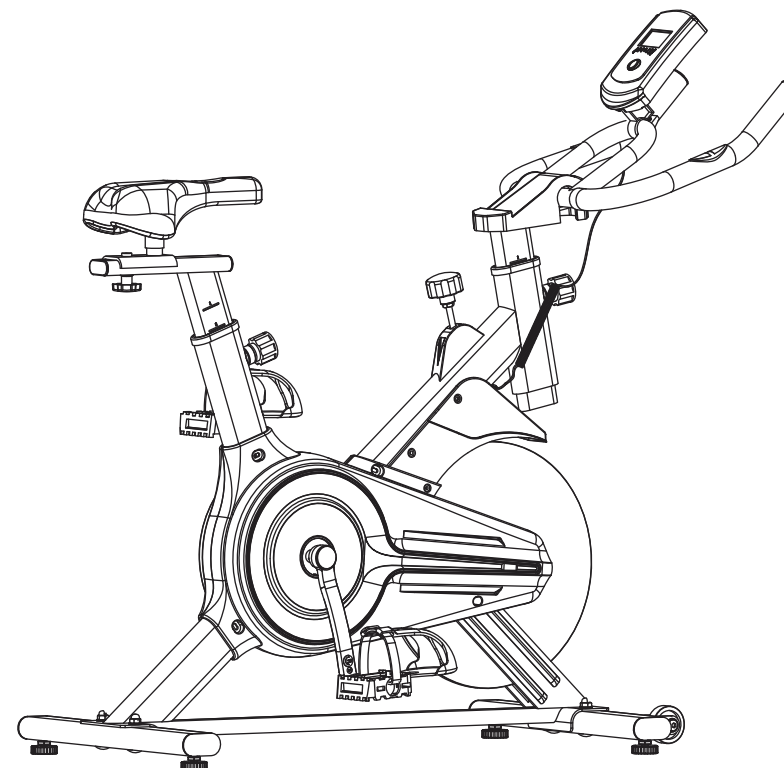




COSTWAY®



USER'S MANUAL

Exercise Bike SP36172

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

Visit us: www.costway.com



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.

1. IMPORTANT SAFETY INSTRUCTIONS

WARNING - Read all instructions before using this machine.

It is important your machine receives regular maintenance to prolong its useful life.

Failing to regularly maintain your machine may void your warranty.

Please keep this manual with you at all times

a. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. Please note: It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

b. Before starting any exercise program you should consult your doctor to determine if you have any medical or physical conditions that could put your health and safety at risk, 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.

c. 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 your chest, irregular heartbeat, and extreme shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these symptoms, you should consult your doctor before continuing with your exercise program.

d. Keep children and pets away from the equipment. This equipment is designed for adult use only.

e. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 0.5 meters of free space all around it.

f. Before using the equipment, check that the nuts and bolts are securely tightened. If you hear any unusual noises coming from the equipment during use and assemble, stop immediately. Do not use the equipment until the problem has been rectified.

g. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.

h. This equipment is designed for indoor and family use only.

