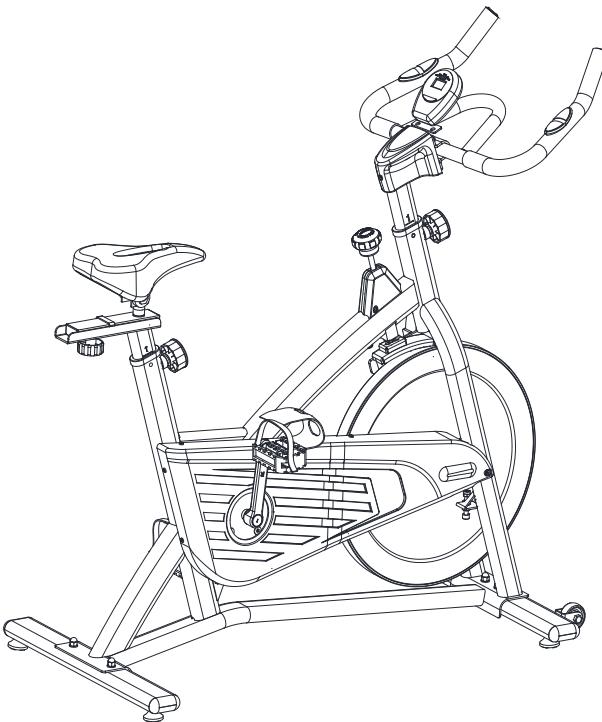




COSTWAY®



USER'S MANUAL

Spinning Bike

SP37421

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

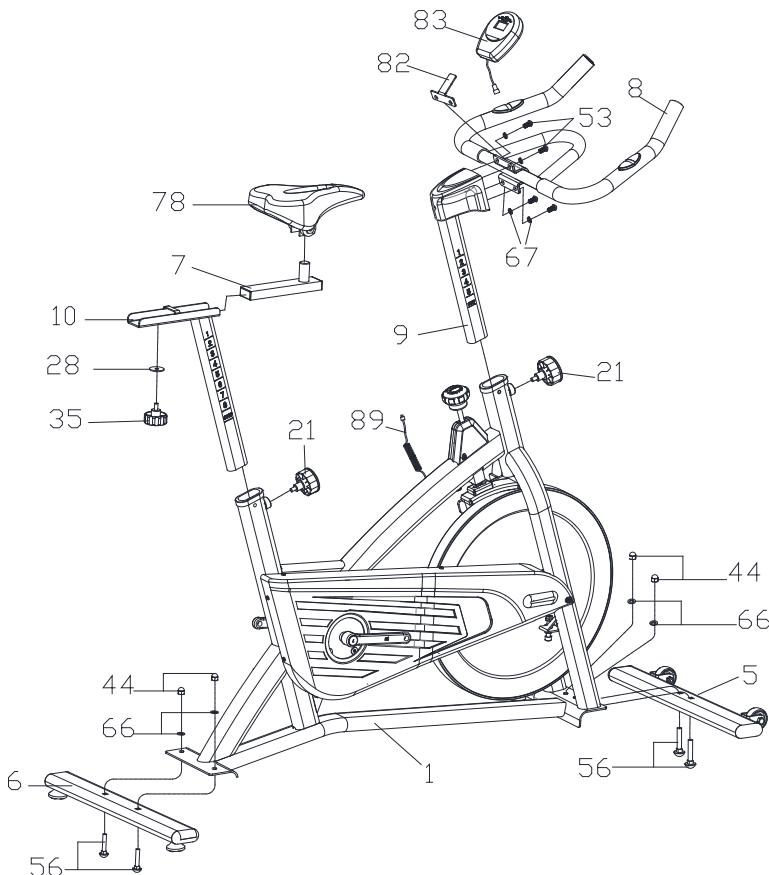
- ⚠ Please read all instructions carefully.**
- ⚠ Retain instructions for future reference.**
- ⚠ Separate and count all parts and hardware.**
- ⚠ Read through each step carefully and follow the proper order.**
- ⚠ We recommend that, where possible, all items are assembled near to the area in which they 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.**

