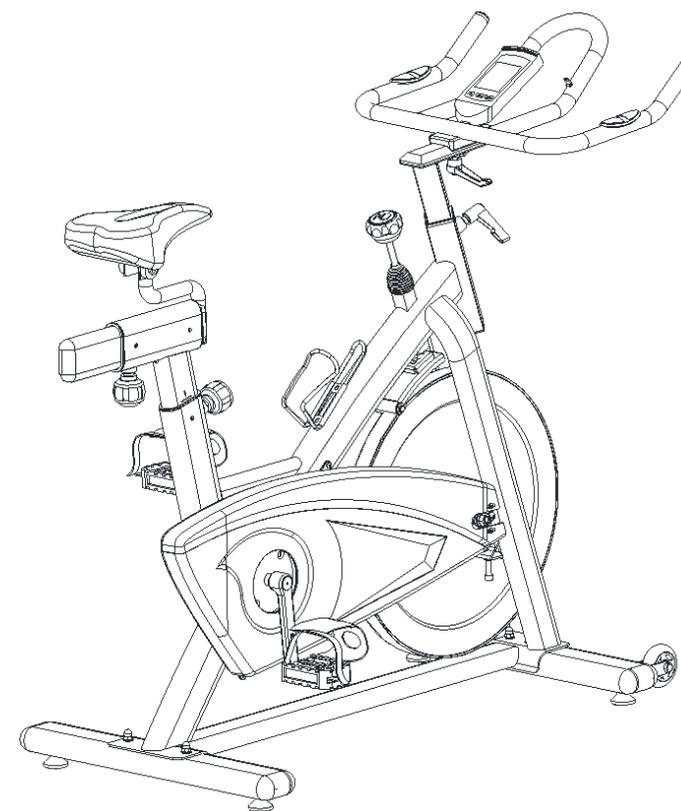


**GP GOPLUS®**



**USER'S MANUAL**  
**spinning bike**  
**SP37239**

THIS INSTRUCTION BOOKLET CONTAINS **IMPORTANT** SAFETY INFORMATION. PLEASE READ AND KEEP FOR FUTURE REFERENCE.

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Replacements for missing or damaged parts will be shipped ASAP!

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# Contact Us!

## Do NOT return this item.

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## 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.

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 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.

