ASUNA

ASUNA 5100
MAGNETIC BELT DRIVE COMMERCLAL INDOOR CYCLING BIKE

Owner's Manual
Made in China

INDEX

ATTENTION: 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 this manual.

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

IMPORTANT: Read all instructions carefully before using this product. Retain owner's manual for future reference. For customer service, please contact: support@sunnyhealthfitness.com

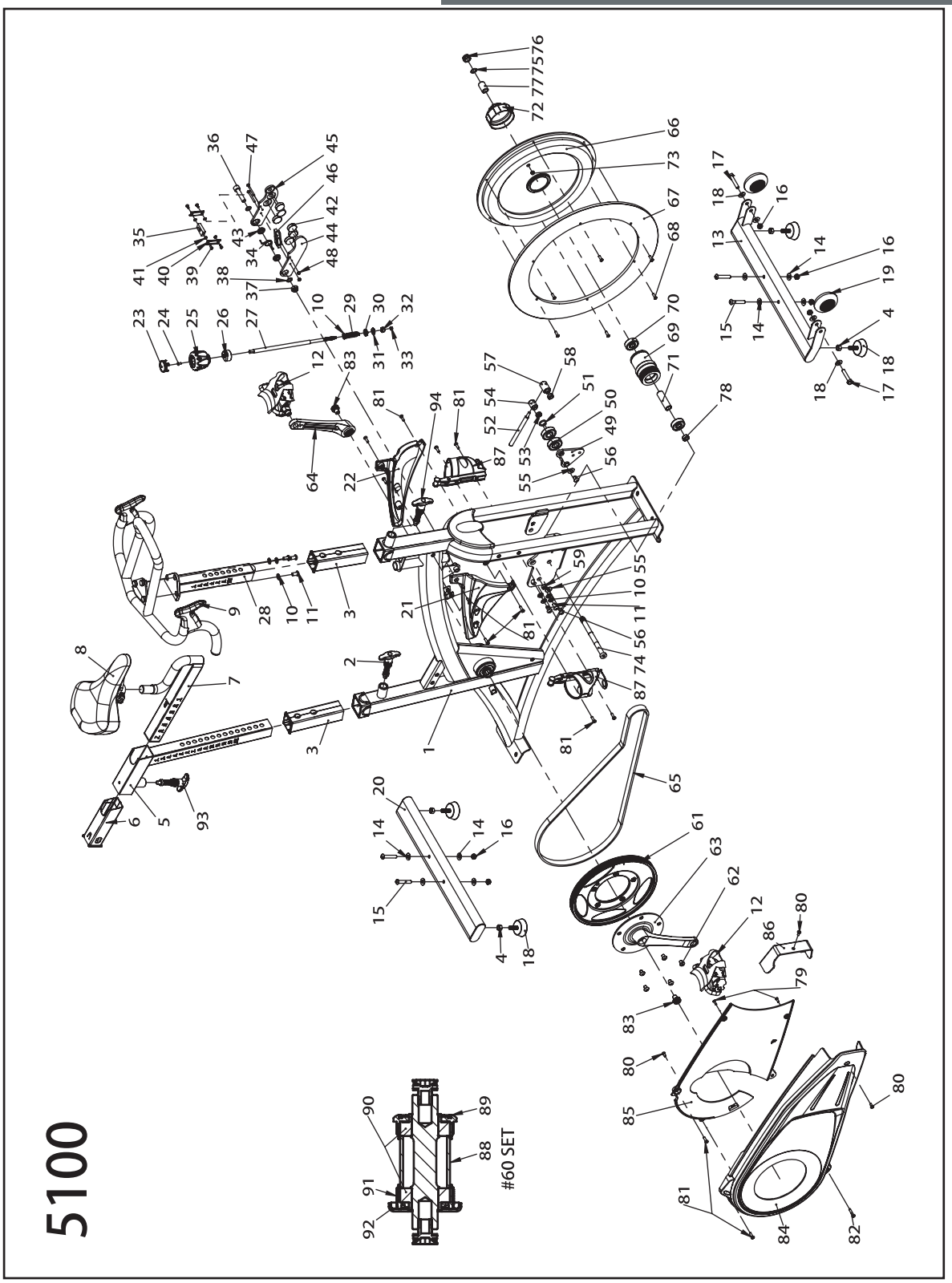
IMPORTANT SAFETY INFORMATION

We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective 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.

1. Before starting any exercise program you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure, or cholesterol level.
2. Be aware of your body's signals. Improper 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, lightheadedness, dizziness or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. Keep children and pets away from the equipment. The equipment is designed for adult use only.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 2 feet of free space all around it.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. Safe usage of your equipment can only be assured if it is regularly examined for damage and/or wear and tear.
6. It is recommended that you lubricate all moving parts on a monthly basis.
7. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment or if you hear any abnormal noises coming from the equipment during exercise, stop using the equipment immediately and don't use the equipment until the problem has been rectified.
8. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
9. Do not place fingers or objects into the moving parts of the exercise equipment.
10. The maximum weight capacity of this unit is 300 pounds.
11. This equipment is not suitable for therapeutic use.
12. Move with caution when lifting and moving the equipment. Always use proper lifting technique and seek assistance if necessary.
13. This bike is intended for indoor use only.

⚠ **WARNING**: This product can expose you to one or more chemicals known to the State of California to cause cancer and birth defects or reproductive harm. For more information go to **www.P65Warnings.ca.gov.**

