

# **SPiNSTAR**

**SPORTIG.SE**

## USER' S MANUAL





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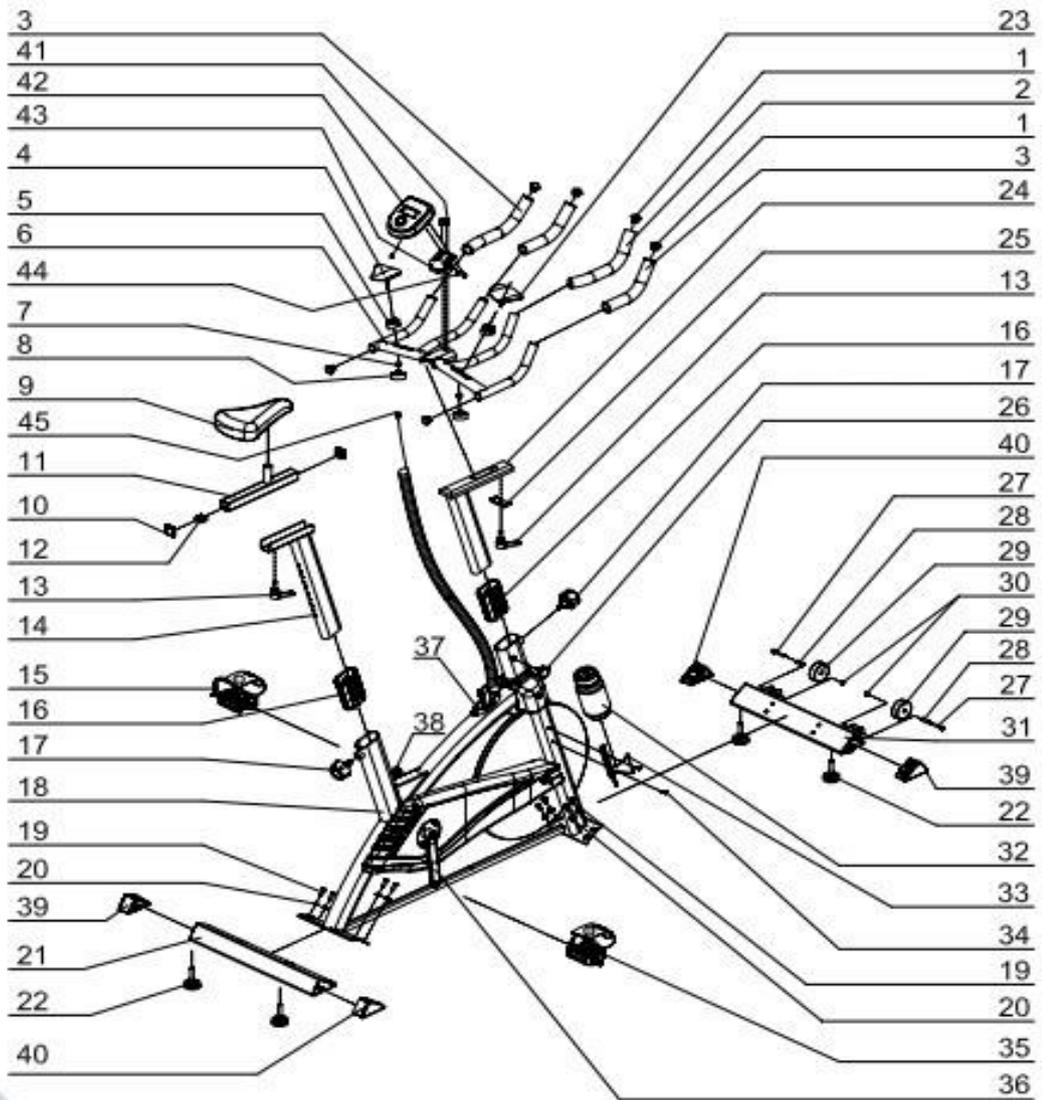
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# Safety instructions

Before you start training on your home Spin Bike, please read the instructions carefully. Be sure to keep the instructions for information, in case of repair and for spare part delivery.