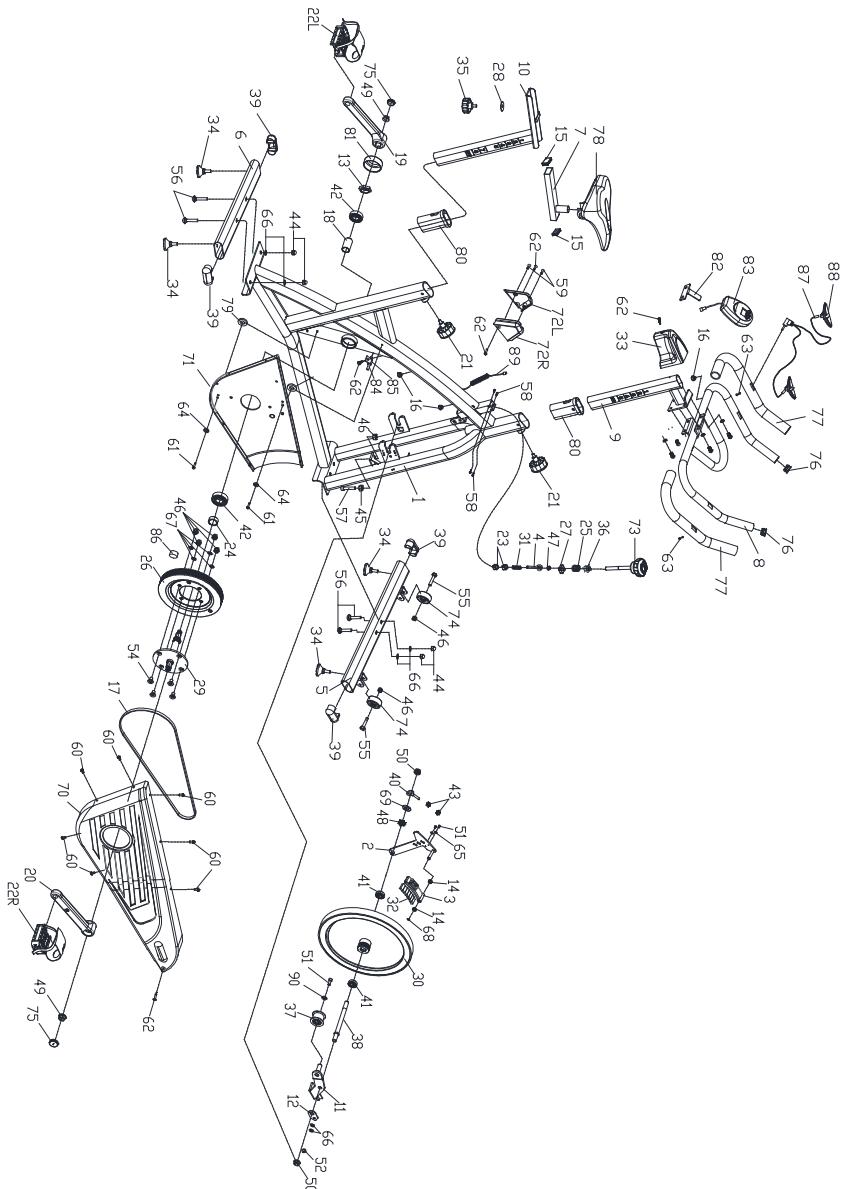
Note the following precaution before assembling or operating the machine.

