

# ASUNA

**7100**

***Sabre Magnetic***

***Commercial Indoor Cycling Bike***



***Owner's Manual***  
***Made in Taiwan***



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**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.



**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](http://www.P65Warnings.ca.gov).

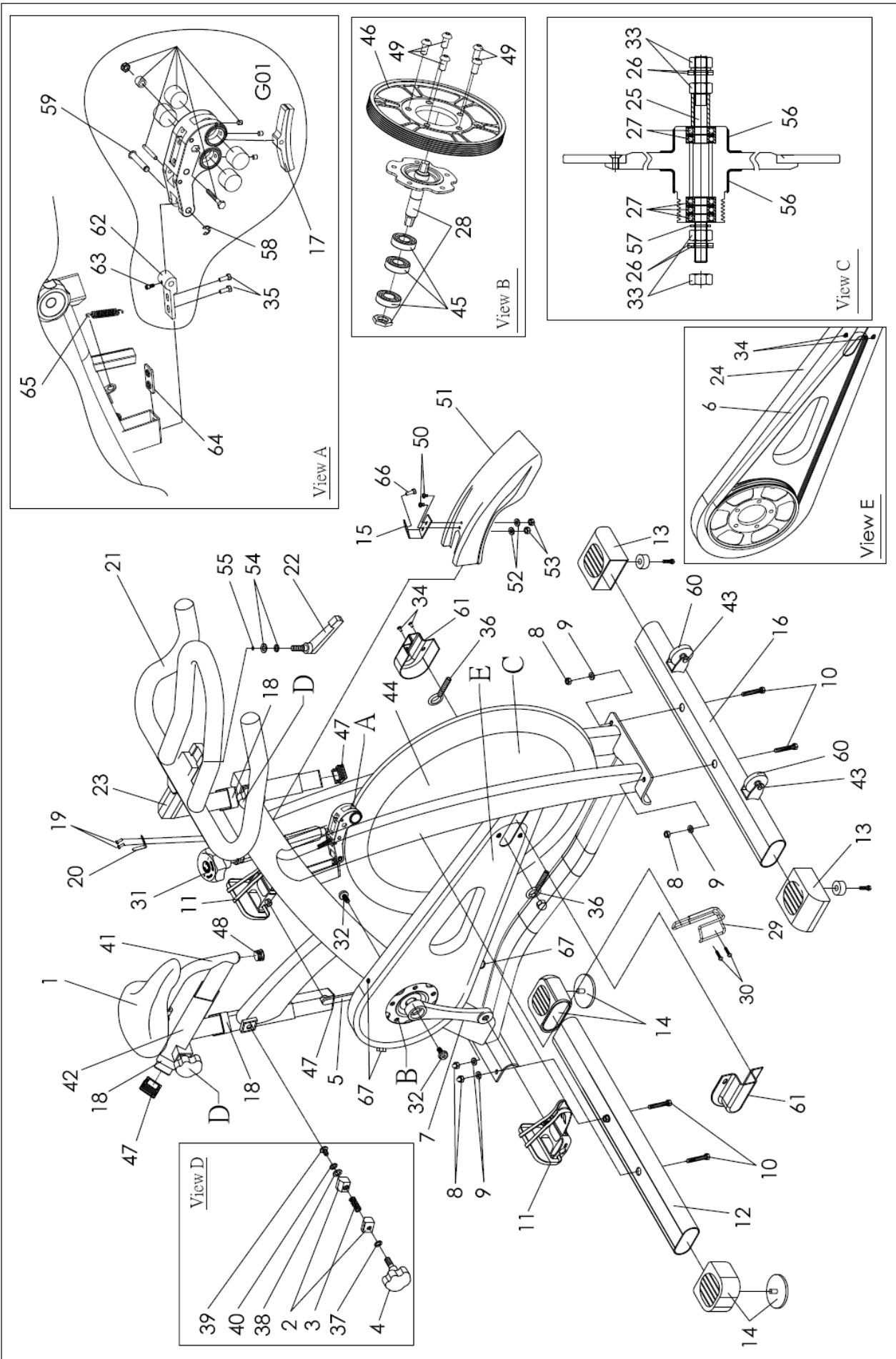
**IMPORTANT:** Read all instructions carefully before using this product. Retain owner's manual for future reference. For customer service, please contact: [support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com)

## 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. 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, and 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 (60cm) 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. Do not use bike without shoes, or with loose shoes.
8. Do not place fingers or objects into moving parts of the exercise equipment.
9. The maximum weight capacity of this unit is 285 pounds (130kgs).
10. The equipment is not suitable for therapeutic use.
11. **Please take proper precautions** when lifting and moving the equipment so as not to injure your back. Always use proper lifting technique and seek assistance if necessary.
12. For all adjustable parts be aware of the maximum position to which they can be adjusted.
13. Be aware of non-fixed or moving parts while mounting or dismounting the bike.
14. We take no responsibility for personal injury or damage sustained by or through the use of this exercise bike.