- This spin bike is made for home use only and tested up to a maximum body weight of 130kg.
- Follow the steps of the assembly instructions carefully.
- For assembly use only suitable tools and ask for assistance with assembly if necessary.
- Check before the first training and every 1-2 months that all connecting elements are tight fitting and are in the correct condition. Replace defective components immediately and/ or keep the equipment out of use until repair. For repairs, use only original parts.
- In case of repair, please ask your dealer for advice.
- Avoid the use of aggressive detergents when cleaning the bike.
- Ensure that training starts only after correct assembly and inspection of the bike.
- For all adjustable parts be aware of the maximum positions to which they can be adjusted/tightened to.
- The spinning bike is designed for adults. Please ensure that children use it only under the supervision of an adult.
- Ensure that those present are aware of possible hazards, e.g. movable parts during training.
- Consult your physician before starting with any exercise program. He or she can advise on the kind of training and which impact is suitable. This Spin bike is not for medical purpose.

# Exploded drawing

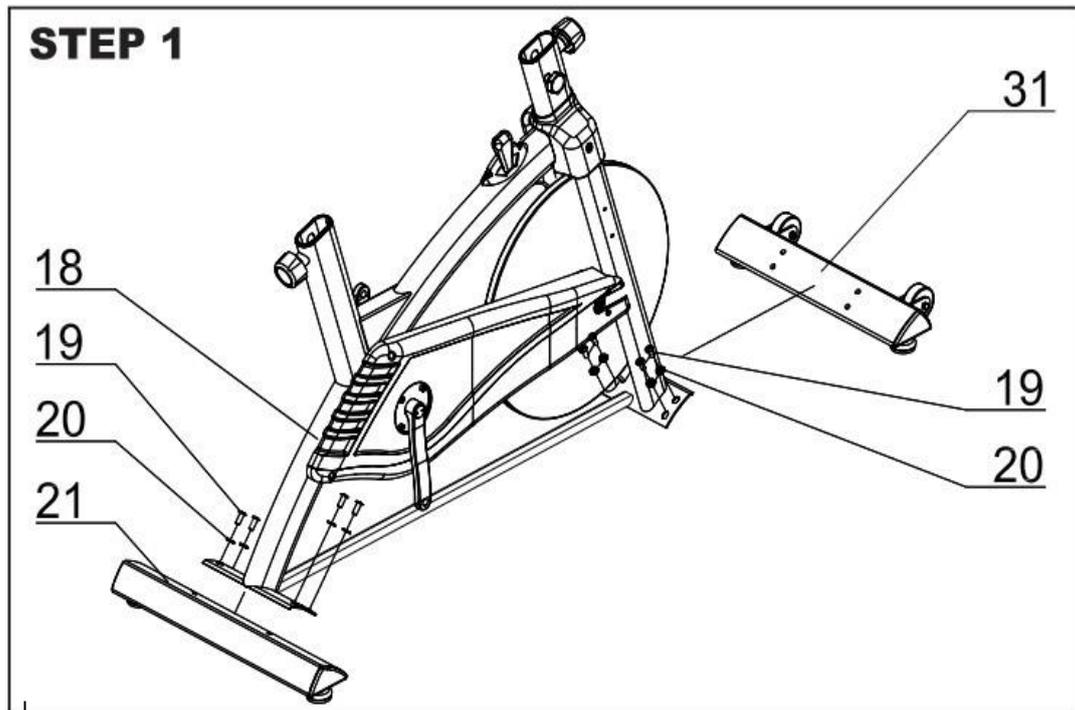


## Parts list

NO.	Name of parts	specifications	QUANTITY
1	Circular pipe plug	Φ25.4X2 tube	6
2	Sponge grip	Φ33xΦ23x290	2
3	Sponge grip	Φ33xΦ23x220	2
4	Left Hand pad assembly		1
5	Armrest pad		2
6	Armrest pipe assembly		1
7	Arcuate pad	Φ6	2
8	Tighten nut M6	M6	2
9	Saddle		1
10	Pipe plug with 30*30*1.5tube	30X30X1.5 tube	2
11	Saddle horizontal pipe assembly		1
12	Clamp nut	26x26x12	1
13	L shaped handles 2		2
14	Saddle regulating pipe assembly		1
15/35	Pedal * wearing parts , no warranty		1
16	Tube bushing	80x40x1.5 round tube	2
17	Plum blossom shaped locking knob		2
18	Frame assembly		1
19	Inner six angle flat round bolt	M8x20	8
20	Flat gasket	Φ8	8
21	Rear foot tube assembly		1
22	Adjust foot pad		4
23	Right hand pad assembly		1
24	Armrest regulating pipe assembly		1
25	Armrest tube adjusting plate	60x25x8	1
26	Knobs (三)	M8x1.25	1
27	Six hexagon-head bolts	M6*40	2
28	Roller bush	Φ10x23.5	2

