

USER'S MANUAL

**Exercise bike
SP36126**

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.

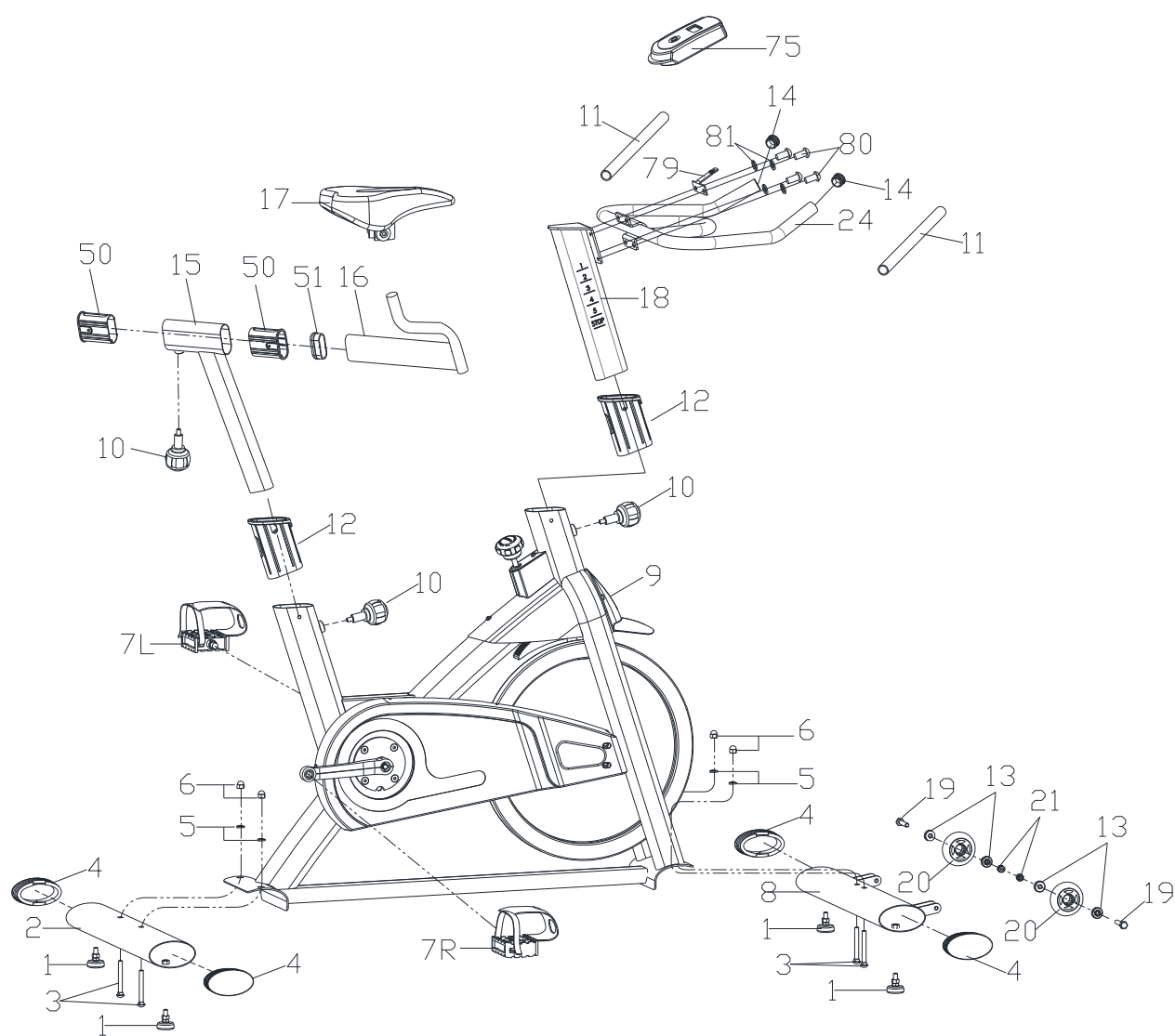
- 1、 Keep children and pets away from the Spinning Bike at all times.
DO NOT leave unattended children in the same room with the machine.
- 2、 Handicapped or disabled persons should not use the spinning Bike without the presence of a qualified health professional or physician.
- 3、 If the user experiences 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

