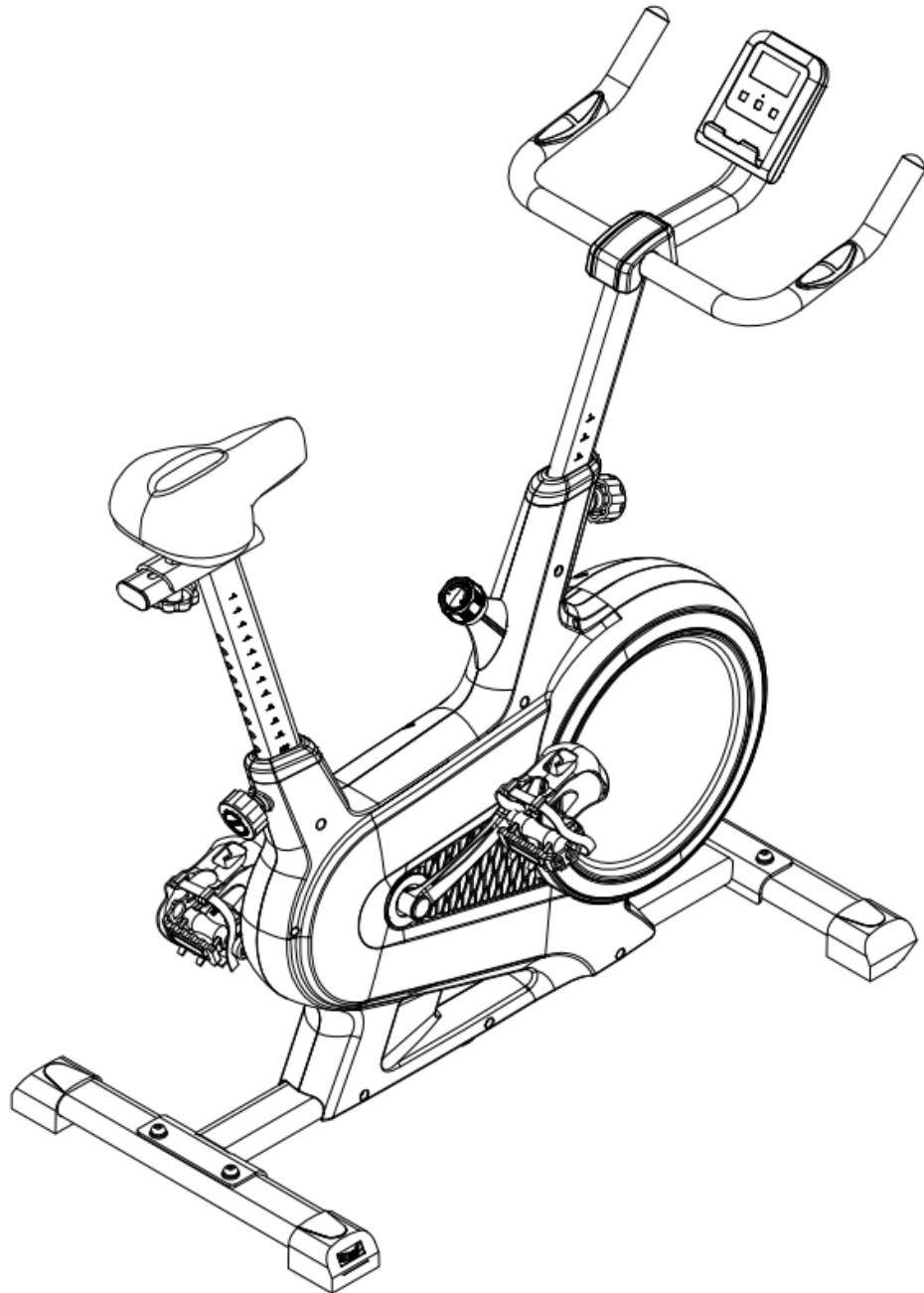


INSTRUCTION MANUAL
SPIN BIKE FOR HOME USE
Model No. KSU1102



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

IMPORTANT SAFETY INFORMATION

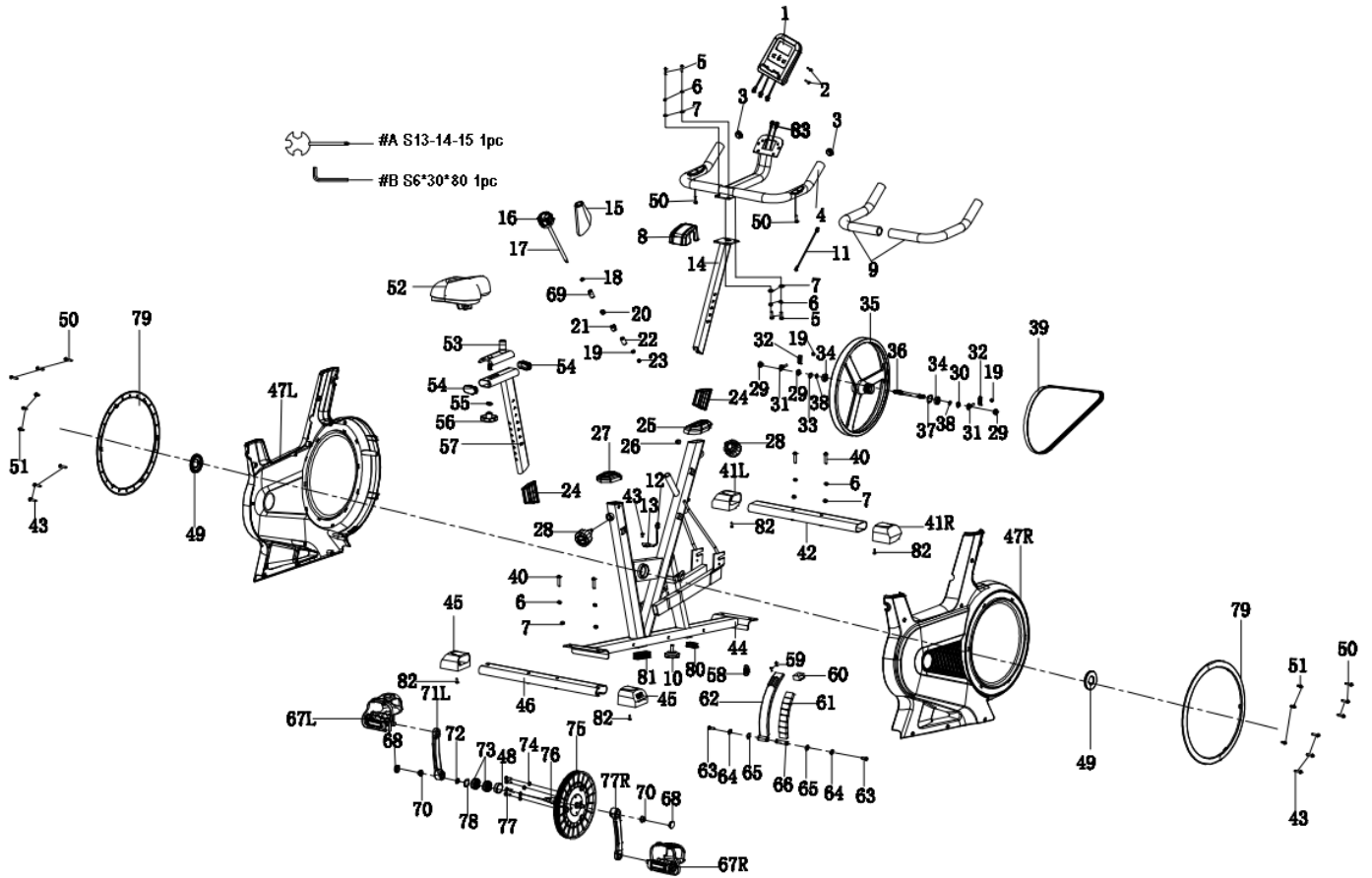
Please note the following items before assembling and using the equipment:

- Read & follow each instruction with care.
- For the safety of users, ensure all the bolts and connecting parts on the equipment are tightened and secure before using.
- Do not expose the equipment to heat or dampness.
- When assembling, it is best to place the parts on a clean mat to avoid soiling.
- Before exercise, ensure no other items are placed within 0.6 meters around the equipment.
- Clean only with a damp cloth, do not use solvent cleaners and after each exercise, wipe off the sweat on the equipment.
- Incorrect or excessive exercise can cause damage to your health. It is recommended to consult a doctor or health professional before embarking on an exercise regime. You should have guidance on how to perform the optimum amount of training, including management of heart rate, calories, speed & duration, etc. This equipment is not suitable for therapeutic use.
- For maintenance & repair, only use the original accessories provided or recommended by the manufacturer.
- Always wear proper sports apparel & footwear when exercising.
- If at any time during exercise you feel faint, dizzy or experience pain, STOP and consult your physician immediately.
- Children and disabled persons should only use this equipment under guidance.
- The design of this bike enables the adjustment of the resistance for exercise intensity to suit individual requirements.
- During exercising on the bike, ensure each foot is securely within the caged pedal and tightened to avoid displacement or slippage.
- When not in use, please turn the knob in the + direction into the locked state.
- The maximum user weight capacity of this bike is 309lb (140kg).
- This equipment is designed for indoor use only.
- This machine is for use by a single person only.