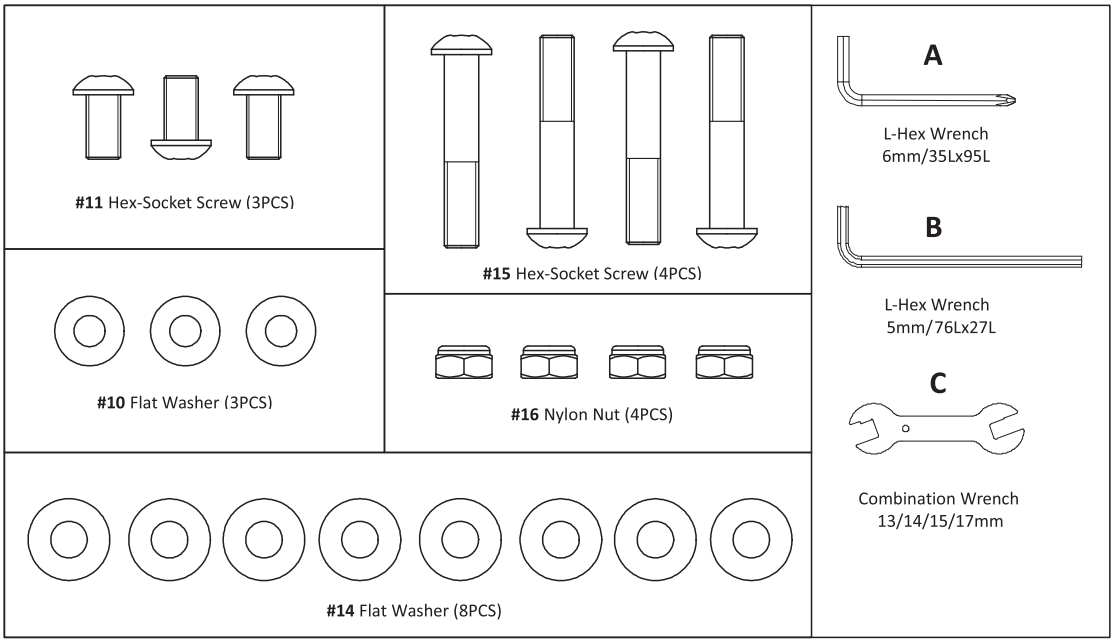
Exploded Drawing



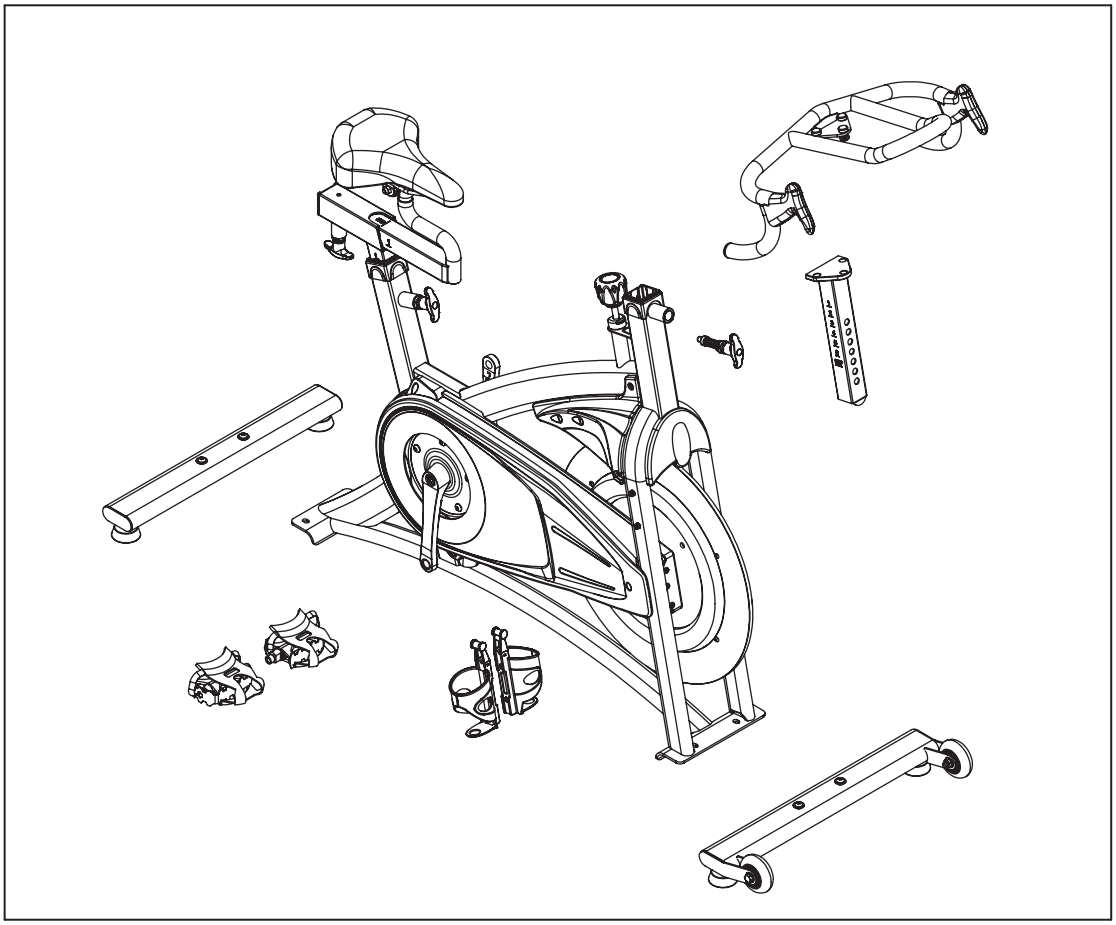
Parts List

No.	DESCRIPTION	QTY	No.	DESCRIPTION	QTY
1	Main frame	1	48	Nylon nut (M4*P0.7)	2
2	Seat height adjustment knob	1	49	Idler pulley arm DX-96RV(BED)	1
3	Bushing (seat post/handlebar)	2	50	Bearing(6203ZZ)	2
4	Hex nut (3/8"*16T*8T)	4	51	C type Circlip	1
5	Seat post	1	52	Screw M10*130L	1
6	Bushing (seat slider)	1	53	Idler pulley casing ϕ16*ϕ12*5.3L	1
7	Seat slider	1	54	Idler pulley positioning nut ϕ18*26L	1
8	Seat	1	55	Flat washer SUS304 M8(D19*d8.5*1.0t)	2
9	Handlebar	1	56	Hex-socket screw M8*P1.25*12L	2
10	Flat washer M8(D8.1xD16x1.6T)	8	57	Flywheel fixed plate positioning nut ϕ20x34L	1
11	Hex-socket screw (M8xP1.25x15L)	5	58	Flywheel fixed plate casing A	1
12L/R	Pedals (left & right)	1	59	Flywheel fixed plate casing B	1
13	Front stabilizer	1	60	Bottom bracket set	1
14	Flat Washer M8(D19*D8.5*1T)	12	61	Sprocket / pulley	1
15	Hex-socket screw (M8xP1.25x45L)	4	62	Hex-socket screw (M8xP1.25x10L)	5
16	Nylon nut (M8*P1.25)	6	63	Right crank arm (fixed set)	1
17	Hex screw (M8xP1.25x45L)	2	64	Left crank arm	1
18	Leveler foot	4	65	V-Ribbed belt	1
19	Transportation wheel	2	66	Flywheel	1
20	Rear stabilizer	1	67	Aluminum ring (flywheel)	1
21	Sweat guard (right)	1	68	Hex-socket screw (M5xP0.8x16L)	6
22	Sweat guard (left)	1	69	Hub set	1
23	Brake knob cover	1	70	Bearing (6301RS NBK)	2
24	Flat cross head screw (M-4xP0.7x10L)	1	71	Flywheel axis casing B(ϕ18*ϕ12.2*60L)	1
25	Resistance knob	1	72	Hub shell plastic cover	1
26	Brake cover	1	73	Permanent magnet (SW-05)	1
27	Brake rod (SUS304 D10x266L)	1	74	Flywheel axis M12x146L	1
28	Handlebar post	1	75	Flat washer (CP)ϕ12xϕ18x1t	1
29	Compression spring (D12*40L*1.5T)	1	76	Nylon nut M12x1.75	1
30	Square plastic bushing	1	77	Flywheel axis casing A	1
31	PE Washer ϕ8.2*ϕ18*2.0t	1	78	Flywheel axis casing C	1
32	Nylon nut (M8xP2.0)	1	79	Self-Tapping screw (M4x16L)	2
33	Nylon nut (M5*P0.8)	1	80	Flat cross head screw SUS304 M5*P0.8*10L	3
34	Torsion spring 2.0	1	81	Flat cross head screw (M5xP0.8 x 16L)	12
35	Brake adjustment block	1	82	Flat cross head screw (M5xP0.8X25L)	1
36	Hex-socket screw (M10*P1.5*45L)	1	83	Crank bolt (8MM Hex)	2
37	Nylon nut (M10*P1.5)	1	84	Outer chain guard	1
38	Flat washer (D16*D10.2*1.0T)	2	85	Inner chain guard	1
39	Flat cross head screw (M4*P0.7*10L)	4	86	Inner chain guard (front)	1
40	Brake block connection piece	2	87	Water bottle holder	2
41	Copper bushing	4	88	Dust cover of bottom bracket set	1
42	Permanent magnet (CG-02)	6	89	Right cup of bottom bracket	1
43	Bearing (LF-1910ZZ)	2	90	Bottom bracket bearing	2
44	Brake block (right)	1	91	Bottom bracket locknut	1
45	Brake block (left)	1	92	Left cup of bottom bracket	1
46	Brake gasket assembly	1	93	Seat slider adjustment knob	1
47	Flat cross head screw (M4*P0.7*40L)	2	94	Handlebar adjustment knob	1