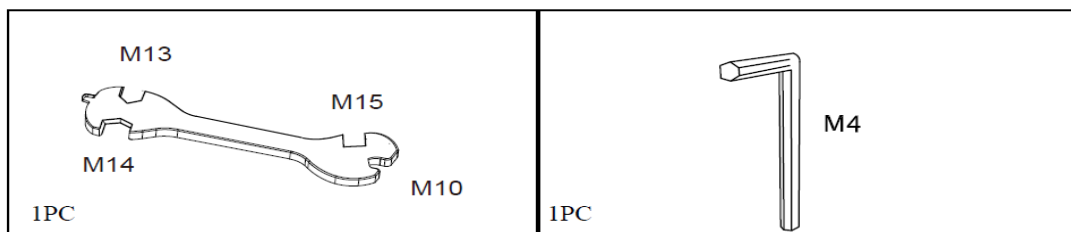
# Exploded Drawing



# Parts list

REF.	Name	QTY	REF.	Name	QTY
1	Seat	1	36	Flywheel adjuster bolt	2
2	Alloy bind clamp ( R &L )	3	37	Knob washer	3
3	Spring for knob	3	38	Plastic washer for knob	3
4	Adjustment knob	3	39	Knob fixed bolt	3
5	Left crank arm	1	40	Washer for knob	3
6	Belt	1	41	Seat slider	1
7	Right crank arm	1	42	Seat post	1
8	Nut	4	43	Axle bolt for moving wheel	2
9	Washer	4	44	Flywheel	1
10	Bolt	4	45	BB bearing	3
11	Pedal	1PR	46	Belt wheel	1
12	Rear stabilizer	1	47	End cap	3
13	End cap (Pair)	1	48	End cap	1
14	End cap (Pair)	1	49	Screw for pulley	5
15	Fender fixed plate	1	50	Bolt for fender	2
16	Front stabilizer	1	51	Fender	1
17	Brake pad w/holder	1	52	Washer for fender	2
18	Rubber sleeve	3	53	Nut for fender	2
19	Bolt for sprocket bracket	2	54	Washer for L shape knob	2
20	Sprocket bracket for resistance knob	1	55	O clip for L shape knob	1
21	Handlebar	1	56	Rubber cover for flywheel	2
22	L Shape knob	1	57	Flywheel security washer	1
23	Handlebar post	1	58	E clip	1
24	Outer chain guard	1	59	Fixed pin	1
25	Flywheel axle	1	60	Moving wheel	2
26	Flywheel security washer	4	61	Axle cover (Pair)	1
27	Flywheel bearing	5	62	Connection bracket	1
28	Middle axle with plate	1	63	Fixed bolt for connection	1
29	Bottle holder	1	64	Plate for screw	1
30	Bottle holder bolts	2	65	Spring	1
31	Tension knob	1	66	Bolt for plate	1
32	Crank bolt	2	67	Outer chain guard bolt M5	3
33	Flywheel security nut	4			
34	Outer chain guard bolt M6	4			
35	screw & washer for bracket	2	G01	Magnetic w/support, fixed bolt, screw, housing, nut, fixe pin	1

