ASUNA

ASUNA 6100
SPRINTING COMMERCIAL 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 the manual.

⚠ **WARNING:** 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.

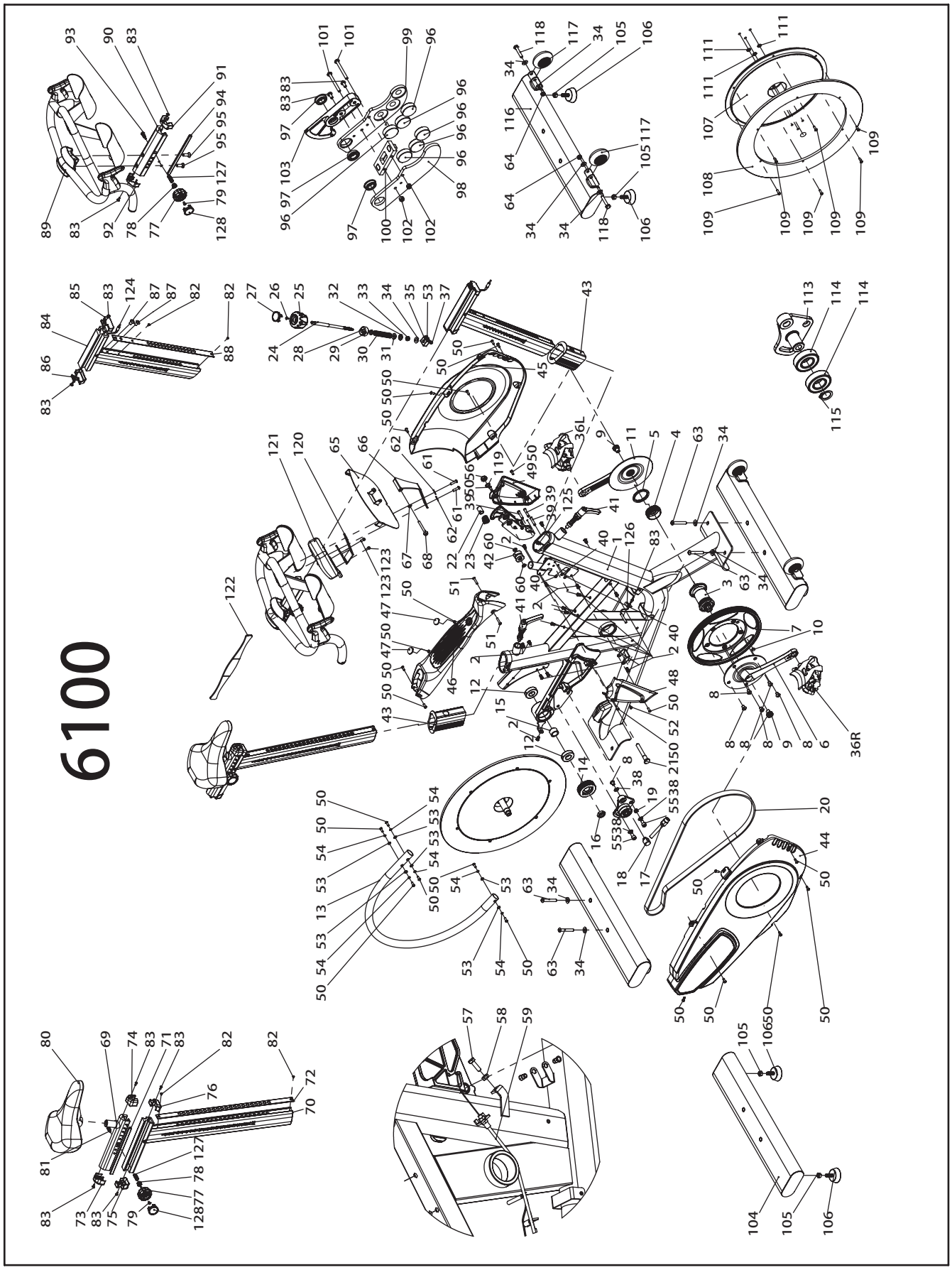
IMPORTANT! Please retain owner's manual for maintenance and adjustment instructions. Your satisfaction is very important to us, PLEASE DO NOT RETURN UNTIL YOU HAVE CONTACTED US: support@sunnyhealthfitness.com or 1- 877 - 90SUNNY (877-907-8669).

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. 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, 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 4 feet (1.2 M) of free space all around it.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
6. 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 exercise, discontinue use of the equipment immediately and do not use until the problem has been rectified.
7. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
8. Do not place fingers or objects into the moving parts of the equipment
9. The maximum weight capacity of this unit is 350 pounds (160 kg).
10. The equipment is not suitable for therapeutic use.
11. To avoid bodily injury and/ or damage to the product or property, proper lifting and moving is required.
12. Your product is intended for use in cool, dry conditions. You should avoid storage in extreme cold, hot or damp areas as this may lead to corrosion and other related problems.
13. This equipment is designed for indoor and home use only! It is not intended for commercial use!

Exploded Drawing



Parts List

No.	Description	Spec.	Qty
1	Frame Assembly		1
2	Hex Blind Nut		16
3	Bottom Bracket Set		1
4	Left Cup Of Bottom Bracket		1
5	Bottom Bracket Left Fixed Circle		1
6	Right Crank		1
7	Sprocket / Pulley		1
8	Hex-Socket Flat Hex Screw	(m8x p1.25x 10l)	6
9	Crank Fixed Screw		2
10	Permanent Magnet		1
11	Left Crank		1
12	Bearing	6004-2rs	2
13	Outer Circle Tube Assembly		1
14	Front Sprocket/ Pulley		1
15	Hub Lining		1
16	Hex Nut	m16*p1.5 Left Tooth*7.8t	1
17	Idler Pulley Adjust Screw		1
18	Idler Pulley Positioning Nut		1
19	Idler Pulley Arm Bushing		1
20	Belt		1
21	Brake Block Axle		1
22	Brake Block Axle Lining		1
23	Brake Spring		1
24	Brake Lever	Sus304 (d10x218l)	1
25	Brake Knob		1
26	Flat Cross Head Screw	(m4x p0.7x10l)	1
27	Brake Knob Cover		1
28	Brake Cover		1
29	Flat Washer	Sus304 M8(d16*d8.1*1.6t)	1
30	Compression Spring	(d12*40l*1.5t)	1
31	Square Plastic Bushing		1
32	Washer		1
33	Nylon Nut	Sus304 (m8*p2.0)	1
34	Flat Washer	Sus304 m8(d19*d8.5*1.0t)	9
35	Slider Block		1
36L/R	Pedal	Vp-S2	1
37	Nylon Nut	(m5*p0.8)	1
38	Flat Washer	M8(d16*d8.2*1.0t)	3
39	Hand Brake Rotating Shaft Pin		3
40	E Type Circlip		3
41	Handlebar Adjustment Knob		2
42	Crown Block		1

