



Always Moving Forward

Owner's Manual

***Sp8
Indoor Cycle***

ATTENTION:

F1654001-01 SP8_11012

Read instructions carefully, failure to do so may cause permanent damage to your bike.

Please verify that all parts associated with this product are in good condition and accounted for. During the assembly process please be sure to follow each step accordingly as it has been explained within the manual.

Safety Instructions

- Consult your physician before starting with any exercise program to receive advice on the optimal training.
- Warning: incorrect/ excessive training can cause health injuries. Stop using the bike when feeling uncomfortable.
- Please follow the advice for correct training as detailed in the training instructions.
- Ensure that training only starts after correct assembly, adjustment and inspection of the bike.
- Always start with a warm-up session.
- Only use original parts as delivered.
- Follow the steps of the assembly instruction carefully.
- Only use suitable tools for assembly and ask for assistance if necessary.
- Place the bike on an even, non-slippery surface.
- For all adjustable parts be aware of the maximum position to which they can be adjusted.
- Tighten all adjustable parts to prevent sudden movement while training.
- This product is designed for adult. Please ensure that children only use it under supervision of an adult.
- Ensure that those present are aware of possible hazards, e.g. movable parts during training.
- The resistance level can be adjusted to your personal preference.
- Do not use the bike without shoes or loose shoes.
- Ensure that sufficient space is available to use the bike.
- Be aware of non-fixed or moving parts whilst mounting or dismounting the bike.

- To protect the floor or carpet from damage, place a mat under the exercise bike.
- In case of emergency please place both feet at the same time on the side reins.
- Ensure that an area of 2000 x 1000 mm behind the exercise bike is free from any obstacles.
- This product is tested up to a maximum body weight of 150 kilograms.
- We take no responsibility for personal injury or damage sustained by or through the use of this exercise bike.

SAFETY INFORMATION:

1. Keep children and pets away from this equipment at all times. DO NOT leave them unsupervised in the room where the machine is kept.
2. If you experience dizziness, nausea, chest pains or any other symptom while using this machine STOP the exercise. SEEK IMMEDIATE MEDICAL ATTENTION!
3. Keep your hands away from any of the joints and moving parts.
4. Wear clothing suitable for doing exercise. Do not wear baggy clothing that might get caught in the machine. Always wear athletic shoes when using the machine and tie the laces securely.
5. This machine must only be used for the purposes described in this manual. DO NOT use accessories that are not recommended.
6. Do not place sharp objects near the machine.
7. Any person with physical or coordination limitations should not use the machine without the assistance of a qualified person or doctor.
9. Do not use the machine if it is not working correctly.
10. Before using the machine, thoroughly inspect the equipment for proper assembly.
11. Use only authorized and trained technicians if a repair is needed.
15. Use only the tools provided to assemble this machine.
16. This machine can only be used by one person at a time.
17. The moving pedals can cause injury.

Caution: Consult your doctor before beginning to use the machine or any exercise program. Read all of the instructions before using any exercise equipment.

KEEP THESE INSTRUCTIONS SAFE FOR FUTURE USE.



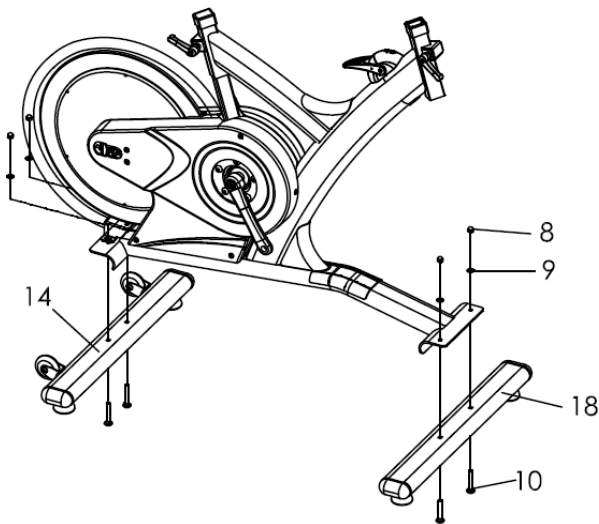
WARNING!