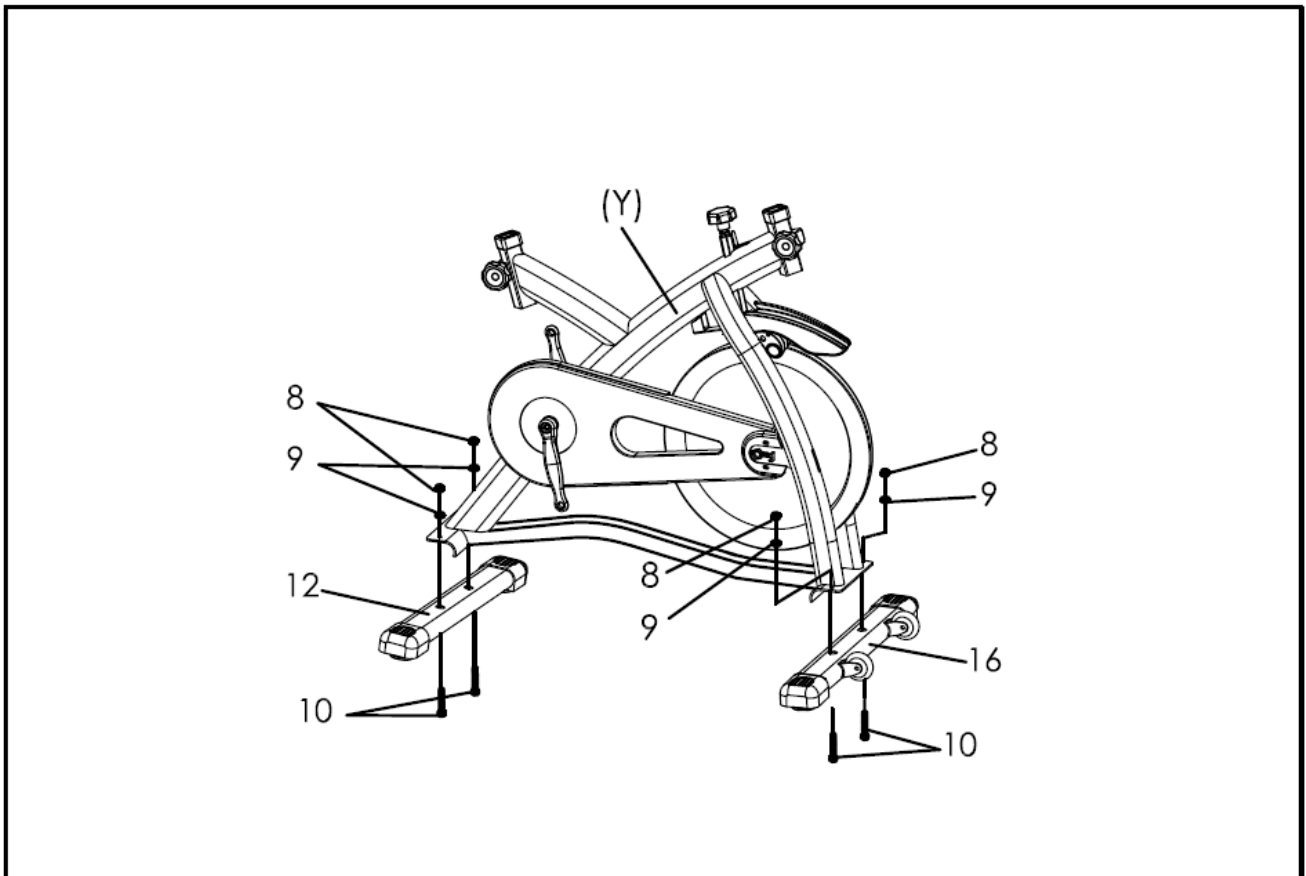
## TOOLS TO USE



**NOTE:** All hardware items have been preinstalled on the machine, simply remove and reinstall the hardware as assembly is required.

