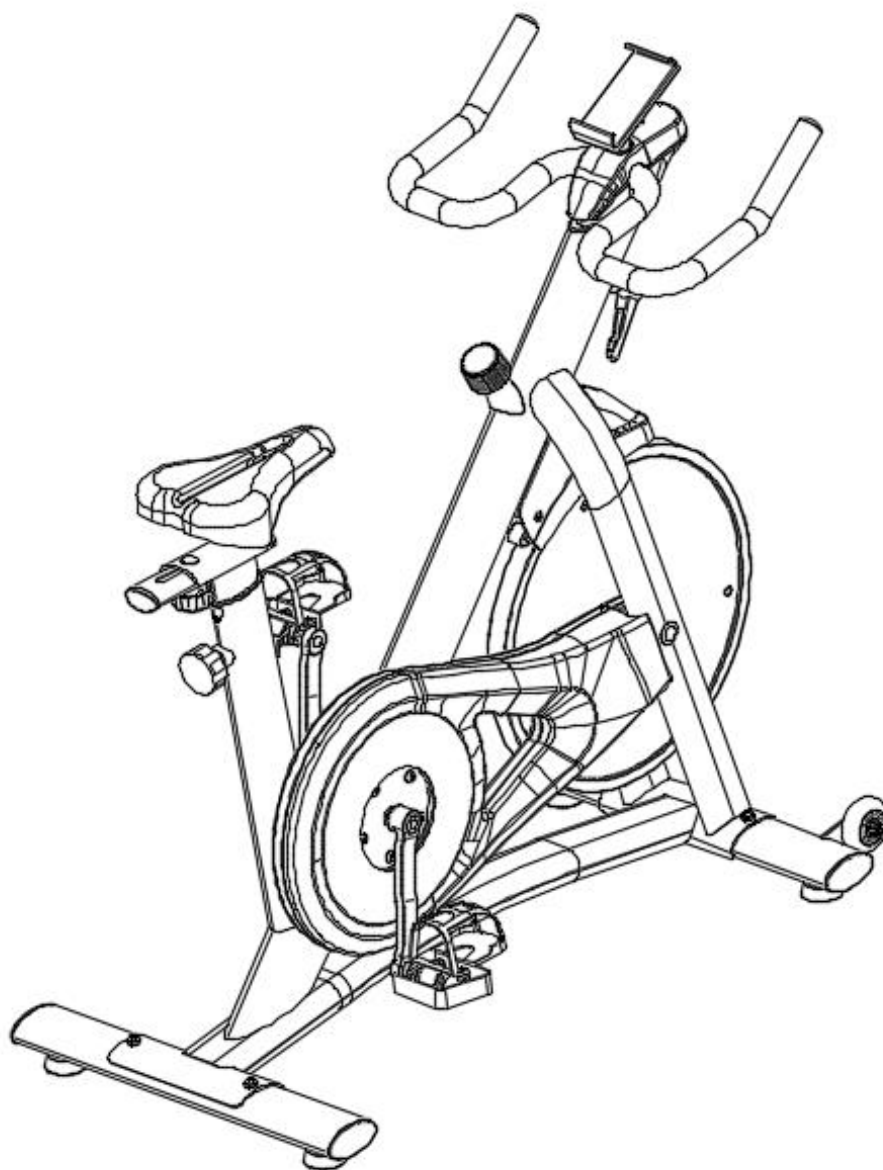


INDOOR CYCLING OWNER'S MANUAL (G611)