- * Misuse of this machine may result in serious injury.
- * Read User's Manual prior to use and follow all warnings and instructions.
- * Do not allow children on or around the machine.
- * This bike does not free-wheel. Pedals continue to spin when you stop pedaling.
- * Spinning pedals can cause injury.
- * Reduce pedal speed in the increase the numbers of the levels for Tension knob.
- * The user weight must not exceed 150 kgs.
- * This product should always be used on a level surface.
- * Replace label if damaged, illegible or removed.



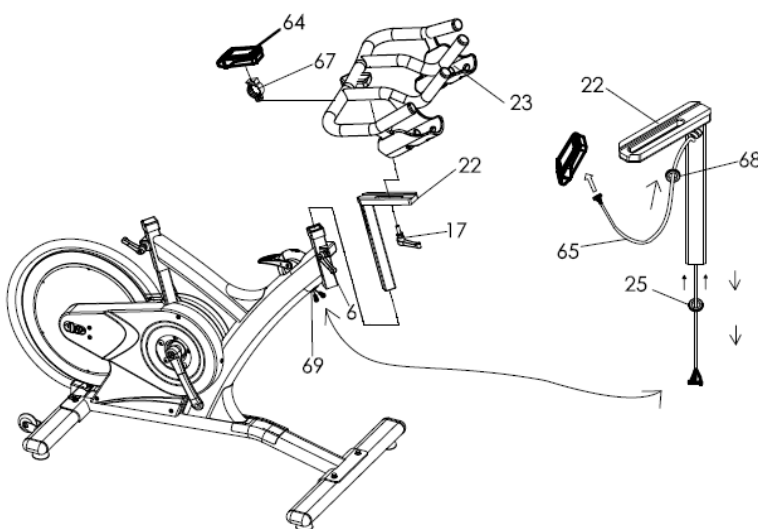
CAUTION: During assembly it is recommended that all bolts be tightened by hand, upon completing assembly, bolts should then be properly secured using the wrench provided. To avoid injury, check bolts carefully before use.

Assembly



Step one

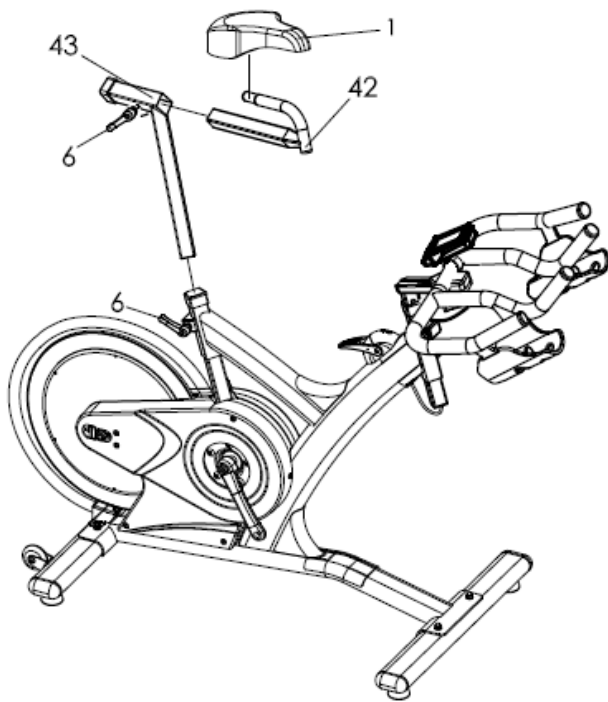
Attach the front foot tube (18) first by lifting up the front of the frame and sliding the front foot tube under the frame. Align the holes of the tube and frame then insert bolt (10) from below. Secure the bolt with washer (9) and nut (8) use the wrench. Use the same procedure to secure the rear foot tube (14).



