







FIGURE 1 ——

FIGURE 1 - HOW TO ASSEMBLE REAR STABILIZER

Attach the rear stabilizer (C) onto main frame by using screw(B4) and washer (B5).



FIGURE 3 —

FIGURE 3 - HOW TO ASSEMBLE THE HANDLE BAR

Step 1: View A shown:

Loosen the adjusting knob and pull down the resistance lever.

Step 2: View B shown:

Pull out the tied wires and locate it along the post. Sliding the handle bar tracking housing onto post and pull the tied wires together. Be careful not to pinching off the wires during the assembly.

Step 3: View C shown:

VIEW B

Pull out the wire (E7) from the hole of handle bar(E) and combine the plastic cover (E4 & E5).

Step 4: View D Shown:

Slide the handle bar (E) to front and tight the screw (A44)at second hole position. After then, attach the plastic cover (A45).

Step 5: After the above steps completed, tight the adjusting knob (as View A shown) to finish the handle bar assembly.



FIGURE 4 ——

FIGURE 4 - HOW TO ASSEMBLE CONSOLE

- Step 1: Attach the console mast (D) at the first hole position and using screw (A44) to tight it.
- Step 2: Insert the console (L) into console mast(D) and connect the wires together. Remove the plastic end cap (E7) firstly and put the plastic end cap (L7) onto the hole and turn clockwise direction to tight it.





The console view angle can be adjusted as desired.

USE TOOL: #5 m/m



FIGURE 5

FIGURE 5 - HOW TO ASSEMBLE THE TABLET HOLDER AND WATER BOTTLE HOLDER

- Step 1: Put the tablet holder (M) onto the console mast (D) at vertical position and use 2PCS of screws (M3) fix it.
- Step 2. Use the two screws (H1) located in the water bottle holder bag to join the water bottle holder (H) to the main frame (A).

Remark: When screw in the tablet holder, align the one hole with the console mast (D) to screw in firstly. Then, move the holder up to fix another hole.

USE TOOL: #2.5 m/m



FIGURE 6

FIGURE 6 - HOW TO ASSEMBLE SADDLE

Put the saddle (G) onto sliding basement and using tool to tight it.



FIGURE 9

FIGURE 9 - HOW TO MOVE THE MACHINE

Hold the handle bar and lift it up until the front transportation wheel touched to the floor, then you can move the machine easily to the place you desire.



FIGURE 9 ——

FIGURE 9 - HOW TO ADJUST THE HEIGHT OF SADDLE/ HANDLE BAR AND RESISTANCE

- View A: Loosen the knob firsity and move to the proper position. After that, just tight the knob. It's the same way for saddle and handle bar position adjustment.
- View B: Lift up the grip and move it to the proper position. After then, just press the lever down tightly. It's not necessary to find a hole after proper postion find, just press down the lever.
- View C: The lever is used for resistance adjustment. The lever is in upper position, the lighter resistance is. The lower position of lever, the heavier reistance is.