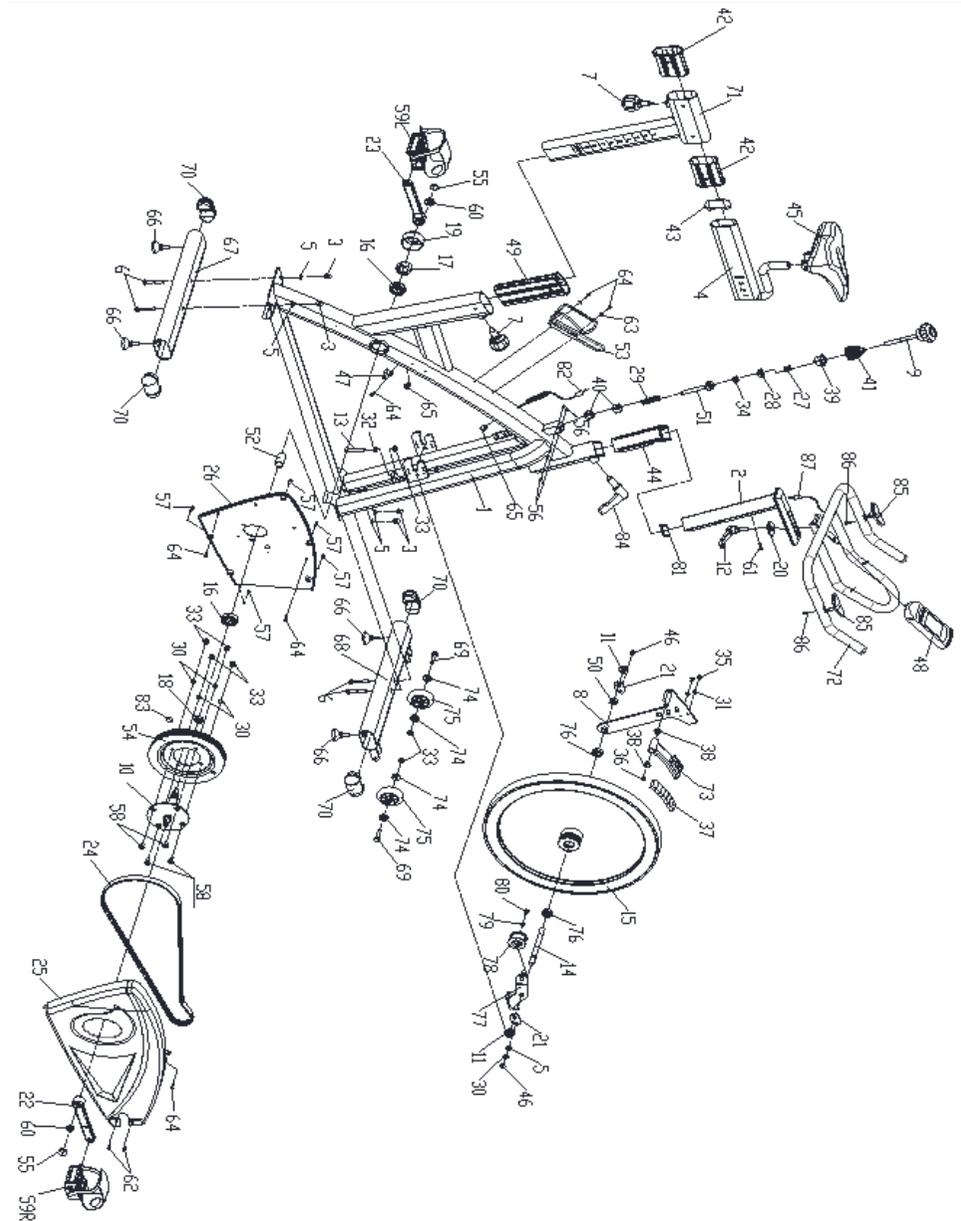
Running or aerobic shoes are also required.

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 . WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE IMPROPER USE OF THIS PRODUCT.**

## Exploded-View & Parts List:



NO	NAME	SPEC	Q'TY	UNIT
1	MAIN FRAME	WELDMENT	1	PCS
2	HANDLEBAR POST	WELDMENT	1	PCS
3	DOMED NUT	M8	4	PCS
4	SEAT POST	WELDMENT	1	PCS
5	WASHER	8	5	PCS
6	CARRIAGE BOLT	M8*52	4	PCS
7	SPRING ADJUSTMENT KNOB	φ50*92 (M16*1.5)	2	PCS
8	MAGNETIC HOLDER	WELDMENT	1	PCS
9	BRAKE KNOB	M10*100	1	PCS
10	AXLE	φ20*158	1	PCS
11	NUT M12X1.25	M12X1.25	2	PCS
12	L KNOB	M10*25	1	PCS
13	BOLT M8*45	M8*45	1	PCS
14	FLYWHEEL SHAFT	φ16*φ12*156	1	PCS
15	FLYWHEEL	φ455*71,13KG	1	PCS
16	BEARING 6004ZZ	6004ZZ	2	PCS
17	FIXING NUT	φ28*M20*1	1	PCS
18	SHORT FIXING TUBE	φ25*20.05*9	1	PCS
19	CRANK PROTECTIVE COVER	φ56*28	1	PCS
20	ROUND WASHER	φ45*φ10.5*5	1	PCS
21	FLYWHEEL FIXED PIECE	δ2.5	2	PCS
22	LEFT CRANK	170*27	1	PCS
23	RIGHT CRANK	170*27	1	PCS
24	BELT	5PK	1	PCS
25	OUTTER CHAIN COVER	738*320*52	1	PCS
26	INNER CHAIN COVER	515*296*2.5	1	PCS
27	SPRING	φ15.5*φ1.5X15	1	PCS
28	ADJUSTMENT NUT	20*20*18(M10)	2	PCS
29	LARGE SPRING	φ2.0*52	1	PCS
30	WASHER 8	8	5	PCS
31	WASHER 6	6	2	PCS
32	NUT M8	M8	1	PCS
33	LOCK NUT M8	M8	7	PCS

