



With your inspiring rating, COSTWAY will be more consistent to offer you EASY SHOPPING EXPERIENCE, GOOD PRODUCTS and EFFICIENT SERVICE!

Mit Ihrer inspirierenden Bewertung wird COSTWAY konsistenter sein, um Ihnen EIN SCHÖNES EINKAUFSERLEBNIS, GUTE PRODUKTE und EFFIZIENTEN SERVICE zu bieten!

Avec votre évaluation inspirante, COSTWAY continuera à fournir une EXPÉRIENCE D'ACHAT PRATIQUE, des PRODUITS DE QUALITÉ et un SERVICE EFFICACE !

Con su calificación inspiradora, COSTWAY será más consistente para ofrecerle EXPERIENCIA DE COMPRA FÁCIL, BUENOS PRODUCTOS y SERVICIO EFICIENTE.

Con la tua valutazione incoraggiante, COSTWAY sarà più coerente per offrirti ESPERIENZA DI ACQUISTO FACILE, BUONI PRODOTTI e SERVIZIO EFFICIENTE!

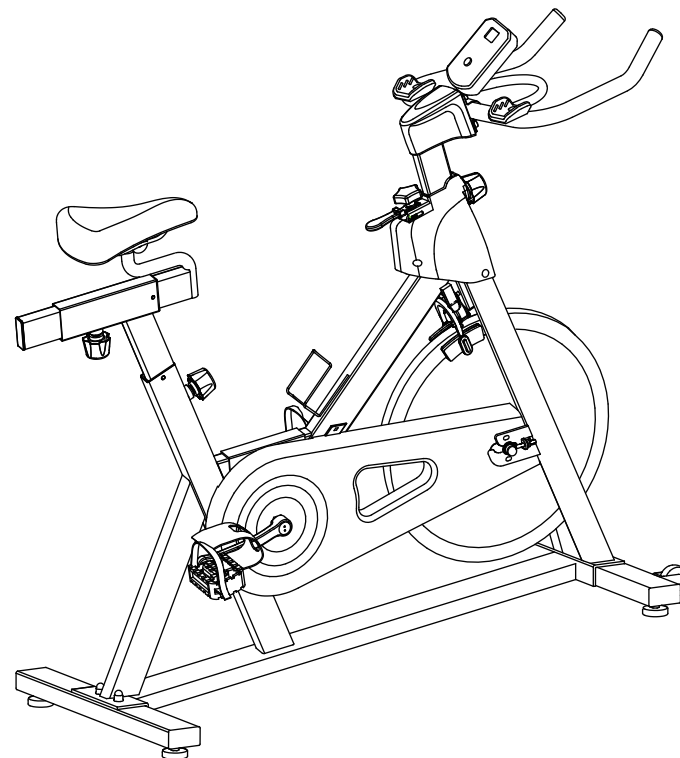
Dzięki twojej opinii COSTWAY będzie mógł oferować jeszcze WYGODNIEJSZE ZAKUPY, LEPSZE PRODUKTY i SPRAWNIEJSZĄ OBSŁUGĘ KLIENTA.

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USER'S MANUAL
SPINNING BIKE
SP37312

Dear Customer,
Please read this instruction very carefully before using this item. You will find important information regarding safety of your spinner bike.