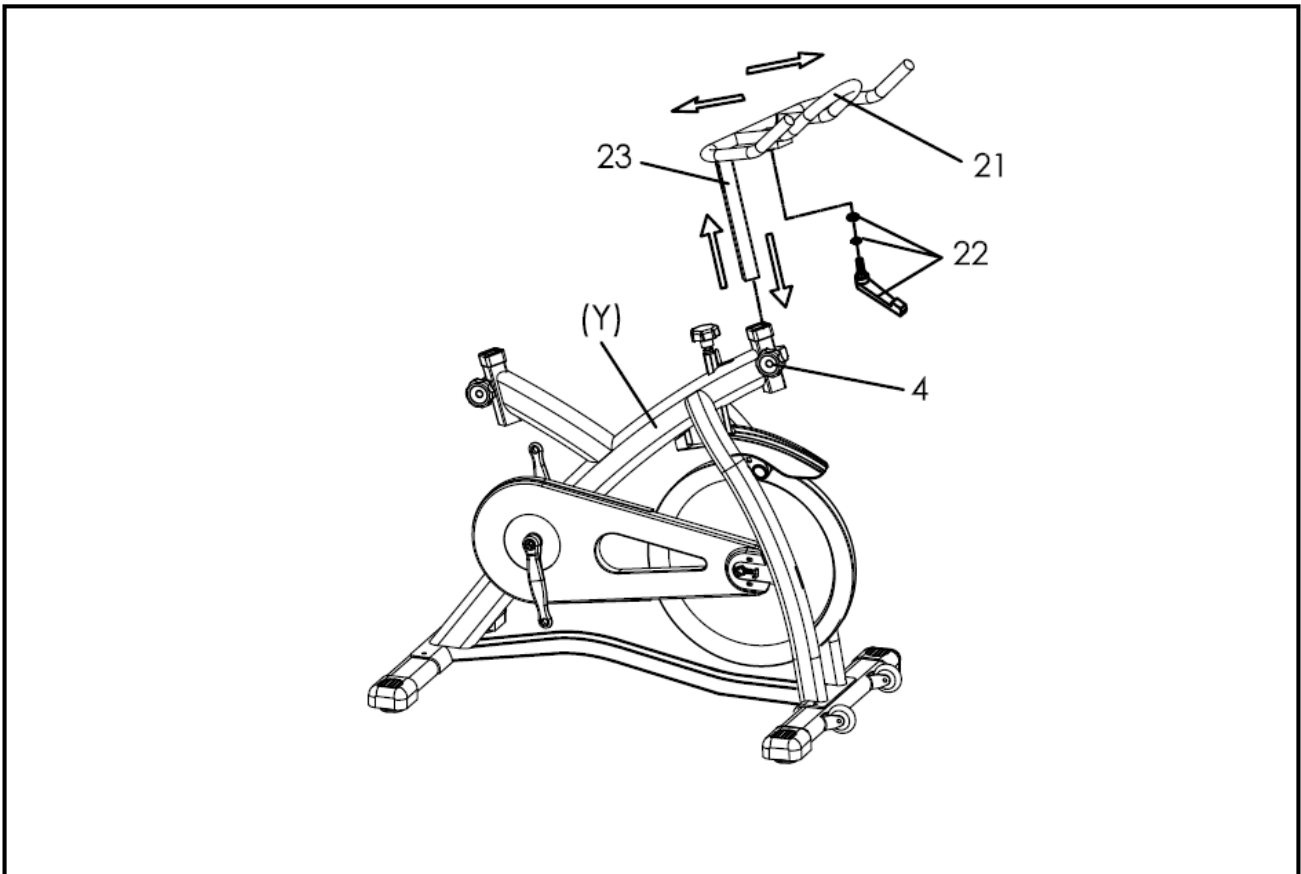
# Assembly Instruction

STEP: 1



Attach the **Front Stabilizer (No. 16)** and the **Rear Stabilizer (No. 12)** to the Main Frame (Y) using 4 Bolts (No. 10), 4 Washers (No. 9) and 4 Nuts (No. 8). Tighten and secure using spanner wrench.

