

# ASUNA

**7130**

***Lancer Rear Drive 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).

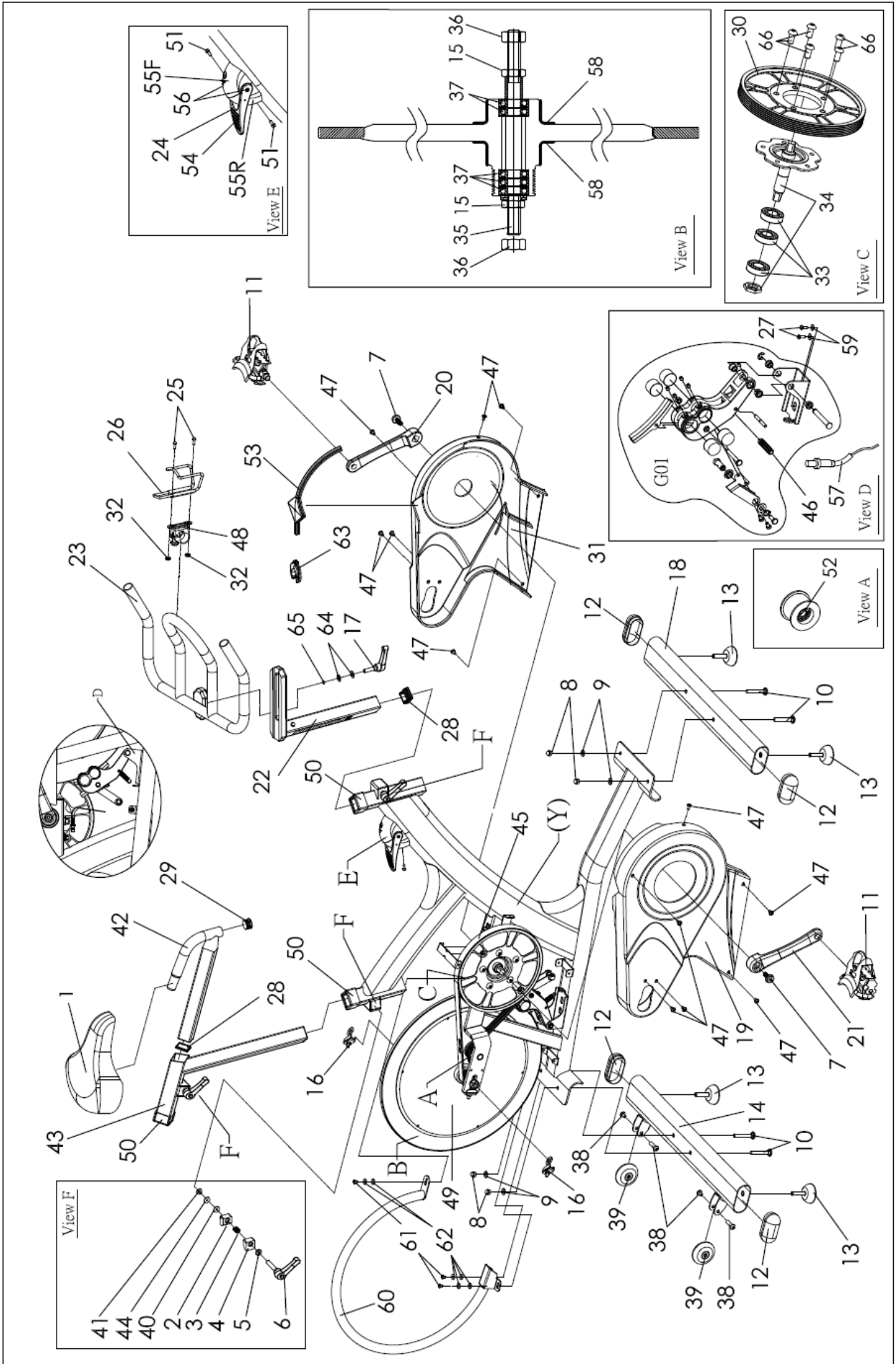
**IMPORTANT:** Read all instructions carefully before using this product. Retain owner's manual for future reference. For customer service, please contact: [support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com)

## 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, 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 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. 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.