Step two

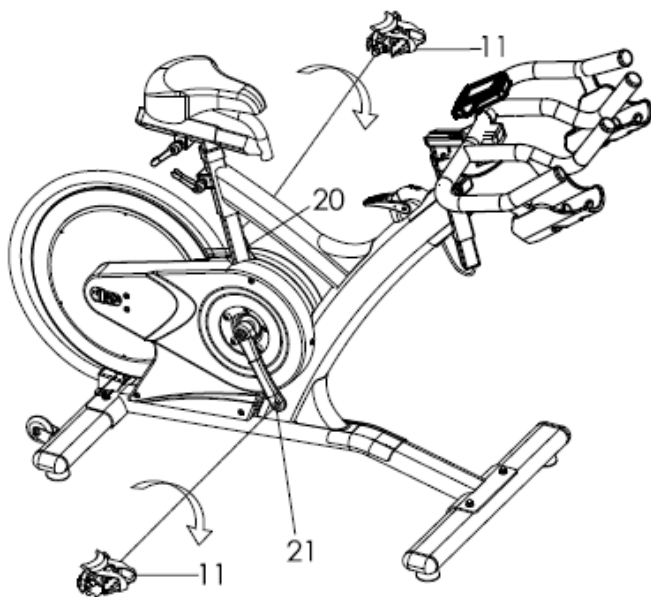
Attach the handlebar post (22) by inserting it into the head tube of the frame. Use the release lever (6) to adjust and tighten the height to the desired position. Attach the handlebar slider (23) on the handlebar post (22), use release lever (17) to adjust and tighten the handlebar into position.

Install the clamp (67) on the handlebar and insert the console (64) to the clamp (67), then connect the cable (65) to the back of the console (64) and make sure the other side of the console cable (65) is connected securely to the cable coming from the frame. After the cable is connected, put cable connectors into frame hole then plug cable stopper (69) to frame.



Step three

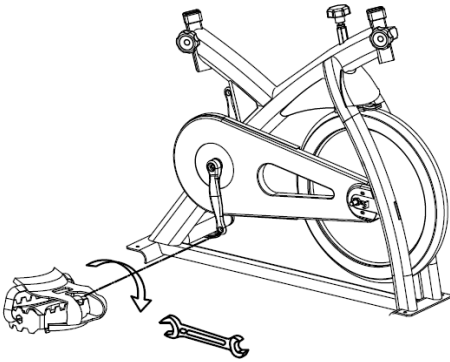
Insert the seat post (43) into the seat tube on the frame. Attach the saddle (1) into seat slider (42). Then tighten seat clamp's nut. Insert the seat slider (42) into the seat post (43) and fix. Loose the release lever (6) to adjust the height and distance in the desired position, and tighten it finally.



Step four

Attach the pedals (11) into the crank arms (20)(21), each pedal is marked with L (left) or R (right), make sure it's assembled on the correct side. (R: means rider's right side). **Be careful to align the threads correctly to avoid damaging them.** Applying a little grease on the threads will help the pedals to screw in easily and correctly, tighten using a 15mm spanner; both pedals should tighten towards the front of the spinning bike.

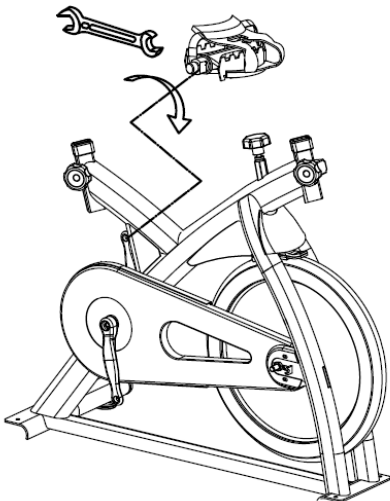
Right pedal



Right Pedal

Please make sure pedal in your hand is the right pedal before Installation. Please refer to the figure. Align the right pedal with right crank at 90 degree. Gently insert the pedal in the crank arm. Turn the pedals **clockwise** as tightly as you can with your hand. Use the wrench to ensure it is tightened securely. **Please always tighten by hand first, then finish by wrench.**

