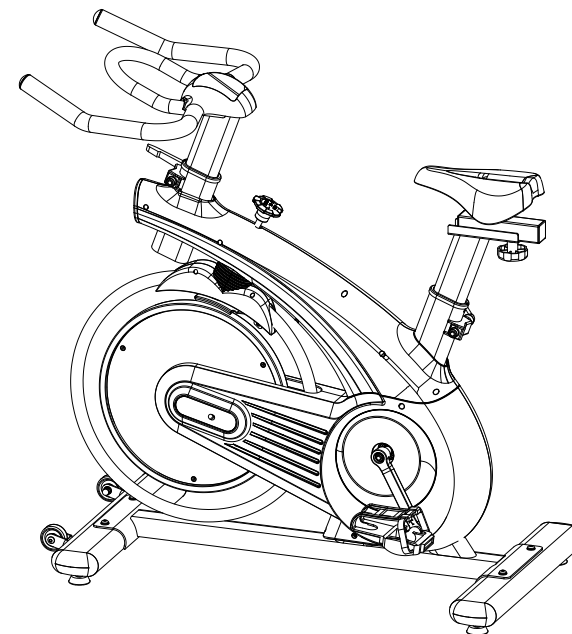




COSTWAY

SuperFit



USER'S MANUAL *Exercise Bike*

THIS INSTRUCTION BOOKLET CONTAINS **IMPORTANT** SAFETY INFORMATION. PLEASE READ AND KEEP FOR FUTURE REFERENCE.

Please give us a chance to make it right and do better!

Contact our friendly customer service department for help first.

Replacements for missing or damaged parts will be shipped ASAP!

Follow Costway



Contact Us!

Do NOT return this item.

Contact our friendly customer service department for help first.



Before You Start

- ⚠ Please read all instructions carefully.
- ⚠ Retain instructions for future reference.
- ⚠ Separate and count all parts and hardware.
- ⚠ Read through each step carefully and follow the proper order.
- ⚠ We recommend that, where possible, all items are assembled near to the area in which they will be placed in use, to avoid moving the product unnecessarily once assembled.
- ⚠ Always place the product on a flat, steady and stable surface.
- ⚠ Keep all small parts and packaging materials for this product away from babies and children as they potentially pose a serious choking hazard.

CAUTION

1. Weight on this product should not exceed 220.5 LBS
2. Exercise of a strenuous nature, as is customarily done on this equipment, should not be undertaken without first consulting.

No specific health claims are made or implied as they relate to the equipment.

Measurements made by the equipment are believed to be accurate, but only the measurements of your physician should be relied upon.

IMPORTANT: Read all instruction carefully before using this product. Retain this product owner's manual for future reference.

IMPORTANT SAFETY NOTICE

Note the following precaution before assembling or operating the machine.

1. Keep children and pets away from the spin bike at all times.
Do not leave unattended children in the same room with the machine.
2. Handicapped or disabled persons should not use the spin bike without
The presence of a qualified health professional or physician.
3. If the user experiences dizziness, nausea, chest pain, or any other
abnormal symptoms, stop the workout at once. Consult a physician
immediately.
4. Before beginning training, remove all objects within a radius of 2
meters from the machine. Do not place any sharp objects around the
spin bike.
5. Position the spin bike on a clear, level surface away from water and
moisture. Place mat under the unit to help keep the machine stable
and to protect flooring.
6. Use the spin bike only for its intended use as described in this
manual. Do not use any other accessories not recommended by the
manufacturer.
7. Assemble the machine exactly as the descriptions in the instruction
manual.
8. Check all bolts and other connections before using the machine for
the first time and ensure that the trainer is in the safe condition.
9. Hold a routine inspection of the equipment. Pay special attention to
components which are the most susceptible to wear off, i.e.
Connecting points and wheels. The defective components should be
replaced immediately. The safety level of this equipment can only be
maintained by doing so. Please don't use the spin bike until it is
repaired well.
10. Never operate the spin bike if it is not functioning properly.
11. This machine can be used for only one person's training at a time.
12. Do not use abrasive cleaning articles to clean the machine. Remove
drops of sweat from the machine immediately after finishing
training.