P/N	DESCRIPTION	Qty	P/N	DESCRIPTION	Qty	
A1	MAIN FRAME	1	A46	SLIDE RAILS		
A2	CHAIN COVER (R)	1	A47	CONSOLE TUBE		
A3	CHAIN COVER (L)	1	A48	ADJUSTING BOARD		
A4	FOAM DOUBLE - SIDED ADHESIVE	2	A49	DJ JACK	1	
A5	CRANK	2	A50	BUSH	2	
A6	CRANK CAP	2	A51	HANDLE	2	
A7	NUT	2	A52	GENERATOR CONTROL PLATE		
A8	WASHER	2	A53	SPRING		
A9	SCREW M4X16	6	A54	SCREW M5X40	2	
A10	TURING PLATE COVER	2	A55	BRAKE PAD	2	
A11	SCREW M5X10	13	A56	SPRING	2	
A12	ALUMINUM RING	1	A57	AXLE	2	
A13	FLYWHEEL	1	A58	BELT 2PJ-1016	1	
A14	BEARING (6004)	4	A59	SCREW M5X12	2	
A15	SMALL BELT WHEEL	1	A60	WASHER M5	2	
A16	NUT M10	2	A61	SPRING	1	
A17	WASHER M10	2	A62	GENERATOR FIXED PLATE	1	
A18	NUT M17	2	A63	SCREW M6X60	1	
A19	AXLE	1	A64	GENERATOR SHAFT	1	
A20	SCREW M6X50	2	A65	WASHER M6	3	
A21	NUT M20X12T	1	A66	NUT M6	1	
A22	BELT 5PK-1387	1	A67	SCREW M6X12	1	
A23	DRIVING WHEEL	1	A68	GENERATOR	1	
A24	AXLE	1	A69	SPRING	1	
A25	SPRING WASHER M8	4	A70	SCREW M5X12	2	
A26	SCREW M8X15	4	A71	SENSOR WIRE	1	
A27	SCREW M8X60	2	A72	SENSOR WIRE HOUSING	1	
A28	TENSION ASJUSTER	1	A73	SENSOR WIRE HOUSING SCREW	1	
A29	TENSION CABLE	1	A74	WASHER		
A30	MAGNETIC HOUSING	1	A75	NUT M8	2	
A31	SCREW M6X15	2	A76	BATTERY	1	
A32	WASHER M6	4	A77	SCREW M6X16	1	
A33	NUT M6	2	A78	PULLEY	1	
A34	PLASTIC PIPE	2	A79	HANDLE		
A35	BUSHING PAD	6	A80	FIXING PAD		
A36	SCREW M5X8	1	A81	SCREW M3X8		
A37	SADDLE SUPPORT TUBE	1	A82	SECTOR PAD	2	
A38	КNOB	2	A83	WASHER M6		
A39	END CAP	4	A84	SCREW M6X40		
A40	SCREW SLEEVE	2	A85	LEVER COVER (R)	1	
A41	SCREW M4X10	2	A86	LEVER COVER (L)	1	
A42	ADJUSTING BOARD	1	A87	NUT M5	2	
A43	SCREW M3X6	2	A88	SMALL CAP	2	
A44	SCREW M6X10	5	A89	TENSION WHEEL	1	
A45	END CAP	4	A90	NUT M6	1	

P/N	DESCRIPTION	Qty	P/N	DESCRIPTION	Qty
B4	SCREW M10X55	4	G1	SADDLE	1
B5	WASHER M10	4	Н	WATER BOTTLE HOUSING	1
C1	REAR STABILIZER	1	H1	WATER BOTTLE HOUSING SCREW	2
C2	END CAP	2	K1	PEDAL (L)	1
C3	TRANSPORTATION WHEEL	2	K2	PEDAL (R)	1
C4	ADJUSTED END	2	L1	CONSOLE	1
C5	SCREW M6	2	L2	WIRE HOUSING	1
C6	SCREW M6X12	2	L3	CONSOLE BASE	1
C7	SCREW M10X55	2	L4	NUT M6	2
C8	WASHER M10	2	L5	WASHER M6	2
C9	ADJUSTED NUT	2	L6	SCREW M6X16	2
D1	CONSOLE TUBE	1	L7	END CAP	1
D2	END CAP	1	M1	IPAD HOLDER	1
D3	SCREW M6X10	2	M2	RACK	1
E1	HANDLE BAR	1	M3	SCREW M4X16	2
E2	SLIDE RAILS	1	M4	SCREW M5X12	2
E3	SCREW M6X25	4	A91	BUSH	1
E4	END CAP	1	B1	FRONT STABILIZER	1
E5	END CAP	1	B2	END CAP	2
E6	END CAP	1	B3	ADJUSTED CAP	2
E7	CONNECTOR	1			



How to change battery :

1. Open battery cover and insert 2 AAA or 2 UM-4 batteries.

2. Properly put back battery cover.

3. Under regular condition, warranty of battery is one year.

4. If the LCD shows partial display, please take out batteries, wait for 15 seconds and insert again.

5. Please follow local regulation when through batteries away.

6. The battery of console is used to power to support the perpetual calendar and workout data storage.

Remark: The batteries need to be replaced once batteries are no power. And console has to reset the date and the time once new battery replacement.