Note: make sure all screws and nuts are tightened before exercising

EXPLODED DRAWING OF PARTS LIST

EXPLODED DRAWING:



Parts List:

No.	Description	Qty	No.	Description	Qty
1	Monitor	1	27	Rear Cover	1
2	Crossed Pan Screw M5*10	2	28	Big Play Pin Knob	2
3	Arched Tube Plug	2	29	Hexagon Nut M10*1.0*H8*S17	3
4	Handlebar Weld	1	30	Hexagon Nut M10*1.0*H5*S17	1
5	Inner Hexagon Pan Bolt M8*16*S6	4	31	Adjustable Chain Bolt	2
6	Spring Washer Ring D8	8	32	U-Board	2
7	Flat Washer D8	8	33	Spring Ring for Axle with $\Phi 10$ Axle	1
8	Handlebar Cover	1	34	Bearing 6000RS	2
9	Handlebar Foam	2	35	Flywheel	1
10	Foot Pad	1	36	Flywheel Axle	1
11	Mid Wire 2	1	37	Waved Washer Ring d10* $\Phi 14$ *0.3	1
12	Sensor Wire	1	38	Flat Washer $\phi 14$ * $\phi 10.2$ *1	2
13	Needle-tape Sensor	1	39	Belt	1
14	Upright Tube Weld	1	40	Inner Hexagon Pan Bolt M8*45*15*S6	4
15	Brake Rod Cover	1	41 L/R	Idler Flywheel Group of Front Stabilizer	2
16	Brake Knob	1	42	Front Stabilizer Weld	1
17	Brake Rod	1	43	Crossed Pan Self-tapping Self-drilling Screw ST4.2*16	11
18	Hexagon Nut M8*H5*S14	1	44	Main Frame	1
19	Hexagon Nut M6*H4.5*S10	3	45	Rear Foot Pad	2
20	Up Spacer	1	46	Rear Stabilizer Weld	1
21	Brake Oblate Nut	1	47L	Left Chain Cover	1
22	Down Spacer	1	47R	Right Chain Cover	1
23	Domed Nut M6*S10	1	48	Spacer of Mid Axle	1
24	Sleeve between Tube	2	49	Crank Plug Ring	2
25	Front Cover	1	50	Crossed Pan Self-tapping Screw ST4.2*20	8
26	Wire Plug	1	51	Crossed Pan Screw M4*8	6

No.	Description	Qty	No.	Description	Qty
52	Saddle	1	71L	Left Crank	1
53	Adjustable Support Weld	1	71R	Right Crank	1
54	Oblate Elliptical Tube Plug	2	72	Spring Ring for Axle with $\Phi 20$ Axle	1
55	Flat Washer $\phi 10.5 \times \phi 30 \times 3$	1	73	Bearing 6004RS	2
56	Plum Blossom Nut	1	74	Spring Washer Ring D6	4
57	Seat Tube Weld	1	75	Belt Pulley	1
58	Drag Spring	1	76	Mid Axle Weld	1
59	Crossed Pan Screw M5*10	2	77	External Hexagon Screw M6*10*S10	4
60	Brake Block	1	78	Waved Washer Ring d20* $\Phi 24 \times 0.3$	1
61	Black Magnet	8	79	Chain Cover Decorate Ring	2
62	Magnet Board Weld	1	80	Square tube Plug	1
63	External Hexagon Screw M6*15*S10	2	81	Flat Elliptical Tube Plug	1
64	Flat Washer D6	2	82	Crossed Pan Self-tapping Screw ST4.2*20* $\Phi 20$	4
65	Spring Ring for Axle with $\Phi 12$ Axle	2	83	Pulse sensor	2
66	Magnet Board Axle	1	A	Crossed Wrench S13、14、15	1
67L	Left Pedal	1	B	Wrench S6*30*80	1
67R	Right Pedal	1	*	Ab mat	1
68	Crank Plug	2	*	Sit ups strap	1
69	Brake Located Sleeve	1	*	Water bottle hanger	1
70	Flange Nut M10*1.25*S15	2			

For other assembly problems or missing items, please either call us at [\(985\) 690-0828](tel:9856900828) 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





1. Attention:

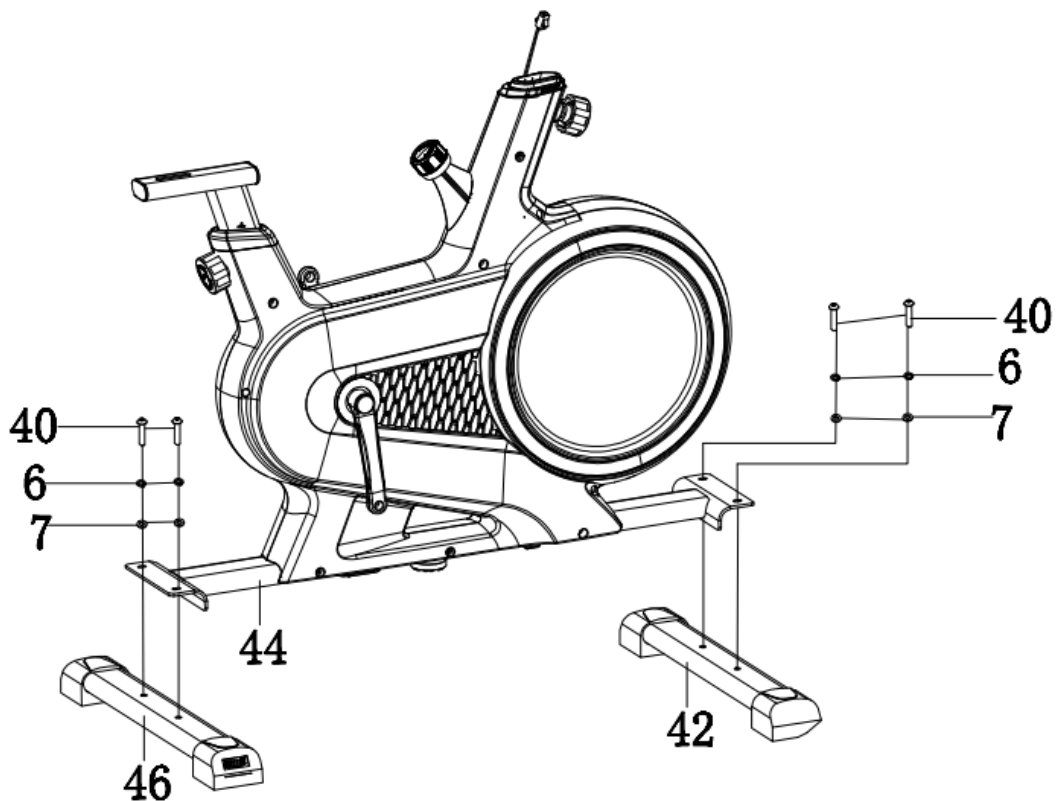
- Please ensure there is enough space around the equipment before assembly.
- Please use the provided tools or other manufacturer recommended tools only.
- Check the received items with the parts list and ensure there are no missing items.