## STEP: 2

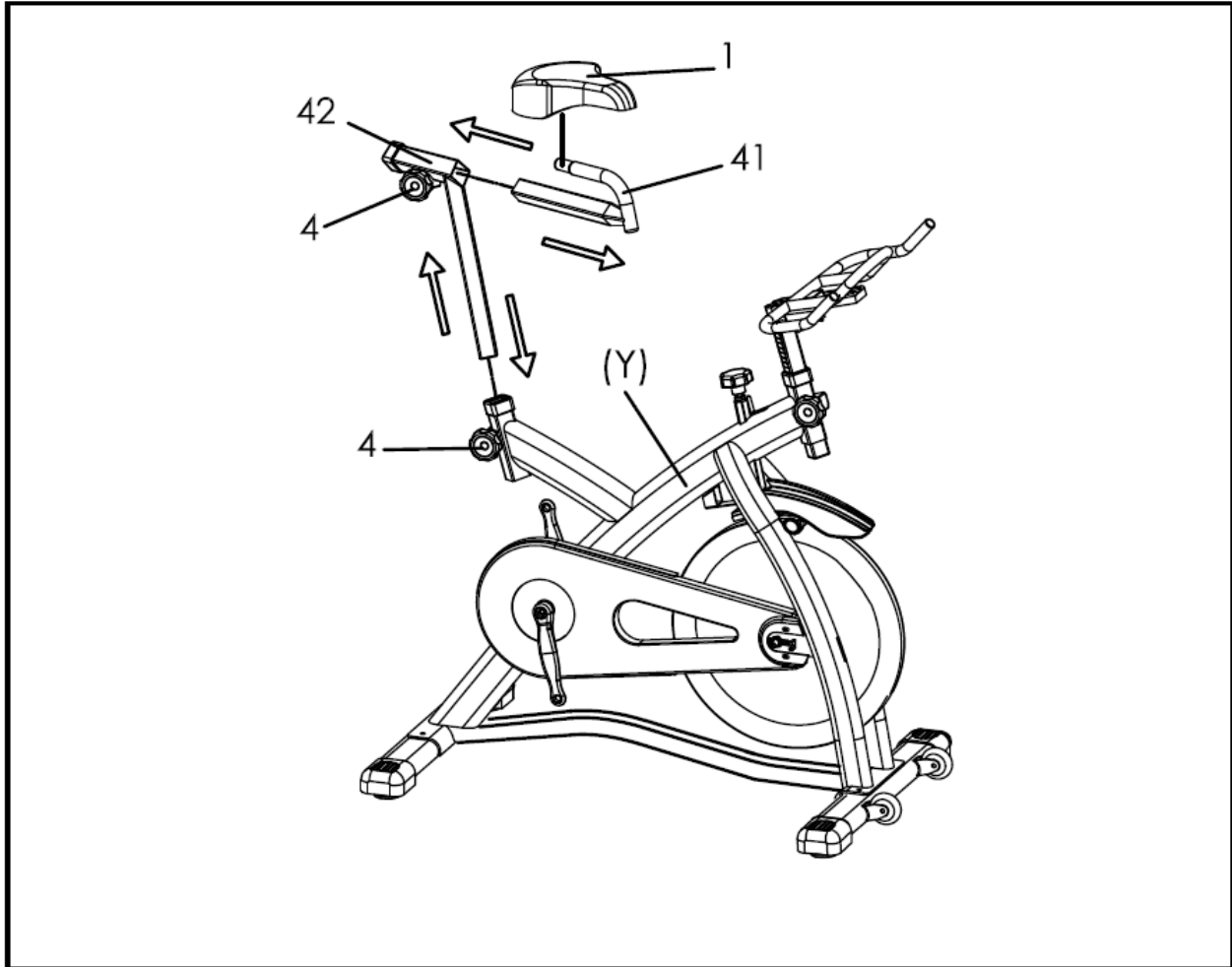


Loosen **Adjustment Knob (No. 4)** on main frame handlebar tube to remove protection cap, then slide the **Handlebar Post (No. 23)** into the handlebar tube of the Main Frame (Y).

Slide the **Handlebar (No. 21)** onto the **Handlebar Post (No. 23)**. Tighten the **L-Shaped Knob (No. 22)** to secure the **Handlebar (No. 21)** into position.

**NOTE:** To slide the **Handlebar (No. 21)** back and forth to adjust it to the desired position, first loosen the **L-Shaped Knob (No. 22)**.





Insert the **Seat Post (No. 42)** into the seat tube located on the Main Frame (Y).

Insert the **Seat Slider (No. 41)** into the **Seat Post (No. 42)**. Tighten the **Adjustment Knob (No. 4)** to secure the **Seat Slider (No. 41)** in place.

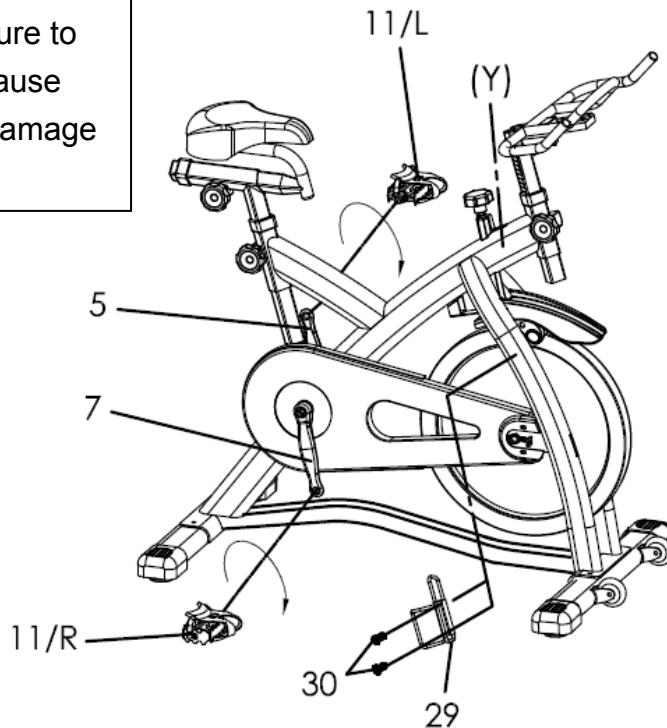
Secure the **Seat (No. 1)** onto the post of the **Seat Slider (No. 41)**. Tighten the **seat clamp screw** to secure the **Seat (No. 1)** in place.

