



TIPS:

Your suggestions and comments for Costway are really important to us!
We sincerely solicit you to go back to our shop and leave a good rating in just a simple click. It would be quite encouraging if you could kindly do so like below:

★★★★★ Great products so far

February 24, 2018

Great product so far. Fast delivery, easy setup, and working without any issues.

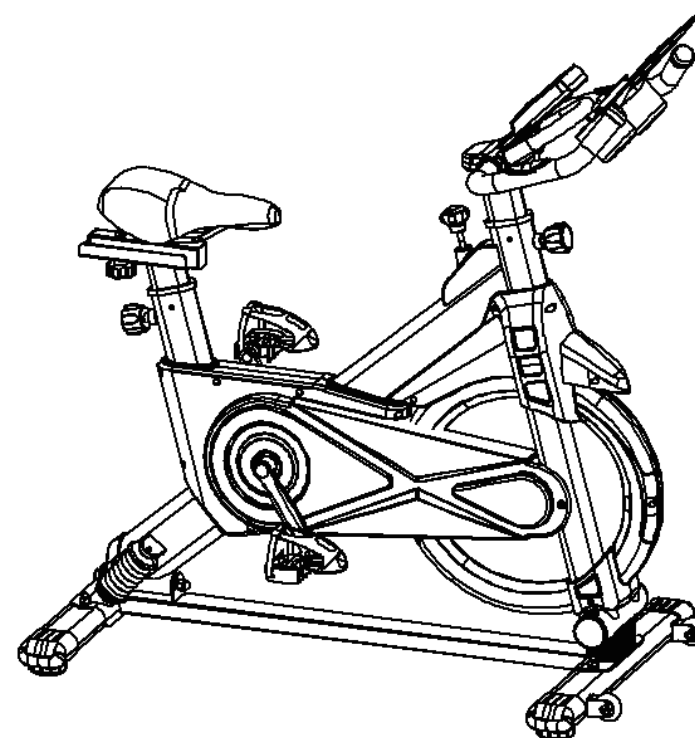
With your inspiring rating, Costway will be more consistent to offer you
EASY SHOPPING EXPERIENCE, GOOD PRODUCTS and EFFICIENT SERVICE!

US office:Fontana

UK office:Ipswich



GP GOPLUS®



USER'S MANUAL

**Spinning Bike
SP37380**

Dear Customer,

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

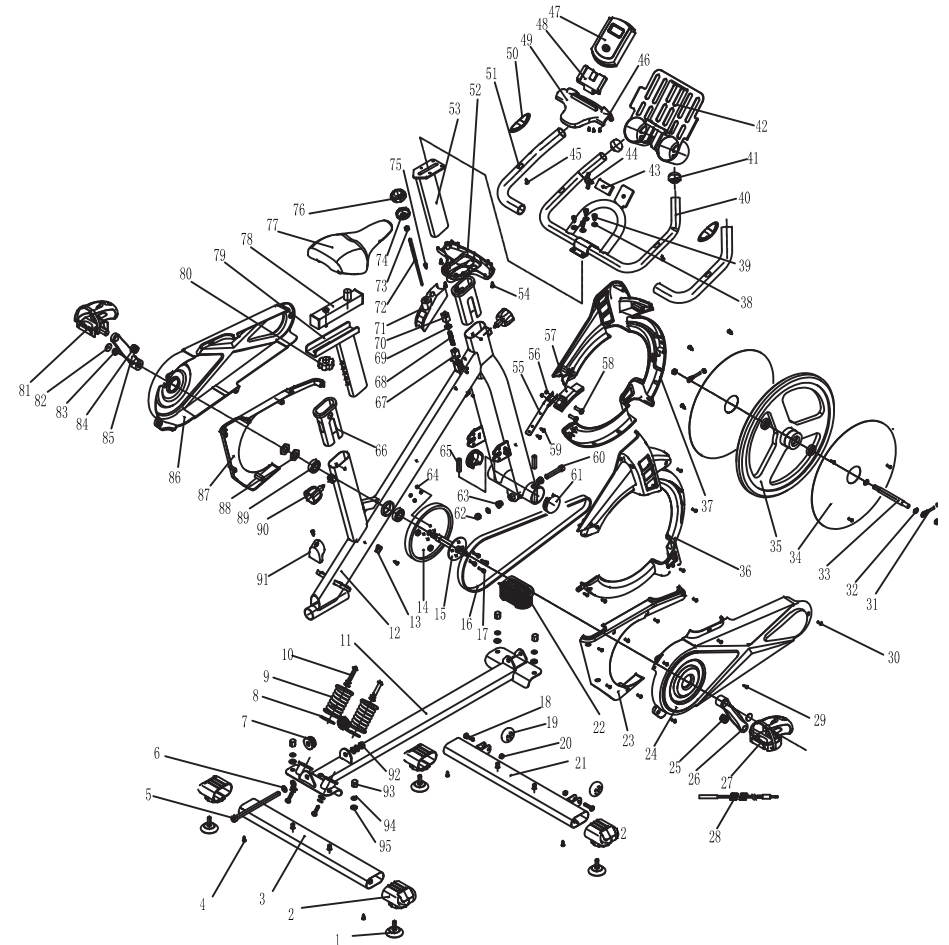
IMPORTANT SAFETY NOTICE

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 the floor.
 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