Left pedal

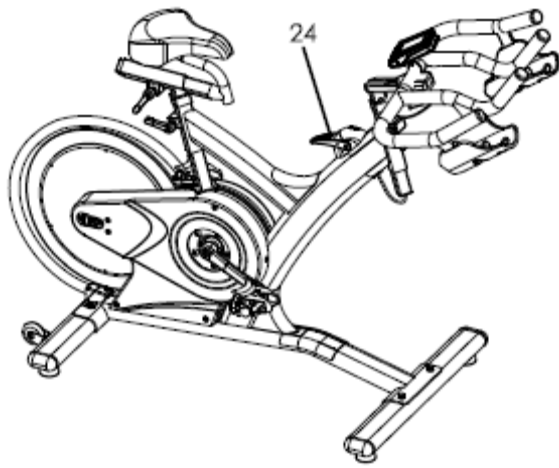


Left Pedal

Please make sure pedal in your hand is the left pedal before Installation. Please refer to the figure. Align the left pedal with left crank at 90 degree. Gently insert the pedal in the crank arm. Turn the pedals **counter- clockwise** as tightly as you can with your hand. Use the wrench to ensure it is tightened securely. **Please always tighten by hand first, then finish by wrench.**

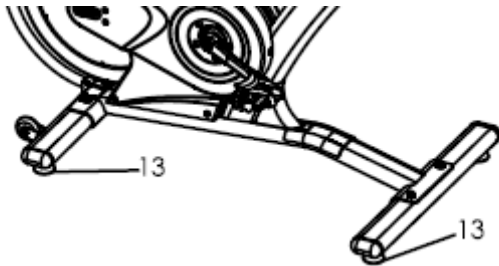
Remark:

Riding this bike backwards may loosen the pedals which will damage the threads. Please always check pedals to ensure that the pedals are tightened. If the pedals have become loose, tighten threads with the wrench to ensure they are securely attached.



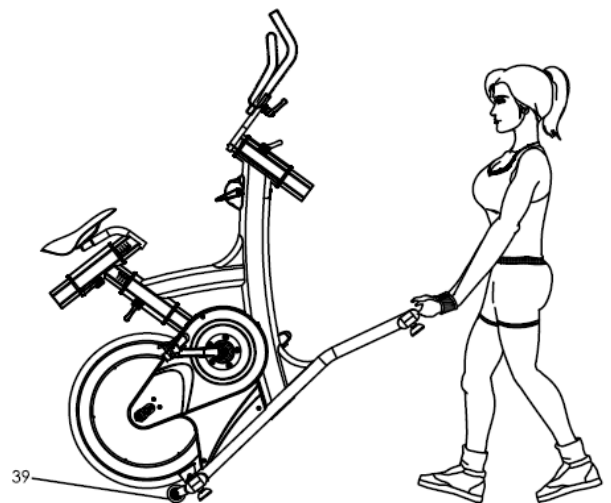
Adjusting the resistance

Adjust the exercise resistance on the spinning bike using the tension knob (24) to loosen (-) or tighten (+).