No.	Description	Spec.	Qty
65	Tablet Holder Assembly		1
66	Tablet Holder		1
67	Flat Washer	Sus304 m6(d12*d6.5*2.0t)	1
68	Flat Cross Hex Screw	Sus304 (m6*p1.0*55l)	1
69	Seat Slider		1
70	Seat Post Assembly		1
71	Seat Slider Rail		1
72	Seat Post Panel		1
73	Top Cover(Back)		1
74	Top Cover(Front)		1
75	Bottom Cover(Back)		1
76	Bottom Cover(Front)		1
77	Adjustment Knob		2
78	Knob Plug Pin		2
79	Flat Cross Head Screw	(UCP)M4*P0.7*10L	2
80	Saddle		1
81	Handle Pop-Pin(Short)		1
82	Flat Cross Head Screw	Sus304 (m3*p0.5*6l)	4
83	Flat Cross Head Screw	Sus304 (m4*p0.7*8l)	11
84	Handlebar Post Assembly		1
85	Bottom Cover(Front)		1
86	Bottom Cover(Back)		1
87	Hex-Socket Flat Hex Screw	Sus304 (m8*p1.25*12l)	2
88	Handrail Panel		1
89	Handlebar and Water Bottle Holder Assembly		1
90	Adjust Handlebar Block(Top)		1
91	Top Cover(Front)		1
92	Top Cover(Back)		1
93	Handle Pop-Pin		1
94	Adjust Handlebar Block		1
95	Flat Inner Hex Screw	Sus304 (m8*p1.25*25l)	2
96	Permanent Magnet		6
97	Bearing Lf-1910zz	Lf-1910zz	3
98	Brake Block-Right		1
99	Brake Block-Left		1
100	Brake Gasket Assembly		1
101	Flat Cross Head Screw	Sus304 (m4*p0.7*40l)	2
102	Nylon Nut	m8*p1.25	2
103	Brake Line Turntable		1
104	Rear Stabilizer		1
105	Hex Nut	Sus304 (ϕ 3/8"*16t*8t)	4
106	Leveler Foot		4

Parts List

No.	Description	Spec.	Qty
43	Bushing		2
44	Right Guard		1
45	Left Guard		1
46	Guard(Top)		1
47	Guard(Top) Cover		2
48	Right Brake Cover		1
49	Left Brake Cover		1
50	Hex-Socket Flat Head	(m5*p0.8*14l)	24
51	Hex-Socket Flat Head	(m5*p0.8*25l)	2
52	Round Head Cross Tapping Screw		1
53	Flat Washer	m5(ϕ 5.5* ϕ 13*1.0t)	7
54	Spring Washer		6
55	Flat Cross Hex Screw	(m8*p1.25*15l)	2
56	Nylon Nut	(m10*p1.5)	1
57	Outer Hex Screw	(m8xp1.25x45l)	1
58	Hex Nut (Ucp)	(Ucp)m6*p1.0*5.0t	1
59	Brake Line		1
60	Nylon Bushing		2
61	Galvanized Iron Screw		2
62	Flat Washer	Sus304 m6(d16*d6.5*1.0t)	2
63	Flat Cross Hex Screw	Sus 304 M8*P1.25*55L	4
64	Nylon Nut	(m8*p1.25)	2

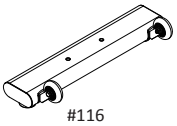
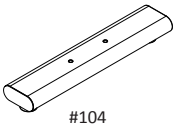
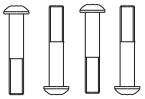
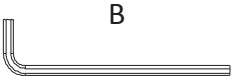
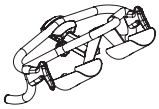
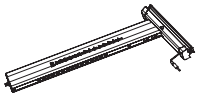
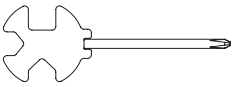
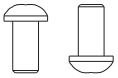
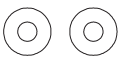
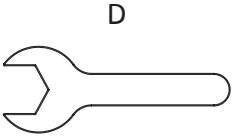
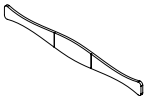
No.	Description	Spec.	Qty
107	Flywheel		1
108	Aluminum Ring (Flywheel)		1
109	Hex-Socket Flat Hex Screw	Sus304 (m5*p0.8*16l)	6
110	Flywheel Axis		1
111	Spring Washer		3
112	Hex-Socket Flat Hex Screw	s45c(Ucp)d20*95l+d60*14l	3
113	Idler Pulley Arm		1
114	Bearing		2
115	C Type Retaining Ring		1
116	Front Stabilizer		1
117	Transport Wheel		2
118	Hex Screw	Sus304 (m8*p1.25*45l)	2
119	Flat Washer	Sus304 m10(d16*d10.2*1.0t)	1
120	Fixing Stator For Meter		1
121	Meter		1
122	Heart Rate Strap		1
123	Round Head Cross Screw	Screw m5*10	2
124	Meter Connection Wire A		1
125	Meter Connection Wire B		1
126	Plastic Fixed Block		1
127	Screw (UCP)	ϕ 9*27.5L	2
128	Knob Cover		2

Ordering Replacement Parts (U.S. and Canadian Customers only)

