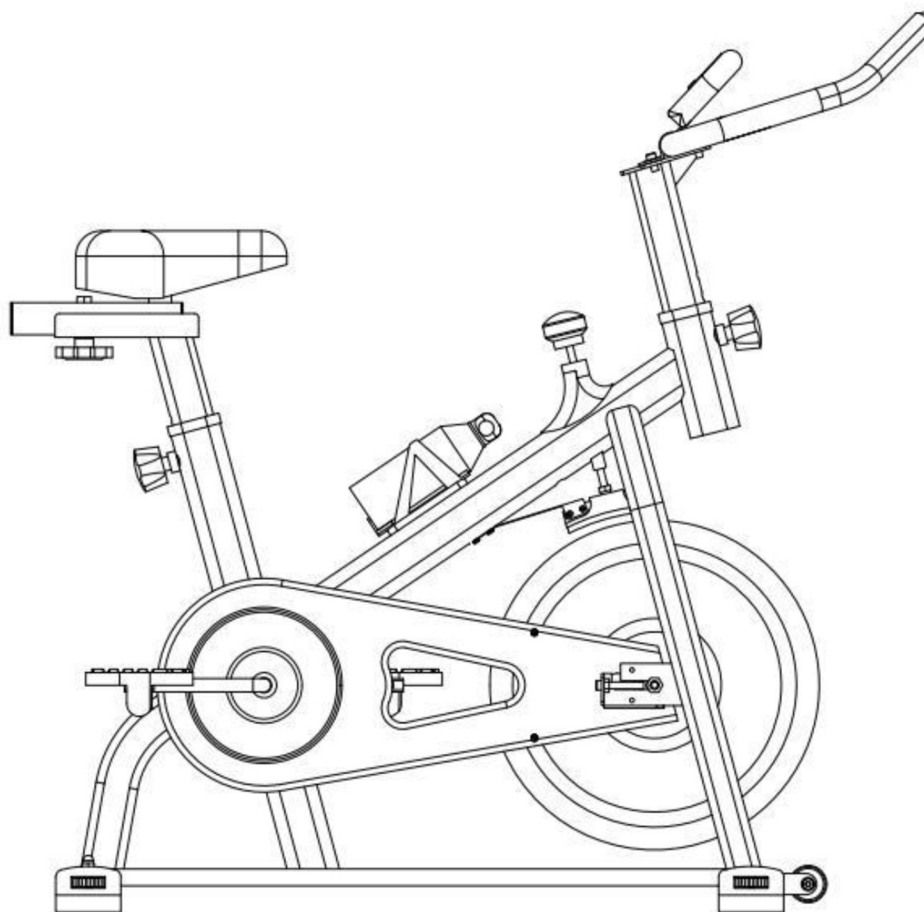


SPIN BIKE

MODEL: EB-A-SPIN-BK



USER MANUAL

Please read the user manual carefully before using the product.
Please retain this manual for future reference.

ATTENTION

**SPIN BIKE MUST ALWAYS BE PLACED ON A FLAT AND LEVEL SURFACE.
FOR INDOOR USE ONLY**

SAFETY INSTRUCTIONS

WARNING

Injuries may happen to young children if the exercise bicycle is operated in their vicinity without properly-fitted guards.

CAUTION

- The exercise bicycle and its guards and safety devices must be regularly maintained and the integrity of the guards and safety devices must be inspected prior to each use of this machine.
- Before starting any exercise program, please consult your doctor to determine if you have any physical or health conditions which could create a risk to your health and safety, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
- Ensure that all bolts and nuts are tightened securely on this machine before beginning your workout program.