2. Assembly instructions:

Step 1:

Lock Rear Stabilizer Weld (46) and Front Stabilizer Weld (42) into Main Frame (44) respectively by using Flat Washer (7), Spring Washer Ring (6) and Inner Hexagon Pan Bolt (40)

	#40 M8*45*15*S6	4pcs
	#6 D8	4pcs
	#7 D8	4pcs
	#B S6*30*80	1pc



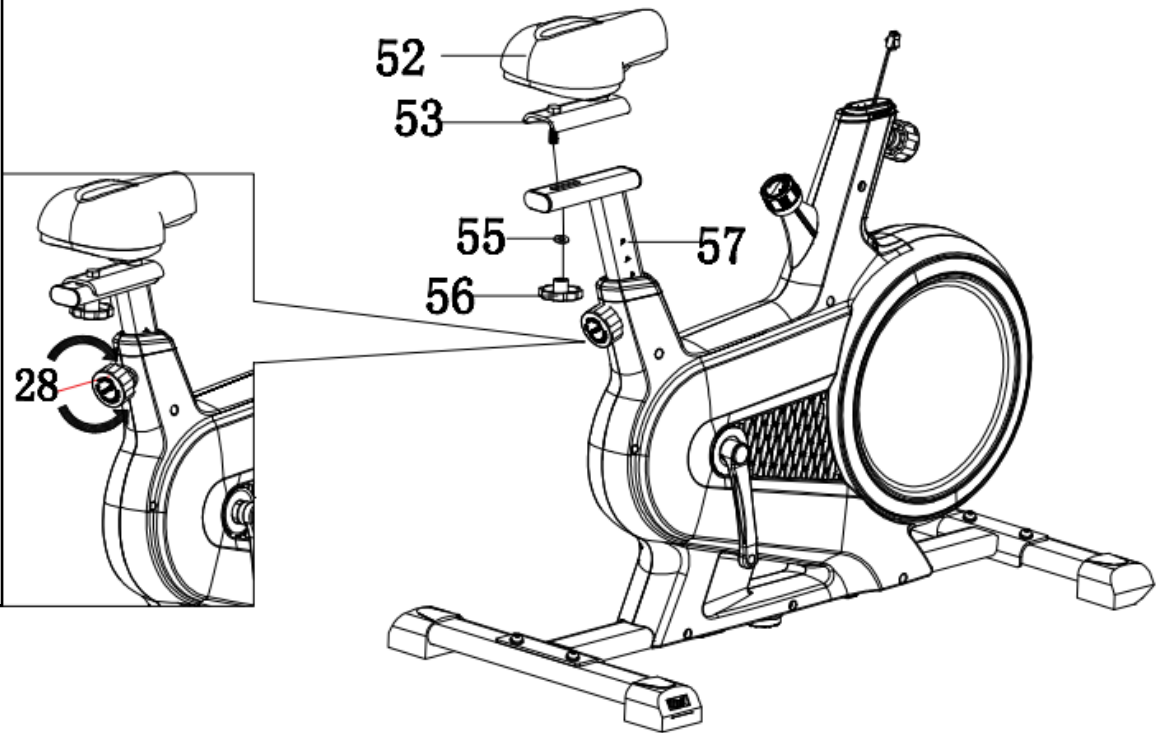
Step 2:

Firstly, keep Adjustable Support Weld (53) in line with Seat Tube Weld (57), then insert screw of Adjustable Support Weld (53) into Seat Tube Weld (57).

Secondly, lock Adjustable Support Weld (53) with Seat Tube Weld (57) together by using Flat Washer (55) and Plum Blossom Nut (56).

	#55 $\varnothing 10.5 * \varnothing 30 * 3$	1pc
	#56	1pc

How to adjust Seat Tube?
Firstly, loosen Big Play Pin Knob (28) counterclockwise from the rear upright tube of Main Frame (44).
Secondly, adjust Seat Tube to the proper height. Keep the hole of Seat Tube (57) in line with the hole in the rear upright tube of Main Frame (44) for Big Play Pin Knob (28).
Thirdly, securely tighten Big Play Pin Knob (28) in clockwise direction.



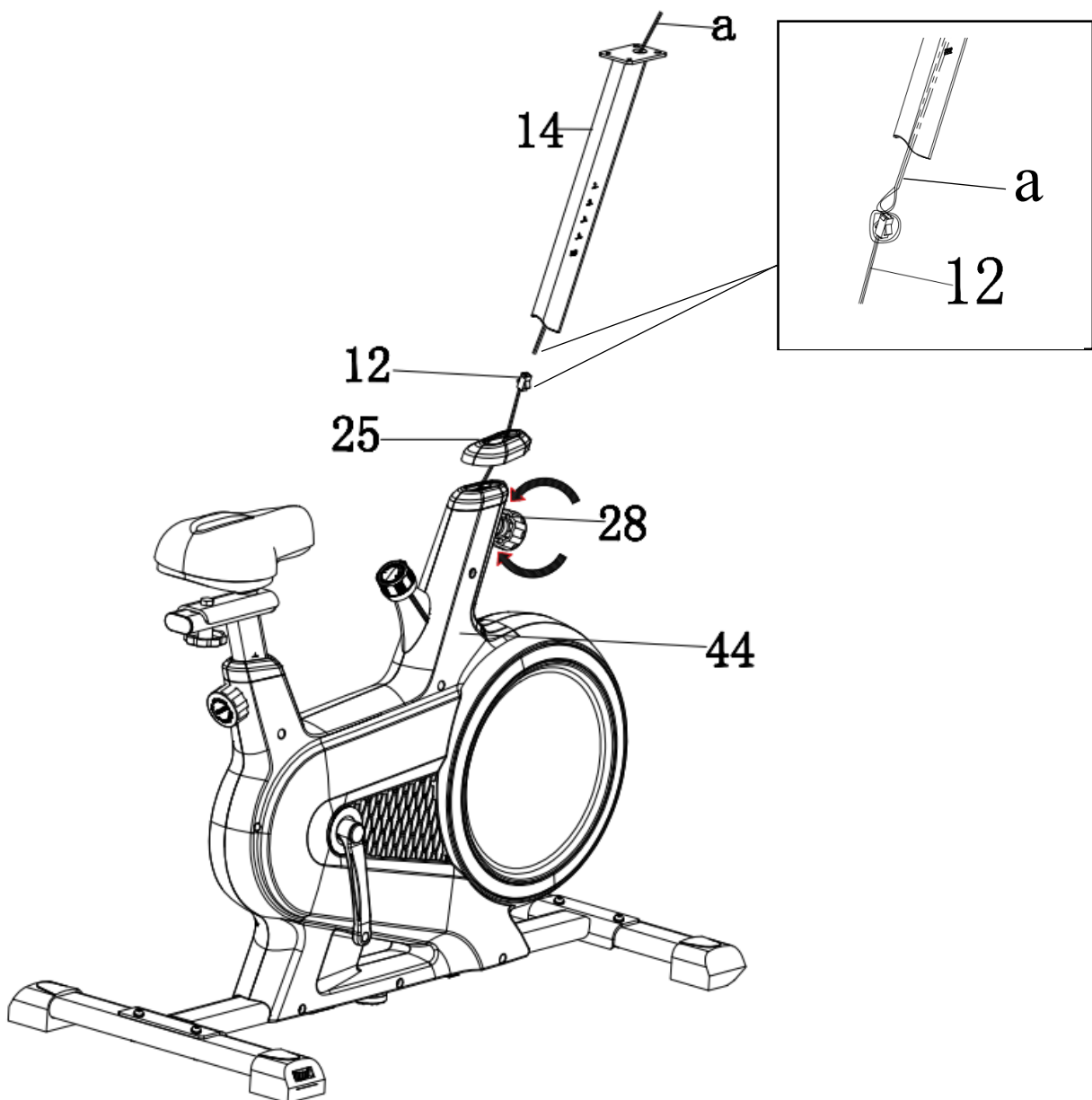
Step 3:

Firstly, insert Front Cover (25) into Main Frame (44). Then use the bottom end of Auxiliary Wire 'a' to tie around the connector on the Sensor Wire (12) at the bottom of the Upright Tube Weld (14). Gently tug the top end of the Auxiliary Wire 'a' and pull through the Sensor Wire (12) all the way.