Tools & Hardware

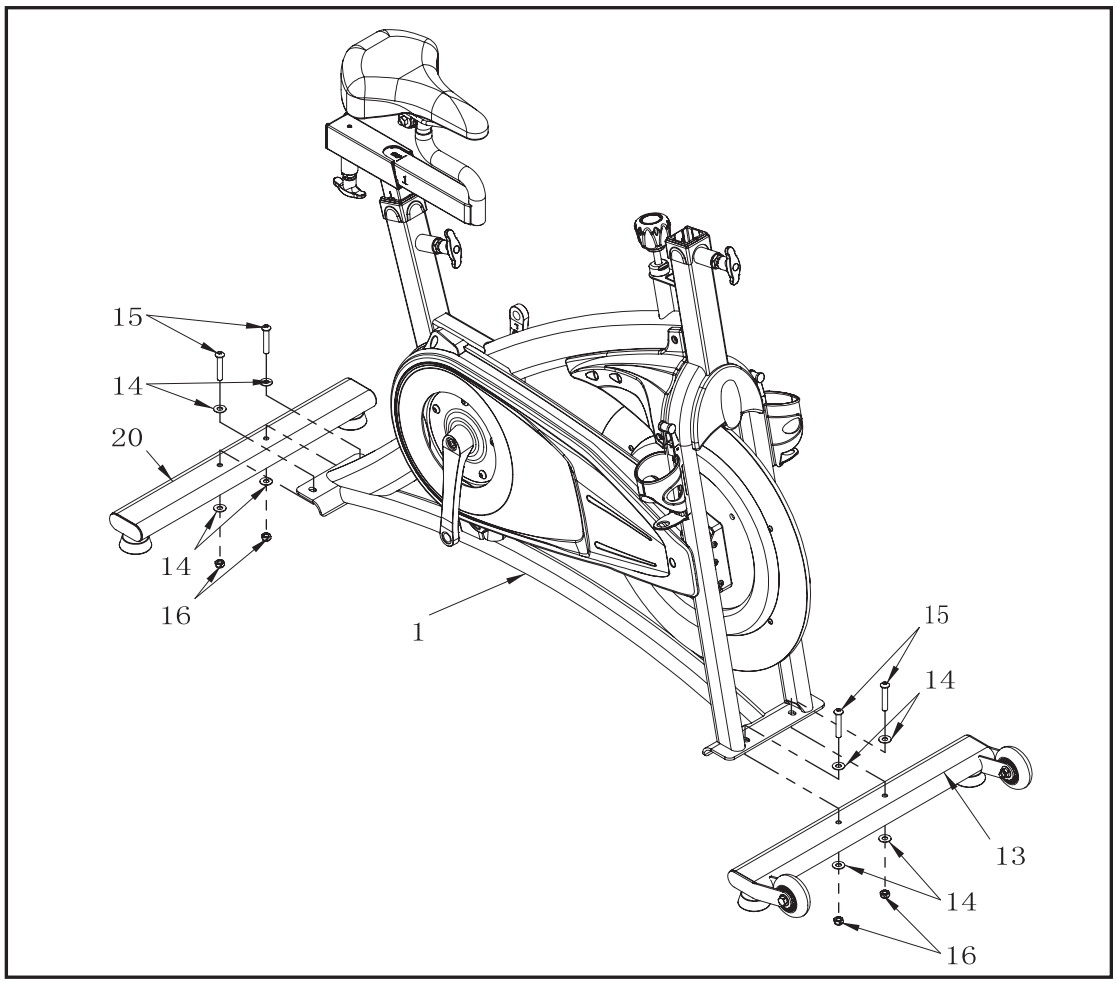


Package Contents



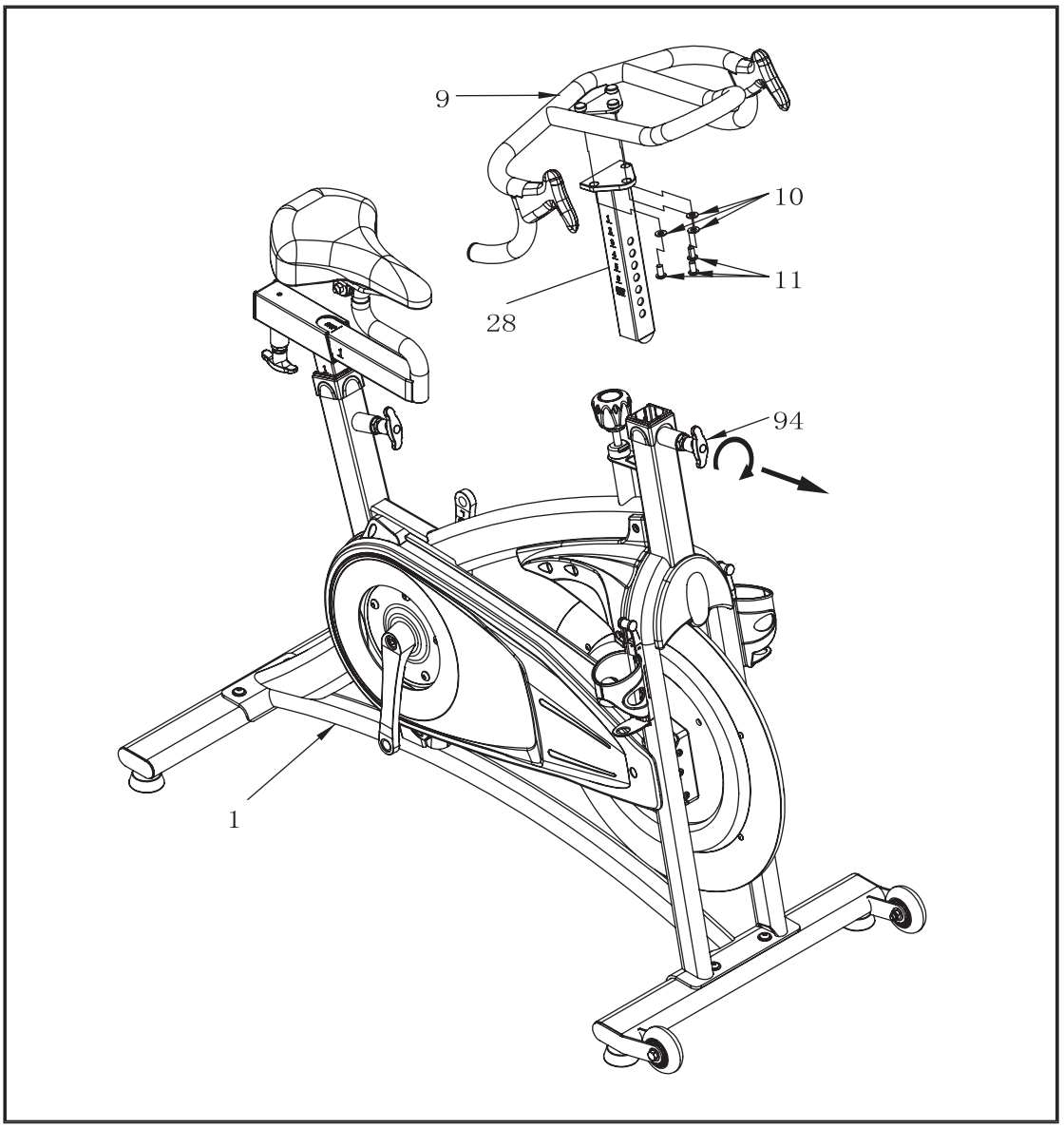
Assembly Instructions

STEP 1:



Attach the **Front** and **Rear Stabilizers (No. 13** & **20)** to the **Main Frame (No. 1)** using 4 **Hex Screws (No. 15)**, 8 **Flat Washers (No. 14)** and 4 **Nylon Nuts (No. 16)**. Tighten and secure using **5mm L-Hex Wrench (No. B)** and **Combination Wrench (No. C)**.

STEP 2:



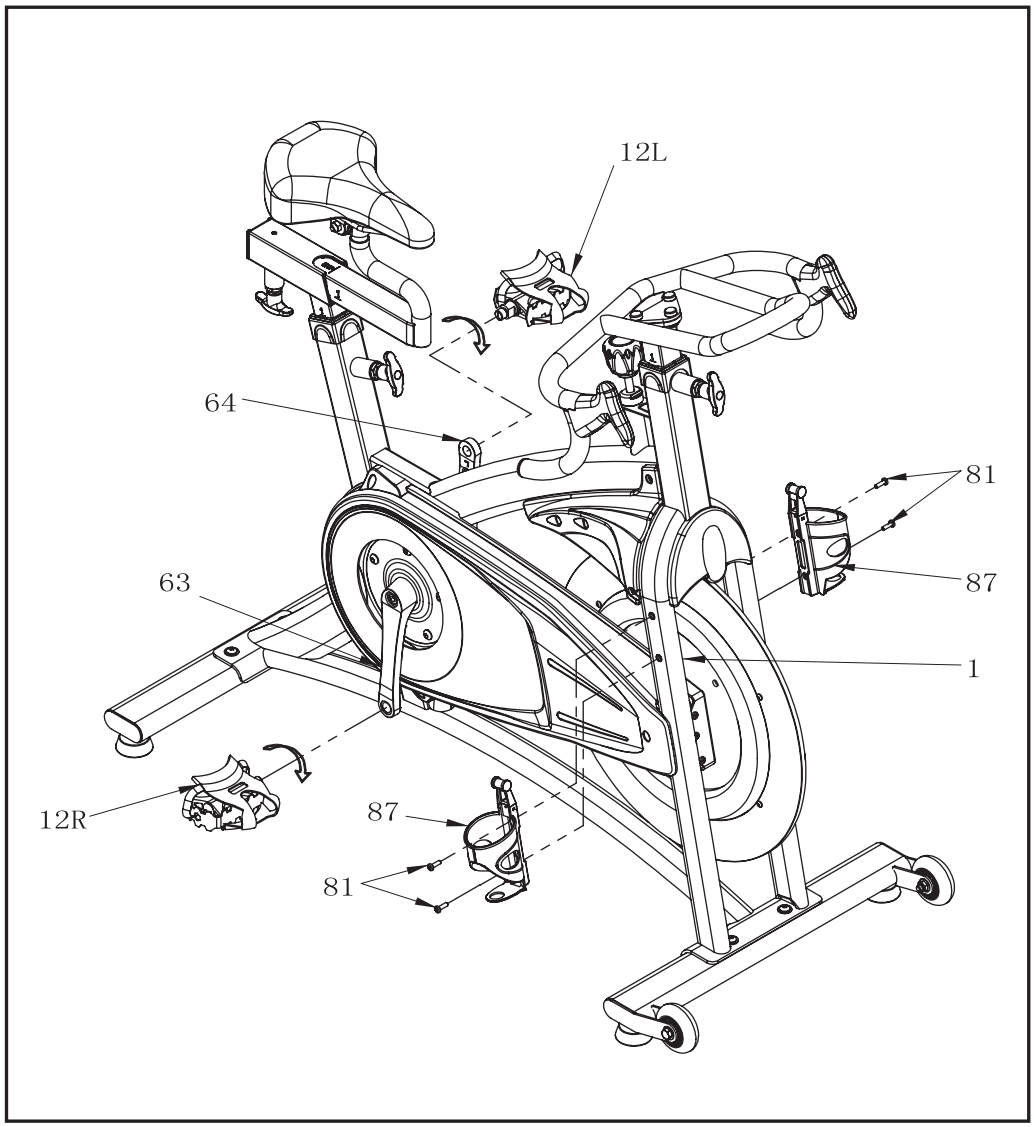
Insert the **Handlebar Post (No. 28)** into the front tube of the **Main Frame (No. 1)**. Use the **Handlebar Adjustment Knob (No. 94)** to adjust the handlebar to the desired height and secure the handlebar in position.

NOTE: In order to move the **Handlebar(No. 9)** up and down, you must first loosen the **Handlebar Adjustment Knob (No. 94)** then tighten it once you've located the desired height.