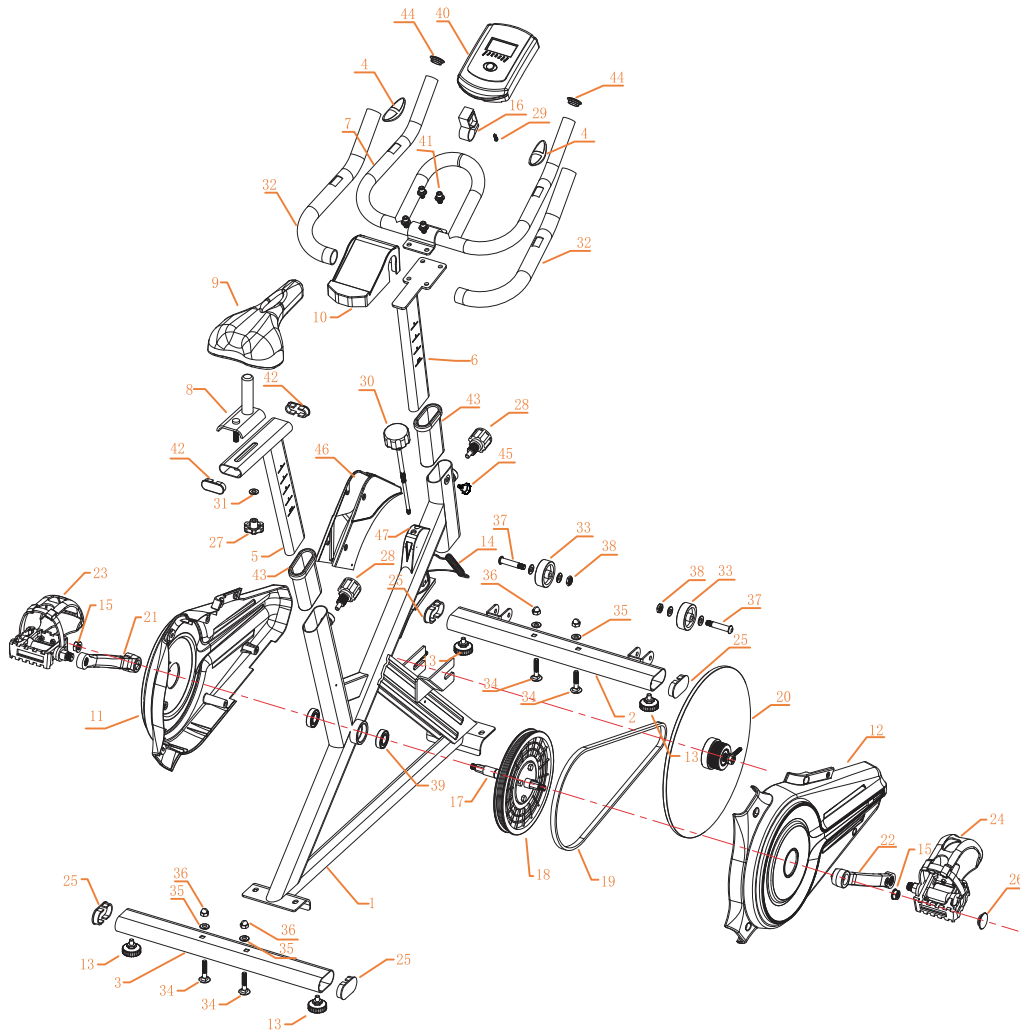
i. Care must be taken when lifting or moving the equipment so as not to injure your back.

j. Always keep this instruction manual and assembly tools at hand for quick reference.

k. The equipment is not suitable for therapeutic use.

l. There are many functions of the computer, which value will show when using the equipment according the amount of exercise, here warmly remind you that the value of heart pulse just give you some reference.