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IMPORTANT INFORMATION

SAFETY

1. Please keep this manual in a safe place for your reference when necessary.
2. Please do not assembly or use this equipment until you read this manual thoroughly & carefully.
The safety and efficiency only can be achieved when the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all the users are informed of all the warnings and precautions.
3. For totally safe use, a stable, level surface is required. Protect your floor with a mat. Do not use the equipment in a damp area such as swimming pool, sauna, etc. For safety, the equipment must have at least 0.5 meter of free space all around it.
4. Before starting any exercise program you must consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
5. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experienced any of the following symptoms: pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, feeling light headed, dizzy or nauseous. If you do experience any of these conditions you must consult your doctor before continuing with your exercise program.
6. Keep children and pets away from the equipment, the equipment must be assembled and used by adults only.
7. The equipment is designed for home use only, HC level, Maximum weight of the user is 120kg.
8. The equipment is not suitable for therapeutic use.
9. Wearing proper clothing while using the equipment, avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movements.
10. Keep your back straight while exercising.
11. Before using the equipment, check the handle bar, seat, and the nuts & bolts are securely tightened.
12. For adjustable parts, bear the maximum position in your mind, do not exceed the mark "stop", otherwise will cause risk.
13. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during use, stop immediately. Do not use the equipment until the problem has been solved.
14. Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques or seek assistance if necessary.
15. All moveable accessories (e.g. pedal, handlebar, saddle...etc.) require weekly maintenance. Check them before use every time. If anything broken or loose, please fix them immediately. You may continue using them only after they return to good conditions.



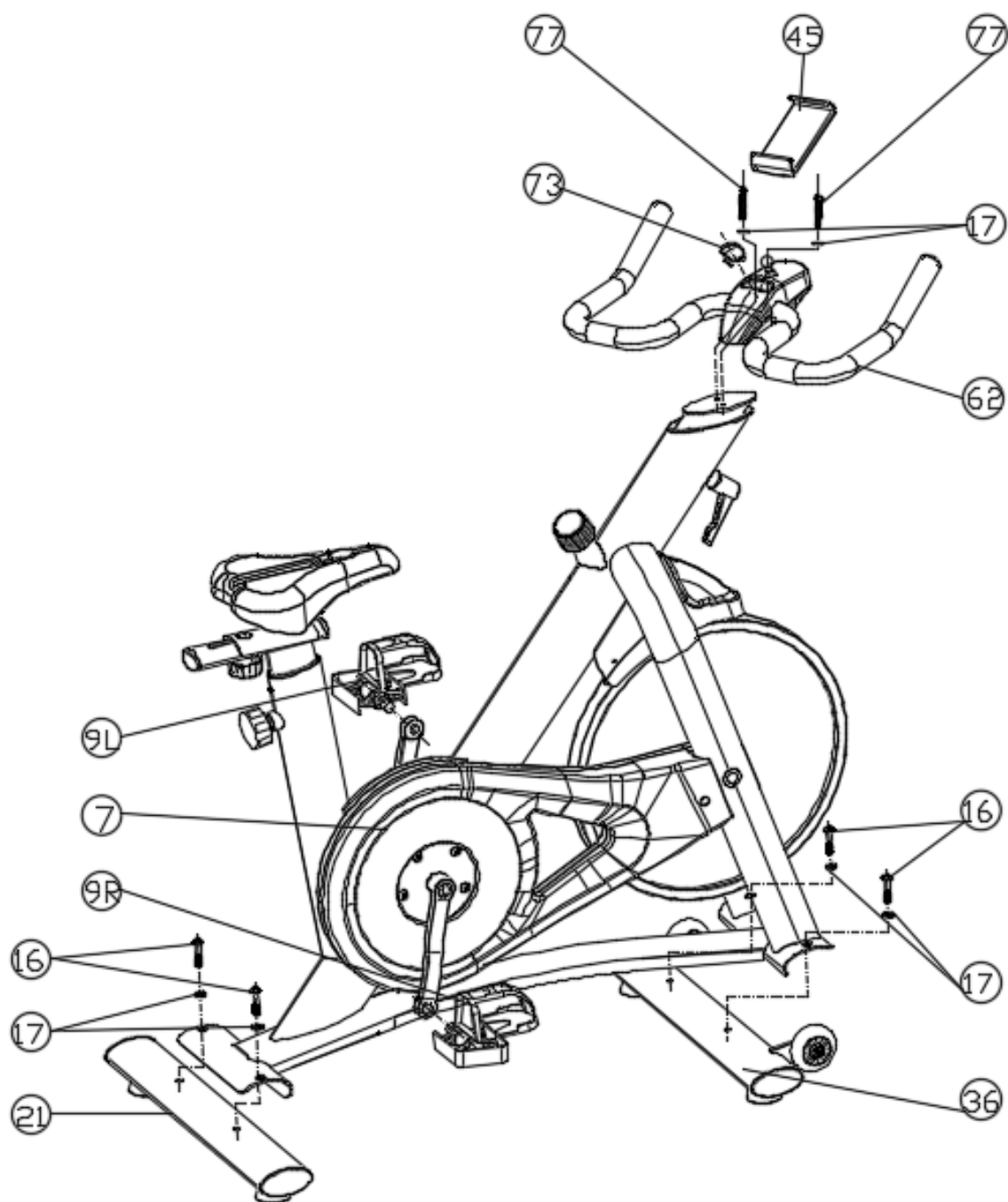
16. Pay attention to the absence of a free wheel system which will cause serious risk.
17. Press on the brake knob for emergency. Also, you can adjust the resistance by turning around the resistance adjusting & brake knob
18. Lock the equipment when stop using.