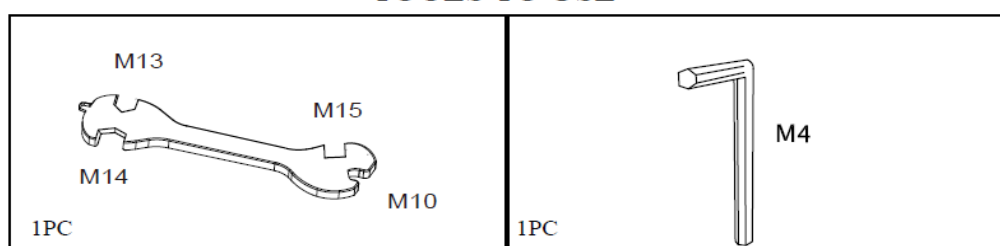
# Exploded Drawing



# Parts list

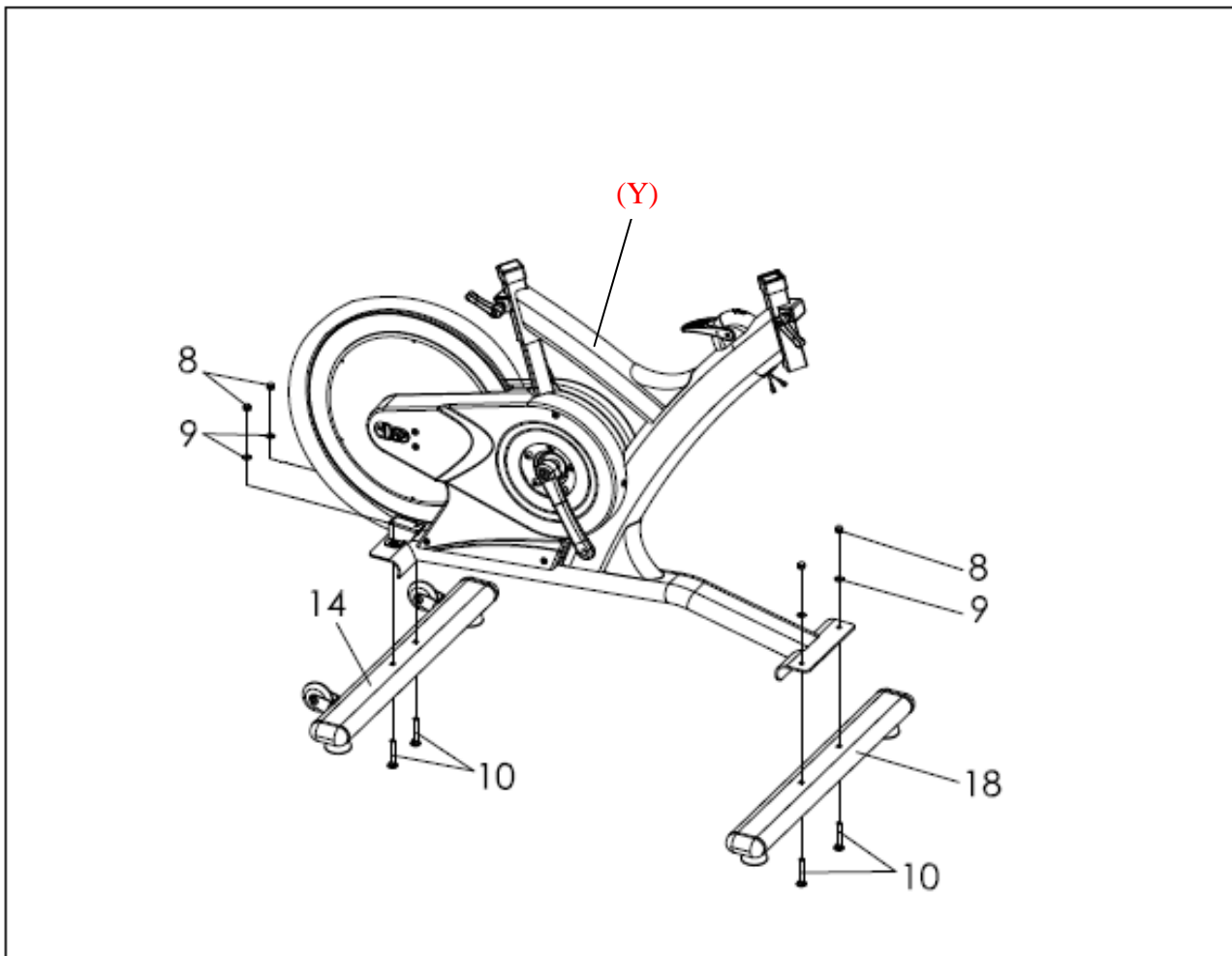
NO.	NAME	QTY	NO.	NAME	QTY
1	Saddle	1	35	Flywheel axle	1
2	Alloy bind clamp ( L )	3	36	Fixed wheel nut	2
3	Spring for release lever	3	37	Flywheel bearing	5
4	Alloy bind clamp ( R )	3	38	Axle bolt for moving wheel	2
5	Washer for release lever	3	39	Moving wheel	2
6	Release lever- L Shape Adjustment Knob	3	40	Plastic washer for release lever	3
7	Crank bolt	2	41	Fixed bolt for release lever	3
8	Nut	4	42	Seat slider w/ end cap, plug	1
9	Washer	4	43	Seat post	1
10	Bolt	4	44	Stainless washer for release lever	3
11	Pedal	1PR	45	Belt	1
12	Front / Rear foot tube end cap	4	46	Spring	1
13	Foot tube adjuster pad	4	47	Outer belt guard bolt M5	12
14	Rear stabilizer	1	48	Bottle holder clamp	1
15	Flywheel security nut (7t)	2	49	Flywheel (complete)	1
16	Flywheel adjuster bolt	2	50	Rubber sleeves	3
17	L shape adjustment knob	1	51	Bolt for tension adjuster casing	2
18	Front stabilizer	1	52	Idler w/bearing, clip	1
19	Right belt guard	1	53	Rubber sealed	1
20	Left crank arm	1	54	Handle for tension adjuster	1
21	Right crank arm	1	55F	Front casing for tension adjuster	1
22	Handle bar post	1	55R	Rear casing for tension adjuster	1
23	Handle bar	1	56	Bolt for tension adjuster handle	2
24	Tension adjuster (complete)	1	57	Adjuster cable guide	1
25	Bolt for bottle holder	2	58	Rubber cover for flywheel	2
26	Bottle holder	1	59	Washer for plate	2
27	Fixed bolt for plate	2	60	Flywheel protection tube	1
28	End cap	3	61	Bolt for protection tube	3
29	End plug	1	62	Washer for protection tube	6
30	Belt pulley	1	63	C rubber sealed	1
31	Left belt guard	1	64	Washer for L shape adjustment knob	2
32	Nut for bottle holder	2	65	O clip for L shape adjustment knob	1
33	BB bearing	3	66	Screw for pulley	5
34	BB Axle with plate	1	G01	Magnetic holder w/magnetic set	1