Use **Adjustment Knob (No. 4)** to adjust height of the **seat**, use **Adjustment Knob (No. 4)** to adjust the **seat** back and forth.

## STEP: 4

### IMPORTANT:

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



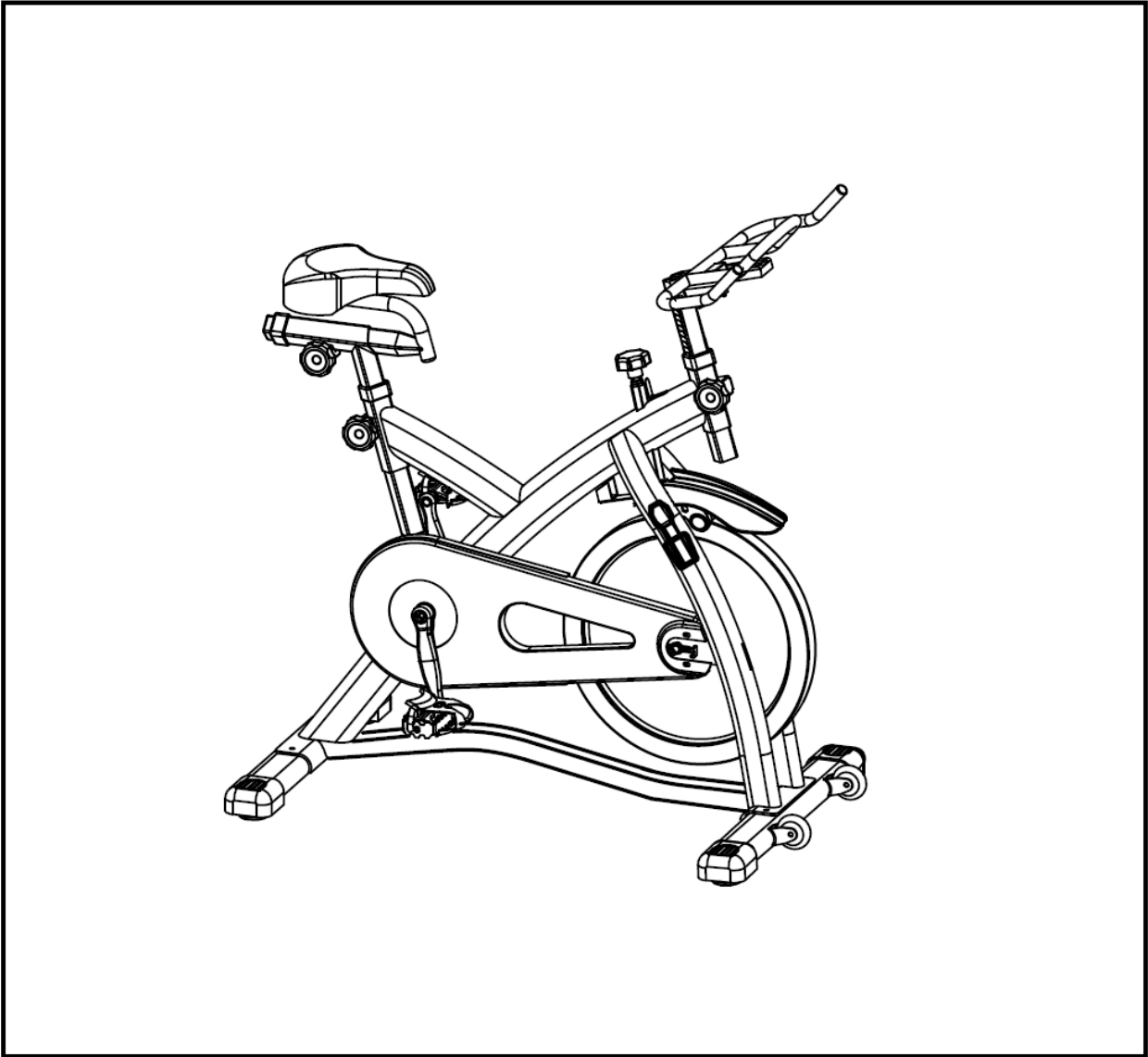
Connect **Pedals L/R (No. 11)** onto the **Left and Right Crank Arms (No. 5 and No. 7)**. (Before you begin, immobilize the crank arms by turning the tension knob all the way to the right).

