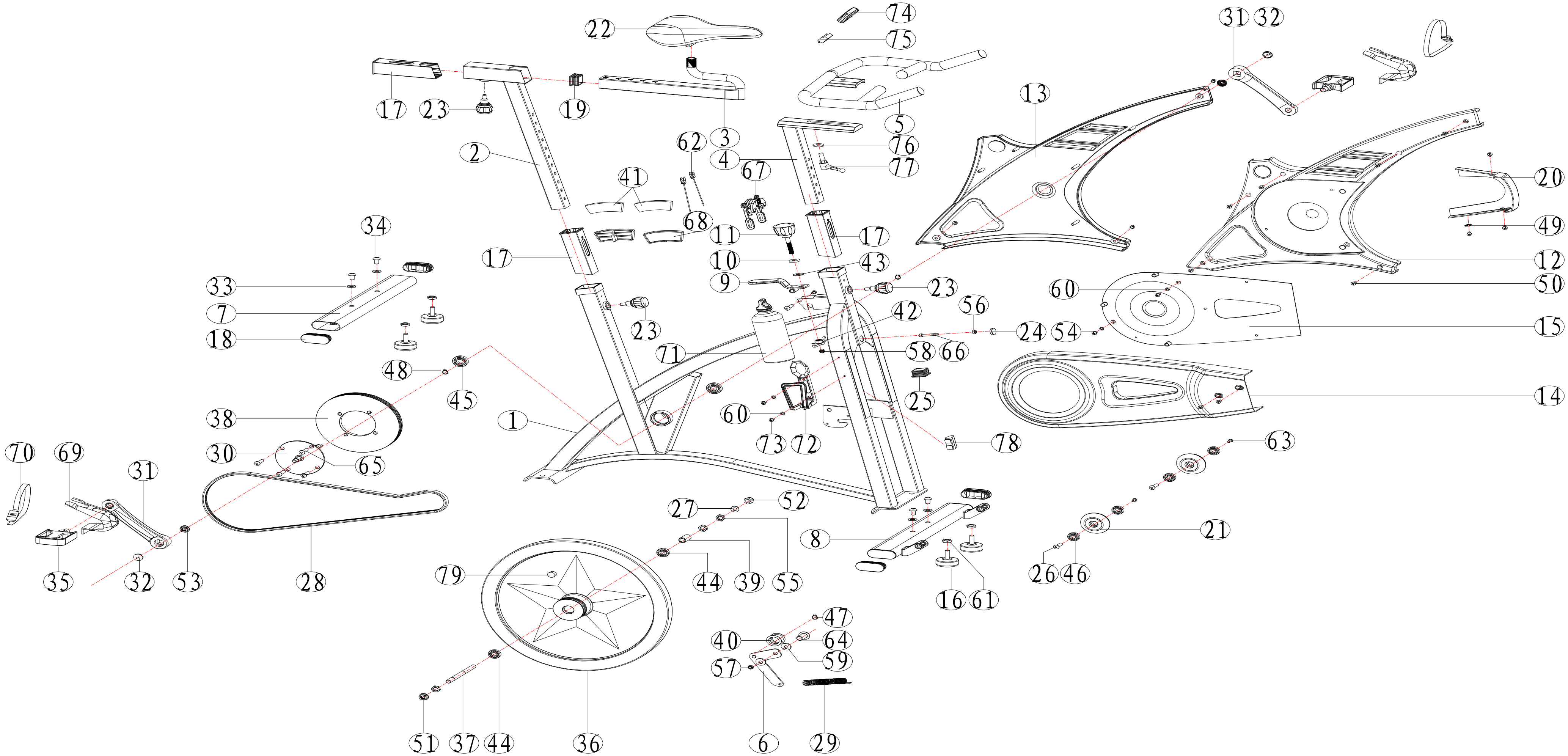
1. This cycle should always be placed on a level surface for use. You may raise or lower the bike by adjusting the four leveling bolts (16).
2. Adjust Seat (22) to a suitable position by adjusting Seat Sliders (3) and Seat Post (2). And please adjust height of Handlebar (4) according to your body size.
3. Set the correct resistance by Adjusting Knob (11) please set a right resistance according to your requirement.
4. The drive mode of the equipment is bi-directive drive. Please press Brake Handle (9) for braking when aggressive exercise is performed and it will stop immediately. Do not leave the seat until all parts come to a complete stop.