Stability

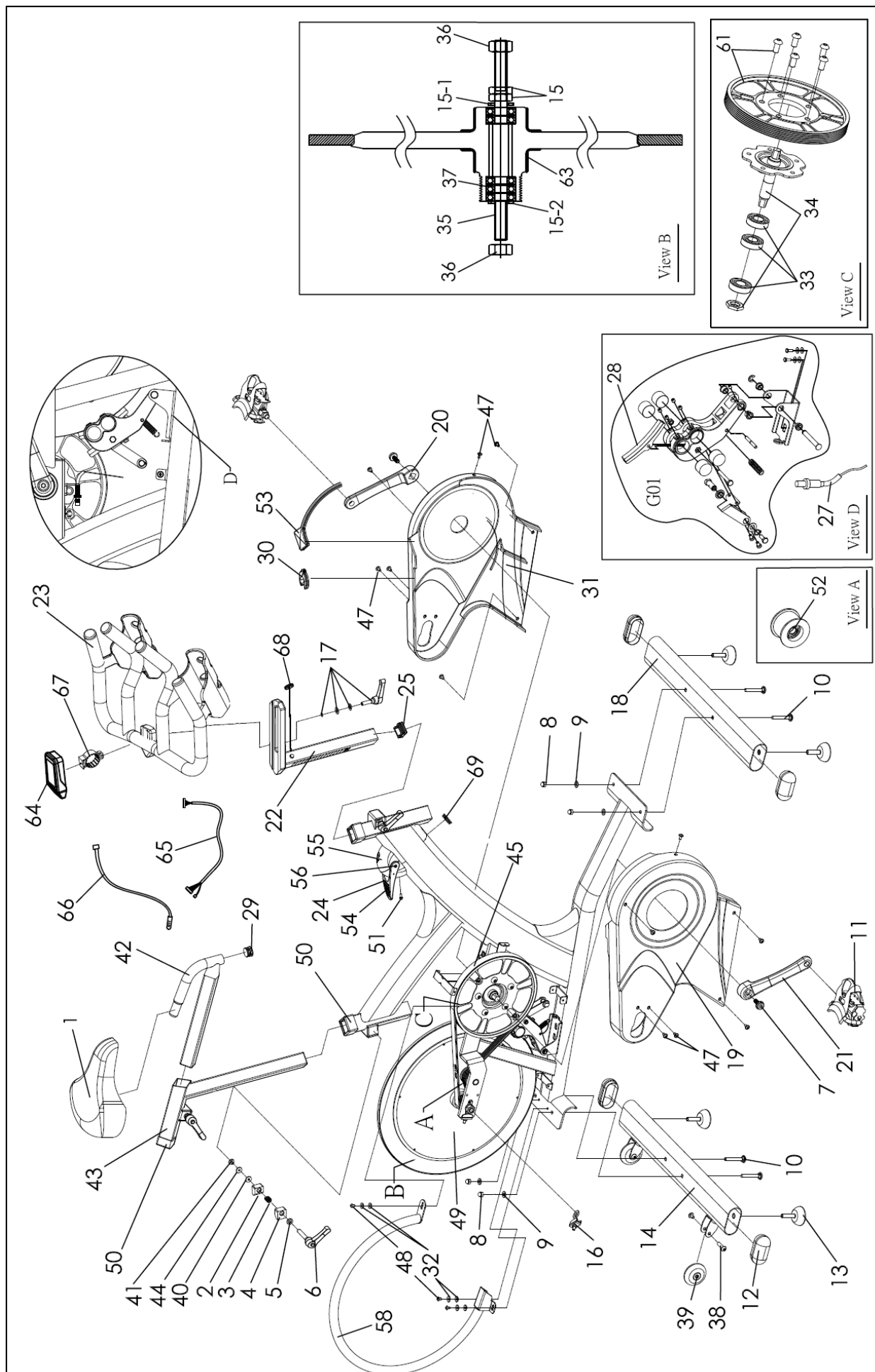
If the floor is not even, you can adjust the height by foot tube adjuster pad (13) to make it firmly.



MOVING

There are moving wheel (39) located in rear foot tube (14) for easy to moving the machine.

