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Spinning **Instructions** **SPB-1508**



WARNING

- please read the instruction manual carefully before using the spinning bike
- please assemble strictly in accordance with the instruction.
- please double-check to ensure that all parts of the package content intact.
- Only with a rag or cloth to clean the surface of the spinning bike, do not use strong abrasive cleaners.
- Use mismatched hardware many cause damage to the produce, make sure that all kinds of hardware accessories specifications prior to installation.
- If any parts are missing, broken, damaged or worn, stop using this product until repairs are made factory replacement parts are installed.



Security Operations Guide

Read the instructions carefully before you use the exercise bike. Ensure that you receive the correct use of information.

- The Spinning for home fitness equipment, a maximum weight of 200kg.
- Please strictly follow the prompts to manual operation.
- Choose the appropriate installation tools, you can contact if necessary to install video distribution request.
- Please carefully check the machine before first use and every 1-2 months after using the machine installed in accordance with the principle of checks; please try to keep the normal use of the machine and use the original parts.
- If you can not use, please contact your dealer.
- Avoid contact with machine cleaning agents with corrosive goods..

Use the correct installation and inspection.

- This product is adult fitness equipment, children if used, please adults under guardianship safe to use.



- Do not use this product to make a dangerous action.
- Please use this product under the guidance of a doctor or health professional, will play a very good effect tired!

WARNING: The wrong training methods and excessive use can damage your health!

- Please use reasonable customized training programs before, and strictly according to plan the use of this product.
- This product is adjustable resistance, please select the appropriate training resistance.
- Please use this product safely, you can use the reference section.
- Please check carefully before using all the knobs that screw part to ensure your safety.

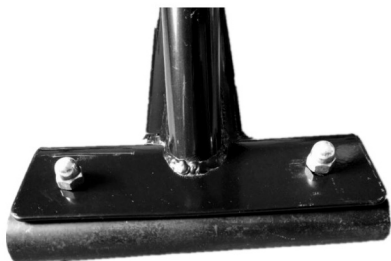
Parts list

					
Inner hexagon spanner	13*15 open-ended wrench	17*19 open-ended wrench	Carriage Bolts	Instrument buckle	knob
1	1 PCS	2	1 PCS	3	1 PCS
4	4 PCS	5	1 PCS	6	1 PCS

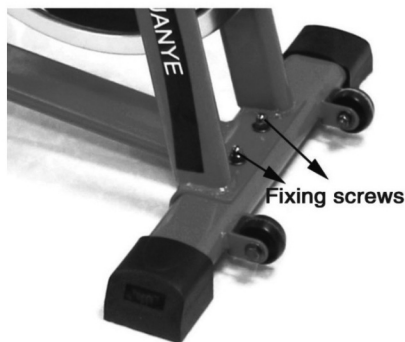
					
Round pin	Electronic Watch	Cushion	Cushion pipe	Handrail pipe	Cushion pipe
7	2 PCS	8	1 PCS	9	1 PCS
10	1 PCS	11	1 PCS	12	1 PCS

					
Foot tube	Forefoot tube	Handrail			
13	1 PCS	14	1 PCS	15	1 PCS

Installation step instructions

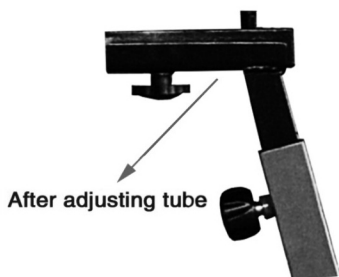


This metal tube belongs to the packaging method, the installation needs to remove this thing before the first step.



First step: Mounting foot

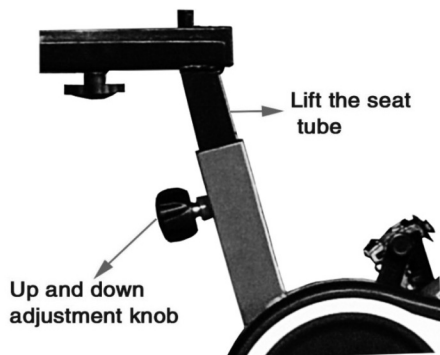
Front and rear foot resolution (with wheel) feet (without rollers), of good holes, and fixed with screws



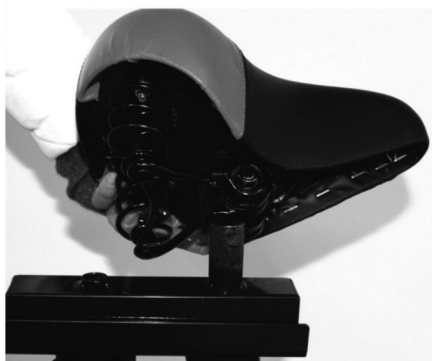
The second step: Installation cushion(1)

First seat adjustment knob mounted on the top and bottom screw holes, screw 3-5 turns, then lift the seat tube is inserted, pull out the knob to adjust the hole, then tighten