- 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 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 . 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	DESCRIPTION	SPECIFICATION	Q'TY	UNIT
1	MAIN FRAME	WELDMENT	1	PCS
2	MAGNET HOLDER	WELDMENT	1	PCS
3	MAGNET HOLDER	WELDMENT	1	PCS
4	BRAKE POLE	WELDMENT	1	PCS
5	FRONT STABILIZER	WELDMENT	1	PCS
6	REAR STABILIZER	WELDMENT	1	PCS
7	SEAT POST	WELDMENT	1	PCS
8	HANDLE BAR	WELDMENT	1	PCS
9	HANDLEBAR POST	WELDMENT	1	PCS
10	VERTICAL SEAT POST	WELDMENT	1	PCS
11	BELT WHEEL HOLDER	WELDMENT	1	PCS
12	METAL PLATE	δ2.5	2	PCS
13	FIXING NUT	φ28*M20*1	1	PCS
14	CASING	φ18*φ10*10	2	PCS
15	END CAP	40*20*1.5	2	PCS
16	PLASTIC PLUG	φ14*14	3	PCS
17	BELT	5PK	1	PCS
18	LONG FIXING TUBE	φ25*φ20.5*41.1	1	PCS
19	LEFT CRANK	170*27	1	PCS
20	RIGHT CRANK	170*27	1	PCS
21	SPRING ADJUSTMENT KNOB	φ57*66	2	PCS
22	PEDAL	JD-301 9/16"	1	SET
23	CASING PIPE	20.6*20.6*16	2	PCS
24	SHORT FIXING TUBE	φ25*20.05*9	1	PCS
25	SPRING	φ15.5*φ1.5X15	1	PCS
26	BELT PULLEY	φ200*24	1	PCS
27	NUT	20*20*t8(M10)	2	PCS
28	FLAT WASHER	Φ32*Φ8.2*2	1	PCS
29	AXIS	φ20*168	1	PCS
30	FLYWHEEL	φ463*65 13KG	1	PCS
31	SPRING	Φ2.0*52	1	PCS
32	MAGNET	30*15*10	7	PCS
33	HANDLEBAR COVER	115*89*75	1	PCS
34	STOPPER	φ38*43/(M8X25)	4	PCS
35	LOCKING KNOB	PE+Q235/φ52*47	1	PCS
36	BRAKE TUBE PLUG	25*25*27	1	PCS
37	PRESS ROLLOR	φ43*28	1	PCS
38	FLYWHEEL SHAFT	φ16*φ12*156	1	PCS
39	END CAP	70*30*1.5	4	PCS
40	FIXING BOLT	M6*57φ12	1	PCS
41	BEARING 6001ZZ	6001ZZ(C&U)	2	PCS
42	BEARING 6004ZZ	6004ZZ	2	PCS
43	NUT	M6	2	PCS
44	DOMED NUT	M8	4	PCS
45	NUT	M8	1	PCS
46	LOCK NUT M8	M8	7	PCS
47	LOCK NUT M10	M10	1	PCS