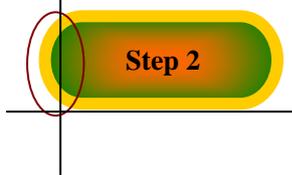
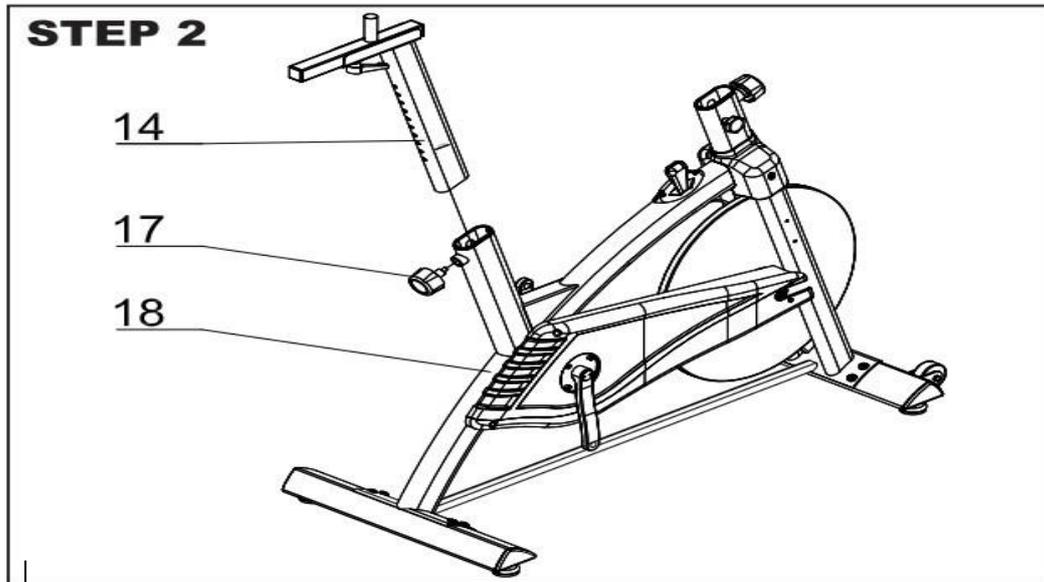
29	Roller	Φ60	2
30	Lock nut	M6	2
31	Front foot pipe assembly		1
32	Water bottle	500ML	1
33	Bottle cage		1
34	Cross pan head screws	M5X15	4
35	Right pedal		1
36	Right crank	170	1
37	Knob handle		1
38	Left crank		2
39	Left foot tube plug		2
40	Right foot tube plug		2
41	The supplied pan-head screws	M6x6	1
42	Electronic meter		1
43	Meter seat		2
44	The supplied pan-head screws	M5x10	
45	electronic meter line		