34	LOCK NUT M10	M10	1	PCS
35	BOLT M6*10	M6*10	2	PCS
36	WASHER φ10	φ10	1	PCS
37	MAGNETIC	30*15*10	7	PCS
38	SMALL SLEEVE	φ18*φ10*10	2	PCS
39	BRAKE FIXING TUBE	25*25*27	1	PCS
40	SQUARE PLASTIC RING	20.6*20.6*16	2	PCS
41	PASTIC COVER	φ40.6*60	1	PCS
42	OVAL PLASTIC SLEEVE	80*40*1.5	2	PCS
43	END CAP	70*30*1.5	1	PCS
44	SQUARE PLASTIC SLEEVE	38*38*1.5	1	PCS
NO	NAME	SPEC	Q'TY	UNIT
45	SADDLE	DD-2681	1	PCS
46	BOLT M8*10	M8*10	2	PCS
47	SENSOR	SR-212	1	PCS
48	COMPUTER	RD-93212	1	PCS
49	LONG OVAL PLASTIC SLEEVE	80*40*1.5,L=180MM	1	PCS
50	THIN NUT M12X1.25	M12X1.25 H=7	1	PCS
51	BRAKE POLE	WELDMENT	1	PCS
52	LONG TUBE	φ25*φ20.05*41.1	1	PCS
53	BOTTLE HOLDER	φ6	1	PCS
54	BELT PULLEY	φ200*24	1	PCS
55	CRANK COVER	φ23*7.5	2	PCS
56	SCREW ST2.9*9.5	ST2.9*9.5	4	PCS
57	SCREW ST4.2*9.5	ST4.2*13	5	PCS
58	BOLT M8*18	M8*18	4	PCS
59L	PEDAL	JD-301 (9/16") L	1	PCS
59R	PEDAL	JD-301 (9/16") R	1	PCS
60	NUT M10*1.25	GB/T 6177.2-2000 M10*1.25	2	PCS
61	SCREW ST4.8X16	ST4.8X16	1	PCS
62	SCREW ST4.2X16	ST4.2X16	2	PCS
63	WASHER 5	5	2	PCS
64	SCREW ST4.2*19	ST4.2X19	6	PCS
65	PLASTIC PUG	φ14*14	2	PCS
66	STOPPER	φ38*43/(M8X25)	4	PCS
67	REAR STABILIZER	WELDMENT	1	PCS

68	FRONT STABILIZER	WELDMENT	1	PCS
69	BOLT M8*40	M8*40	2	PCS
70	OVAL END CAP	80*40*1.5	4	PCS
71	VERTICAL SEAT POST	WELDMENT	1	PCS
72	HANDLEBAR	WELDMENT	1	PCS
73	MAGNETIC FIXING HOLDER	WELDMENT	1	PCS
74	BEARING 608ZZ	608ZZ	4	PCS
75	WHEEL	φ69X26	2	PCS
76	BEARING 6001ZZ	6001ZZ	2	PCS
77	BELT BOARD ASSEMBLY	WELDMENT	1	PCS
78	PLASTIC BELT BOARD	Φ43*Φ34*24	1	PCS
79	LARGE WASHER 6	6	1	PCS
80	BOLT M6*10	M6*10	1	PCS
81	SQUARE END CAP	38*38*1.5	1	PCS
82	SENSOR WIRE	L=850MM	1	PCS
83	MAGNETIC	C-02Z	1	PCS
84	L SHAPE KNOB	M16*20	1	PCS
85	SENSOR PULSE		2	PCS
86	SCREW ST4.2*19	ST4.2*25	2	PCS
87	PULSE WIRE	L=700MM	1	PCS