NO	DESCRIPTION	SPECIFICATION	Q'TY	UNIT
48	FIXING NUT	M12X1.25	1	PCS
49	FLANGE NUT	M10*1.25	2	PCS
50	FIXING NUT	M12X1.25	2	PCS
51	BOLT M6*10	M6*10	3	PCS
52	BOLT M8*10	M8*10	1	PCS
53	BOLT M8*15	M8*15	4	PCS
54	BOLT	M8*18	4	PCS
55	BOLT	M8*40	2	PCS
56	CARRIAGE BOLT	M8*42	4	PCS
57	SCREW	M8*45	1	PCS
58	SCREW	ST2.9*9.5	4	PCS
59	SCREW	ST4.2*13	2	PCS
60	SCREW	ST4.2*16	7	PCS
61	SCREW	ST4.2*19	2	PCS
62	SCREW	ST4.2X16	5	PCS
63	SCREW	ST4.2X19	2	PCS
64	FLAT WASHER Φ5	5	2	PCS
65	FLAT WASHER Φ6	6	2	PCS
66	FLAT WASHER Φ8	8	6	PCS
67	SPRING WASHER	8	8	PCS
68	WASHER	Φ10	1	PCS
69	FLAT WASHER Φ12	12	1	PCS
70	OUTER CHAIN COVER	743*283*75	1	PCS
71	INNER CHAIN COVER	462*276*15	1	PCS
72	BRAKE COVER	95.8*16.9*72.7	1	PCS
73	BRAKE KNOB	M10*100	1	PCS
74	WHEEL	φ50*23	2	PCS
75	CRANK END CAP	φ23*7.5	2	PCS
76	END CAP	φ25*1.5	2	PCS
77	FOAM GRIP	φ23*φ29*465	2	PCS
78	SEAT	DD-2681	1	PCS
79	CASING	φ20*φ10.1*3	2	PCS
80	PLASTIC SLEEVE	50*25*1.5 60*30*1.5	2	PCS
81	CRANK COVER	φ56*28	1	PCS
82	COMPUTER HOLDER	70*55MM	1	PCS
83	COMPUTER	HS-6065	1	PCS
84	SENSOR	SR-212	1	PCS
85	THE FIXED FRAME	LTF8163	1	PCS
86	MAGNET	c-02Z	1	PCS
87	PULSE SENSING LINE	700mm	1	PCS
88	PULSE SENSOR	φ25	2	PCS
89	SENSING LINE	850mm	1	PCS
90	FLAT WASHER Φ8	8	1	PCS
91	CROSSHEAD SPANNER	S=13,14,15	1	PCS
92	INNER HEXAGON SPANNER	6 # (86X35)	1	PCS
93	SPANNER	S=10、13	1	PCS
94	WRENCH	δ3 (151X43.5)	1	PCS

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:

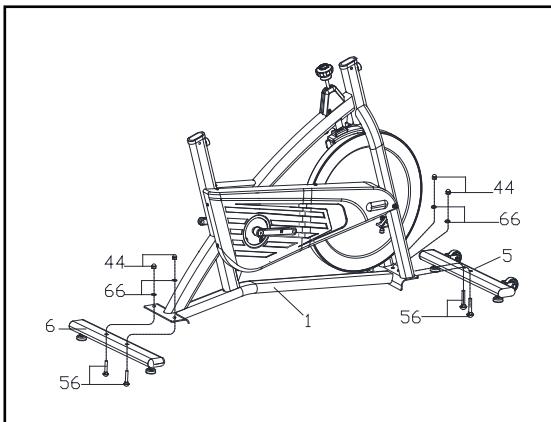


FIG.1

FIG.1:

Attach the Front Stabilizer (pt.5) to the Main Frame (pt.1) using two sets of Ø8 Flat Washers (pt.66), M8 Domed Nut (pt.44) and M8*45 Carriage bolt (56). Attach the Rear Stabilizer (pt.6) to the Main Frame (pt.1) using two sets of Ø8 Flat Washers (pt.66), M8 Domed Nut (pt.44) and M8*45 Carriage bolt (56).

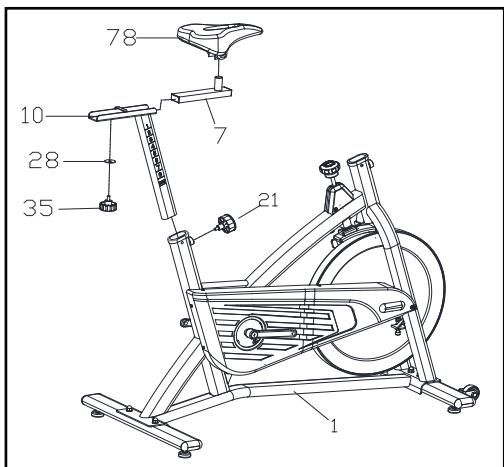


FIG.2

FIG.2:
Slide the Vertical Seat Post (pt.10) into the seat post housing on the main frame (pt.1). Then slide the Seat Post (pt.7) into the Vertical Seat Post (pt.10). You will have to slacken the knurled section of the Spring Adjustment Knob (pt.35) and Washers (pt.28), then 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.78) to the Vertical Seat Post (pt.7) as shown, and tighten the bolts around the screws under the seat.