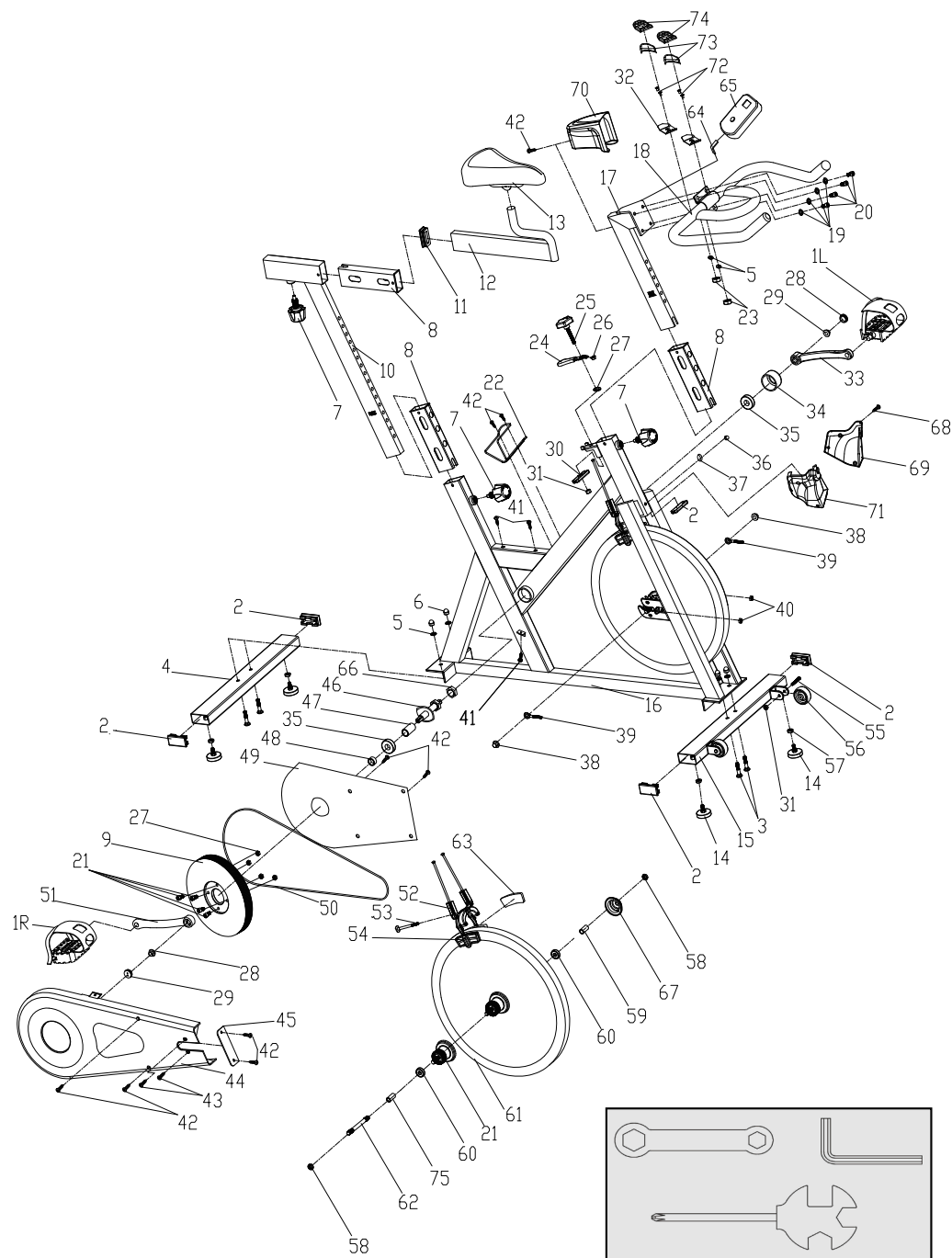
IMPORTANT SAFETY NOTICE

Note the following precaution before assembling or operating the machine.

1. Keep children and pets away from the Spinning 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 Spinning 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 within a radius of 2 meters from the machine. DO NOT place any sharp objects around the Spinning Bike.
5. Position the Spinning 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 Spinning 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 Spinning Bike until it is repaired well.
10. NEVER operate the Spinning 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.

WARNING: BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN FIRST. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING THE SPINNING BIKE. OUR COMPANY ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT

Exploded-View & Parts List:



NO	NAME	QUANTITY	SPEC
1	PEDAL	1	YH—21X (9/16")
2	END CAP1	5	60*30*1.5
3	CARRIAGE BOLT	4	GB/T 12-1988 M8*45
4	REAR STABILIZER	1	WELDING
5	FLAT WASHER	8	GB/T 95-2002 8
6	DOMED NUT	4	GB/T 802-1988 M8 (H=16mm)
7	SPRING ADJUSTMENT KNOB	3	φ 57*62 (M16*1.5)
8	PLASTIC SLEEVE	3	53.5*23.5*1.5
9	CHAIN WHEEL	1	φ 200*24
10	VERTICAL SEAT POST	1	WELDING
11	END CAP2	1	53.5*23.5*1.5
12	SEAT POST	1	WELDING
13	SEAT	1	DD-2631
14	STOPPER	4	φ 35*37/ (M8X20)
15	FRONT STABILIZER	1	WELDING
16	MAIN FRAME	1	WELDING
17	HANDLEBAR POST	1	WELDING
18	HANDLE BAR	1	WELDING
19	SPRING WASHER	4	GB/T 859-1987 8
20	BOLT	4	GB/T 70.2-2000 M8*15
21	BOLT 2	4	GB/T 70.3-2000 M8*15
22	BOTTLE HOLDER	1	117*85*90
23	NYLON NUT	4	GB/T 889.1-2000 M6
24	BRAKE KNOB	1	112*32*7
25	ADJUSTMENT KNOB	1	φ 38*74
26	LITTLE PLASTIC RING	1	14*8*9
27	PLASTIC RING	1	φ 20* φ 9*3
28	FIXING NUT 1	2	GB/T 6177.2-2000 M10*1.25
29	CRANK END CAP	2	φ 23*7.5
30	SHEET IRON	1	δ 5
31	LOCK NUT	7	GB/T 889.1-2000 M8
32	SUPPORT SHEET	2	δ 2
33	LEFT CRANK	1	170*27
34	CRANK COVER	1	φ 56*28
35	BEARING	2	6004ZZ
36	DOMED NUT	1	GB/T 802-1988 M6
37	U BRACKET	1	δ 2.5

NO	NAME	QUANTITY	SPEC
38	FIXING NUT 2	2	GB/T 6177.2-2000 M10*1.0
39	FIXING BOLT	2	M6*48
40	NUT	2	GB/T 41-2000 M6
41	SCREW 1	7	GB/T 15856.1-2002 ST4.2X16
42	SCREW 2	7	GB/T 845-1985 ST4.2*19
43	SCREW 3	4	GB/845-85 ST4.2X9.5
44	OUTER CHAIN COVER	1	636*265*40
45	LITTLE CHAIN COVER	1	108*37*3.5
46	AXIS	1	φ 20*150
47	LONG FIXING TUBE	1	φ 25* φ 20.5*41
48	SHORT FIXING TUBE	1	φ 25* φ 20.5*6
49	INNER CHAIN COVER	1	451*262*32
50	BELT	1	5PK1340
51	RIGHT CRANK	1	170*27
52	BRAKE	1	2PCS 130mm
53	SPECIAL BOLT	1	M6*75
54	BRAKE PLASTIC	2	85*43*13
55	BOLT	2	GB/T 5781-2000 M8*40
56	WHEEL	2	φ 50*23
57	NUT	4	GB/T 41-2000 M8
58	FIXING NUT 2	3	GB/T 6173-2000 M10*1.0 (H=5.0mm)
59	FIXING TUBE	1	φ 13.6* φ 10.3*35
60	BEARING	2	6000ZZ
61	FLYWHEEL	1	φ 453*27 (17.5KG)
62	FLYWHEEL SHAFT	1	φ 10*147
63	WOOLLY BLOCK	2	85*40*6
64	COMPUTER HOLDER	1	δ 2.5
65	COMPUTER	1	HS-6079,
66	FIXING NUT	1	φ 28*M20*1
67	FLYWHEEL COVER	1	φ 59*35
68	SCREW 4	1	ST2.9*9.5
69	LEFT PROTECT COVER	1	157*73*157
70	HANDLEBAR COVER	1	115*89*75
71	RIGHT PROTECT COVER	1	156*80*174
72	BOLT5	4	GB/T 70.3-2000 M6*18
73	STICKER	2	100*55
74	HAND SUPPORT	2	120*65
75	LONG TUBE	1	φ 13.6* φ 10.3*49

Assembly Instruction:

1. Preparation:

- Before assembling make sure that you will have enough space around the item.
- Use the present tooling for assembling.
- Before assembling please check whether all needed parts are available (at the above of this instruction sheet you will find an explosion drawing with all single parts (marked with numbers) which this item consists of.