13. Always wear appropriate workout clothing when exercising.
Running or aerobic shoes are also required.
14. Before exercising, always do stretching first.
15. The power of the machine increases with increasing the speed, and
the reverse.
The machine is equipped with adjustable knob, which can adjust the
resistance.
16. This equipment has been tested and certified to en957 under the
h.c. Rating and is intended for home and indoor use only.
17. This device is not suitable for use in therapy.
18. Be careful when moving the device to avoid hurting you.

**WARNING: Before beginning this or any exercise program,
consult your doctor. This is especially important for people
over the age of 35 or those with pre-existing health problems**

THE USE OF GUIDE

1. Total bike instability adjustment:

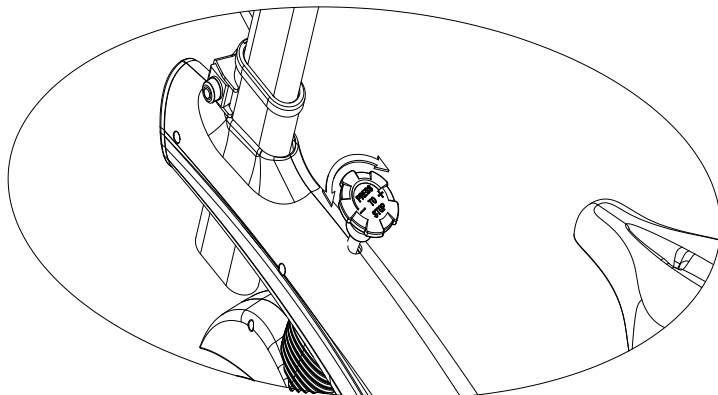
The front stabilizer and rear stabilizer are equipped with 4 footpads (46#), which can be adjusted by these 4 knobs to confirm that the whole bike is stable before use.

2. Handlebar, seat cushion height adjustment:

The height of the handlebar and the seat cushion can be adjusted by raising or lowering with the (24#) locking handle. The height cannot be adjusted too high. If it is too high, it will affect your safety. Once adjusted to the correct height, re-fix the adjustment knob and tighten.

3. Resistance adjustment:

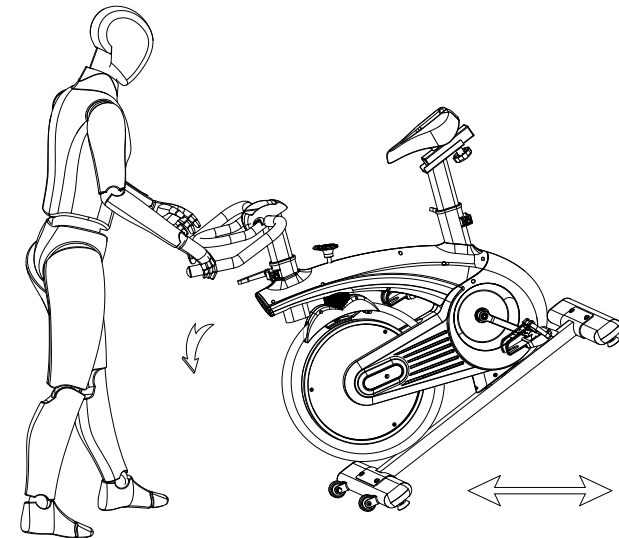
The (42#) control knob rotates in the +, - direction, which changes the resistance of the pedal. If the resistance is large, it will be difficult to exercise. On the contrast, if the resistance is small, it will be easy to exercise. Press the knob down to reach the sudden braking function. The user should adjust the setting resistance according to his physical condition and requirements to achieve the purpose of physical fitness. The most important factor here is how much effort you put into it. The harder you work, the more calories you burn. If you train by improving your adaptability, it is equally effective, but the goal is different.