Item NO.	Description	Specification	QTY
1	Main Frame		1
2	Seat post	35*460*t2	1
3	Seat Slider	35*280*t2	1
4	Handlebar Post	35*280*2T	1
5	Handlebar	Ø28*998*t2	1
6	Tension Bracket		1
7	Back Stabilizer	Flat elliptical 30*70*2T*498L	1
8	Front Stabilizer	Flat elliptical 30*70*2T*498L	1
9	Brake-handle		1
10	Felt Pad	Ø10xØ25xT5	1
11	Tension Knob	M10*P1.25*60	1
12	Cover (right)		1
13	Cover (Left)		1
14	Belt Cover A		1
15	Belt Cover B		1
16	Leveler	M10	4
17	Plastic Sheath – inner Pipe	Match 45*45*2 square tube 38x38 square tube	3
18	Inner cover of iron tube	30*70*2 use in elliptical tube	4
19	Inner tube plug	Match 35*35*2T square tube	1
20	Front cover	Use in belt driven	1
21	Transportation wheel	D8*D71 5*W223	2
22	Seat		1
23	Adjusting knob	M16*P1.5*35L	3
24	Φ21 plug		1
25	Inner tube plug	45*45*2T square tube	1
26	Inner hexagon hollow screw	Φ8*M6*30	3
27	Flat washer	Φ12*Φ25*1.5T	1
28	Belt	5PK54"	1
29	Tension spring	Ø2.5*17 loop	1
30	Spline Shaft		1
31	Left and right crank	170 9/16"-20UNF	1
32	Crank cover		2
33	Flat washer	Φ20*Φ10*1.5	4
34	Inner hexagon round head Screw	M10x25	4
35	Left/ right pedal	9/16"-20UNF-RH	1
36	Flywheel		1
37	Flywheel axle	M12*P1.0*166	1
38	PK belt wheel	Ø205*19.8W	1
39	Tube cover	Ø18*Ø12*34L	1
40	Pulley, Flywheel	φ37*φ30*24.5	1
41	Friction brake pad		2

42	Clamp Brake Holder	T4.0*M10*P1.25	1
43	Flat washer	Ø10.2-Ø25*T1.5	1
44	6001	6001 black plastic shuck ABEC-5	2
45	6004	6004 black plastic shuck ABEC-5	2
46	608	608	4
47	C shape axes snap spring	Φ10	1
48	C shape axes snap spring	Φ20	2
49	Spring nut	Φ4.8*T0.8	1
50	Cross big flat head tapping screw	ST4.8*15	17
51	Hexagon flange nut	M12x1.0	1
52	M12 nut cap	M12*p1.0	1
53	Hexagon flange nut	M10*P1.25	2
54	Cross sinking screw	M5*12L	2
55	Hexagon thin nut M12	M12*1.0	3
56	Hexagon flange nut	M6	1
57	Nylon nut	M10	1
58	Nylon nut	M10*P1.25	1
59	Flat mat GB/T97.2 10	Φ10*1.5	6
60	Flat mat GBT97.2 5	Φ5.2*1.0	4
61	Hexagon nut	M10	4
62	Braking rope		2
63	Inner hexagon flat round head screw M6x12	M6x12	3
64	Inner hexagon flat round head screw M10x25	M10x25	1
65	Inner hexagon flat round head M10x16	M10x16	4
66	Inner hexagon round head screw M6x40	M6x40	1
67	Clamp Brake Assembly		1
68	Friction flake fixing base		2
69	Pedal cage		2
70	Pedal rope		2
71	Bottle		1
72	Bottle shelf		1
73	Umbrella cross screw	M5x12L	2
74	Computer		1
75	Computer shelf		1
76	Flat washer	Φ30*10.5*4T	2
77	Handle	M10*25L	2
78	Computer sensor base		1
79	Magnet		1