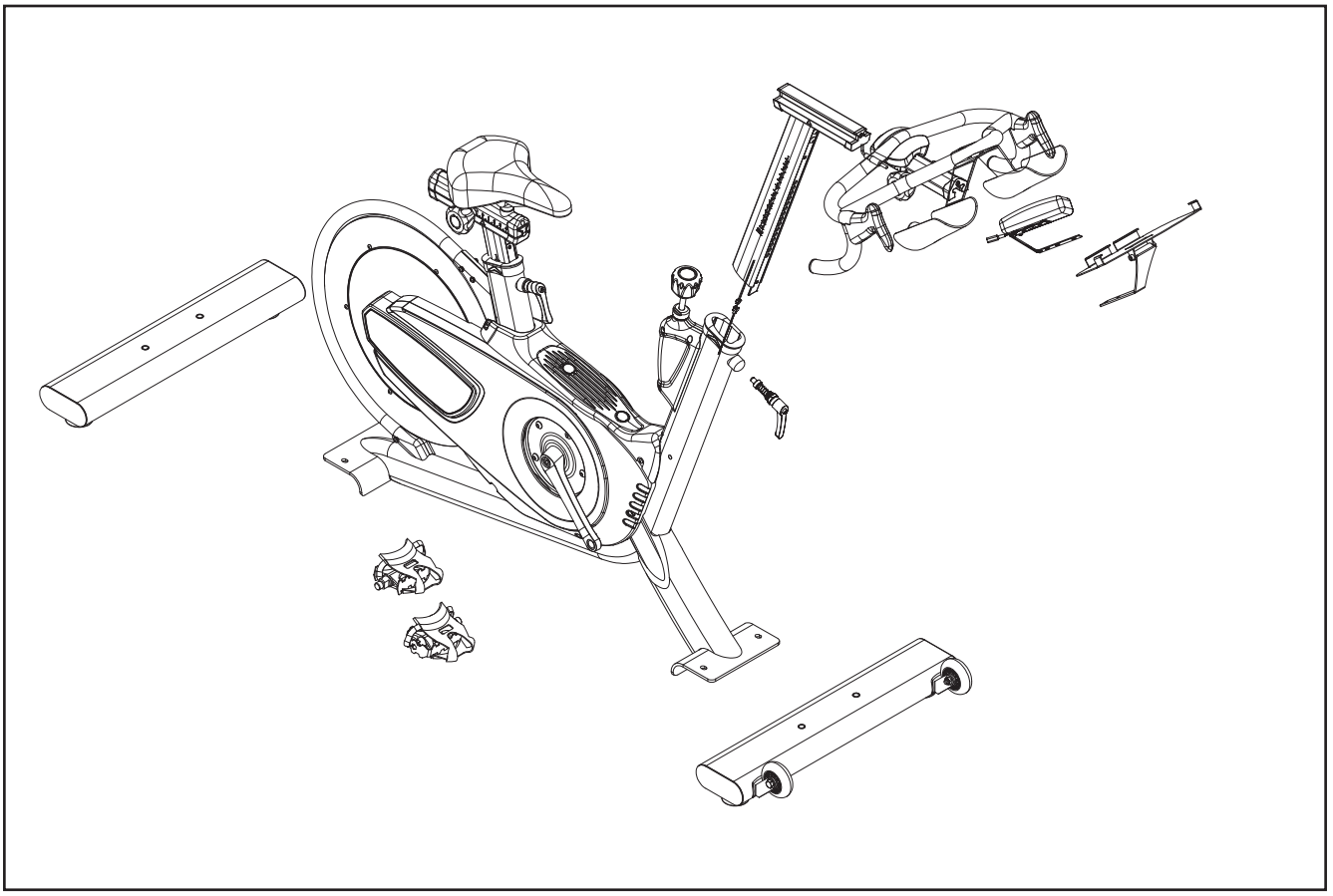
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ The model number (found on cover of manual)
- ✓ The product name (found on cover of manual)
- ✓ The part number found on the “EXPLODED DIAGRAM” and “PARTS LIST” (found near the front of the manual)

Tools & Hardware

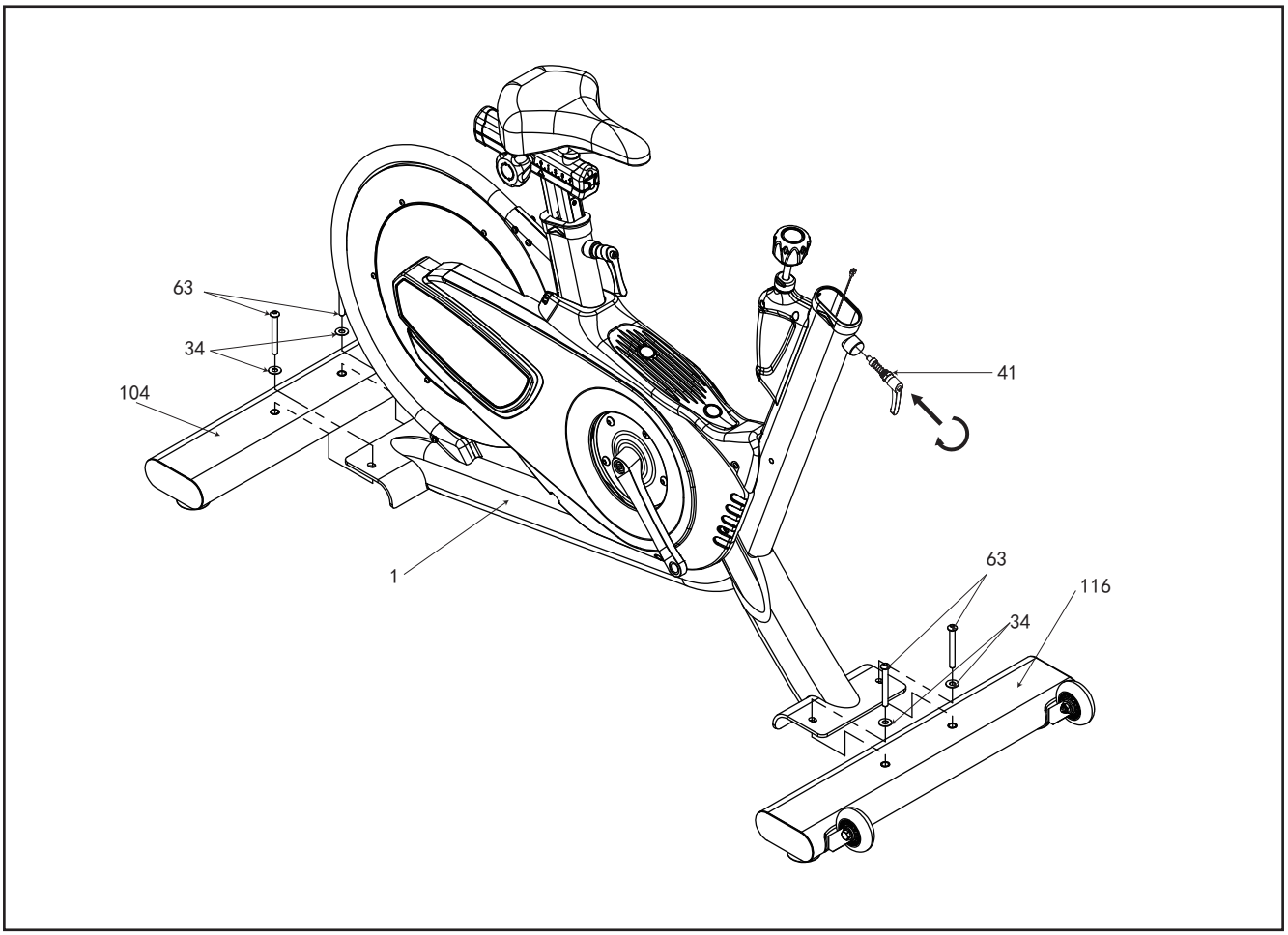
 #116 Front Stabilizer (1PCS)	 #104 Rear Stabilizer (1PCS)	 #63 Hex-Socket Screw (4PCS)	 #34 Flat Washer (4PCS)	 B L-Hex Wrench 5mm/76Lx27L
 #89 Handlebar and Water Bottle Holder Assembly (1PCS)	 #84 Handlebar Post Assembly(1PCS)	 #121 Meter (1PCS)	 #120 Fixing Stator For Meter (1PCS)	 C Combination Cross Wrench 13/14/15/mm
 #123 Round Head Cross Screw (2PCS)	 #66 Tablet Holder (1PCS)	 #61 HexSocket Screw (2PCS)	 #62 Flat Washer (2PCS)	 D Open end wrench 22mm
 #41 Handlebar Adjustment Knob (1PCS)	 #36 Pedal Vp-S2 (L/R 2PCS)	 #122 Heart Rate Strap (1PCS)	 A L-Hex Wrench 4mm/60Lx25L	