2. EXPLODED DIAGRAM

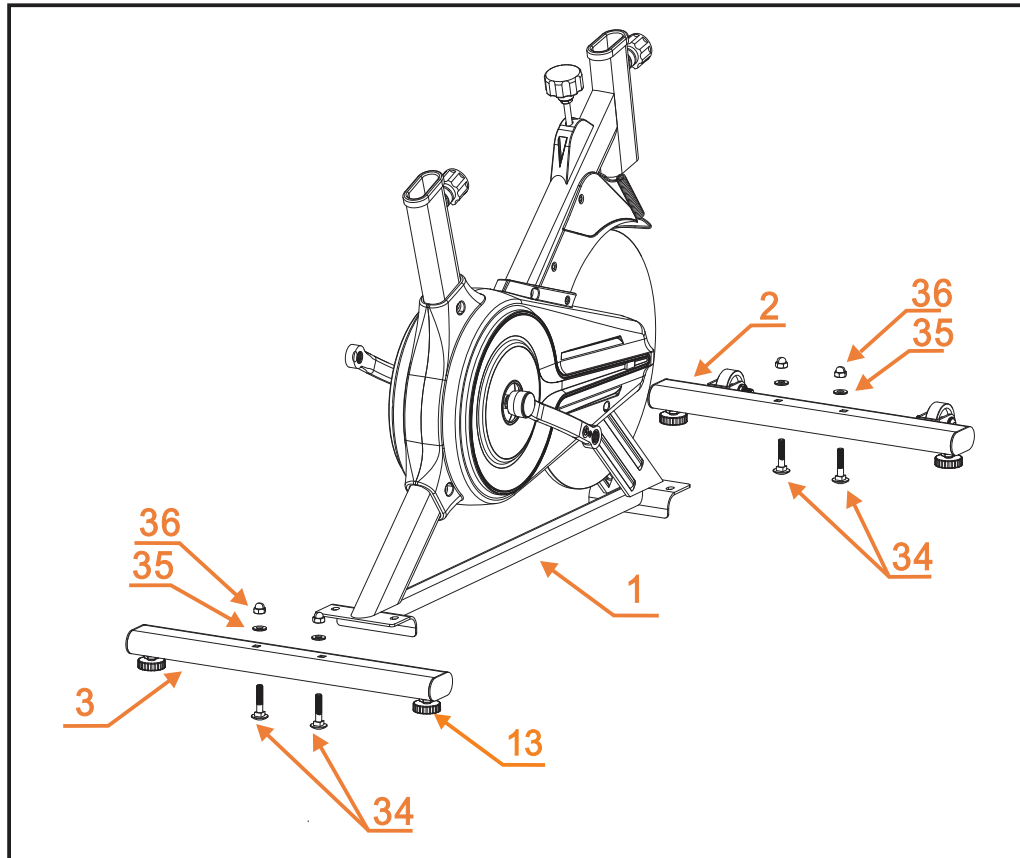


3. PARTS LIST

NO.	PARTS	QTY	NO.	PARTS	QTY
1	MAIN FRAME	1	25	30-60 OVALPLUG	4
2	FRONT STABILIZER	1	26	CRANK PLUG	2
3	REAR STABILIZER	1	27	OCTAGONAL KNOB	1
4	PULSE SENSOR	2	28	PULL PIN KNOB	2
5	SEAT POST	1	29	SCREW	1
6	HANDLEBAR POST	1	30	BRAKE POD	1
7	HANDLEBAR	1	31	WASHER $\Phi 10$	1
8	SEAT SLIDDER	1	32	FOAM	2
9	SEAT	1	33	MOVE WHEEL	2
10	PHONE HOLDER	1	34	M8-43 CARRIGE BOLT	4
11	LEFT COVER	1	35	WASHER $\Phi 8$	4
12	RIGHT COVER	1	36	DOMED NUT M8	4
13	LEVEL FOOT	4	37	M8-45 HALF THREAD SCREW	2
14	SENSOR WIRE	1	38	M8 LOCK NUT	4
15	LOCKNUT(L/R)	2	39	FIVEWAY BEARING	1
16	MONITOR POST	1	40	MONITOR	1
17	BELT AXLE	1	41	M8 SCREW	4
18	BELT PULLEY	1	42	20-50 OVAL PLUG	2
19	BELT	1	43	30-70 OVAL PLUG	2
20	FLYWHEEL	1	44	HANDLEBAR PLUG	2
21	LEFT CRANK	1	45	FIXING KNOB	1
22	RIGHT CRANK	1	46	FLYWHEEL COVER	1
23	LEFT PEDAL	1	47	BRAKE COVER	1
24	RIGHT PEDAL	1			

4. ASSEMBLY INSTRUCTIONS

STEP 1



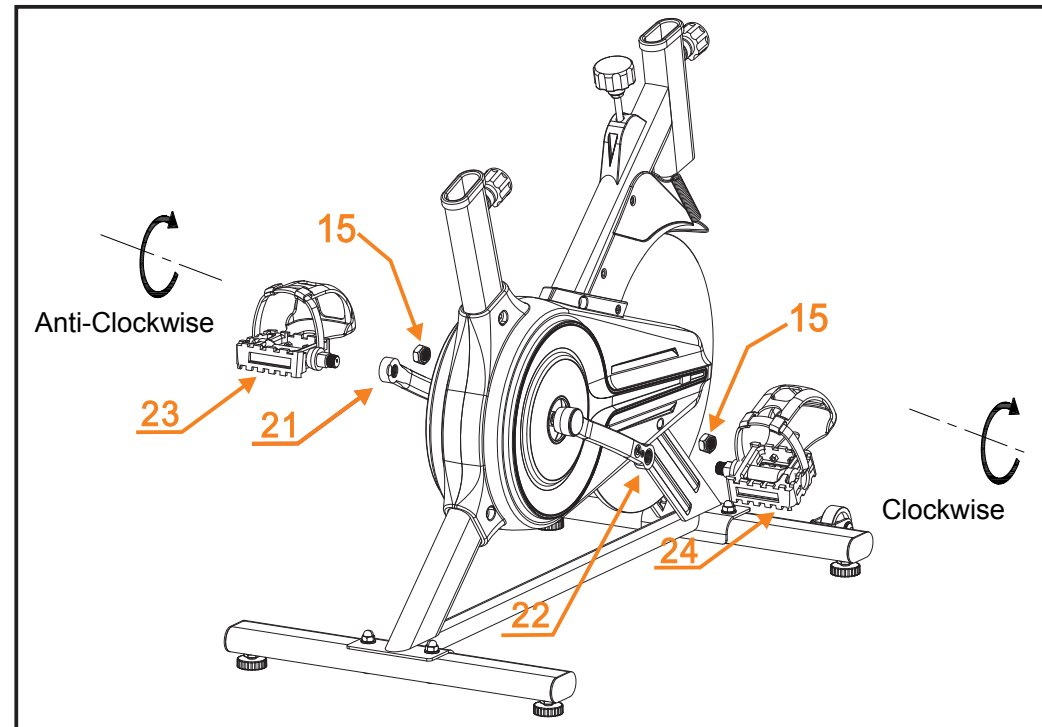
a. Attach Front Stabilizer (2) to Main Frame (1) using 2pcs of CARRIAGE BOLT (34), 2pcs of WASHER $\phi 8$ (35) and 2pcs of DOMED NUT M8 (36).