IMPORTANT

- Read all instructions carefully before using this machine.
- Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: Pain, tightness in the chest, irregular heartbeat, extreme shortness of breath, feeling lightheaded, dizzy or nauseous. If you do experience any of these conditions, please consult your doctor before continuing with your exercise program.
- Keep children and pets away from the equipment. This machine is only for adult use.
- Use the machine on a solid and flat surface with a protective cover for the floor or carpet. For safety, the machine should have at least 500mm of free space around it.
- Always use the machine as indicated. If you discover any defective components whilst assembling or checking the machine, or you hear any unusual noise coming from the machine during use, please stop immediately. Do not use the machine until the problem has been rectified.
- Wear appropriate clothing whilst using the machine. Avoid wearing loose clothing which may get caught in the machine or that may restrict or prevent movement.
- The machine is not suitable for therapeutic use.
- Pulse sensors are to be used for enjoyment only and may not be accurate. Should you feel unwell whilst using the machine, stop using the machine immediately and seek medical assistance.
- Care must be taken when lifting or moving the machine so as not to injure your back. Always use proper lifting techniques and/or use assistance.

SPECIFICATIONS

MODEL:	EB-A-SPIN-BK
BODY MAIN MATERIAL:	Powder-coated steel
MAXIMUM USER WEIGHT:	120Kg
RESISTANCE CONTROL:	Adjustable
COMPUTER MONITOR:	Scan, Time, Speed, Distance, Pulse and Calories
DRIVE BELT:	Automotive-grade belt
HANDLEBAR ADJUSTMENT:	Up/Down with built-in pulse sensors
SADDLE:	PU leather
SADDLE ADJUSTMENT:	Up/Down, Forward/Backward, Angle adjust
PEDALS:	Steel
ACCESSORY:	Drink holder and Mobile phone holder
TRANSPORT WHEELS:	Yes. Built-in
FLOOR LEVELLERS:	Yes. Built-in
ASSEMBLED SIZE:	1040mm x 480mm x 1210mm

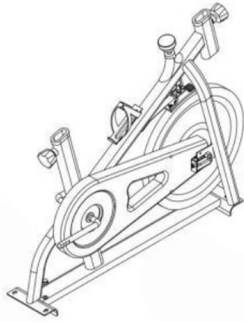
COMPONENTS

PLEASE CHECK THAT YOU HAVE ALL COMPONENTS LISTED BELOW.

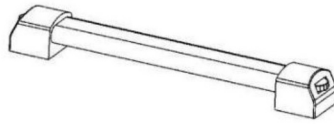
NOTE: Small components/parts may have been pre-installed to larger components at factory to make it easier to assemble the machine. Please check carefully for all parts before contacting our Customer Service regarding missing components.

NO	PART	QTY	NO	PART	QTY
1	Main body	1	10	Computer	1
2	Rear stabiliser	1	11	Locking knob M1	2
3	Front stabiliser	1	12	Locking nut N1	1
4	Saddle	1	13	Short bolt S1	4
5	Saddle adjustment slide	1	14	Long bolt T1	4
6	Saddle post	1	15	Nut	4
7	Handlebar	1	16	Washer	8
8	Handlebar post	1	17	Allen key	1
9	Pedal (Left/Right)	1	18	Wrench	1