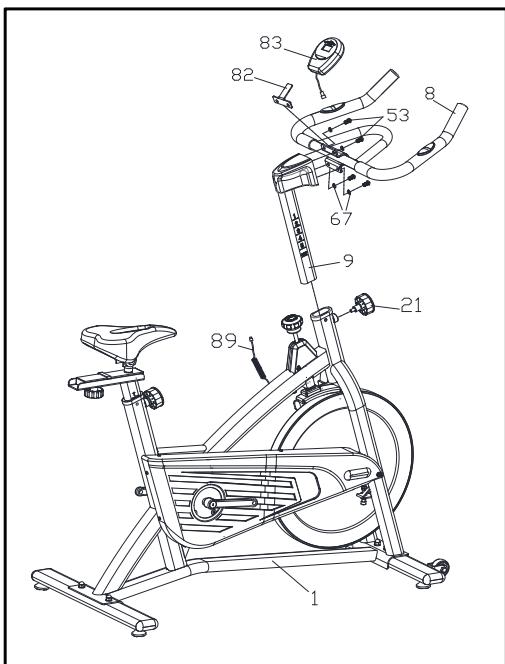


FIG.3

FIG.3:
Slide the Handlebar Post (pt.09) into the handlebar post housing on the main frame. You will have to slacken the knurled section of the Spring Adjustment Knob (pt.21) 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.08) and the Computer Holder (pt.82) and computer(pt.83) with two sets of Ø8 the Spring Washer (pt.67) and M8*15 the Bolt (pt.53).