Small exploded diagram

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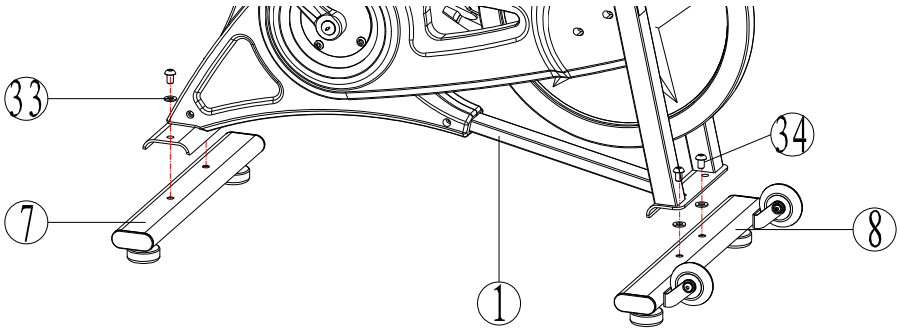
Installation

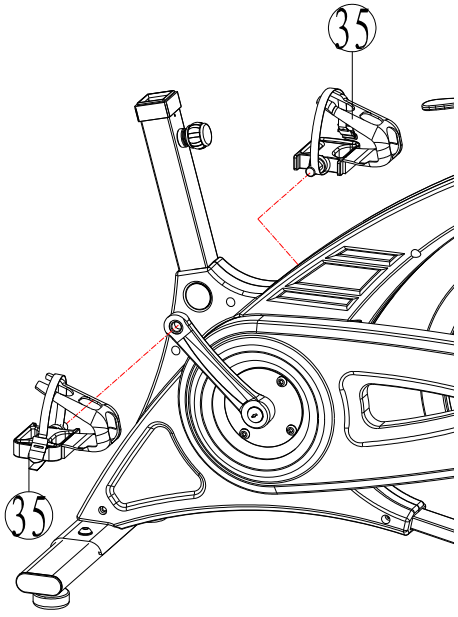
Step 1: Assemble base of bike

Attach the front stabilizer (8) and rear stabilizer (7) to the main frame (1) with inner hexagon flat round head M10x25L (34), flat washer ϕ20* ϕ10*1.5T (33) (4 Pcs / item) using tools.



Step 2: Assemble left and right pedals.

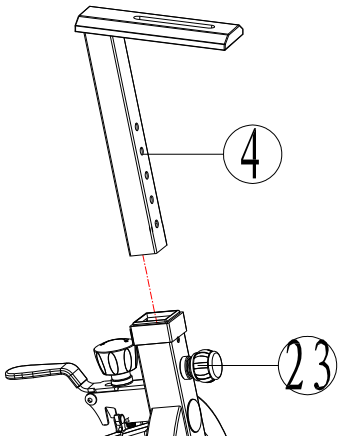
Connect the right and left pedals (35) to their appropriate crank arms, then tighten using open spanner 15#.



Step 3: Assemble the adjustable handlebar post

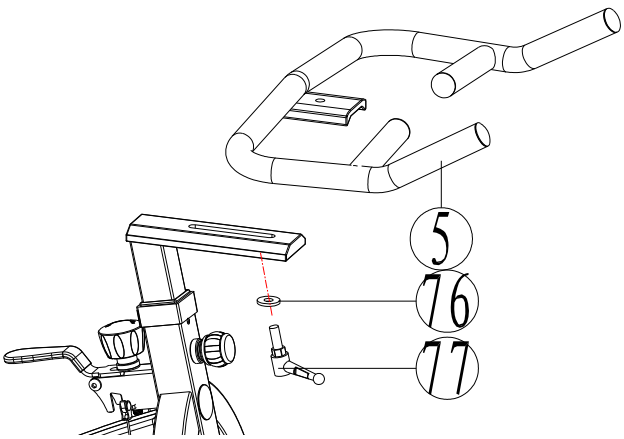
Loosen the adjusting knob (23), and slide the handlebar post (4) into the handlebar post

housing on the main frame, then tighten the adjusting knob (23).



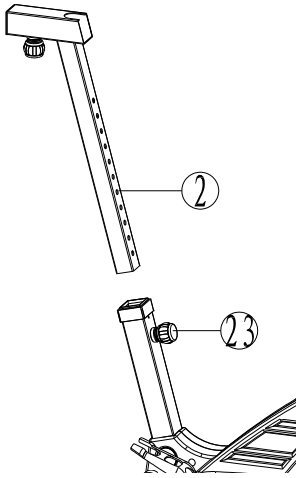
Step 4: Assemble the handlebar

Assemble the handlebar (5) onto the handlebar post and tighten it with adjusting handle (77) and flat washer (76).