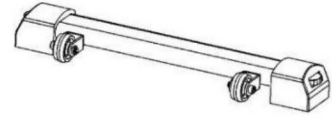
COMPONENTS



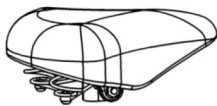
1. Main body



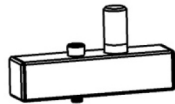
2. Rear stabiliser



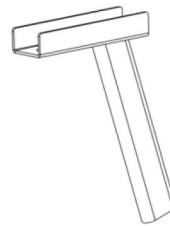
3. Front stabiliser



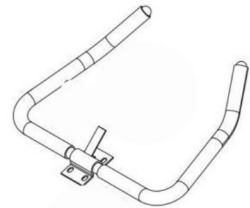
4. Saddle



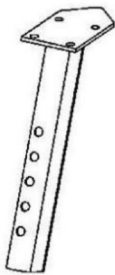
5. Saddle adjustment slider



6. Saddle post



7. Handlebar



8. Handlebar post



9. Pedals (Left/Right)



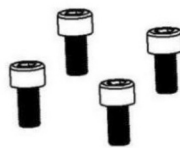
10. Computer



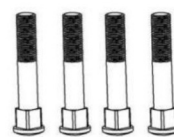
11. Locking knob



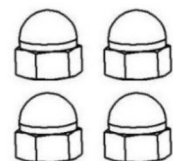
12. Locking nut



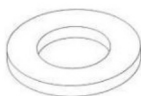
13. Short bolt



14. Long bolt



15. Nut



16. Washer



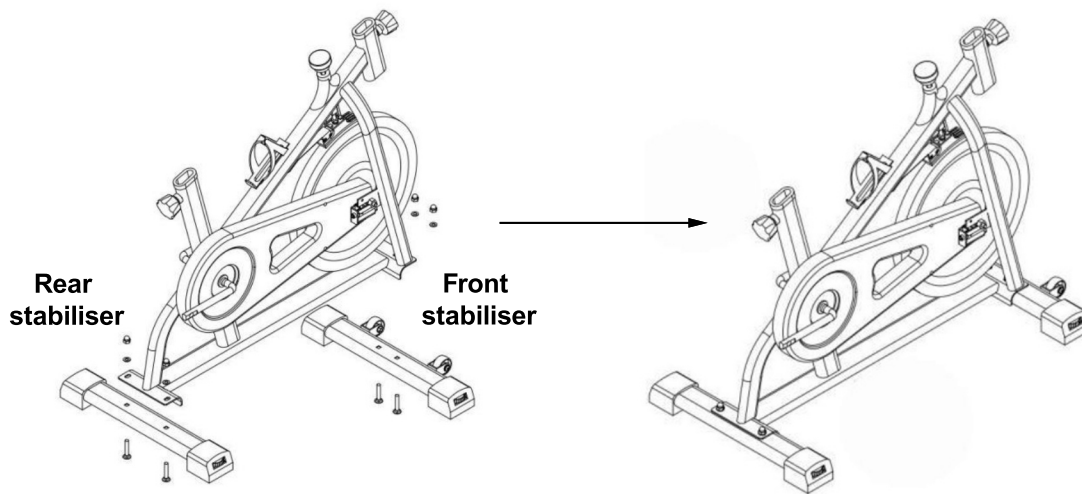
17. Allen key



18. Wrench

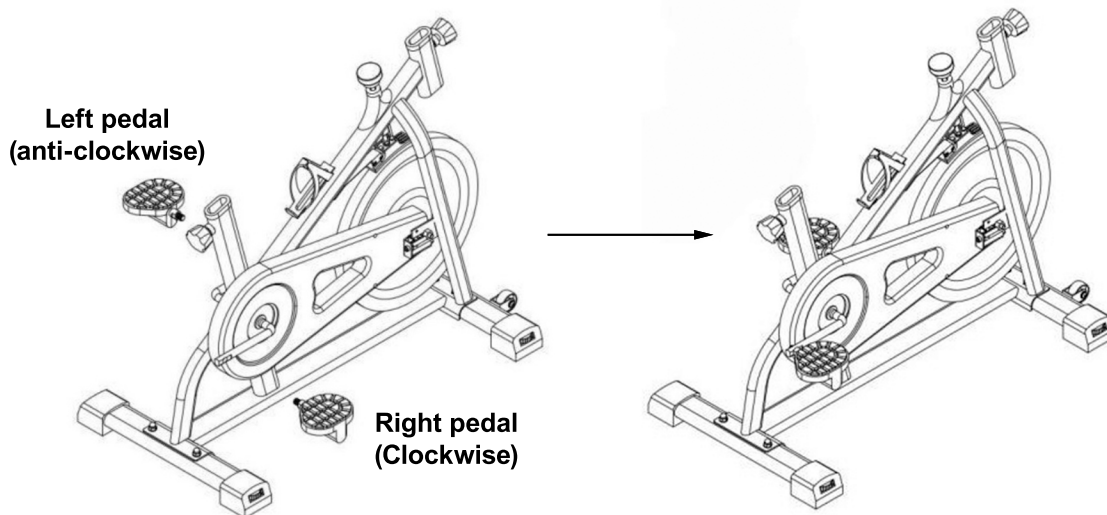
ASSEMBLY INSTRUCTIONS

STEP 1: Stabiliser assembly



Attach the front and rear stabilisers to the main body using the long bolts T1, washers and nuts as shown above.