## TOOLS TO USE



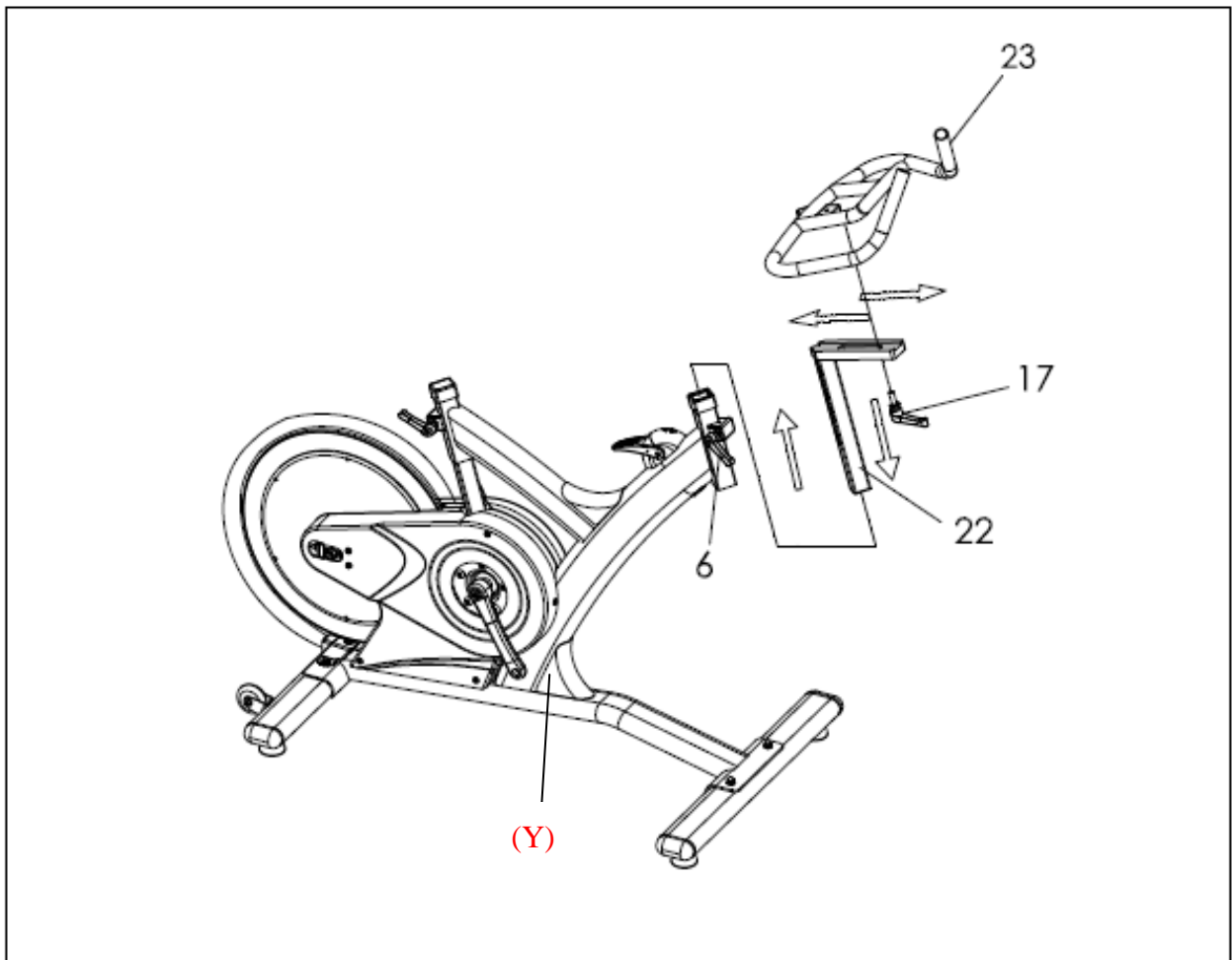
**NOTE:** All hardware items have been preinstalled on the machine, simply remove and reinstall the hardware as assembly is required.

## STEP 1:



Attach the **Front Stabilizer (18)** and the **Rear Stabilizer (14)** to the Main Frame **(Y)** using 4 **Bolts (10)**, 4 **Washers (9)** and 4 **Nuts (8)**. Tighten and secure using spanner wrench.

## STEP 2:



Remove plug from head tube of Main Frame (Y). You may have to loosen handle to remove it.