Attach the **Handlebar (No. 9)** onto the **Handlebar Post (No. 28)** using 3 **Hex-Socket Screws (No. 11)** and 3 **Flat Washers (No. 10)**, tighten and secure with **L Hex Wrench (No. B).** Use the **Handlebar Adjustment Knob (No. 94)** to adjust the handlebar to the desired height.

Assembly Instructions

STEP 3:



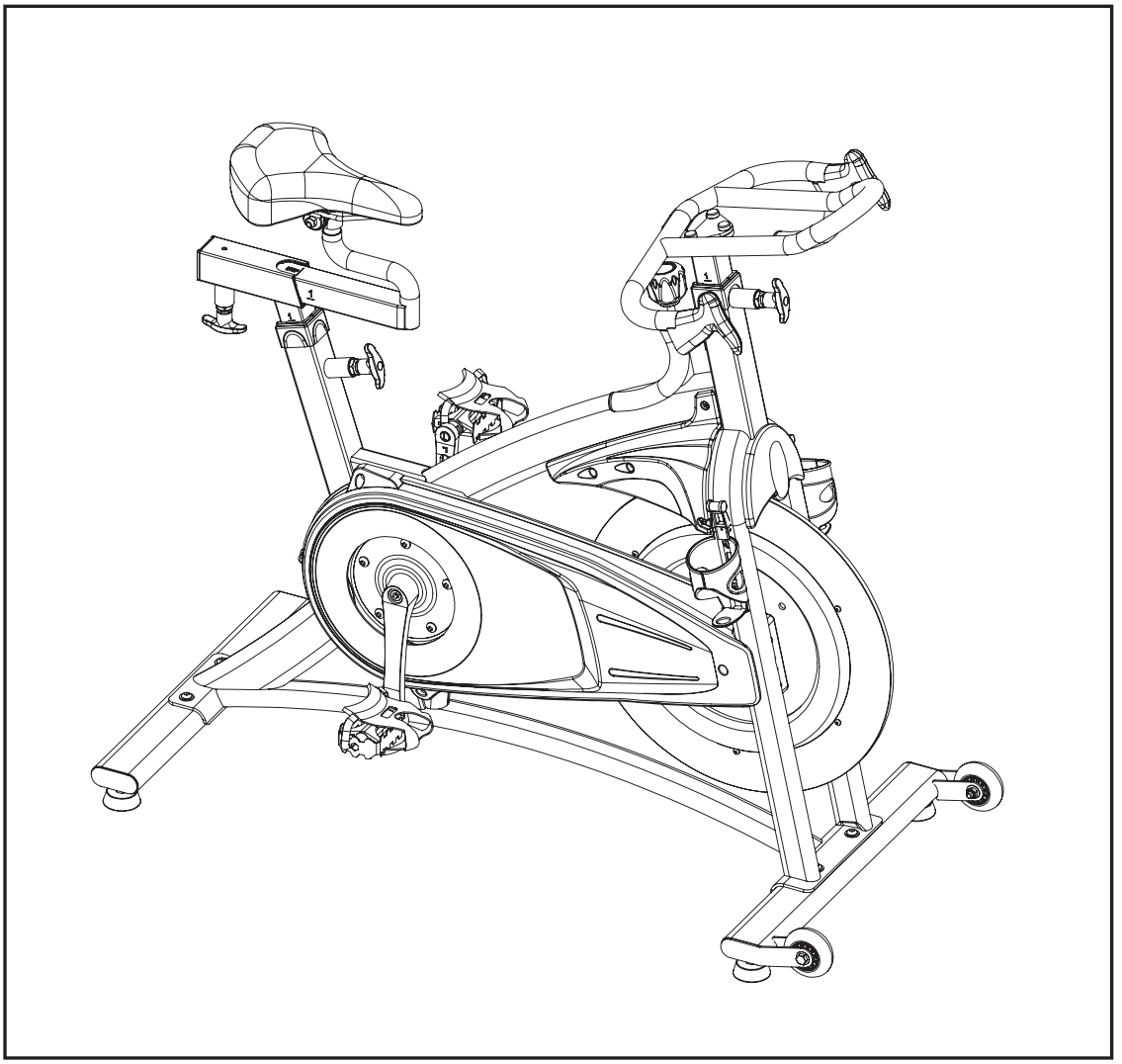
Connect **Pedals L/R (No. 12)** onto the **Left** and **Right Crank Arms (No. 64** & **63)**. Before you begin, immobilize the crank arms by turning the **Resistance Knob (No. 25)** all the way to the right.

Left Pedal: Align the left pedal, **Pedal L (No. 12)**, with the **Left Crank Arm (No. 64)** at 90 degrees. Gently insert the pedal into the crank arm, turn the pedal *counter-clockwise* as tightly as you can with your hand then tighten and secure with **Combination Wrench (No. C)**.

Right Pedal: Align the right pedal, **Pedal R (No. 12)**, with the **Right Crank Arm (No. 63)** at 90 degrees. Gently insert the pedal into the crank arm, turn the pedal *clockwise* as tightly as you can with your hand. Tighten and secure with **Combination Wrench (No. C)**.

Attach the **Water Bottle Holders (No. 87)** to the **Main Frame (No. 1)** by first removing the 4 already preassembled **Screws (No. 81)**, then reattach the **Screws (No. 81)** along with the **Water Bottle Holders (No. 87)** and secure with **L Hex Wrench (No. A)**.

STEP 4:



The assembly is complete!

Before beginning use of the equipment, please be sure to inspect the entire bike carefully. Ensure that all moving and stationary parts have been properly installed and are operational; inspect all screws, nuts, and bolts to make sure that they are tightened and secure.

User Instructions

This section will instruct you on how to properly use and make adjustments to components on the bike. Items which will be covered include seat adjustment, handlebar adjustment, resistance adjustment, using the emergency brake, pedal strap adjustment, dismounting the bike, moving the bike, and leveling the bike.

NOTE:
Properly assembling the equipment before use is very important, please be sure to follow all instructions as detailed in the assembly instructions section of the owner's manual.

➢ SEAT ADJUSTMENT

Proper seat height helps to ensure the maximum exercise efficiency and comfort while reducing the risk of injury. Adjusting the seat forward and backwards allows the rider to target and work lower body muscle groups.

SEAT HEIGHT ADJUSTMENT

 Do **NOT** raise the seat height above the **STOP** mark on the seat post.