## Assembly drawing

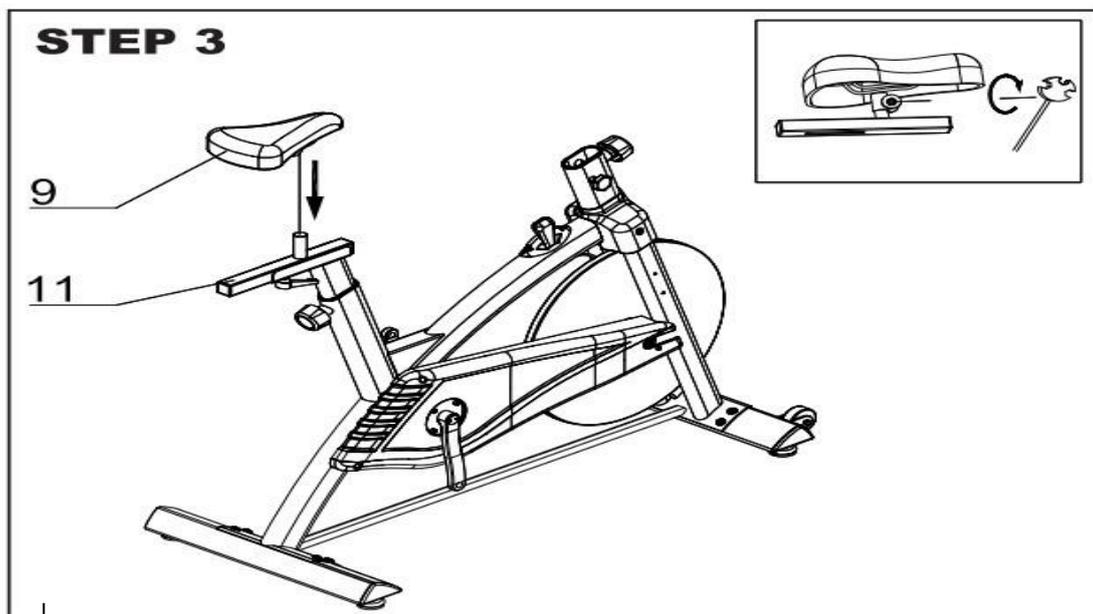


### Step 1

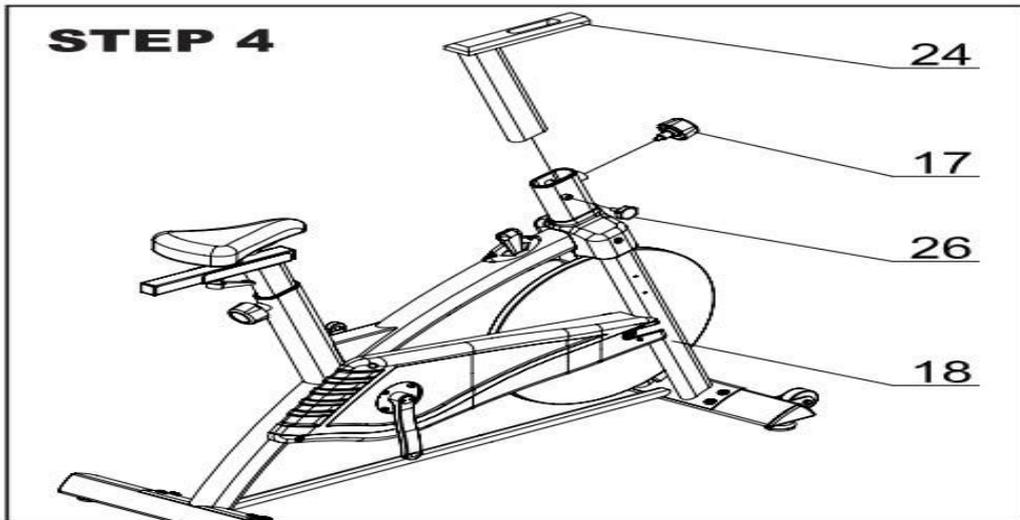
Fix the former ,rear pipe into the frame assembly ,and lock it by inner six angle flat head crews M8\*20 (19) and flat gasket  $\phi 8$  (20) .



Put the saddle regulating tube assembly (14) mounted on the frame(18) ,with the plum blossom shaped locking knob(17) locked .