Secondly, loosen Big Play Pin Knob (28) in counterclockwise direction from the front upright tube of Main Frame (44).

Thirdly, insert Upright Tube Weld (14) into the front upright tube of Main Frame (44). Then, align the hole of Upright Tube Weld (14) with the appropriate hole in the front upright tube of Main Frame (44) and lock it with the Big Play Pin Knob (28).





Finally, tighten the Big Play Pin Knob (28) securely in the clockwise direction.

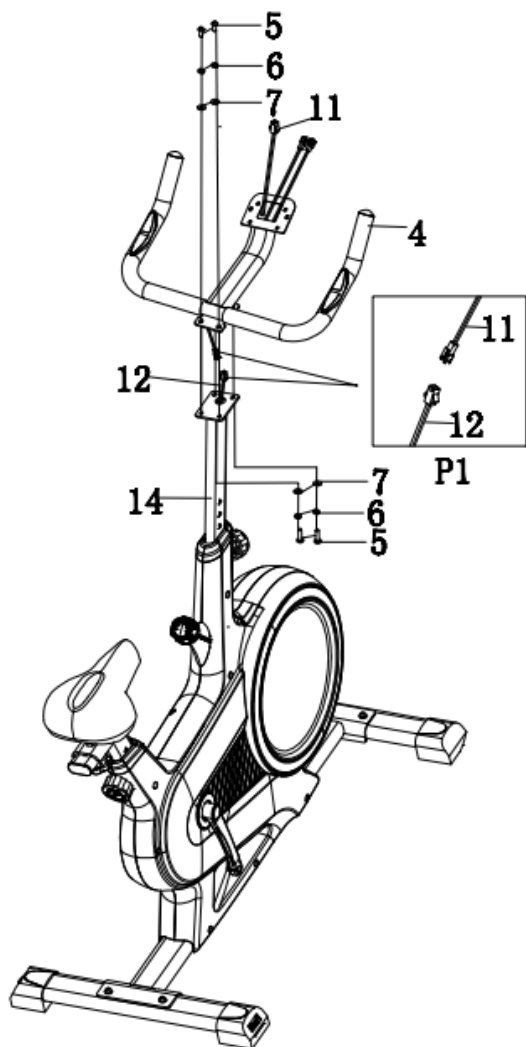


Step 4:

Firstly, connect Mid Wire2 (11) with Sensor Wire (12) as shown in the picture. Then, gently gather and insert excess slack wires into the hollow cavity of Handlebar Weld (4).

Secondly, mount the Handlebar Weld (4) onto Upright Tube Weld (14) by using Flat Washer (7), Spring Washer Ring (6) and Inner Hexagon Pan Bolt (5).

	#5 M8*16*S6	4pcs
	#6 D8	4pcs
	#7 D8	4pcs
	#B S6*30*80	1pc






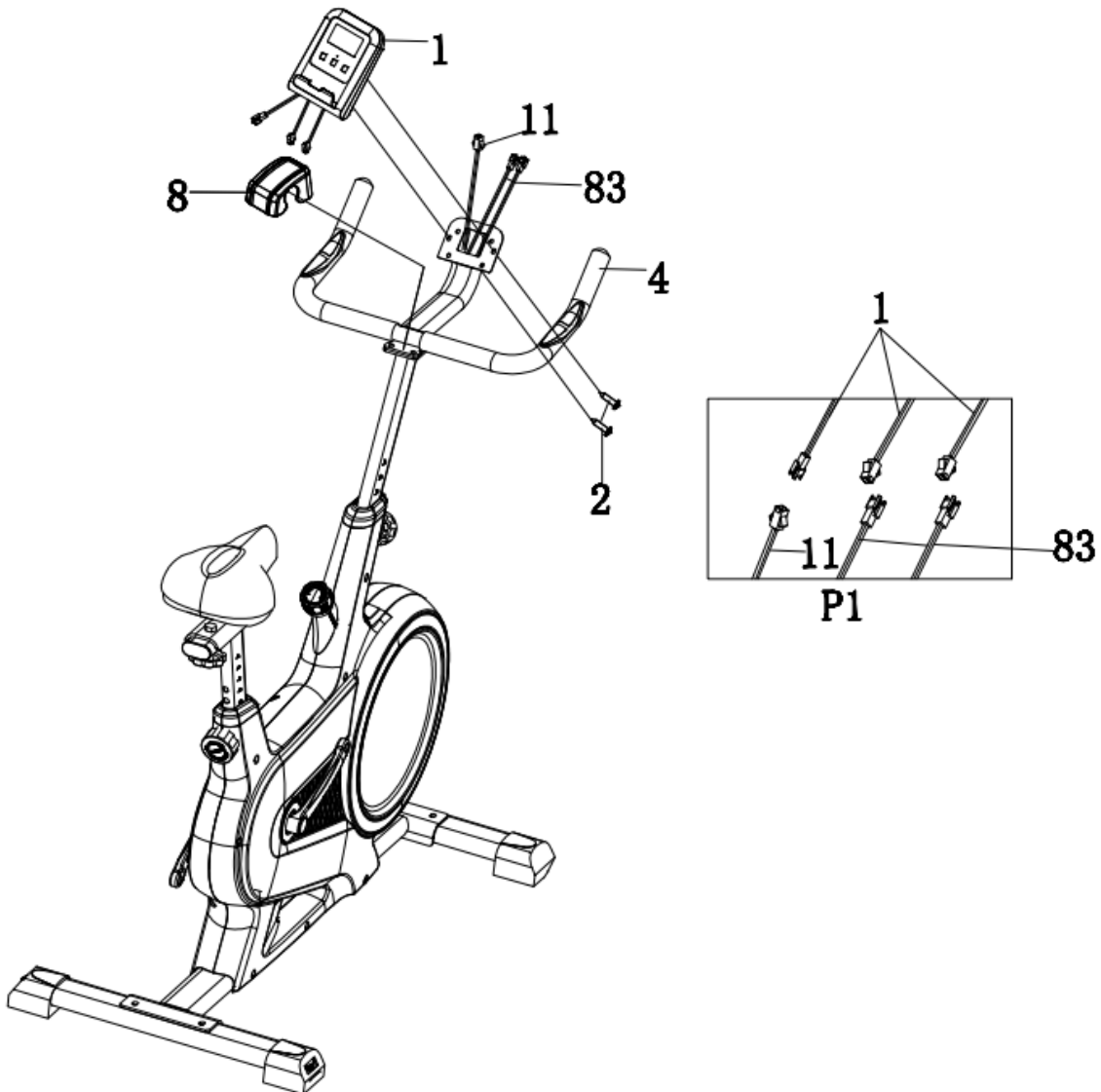
Step 5:

Firstly, remove Crossed Pan Screws (2) from Monitor (1) by using Wrench (#A).

Secondly, carefully connect the wires of Monitor (1) with Mid Wire 2 (11) and Pulse Sensor (83) as in the picture.

Thirdly, mount Monitor (1) onto the plate of Handlebar Weld (4) by using Crossed Pan Screws (2). Then, install the Handlebar Cover (8) by simply clipping it on.

