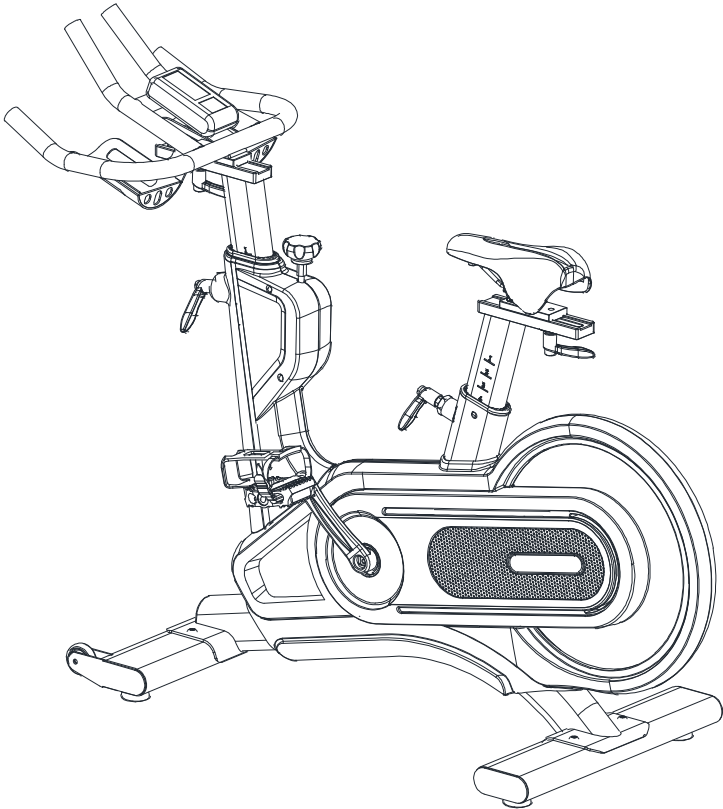


Owner's Manual



Retain this owner's manual for future reference
Read and follow all instructions in this owner's manual

Version A

Thank you

Thanks for purchasing this product. The product will help you exercise your muscles in the correct way and to improve your fitness – and all this in a familiar environment.

Precautions

WARNING: This spin bike has been designed and constructed to provide maximum safety. Nevertheless, certain precautions should be taken when using exercise equipment. Read the whole manual before assembling and using the spin bike. The following safety precautions should also be observed:

- ◆ It is the responsibility of the owner to ensure that all users of the spin bike are adequately informed of all precautions. Use the spin bike only as described in this manual.
 - ◆ Keep children and pets away from spin bike at all times. DO NOT leave them unsupervised in the room where this spin bike is kept.
 - ◆ Inspect and assemble all parts regularly. Replace and worn parts immediately.
 - ◆ Place the spin bike on a level surface, with at least 1.0 m of clearance on each side of spin bike. To protect the floor or carpet from damage, place a mat under the spin bike.
 - ◆ Keep the spin bike indoors, away from moisture and dust. Maintain the using place ventilation. DO NOT use it in the airless place.
 - ◆ Don't put any sharp things around the spin bike.
 - ◆ Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the spin bike. Always wear athletic shoes for foot protection while exercising.
- Do not use this product if more than 150 kg of weights. Please choose our other series of Spin bike.
- ◆ Keep your pedaling speed in a controlled way.
 - ◆ If you find your spin bike works abnormal, do not use it immediately.
 - ◆ No more than one person should operate the spin bike at one time.
 - ◆ If you feel pain or dizziness while exercising, stop exercising immediately and ask for a doctor.
 - ◆ This product cannot be used as a medical device.

Safety notice

When you are remedial or have below symptoms, after discussing with your doctor, then could use this spin bike.

