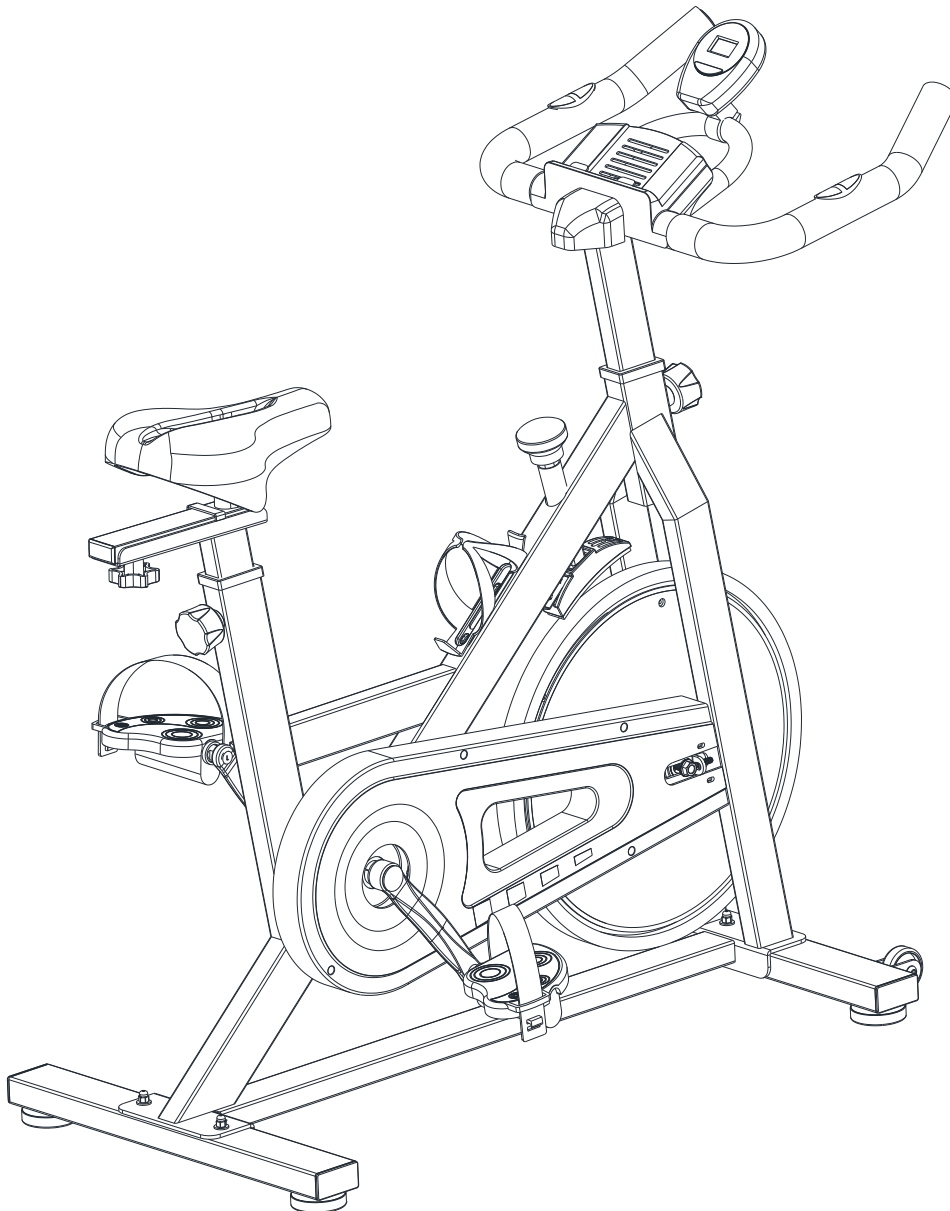


INSTRUCTION MANUAL
SPIN BIKE FOR HOME USE
Model No. KSU1101



⚠ Note: Please read this instruction manual carefully before installing or using the product & retain it for future reference.