**NOTE: Pedals L/R (No. 11)** are marked, **L** for the (left pedal) and **R** for the (right pedal).

**Left Pedal:** align the left pedal, **Pedal L (No. 11)** with the **Left Crank Arm (No. 5)** at 90 degrees. Insert the pedal into the crank arm, turn the pedal **counter-clockwise** as tightly as you can with your hand. Tighten and secure with (15mm) spanner wrench.

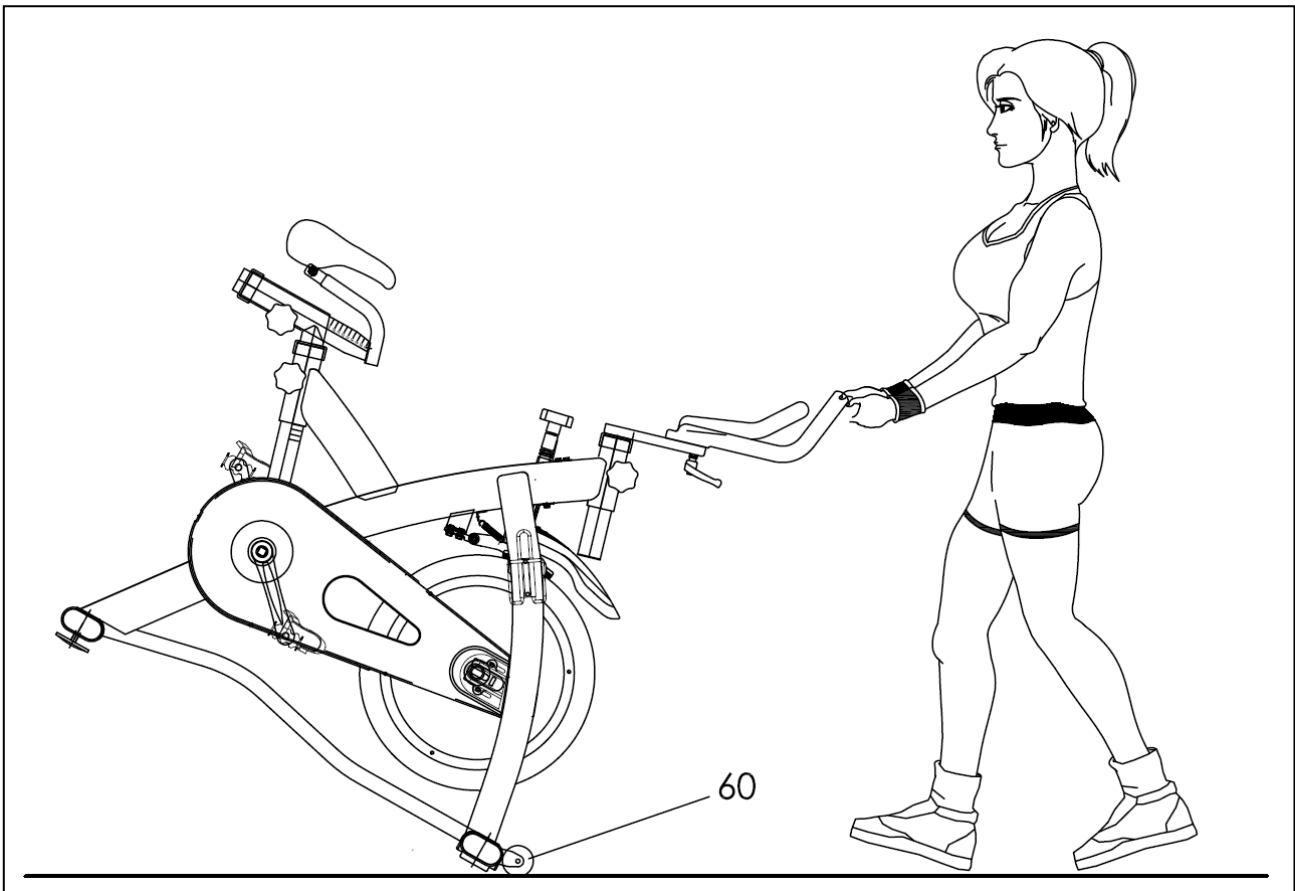
**Right Pedal:** align the right pedal, **Pedal R (No. 11)** with the **Right Crank Arm (No. 7)** at 90 degrees. Insert the pedal into the crank arm, turn the pedal **clockwise** as tightly as you can with your hand. Tighten and secure with (15mm) spanner wrench.