Functions

A.Console functions :

- 1. Scope of application: SPIN BIKE
- 2. Operating voltage: 3V
- 3. Main functions: TIME, SPEED, DIST, CAL, RPM, PULSE, LOAD, WATT,
 - PERSONALIZED WORKOUT DATA STORAGE, PERPETUAL CALENDAR,

TARGET TIME, TARGET DIST, TARGET CAL, TARGET WATT

D. Paired with Battery Mode / Self-generated Electricity Mode / Adopter Mode

B.Button functions :

- 1. ENTER/RESET KEY :
 - ①、Select TIME / DIST / CAL function
 - ② Confirmed the function
 - $(\mathbf{J} \cdot \mathbf{P} \mathbf{ress} \text{ and hold the key for reboot}$
- 2、UP KEY:
 - ① Press UP KEY to adjust values during setting
 - ② Press UP KEY to adjust LEVEL after START
- 3、DOWN KEY:
 - ① Press DOWN KEY to adjust values during setting
 - ② Press DOWN KEY to adjust LEVEL after START
- 4 → RESET KEY :

Press RESET KEY under STAND BY mode to reboot the system

5 • RECORDED DATA KEY:

When search for data, press RECORDED DATA key when the console is paused When there is no data, the screen will show NO DATA, when there is data then it will show the numbers of stored data

6 · SAVE · DELETE KEY:

When work out was paused and the LCD displayed shows STOP, press SAVE.DELETE key and the data display area will show whether the data is saved. Press ENTER to save the data.

Under RECORDED DATA mode, press SAVE.DELETE to delete the stored data that you selected.

Under RECORDED DATA mode, press and hold the key for 5 seconds to delete all stored data.

7 • ANT+ ON/OFF KEY:

Press ANT+ ON/OFF once to activate ANT module function. And to turn off the function.

Power on/off :

A. Power on :

- 1. After powering on, the LCD will be in full display for one second and a long beeping sound will be heard (when the Beeping function is on), enter TIME setting mode.
- If there's no signal input in 4 seconds, the time will pause, the console will enter STAND BY mode.
- B. Power off:
 - 1. If there's no signal input in 4 minutes, the IC will enter SLEEP mode.
 - 2. When there is signal input or button input, the console will WAKE UP.

Operating Instructions

After the power is on, the LCD enters the time setting mode after 1 second. (After this setting, the setting mode will no longer be displayed the next time the power is turned on, unless the batteries are removed or replaced.)

A.Time setting mode

YEAR: Range from 2018 to 2099. Default value: 2018 (image1) MONTH: Range from 1 to 12. Default value: 1 (image2) DAY: Range from 1 to 31. Default value: 1 (image3) HOUR: Range from 0 to 23. Default value: 0 (image4) MINUTE: Range from 0 to59. Default value: 0 (image5)



NOTE: the date and time should be set up again while batteries replaced.

B.TIME

Press ENTER KEY and select TIME TARGET mode (The display window in the middle shows ENTER TIME TARGET.) (image6)

- 1. You can enter value directly instead of pressing UP/DOWN button.
- 2.Or press UP/DOWN to set the value, ranging from 0:00 to 99:00 (the value increase/ decrease 1:00 with each press)

The console's default mode is counting downward. And when the value returns to zero, after four beeping sounds, the console start counting upward.



image 6

C.DISTANCE

Press ENTER KEY, select DIST TARGET mode (The display window in the middle shows ENTER DISTANCE TARGET) (image7)

- 1. You can enter value directly instead of pressing UP/DOWN button.
- 2. Or press UP/DOWN to set the value, ranging from 0:00 to 99:00 Range between 0.0 and 99.5, (the value increases/decreases 0.5 with each press) Range between 100 and 999, (the value increases/decreases 1 with each press) The console's default mode is counting downward. And when the value returns to zero, after four beeping sounds, the console start counting upward.



image 7

D.CALORIES

Press ENTER KEY, select CAL TARGET mode (The display window in the middle shows ENTER CALORIES TARGET) (image8)

- 1. You can enter value directly instead of pressing UP/DOWN button.
- 2. Or press UP/DOWN to set the value, ranging from 0.0~999.0 (the value increase/decrease 0.1 with each press)