Exploded Drawing

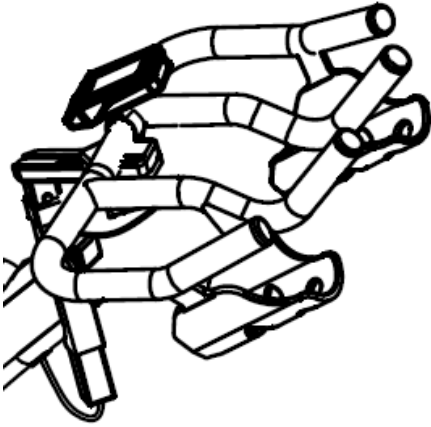


Part list

No.	Name	Unit	No.	Name	Unit
1	Saddle	PC	35	Flywheel axle	SET
2	Alloy bind clamp (L)	PC	36	Fixed wheel nut	
3	Spring for release lever	PC	37	Flywheel bearing	
4	Alloy bind clamp (R)	PR	15,15-1 15-2	Flywheel security washer & nut	
5	Washer for release lever	PC	63	Rubber cover for flywheel	
6	Release lever	PC	38	Axle bolt for moving wheel	PC
7	Crank bolt	PC	39	Moving wheel	PC
8	Foot tube nut	PC	40	Plastic washer for release lever	PC
9	Foot tube washer	PC	41	Fixed bolt for release lever	PC
10	Foot fixing bolt	PC	42,29	Seat slider w/ end plug	PC
11	Pedal	PR	43	Seat post	PC
12	Front / Rear foot tube end cap	PC	44	Washer for release lever	PC
13	Foot tube adjuster pad	PC	45	Belt	PC
14	Rear foot tube Complete	PC	47	Outer chain guard bolt M5	PC
16	Flywheel adjuster bolt	PC	48	Bolt for protection tube	PC
17	Handle bar release lever w/washer	PC	49	Flywheel (complete)	SET
18	Front foot tube Complete	PC	50	Rubber sleeves	PC
19	Right belt guard	PC	51	Fixed bolt for tension knob casing	PC
20	Left crank arm	PC	52	Idler w/bearing, clip	SET
21	Right crank arm	PC	53	Rubber sealed	PC
22	Handle bar post	PC	54	Handle for tension knob	PC
23	Handle bar w/slider	PC	55	Casing for tension knob	PC
24	Tension knob set (complete)	SET	56	Bolt for tension knob handle	PC
25	End cap for handlebar post	PC	58	Flywheel protection tube	PC
27	Adjuster cable guide	PC	61	Belt pulley with screw, magnet	PC
28	Brake pad	PC	63	Rubber cover for flywheel	PC
29	End plug for seat slider	PC	64	Console complete set	SET
30	C Rubber sealed	PC	65	Upper cable	PC
31	Left belt guard	PC	66	Sensor cable	PC
32	Washer for protection tube	PC	67	Clamp for console	PC
33	BB bearing	PC	68	Rubber eyelet	PC
34	BB Axle with plate	PC	69	Cable plug	PC
36	Flywheel security nut	PC	G01	Magnetic brake set, brake pad	SET

Instruction

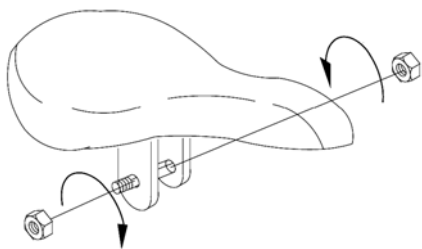
It is important that the handlebar and seat are set at the correct height for your body. Ask your instructor for assistance.



Handlebar adjustment - Adjusting the handlebar height-Undo the adjuster release lever that is located at head tube (where the handlebar post fits into the frame). Slide the handlebar post up or down to the required height and retighten the adjuster release lever. Make sure it is securely tightened and that there is no lateral or vertical movement of the handlebar. The handlebar position can also be adjusted forwards or backwards. Undo the release lever located below the handlebar slider. Slide the handlebar assembly forwards and backwards until you reach the required position. Then securely re-tighten the release lever. Pay attention on "MIN INSERT" mark for safety adjustment.

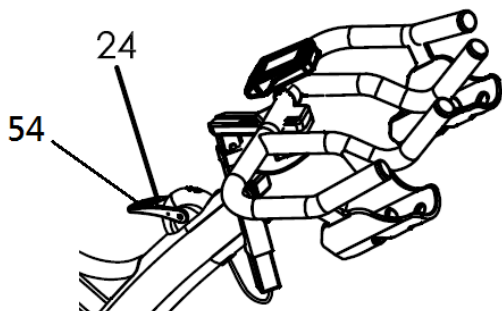


Seat adjustment - Undo the adjuster release lever located at seat tube (where the seat post fits into the frame). Adjust the seat to the required height. Then retighten the adjuster release lever. The seat position can be adjusted forwards and backwards. Undo the adjuster release lever located directly side of the seat slider. Loosen the adjuster release lever then slide the seat to the required position. Then make sure the adjuster release lever retighten. Pay attention on "MIN INSERT" mark for safety adjustment.