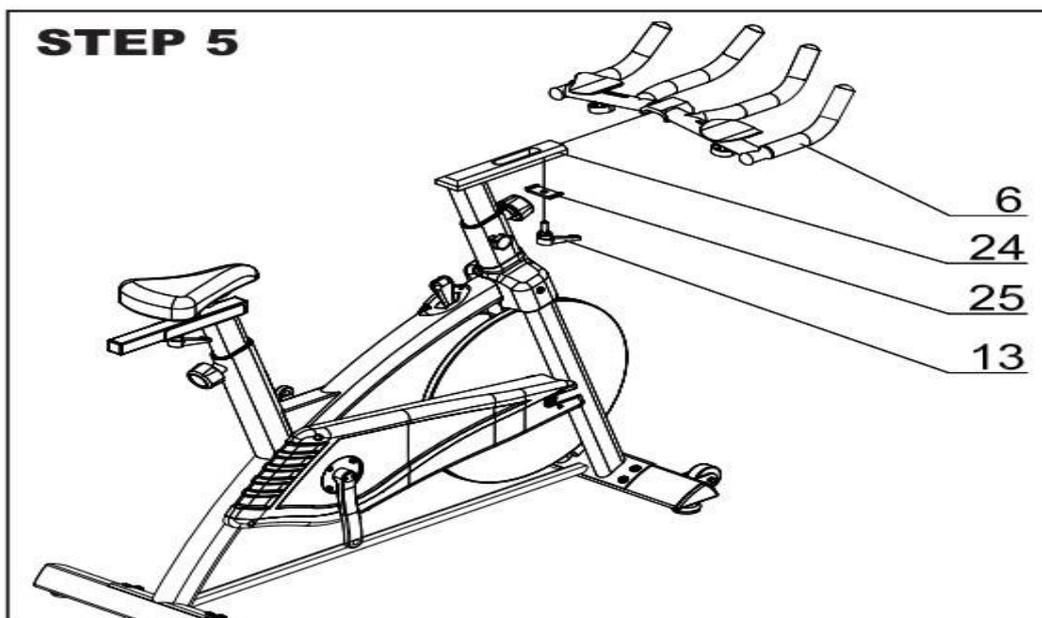


Arrange the seat cushion(9) in the seat cushion component (11)of the seat mounting column , and lock the seat cushion by wrench after adjusting the seat cushion .



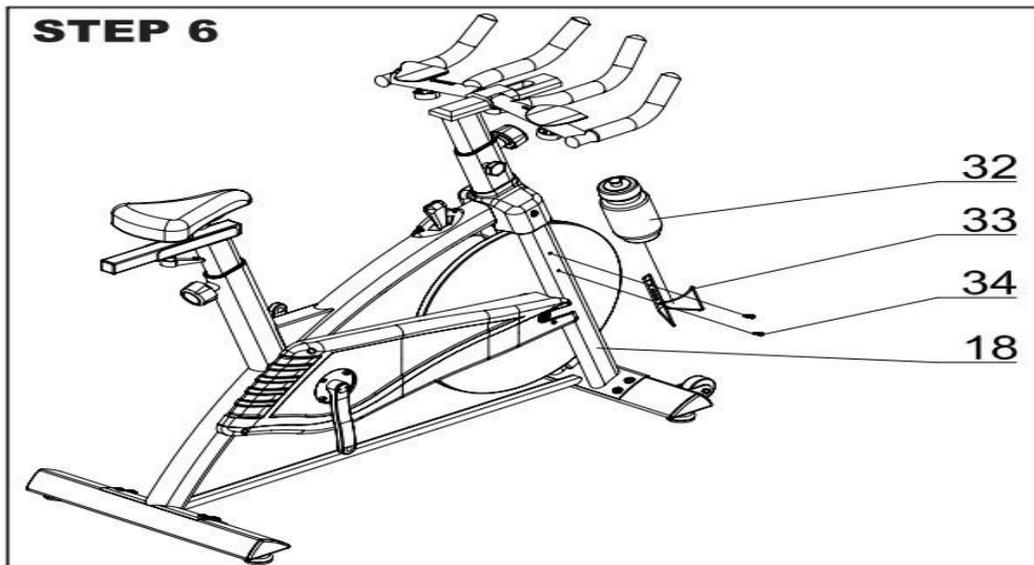
**Step 4**

The handrail regulating assembly is mounted on the frame (18). With the plum blossom shaped locking knob (17) and a knob(three)(26) locked .