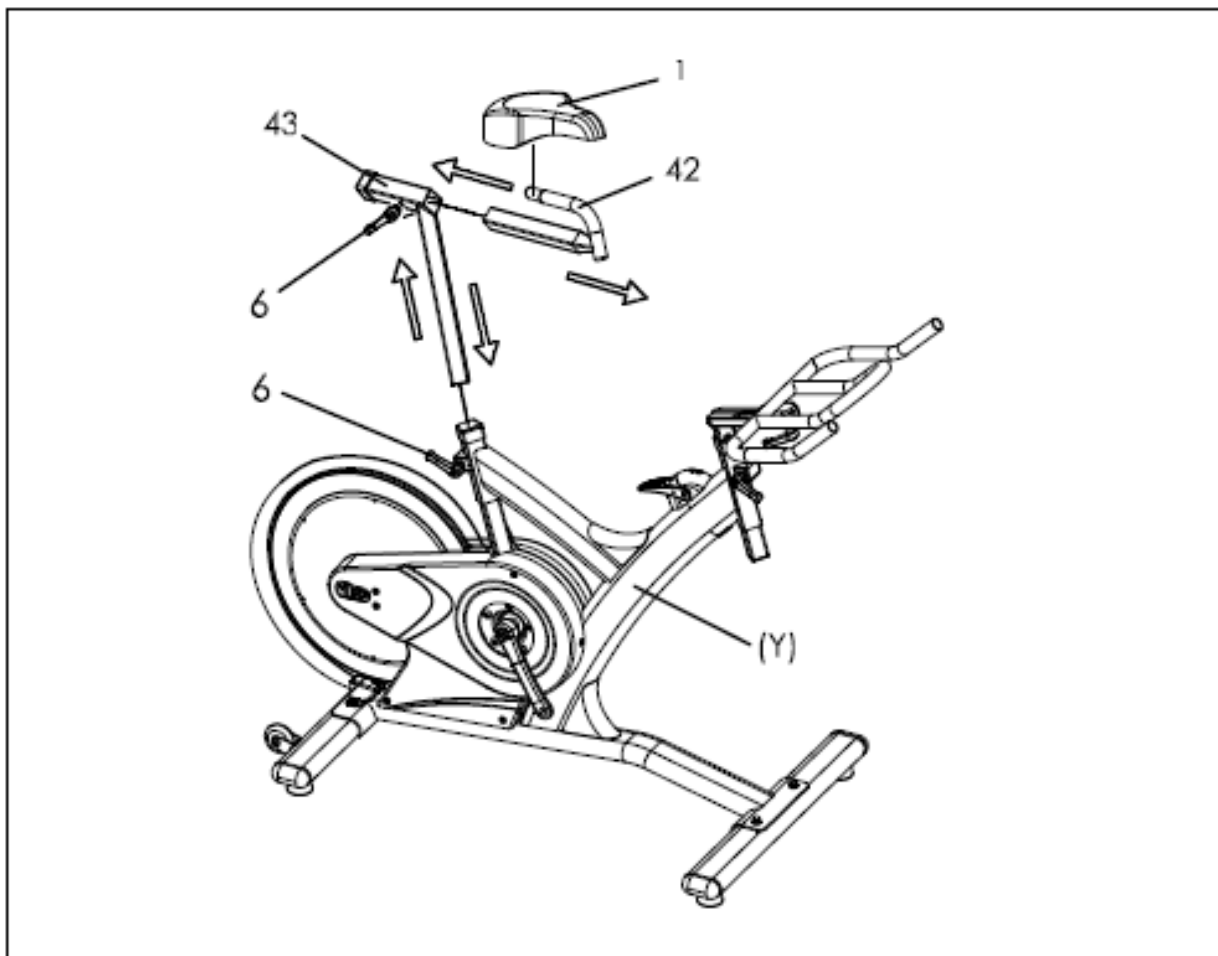
Insert the **Handlebar Post (22)** into the head tube of the Main Frame (Y). Move **Handlebar Post (22)** to the desired height. Tighten the **Release Lever (6)** to secure the **Handlebar Post (22)** into position.

Slide the **Handlebar (23)** onto the **Handlebar Post (22)**. Tighten the **L Shape Adjustment Knob (17)** to secure the **Handlebar (23)** into position.

**NOTE:** To slide the **Handlebar (23)** back and forth to adjust it to the desired position, first loosen the **L Shape Adjustment Knob (17)**.