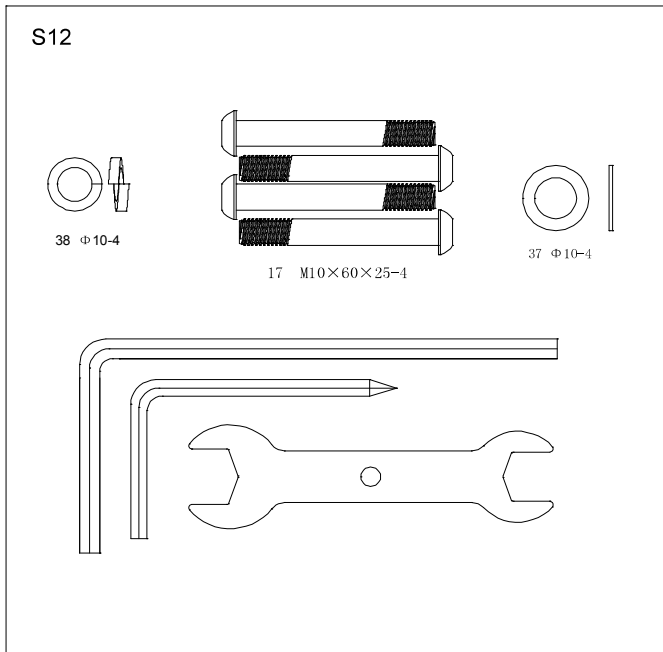
1. Waist pain now and leg, waist, neck hurt before, legs, waist, neck and hand numbly please do not use.
 2. Have anamorphic arthritis, rheumatic and gout.
 3. Have osteoporosis and other abnormality.
 4. Have perfunctory system obstacle (heart disease, blood obstacle, hypertension).
 5. Have breath obstacle.
 6. Using the manpower pulse adjust machine or insert into the body machine.
 7. Have sarcomata.
 8. Have thrombus or other symptoms.
 9. Have diabetes or be caused by diabetes feeling obstacle.
 10. Have skin trauma.
 11. Hyperpyrexia caused by sick(38°C or over 38°C).
 12. Abnormal back bone or back bone bending.
 13. Pregnant or catamenia.
 14. Feel physical abnormality, need convalesce.
 15. Body condition is not very well.
 16. The aim is to healing.
 17. Except the upper symptoms, feel other physical abnormality.
- Maybe cause the accident or the poor body condition.

Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems. To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your spin bike before using your spin bike.

Pre-assembly Notes

Open the boxes:

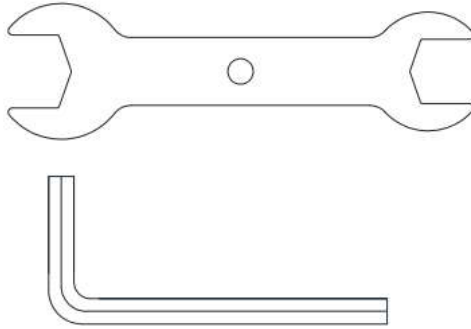
Make sure to inventory all the parts that are included in the box. Check the hardware chart of a full count of the number of parts included for proper assembly . If any of the parts are missing, contact with the dealer.



NO.	NAME	SPECIFICATION	QUANTITY
17	Allen C.K.S. half thread screw	M10×60×25	4
37	Flat washer	Φ10	4
	Open end wrench	t4.0×32×110	1
38	Spring washer	Φ10	4
	L-shaped spanner	6×66×140	1
	L-shaped spanner	5×35×85S	1

Gather your tools

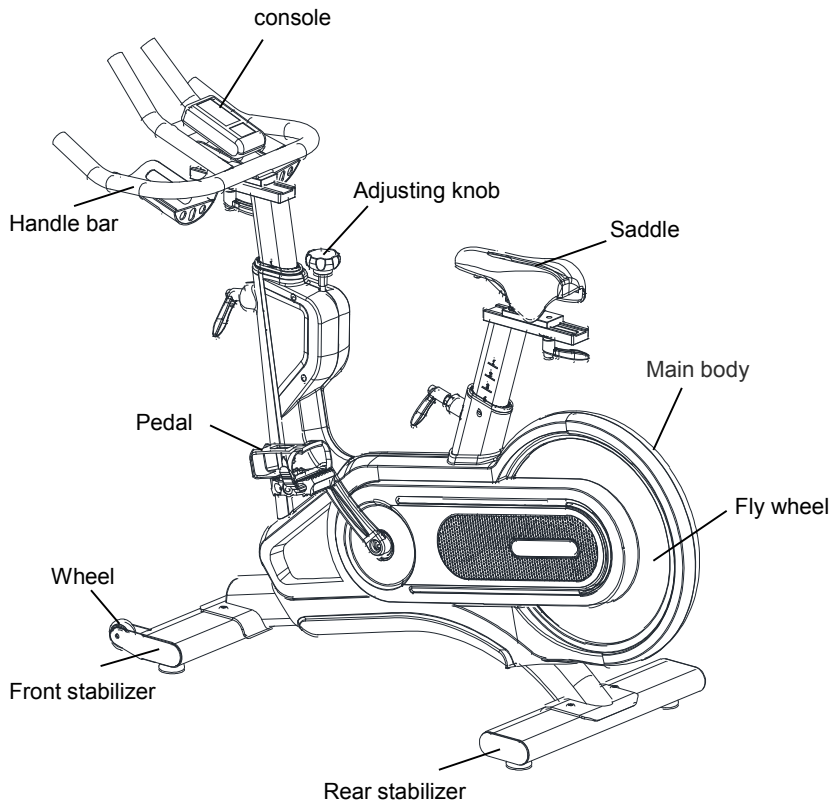
Before starting the assembly of your unit , gather the necessary tools.Having all of the equipment at hand will save time and make the assembly quick and hassle-free.