MAINTENANCE

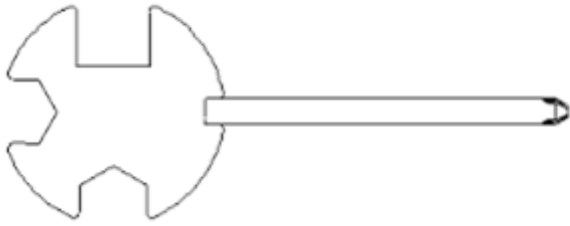
1. The safety level of the equipment only can be maintained if it is regularly examined for damage and or wear and tear. (E.g. handle bar, pedals and seat ...etc.).It is vital that any faulty parts are replaced and then it should not be used until completed repaired.
2. Regularly check that the elements fastened with nuts and bolts are correctly tightened.
3. Remember to grease moving parts regularly.
4. Special attention to the component, most of them are susceptible to wear like brake system, foot pad etc..
5. As sweat is very corrosive, do not allow it to come into contact with the enameled or chromed parts of the equipment, particularly the computer. Immediately wipe the equipment after using. The enameled parts can be cleaned using a damp sponge. All aggressive or corrosive products must be avoided.
6. Store the equipment in a clean and dry environment away from children.



EXPLODED-VIEW ASSMEBLY DRAWING



ASSEMBLY TOOLS&NECESSARY PARTS



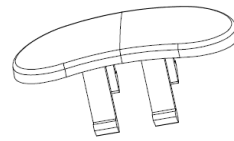
1. Spanner 1 pcs



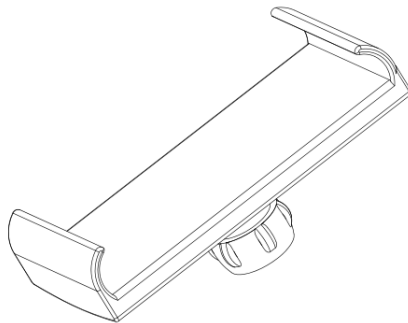
2.S6 Allen wrench 1pcs



3.S5 Allen wrench 1pcs



4.#73 small cover 1pcs



5.#45 phone holder, 1pcs

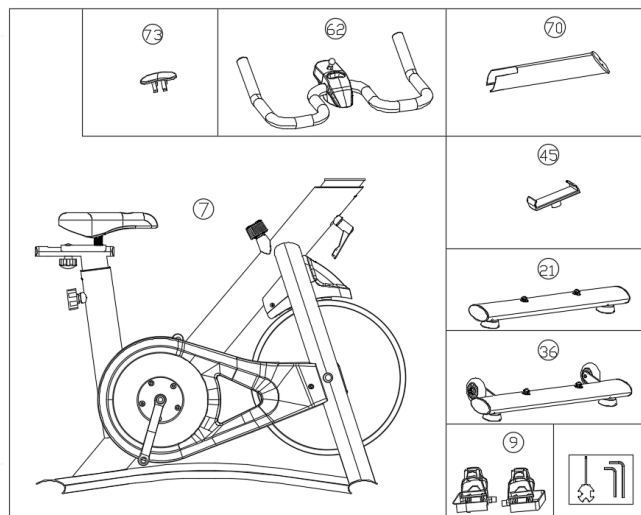


ASSEMBLY INSTRUCTIONS

STEP1

--Take out all the parts from the carton and check if they are completed.