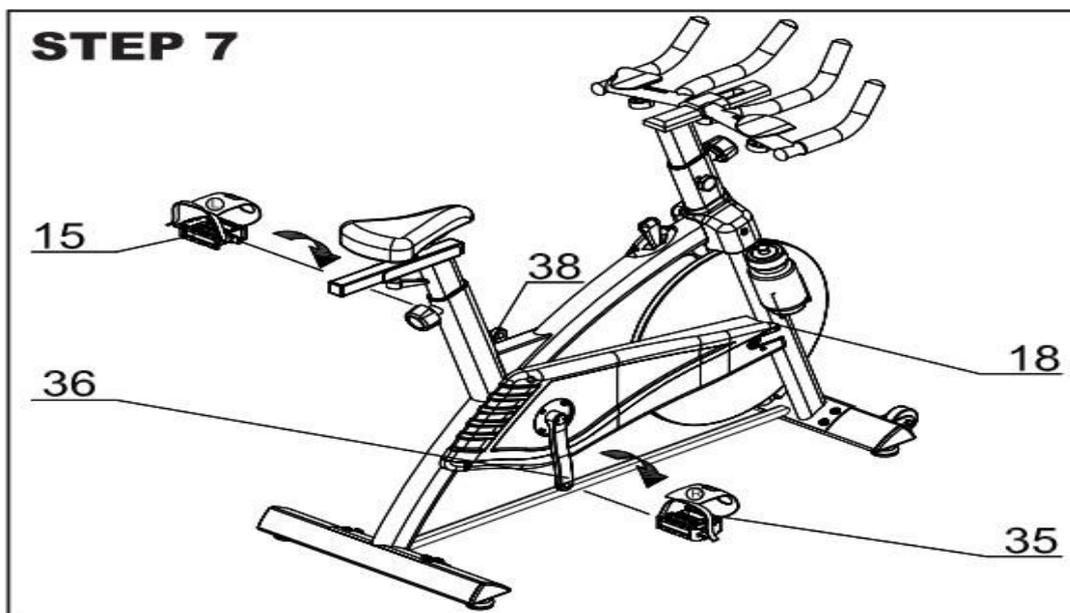
**Step 5**

Put the handrail tube welding assembly (6) into a handrail support tube assembly(24)within the recesses, with L type handle (13)and a handrail tube adjusting plate lock.



**Step 6**

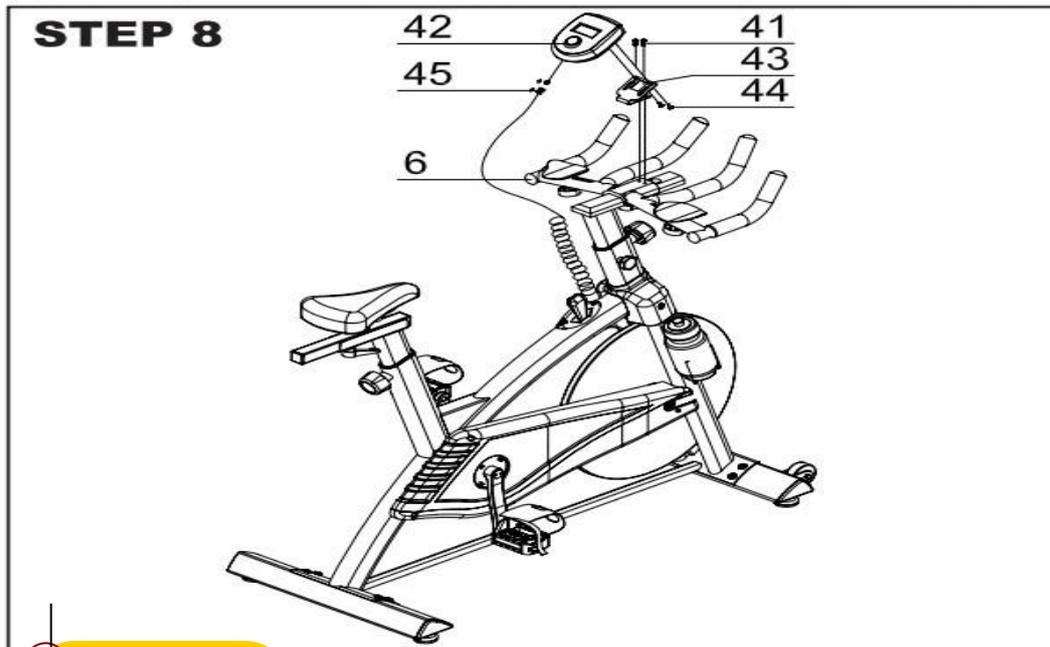
Fix the bottle rack(33) on the frame by cross pan head screws M5\*15(34),and arrange the water bottle in the bottle rack .



**Step 7**

The foot pedal L (15) is screwed into the frame assembly ( 18) of the left crank ( 38), R ( 35) pedal screwed into the frame assembly ( 18) of the right crank ( 36).

Note: When fix the pedals, a right pedal do clockwise, the left pedal do counterclockwise rotation.