Clear your work area

Make sure that you have cleared away a large enough space to properly assemble the unit.Make sure the space is free from anything that may cause injury during assembly.After the unit is fully assembled,make sure there is a comfortable amount of free area around the unit for unobstructed operation.

Product instruction



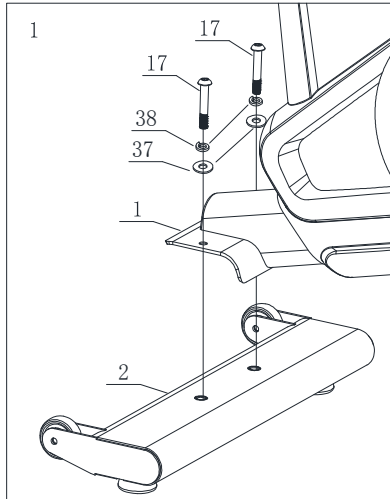
Technical information

TYPE	S12
DIMENSION	Unfold: 1400×546×1135mm
Speed ratio	210:50
Flywheel	Φ420/5.5kg (Aluminum)
Handlebar adjustment	Up/down; Front/back
Saddle adjustment	Up/down; Front/back

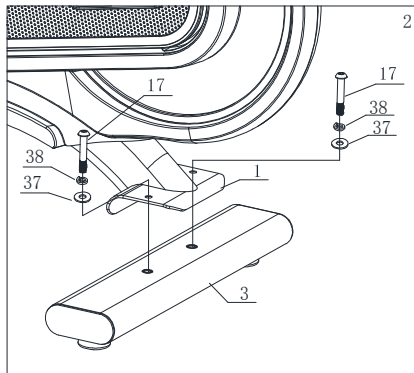
*WE RESERVE THE RIGHT TO AMEND THE PRODUCT WITHOUT PRIOR NOTICE.

ASSEMBLY INSTRUCTIONS

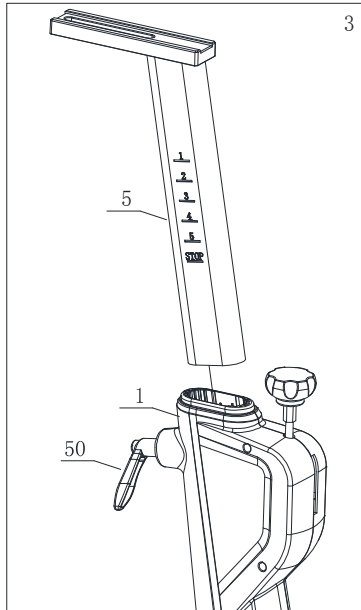
Step 1: Attach the front stabilizer(2) to the main frame(1) with flat washer(37) , spring washer(38) and Allen C.K.S. half thread screw(17).



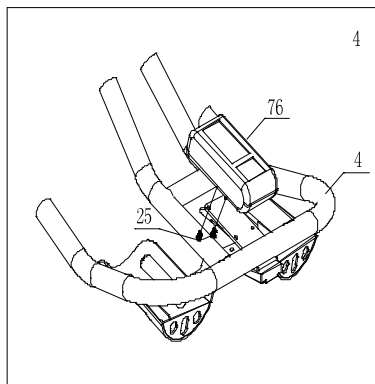
Step 2: Attach the rear stabilizer(3) to the main frame(1) with flat washer(37) , spring washer(38) and Allen C.K.S. half thread screw(17).