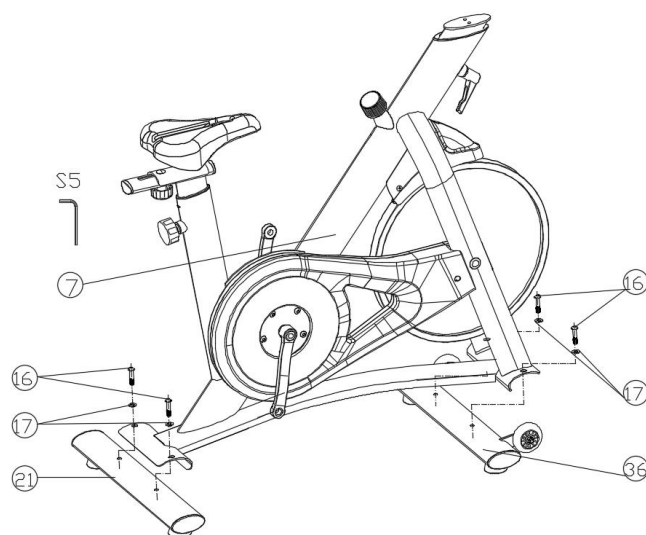
--The parts are: main frame (7), small cover (73), handle bar (62), handle bar support post (70), phone holder (45), rear stabilizer (21), front stabilizer (36), pedals (9), and tools.



STEP2

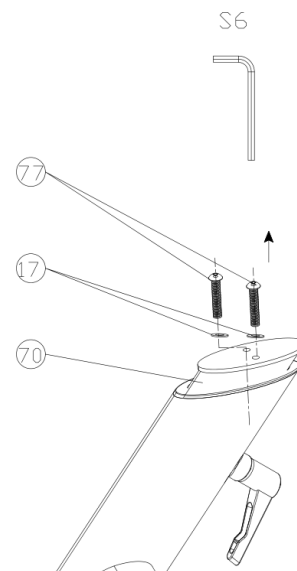
--Screw out all the screws (16) and flat washers (17) on the front stabilizer (36) and the rear stabilizer (21) by the S5 Allen wrench and keep them well.

--Attach the front stabilizer (36) which is with transport wheels to the main frame (7) and fix it by S5 Allen wrench tightly with the kept hardware. Then attach and fix the rear stabilizer (21) to the main frame (7) in the same way.



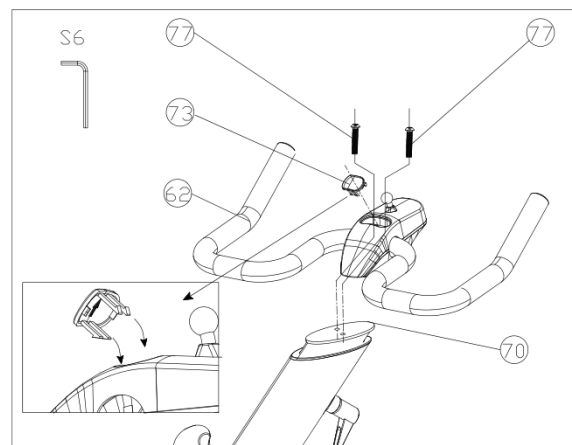
STEP3

--Screw out the screws (77) and flat washers (17) from the handle bar support post (70) by S6 Allen wrench and keep them well.



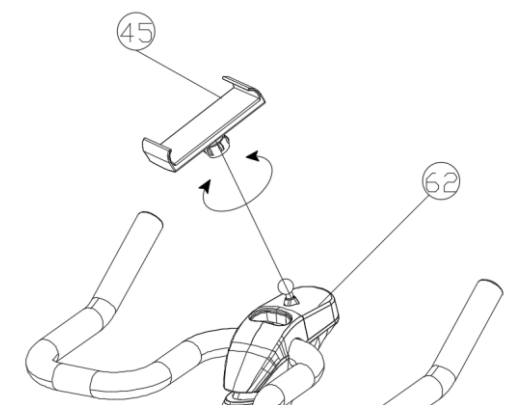
STEP4

-- Fix the handle bar (62) onto the handle bar support post (70) by S6 Allen wrench tightly with screws (77) and flat washers (17).
---Then insert the small cover (73) into the handle bar cover-top as shown.