Attach the **Bottle Holder (No. 29)** to the Main Frame **(Y)** using **2 Bottle Holder Bolts (No. 30)**. Tighten with spanner wrench.



**Assembly is complete!**

Before beginning use of 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 as well to make sure that they are tightened and secure.



## MOVING

There are **Moving Wheels (No. 60)** on the front stabilizer. **Hold the handlebar, and tilt the bike towards you until the wheels touch the ground.** Then you can move the bike.

## ➤ ASSEMBLY

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

## ➤ ADJUSTING THE RESISTANCE

Adjust the resistance of the bike using the **Tension Knob**. Increase the level of resistance by turning the tension knob to the **RIGHT**. Decrease the level of resistance by turning the tension knob to the **LEFT**.

➤ **BRAKE** to stop the bike, press down on the **Tension Knob** located at the top of the Main Frame.

## ➤ HANDLEBAR AND SEAT ADJUSTMENT

It is important that the handlebar and seat are both set to the correct height of your body. To adjust the handlebar height, loosen the Handlebar **Adjustment Knob** and slide the **Handlebar Post** up or down to the required height. Once adjusted, retighten the handlebar adjustment knob. **Ensure that it is securely tightened and there isn't any lateral or vertical movement of the handlebar.** The **Handlebar** can also be adjusted forwards or backwards. To do so loosen the **L-Shaped Knob** located below the handlebar slider. Slide the handlebar assembly forwards and backwards until you reach the required position. Once adjusted retighten the **L-Shaped Knob**.

## ➤ SEAT ADJUSTMENT

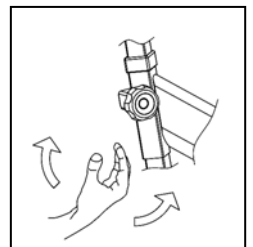
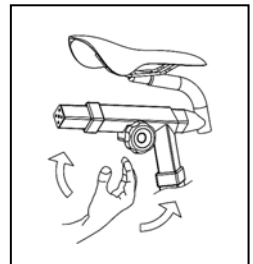
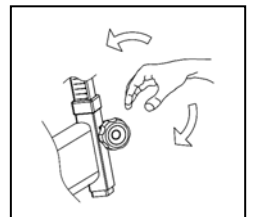
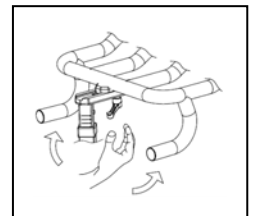
To adjust the **seat** height, loosen the **Adjustment Knob**, move the **seat** up or down to the required height. Once adjusted, retighten the seat adjustment knob. Ensure that the knob is tight enough to prevent the **seat** from moving side to side. The **Seat** can also be adjusted forwards or backwards. To do so, loosen the **Adjustment Knob** located at the top of the **Seat Post**. Slide the **Seat Slider** to the required position. Once adjusted, retighten the seat slider adjustment knob.

## ➤ PEDALS AND TOE STRAPS

Feet should be securely positioned in the toe clips during exercise. Put your foot as far forwards as you can into the toe-clip and then pull the strap tight. Repeat this process to secure your other foot.

## ➤ ADJUSTING THE HEIGHT OF THE BIKE

Located underneath the Front and Rear Stabilizers of the bike are height adjustment pads. These pads are used to adjust the height of the bike in order to increase the amount of stability to the ground. To increase the height of the bike, turn the adjustment pad counter-clockwise. To decrease the height of the bike, turn the adjustment pad clockwise.



# *Maintenance*

## **IMPORTANT:**

Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that the equipment is maintained regularly. 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 electrical components and moving parts of the machine.

## **Daily Maintenance:**

- Clean **away** sweat and moisture after each use.
- Perform inspection of all nuts and bolts associated with moving parts of the equipment, tighten as required.
- Check the mobility of moving parts and components on the equipment, lubricate if required.
- Clean plastic parts of the equipment using a damp cloth, clean metal parts of the equipment using a dry cloth. Do not use cleaning products to clean the equipment.

## **Weekly Maintenance:**

- Thoroughly inspect the parts of the equipment; nuts, bolts, screws and moving parts such as foot pedals, saddle, pulley's, etc. Tighten or replace parts as required.

## **Monthly Maintenance:**

- Inspect the frame and inner working components for wear and tear as well as damage. Perform maintenance or replace as required.