Assembly Parts List



Assembly Instructions

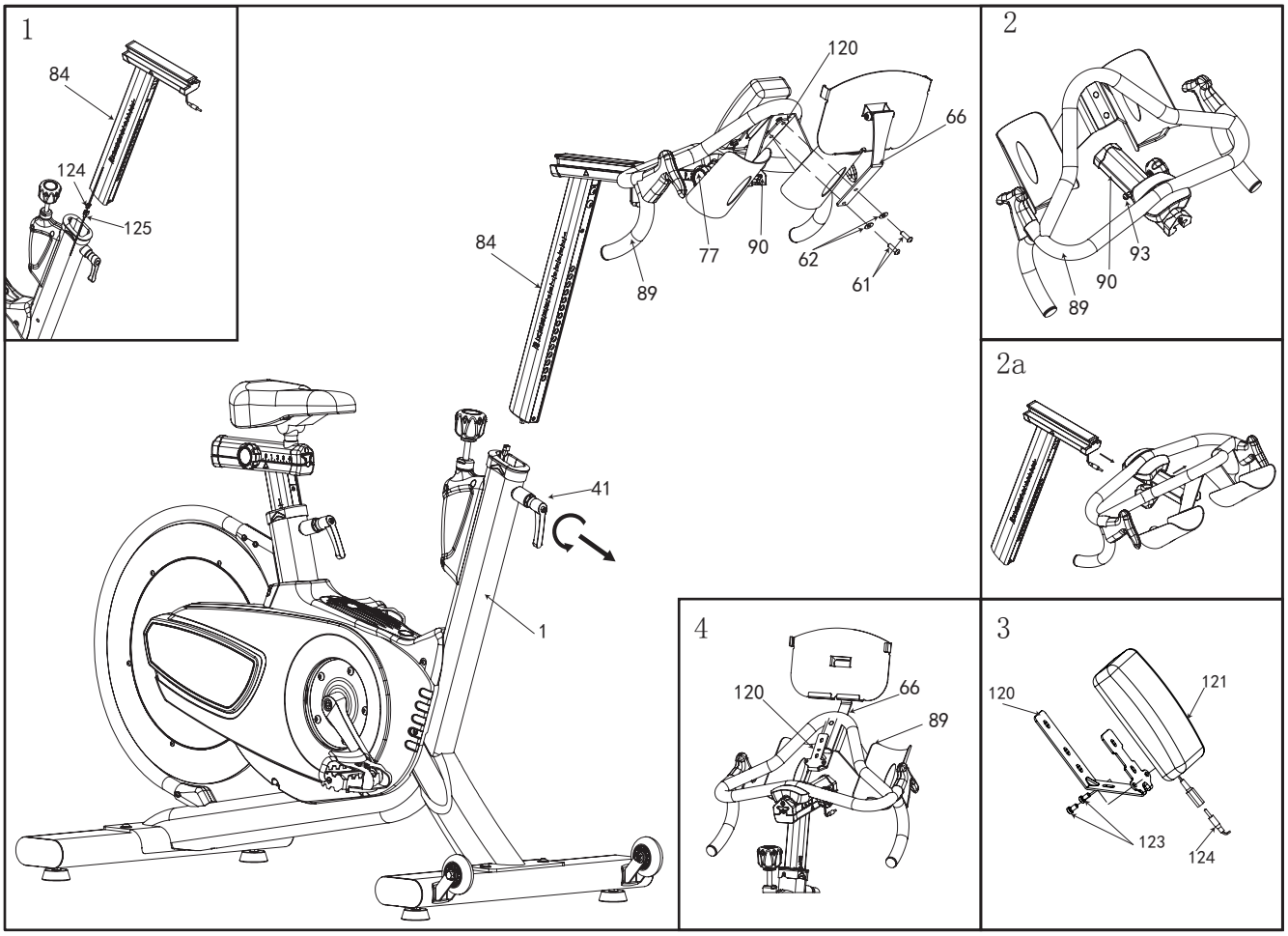
STEP 1:



Attach the Front and **Rear Stabilizers (No. 104** and **No. 116)** to the **Main Frame (No. 1)** using 4 **Hex Screws (No. 63),** 4 **Flat Washers (No. 34).** Tighten and secure using **Hex Wrench (B).**

Handlebar Adjustment Knob Assembly
Remove the **Handlebar Adjustment Knob (No. 41)** from the Pedal bag and turn clockwise to tighten firmly into the frame with **Wrench (D).**

STEP 2:



Please connect the **Meter Connection Wire A (No. 124)** and **Meter Connection Wire B (No. 125)** when you insert the **Handlebar Post (No. 84)**. Insert the **Handlebar Post (No. 84)** into the front tube of the **Main Frame (No. 1)**. Use the **Handlebar Adjustment Knob (No. 41)** to adjust the handlebar to the desired height and secure the handlebar in position.

Install the **Handlebar (No. 89)** into the **Handlebar Post (No. 84)**. Pull out **Handle Pop-Pin (No. 93)** and slide the handlebar onto the **Adjust Handlebar Block (top) (No. 90)**.