Saddle:

Make sure tighten enough for both side of nut after adjust the saddle position. To prevent the saddle from twisting side to side.



Emergency Brake:

Pushing the RED lever (54) of the Tension knob (24) forward completely for emergency brake.

Maintenance Chart

No	DESCRIPTION	Daily	Weekly	Monthly	Quarterly	Annually
1	Keep machine clean: Wipe machine down with clean & dry fabric to clear dirt & sweat.	X				
2	Wipe Anti-rusty cream or similar on the seat post set, handlebar set	X				
3	Visual check	X				
4	Check security of handle bar post & seat post	X				
5	Check security of saddle	X				
6	Remove handlebar post and clean head tube		X			
7	Remove seat post and clean seat tube		X			
8	Check if any noise		X			
9	Check tension knob system		X			
10	Check security of all knobs & release lever		X			
11	Check toe straps for signs of wear		X			
12	Check crank bolts and re-tighten		X			
13	Make sure pedals are screwed in		X			
14	Check the magnetic holder in correct position			X		
15	Check belt tension			X		
16	Wipe the anti-rust oil on the middle range of flywheel surface (avoid the stickers)			X		
17	Check bottom bracket				X	
18	Check flywheel bearings					X
19	Full service-frame inspection					

※ Adjusting the belt tension:

- 1) Loosen the bolt (47), and take off the belt guard (19, 31).
- 2) Loosen the nut (36).
- 3) Turn the nut of the adjuster bolt (16) to adjusting the belt tension. Suggest turn 1/4 circles each time. Don't turn too much to causing tension too tight then damage the axle and bearings.

Please make sure this step be performed on both left & right sides and the adjustment distance is the same. After adjusted, Make sure flywheel keeps parallel with frame and in the middle position.

- 4) After finished the above steps, screw the nut (36) by both sides. Make sure the nut is tighten and fixedly.

Computer Instructions

DISPLAY FUNCTION:

ITEM	DESCRIPTION
SCAN	<ul style="list-style-type: none"> . In SCAN mode, press MODE/ENTER key to choose functions. . Automatically scan through each mode in sequence every 6 seconds. . The sequence of display when press MODE/ENTER key : TIME→DIST→CAL→PULSE/LOAD→RPM/SPEED
SPEED	<ul style="list-style-type: none"> . Range 0.0 ~ 99.9 . Without any signal being transmitted into the monitor for 4 seconds during workout, SPEED will display "0.0"
RPM	<ul style="list-style-type: none"> . Range 0 ~ 999 . Without any signal being transmitted into the monitor for 4 seconds during workout, RPM will display "0"
TIME	<ul style="list-style-type: none"> . Without setting the target value, time will count up. . When setting the target value, time will count down from your target time to 0 and alarm will sound or flash. . Without any signal being transmitted into the monitor for 4 seconds during workout, time will STOP . Range 0:00 ~ 99:59
DISTANCE	<ul style="list-style-type: none"> . Without setting the target value, distance will count up. . When setting the target value, distance will count down from your target distance to 0 with an alarm sound or flash. . Range 0.00~99.99
CALORIES	<ul style="list-style-type: none"> . Without setting the target value, calorie will count up. . When setting the target value, calories will count down from your target calorie to 0 with an alarm sound or flash. . Range 0~9999
WATT	<ul style="list-style-type: none"> . Display power consumption during workout. . range 0 ~ 999
LOAD	<ul style="list-style-type: none"> . Display the level value when adjust LOAD. . Range 1~16
PULSE	<ul style="list-style-type: none"> . Current pulse will display after 6 seconds when detected by the console. . Without any pulse signal for 6 seconds, console will display "P". . Pulse alarm will sound when current pulse is over the target pulse. . Range 0-30~230 BPM