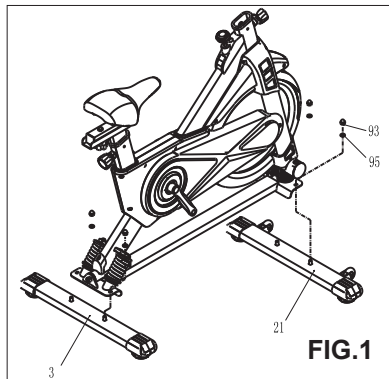
EXPLODED-VIEW & PARTS LIST



ASSEMBLY INSTRUCTION

1. PREPARATION:

- A. Before assembling make sure that you will have enough space around the item.
- B. Use the present tooling for assembling.
- C. 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:

Attach the Front Stabilizer (pt.21) to the Main Frame using two sets of Ø8 Flat Washer (pt.95), M8 Domed Nut (pt.93).
Attach the Rear Stabilizer (pt.3) to the Main Frame using two sets of Ø8 Flat Washer (pt.95), M8 Domed Nut (pt.93).

FIG.2:

Put the Seat support tube (pt. 79) into the seat post tube on the Main Frame. Slacken the Knob (pt.90) and pull the knob out to select the desired height. Release and retighten the knob. Use the Knob (pt.80) to adjust the seat front and rear.
The Seat (pt.77) fixed on the Seat support tube (pt. 79), as shown, and lock the nuts under the seat.

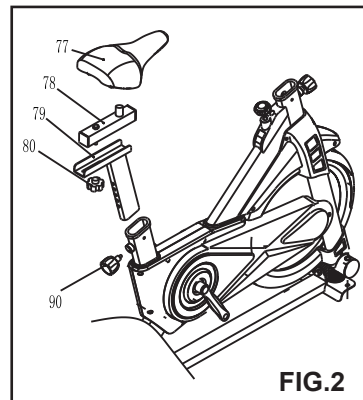


FIG.3:

Put the Handlebar Post (pt.53) into the handlebar post tube on the main frame. Slacken and pull out the Knob to select the desired height. Release and retighten the knob to fix. Fix the handle cover (pt.49) onto the Handlebar with four sets of Spring Washer (pt.38) and Bolt (pt.39). Slip the monitor (pt. 47) onto the groove on the handle cover and connect the corresponding cables (Double wire for Pulse in the right and single wire for sensor in the left).

ATTENTION: YOU SHOULD FIX THE HANDLEBAR TIGHTLY

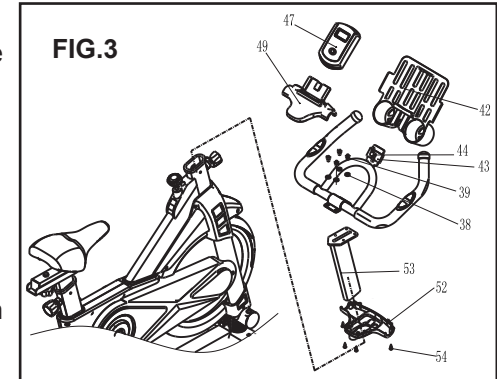


FIG.4

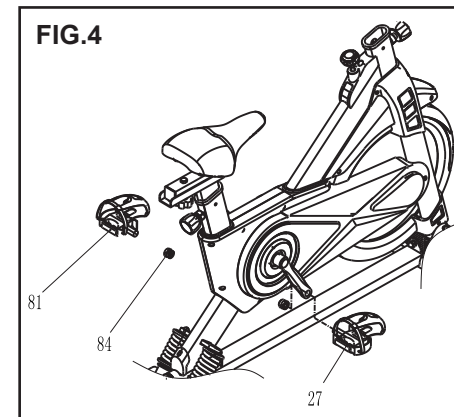
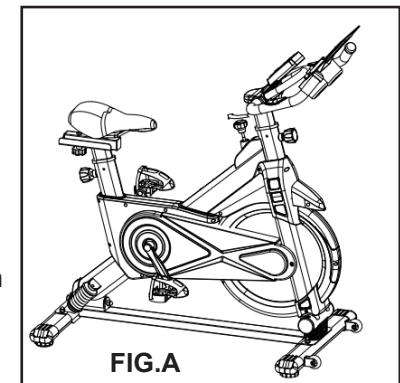


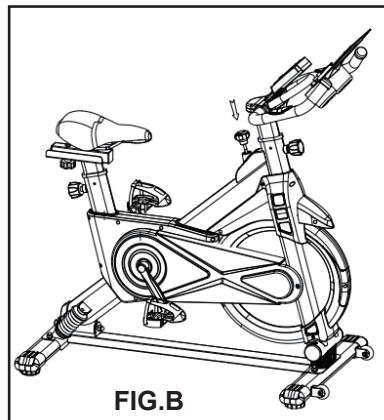
FIG.4:

The Pedals (pt.81 & pt.27) are marked "L" and "R" - Left and Right. Connect them to their appropriate cranks. Note that the Right pedal should be threaded on clockwise and the Left pedal anticlockwise.