STEP 2: Pedals assembly



Attach the left and right pedals to the main body as shown above.

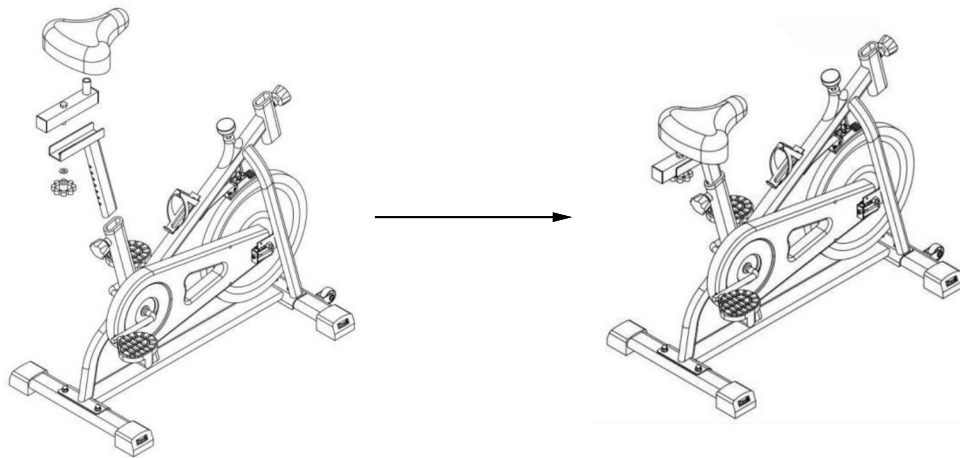
CAUTION: Attempting to fasten the pedals in the wrong direction will damage the threads and void the warranty.

LEFT PEDAL: Screw in the pedal in an **anti-clockwise** direction and tighten the nut in the same **anti-clockwise** direction.

RIGHT PEDAL: Screw in the pedal in a **clockwise** direction and tighten the nut in the same **clockwise** direction.

ASSEMBLY INSTRUCTIONS

STEP 3: Saddle assembly



Loosen the locking knob and pull it out. Then insert the saddle post into the rear opening tube frame. Next, re-install the locking knob and tighten it. Place the saddle on the saddle adjustment slider and set to the desired position. Fasten the position with the supplied nut as shown above,

STEP 4: Handlebar and computer monitor assembly



Refer to the drawing at the side.

Loosen the locking nut and insert the handlebar post into the front opening tube frame. Then tighten the locking knob to secure the handlebar post. Do not adjust the height yet until the handlebar has been fitted.