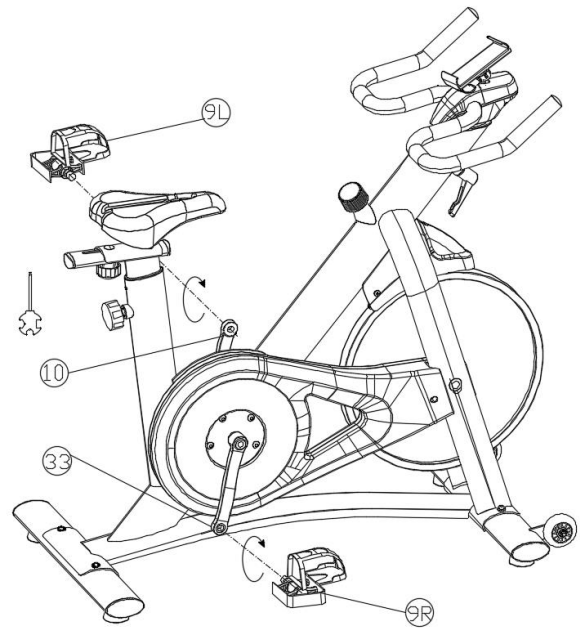
STEP5

-- Loosen the locknut on the phone holder (45) by turning clockwise (be careful not to wring it out); then insert the phone holder (45) onto the phone holder fixing base of the handle bar (62), orient it according to your needs, and tighten it by turning anticlockwise.



STEP6

--Fix the pedal (9L) which is marked "L" onto the crank (10) marked "L" by spanner tightly in anticlockwise; and then fix the pedal (9R) which is marked "R" onto the crank (33) marked "R" by spanner tightly in clockwise.



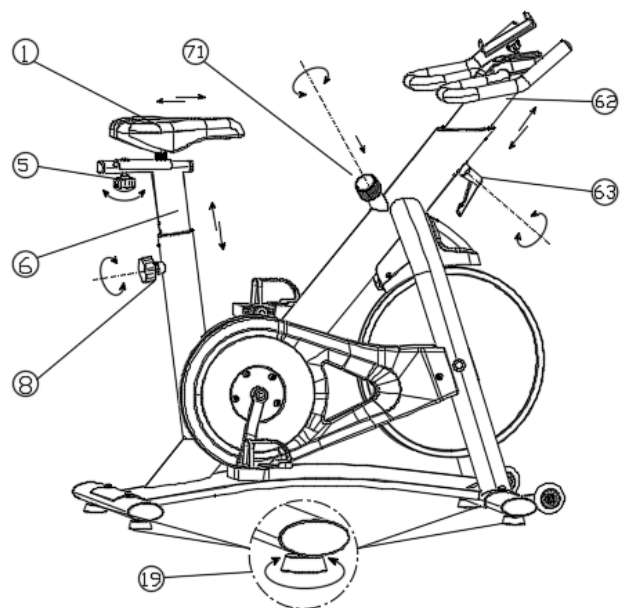
STEP7

--Now the equipment is completed assembled, if you find it unstable on the floor, you can use the adjusting pads (19) on the stabilizers;

--You can adjust the resistance by turning around the brake knob (71); press down the brake knob (71) to stop for emergency.

--You can adjust the height of the seat (1) and handle bar (62) by releasing the knob (8)& (63), and align holes for your desired height ,then tighten it properly but do not exceed the mark "stop".

--The seat also can be slide back and forth and finally fixed by knob (5).



STEP8

Download Onelap and Onelapfit from the Apple Store or Google play.

