



USER'S MANUAL

Household Dynamic 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!

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Contact Us!

Do NOT return this item.

Contact our friendly customer service department for help first.



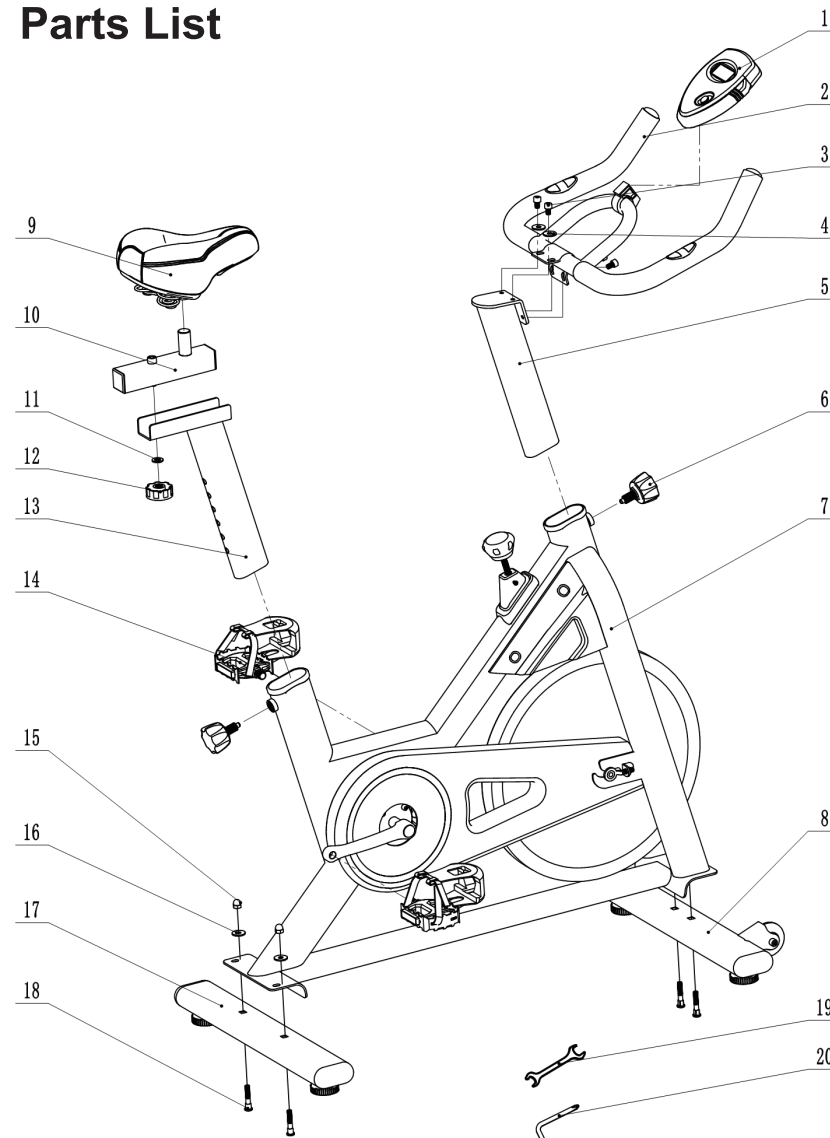
Before You Start

- ⚠ 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.

For the convenience of product improvement, we reserve the right to modify the manual without further notice!

Thank you for purchasing our product. Please carefully read the instruction before use, especially the precautions to ensure right operation and use. Please retain the manual for future reference!

Parts List



Parts Information

No.	Name	Quantity
1	LCD Display	1
2	Handrail	1
3	Handrail Fixing Screw	4
4	Handrail Fixing Gasket	4
5	Height Adjusting Tube	1
6	Adjustment Knob	2
7	Main Body	1
8	Front Foot Tube	1
9	Seat Cushion	1
10	Seat Forward and Backward Adjustment Tube	1
11	Seat Adjustment Gasket	1
12	Seat Adjustment Knob	1
13	Seat Height Adjustment Tube	1
14	Pedal(A pair)	1
15	Foot Tube Fixing Nut	4
16	Foot Tube Fixing Gasket	4
17	Rear Foot Tube	1
18	Foot Tube Fixing Bolt	4
19	Open Spanner	1
20	Hexagon Wrench	1

Note: Some small parts and accessories may have been preinstalled on the body or main parts of the exercise bike. If there are any missing parts, please contact the factory or dealer.

*The picture is only for reference, some accessories may not conform to the picture. Please refer to the real product.