b. Repeat step a to install Rear Stabilizer (3) to Main Frame (1).

c. Lever the machine

The user can tighten or loosen 4 x LEVEL FOOT (13) to level the machine if needed. Tighten 4 x LEVEL FOOT (13) to make the machine stable before starting workout.

STEP 2



a. A pair of Pedals (23/ 24) has a sign, "L" is the left pedal, and "R" is the right pedal.

b. Loosen nuts on Pedals (23/ 24). Connect Pedals (23/ 24) to Cranks (21/ 22) as shown in above diagram.

c. Then fixing them with two nuts(15).

Note:

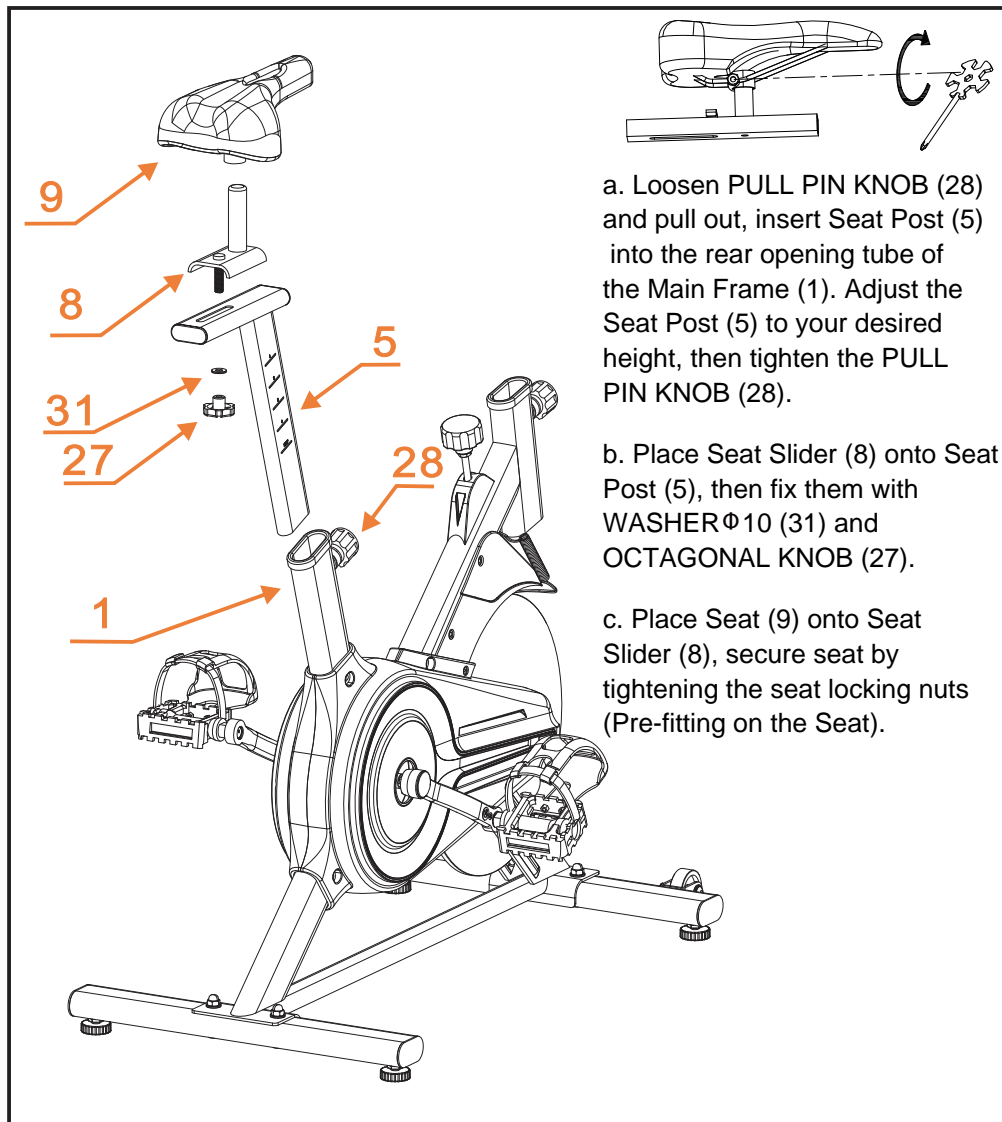
Right foot installation is clockwise, Left foot installation is counterclockwise.