## Assembly Instruction:

- 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 STRUCTION:

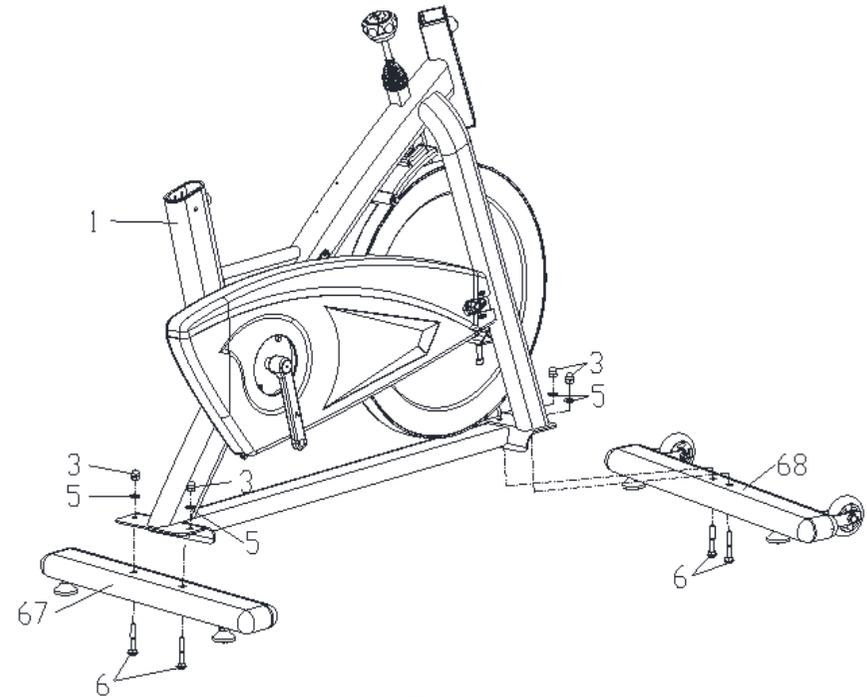


FIG.1

- FIG.1:  
 Attach the Front Stabilizer (pt.68) to the Main Frame (pt.1) using two sets of Ø8 Washers (pt.5), M8 Domed Nut (pt.3) and M8\*52 Carriage bolt (pt.6).  
 Attach the Rear Stabilizer (pt.67) to the Main Frame (pt.1) using two sets of Ø8 Washers (pt.5), M8 Domed Nut (pt.3) and M8\*52 Carriage bolt (pt.6).