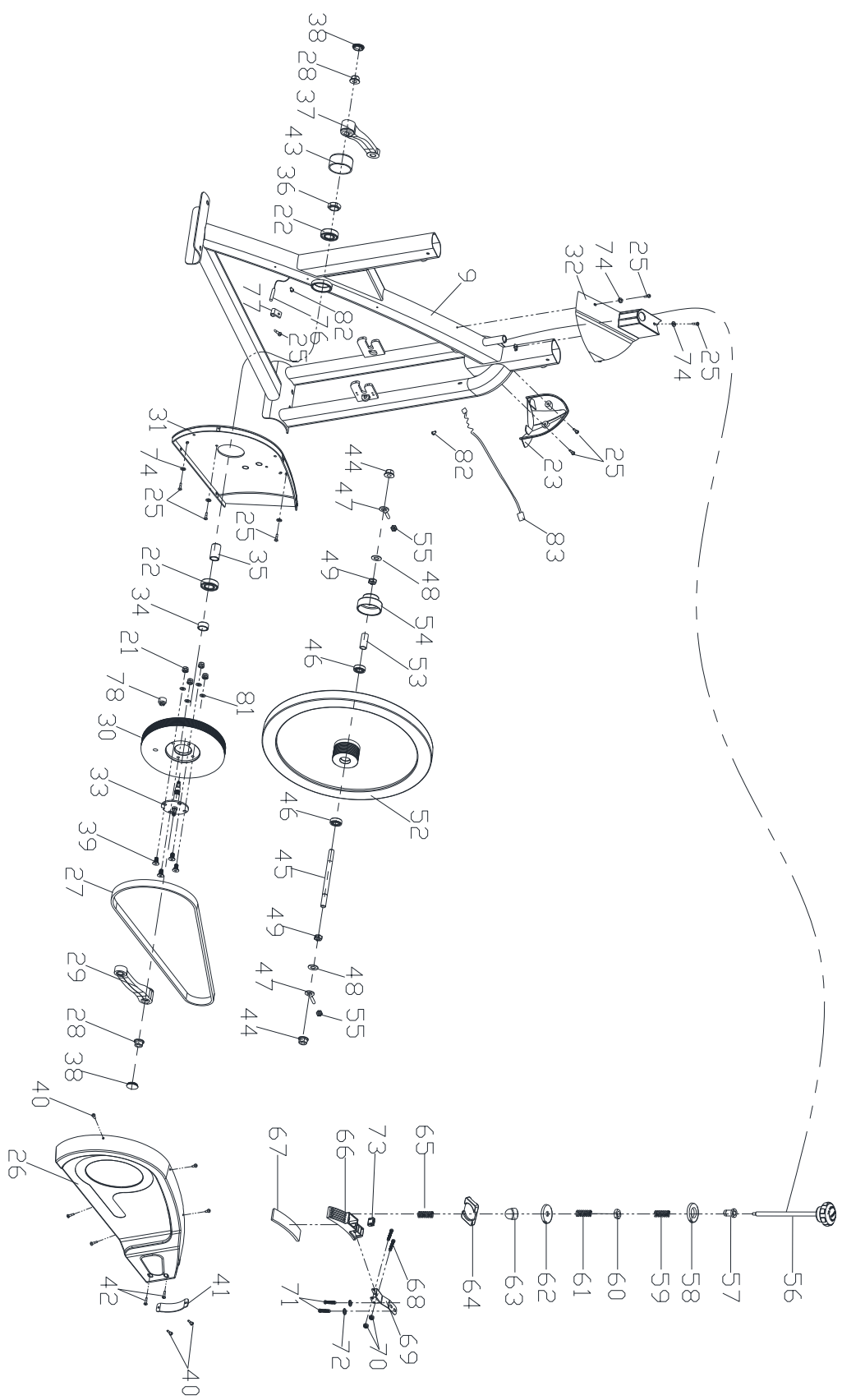
condition.