	#2	M5*10	2pcs
	#8		1pc
	#A	S13-14-15	1pc

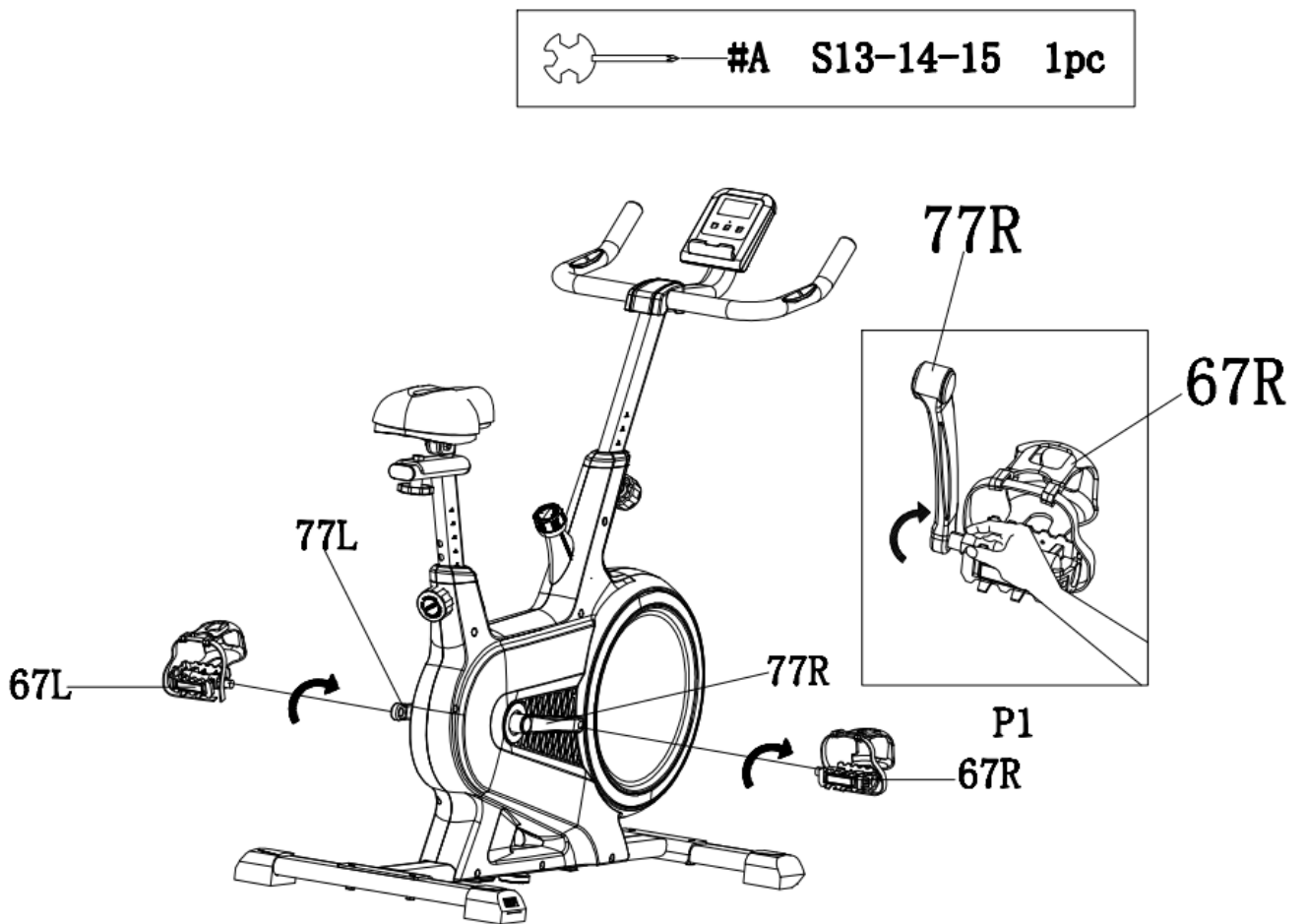


Step 6:

Assemble Left Pedal (67L) and Right Pedal (67R) onto Left Crank (77L) and Right Crank (77R) respectively by using Wrench (#A). When assembling, please carefully align the pedals to avoid any cross threads, preferably hand tightening first before using the wrench.

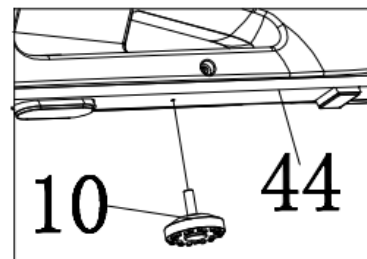
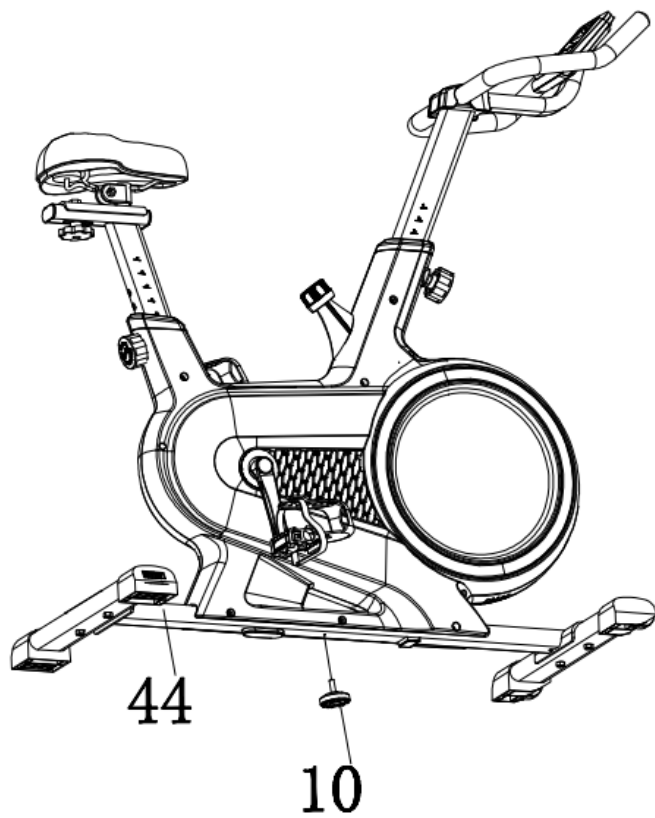
SPECIAL ATTENTION HERE:

The Right Pedal (67R) should be tightened in a clockwise direction and the Left Pedal (67L) should be tightened in the **COUNTERCLOCKWISE** direction.



Step 7:

Tilt the exercise bike to one side, then screw on the Foot Pad (10) onto the middle hole of the main frame (44) tightly (as shown in the picture here).



P1

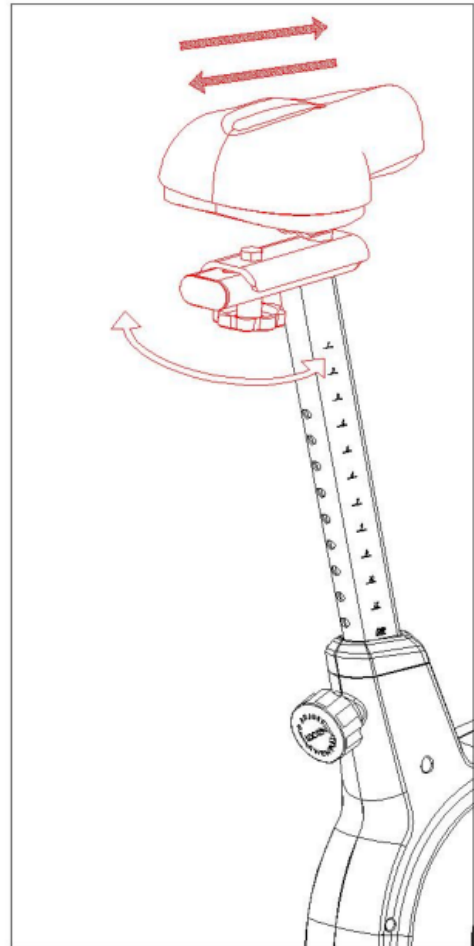
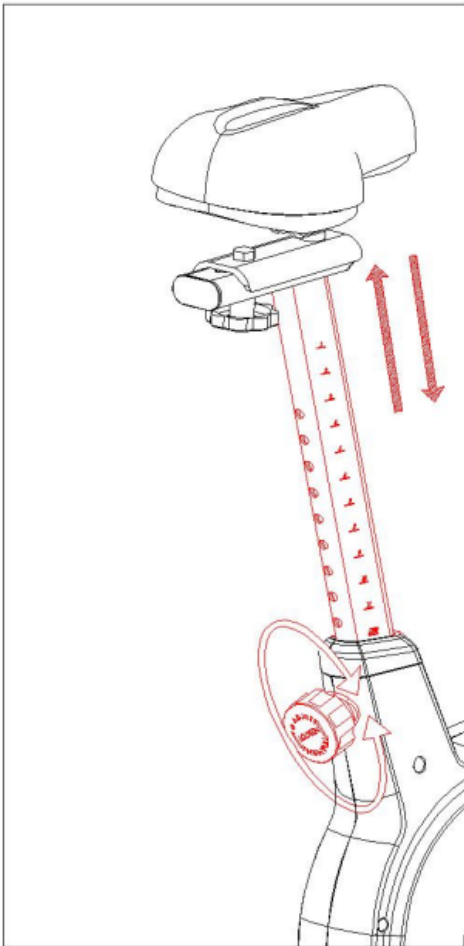
ADJUST SEAT CUSHION

Vertical Adjustment

Firstly, loosen Big Play Pin Knob (28) counterclockwise from the rear upright tube of Main Frame (44). Secondly, adjust the Seat Tube (57) to the proper height. Then, align the appropriate hole of Seat Tube (57) with the corresponding hole in the rear upright tube of Main Frame (44) for Big Play Pin Knob (28). Thirdly, tighten Big Play Pin Knob (28) in a clockwise direction securely.