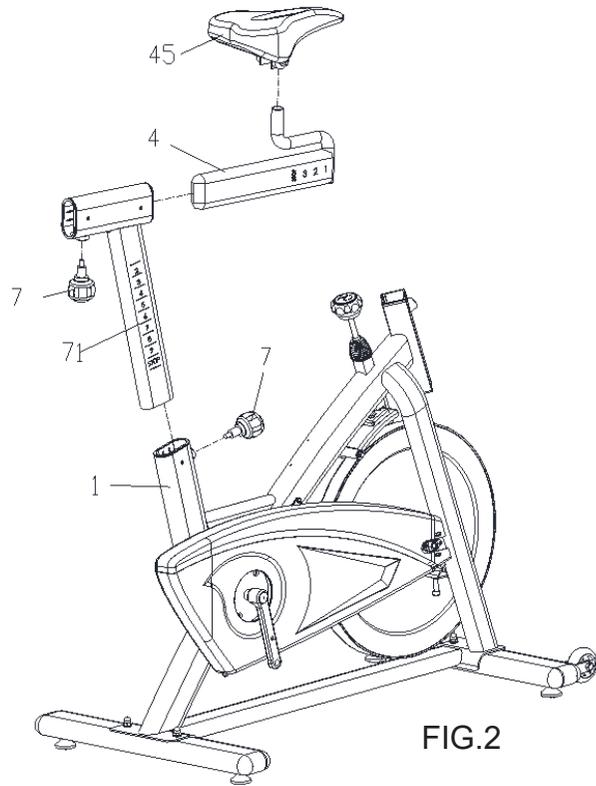


FIG.2

FIG.2:  
Slide the Vertical Seat Post (pt.71) into the seat post housing on the main frame (pt.1). Then slide the Seat Post (pt.4) into the Vertical Seat Post (pt.71). 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.45) to the Vertical Seat Post (pt.71) as shown, and tighten the bolts around the screws under the seat.

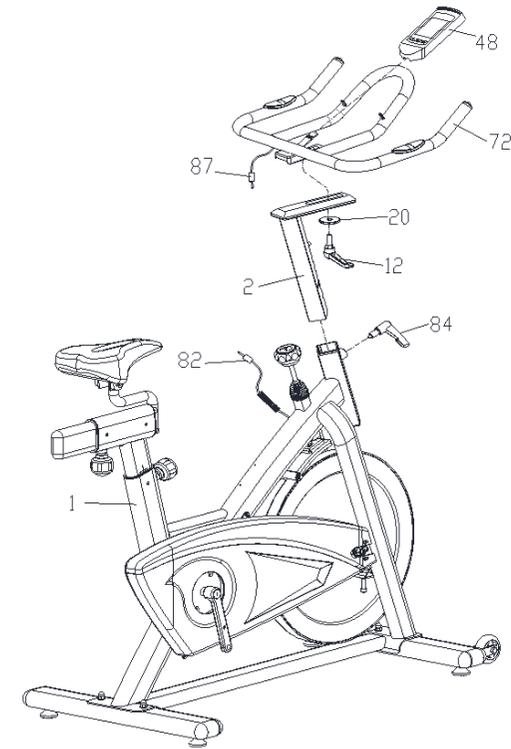


FIG.3

FIG.3:  
Slide the Handlebar Post (pt.2) 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.  
Lock the Handlebar (pt.72) to the Handlebar Post (pt.2) with the Knob (pt.12) and the Flat Washer (pt.20).  
The Computer (pt.48) can be fixed on the handlebar (pt.72) .Please insert the wire into the hole on the back of computer.