**ATTENTION: YOU
SHOULD FIX THE
HANDLEBAR TIGHTLY**

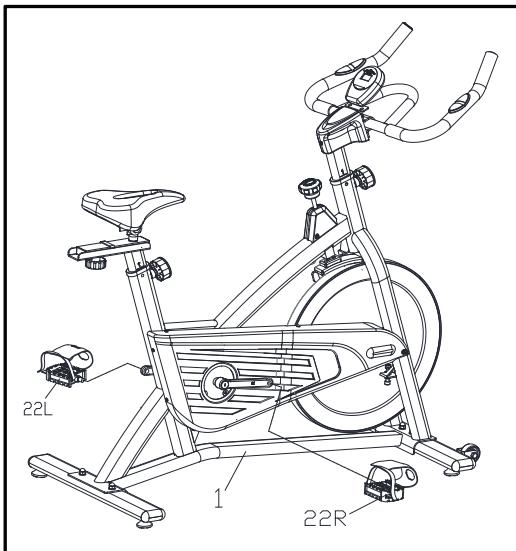


FIG.4

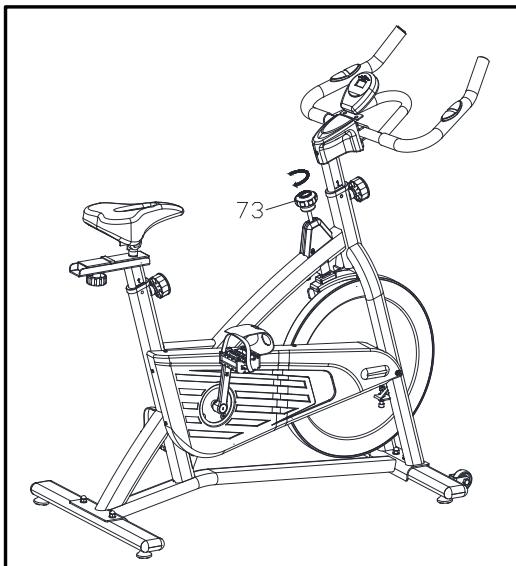


FIG.A

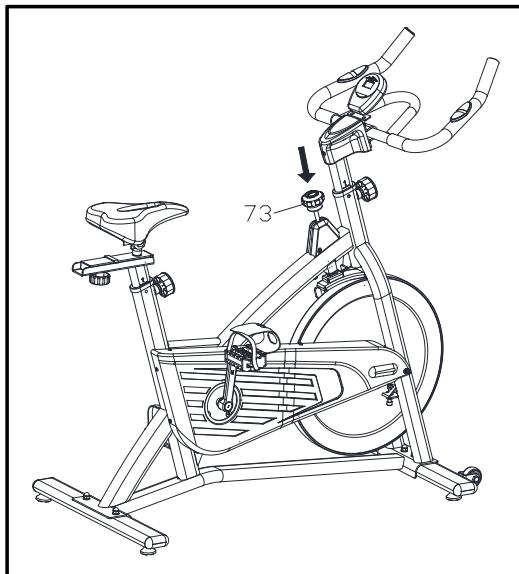
FIG.4:

The Pedals (pt.22 L & pt.22 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.

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 tension and increase resistance (requiring more strength to pedal), turn the Emergency Brake & Tension Control Knob (#73) to the right. To decrease tension and increase resistance (requiring less strength to pedal), turn the Emergency Brake & Tension Control Knob (#73) to the left.B.) Using the Emergency Brake Function:



The same knob that allows you to adjust the tension of the bike also functions as 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 any situation you would need it in, firmly press down on the Emergency Brake & Brake Control Knob (#73).

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.**

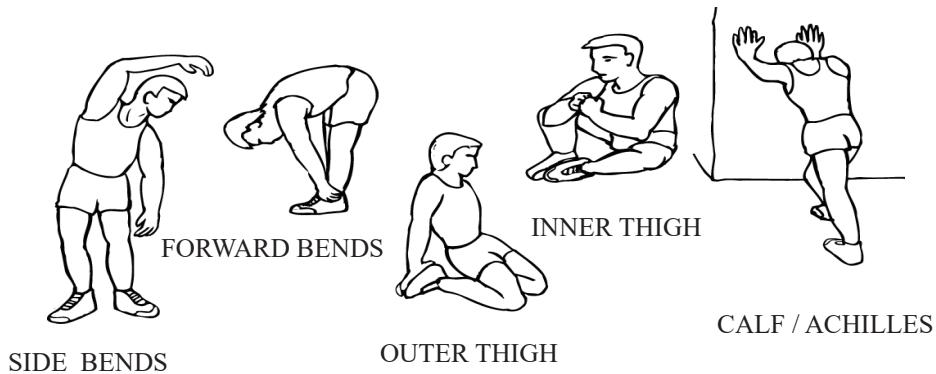
Slide the handlebar post along the housing on the main frame to the desired height and, with the holes aligned correctly, tighten the spring adjusting knob.

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.

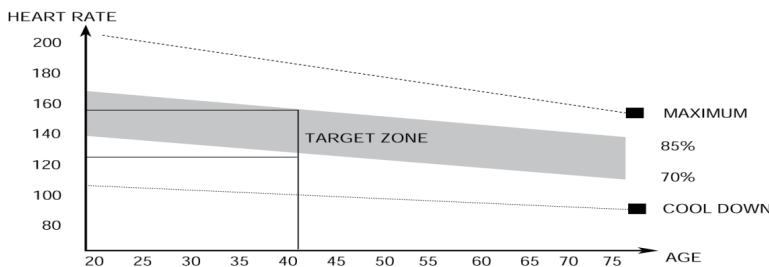
1. The Warm Up Phase

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 routine 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.

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- * Exclusive Customer Service
- * Personalized Recommendations
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- * Order History

5 Star Rating



We would like to extend our heartfelt thanks to
all of our customers for taking time to assemble
this product and giving us valuable feedbacks.

**THANK
YOU**