Horizontal Adjustment

Firstly, loosen Plum Blossom Nut (56) counterclockwise from Seat Tube (57). Secondly, set Adjustable Support Weld (53) to the proper height. Then, securely tighten Plum Blossom Nut (56) in a clockwise direction.



ADJUST HEIGHT OF HANDLEBAR UPRIGHT TUBE WELD

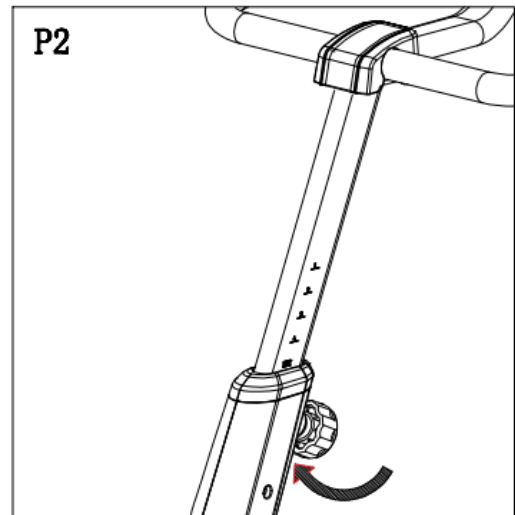
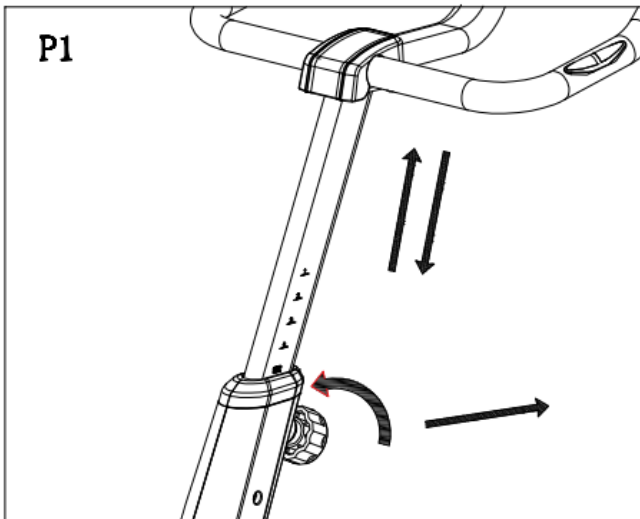
You can adjust the Handlebar Upright Tube Weld (14) according to your height.

1. Loosen Big Play Pin Knob (28) in a counterclockwise manner from the rear upright tube of Main Frame (44).
2. Adjust the Upright Tube Weld (14) to the proper height. Then, align the hole of Upright Tube Weld (14) with the hole in the front upright tube of Main Frame (44) to engage with the Big Play Pin Knob (28) as in the Picture.
3. Tighten Big Play Pin Knob (28) in the clockwise direction securely as in the picture.

Attention:

On a regular basis, use some lubricating oil for the adjustment contacts.

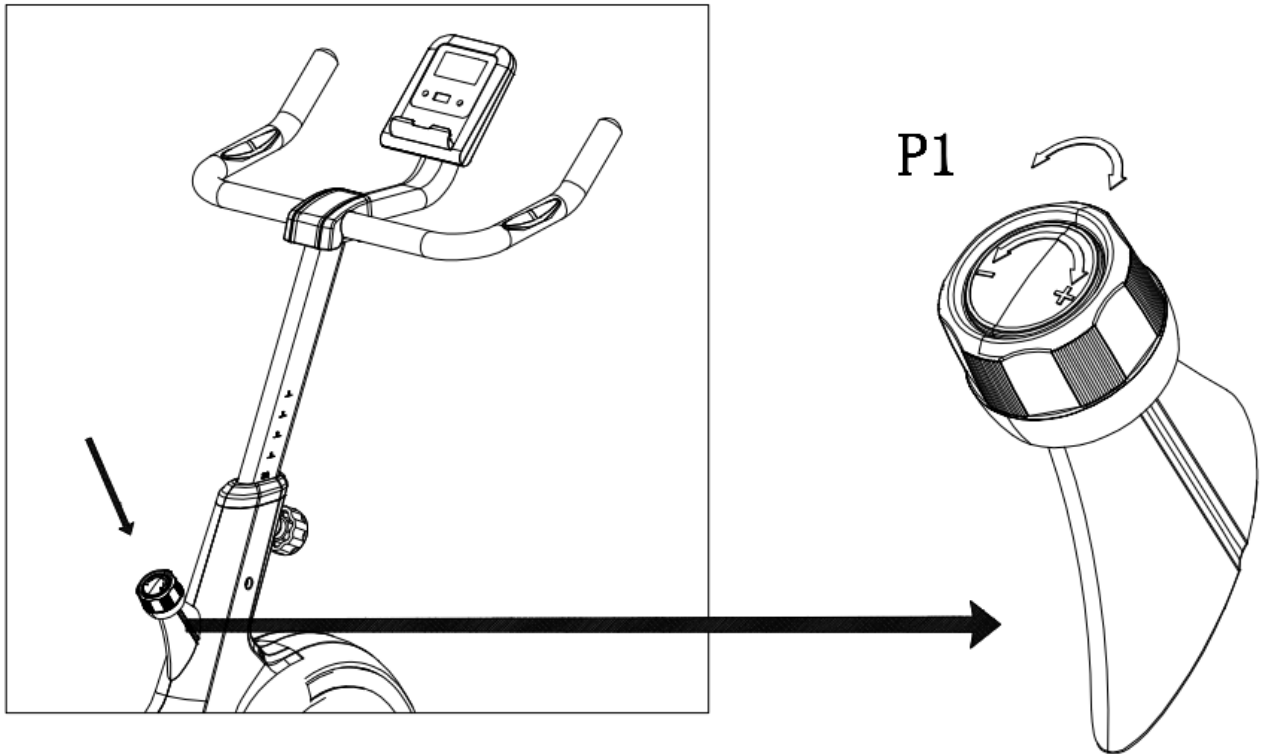
You can add lubricating oil into the Upright Tube Weld (14) if the contacts get stiff and dry.