- 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 F I R S T. 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. THANE ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTA I N E D BY OR THROUGH THE USE OF THIS PRODUCT

EXPLODED-VIEW & PARTS LIST :





NO	NAME	QUANTITY	SPEC
1	STOPPER	4	φ40*35/(M8X25)
2	REAR STABILIZER	1	WEDLING
3	CARRIAGE BOLT	4	GB/T 12-1988 M8*67
4	END CAP 1	4	99x54x28
5	FLAT WASHER	4	φ8
6	DOMED NUT	4	GB/T 802-1988 M8 (H=16mm)
7	PEDAL	1	JD-301 (9/16")
8	FRONT STABILIZER	1	WEDLING
9	MAIN FRAME	1	WEDLING
10	SPRING ADJUSTMENT KNOB	3	φ50*92 (M16*1.5)
11	SPONGE SHEATH	2	φ23*φ29*465
12	END CAP 2	2	70*30*1.5
13	BEARING	4	608ZZ
14	PIPE PLUG	2	φ25*1.5
15	VERTICAL SEAT POST	1	WEDLING
16	SEAT POST	1	WEDLING
17	SEAT	1	DD-2681
18	HANDLEBAR POST	1	WEDLING
19	BOLT 1	2	GB/T 5780-2000 M8*40
20	WHEEL	2	φ69X26
21	LOCK NUT	6	GB/T 889.1-2000 M8
22	BEARING 1	2	6004ZZ
23	PROTECTION COVER	1	170.4*115*109.9
24	HANDLE BAR	1	WEDLING
25	SCREW	8	GB/T 15856.1-2002 ST4.2X19
26	OUTER CHAIN COVER	1	652*265*61.5
27	BELT	1	5PK1320mm (52in)
28	FIXING NUT 1	2	GB/T 6177.2-2000 M10*1.25
29	RIGHT CRANK	1	170*27
30	BELT WHEEL	1	φ200*24
31	INNER CHAIN COVER	1	406*258*17 g
32	BRAKE DECORATION COVER	1	227.5*120*181.4 g
33	AXIS	1	φ20*156
34	SHORT FIXING TUBE	1	φ22*φ17.5*11
35	LONG FIXING TUBE	1	φ25*φ20.5*41
36	FIXING NUT 2	1	φ28*M20*1
37	LEFT CRANK	1	170*27
38	CRANK END CAP	2	φ 23*7.5
39	BOLT 2	4	GB/T 70.3-2000 M8*18
40	SCREW 1	7	GB/T 845-1985 ST4.2*16
41	LINING BOARD	1	90*22*2
42	SCREW 2	2	GB/T 845-1985 ST4.2*13

NO	NAME	QUANTITY	SPEC
43	CRANK COVER	1	φ56*28
44	NUT 1	2	M12X1.25
45	SHAFT	1	φ12*155
46	BEARING 2	2	6001ZZ
47	FIXING BOLT	2	M6*57
48	FLAT WASHER 2	2	GB/T 95-2002 12
49	FIXING NUT 3	2	M12X1.25 H=7
50	PIASTIC SLEEVE 2	2	70*30*1.5
51	PLASTIC PLUG	1	70*30*1.5
52	FLYWHEEL	1	φ453*24*75 (13KG)
53	LONG FIXING TUBE	1	φ16*φ12.1*36
54	FLYWHEEL COVER	1	φ59*35
55	NUT 2	2	GB/T 41-2000 M6
56	TENSION CONTROL KNOB	1	M10
57	PLASTIC SLEEVE 1	1	φ21.1*φ18*φ10.2*27.5
58	FLAT WASHER 3	1	Φ16xΦ10.2/t1.5
59	SPRING 2	1	δ1.8X40
60	FIXING NUT 4	1	16.2*16.2*δ8 (M10)
61	SPRING 1	1	φ1.0X55
62	FLAT WASHER 4	1	Φ16*Φ6/t2.5
63	DOMED NUT 2	1	GB/T 802-1988 M6
64	SPRING COVER	1	32*23*2
65	SPRING3	1	φ2.2
66	BLOCK	1	200*47*30
67	WOOLLY BLOCK	1	113*25*8
68	BOLT4	2	GB/T 5780-2000 M5*30
69	ADJUSTING METAL	1	δ1.0
70	LOCK NUT 2	2	GB/T 889.1-2000 M5
71	BOLT5	2	GB/T 5780-2000 M5*10
72	SPRING WASHER 1	2	GB/T 859-1987 5
73	BRAKE BLOCK	1	14*9*14
74	FLAT WASHER 5	5	GB/T 95-2002 5
75	COMPUTER	1	HS-6079
76	SENSOR	1	SR-212
77	THE FIXED FRAME	1	LTF8163
78	MAGNETIC	1	C-02Z
79	COMPUTER HOLDER	1	δ2.5
80	BOLT6	4	GB/T 70.2-2000 M8*15
81	SPRING WASHER 2	8	GB/T 859-1987 8
82	PLASTIC PLUG	2	φ14*14
83	SENSING LINE	1	L=1400