IMPORTANT SAFETY INFORMATION

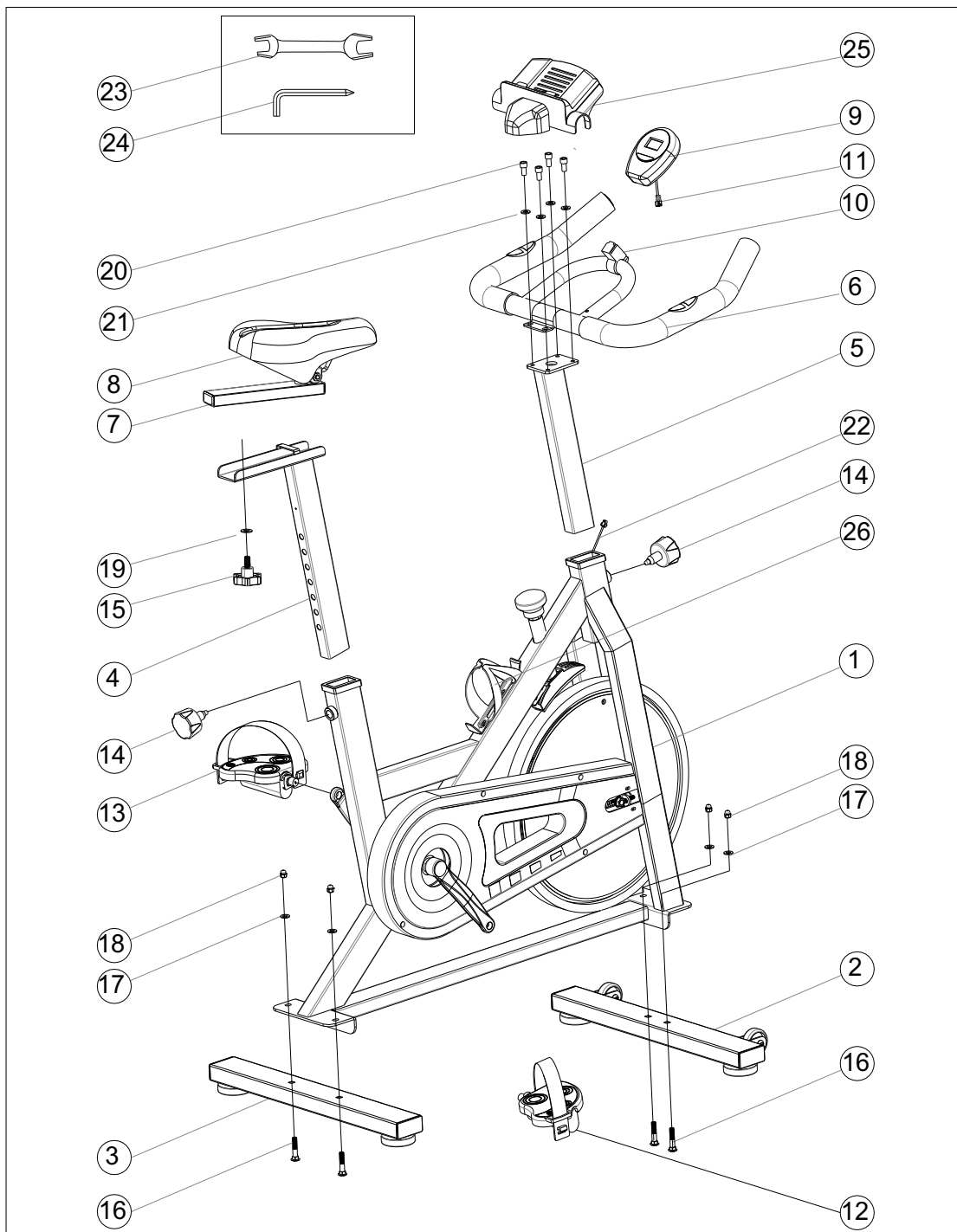
Warning: to reduce the risk of injury, read the following safety instructions before using the equipment.

Important: this unit is intended for home use only.

- It is important to read this entire manual before assembling and using the equipment. Safe and efficient use can only be achieved if the equipment is assembled, maintained, and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
- Before starting any exercise program, you should 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.
- Be aware of your body's signals. Incorrect or excessive exercise can damage your health.
- Stop exercising if you experience any of the following symptoms: Pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, feeling lightheaded, dizzy, or nauseous. If you do experience any of these conditions, you should consult your doctor before continuing with your exercise program.
- Keep children and pets away from the equipment. The equipment is designed for adult use only.
- Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. For safety, the equipment should have at least 0.6 meter of free space all around it.
- Before using the equipment, check the nuts and bolts are securely tightened.
- The safety level of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
- Always use the equipment as indicated. If you find any defective components whilst assembling or checking the equipment, or if you hear any unusual noise coming from the equipment during use, stop. Do not use the equipment until the problem has been rectified.
- Wear suitable clothing whilst using the equipment. Avoid wearing loose clothing which may get caught in the equipment or that may restrict or prevent movement.
- The equipment has been tested and certified to EN ISO 20957-1; EN ISO 20957-5 under class H.C. Suitable for domestic, home use only. Maximum weight of user 265lb (120kg).
- This equipment is not suitable for high precision applications.
- Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or use assistance.

EXPLODED DRAWING OF PARTS LIST

EXPLODED DRAWING OF SPIN BIKE



PARTS LIST

NO.	NAME	SIZE	QTY.	NO.	NAME	SIZE	QTY.
1	Main Body	Assembly	1	15	Adjusting Knob	M10	1
2	Front Stabilizer	Assembly	1	16	Carriage Bolts	M8X50	4
3	Rear Stabilizer	Assembly	1	17	Flat Washer	Ø8.5	4
4	Saddle Post	Assembly	1	18	Cover Nut	M8	4
5	Handle Post	Assembly	1	19	Flat Washer	Ø10.5	1
6	Handle Frame	Assembly	1	20	Button Head Bolt	M8X16	4
7	Saddle Adjustment Frame	Assembly	1	21	Spring Washer	Ø8.5	4
8	Saddle	Assembly	1	22	Signal Wire	Assembly	1
9	Monitor	Oval	1	23	Open Spanner	13-15	1
10	Monitor Holder	Assembly	1	24	Hexagon Wrench	6mm	1
11	Pulse Wire	Assembly	1	25	iPad Rack		1
12	Right Pedal	R	1	*	Water Bottle Cage		1
13	Left Pedal	L	1	*	Ab Mat		1
14	Adjusting Knob	M16	2	*	Sit Ups Strap		1