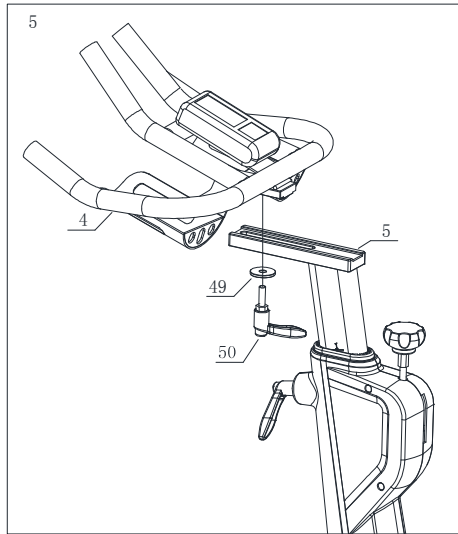
Step 3: Loosen L zinc alloy handlebar (50). Insert handlebar adjustment(5) into main frame(1). Then lock L zinc alloy handlebar (50).



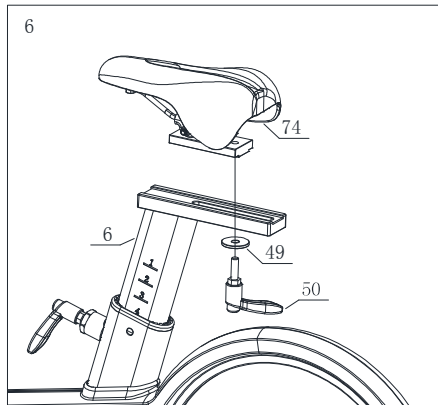
Step 4: Attach Console (76) to the Handlebar set(4) with Philips pan head full thread screw (25).



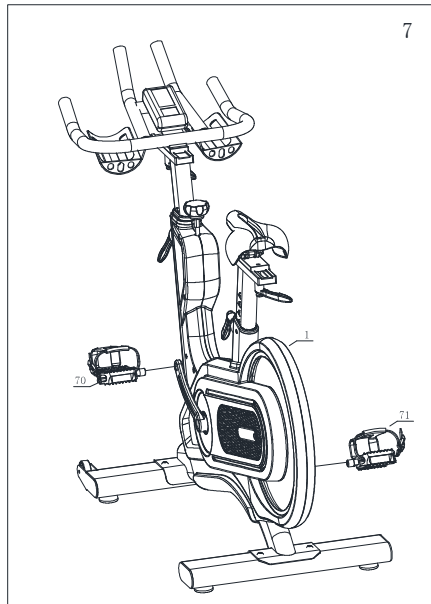
Step 5: Attach handlebar(4) to the handlebar adjustment(5) with rotary knob washer(49) and L zinc alloy handle(50).



Step 6: Attach saddle(74) to the seat tube(6) with rotary knob washer(49) and L zinc alloy handle(50).