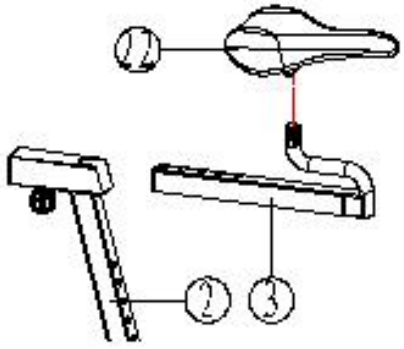
Step 5: Assemble the seat post

Loosen the adjusting knob (23) and slide the seat post (2) to the seat post housing on the main frame, then tighten the adjusting knob (23).



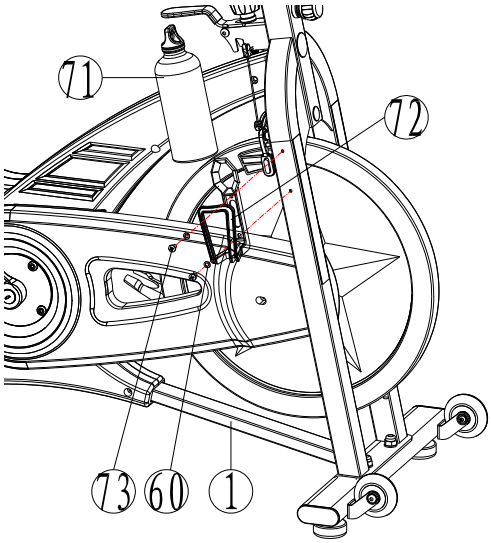
Step 6: Assemble the seat.

Loosen the adjusting knob (23) and slide the seat slider (3) into the seat post (2), then tighten the adjusting knob (23) and fix the seat (22) to the seat slider (3).



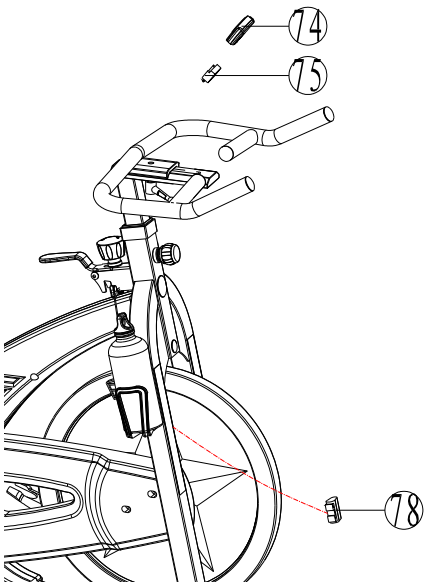
Step 7: Assemble water bottle cage and water bottle

Tighten the water bottle holder (72) to main frame (1) using enclosed tools and put in the water bottle (71).

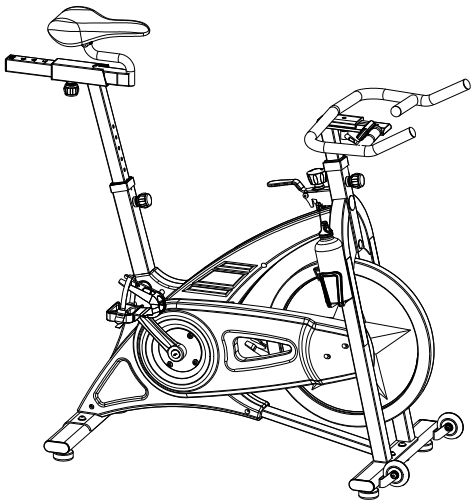


Step 8: Assemble the computer

Tighten the computer sensor base (78) under the water bottle holder, facing the flywheel. Attach the computer shelf (75) and put in the computer (74).