4. the whole bike movement:

Hold the frame handlebar with both hands and apply force downwards to lift the machine up.

Let the front wheels touch the ground, the front footpads will be empty, and then according to your seek forward or backward.



Exercise Computer

Specifications:

TIME	_____	00:00-99:59
SPEED	_____	0.0-99.9KM/H or ML/H
DISTANCE	_____	0.00-999.9KM or ML
ODOMETER*(IF HAVE)	_____	0-9999KM or ML
PULSE*(IF HAVE)	_____	40-240BPM
CALORIES	_____	0.0-9999KCAL

Key Functions:

Mode: This key lets you to select and lock on to a particular function you want.

Operation Procedures:

1.Auto On/Off

- The system turns on when any key is pressed or when it receives a signal input from the speed sensor.
- The system turns off automatically when the sensor has no signal input or no key are pressed for approximately 4 minutes.

2.Reset

- The unit can be reset by either changing battery or pressing the mode key for 3 seconds.

3.Mode

- To choose Scan or Lock if you do not want the scan mode, press the MODE key when the pointer on the function you want which begins blinking.

4.Functions

Time

Press the Mode key until the pointer advanced to Time. The total working time will be shown.

Speed

Press the Mode key until the pointer advanced to Speed.
The total working time will be shown.

Distance

Press the Mode key until the pointer advanced to Distance.
The distance of each workout will be displayed.

Odometer

Press the Mode key until the pointer advanced to Odometer.
The total accumulated distance will be shown.

Pulse

Press the Mode key until the pointer advanced to Pulse. User's current heart rate will be displayed in beats per minute.

Place the palms of your hands on both of the contact pads (or put ear-clip to ear), and wait for 30 seconds for the most accurate reading

Calories

Press the MODE key until the pointer advanced to Calories.
The calories burned will be displayed.

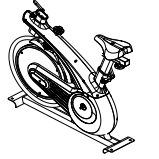

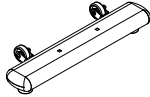

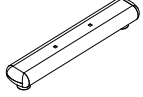



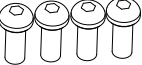





Scan

Automatic display of the following functions in the order shown:
Time-Speed-Distance-Pulse (if have)-Calories (repeat)