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:

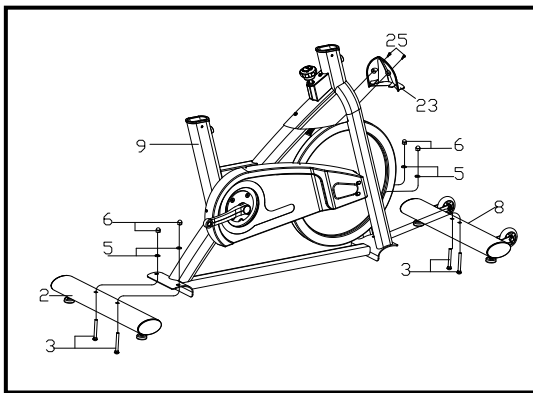


FIG.1

FIG.1:

Lock the Front Stabilizer (pt.8) to the Main Frame (pt.9) with two sets of Ø8 Flat Washer (pt.5), M8 Domed Nut (pt.6) and M8*67 Carriage Bolt (pt.3). Lock the Rear Stabilizer (pt.2) to the Main Frame (pt.9) with two sets of Ø8 Flat Washer (pt.5), M8 Domed Nut (pt.6) and M8*67 Carriage Bolt (pt.3). Lock the Protection Cover (pt.23) to the Main Frame (pt.9) with two Screws (pt.25)

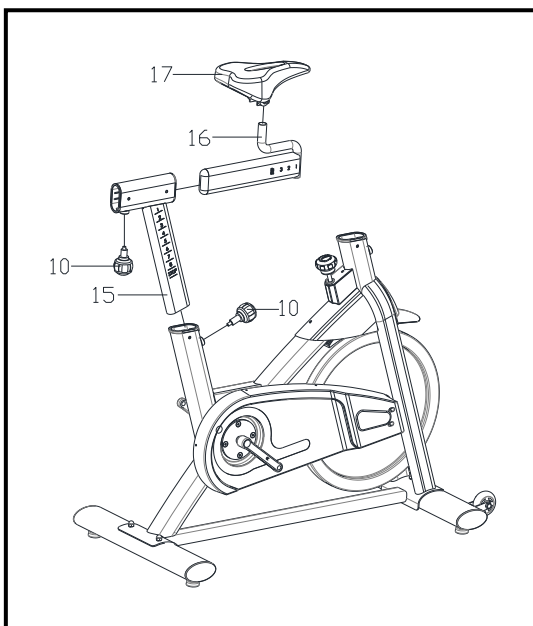


FIG.2

FIG.2:

Put the Vertical Seat Post (pt.15) slip into the seat post tube on the Main Frame. You will have to slacken the Knob (pt.10) and pull the knob back. Then select the desired height. Release the knob and retighten the knob. Then put the Seat Post (pt.16) slip into the Vertical Seat Post (pt.15), use the Knob (pt.10) to lock.

Finally, the Seat (pt.17) fixed on the Seat Post (pt.16) as shown, and lock the nuts under the seat.

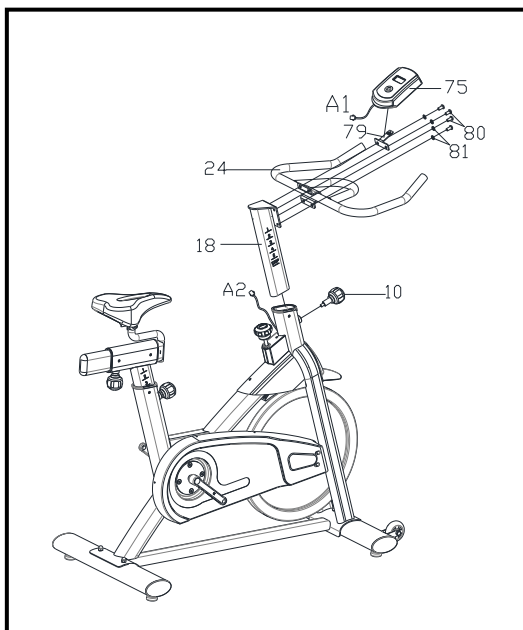


FIG.3

FIG.3:

Put the Handlebar Post (pt.18) slip into the handlebar post tube on the main frame. You will have to slacken the Knob (pt.10) and pull the knob back. Then select the desired height. Release the knob and retighten the knob.