1. To adjust the seat height, turn the **Seat Height Adjustment Knob (2)** counter-clockwise and pull it outward to release it. Raise or lower the seat post to the desired height, release the Seat Adjustment Knob gently until it engages a preset hole along the seat post. Turn the **Seat Height Adjustment Knob (2)** clockwise to tighten and secure it into place.
2. Rotate the crank so that the pedals are at the 12 and 6 o'clock position.
3. Place your foot into the toe cage of the pedal closest to the floor and mount the bike. Ensure that the ball of your foot is over the center of the pedal. If your leg is too straight or your foot cannot touch the pedal you will need to lower the seat. If your leg is bent too much you will need to raise the seat.
4. If necessary, you may need to make several different seat height adjustments in order to find the most comfortable position. Repeat the instructions of **Steps 1, 2 & 3** until you locate the desired seat position.
5. When you have obtained the desired seat position, be sure to note the number on the seat post for future reference.

SEAT SLIDER ADJUSTMENT

1. Turn the **Seat Slider Adjustment Knob (93)** count-clockwise and pull it outward to release it. Slide the **Seat Slider (7)** forward or backwards to the desired position.
2. Once the seat has been set in the desired position, turn the **Seat Slider Adjustment Knob (93)** clockwise to tighten and secure the **Seat Slider (7)** in place.
3. If necessary, you may need to make several different adjustments to the **Seat Slider (7)** in order to find the most comfortable position. Repeat the instructions of **Step 1 & 2** until you locate the desired seat position.
4. When you have obtained the desired seat position, be sure to note the number on the seat slider for future reference.

➢ HANDLEBAR ADJUSTMENT

Proper handlebar height helps to ensure the maximum exercise efficiency and comfort. Adjusting the handlebars to a higher level will give the rider more of an upright position, lowering it will result in a more prone position. If there is any discomfort in your back during exercise, the handlebars should be adjusted.

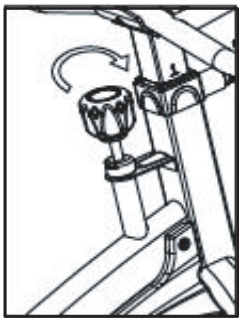
HANDLEBAR HEIGHT ADJUSTMENT

 Do **NOT** raise the handlebar height above the **STOP** mark on the handlebar post

1. Begin by positioning the handlebars at the same height as the seat. Mount the bike and assume a riding position. Use this position to obtain a feel for the location of the handlebars as well as your level of comfort.
2. Turn **Handlebar Adjustment Knob (94)** counter-clockwise and pull it outward to release it. Raise or lower the **Handlebar Post (28)** to the desired height, release the Handlebar Adjustment Knob gently until it engages a preset hole along the handlebar post. Turn the **Handlebar Adjustment Knob (94)** clockwise to tighten and secure it into place.
3. If necessary, you may need to make several different handlebar height adjustments in order to find the most comfortable position. Repeat the instructions of **Steps 1 & 2** until you locate the desired handlebar position.
4. When you have obtained the desired handlebar position, be sure to note the number on the handlebar post for future reference.

User Instructions

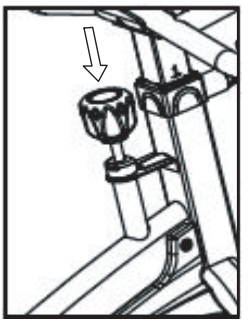
➢ RESISTANCE ADJUSTMENT



Resistance can easily be adjusted at any time while riding in order to change the intensity of the workout.

Turn the **Resistance Knob (No. 25)** *clockwise* **(+)** to increase the level of resistance. Turn the **Resistance Knob (No. 25)** *counter-clockwise* **(-)** to decrease the level of resistance.

➢ EMERGENCY BRAKE



In case of emergency or before dismounting the bike press directly down on the **Resistance Knob (No. 25)** to enforce the brake system and bring the flywheel to an immediate stop.

➢ PEDAL STRAP ADJUSTMENT

Feet should be securely positioned in the toe clips during exercise. Place your feet as far forward into the toe-clips as you can. With your feet in place, grasp the pedal strap and pull it upward to tighten the toe-clip cage then insert the strap back into the hoop of the toe-clip. Repeat this process to secure your other foot.

➢ LEVELING THE BIKE

In order to assure a smooth and comfortable workout, you must ensure that the stability of the bike is correct. If you notice that the bike is unbalanced during use, you may adjust the leveler foot located beneath the front and rear stabilizers of the bike. To do so, use the **Combination Wrench (No. C)** to loosen the **Hex Nut (No. 4)** by turning it *clockwise*. With the nut loosened, rotate the **Leveler Foot (No. 18)** until it sits level with the surface that the bike is on. When you have finished adjusting the leveler foot, re-tighten the **Hex Nut (No. 4)** by turning it *counter-clockwise* using the **Combination Wrench (No. C)**. If necessary, repeat this process to adjust the remaining leveler feet on the bike.

➢ DISMOUNTING THE BIKE

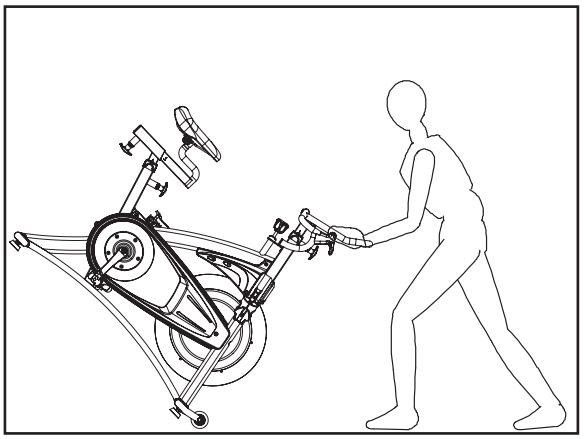
WARNING:
Do **NOT** attempt to dismount or remove your feet from the pedals until both the flywheel and the pedals/crank have come to a complete stop. Failure to follow this warning may lead to loss of control and/or serious injury.

Here are a few examples of how to safely and properly dismount the bike:

1. Reduce the pedal speed until the pedals/crank come to a complete stop.
2. Increase the resistance until the pedals/crank come to a complete stop.
3. Push and hold the resistance knob down to engage the Emergency Brake function, hold until the pedals/crank come to a complete stop.

➢ MOVING THE BIKE

To move the bike, first make sure that the **Handlebar (No.9)** is properly secured. If the handlebar is loose, tighten the **Handlebar Adjustment Knob (No.94)** to secure it. Next, stand at the front of the bike so that you're directly in front of the handlebars. Firmly grasp each side of the handlebar, place one foot on the stabilizer and tilt the bike towards you until the transportation wheels on the front stabilizer touch the ground. With the wheels securely on the ground, move the bike to the desired location.



NOTE: When moving the bike, always move with caution as unexpected impacts or dropping the bike may affect its operation.