You can connect bike to Onelap via Bluetooth and the steps are as follows:

1. Turn on Bluetooth of your phone ,start the onelap and go into to the device discovery page,
2. Pedal to awaken your bike's Bluetooth. Then the device name and ID will appear in the discovery page,
3. Click "Connect" button, wait for connection and start riding if completed.

Notice:

The Bluetooth will be in sleep state if the bike is free in order to save power, in that case you can't find the device in the discovery page.

Bike is awakened when pedal movement is detected, and this state will last 30 seconds. You can find your bike in the discovery page and connect it to Onelap within 30 seconds. If the connection isn't completed within 30 seconds, bike will be in sleep state again. You need to reawaken your bike's Bluetooth.





PARTS LIST

NO.	NAME	SEPCIFICATION	QUANTITY
1	seat		1
2	seat sliding set		1
3	elliptical plug	25×50	2
4	curved plate		1
5	knob	M10×P1.5	1
6	seat support post		1
7	main frame		1
8	knob	M16×P1.5×22L	1
9 (L)	pedal –left	M9/16"×20T	1
9 (R)	pedal-right	M9/16"×20T	1
10	crank-left	L 152 9/16"	1
11	crank cover		2
12	flange nut	M10×P1.25×7.5H×S14	2
13	crank hole decorative part		1
14	bearing	6203-2RS	2
15	circlip for shaft	∅ 20	1
16	screw	M8×1.5×45H	4
17	flat washer	∅ 8.5× ∅ 16×1.5t	12
18	elliptical plug	40×80	4
19	adjusting pad	∅ 48×16L×M8×25	4
20	screw	M8	4
21	rear stabilizer		1
22	screw	M5×10H	8
23	corrugated gasket	∅ 20	1
24	screw	ST4.2×16H	2
25	screw	ST4.2×16H	5
26	cover-left		1
27	belt pulley	∅ 280	1
28	cover-front		1
29	axle	∅ 20x ∅ 127.8x172L	1



30	screw	M8×P1.25×20L	5
31	belt	PJ5- 580	1
32	cover-right		1
33	crank-right	L 152 9/16"	1
34	locknut	M8×1.25	3
35	transport wheel	Φ 60× Φ 8.5×22	2
36	front stabilizer		1
37	flywheel axle decorative cover	Φ 25	2
38	locknut	M10×1.5	3
39	flat washer	Φ 10.2× Φ 20×1.5t	2
40	flywheel axle	M10x1.5	1
41	bearing	6300-2RS	2
42	flywheel cover		2
43	screw	ST4.2×10H	6
44	flywheel	Φ 420×28	1
45	phone holder		1
46	flywheel bearing bushing		1
47	axle regulating bushing		1
48	block pieces		1
49	locknut	M6	1
50	bolt		1
51	guide pulley		1
52	guide pulley axle		1
53	screw	M6×14H	2
54	circlip for shaft	Φ 12	2
55	revolving shaft	Φ 12×32	1
56	magnet plate		1
57	brake pad		1
58	screw	M5×20H	2
59	flywheel decorative cover		1
60	screw	ST3.5×14H	2
61	handle bar cover-bottom		1
62	handle bar		1



63	L knob	M16	1
64	cap nut	M6×1	1
65	nut	M6×1.0×8t	1
66	brake regulating bushing	∅ 14×∅ 10.2×22L	1
67	nut	17×13.7×12L	1
68	brake rod	M10×P1.5×172.5L	1
69	brake rod decorative cover		1
70	handle bar support post		1
71	brake knob	M8	1
72	handle bar cover-top		1
73	small cover		1
74	tube plug	∅ 25	2
75	foam		2
76	screw	M4×15H	1
77	screw	M8×1.5×40H	2
78	flat washer	∅ 4×∅ 16×1.5t	1
79	phone holder fixing base		1
80	Induction rod mounting seat		1
81	line of induction		1
82	extension spring		1
83	Slide rheostat retaining plate		1
84	Slide rheostat module		1
85	Battery case retaining plate		1
86	battery holder		1
87	AAA battery		2
88	Slide rheostat connector		1
89	cross recess pan head screw	M5×14H	1
90	lock nut	M5	1