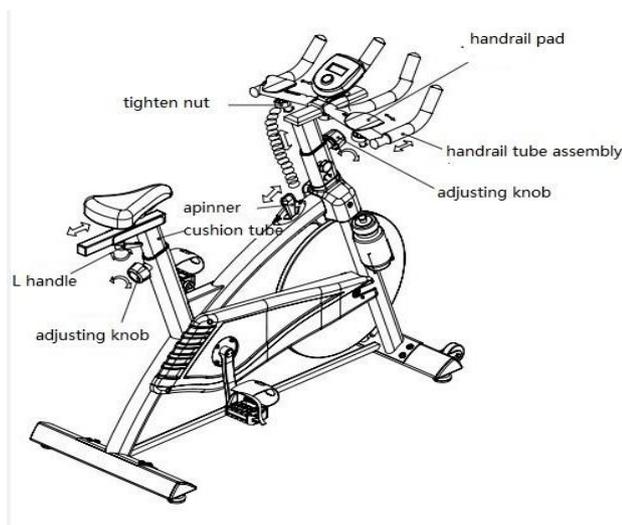
**Step 8**

Pan head screws with cross M6\*6 ( 41) electronic table seat is arranged on the handrail tube assembly ( 6), and lock the electronic computer into the he electronic computer table (43) by cross pan head screw, M4\*15 (44 ) ,then connect the electronic table upper line and hand line to the the electronic computer line.

Read the following instructions to help you use spin bike :

To adjust the saddle tube assembly, a handrail pipe assembly, armrest cushion, seat cushion adjustment handle, so as to achieve the most suitable exercise their own best position, and then adjust the knob to increase or decrease the friction, achieve the best effect of exercise.

Its operation as shown below:

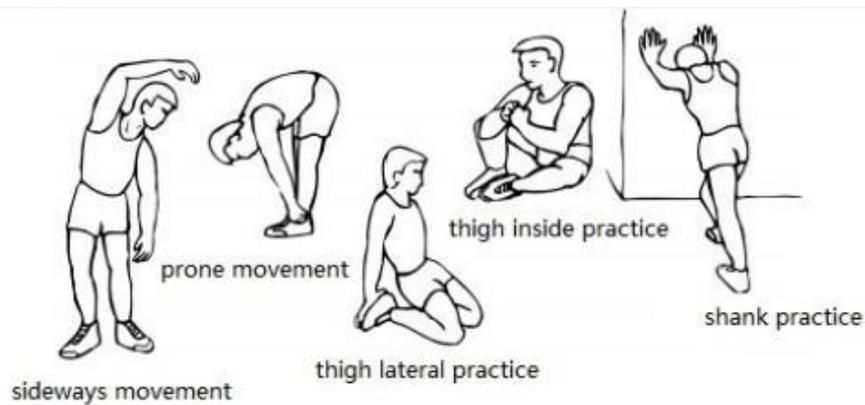


## Description of training

The use of the product in addition to enhance physical fitness and exercise the muscles, but also through reasonable diet plays a role in weight loss by.

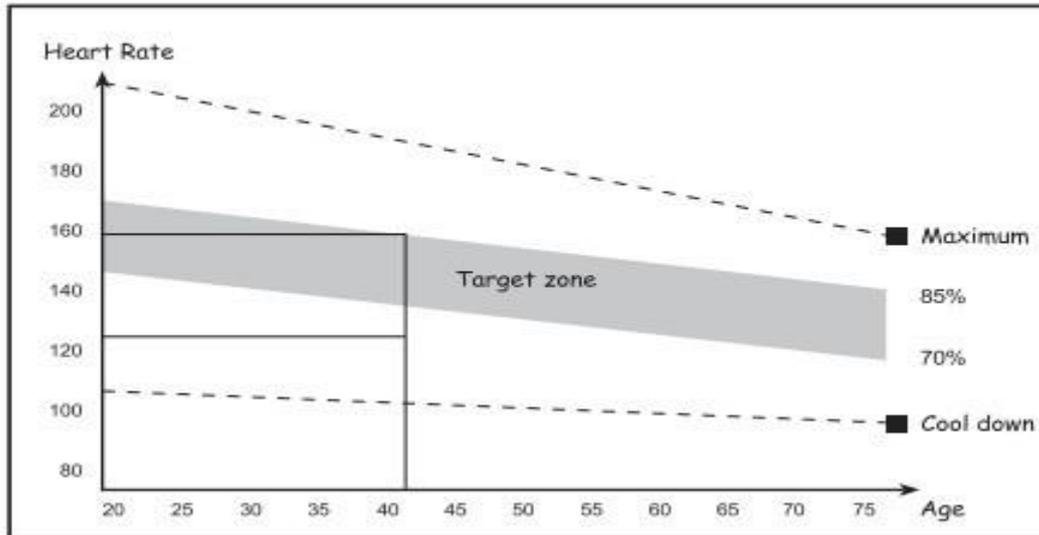
Warm-up before training exercise

This phase of the warm-up exercise can enhance training the body's blood circulation, make muscle to achieve good training condition, while reducing the training process cramp or muscle tension loss risk. In each of the training before please according to the following suggestions for training exercises, each with a stretching exercise must be maintained for about 30 seconds, do the exercises take care not to do strenuous stretching, prevent muscle damage, please stop the practice.