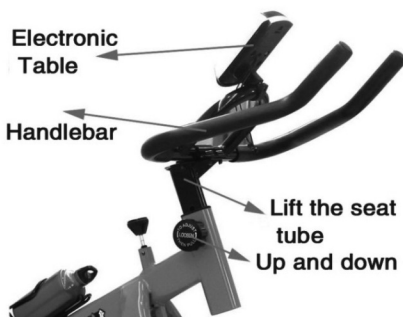




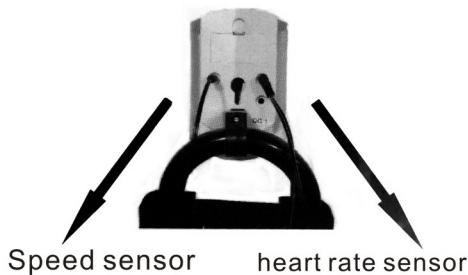
The third step:
Installation cushion(2)
 Will move back and forth above the steel pipe installed in the lift tank bottom with screws good



The fourth step:
Installation cushion(3)
 The seat is mounted on the front by moving pipe, adjust the angle, and tighten the screws.



The fifth step:
Install handrails
 First down armrest adjustment knob mounted on the screw holes, screw 3-5 turns, then lift the armrest tube insertion, pull out the knob to adjust the hole, then tighten



The Sixth Step: Meter installation

The instrument is fixed on the armrest, the two lines will link the two lines on the meter and the armrest on the bicycle on a wire inserted into the meter hole



The Seventh step: Installation Foot and Complete installation

Distinguish good foot left (L), right (R) will be installed on the pedal crank, flywheel direction toward tightening, loosen the direction towards cushion.

Electronic Table Description

First, the control parameters:

(SCAN): Automatically scans show the motion parameters

(TMR): Show that you exercise longer

(SPD): Showing the speed of your current campaign

(DST): Show your current mileage riding

(PULSE): Displays your current heart rate

(CAL): Show your current calorie consumption

Second, use:

1, the switch

When pressing any key signal input goods sports equipment, instruments began to work if continuous deactivated four minutes, the meter will automatically shut down.

2, cleared

In any state, press and hold the center button for 3 seconds the instrument, the motion data will be cleared.

3, the pattern

File function indicator flashes on the display, the instrument enters the automatic scan mode, then click the Select button pressed, the instrument can be locked in a - on motion parameters.

4, the scan

When the instrument enters Scan mode, the instrument automatically scans the following order: Time - Speed - Mileage - heart rate - a calorie

5, the battery

The fitness bike dashboard using environmentally friendly batteries No. AA5 section opposite the instrument can replace the battery

Instructions for use

To accommodate your physical condition and make your health has improved significantly, here is how to get the help you optimize several aspects of exercise suggestions:



If you have not done for a long time any form of physical exercise, it is recommended that the best doctor or consult professionals before you start exercising.

Exercise intensity

For best results, select the correct intensity is necessary. Cardiac pulsation of the exercise intensity based on your choice, as is well known, the following formula Preferred choices intensity:

Maximum heart rate = 200 – Age

Please keep the heart rate during exercise between 60% –85% of maximum, When a few weeks before the beginning of exercise, your maximum heart rate should be maintained at 60%, continued to improve your flexibility, maximum heart rate will be gradually adjusted to 85%.

Fat consumption

The body begins to burn fat is about 60% of the maximum heart rate, in order to achieve optimal fat burning efficiency, it is recommended to keep the maximum heart rate between 60% to 70%. The best training volume should be more than twice a week, every 30 minutes is appropriate.



For example: Your 40-year-old, this year plans to start exercising

Limit heartbeat : $200 - 40 (\text{age}) = 160 / \text{min}$

Minimum heart rate: maximum heart rate of
 $160 * 60\% = 96 / \text{min}$.

Maximum heart rate heartbeat: heartbeat * 70% limit
of $160 * 70\% = 112 / \text{min}$

In the first week of the recommended heart rate started at 96, after a slow plaster to 112, which can guarantee that you sustained exercise.

Fitness step

First, warm up

Before each exercise should do warm-up exercises for 5–10 minutes, you can do some stretching exercises and aerobic training.

Second, the motion stage

In exercise of the length of time your actual maximum heart rate reached a 85% to 70% can be calculated according to the following formula:

Training day: about 10 minutes / unit



2-3 times a week: about 30 minutes / unit

Third, relax

Introduction of a muscle to relax in an effective way, in the last 5-10 minutes, the body's metabolism to be completely relaxed, stretching exercises can help you prevent muscle strain.

Maximum heart rate heartbeat: heartbeat * 70% limit of 160 * 70% = 112 / min

Fourth, fitness success

Even after a short period of regular exercise, you will find that you continue to increase your heart rate to match their optimal heart rate during the proper use of your machine will be more adapted to this fitness and health have changed too simple. This goal can inspire you to do more regular exercise. For you to choose a fixed time training, please do not do vigorous exercise in the beginning.

We hope that our products can bring you pleasure, and wish you a fitness success!