2. ASSEMBLY INSTRUCTION:

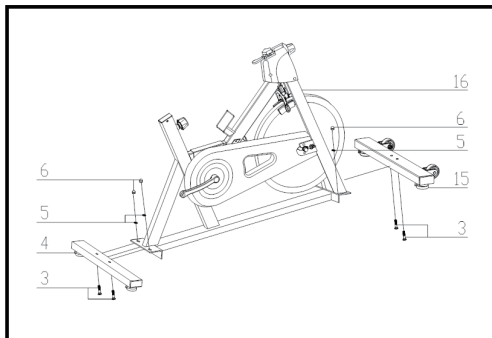


FIG.1

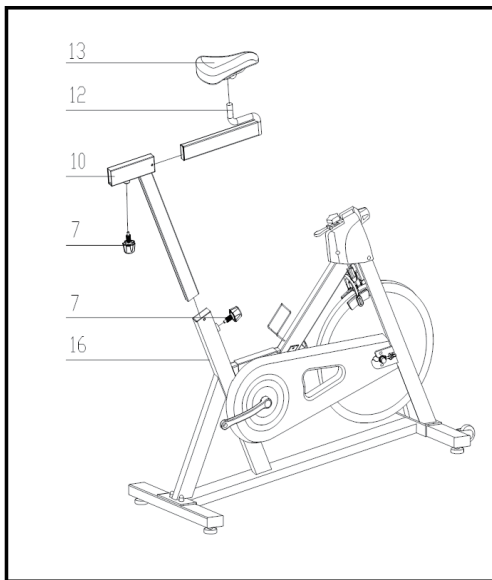


FIG.2

FIG.1:

Remove the bolts and nut from the bottom tube, then attach the Front Stabilizer (pt.15) to the Main Frame (pt.16) using two sets of Ø8 Flat Washers (pt.5), M8 Domed Nut (pt.6) and M8*45 Carriage bolt (3). Attach the Rear Stabilizer (pt.4) to the Main Frame (pt.16) using two sets of Ø8 Flat Washers (pt.5), M8 Domed Nut (pt.6) and M8*45 Carriage bolt (3).

FIG.2:

Slide the Vertical Seat Post (pt.10) into the seat post housing on the main frame (pt.16). Then slide the Seat Post (pt.12) into the Vertical Seat Post (pt.10). You will have to slacken the knurled section of the Spring Adjustment Knob (pt.7) and pull the knob back and then select and align holes for the desired height. Release the knob and retighten the knurled portion. Now fix the Seat (pt.13) to the Vertical Seat Post (pt.12) as shown, and tighten the bolts around the screws under the seat.

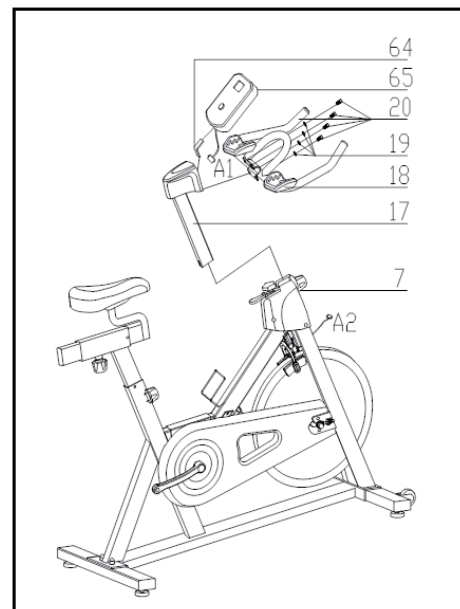


FIG.3

FIG.3:

Slide the Handlebar Post (pt.17) into the handlebar post housing on the main frame. You will have to slacken the knurled section of the Spring Adjustment Knob (pt.7) and pull the knob back and then select and align holes for the desired height. Release the knob and retighten the knurled portion.

Then fix the Handlebar (pt.18) and the Computer Holder (pt.64) with two sets of Ø8 the Spring Washer (pt.19) and M8*15 the Bolt (pt.20).