The training phase

The stage is a formal training phase, after a long-term regular exercise can improve the flexibility of the leg muscles. In the process of training the key is based on his training in order to stabilize the training intensity n exercises, exercises to choose reasonable training intensity, to make control of heart rate in the table below the target value range.



To make the heart rate in the corresponding target within at least 12 minutes of continuous training, most people at the beginning of training continue training for 15-20 minutes.

After the training phase of recovery

In the preparation stage. Do do do activities, the process can be appropriate to reduce the range of movement and speed, time lasts for about 5 minutes, loved movement to adjust the body heat, muscle relaxation. Attention is required in the process of motion cannot do strenuous stretching, so as to avoid the damage to muscles.

In adaptation to the training instances, you can gradually increase the training time and training intensity, training 3 times a week at least, if you can record the average weekly exercises.

Strong muscles

If you want to use this product to build muscle, you will need to practice when the resistance is very high, so can not very long time by increasing exercise intensity to achieve muscular effect; if you Yang in the muscular and achieve the purpose of fitness, it needs to use other training : to do warm up activity, and then make a regular practice, in nearly the end of the training period to increase the training intensity, increased leg resistance, but it should be noted that increases in strength at the same time to slow training speed, so that the heart is maintained at a target value range, training after the end to do after finishing training activities.

Reduce weight

To achieve the effect of weight loss, is the key to training time and intensity, training intensity is bigger, longer will burn more calories, so as to achieve the effect of weight loss; also can practice to achieve fitness, enhance physical fitness. The training process can be based on different needs to do the appropriate exercises.

Safety

1. Before use to check all the bolts and nuts, loosening the bolt and nut fastening, ensure all bolts and nuts without any loose.
2. In any training before please consult a doctor, listen to their suggestions.
3. Training wear suitable for sports clothes.
4. No matter whether in the car, please ensure that children or pets can not be close to.
5. In a large number of diet or normal diet within 2 hours 1 hours please don't train.

6.If nausea, trembling, shortness of breath, abnormal heartbeat, headache or chest pain, please immediately stop training, if the symptoms do not rapidly recovered, please consult a doctor immediately.

Use

1.Seat cushion height can be obtained by using the adjusting rotary juggled selection, a total of 10 holes can be position selection, when choosing a good place, will adjust knob with lock.

2.Can use knob for pedal resistance adjustment, in high power step on the pedal motion is difficult, so in low power is relatively easy, had better use the process of resistance adjustment.

## Electronic meter use

Function and operating instructions



Battery installation

Please mount the two 1.5V AA battery to the rearward screen battery box ( at the time the battery is replaced, all function numerical will return " 0 " )

Automatic opening / closing

Makeup users began to exercise, the main screen will automatically display all numerical. When the stop motion for more than 256 seconds, the main screen will be closed. But the value of ODOMETER will be retained. When the user starts to move, the value of ODOMETER will continue to calculate.

Automatic scanning -SCAN

The opening screen or pressing a key in the SCAN state, all the functions of TIME-CALORIES-ODOMETER-PULSE-SPEED-DISTANCE value will automatically cycle will be shown on the main screen, each of the function values for about 6 seconds.

Movement velocity -SPEED

Display users current movement speed, speed of 0 to 999.9 kilometers or miles // when.

Movement distance -DISTANCE

Cumulative movement from 0 to 999.9. A user can press the button to select the distance value display state.

Movement time -TIME

Cumulative movement time from 00:00 to 99:59, a user can press the button to select the time value display state.

Calories -CALORIES

Display cumulative calories people from 0 to 9999, a user can press the button to select the calorie value display state.

Note: this information is only a rough description cannot be used for medical treatment.

The total mileage -ODOMETER

Display user movement of the total course of development from 0 to 999.9, a user can press the button to select the total mileage of numerical display state.

The heartbeat data -PULSE

Display users present per minute heart value, press the button to choose use heart rate value display state.

Reset

Press the button two seconds, in addition to the ODOMETER all the functional value will be reclassified " 0 "

Note

If the electronic table shows abnormal, please reinstall the battery again.

Battery specifications: 2 3 1.5V AA battery