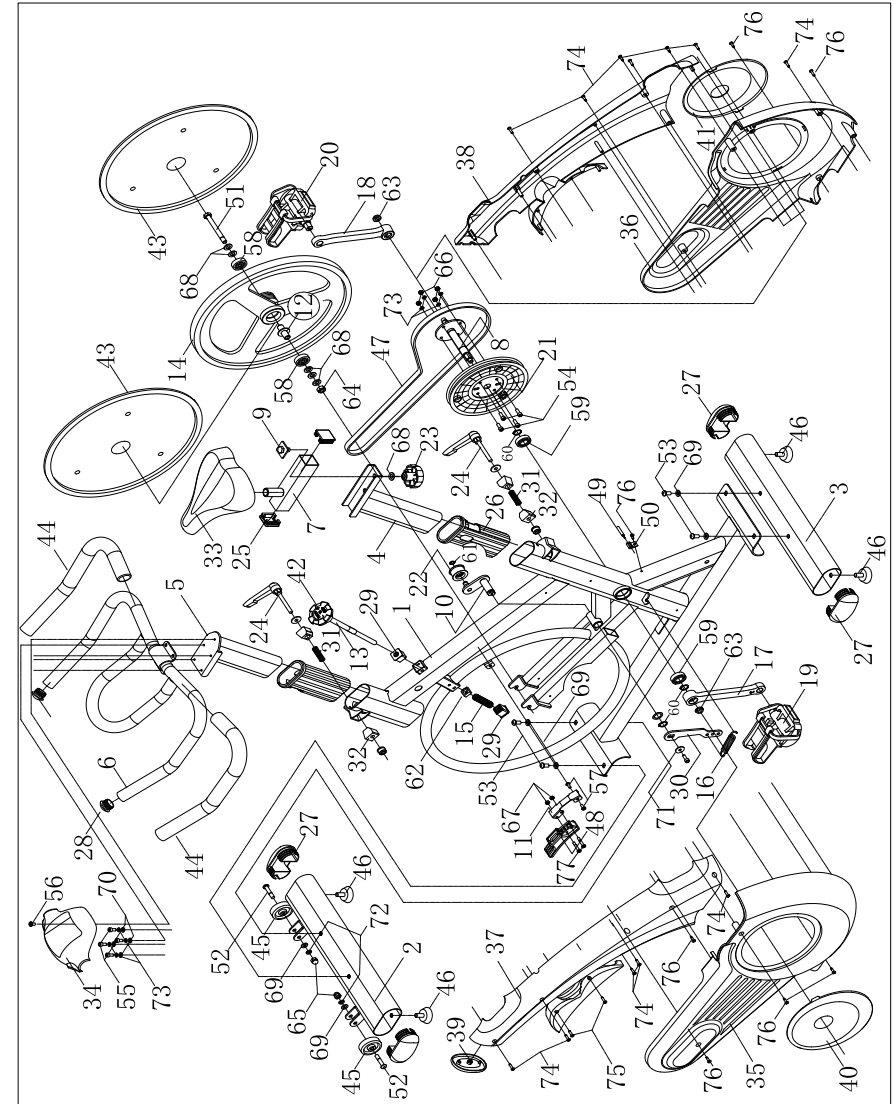
Battery

This monitor uses one AA5 battery. If improper display on monitor, please reinstall the batteries to have a good result.

PACKING LIST

1	1#Main Frame		5	20#R Pedal	
2	2#Front Stabilizer		6	5# Handlebar Adjustment Tube	
3	3#Rear Stabilizer		7	6# Handlebar	
4	19#L Pedal		8	34# Handlebar Cover	
Kits					
	53# M8×16 Bolt/4 pieces		Allen Wrench		
	55# M6×12 Bolts/4 pieces		Fork Wrench		
	69# 9×16 Flat Washer/4 pieces		Owner's Manual		
	70# 6.6×26 Flat Washer/4 pieces		Electronic watch base		
	73# Spring Washer /4pieces		Computer Display(Optional)		