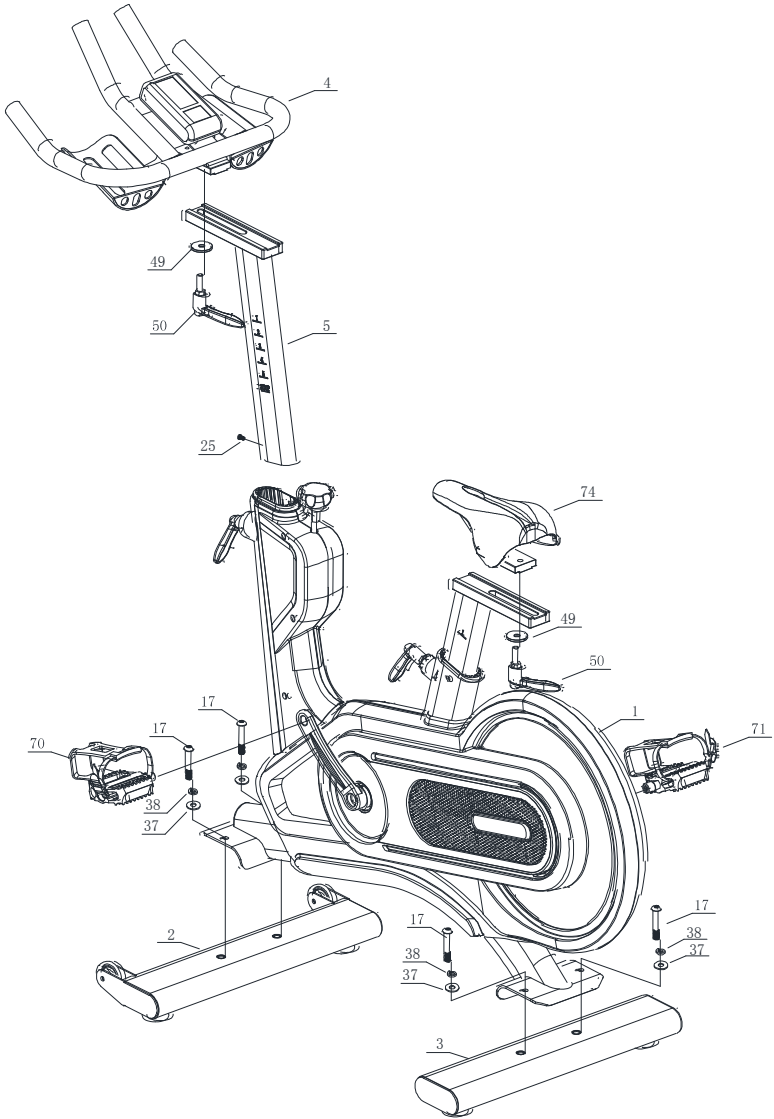
Step 7: Attach left pedal(70) and right pedal(71) to the main frame(1), then lock them tightly.



Workout tips:

- 1,User need to put the feet completely inside the pedal,and to adjust the resistance of magnet control according to user.
- 2,Since the machine with double flywheels and it will have huge moment of inertia, when the user stop before high speed, the user should minimize the resistance and lower the speed, to avoid hurt the user's leg by the moment of inertia of left and right pedal
- 3,The machine should be put on flat floor and have enough space for workout.