For other assembly problems or missing items, please either call us at **(985) 690-0828**

or write to us at customerservice@kathysuniverse.com

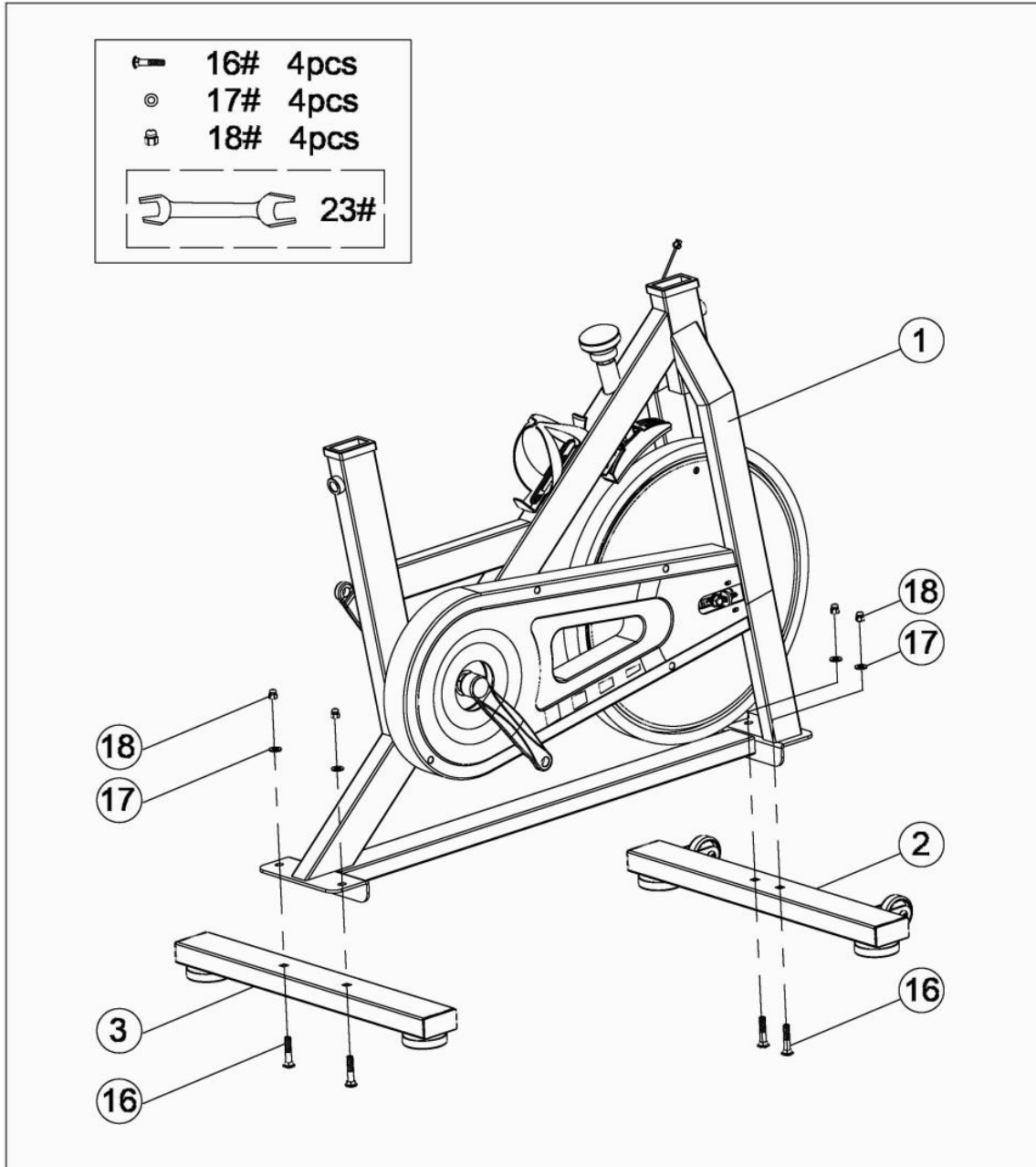
Please including your order id, model number of the spin bike and a picture & video of the problem. We will respond to you within 12 hours.

Scan the QR code here for assembly video instructions.