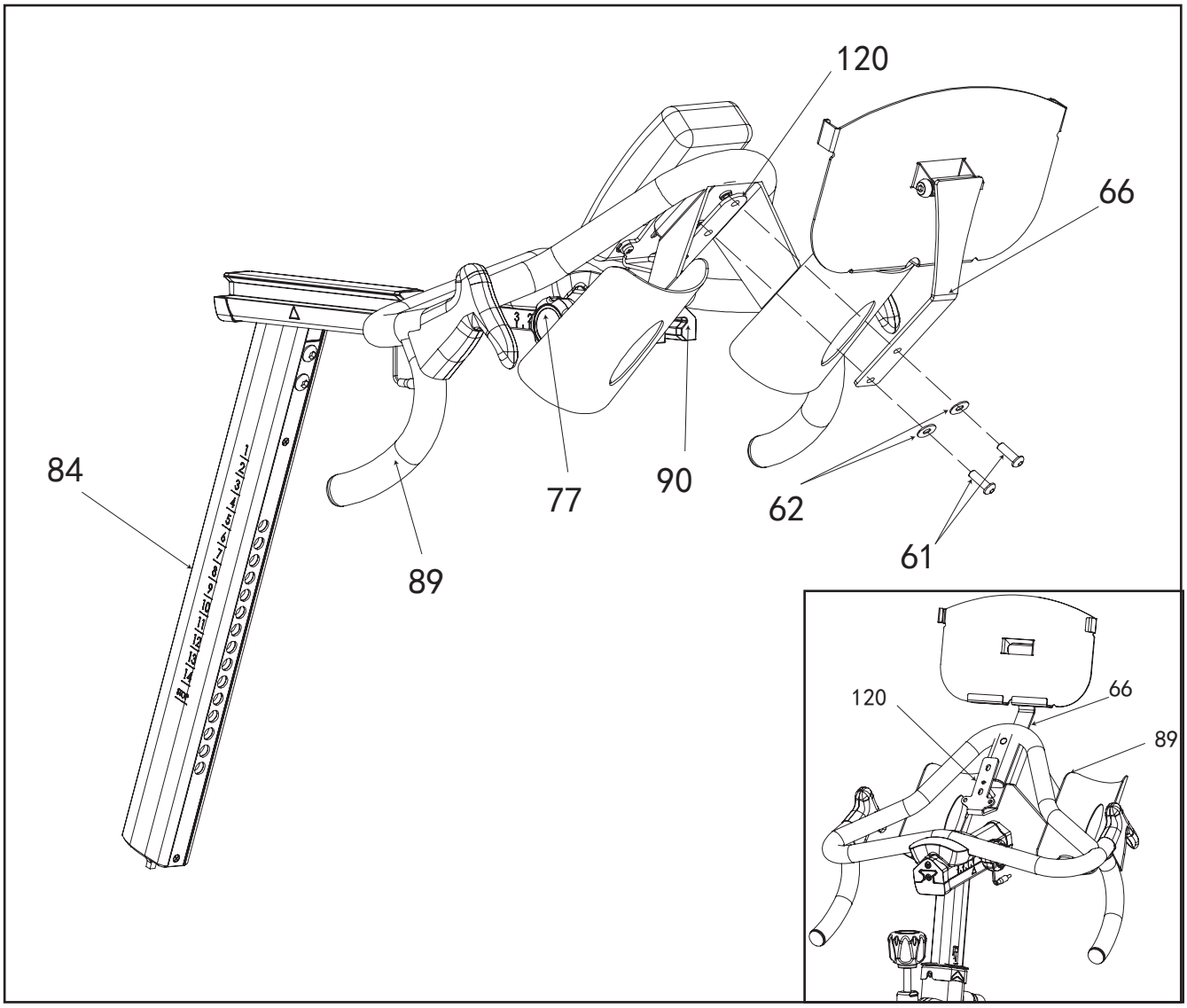
METER AND TABLET HOLDER ASSEMBLY INSTRUCTION

Install 2 pieces of 1.5V #AAA batteries included. Remove the 2 **Cross Screws (No. 123)** from the back of the **Meter (No. 121)**. Place the **Stator (No. 120)** on the back of the meter and secure using the 2 **Cross Screws (No. 123)** you just removed. Tighten with **Combination Cross Wrench (C)**.

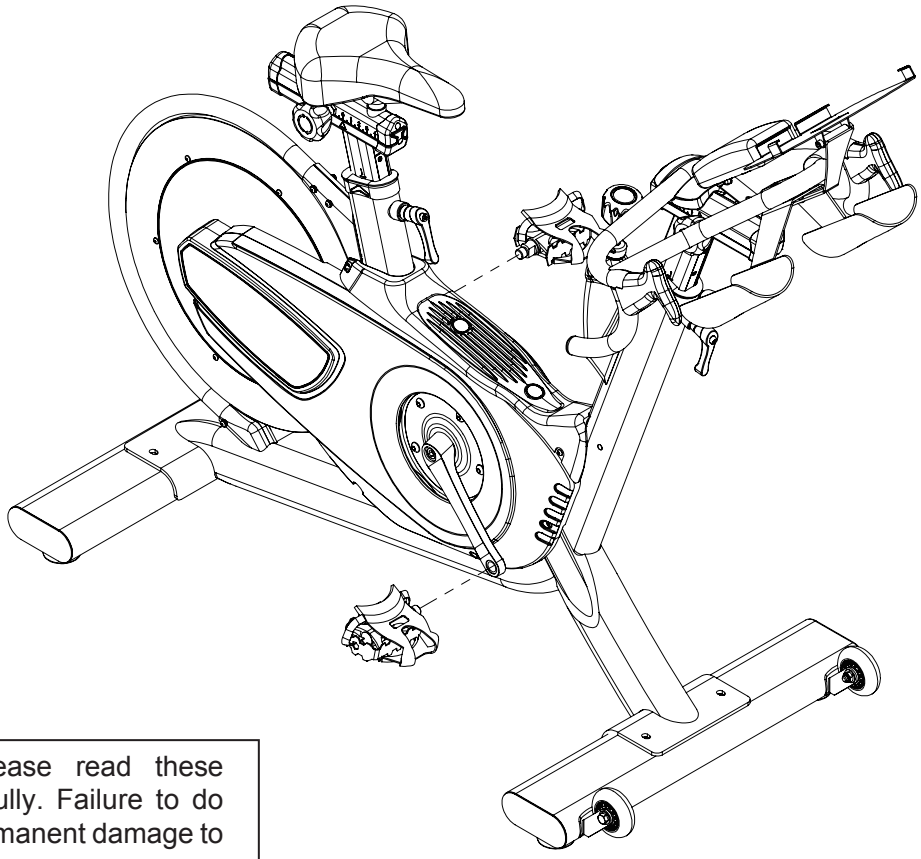
Position the **Stator (No. 120)** on the **Handlebar (No. 89)**, making sure to align the screw holes with the screw holes of the **Handlebar (No. 89)**. Align the screw holes of the **Tablet Holder (No. 66)** with the **Stator (No. 120)** and the **Handlebar (No. 89)**. Secure using 2 **Screws (No. 61)** and 2 **Flat Washers (No. 62)** and tighten with **L-hex Wrench (A)**.

Connect **Meter Connection Wire A (No. 124)** with the **Meter (No. 121)**.

ALTERNATE VIEW FOR METER AND TABLET HOLDER ASSEMBLY



STEP 3:



IMPORTANT: Please read these instructions carefully. Failure to do so may cause permanent damage to your bike.