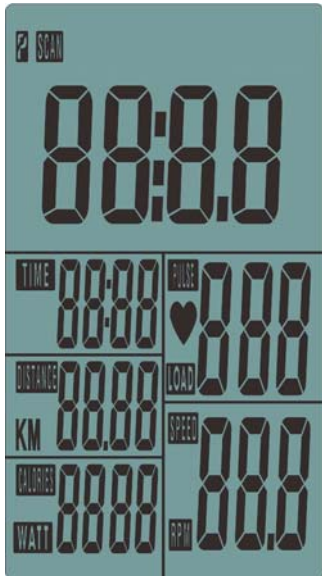
KEY FUNCTION:

ITEM	DESCRIPTION
SET	<ul style="list-style-type: none">Press SET key to increase value. Press and hold the key to increase value faster.TIME setting range: 00:00~99:00 (Each increment is 1:00)CAL setting range: 0~9990 (Each increment is 10)DIST setting range: 0.00~99.50 (Each increment is 0.5)PULSE setting range: 0-30~230 (Each increment is 1BPM)
MODE/ENTER	<ul style="list-style-type: none">Choose each function by pressing MODE/ENTER key.Press and hold MODE/ENTER key for 2 seconds to reset all functions (same feature as the reset key if press for 2 seconds).
RESET	<ul style="list-style-type: none">In setting mode, press RESET key once to reset the current function figures.Press RESET key and hold for 2 seconds to reset all function figures.
RECOVERY	<ul style="list-style-type: none">After the console detects pulse signal, press the RECOVERY key to enter recovery mode to monitor heart rate recovery ability.

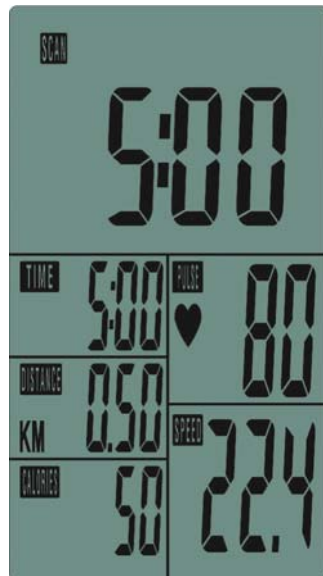
OPERATION PROCEDURE

POWER ON

- . LCD will display all segments as Drawing 1.
- . Monitor working display as Drawing 2.
- . When adjust LOAD, the monitor will display as Drawing 3.



Drawing 1



Drawing 2



Drawing 3

POWER OFF

- . Without any signal being transmitted into the monitor for 4 minutes the monitor will enter SLEEP mode.

OPERATION

Workout setting

- Press MODE/ENTER key to select the function of TIME, DISTANCE, CALORIES and PULSE. Use SET Key for setting and press MODE key for confirmation.
- For instance the time set-up, when the time value is blinking, you can use SET Key to adjust the number. Press MODE/ENTER key for confirmation and skip to next set-up. The set-up of DISTANCE/ CALORIES and PULSE is the same as TIME set-up.
- Once the workout begins and the console picks up the exercise signal, the value of SPEED/RPM, TIME, DST, CAL and PULSE will count up on the display.

Recovery

1. The RECOVERY key will only be valid if pulse is detected.
2. TIME will show "0:60" (seconds) and counts down to 0.
Computer will show F1 to F6 after the countdown to test heart rate recovery status. User can find the heart rate recovery level based on the chart below.
3. Press RECOVERY key again to return to the beginning.

F1	Outstanding
F2	Excellent
F3	Good
F4	Fair
F5	Below average
F6	Poor

Trouble shooting:

- . When the display of LCD is dim, it means the batteries need to be changed.
- . If there is no signal when you pedal, please check if the cable is well connected.

NOTE:

1. When stop training for 4 minutes, the main screen will be off.
2. If the computer displays abnormally, please re-install the batteries and try again.

APP



1. This console can connect APP on the smart device by Bluetooth.
2. Once console is connect to smart device via Bluetooth, the console will power off.

circle
FITNESS

Always Moving Forward



Sp8 Indoor Cycle