EXPLODED DIAGRAM



EXPLOSION DRAWING LIST

NO.	Description	QTY	NO.	Description	QTY	NO.	Description	QTY
1	Main Frame	1	27	Elliptical tube plug	4	53	Hexalobular socket pan head screwsM8×16	4
2	Front Stabilizer	1	28	Spherical pipe plug	2	54	Hexagon socket head cap screwsM6×16	4
3	Rear Stabilizer	1	29	Brake lever rubber sleeve	2	55	Hexagon socket head cap screwsM6×12	4
4	Seat cushion adjustment	1	30	Spring plate	1	56	Cross recessed Flat Screws M6×10	1
5	Handlebar Stem	1	31	Pressure spring	2	57	Cross recessed screws M5×12	2
6	Handlebar	1	32	Clamp	4	58	Deep groove ball bearing 6300RZ	2
7	Seat Slider adjustment	1	33	Seat Assembly	1	59	Deep groove ball bearing 6300RS	2
8	Crank	1	34	Handlebar Cover	1	60	External Circlips 17×1	3
9	Seat Adjustable Knot	1	35	Left Chain Cover	1	61	External Circlips 10×1	1
10	Pressure belt rack	1	36	Right Chain Cover	1	62	Square Nut M12	1
11	Brake Pad	1	37	Front beam left cover	1	63	Flange-Fine Pitch Nut M10	2
12	Flywheel inner spacer	1	38	Front beam right cover	1	64	Self-locking Nut M10	1
13	Brake lever	1	39	Front extension end cap	1	65	Cap Nut	2
14	Flywheel	1	40	Belt pulley left cover	1	66	Self-locking Nut M6	4
15	Brake pressure spring	1	41	Belt pulley Right cover	1	67	Self-locking Nut M5	2
16	Belt Tension Spring	1	42	Brake Lever	1	68	Flat Washer 11×20×2	6
17	Left Crank	1	43	Flywheel cover	2	69	Flat Washer 9×16×1.5	6
18	Right Crank	1	44	Nitrile Butadiene Rubber	2	70	Flat Washer 6.6×12×1.6	4
19	Left Pedal	1	45	Transportation Wheel	2	71	Flat Washer 6.6×22×2	1
20	Right Pedal	1	46	Adjustable footpad	4	72	Spring Washer 8.7×2.1	2
21	Belt Pulley Assembly	1	47	V-ribbed belts	1	73	Spring Washer 6.7×1.6	8
22	Pressure roller assembly	1	48	Brake assembly	1	74	Self-Tapping Screw ST4.2×19	10
23	M10 Plum knob	1	49	Induction bar	1	75	Self-Tapping Screw ST2.9×16	2
24	Locking handle	2	50	Induction bar clamp	1	76	Self-Tapping Screw ST4.2×16	9
25	38 Opening Stopper for Square Tube	2	51	Hexagon pan head screw M10×95	1	77	Cross recessed Flat Screws M5×30	2
26	Reducing Sleeve	2	52	Hexagon socket head screw M8×40	2	78	Computer Display(Optional)	1

PRODUCT ASSEMBLY STEPS

PREPARATION

Before assembling make sure that you will have enough space around the item.

Use the supplied parts and hardware for the assembly.

Before assembling please check whether all the required parts have been supplied as per the exploded drawing on the opposite page.

STEP 1: Main Frame, Front and Rear Stabilizers Assembly

Attach the front stabilizer(2) and rear stabilizers(3) to the main frame(1) with 4 pieces M8*16 bolts (53) and 4 pieces 9*16 flat washer (69)

As shown in Figure 1.

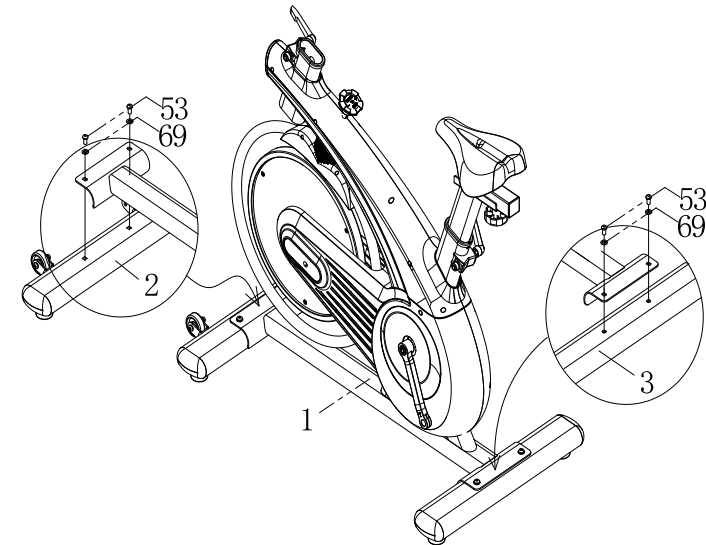


Figure 1

STEP 2: Pedal Assembly

The Pedals (1L & 1R) are marked "L" and "R" - Left and Right. Connect them to their appropriate crank arms. The right crank arm is on the right-hand side of the cycle as you sit on it. As shown in Figure 2. Note: The Right pedal should be threaded on clockwise and the Left pedal anticlockwise.