Connect **Pedals L/R (No. 36)** onto the **Left** and **Right Crank Arms (No. 6** and **No. 11)**. Before you begin, immobilize the crank arms by turning the Knob **(No. 25)** all the way to the right.

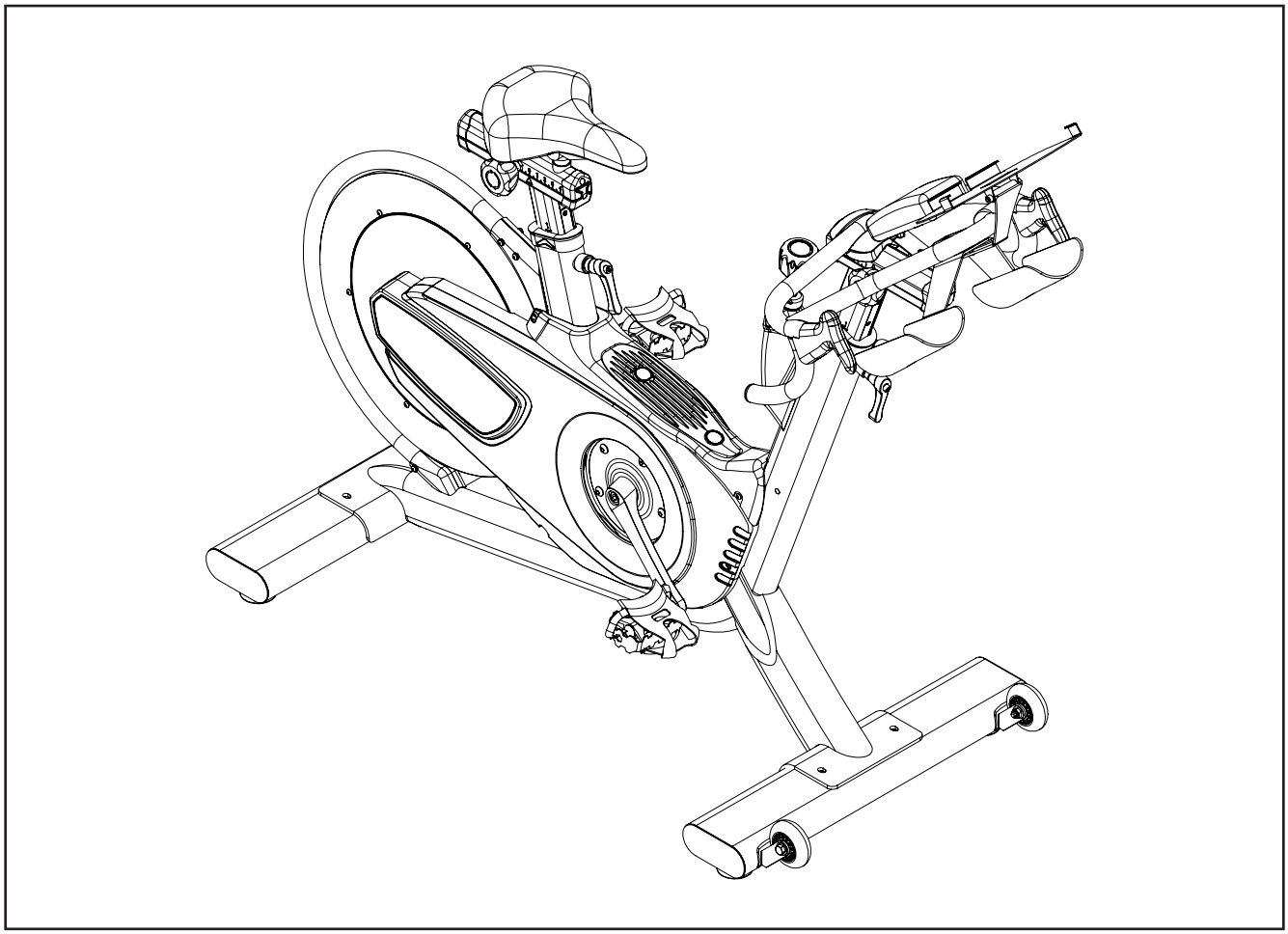
NOTE: Pedals L/R (No. 36) are marked **L** for the Left pedal and **R** for the Right pedal.

Left Pedal: Align the left pedal, **Pedal L (No. 36)** with the **Left Crank Arm (No. 11)** at 90 degrees. Gently insert the pedal into the crank arm, turn the pedal ***counterclockwise*** as tightly as you can with your hand. Tighten and secure with **Combination Wrench (C)**.

IMPORTANT: The **Left Pedal (No. 36)** contains reverse threading. When installing, you must turn it ***counterclockwise*** to tighten.

Right Pedal: Align the right pedal, **Pedal R (No. 36)** with the **Right Crank Arm (No. 6)** 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 (C)**.

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.

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 (No. 41)** counter-clockwise and pull it outward to release it. Raise or lower the seat post to the desired height, release the Seat Height Adjustment Knob gently until it engages a preset hole along the seat post. Turn the **Seat Height Adjustment Knob (No. 41)** 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 orderto 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.

User Instructions

➢ SEAT SLIDER ADJUSTMENT

1. Simply loosen the Adjustment Knob **(No. 77)** counter-clockwise and slide the **Seat (No. 80)** forward or backwards to the desired position.
2. Once the seat has been set in the desired position, turn the **Adjustment Knob (No. 77)** clockwise to tighten and secure the **Seat (No. 80)** in place.

NOTE: If necessary, you may need to make several different adjustments to the seat in order to find the most comfortable position. Repeat the instructions of **Step 1 & 2** until you locate the desired seat position.

➢ HANDLEBAR ADJUSTMENT

Proper handlebar height helps to ensure the maximum exercise efficiency and comfort. Handlebar height is a matter of performance, adjusting the handlebars to a higher level will give the rider more of an upright position, lowering them will result in a more prone position. If discomfort in the back occurs during exercise the handlebars should be more accurately adjusted to your personal requirements.

➢ HANDLEBAR HEIGHT ADJUSTMENT

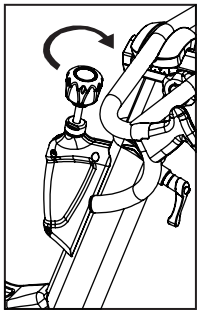
⚠ Do **NOT** raise the handlebar height above the **STOP** mark on the handlebar post.

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 proper location of the handlebar that suits your comfort.
2. Turn **Handlebar Adjustment Knob (No. 41)** counter-clockwise and pull it outward to release it. Raise or lower the **Handlebar Post (No. 84)** 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 (No. 41)** clockwise to tighten and secure it into place.