ASSEMBLY INSTRUCTIONS

STEP 1

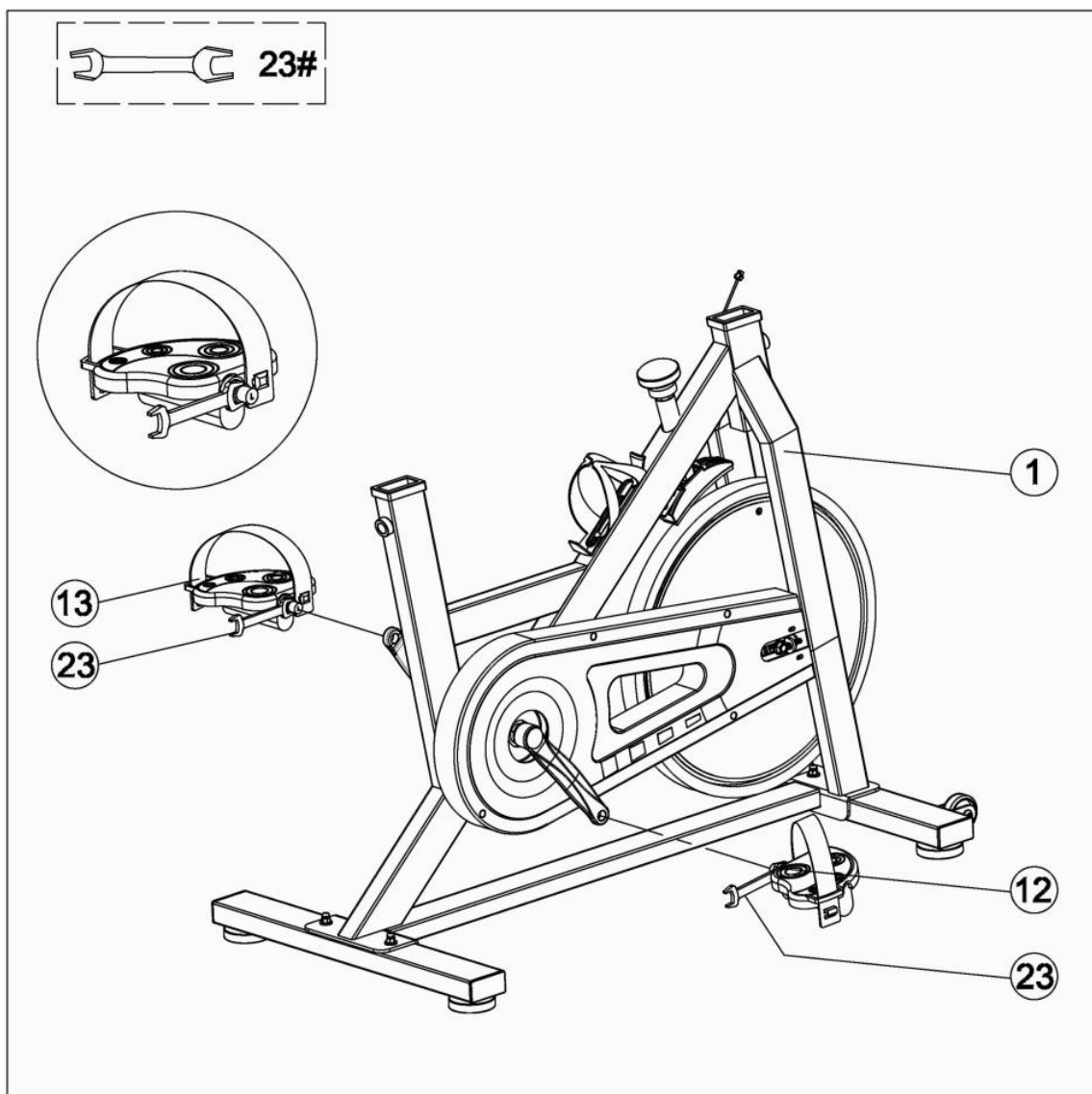


The Front Stabilizer (2) is fixed on the Main Body (1) with Carriage Bolts (16), Flat Washers (17) and Cover Nuts (18) and fixed with Open Spanner (23).

Note: the caster wheels of the Front Stabilizer (2) are at the front, as shown in the picture.

Similarly, the Rear Stabilizer (3) is fixed on the Main Body (1) with Carriage Bolts (16), Flat Washers (17) and Cover Nuts (18) and fixed with Open Spanner (23).