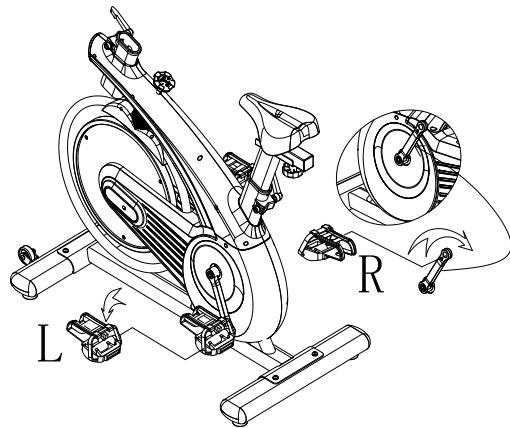


Figure 2

STEP 3: Handlebar Assembly.

Attach the handlebar (6) and the handlebar Stem adjustment tube (5) with 4 pieces M6*12 screw(55), 4 pieces spring washer(73) and 4 pieces flat washer(70). As shown in Figure 3. Use the M6*10 screw (56) to install the handle cover (34) in the middle of handlebar. As shown in Figure 4 Then put the computer display (78) insert into the front iron piece of the handlebar, and connect 3 sets of connecting wires of display. Put the wires in handlebar adjustment tube. Insert the handlebar Post into the handlebar post tube of the main frame. You will have to slacken the knurled section of the Knob and pull the Knob back and then select the desired height. Release the Knob and retighten the plum knob.