BRAKE KNOB INSTRUCTIONS

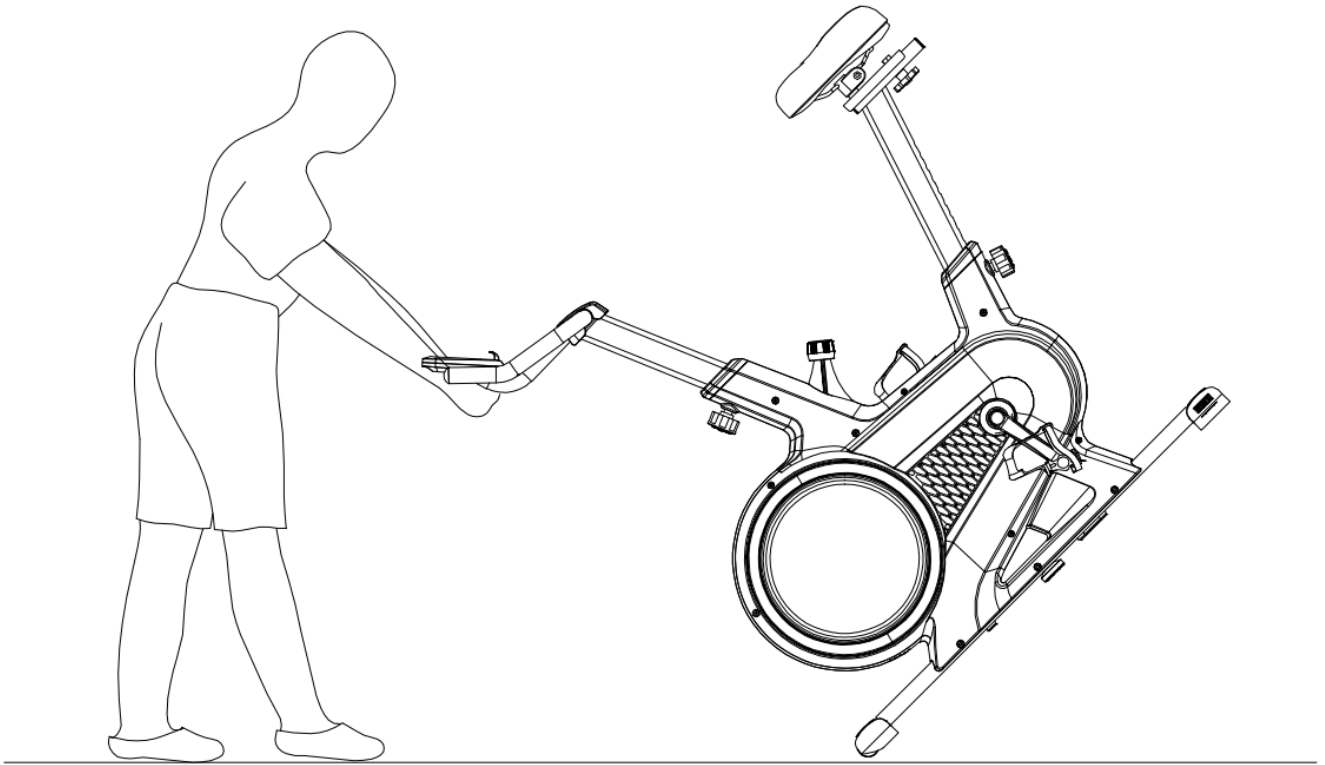
Press Brake Knob (16) hard if you want to stop the bike immediately.

Rotate Brake Knob (16) toward “+” direction if you want to add resistance, rotate Brake Knob (16) toward “-” if you want to reduce resistance.



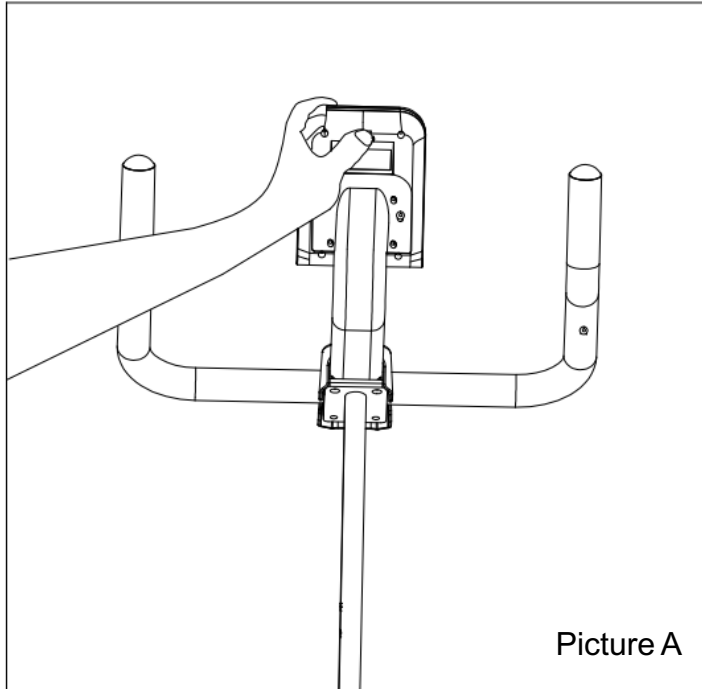
MOVING THE SPIN BIKE

When moving the spin bike, please tilt the front end of Handlebar Weld (4) towards you to engage the wheels of the Front Stabilizer Weld (42).

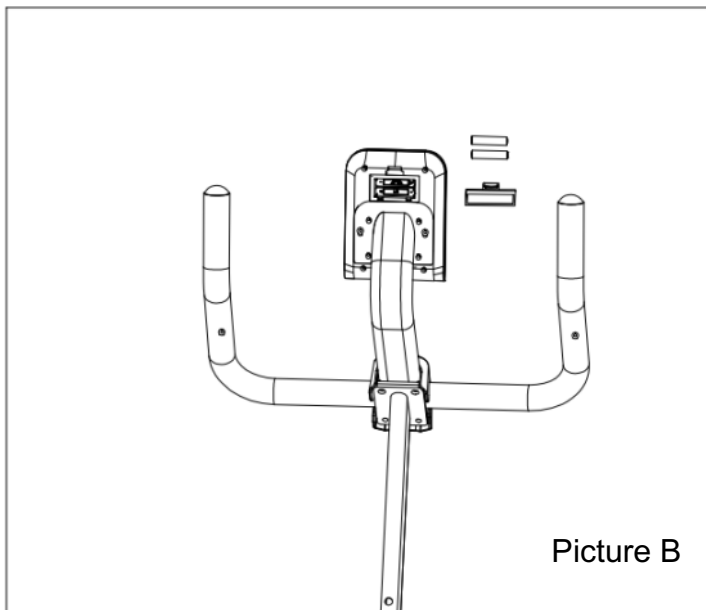


BATTERY INSTALLATION INSTRUCTIONS

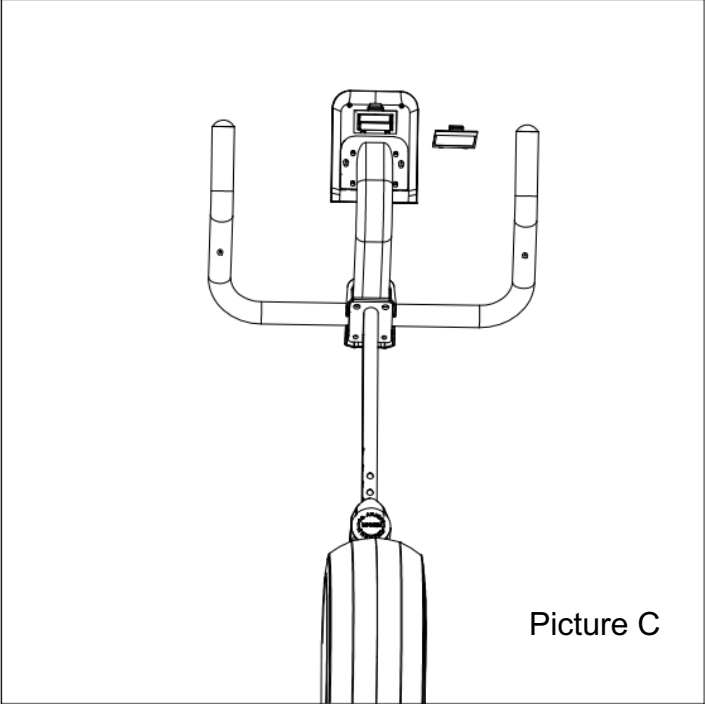
Firstly, take off the back cover behind the monitor.