Then the Handlebar (pt.24) and the Computer Holder (pt.79) are fixed on the Handlebar Post (pt.18) with four sets of Bolt (pt.80) and the Spring Washer (pt.81).

The Computer (pt.75) is fixed on the Computer Holder (pt.79).

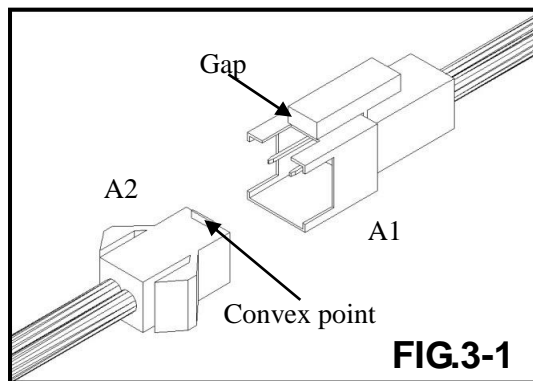


FIG.3-1

ATTENTION::

Connected with the computer line, to Gap(A1) corresponding to the convex point (A2) to insert link

ATTENTION: YOU SHOULD FIX THE HANDLEBAR TIGHTLY

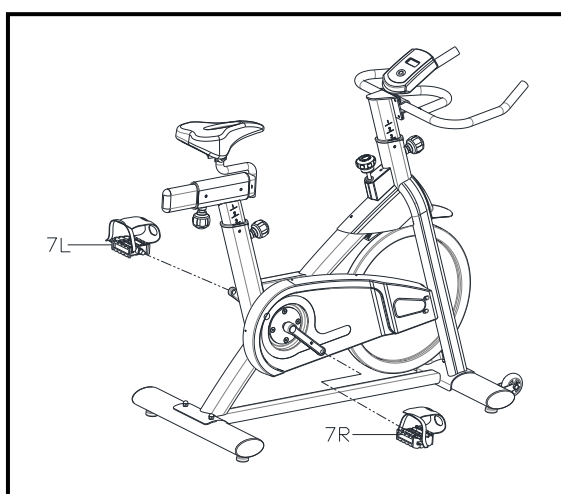


FIG.4

FIG.4:

The Pedals (pt.7L & pt.7R) 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.

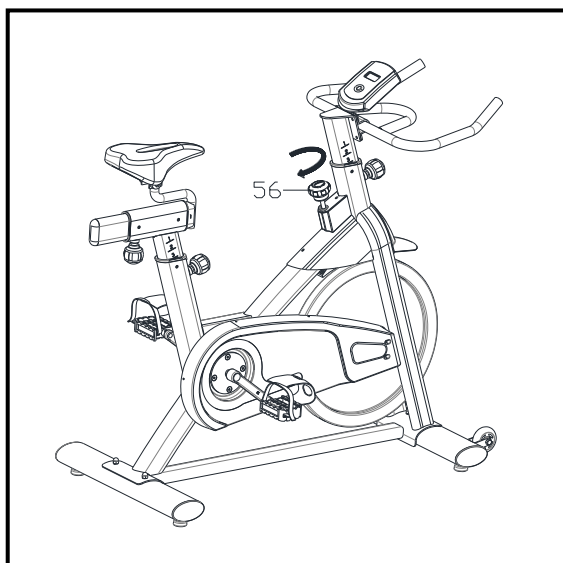


FIG.A

A.) Adjust the resistance:

To increase resistance (requiring more strength to pedal), turn the *Emergency Brake & Resistance Control Knob* (pt.56) to the *right*.

To decrease resistance (requiring less strength to pedala), turn the *Emergency Brake & Resistance Control Knob* (pt.56) to the *left*.