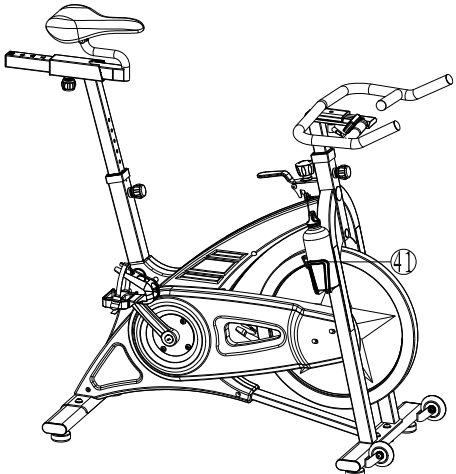
Step 9: When installation is finished, please carefully re-tighten all the screws and nuts.



Note

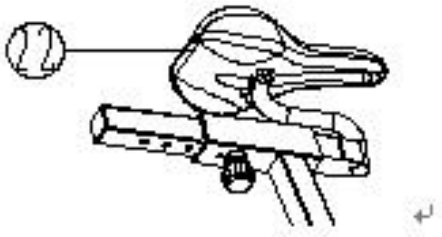
1. Inspect all the nuts, nut caps and pedals regularly and inspect the equipment periodically. If you find any defective parts, replace them immediately.

2. Please pay attention to the friction brake pad (41) as over time this part may wear or become worn. If this occurs please replace the part. Use silicone spray to reduce friction.

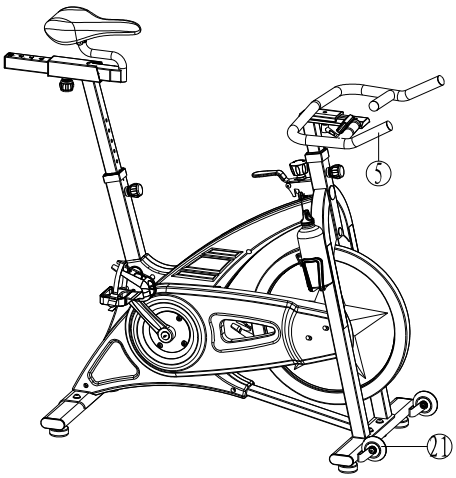


3. Please inspect the pedals before use to ensure they are tight.

4. Please adjust the hexagon nut by using the open spanner if the seat (22) is loose.



5. If you need to transport the bike, please grasp the handlebar (5) and roll forward or backwards using transport wheels (21)



Console instruction

1. MODE

Speed, time, distance, temperature, pulse, average speed, max speed, total distance and scan.

2. SET

a) RESTORATION: restoration of distance, time, average speed and max speed.

b) Data adjustment

Speed unit, wheel perimeter, time setup

1. Clear the data, KM/H will flash, enter speed unit.
2. Press SET to switch between KM/H and M/H, Press “MODE” to confirm and exit;
3. Wheel perimeter 2074 will appear the unit figure flashes; press “SET” to choose the numerical value and press “MODE” to confirm.

   Then set the tens digit, set-up approach is the same as before, then set-up hundreds, thousands and set-up is completed; press “ MODE” to confirm and exit.
4. Time set-up, set-up of time mode is the same as speed.

Note: ● **Wheel perimeter unit of product is in millimetres.**

● **In the time display mode, time is in 12 hour segments, PM represents afternoon, and NO PM represents AM.**

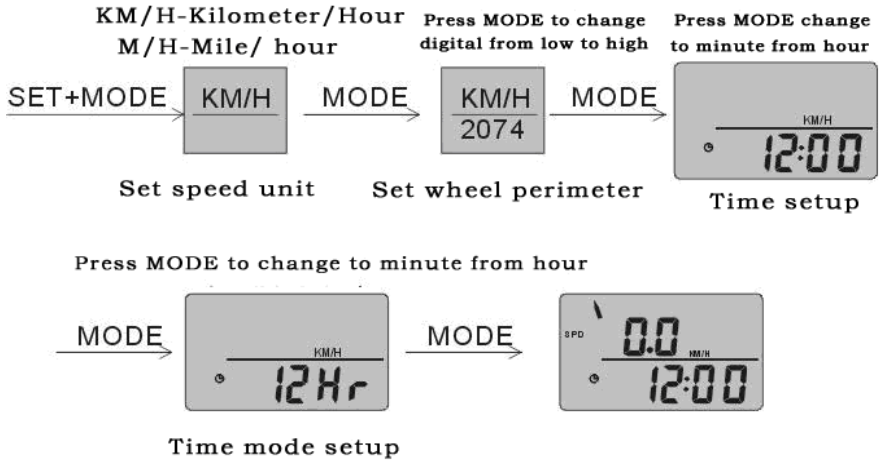


Diagram M

Start the Spin Bike Computer

After installation is complete of every mode according to the instructions and all data is set-up, then you can use the spin bike computer.