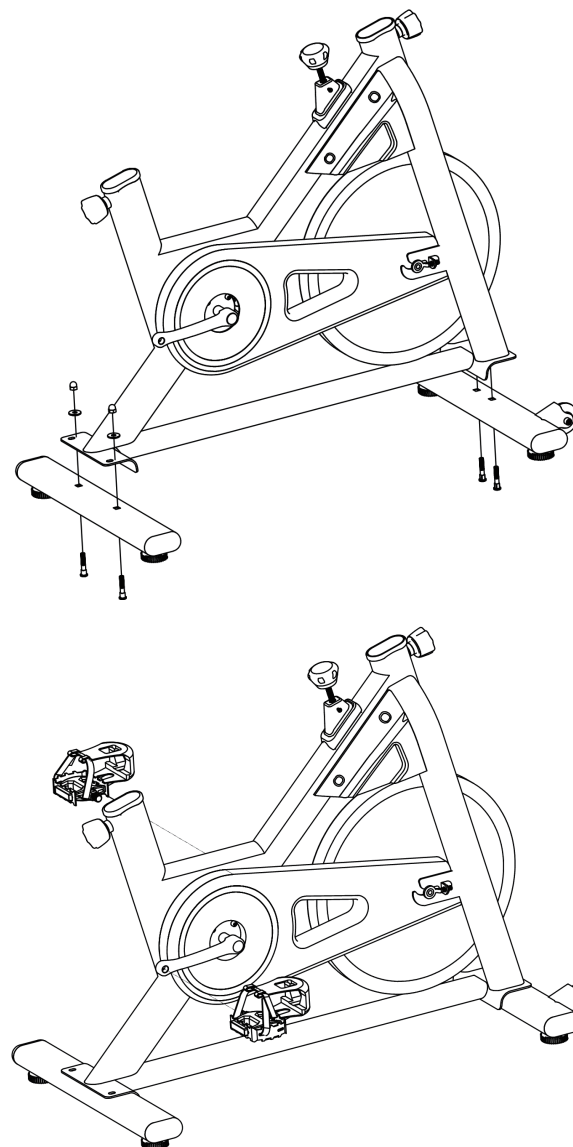
Assembly Steps

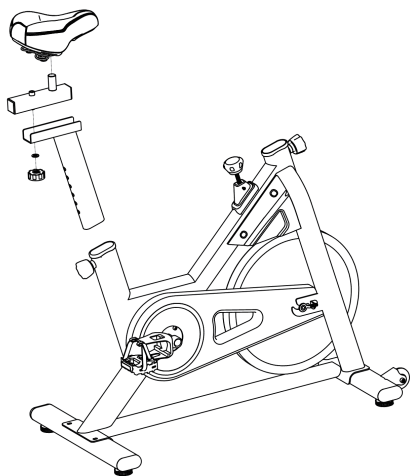
1. Install the front foot tube and the rear foot tube on the main frame (screws, gaskets and nuts have been preinstalled on the bottom tube), unscrew them and install them as shown in the picture, and tighten them with No. 19 wrench;

2. Clockwise rotate No. 6 adjustment knob into the corresponding hole position on main frame; Screw in several turns, no need to tighten temporarily;

3. Install the No. 14 foot pedal on the main frame installed in step 2 and tighten it with No. 19 wrench; (The Pedal has L/R logo)

Note: The L pedal needs to rotate counterclockwise to be tightened.
The R pedal needs to rotate clockwise to be tightened.

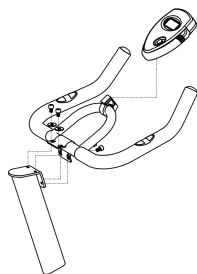




4. Install the No. 13 seat height adjustment tube on the main frame installed in step 3. Before inserting it, please counterclockwise rotate the adjustment knob to remove it a bit; Choose a suitable hole to clip into the lifting tube and tighten the knob;

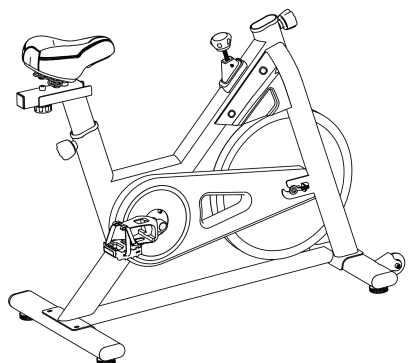
5. Install the No. 10 seat forward and backward adjustment tube on the frame installed in step 4. Before installing, rotate the knob and the gasket out from seat forward and backward adjustment, then turn the knob on the seat height adjustment tube after aligning the slot and tighten it;

6. Install No. 9 seat cushion on the frame installed in step 5, slightly loosen the nut before installing, and tighten it with No. 19 open spanner after alignment;



7. Install No. 5 handrail height adjustment tube on the frame installed in step 6. Before inserting it, please rotate part of the adjustment knob counterclockwise; Choose a suitable hole to clip into the lifting tube and tighten the knob;

8. Install No. 2 handrail on the frame installed in step 7, slightly rotate the screw out from the height adjustment tube of No. 5 handrail before installing, and turn the screw back to the height adjustment tube of No. 5 handrail after aligning the hole, and tighten it with No. 20 hexagon wrench;



9. After putting into battery, install No. 1 LCD display on the frame installed in step 8, and insert the induction wire.

Assembly Finished

Precautions

1. This product is not suitable for commercial use, only for family use, please do warm-up training according to professional requirements before using this bike.
2. Please wear appropriate training clothes for exercise. For strenuous exercise, please wear professional sports shoes.
3. People with knee injuries are advised not to participate in spinning exercise.
4. Please keep your hands away from operating spinning parts.
5. Before use, please check whether the handrail, cushion and other parts are tight and whether the foot part is loose.
6. If the user suffers from dizziness, vomiting or chest tightness and has obvious symptoms, immediately stop exercising and seek medical help.
7. The maximum weight capacity of this product is 150KG. Please do not overload.
8. Pregnant women and children are forbidden to use this device to avoid accidents.

Maintenance

1. Please regularly check whether any parts of this product are damaged or loose.
2. Please regularly add lubricating oil to each rotating part and main part connection.
3. Before each use, please check whether the handrail, cushion and other parts are properly fastened, whether the trampling part is loose, etc., and replace the defective parts in time.
4. Regularly clean the spinning bike, using soft fabrics and neutral detergents. Do not use any solvents or corrosive detergents.
5. Any problems involving the body body, bearings, belts and rotating wearing parts should not be repaired by yourself and should be reported to dealers or after-sales agencies in time.