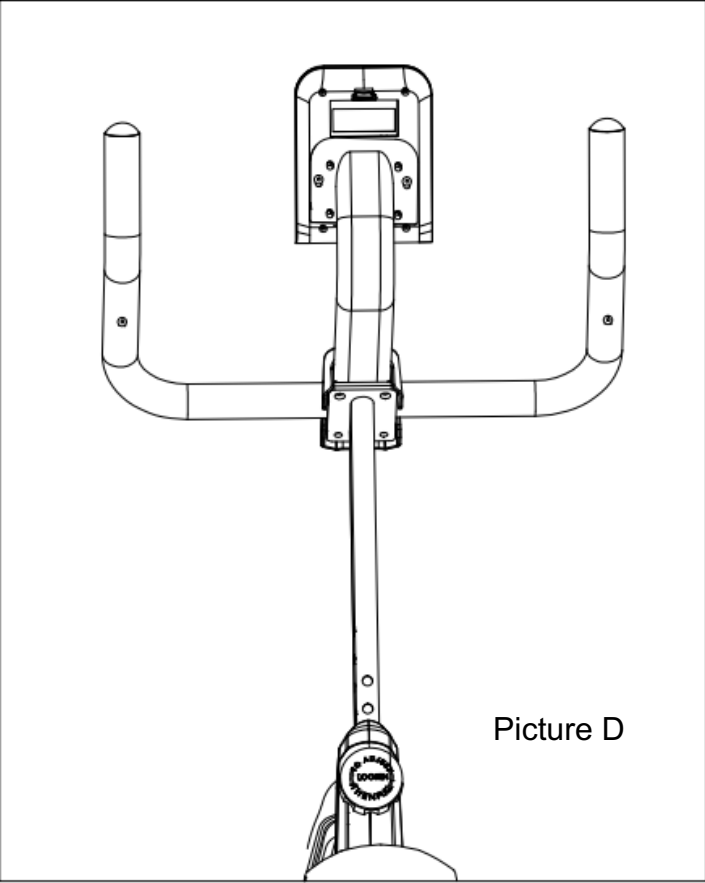
Secondly, prepare the batteries and ensure the polarity is correct.



Thirdly, install the two batteries and put the cover back on.



Battery installation completed



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 monitor is switched on. Turn on Bluetooth on your device and search for “**KSU1102**” 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.



WARMING UP & COOLING DOWN

The Warmup Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramps and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles during a stretch - if it hurts, STOP.

1. Down Stretch

Bend your knees slightly and body slowly, let your back and shoulders relax, and try to touch your toes. Hold for 10 ~15 seconds, repeat 3 times.

2. Hamstring Stretch

Sitting on a clean cushion, then bend your right foot. Place your left foot against the inner thigh of your right foot. Try to touch your toes. Hold for 10 ~15 seconds, repeat for each foot 3 times.

3. Calf and Foot Stretching

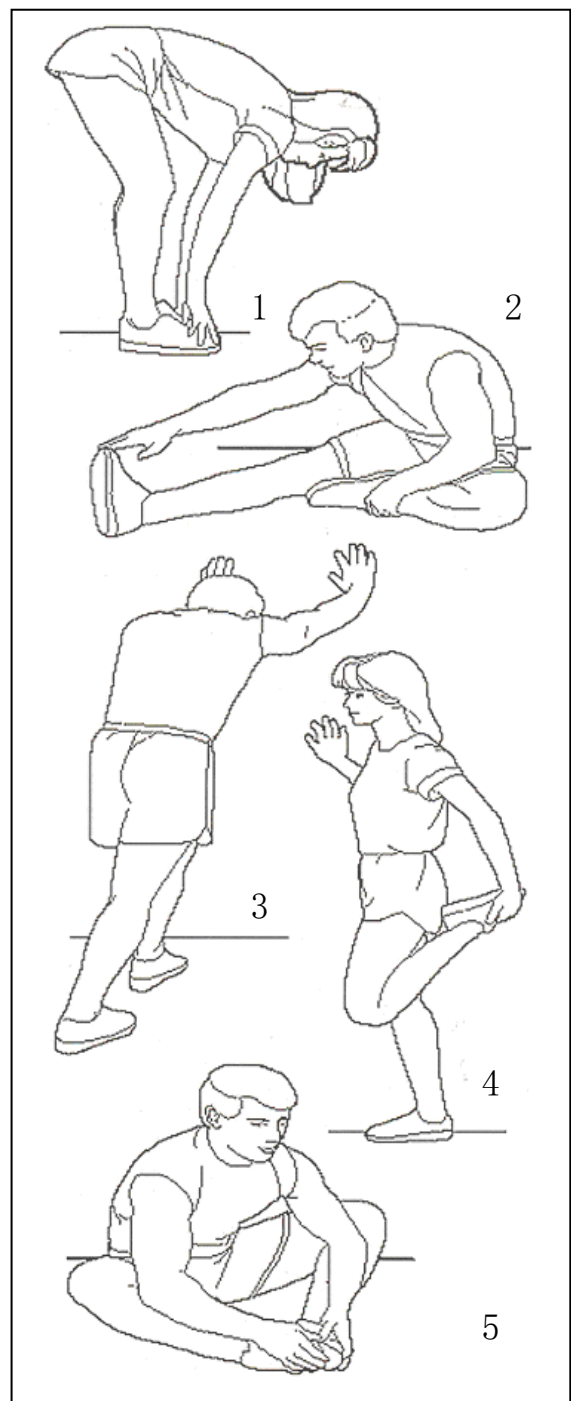
Stand and place both hands on a wall or a tree, with one foot behind the other. Keep the heel of the back foot on the ground and lean towards the wall or tree. Hold for 10 ~15 seconds, repeat for each foot 3 times.

4 Quadriceps Stretch

Place your hand against a wall or a desk to aid your balance. Then grasp your ankle with your other hand and pull your foot toward your buttocks. Hold for 10 ~15 seconds, repeat for each foot 3 times.

5. Groin Stretch

Sit with your knees flexed and soles of feet together. Hold your ankles and bend at your hips. Hold for 10 ~15 seconds, repeat 3 times.

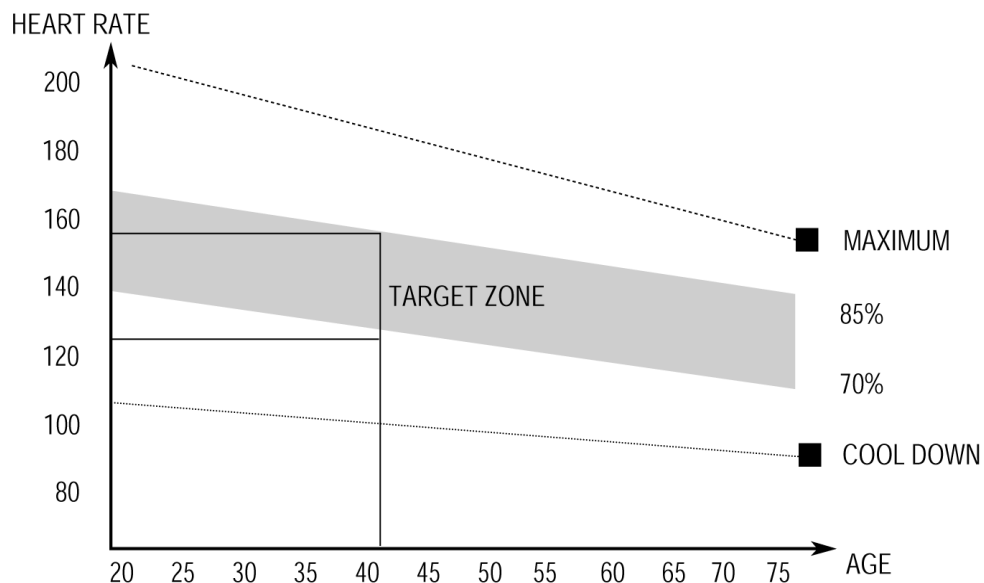


Exercise Stage

This stage should last for a minimum of 12 minutes though most people start at about 15~20 minutes.

After repeating it easily for several times, you can increase training strength. After exercising for a period of time, your heartbeat will be close to the best position in the graph as below (Shaded part).

Note: this exercising is for your whole life, it cannot complete in one night, so you should keep it.



Recovery Phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warmup exercise e.g. reduce your tempo, continue for approximately 5 minutes. Then repeat the exercise phase, please be careful not to force or jerk your muscles.

When using elliptical fitness exercises, please don't increase training intensity arbitrarily. It may make your leg muscles sprain, which means you can't continue exercising for a long time.

Equipment Tip

Adjusting the Tension Control can change the resistance of the equipment, the high resistance the harder to step. Users can use this device to find a suit.



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 <https://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.