ATTENTION: YOU SHOULD FIX THE HANDLEBAR TIGHTLY

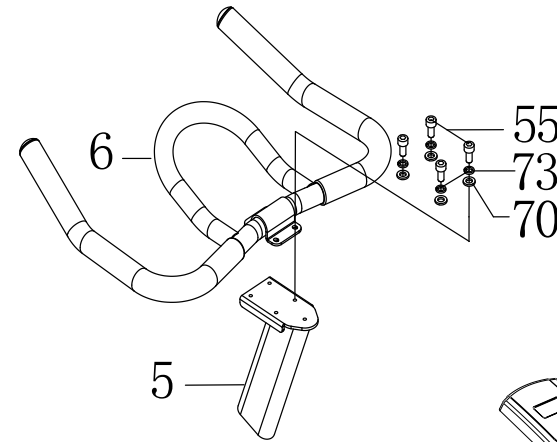


Figure 3

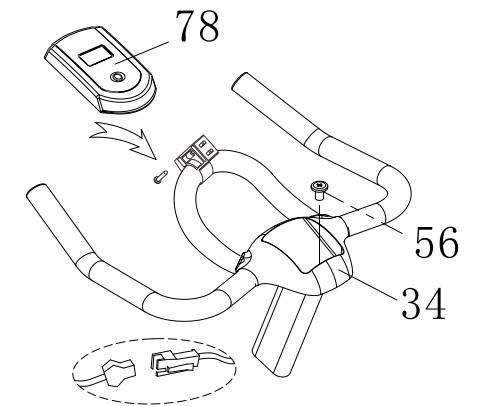


Figure 4

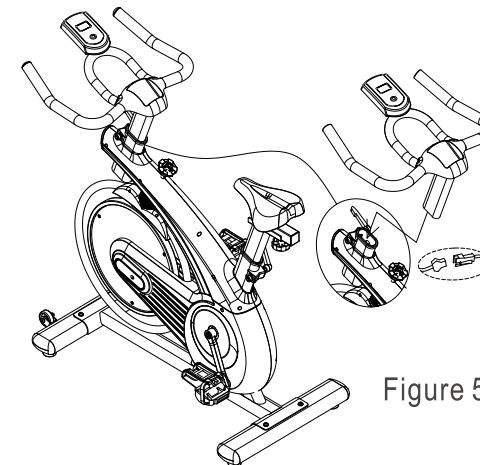
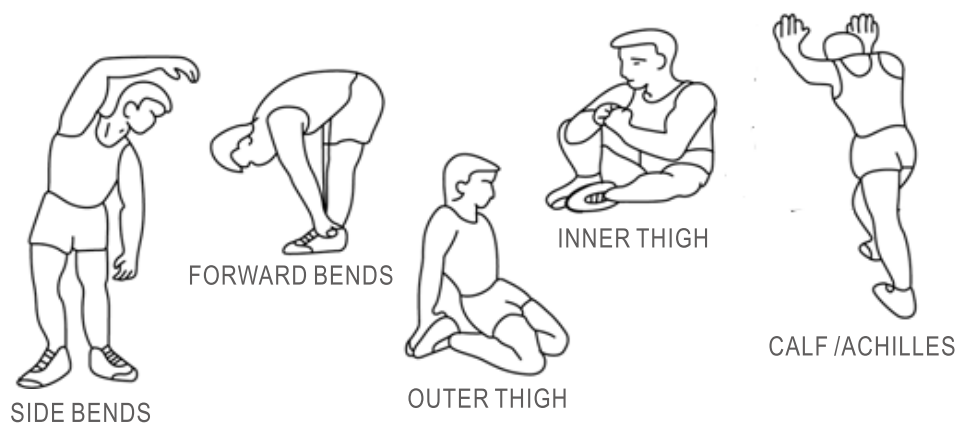


Figure 5

EXERCISE INSTRUCTIONS

Using your spin bike provides you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with calorie controlled diet help you lose weight.

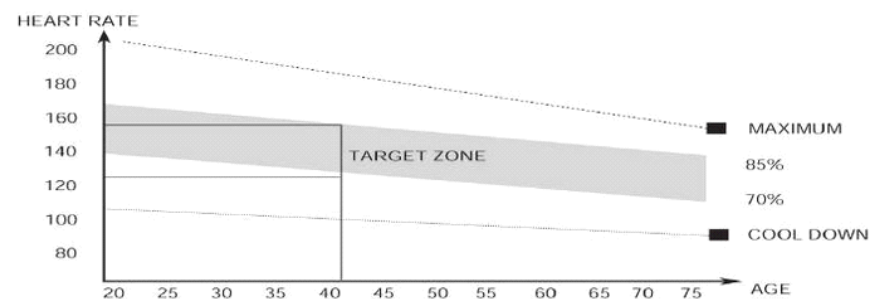


THE WARM UP PHASE

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. 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.

THE EXERCISE PHASE

This is the stage where you put the effort in. After regular use, the muscles in your legs will become stronger. Work at 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 shown on the graph below.



This phase should last at least 12 minutes, and most users take about 15-20 minutes.

THE RELAXATION PHASE

This stage is to let your Cardiovascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

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.

MAINTANCE

1、Clean

For your health and safety, Make sure to clean and maintain the machine regularly. Please clean the sweat and dust with a clean cloth after use.

2、Total Machine Maintenance

Avoid direct sunlight. Please check proper screwing of all the screws attached to the exercise bike every week. Make sure they are in tight status. Keep your spin bike away from children and put it in a clean and dry environment

TROUBLESHOOT PROBLEMS

1、Belt Slipping

When the machine is used for a period of time, there will be inconsistency between the footboard and the inertia wheel movement. There is a possibility that the belt slips. If it is confirmed that the belt is slippery, please open the (40) belt pulley left cover and the (41) belt pulley right cover, and press the belt. Adjust the wheel tension spring to the lowest hole of the iron piece and test it again. If you still can't meet your requirements, you will need to change the belt.

1、Not Enough Resistance

During the use of the machine, if there is oil on the inertia wheel, it will affect the resistance effect. If it is necessary, it should be cleaned up in time.

After the machine has been used for a long time, wool felt in the brake assembly will be dusty or worn, and should be inspected for cleaning and replacement.

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We would like to extend our heartfelt thanks to all of our customers for taking time to assemble this product and giving us valuable feedbacks.