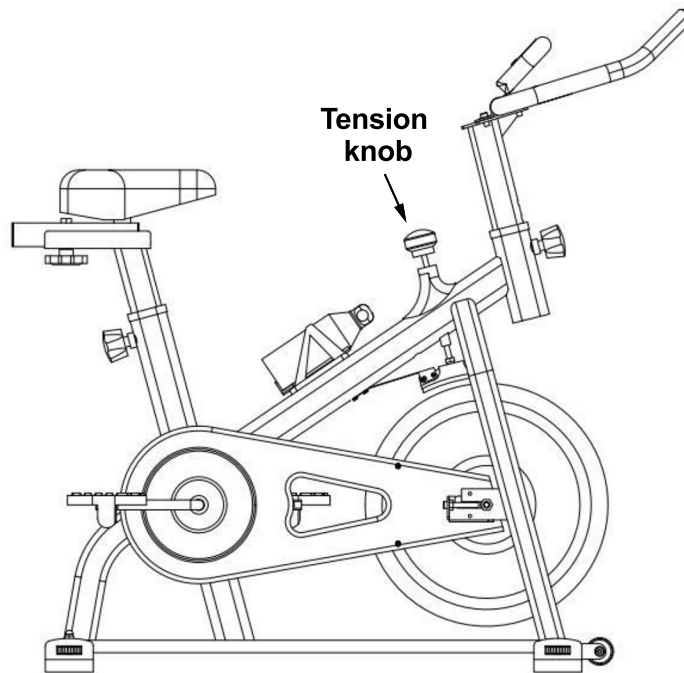
Next, attach the handlebar to the handlebar post with the short screw S1 and washers. Cover the joint with the supplied decorative cover.

Finally, attach the computer monitor to the handlebar and connect the sensor cable to the computer monitor. Be careful that the cable is not pinched or kinked when connecting it.

OPERATING INSTRUCTIONS

RESISTANCE ADJUSTMENT

- Pedalling resistance is controlled by the tension knob located under the handlebar. To increase the resistance, turn the tension knob clockwise. Likewise, turn the tension knob anti-clockwise to decrease resistance.
- To perform emergency braking, press the tension knob down.



SADDLE ADJUSTMENT

- Adjust the saddle height for maximum exercise efficiency and comfort. The most appropriate position for the rider is with one knee slightly bent when the pedal is at a 90° angle to the ground.
- To adjust the saddle height, loosen the locking knob and move the saddle up or down to the desired position. Then tighten the locking knob.
- To adjust the saddle fore and aft positions, loosen the adjustable knob and slide the saddle forward or backward to the appropriate position. Then tighten the adjustable knob.

HANDLEBAR ADJUSTMENT

- To adjust the handlebar, loosen the locking nut and adjust the handlebar post to the desired height. Tighten the nut to secure the position.

CHAIN ADJUSTMENT

- The chain on the bike has been pre-adjusted at factory and should not need any adjustments.
- However, continuous use of the bike may cause the chain to stretch or become loose. This will require some chain adjustment.
- To adjust the chain, loosen the nuts on both sides of the main axle. Adjust the chain and then re-tighten the bolts and nuts on both sides of the axle.

TROUBLESHOOTING

COMPUTER MONITOR FAULTY

If the computer monitor is not working properly, check the lower sensor cable to ensure that it is connected to the upper sensor cable. Then check that the upper sensor cable is plugged into the monitor. If the monitor is still not working after the above checks, check that the batteries are installed correctly or need replacements.

BATTERIES CHANGING

Detach the computer monitor from the computer holder on the handlebar and remove the battery cover at the back of the device. Remove the old batteries and replace with two new AA-size batteries. Replace the battery cover and re-install the computer monitor on the holder on the handlebar.

LACK OF PEDALLING RESISTANCE

If there is no tension resistance on the bike, inspect the upper tension cable and ensure that it is connected to the lower tension cable. Turn the tension knob anti-clockwise to its lowest level. Next, loosen the tension strap buckle that is located on the top of the flywheel cover found at the base of the front post. Pull the strap through the buckle until you can feel some resistance on the strap. Then lock the strap around the buckle. Now mount the bike and cycle the pedals. The tension knob should now be able to fine tune the resistance adjustment.

MAINTENANCE AND DISPOSAL

- Before using the bike, always make sure that all bolts, nuts and washers are fully tightened.
- If and when it is time to discard the bike, remove the batteries from the computer monitor and dispose separately as hazardous waste.