STEP 2



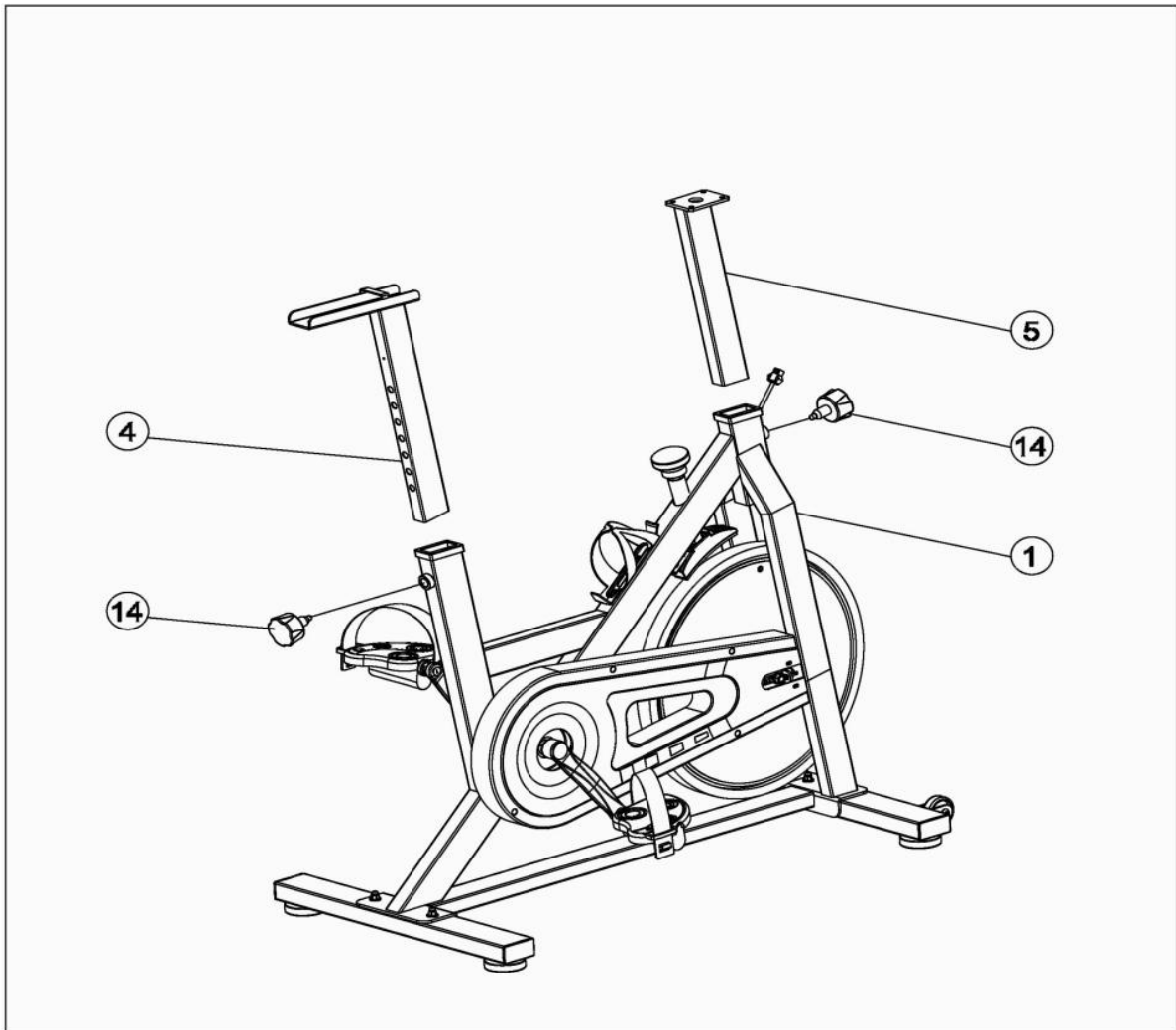
Install the right pedal (12) with R mark on The Main Body (1) and tighten with Open Spanner (23).

Note: tighten it in a clockwise manner.

Similarly, Install the left pedal (13) with L mark on the Main Body (1) and tighten with Open Spanner (23).

Note: tighten this in a COUNTERCLOCKWISE manner.