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

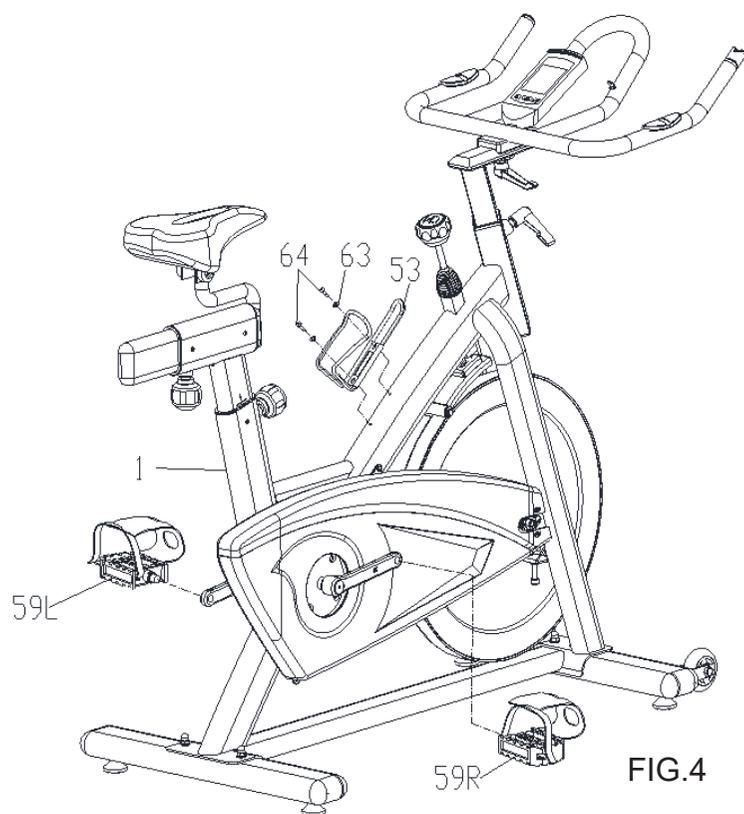


FIG.4

FIG.4:  
Fix the aluminum kettle holder (pt.53) to the main frame (pt.1) with 2 cross-slotted screws (pt.64) and 2 flat washers (pt.63);  
The Pedals (pt.59 L & pt.59 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.

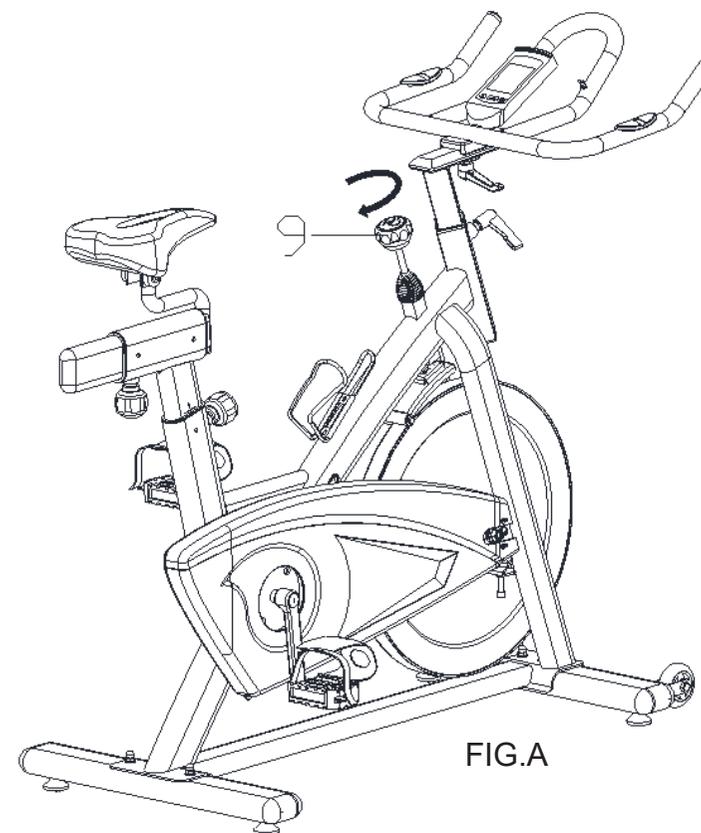


FIG.A

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 (pt.9) to the right.  
To decrease tension and increase resistance (requiring less strength to pedla), turn the Emergency Brake & Tension Control Knob (pt.9) to the left.