Note: 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.

When you have obtained the desired handlebar position, be sure to note the number on the handlebar post for future reference.

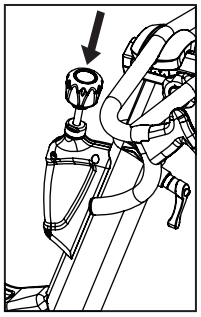
- **RESISTANCE ADJUSTMENT**



In order to change the intensity of your workout, the resistance can be easily adjusted at any time while riding.

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 and 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, turn the crank to bring one foot to within arm's reach, 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 achieve a smooth and comfortable exercise during use, you must ensure that the stability of the bike is correct. If you notice that the bike is unbalanced, you may adjust the leveling feet located beneath the front and rear stabilizers of the bike. To do so, use the **Combination Wrench (C)** to loosen the **Hex Nut (No. 105)** by turning it clockwise. With the nut loosened, rotate the **Leveler Foot (No. 106)** until it is leveled with the surface that the bike is on. When you have finished adjusting the leveler foot, re-tighten the **Hex Nut (No. 105)** by turning it counter-clockwise using the **Combination Wrench (C)**.If required, repeat this process to adjust the remaining leveler feet on the bike.

➢ DISMOUNTING THE BIKE

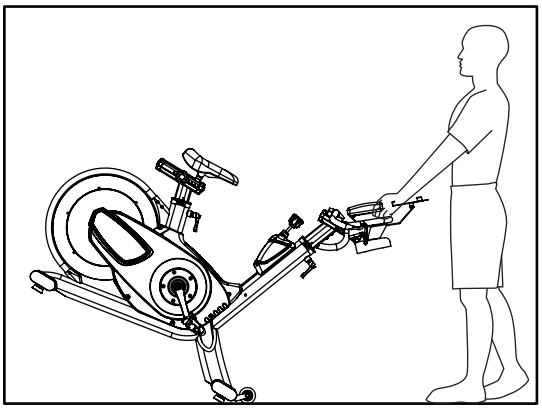
WARNING:

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

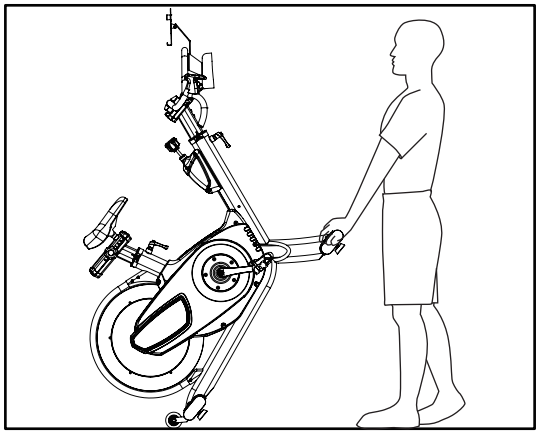


A. Wheels on the Front Stabilizer

1.To move the bike, first make sure that the **Handlebar (No. 89)** is properly secured.If the handlebar is loose, tighten the Handlebar **Adjustment Knob (No. 41)** to secure it. Next, stand at the front of the bike so that you're directly in front of the handlebars. Firmly grasp and hold 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.

B. Wheels on the Rear Stabilizer

1.Please squat down and grasp the **Front Stabilizer (No. 104)**, one hand on the right and another hand on the left.
2. Lift up the bike and stand up (the best angles from stabilizer with ground is 50°.)
3. You can easily roll the bike in any direction.
4. Grasp the **Handlebar (No. 89)** by your left hand when you feel the wheels touch the ground.
5. Grasp the **Handlebar (No. 89)** by your right hand and put down the bike.



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

➢ BELT DRIVE TENSION

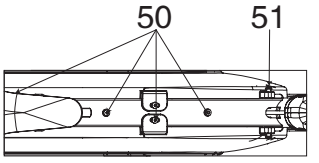
The belt on this bike was pre-tensioned and pre-lubricated prior to being shipped. The belt should not require any adjustments upon the bikes initial uses. However, you may need to make minor tension adjustments over time.

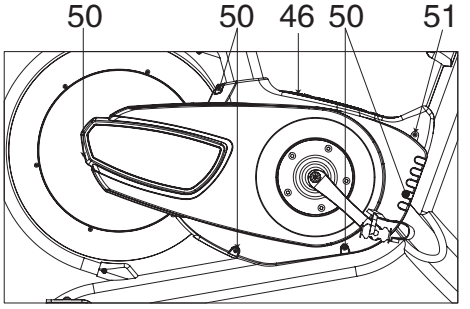
Note: Make sure you adjust the tension equally on both sides when tightening or loosening to ensure that the flywheel is in alignment with the frame.

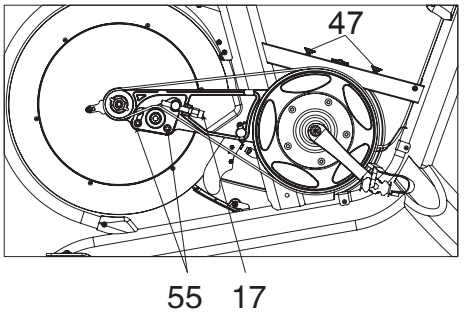
Gently move the crank arms back and forth with your hand. If there is more than 1/4″ (0.64 cm) of space granted in the movement of the crank before the flywheel starts turning, you will need to adjust the belt tension.

ADJUST THE BELT TENSION:

1. Remove the 2 **Guard (Top) Cover (No. 47)** on the **Guard (top) (No. 46)**. Remove the 4 **Screws (No. 50)** and 2 **Screws (No. 51)**. Remove the **Guard (top) (No. 46**).
2. Remove the 7 **Screws (No. 50)** and remove the **Right guard (No. 44)**.
3. Use **L type wrench (B)** to loosen 2 **Hex Screws (No. 55)** two turns counterclockwise.
4. Use **L type wrench (B)** to **adjust Screw (No. 17)**. Turn counter-clockwise to loosen belt. Turn clockwise to tighten belt. Then adjust the belt. Tighten the 2 **Hex Screws (No. 55)** clockwise.
5. Turn the crank to see if belt runs smoothly. You can also try riding the bike to test the belt tension. If there is still a problem, repeat step #4 until belt is at correct tension.
6. Put the **Right guard (No. 44)** back on and re-tighten the
7. **Screws (No. 50)**. Putting the **Guard (top) (No. 46)** back on and re-tighten the 4 **Screws (No. 50)** and 2 **Screws (No. 51)**.