Maintenance

➢ BELT DRIVE TENSION

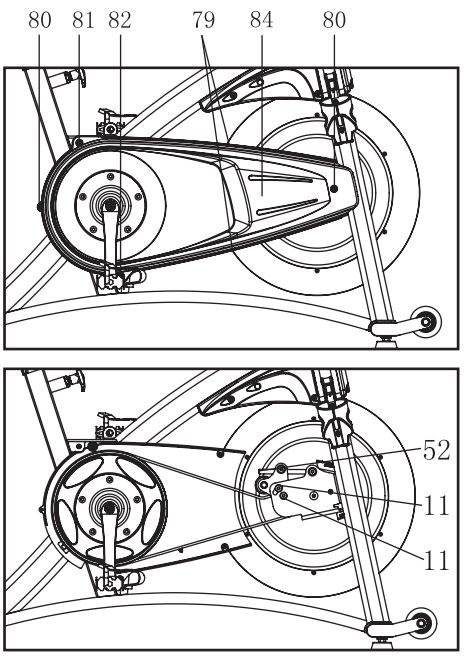
The belt on this bike was pre-tensioned and pre-lubricated prior to being shipped. The belt should not require any adjustments upon the bikes initial uses. However, you may need to make minor tension adjustments over time.

Note: Make sure you adjust the tension equally on both sides when tightening or loosening to ensure that the flywheel is in alignment with the frame.

Gently move the crank arms back and forth with your hand. If there is more than 1/4″ (0.64cm) of space granted in the movement of the crank before the flywheel starts turning, you will need to adjust the belt tension.

ADJUST THE BELT TENSION

1. Use L type wrench (A) to loosen 6 Hex Screws (No. 79, 80, 81, 82) counterclockwise.
Remove the Outer Chain Guard (No. 84).
2. Use L type wrench (A) to loosen 2 Hex Screws (No. 11) one turn counterclockwise.
3. Use L type wrench (No. B) to adjust Screw (No. 52). Turn counterclockwise to loosen belt. Turn clockwise to tighten belt. Then adjust the belt. Tighten the 2 Hex Screws (No. 11) clockwise.
4. Turn the crank to see if belt runs smoothly. You can also try riding the bike to test the belt tension.
5. If there is still a problem, repeat step #3 until belt is at correct tension.
6. Put the Outer Chain Guard (No. 84) back on the bike and secure with 6 Hex Screws (No. 79, 80, 81, 82).



Note: If you still feel strong vibration even after adjusting the belt, you will need to repeat these steps again until the issue has been solved.

Maintenance

IMPORTANT:
Safe and effective use can only be assured if the equipment is assembled, maintained, and used properly. Any components found to be worn and/or damaged should be replaced before continuing to use the equipment. Equipment should only be used and stored indoors. Prolonged exposure to weathering, humidity, and changes in temperature may have a severe impact on the moving parts of the machine.

Daily Maintenance:
The life span and performance of your bike will be determined by how consistently you perform the daily maintenance.

Part	Recommended Action	Cleaner	Lubricant
Bike (Frame, seat/handlebar post)	Wipe down to remove any moisture. This is important because excessive sweat or water may lead to rust or corrosion	Damp cloth or soap & water diluted non- abrasive cleaning liquids	N/A
Flywheel	Check the alignment	N/A	N/A
Pedal/Crank Arms	Inspect for wear and tear, excessive play indicates that the pedal is loose and needs to be tightened or that the pedal and/or crank arm threading may be worn. Replace if necessary before continuing use.	N/A	N/A
Main Frame	While riding, check for vibration. If the bike vibrates during use you may need to tighten the pedals, bottom bracket, or adjust the belt tension.	N/A	N/A

Maintenance

Weekly Maintenance:
This maintenance is the upkeep of the overall performance. Check for vibration and loose parts during this inspection.

Part	Recommended Action	Cleaner	Lubricant
Toe Clips/ Toe Straps	Inspect for wear and tear. Re-tighten if loose or disconnected. Replace if needed.	N/A	N/A
Hardware	Tighten all the frame hardware (Bolts, nuts, screws)	N/A	N/A
Adj. Knob	Inspect, clean, lubricate, and tighten all adjustment knobs	Damp cloth	WD-40 / 3-n-1
Stabilizers /Foot Pads	Inspect the stabilizers to ensure that they are not loose. Check foot pads for wear.	N/A	N/A
Bottom Bracket	Visually inspect to ensure that it is tight and secure. Re-attach and re-tighten if needed.	N/A	N/A

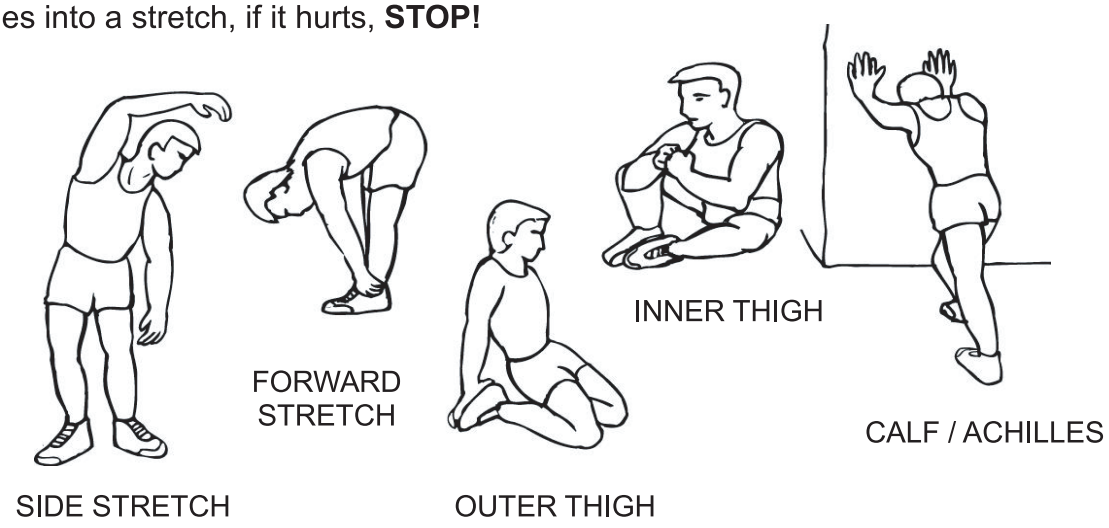
Monthly Maintenance:
This maintenance should be comprehensive and should involve checking the overall frame and main assembly components.