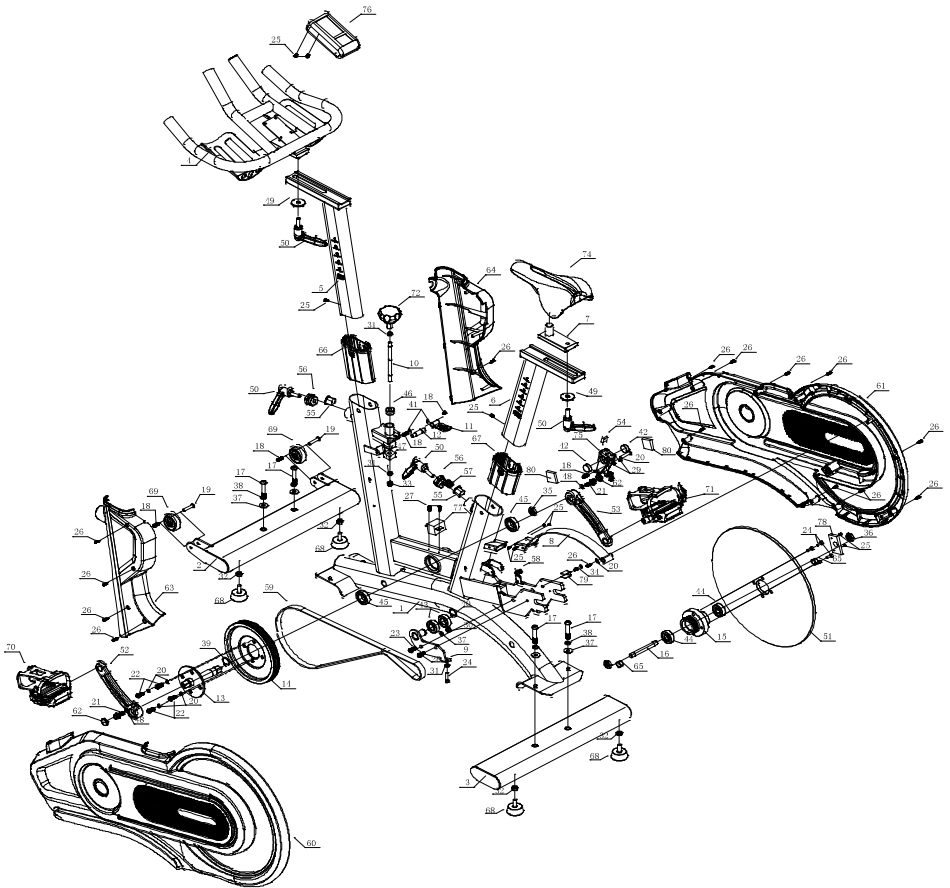
Half-drawing for assembly



Part list

NO.	NAME	DESCRIPTION	QTY
1	Main frame	0.817 m ²	1
2	Front stabilizer	0.145 m ²	1
3	Rear stabilizer	0.129 m ²	1
4	Handlebar set	0.5 m ²	1
5	Handlebar adjustment	0.113 m ²	1
17	Allen C.K.S. half thread screw	M10*60*25	4
25	Philip pan head full thread screw	M5*15	1
38	Flat washer	Φ10	4
39	Spring washer	Φ10	4
49	Rotary knob	t4.0×40×40	2
50	L zinc alloy handle	Hex 16×M10×30	4
70	Pedal(L)	JD-307/110×100×30	1
71	Pedal(R)	JD-307/110×100×30	1
74	saddle	262×146	1

Drawing for assembly



Part list

NO.	NAME	DESCRIPTION	QTY
1	Main frame	0.817 m ²	1
2	Front stabilizer	0.145 m ²	1
3	Rear stabilizer	0.129 m ²	1
4	Handlebar set	0.5 m ²	1
5	Handlebar adjustment	0.113 m ²	1
6	Seat tube	0.113 m ²	1
7	Saddle adjustment	0.02 m ²	1
8	Outer cover stator	0.0235 m ²	1
9	Tensioning wheel adjustment	0.0176 m ²	1
10	Brake round bar	Φ10×165	1
11	Brake adjustment	0.006 m ²	1
12	Magnetic control fixed axis	Φ12×50	1
13	Crank axis	Φ25×146	1
14	Belt pulley	Φ210×23	1
15	Flywheel fixed shaft	Φ90×68×Φ35×25	1
16	Flywheel axis	Φ10×105.5	1
17	Allen C.K.S. half thread screw	M10×60×25	4
18	Allen C.K.S. full thread screw	M6×15	5
19	Allen C.K.S. hollow screw	Φ8×33×M6×15	2
20	Allen C.K.S. hollow screw	Φ8×38×M6×15	1
21	Hex flange nut	5/16-18UNC-1	2
22	Allen C.K.S. full thread screw	M10×20	4
23	Allen C.K.S. half thread screw	M10×25×15	1
24	Allen C.K.S. full thread screw	M8×30	5
25	Philips pan head full thread screw	M5×15	12
26	Philips C.K.S. Self-tapping screw	ST4×16	15
27	Philips C.K.S. Self-tapping screw	ST4×25	2

28	Allen C.K.S. full thread screw	M8×15	1
29	Allen socket full head screw	M5×5	2
30	Hex locking nut	M10	1
31	Hex nut	M8	3
32	Hex nut	M10	4
33	High cap nut	M8	1
34	Allen C.K.S. half thread screw	M8×40×20	1
35	Hex nut	M24×P1.5	1
36	Hex flange nut	M10	2
37	Flat washer	Φ10	5
38	Spring washer	Φ10	8
39	Circlip for shaft	Φ25	1
40	Circlip for shaft	Φ20	1
41	Circlip for shaft	Φ10	2
42	Round magnet	25×25×10	2
43	Deep groove ball bearing	6004ZZ	2
44	Deep groove ball bearing	6000-2RS	2
45	Deep groove ball bearing	6005ZZ	2
46	Brake block nut	M22×P1.5×10	1
47	Brake adjustment	28×28×20	1
48	Flat washer	8612-07	2
49	Knob gasket	8606-40	2
50	L zinc alloy handle	Hex 16×M10×30	4
51	Flywheel (S12-14)	Φ420×10/3.6kg	1
52	Crank (L)	t13×42×170	1
53	Crank (R)	t13×42×170	1
54	Brake rubber block	t6.0×15×35	1
55	Limited block(8605-30)	Φ27×23	2
56	Fast pin lock nut	M30×P1.5×8	2