WARRANTY

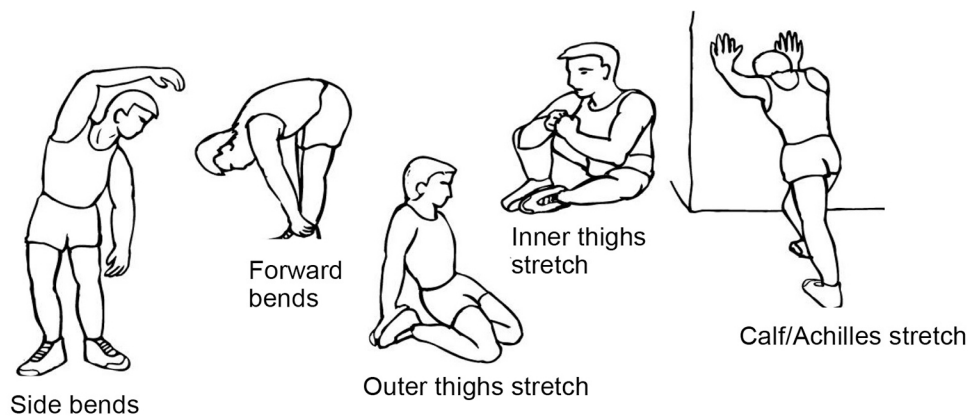
This product comes with a one-year domestic warranty and the warranty period begins from the day of purchase. The benefits of the warranty are provided in addition to other rights and remedies you may have under a law in relation to the goods and services to which this warranty relates. You are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure. This warranty is only valid if the product is operated and maintained in accordance with manufacturer's instructions. Circumstances in which a warranty claim may be declined include but are not limited to the following: Normal wear and tear, misuse or abuse, including failure to properly maintain or service the product, damages caused by improper or incorrect installation, insect or vermin infestation, and failure to clean or improper cleaning and/or operation of the product.

EXERCISING TIPS

Using the spin bike can provide you with several benefits such as improving your physical fitness, toning muscles, and together with a calorie-controlled diet, helping you to lose weight.

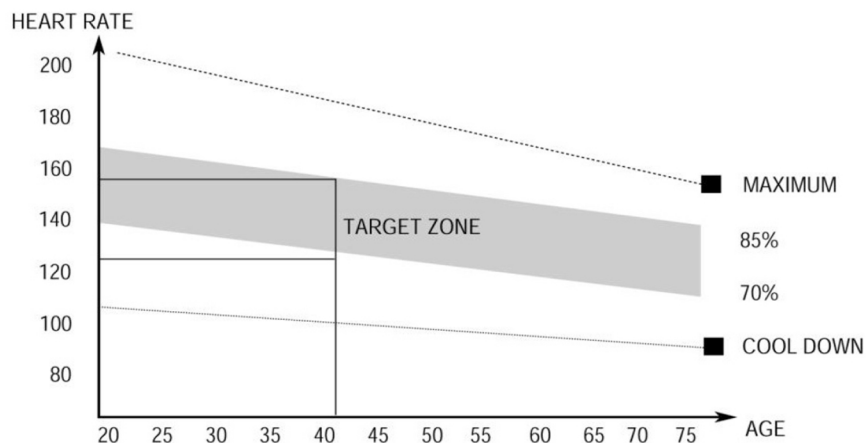
WARM-UP PHASE

This stage helps to get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramps and muscle injuries. 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 immediately.



EXERCISE PHASE

This is the stage where you put the effort in. After regular use, the muscles in your legs may become stronger. Work to your own pace, but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone as shown in the graph below. This stage should last for a minimum of 12 minutes, although most people start with between 15 and 20 minutes. 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.



EXERCISING TIPS

MUSCLE TONING

- To tone muscles while on the spin bike, you will need to set the resistance higher. This will put more strain on your leg muscles and may mean that 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. Train as normal during the warm-up and cool-down phases, but towards the end of the exercise phase, you should increase resistance to make your legs work harder than normal.
- You may 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 that 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 only difference is your goal.

USER TIPS

- The tension knob allows you to alter the resistance of the pedals. A high resistance makes it more difficult to pedal, whereas a low resistance makes it easier.
- For best results, set the tension while the bike is in use.