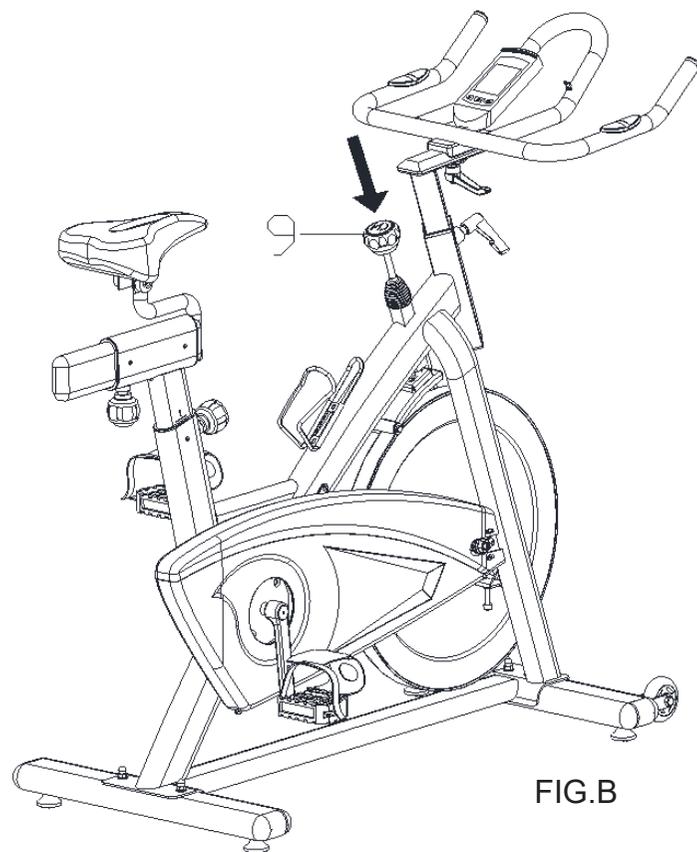


FIG.B

**B.) Using the Emergency Brake Function:**

The same knob that allows you to adjust the tension of the bike also doubles as the Emergency Brake. Use this safety feature in any situation where 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 on the Emergency Brake & Brake Control Knob (pt.9) .

## 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.

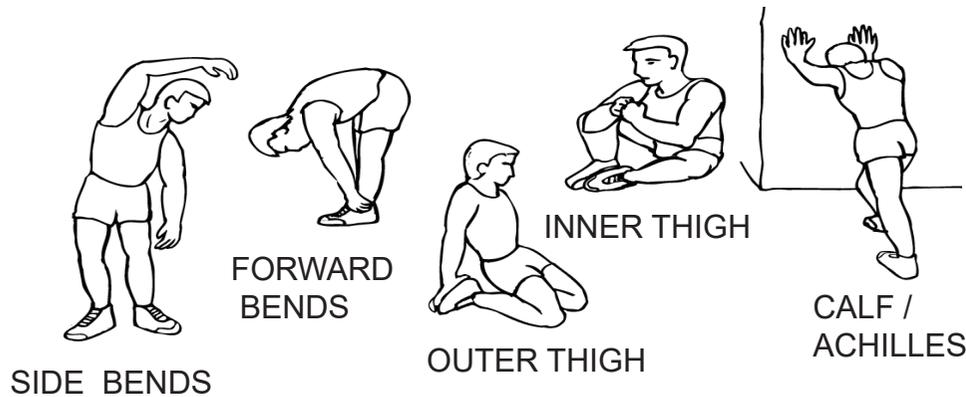
\*To adjust the handlebar height, slacken the spring knob and pull the knob back. Slide the handlebar post along the housing on the main frame to the desired height and, with the holes aligned correctly, tighten the spring adjusting knob.

## 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.

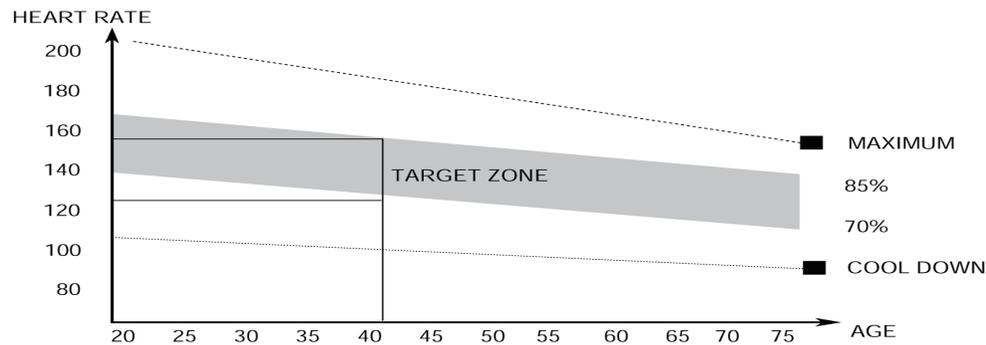
### 1.The Warm Up Phase

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 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 start at about 15-20 minutes.**

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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