57	Locking spring	Φ26×Φ1.0×1.5	1
58	Brake torsion spring	Φ11.5×Φ1.2×13	1
59	Motor belt	540PJ7	1
60	Outer cover (L)	1071.6×511.5×74.1	1
61	Outer cover (R)	1071.6×511.5×74.1	1
62	Crank decoration cover	Φ26×6×M24×P1.0	2
63	Upright tube decorative cover (L)	506.3×224×54	1
64	Upright tube decorative cover (R)	506.3×224×54	1
65	Space sleeve	T2.0×16×16	2
66	Supporting tube bushing	PT50×100/PT40×80	1
67	Seat tube bushing	PT50×100/PT40×80	1
68	Foot pad	Φ49×22×M10×26	4
69	wheels	Φ55×25.8	2
70	Pedal (L)	JD-307/110×100×30	1
71	Pedal (R)	JD-307/110×100×30	1
72	Brake rotary	/BLC125	1
73	Brake line	S12/L=1050	1
74	Saddle	A-2015/262×146	1
75	Magnetic control frame	130×52×40	1
76	console	ST7214wireless receive	1
77	RF module	Wireless transmitters	1
78	Flywheel axis fixed chip	t2.0×30×60	1
79	Cover support chip	t3.0×25×82	1
80	Magnet mounting chip	t4.0×32×34	2

Operating Manual

■ KDY FUNCTIONS:

MODE:

- 1) During non-exercise, into SET mode, switch each setting item.
- 2) Pressing and hold 3 seconds reset the value to zero.

SET:

- 1) Adjust upwards during setting, TIME、DISTANCE、CALORIES.
- 2) If any time, distance or calories is set, at exercise state, this item is displayed as a countdown.
When the countdown reaches 0, the exercise will automatically stop with a "DI DI" sound prompt.

RESET : In the SET mode, pressing the RESET key to reset the value to zero.

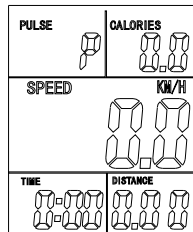
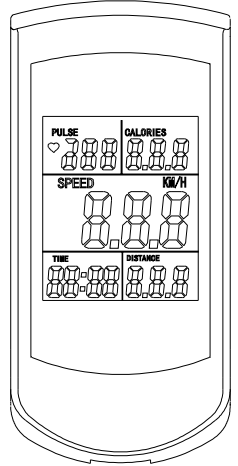
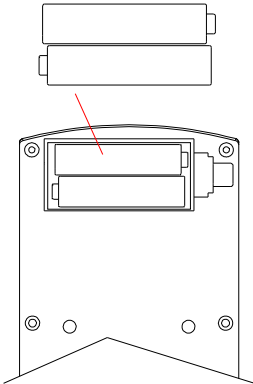
■ SLEEP MODE:

- The system turns on when the key is depressed or system sensed a signal input from the sensor.
- The system turns off automatically when the sensor has no signal input or no key are pressed for approximately 4 minutes.

■ FUNCTIONS:

- SPEED: The current speed with starting exercise.
- DISTANCE: The current distance with starting exercise.
- TIME: The working times with starting exercise.
- CALOREIS: The calorie burned with starting exercise.
- PULSE: The current heart rate during exercise.

■ BATTERY INSTALLATION & REPLACEMENT



SPECIFICATION	TIME	99M:59S
	SPEED	0.0~99.9M
	DIST	0.00~999 M
	CALORIES	0.0~999Kcal
	PULSE	40~240 BPM
	BATTERY	SIZE-AAA *2
Operating temperature	0~40°C (32°F~104°F)	
Storage temperature	-10~60°C (-14°F~140°F)	

General fitness

Start your exercise program slowly, i.e. one exercise unit every 2 days. Increase your exercise session week by week. Begin with short periods per exercise and then increase these continually. Start slowly with the exercise sessions and don't set yourself impossible targets. In addition to these exercises, do other forms of exercise such as jogging, swimming, dancing and/or cycling.