Please make sure that the nut of Pedals could be threaded through the hole on Crank well enough, or the thread on Pedals and Cranks will be smoothed by incorrect operation.

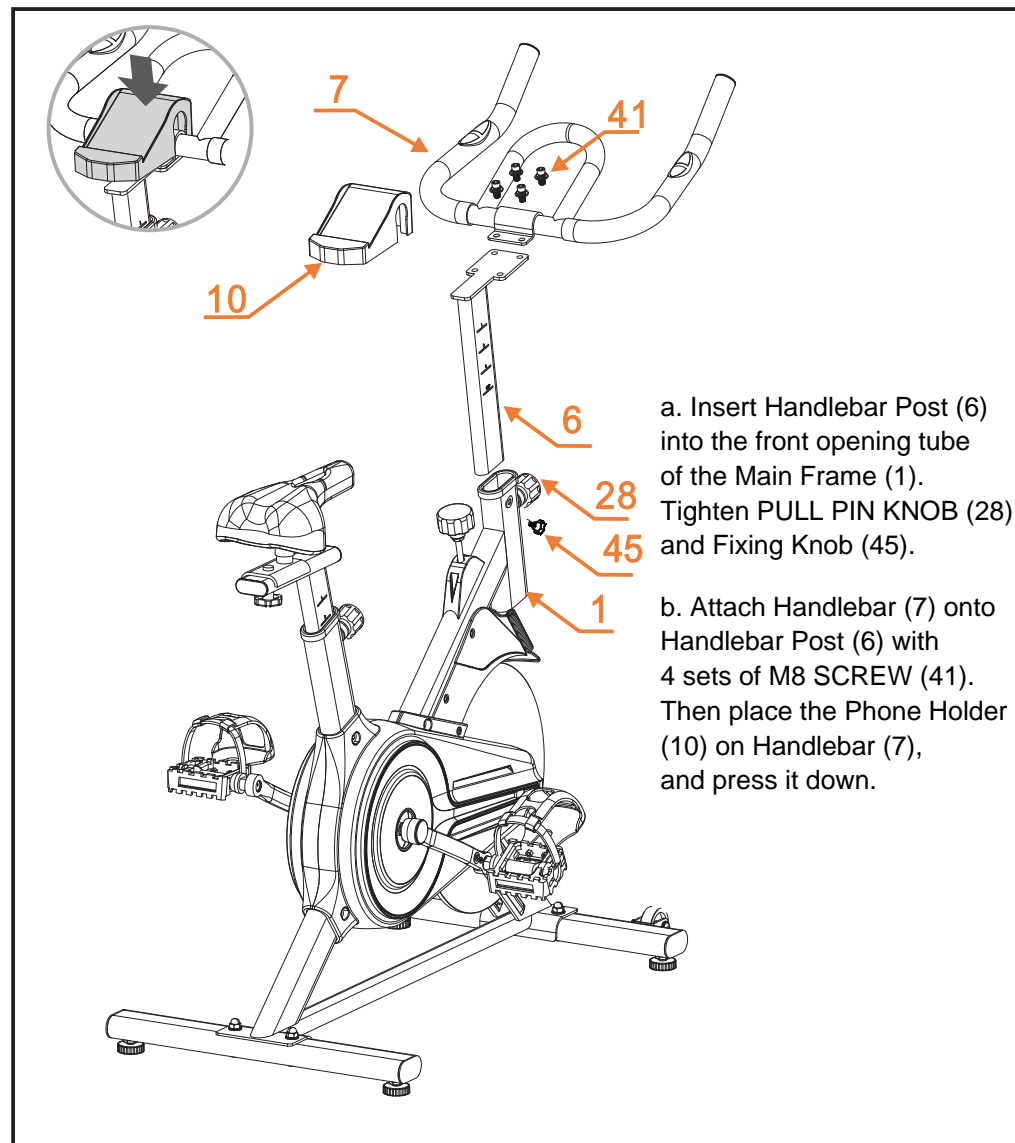
It is a good idea to apply grease to the threads before attaching them to the crank, this will assure that they can be removed in the future.