The console's default mode is counting downward. And when the value returns to zero, after four beeping sounds, the console start counting upward.



image 8





E.TARGET WATT

Under STOP mode, press UP or DOWN KEY to enter WATT TARGET mode(image9). You can press UP/DOWN to adjust value. Setting Range is between 100~999W (Default value: 185W)(the value increases/decreases 5W with each press)

The console will prompt with an arrow sign whether to increase or decrease or remain the same RPM and LOAD according to the WATT value of the user's work out. (image10/image11/image12)





F.SPEED:

- 1. The value will be displayed according to the user's work out progress.
- 2. Range from 0.0 to 99.9 (KM/ML)

G.RPM:

- 1. The value will be displayed according to the user's work out progress.
- 2. Range from 0 to 999 RPM

H.PULSE:

- 1. The value will be displayed according to the user's work out progress.
- 2. The initial PULSE value is 72

I.LOAD:

According to the user's adjustment. Range from 1 to 16

J.WATT:

Enter the watt value and it will be shown on the LCD display.

Work out data storage function

A.After starting up, you need to set the perpetual calendar.

- B.When the console is paused (image13), press SAVE.DELETE key, the LCD will display SAVE THIS DATA and press ENTER to save the work out data & time & the number of said work out.
- C.When the console is paused, press RECORDED DATA to pull the work out data. Press UP&DOWN to select the stored data (image15)
- D.Under RECORDED data display, press SAVE.DELETE key, the display will show DELETE THIS DATA, press ENTER key to delete the selected data (image16).
- E.Under RECORDED data display, press SAVE.DELETE for 6 seconds to delete all stored data and return to STAND BY mode.



ANT+ Operating Instruction

- A. Press ANT+ to activate the function (the ANT sign will blink 30 seconds after the activation, waiting for the user's heartbeat belt & bracelet to be matched.)
- B. Pairing with heart rate wristband & heart rate chest belt: The matching should be completed within 30 seconds after the activation of ANT+.
- C. When the console is matched with APP&PC, it will not be subjected to the 30 seconds limitation, and will be matched automatically.
- D. Matching distance: GARMIN wrist band should be put as close to the console screen as possible. The matching distance of the GARMIN heart rate chest belt is around 50 CM.
- E. APP&PC software that can be matched with this console are as below

1. ANT+ HRM RX

Compatible/certified HRM devices: https://www.thisisant.com/directory/filter/~/~/109/

2. ANT+ FE-C TX

Compatible/certified FE-C devices and APPs: https://www.thisisant.com/directory/filter/~/~/268/ And many not-yet-certified like ZWIFT (famous home use APP), myzone (group cycling), SPIVI and so on.



3. BLE FTMS TX

The only BLE standard for fitness equipment. More APPs and bikes are supporting this standard. SufferFest, TrainerRoad, and Kinomap are FTMS compatible.



Factory Mode

A.HOW TO SET KILOMETERS / MILES

Press the key of "SAVE.DELETE + RECORDED.DATA" together to enter KM/ML switch.

PRESS SA	RESS SAVE.DELETE+RECORDED.DATA				KM / ML SELECT			PRESS ENTER		
	u₽ ↑	ENTER RESET			UP 个	ENTER RESET		UP 个	ENTER RESET	down ↓
	SAVE DELETE	ANT+	RECORDED DATA		SAVE DELETE	ANT+	RECORDED DATA	SAVE DELETE	ANT+	RECORDED DATA

B.HOW TO SET ON / OFF BUZZER

Keep press the key "UP + ENTER.RESET + DOWN" together enter the voice control, and then to press the key UP/DOWN to choose the voice ON or OFF.



REMARK

- A. The bike has to pedal over than 40RPM to power on the console screen. (Example: When pedaling under 40RPM, the console screen is blank.)
- B.When stop pedaling, the display won't be shut off until 120 seconds. After 120 sec., the console will enter Sleeping mode which means the display can't be read.
- C.If rechargeable lithium battery is under low power supply or damage, the console display shown data will be disappeared once stop pedaling.
- D.There are two kinds power supply systems (Generator / DC adaptor) of the bike. When adaptor is plug-in, the system will charge the adaptor power supply firstly.