ATTENTION: YOU SHOULD FIX THE HANDLEBAR TIGHTLY

Slide the Computer (pt.65) onto the Computer Holder (pt.64) connect the plug (A1&A2),

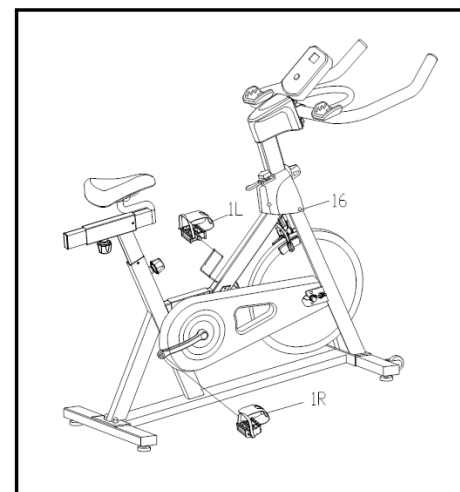


FIG.4

FIG.4:

The Pedals (pt.1 L & pt.1 R) 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.

Note that the Right pedal should be threaded on clockwise and the Left pedal anticlockwise.

ADJUSTMENT

*To adjust the seat height, slacken the spring knob on the vertical post stem on the main frame and pull back the knob. Position the vertical seat post for the desired height so that holes are aligned, then release the knob and retighten it.

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

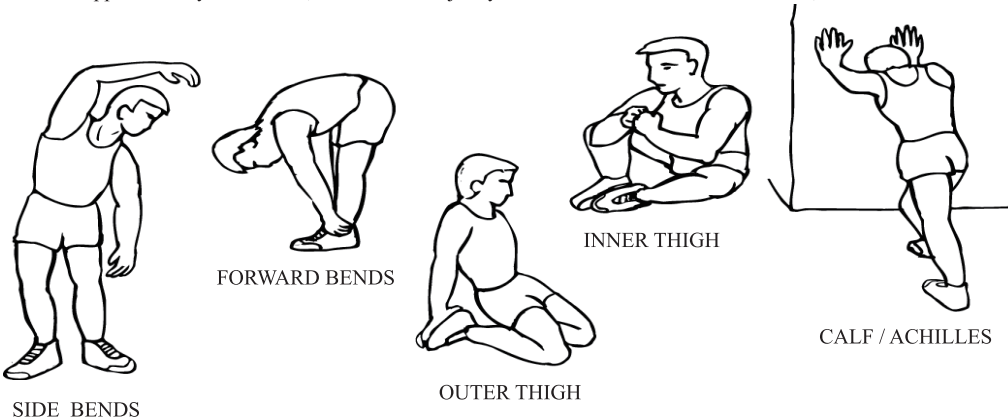
*To adjust the handlebar height, slacken the spring knob and pull both knobs back. Slide the handlebar post along the housing on the main frame to the desired height and, with the holes aligned correctly, tighten the spring adjusting knob.

EXERCISE INSTRUCTIONS

Using your SPINNING 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.

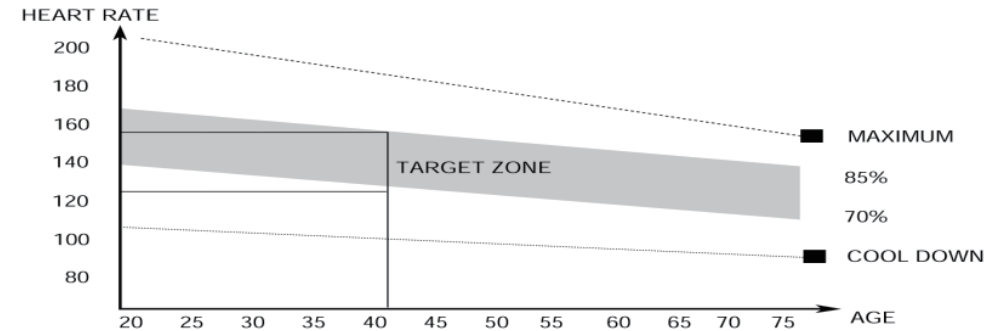
1. The Warm Up Phase

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.



2. 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 to your 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 stage should last for a minimum of 12 minutes for most people

This stage is to let your Cardio-vascular 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.

MUSCLE TONING

To tone muscle while on your SPINNING BIKE you will need to have the resistance set quite high. This will put more strain on our leg muscles and may mean 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. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance, making 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 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.

USE

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