Part	Recommended Action	Cleaner	Lubricant
Hardware (Full Inspection)	Re-check and secure all hardware such as: water bottle holders, flywheel nuts, brake caliper lock nuts, brake caliper tension rod nuts, handlebar screws, chain guard screws and nuts etc.	N/A	N/A
Brake Tension Rod	Clean and lubricate the brake tension rod. Inspect equipment for signs of wear, such as missing threads.	Small Brush	WD-40 / 3-n-1
Seat Post/Handlebar Post and Seat Slider Tube	Clean and lubricate the seat post, handlebar post, and seat slider tube. During cleaning, inspect each part for any build up, foreign material or wear at the insertion points. Replace parts if needed.	Small Brush	WD-40 / 3-n-1

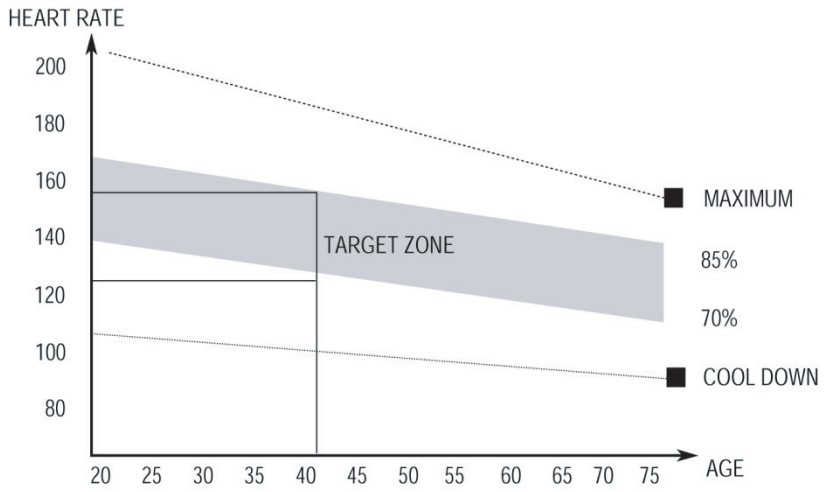
Exercise Instructions

NOTE:
Using the ASUNA Commercial Indoor Cycling Bike will provide you with several benefits. It will improve your physical fitness, tone your muscles, and in conjunction with calorie controlled diet, it can also help you lose weight.

1. THE WARM-UP PHASE:
This stage helps to get the blood flowing around the body while also loosening and preparing the muscles for workout. This phase will also reduce the risk of cramp 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 into a stretch, if it hurts, **STOP!**



2. THE EXERCISE PHASE:
Effort is the key in this phase. After regular use, the muscles in your legs will become stronger as the duration & intensity of your workouts may increase based on your body's tolerance to physical activity. When increasing physical activity, it is very important to maintain a steady tempo throughout. The rate of work should be sufficient enough to raise your heart beat into the target zone shown on the graph below.



Physical activity during this stage should last for a minimum of 12 minutes, although for most people, it will take about 15-20 minutes for their heart rate to reach the target zone.

Exercise Instructions

3. THE COOL-DOWN PHASE:
This stage is to let your cardio-vascular system and muscles wind down. Start by reducing your tempo and continuing for approximately 5 minutes. The stretching exercises (warm-up phase) should now be repeated. Again, remember not to force or jerk your muscles into the stretch.

As you build your physical endurance, you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

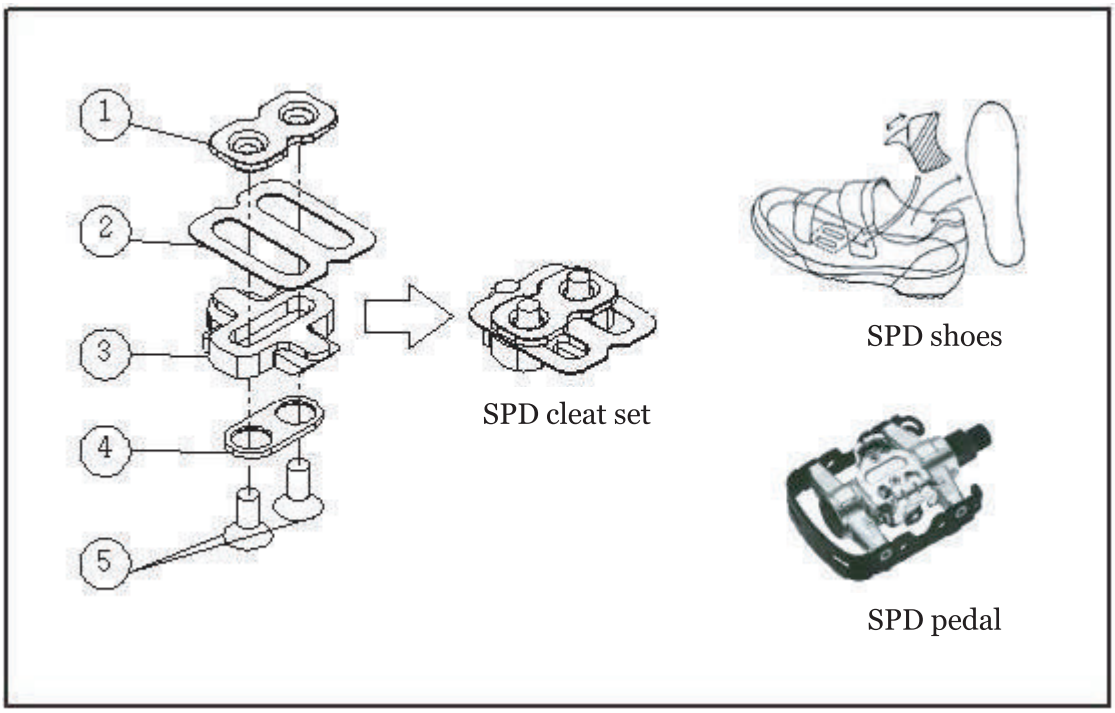
MUSCLE TONING:
To tone muscle while using the ASUNA Commercial Indoor Cycling Bike, you will need to set the resistance level to high. This will increase the strain on leg muscles which will then result in shorter training sessions. As the workload is increased, it will decrease the time required for the muscles to obtain an adequate workout. If you're also trying to improve your fitness, you'll need to alter your training program. You should train normally during the warm up and cool down phases, but towards the end of the exercise phase, the resistance should be increased in order to make your legs work harder than normal. You may have to reduce your speed to keep your heart rate in the target zone.

WEIGHT LOSS:
The most important factor here is the amount of effort you put in. The harder and longer you work, the more calories you can burn. Please keep in mind that a healthy calorie controlled diet should be paired with your workouts for best results.

SPD Pedal Guide

Included with your equipment is a set of SPD cleats compatible to the SPD pedals. Your SPD pedals have a standard pedal with toe cage on one side, which allows you to use regular shoes, as well as the SPD pedal on the other side. In order to use the SPD pedal, you would have to own a pair of SPD shoes designed to fit the cleats.

Use the image below to see the proper order that the SPD hardware should be placed in. Once combined, attach the cleats tightly into your shoes with the triangular portion of the cleat towards the front of the shoe. Ensure the lateral center line of the cleat is aligned to the ball of your foot and clip into the pedal. Cleat positions can be turned and adjusted. To release the cleat from the pedal, simply lift and twist your heel.



Product Specifications

Dimensions	51.5″L x 20.4″W x 44.9″H (131cm x 52cm x 114cm)
Assembled Unit Weight	105 lbs (47 kg)
Packaged Weight	120 lbs (54 kg)
Maximum User Weight	300 lbs (136 kg)