Tighten both Pedals as firmly as possible. After using the Exercise Bike for one week, retighten the Pedals. For best performance, keep the Pedals tightened.

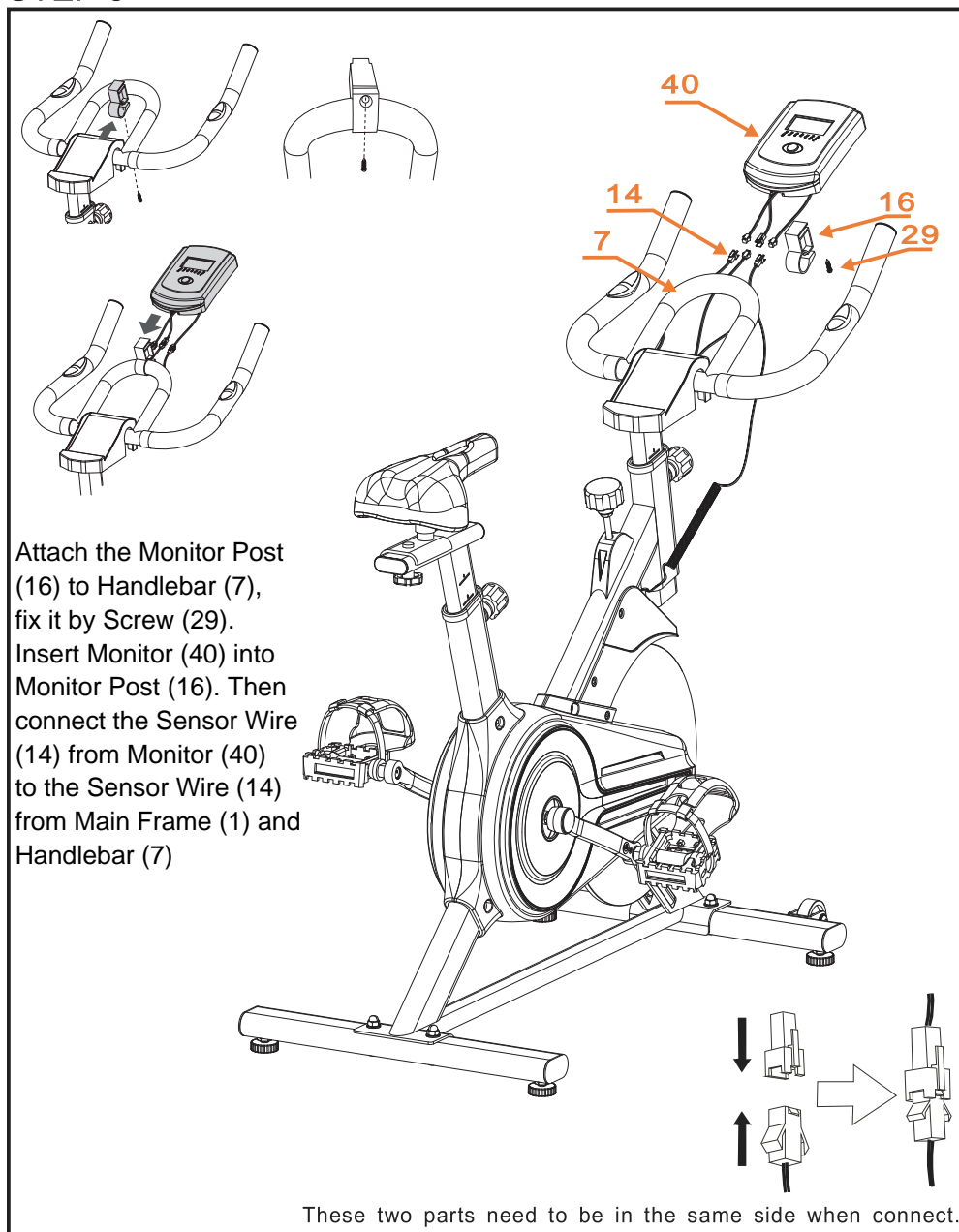
STEP 3



STEP 4



STEP 5



5. ADJUSTMENT INSTRUCTIONS

Vertical Seat Adjustment

To adjust the seat height, slacken Pull Pin Knob on the vertical post stem on the main frame and pullback the knob. Position the vertical seat post for the desired height so that holes are aligned, then release the knob and retighten it.

Horizontal Seat Adjustment

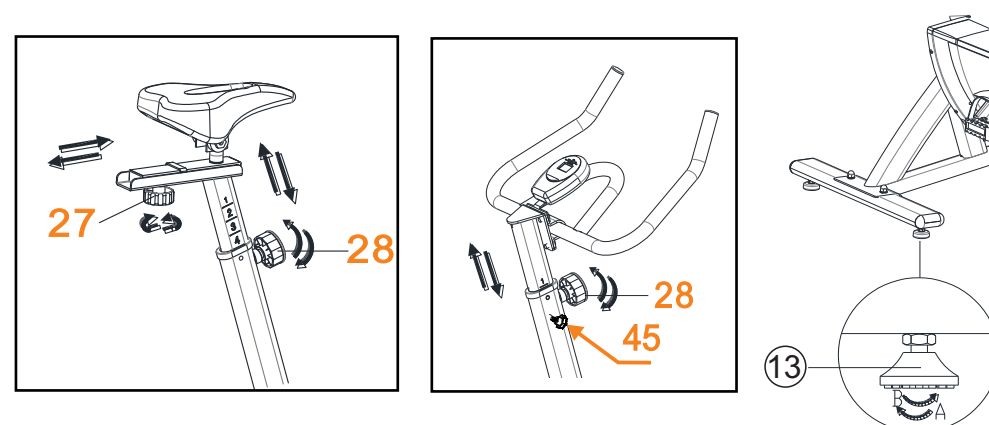
To move the seat forward in the direction of the handlebar or backwards away from it, loosen the Octagonal Knob and washer and pull the knob back. Slide horizontal seat post into desired position. Align holes and then retighten the Octagonal Knob.

Handlebar Height

To adjust the handlebar height, slacken Pull Pin Knob and Fixing Knob and pull both knobs back. Slide the handlebar post along the housing on the main frame to the desired height and, with the holes aligned correctly, tighten the Pull Pin Knob and then the Fixing Knob.

LEVEL ADJUSTMENT

To adjust Level Foot (13), so the stabilizers are level to the floor. Rotate the Level Foot (13) clockwise or counter-clockwise to adjust the level of the bike.



6. COMPUTER OPERATION

KEY GUIDE

MODE Select function you want
Pressing and hold 3 seconds to reset the value to zero (without ODO).

TIME-----0:00~99:59MIN SPEED-----0.0~999.9