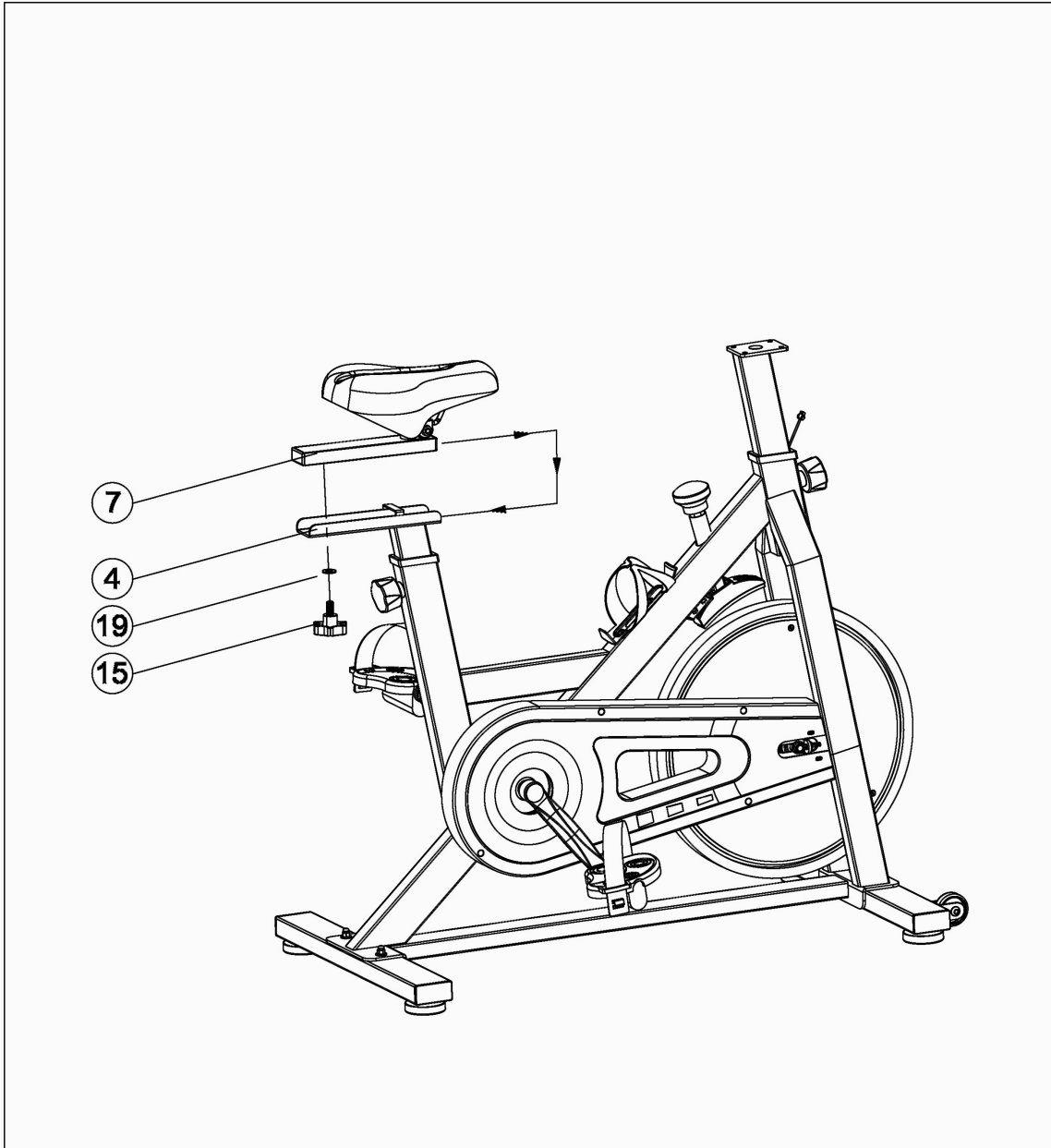
STEP 3



Similarly, the Handle Post (5) is inserted into the Main Body (1), and when the Adjusting Knob (14) is pulled, you can adjust the height of the handles by inserting it into the corresponding hole of the Handle Post (5). The Adjusting Knobs (14) are installed in front and back of the Main Body (1) respectively.

Note: no tightening is required at this time.