Always warm up thoroughly before exercising. To do so, carry out at least five minutes of stretching or gymnastic exercises to avoid muscle strains and injuries.

Check your pulse regularly. If you do not have a pulse measuring instrument, ask your GP how you can measure your heart rate effectively. Determine your personal exercise frequency range to achieve optimal training success. Take into account both your age and your level of fitness. The table on page 16 will give you a reference point for determining the optimal exercise pulse.

Make sure you breathe regularly and calmly when exercising.

Take care to drink enough while exercising. This ensures that the liquid requirement of your body is satisfied. Consider that the recommended drinking amount of 2-3 liters per day is strongly increased through physical strain. The fluid you drink should be at room temperature.

When exercising on the device always wear light and comfortable clothing as well as sports shoes. Do not wear any loose clothing that could tear or become caught in the device whilst exercising.

Exercises for your personal work-out

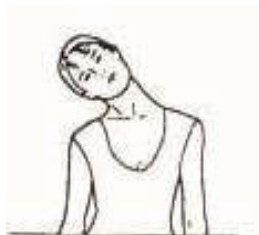
Warm-up / stretching exercises

A successful exercise session begins with warming up exercises and ends with exercises for cooling down and relaxing. These warming up exercises prepare your body for the subsequent demands made upon it. The cooling down / relaxation period after the exercise session ensures that you do not experience any muscular problems. In the following you will find stretching exercise instructions for warming up and cooling down. Please pay attention to the following points:

NECK EXERCISES

Tilt your head to the right and feel the tension in your neck. Slowly drop your head down to your chest in a semi-circle and then turn your head to the left. You will feel a comfortable tension in your neck again.

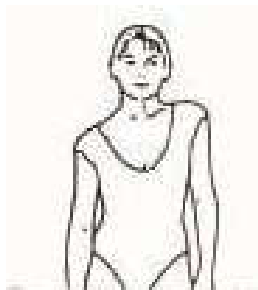
You can repeat this exercise alternately several times.



1

EXERCISES FOR THE SHOULDER AREA

Lift the left and right shoulders alternately, or lift both shoulders simultaneously.



2

ARM STRETCHING EXERCISES

Stretch the left and right arms alternately towards the ceiling. Feel the tension in your left and right side. Repeat this exercise several times.



3

EXERCISES FOR THE UPPER THIGH

Support yourself by placing your hand on the wall, then reach down behind you and lift up your right or left foot as close to your buttocks as possible. Feel a comfortable tension in your front upper thigh. Maintain this position for 30 seconds if possible and repeat this exercise 2 times for each leg.



4

INSIDE UPPER THIGH

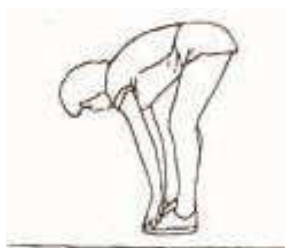
Sit on the floor and place your feet in such a way that your knees are facing outwards. Pull your feet as close as possible to your groin. Now press your knees carefully downwards. Maintain this position for 30-40 seconds if possible.



5

TOUCHTOES

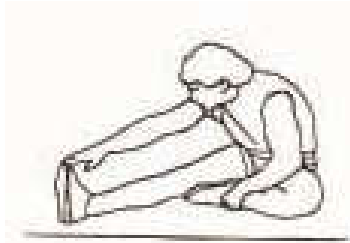
Bend your trunk slowly forwards and try to touch your feet with your hands. Reach down as far as possible to your toes. Maintain this position for 20-30 seconds if possible.



6

EXERCISES FOR THE KNEES

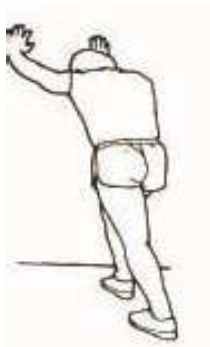
Sit on the floor and stretch out your right leg. Bend your left leg and place your foot on your right upper thigh. Now try to reach your right foot with your right arm. Maintain this position for 30-40 seconds if possible.



7

EXERCISES FOR THE CALVES/ACHILLES TENDON

Place both hands on the wall and support your full body weight. Then move your left leg backwards and alternate it with your right leg. This stretches the back of the leg. Maintain this position for 30-40 seconds if possible.



8