DISTANCE-----0.00~9999ML (KM) CALORIE-----0.0~9999KCAL
TOTAL DIST(ODO)--0.00~9999ML (KM) PULSE -----40~240BPM

FUNCTIONS

- 1.TIME : Press the MODE key until pointer lock in to TIME. The total working time will be displayed when starting exercise.
- 2.SPEED: Press the MODE key until pointer lock in to SPEED. The current speed will be displayed when starting exercise.
- 3.DISTANCE : Press the MODE key until pointer lock on to DISTANCE . The distance of each workout will be displayed when starting exercise.
- 4.CALORIE :Press the MODE key until pointer lock on to CALORIE. The calorie displayed when starting exercise.
5. ODO: The total distance which this function is refers to from battery capacity period runs.
6. PULSE: Press the MODE key until the pointer advance to PULSE function and put ear-clip to or the hand take hole of the sensor about 3 seconds show out. (if have)
7. SCAN : Display changes according to the next diagram every 6 seconds.
Automatically display of the following functions in the order displayed:
TIME--SPEED--DISTANCE---CALORIE--ODO--PULSE(if have)-- SCAN

NOTE

- 1.Without any signal coming in 4-5 minutes , the LCD display will be shut off automatically.
- 2.When there is signal input ,the monitor automatically turns on..
- 3.If there is a possibility to see an improper display on the monitor, please replace the batteries to have a good result .You must be to replace the same batteries at the same time.
- 4.The monitor use 2pcs of 1.5v"AAA"batteries.