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 of your equipment 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 use of the equipment. Equipment should only be used and stored indoors. Prolonged exposure to weathering and changes in temperature and humidity may have a severe impact on 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

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 aren't 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

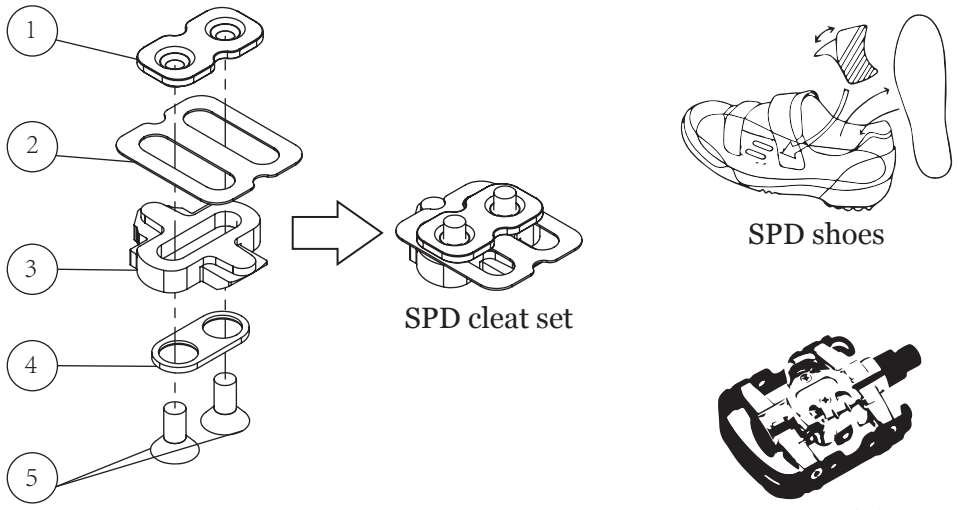
Monthly Maintenance:
This maintenance should be comprehensive and should involve checking the overall frame and main assembly components.

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 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

SPD Pedal Installation

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 side on the other to attach your cleats. 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.



➢ DISPLAY FUNCTION:

ITEM	DESCRIPTION
SCAN	. 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→RPM/SPEED
SPEED	. Range 0.0 ~ 99.9 . Without any signal being transmitted into the monitor for 4 seconds during workout, SPEED will display “0.0”
RPM	. Range 0 ~ 999 . Without any signal being transmitted into the monitor for 4 seconds during workout, RPM will display “0”
TIME	. 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	. 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	. 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
PULSE	. 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

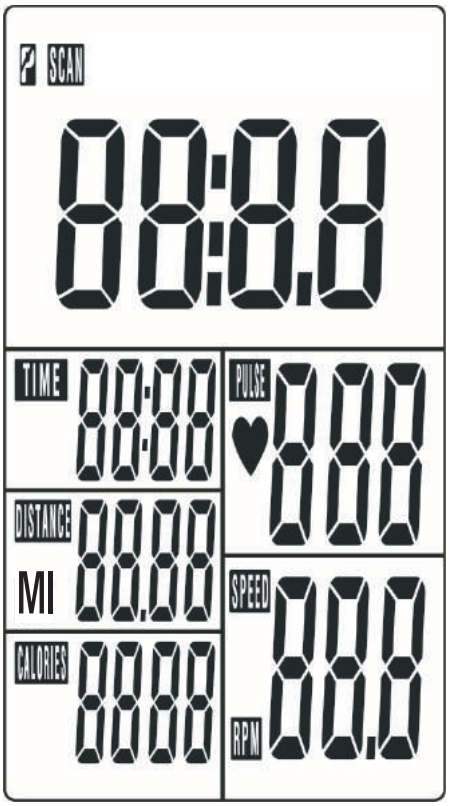
Meter Instruction

➢ KEY FUNCTION:

ITEM	DESCRIPTION
SET	. 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 1)
MODE/ENTER	. 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	. 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	. After the console detects pulse signal, press the RECOVERY key to enter recovery mode to monitor heart rate recovery ability.

OPERATION PROCEDURE

• LCD will display all segments as Drawing 1.



POWER OFF

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

OPERATION

1. Workout setting

• Press MODE/ENTER key to select the function of TIME, DISTANCE, CALORIES and PULSE. Use SET Key for setting and press MODE/ENTER 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 and CAL 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 replace the batteries and try again.

Chest Belt Instruction

300*33*10MM

I. Product picture：

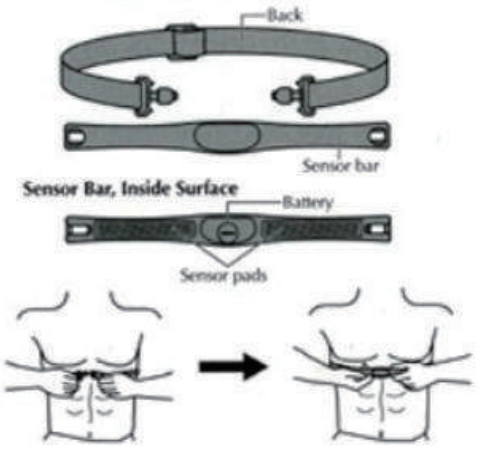


Figure 1

II. Standard wearing method:

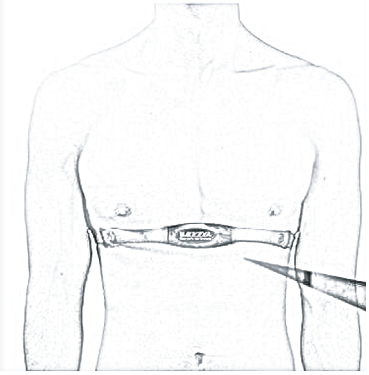


Figure 2

Figure 3

III. Measuring your heart rate:

1. Wet your skin with water before putting on the chest belt, so the belt can detect the signal better.

2. Put on the chest belt as in Figure 1-3, then the belt can detect your heart rate. After 3 to 5 seconds, the meter will display the PULSE icon and your pulse.

3. If you will not be measuring your heart rate, take off the chest belt.

IV. Note

1. Wear the chest belt in the direction indicated.

2. Make sure the chest belt is as close to your heart as possible.

3. Chest belt transmits data via RF5.3 KHz

4. Signal range of the belt is 35-47 inches (90-120 cm)

5. Battery: The chest belt uses one 3V lithium battery. Factory has installed one in the meter. If signal range decreases or no signal is detected, replace the battery. The battery is located in the middle of the -chest belt. Use a coin to turn the cover counterclockwise to open up the battery compartment.

Dispose of old battery according to your regional guidelines.

6. Waterproof level = 1 ATM

Product Specifications

- **Dimensions** 59″L x 22″W x 48.4″H
- **Assembled Unit Weight** 126.7 lbs (57.5 kg)
- **Packaged Weight** 138.9 lbs (63 kg)
- **Maximum User Weight** 350 lbs (160 kg)