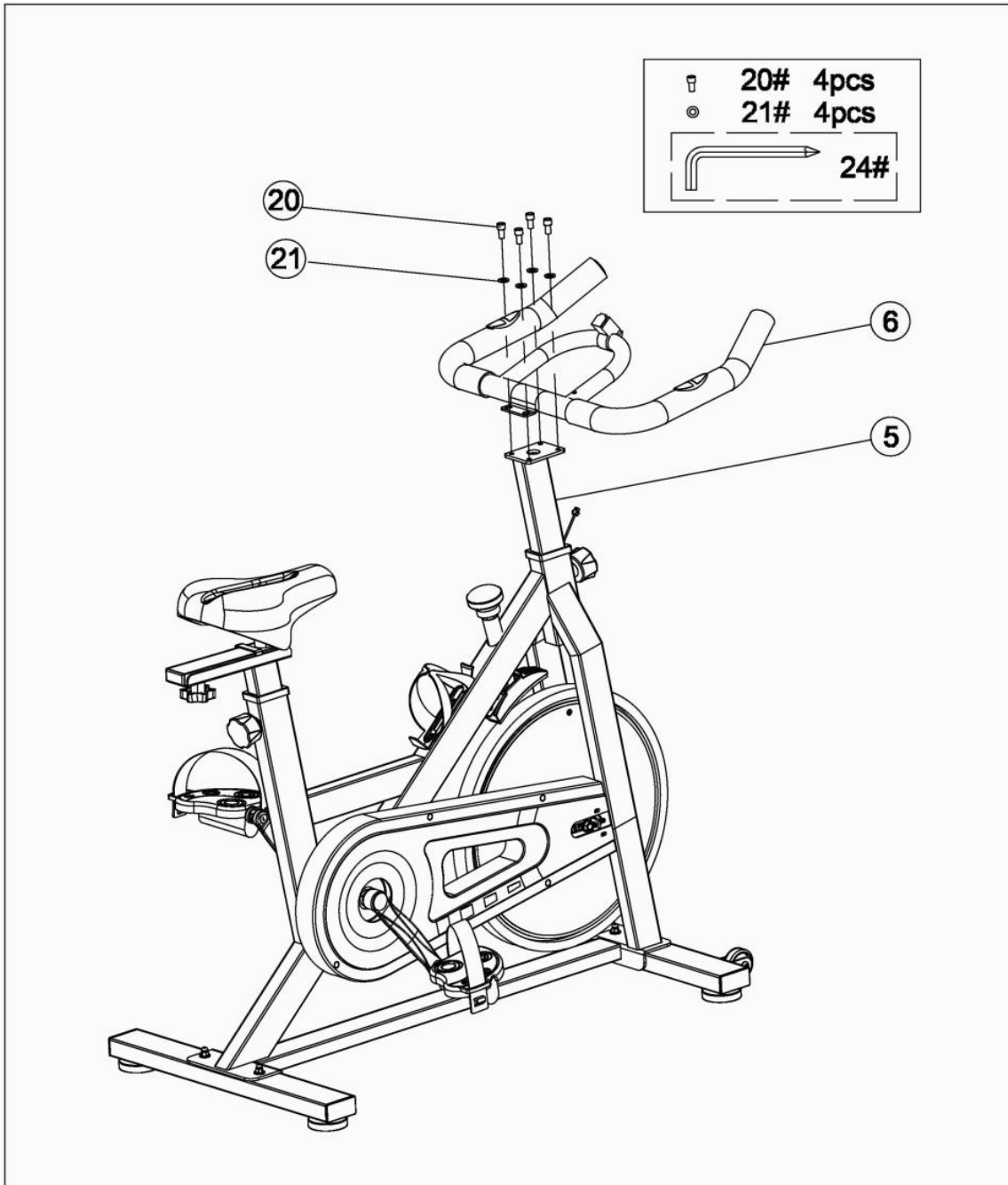
STEP 4



The Seat Adjustment Frame (7) is installed on the Seat Post (4) and is fixed with a Flat Washer (19) and an Adjusting Nut (15).

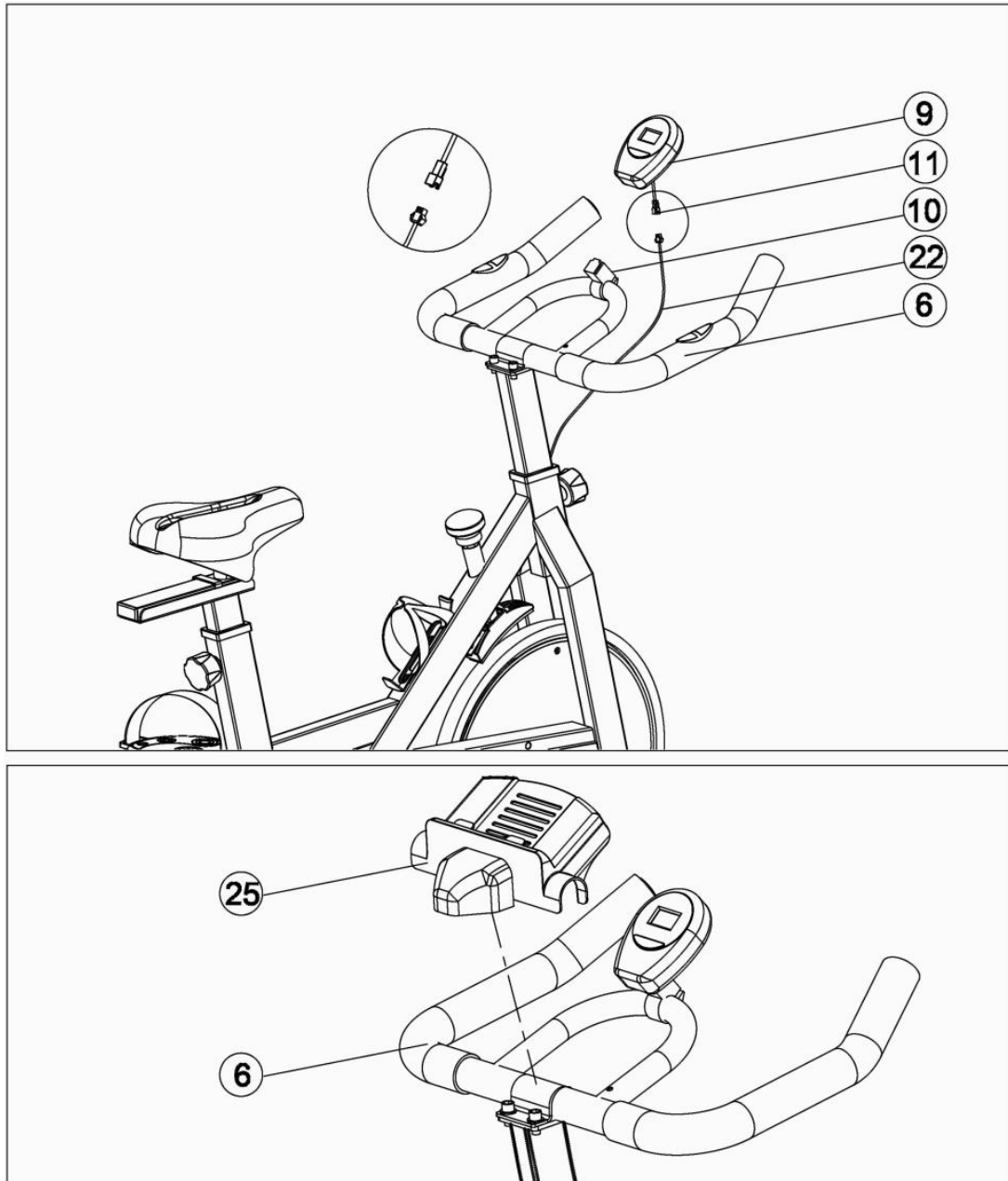
Note: Loosen the Adjusting Nut (15) to adjust the position of the Seat Adjusting Frame (7) back and forth to the optimum position. The Adjusting Nut (15) needs to be tightened before using the bike.