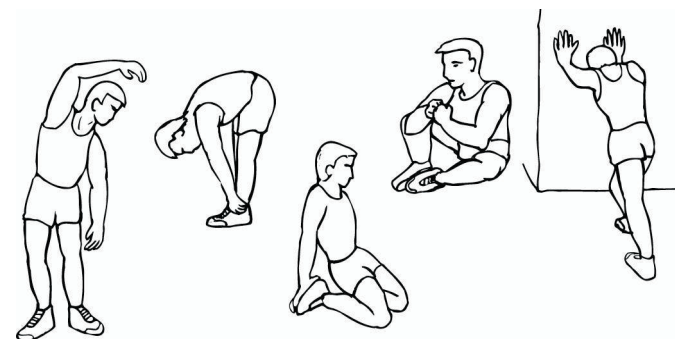
BATTERY	SIZE-AAA *2
Operating temperature	0 ~ 40°C(32°F-104°F)
Storage temperature	-10 ~ 60°C((14°F-168°F)

7. EXERCISE GUIDE

PLEASE NOTE: Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems. The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining heart rate trends in general. Exercising is great way to control your weight, improving your fitness and reduce the effect of aging and stress. The key to success is to make exercise a regular and enjoyable part of your everyday life. The condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles is an important factor to your fitness. Your muscles use this oxygen to provide enough energy for daily activity. This is called aerobic activity. When you are fit, your heart will not have to work so hard. It will pump a lot fewer times per minute, reducing the wear and tear of your heart. So as you can see, the fitter you are, the healthier and greater you will feel.

Warm-up

Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

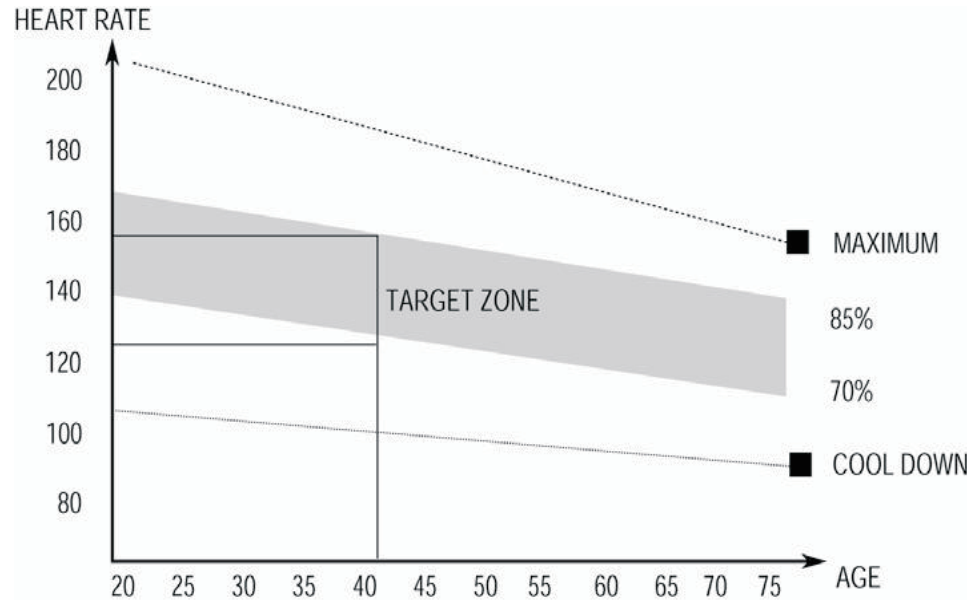


Training Zone Exercise

After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise-never hold your breath.Cool Down Finish each workout with a light jog or walk for at least 1 minute. Then complete 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

Workout Guidelines

TARGET ZONE



THIS IS HOW YOUR PULSE SHOULD BEHAVE DURING GENERAL FITNESS EXERCISE. REMEMBER TO WARM UP AND COOL DOWN FOR A FEW MINUTES.

The most important factor here is the amount of effort 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 difference is the goal.

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THANK
you
😊