FIG. A: Adjusting the Tension:

Increasing or decreasing the tension allows you to add variety to your workout sessions by adjusting the resistance level of the bike.
To increase resistance (requiring more strength to pedal), turn the brake Knob to the right.
To decrease resistance (requiring less strength to pedal), turn the brake Knob to the left.





B.) Using the Emergency Brake Function:
The brake knob that allows you to adjust the resistance of the bike also is the Emergency Brake. Use this safety feature in any situation when you would need to get off the bike and/or stop the bike's flywheel.
To use the Emergency Brake function in any situation you would need it in, firmly press down the Emergency Brake Knob.

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 secondary 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 and then the secondary knob.

COMPUTER OPERATION

Time.....	00-00—99: 59 Minute: Second
Speed	00—99.9 km/h
Distance.....	0.00—99.99 Km
Odometer.....	0.00—999.9 Km
Heart Rate.....	40—240BPM (Optional)
Calorie.....	0.999.9Kcal

● **MODE:** This key lets you select and lock on to a particular function which you want.

Press to Choose SCAN or LOCK, if you do not want the scan mode, press the Mode key until the pointer is next to the “flashing” function which you want.

● **AUTO ON /OFF:** The monitor will switch on automatically when the exercise machine is in motion. The monitor will turn off automatically when the speed has no signal input or no keys are pressed for approximately 4 minutes.

● **RESET:** The unit can be reset by either changing the battery or pressing the MODE key for 3 seconds.

● **SPEED:** Press Mode key until the pointer advances to SPEED.
The Computer will display the current speed.

● **DISTANCE:** Press Mode key until the pointer advances to DIST.
The Computer will display each trip distance you have traveled.

● **TIME:** Press Mode key until the pointer advances to TIME.
The total working time will be shown when starting exercise.

● **CALORIES:** Press Mode key until the pointer advances to CAL.
The Computer will display total calories burns when starting to exercise.

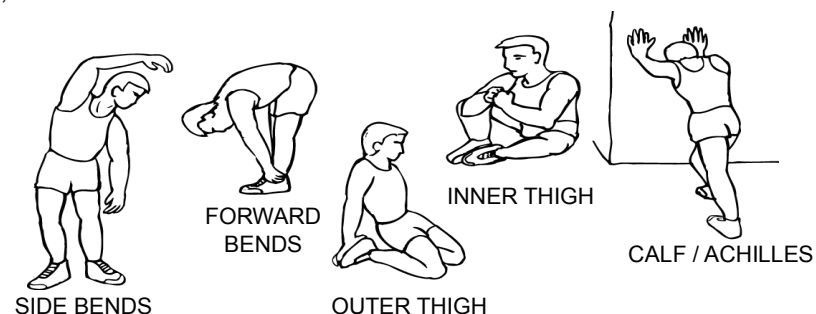
ODOMETER: Press the MODE Key until the pointer advance to ODOMETER.
The total accumulated distance will be shown.

EXERCISE INSTRUCTION

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.

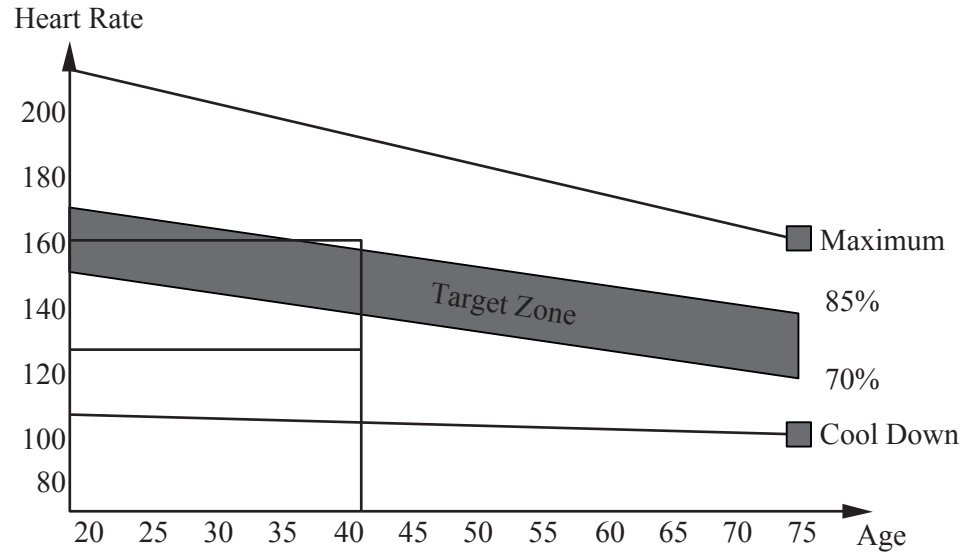
1.The Warm Up Phase

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 muscles, 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.