B.) The Emergency Brake Function:

The *Emergency Brake & Resistance Control Knob* can be used as the Emergency Brake. When you want the flywheel to stop turing, you must firmly press down the *Emergency Brake & Resistance Control Knob* (pt.56).

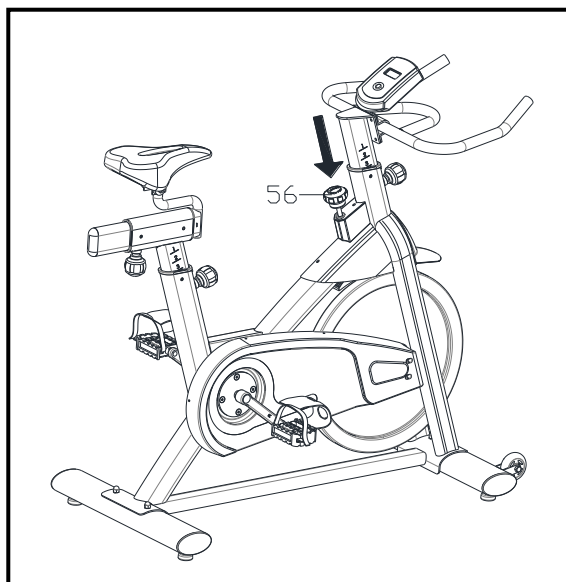


FIG.B

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.

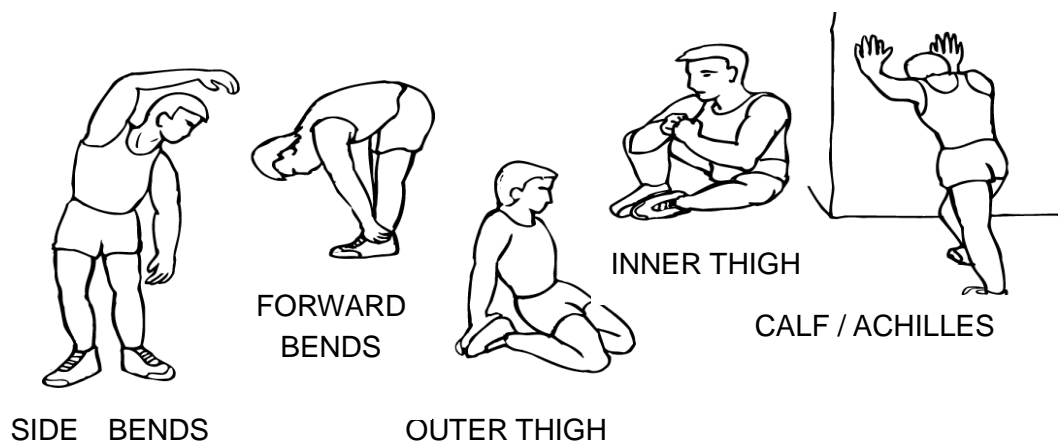
*To adjust the handlebar height, slacken the spring knob and secondary knob and pull both knobs back. Slide the handlebar post along the housing on the main frame to the desired height and, with the holes aligned correctly, tighten the spring adjusting knob and then the secondary knob.

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.

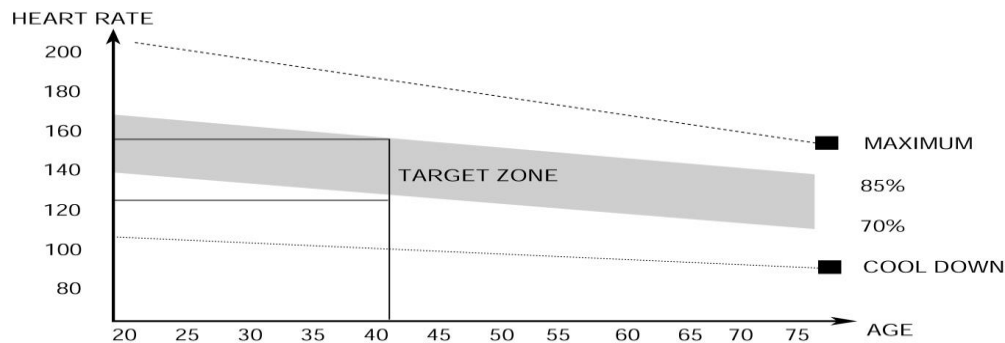
1.The Warm Up Phase

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 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.



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

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