1. Before operation, clear all the previous data, this is when the degree is zero, press “SET” for two seconds, clear the data of “DST”, “RTM”, “AVS”, “RES” and “ MAX” for zero, then enter “SCAN”.

2. Once you start to cycle the computer will immediately start. If there is no signal, the icon “”will not flash. Check the magnet to make sure it is installed correctly.

3. Press “MODE” to choose “DISPLAY MODE” or “SCAN (auto cycle) MODE”, the screen will display under “SCAN MODE”; every function, every four seconds.

4. If there is no operation or signal for more than eight minutes, spin bike computer will turn off automatically and all data will be saved. Under this mode, you can press any key to receive the signal again.

Read display data

1. See Diagram P:

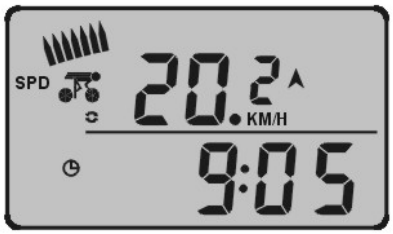


Diagram P

a) Top data is current riding speed: 20.2KM/H.
b) Current speed is in: KM, you can change into MPH as per speed set-up on page 11.
c) The bottom data is time.
d) Symbol ▲/▼ expresses the current speed is over or below the average speed.
e) “” symbol expresses that the bike can receive the signal.

2. Press “MODE” to change the display, see diagram Q

Diagram Q

a) Top data is current speed: 20.2KM/H
b) Bottom is riding speed: 5.6KM.

3. Press “MODE” key to change display, see diagram R.

Picture R

a) The top data is current speed
b) Bottom data is riding time, if it exceeds six seconds with no signal, it will stop calculating the time.

4. Press “MODE” to change the display, see diagram S,

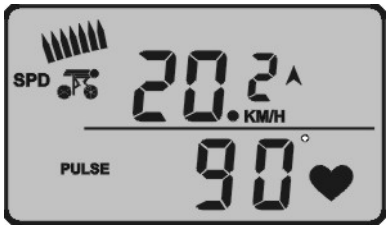


Diagram S

a) Top data is current speed
b) The bottom data is current heart beat rate.

5. Press “MODE” key to change display, see diagram T,

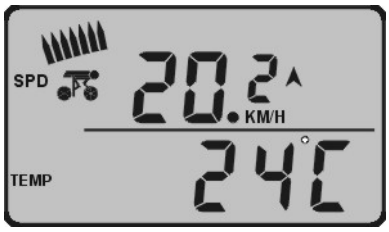


Diagram T

a) The top data is the current speed
b) The bottom data is the temperature e.g.: 24 degrees.

6. Press “MODE” key to change the display, see diagram U,

Diagram U

a) Finger symbol shows current speed, AVS expresses average speed, e.g. the average speed from the start of riding to the current time: 10.2KM/H. RES shows relative speed, e.g. this is your AVS speed and current speed combined: 10.0KM/H.

7. Press “MODE” key to change the display, see diagram V

Diagram V

a) MXS shows the quickest speed in riding is 30.5KM/H.
b) ODO expresses the total distance from battery installation to current time.
c) When you press “SET”, ODO value can not be set “0” again, but press “MODE” and “SET” at the same time for 2 seconds, ODO value will change to “0”

Common malfunction solutions

Malfunction sign	Reason	Solution
Computer can not receive information	Installation location is not correct	Reinstall according to requirement.
	Sensor or computer battery Installation error	Install battery correctly or replace with new battery
Speed, distance display not correct	Wheel perimeter set incorrectly	Reset wheel perimeter
Speed display confusion	Outer electromagnetism signal interfering.	Avoid the interfering source. E.g. other electrical interference.

Fitness Generation Pty Ltd
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for any service matters.