STEP 5



The Handle Frame (6) is fixed on the Handle Post (5) with the Spring Washer (21) and the Round Head Bolt (20) and tightened with the Hexagon Wrench (24).

STEP 6

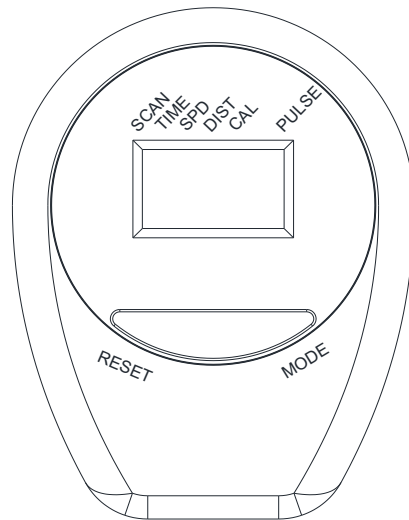


Install the Monitor (9) on the Monitor Holder (10) as shown in the picture and slide the monitor on in the direction of the upper opening of the holder. Tighten the screw on the lower part of the holder with the inner hexagon wrench.

Finally, connect the Pulse Wire (11) to the Signal Wire (22), and the corresponding connectors. Install the iPad Rack (25) onto the middle of the handlebar and simply clip it on.

Caution: before using, please reconfirm that each part is tightened and firm, and the machine is stable on the floor.

MONITOR FUNCTIONS



Battery installation

Insert two 1.5V, AAA batteries in the battery compartment on the back of the monitor (after battery replacements, all values will default to "0")

Functional description

- Automatic scanning (SCAN): open the screen or press the button to enter the SCAN state, all the functions of the TIME - SPD - DIST - CAL - PUL will be automatically displayed in turn on the main screen.
- The movement time (TIME in minutes): cumulative calculation of movement time from 00:00-99:59, the user can press the button to select the time value display state.
- The movement distance (DIST in miles): cumulative calculation movement from the 0.0-999.9, the user can press the button to select the value of the distance display.
- Calories (CAL): shows that the cumulative consumption of calories from 0.0-9999, the user can press the button to select the value of the state of the display value.

Note: this data is only approximate and cannot be used for medical purposes.

- The speed of movement (SPEED in mph): shows the current speed of the user, the value of 0.0-999.9 mile / hour.
- Pulse (PUL in ppm): instant heart rate, 40-240 pulses / minute, Note: this data is only approximate and cannot be used for medical purposes.
- Reset: hold down the button for about 3 seconds, all the values will be reset to "0".

Attention

- If monitor is not working, check the polarity of the batteries, re install if necessary, noting battery "+" "-" signs.
- Battery specification: 2 AAA 1.5V batteries.
- Please dispose used batteries responsibly.

BLUETOOTH & SIT UPS FUNCTIONS

Bluetooth Function

Use the Bluetooth function to connect your devices to sports apps such as FitShow, Kinomap and Zwift. Download these apps from your respective app stores for your devices. They are available from both Apple & Google Play Stores.

Ensure the treadmill is switched on. Turn on Bluetooth on your device and search for “KSU1101” to connect with the app.



FitShow is an App developed for indoor and outdoor exercise enthusiasts. Indoor fitness devices are connected via Bluetooth with treadmills, exercise bikes, steppers, elliptical machines and other fitness equipment, to achieve access to maps, programs, goals, etc.



Kinomap is an interactive training app for indoor running, cycling and rowing. It is the world's largest geolocated video sharing platform, with thousands of videos from the best tracks around the world. You can use Kinomap for creating, hosting, sharing user-generated videos such as those of GPS cameras or common cameras coupled with GPS track from another device.



Zwift is a massively popular multiplayer online running, cycling and physical training app that enables users to interact, train, and compete in a virtual world. All of your core running metrics - including speed, pace and cadence are displayed in real-time with workouts saved to Zwift. There're events you can enter or choose to follow training plans or races nearing on the horizon.

Sit Ups Function

This spin bike includes an added function to enable sit ups, for a total body workout. Locate the sit ups strap and an AB (abdominal) mat amongst the Parts List. Place the sit ups strap directly under the casters wheels as shown in the picture and adjust the buckle for an optimum fit to accommodate your feet when you are doing the sit ups. To provide a cushion for your tailbone, place your buttocks at a suitable distance from the strap as shown in our video instructions.

Scan the QR code here for video instructions.





For video assembly instructions -

- Please visit <https://www.kathysuniverse.com/pages/exercise-bikes>
- Or scan the QR code on this page

For joining our product testers community -

- Please visit our website at www.kathysuniverse.com

In case of any problems, please either call us at [\(985\) 690-0828](tel:9856900828) or write to us at customerservice@kathysuniverse.com , including your order ID & spin bike model number and a photo or a video of the problem, we will respond to you within 12 hours.