## STEP 3:



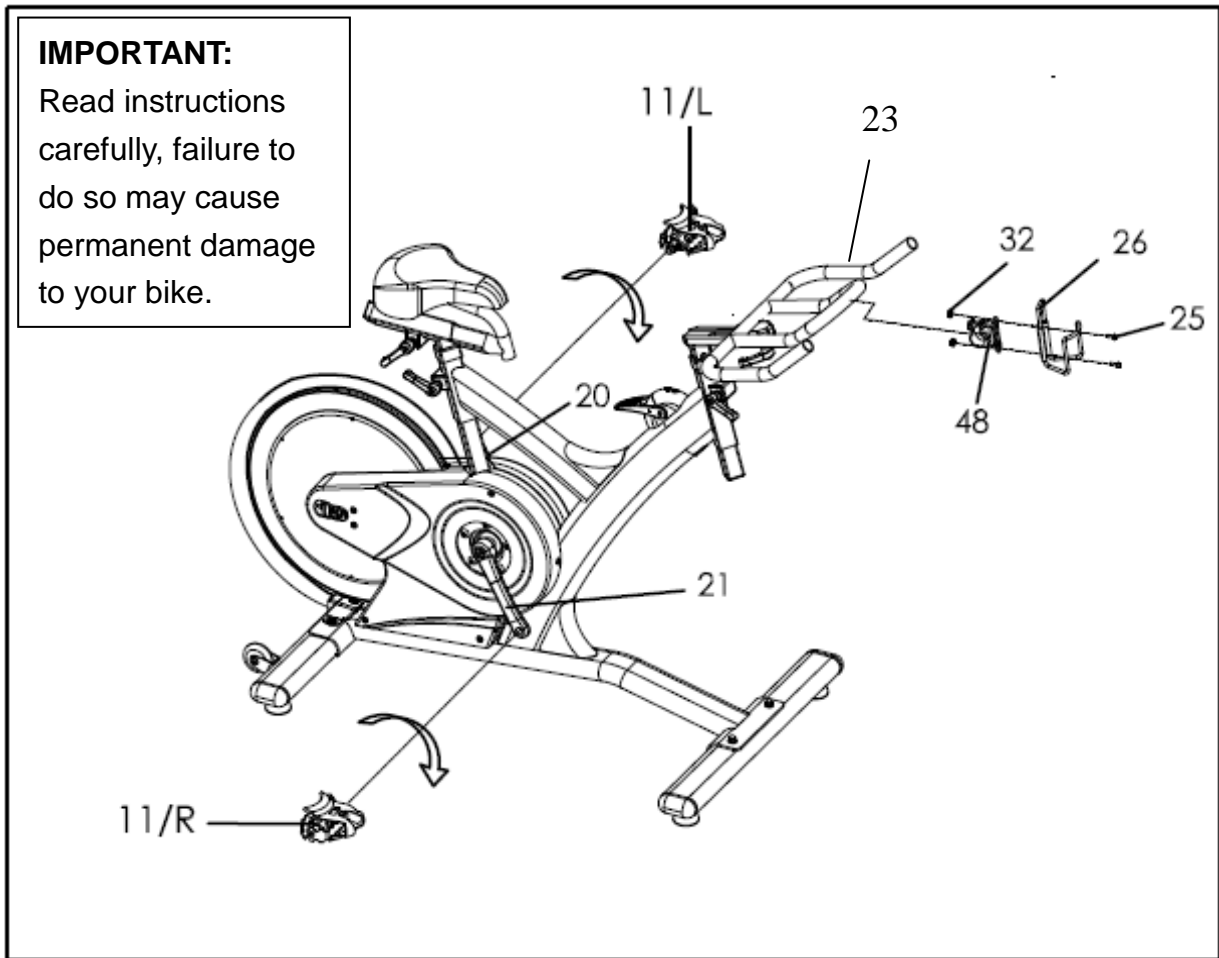
Insert the **Seat Post (43)** into the seat tube located on the Main Frame (Y).

Insert the **Seat Slider (42)** into the **Seat Post (43)**. Tighten the **Release Lever (6)** to secure the **Seat Slider (42)** in place.

Secure the **Saddle (1)** onto the post of the **Seat Slider (42)**. Tighten the saddle clamp screw to secure the **Saddle (1)** in place.

Use **Release Lever (6)** to adjust height of the saddle, use **Release Lever (6)** to adjust the saddle back and forth.

## STEP 4:



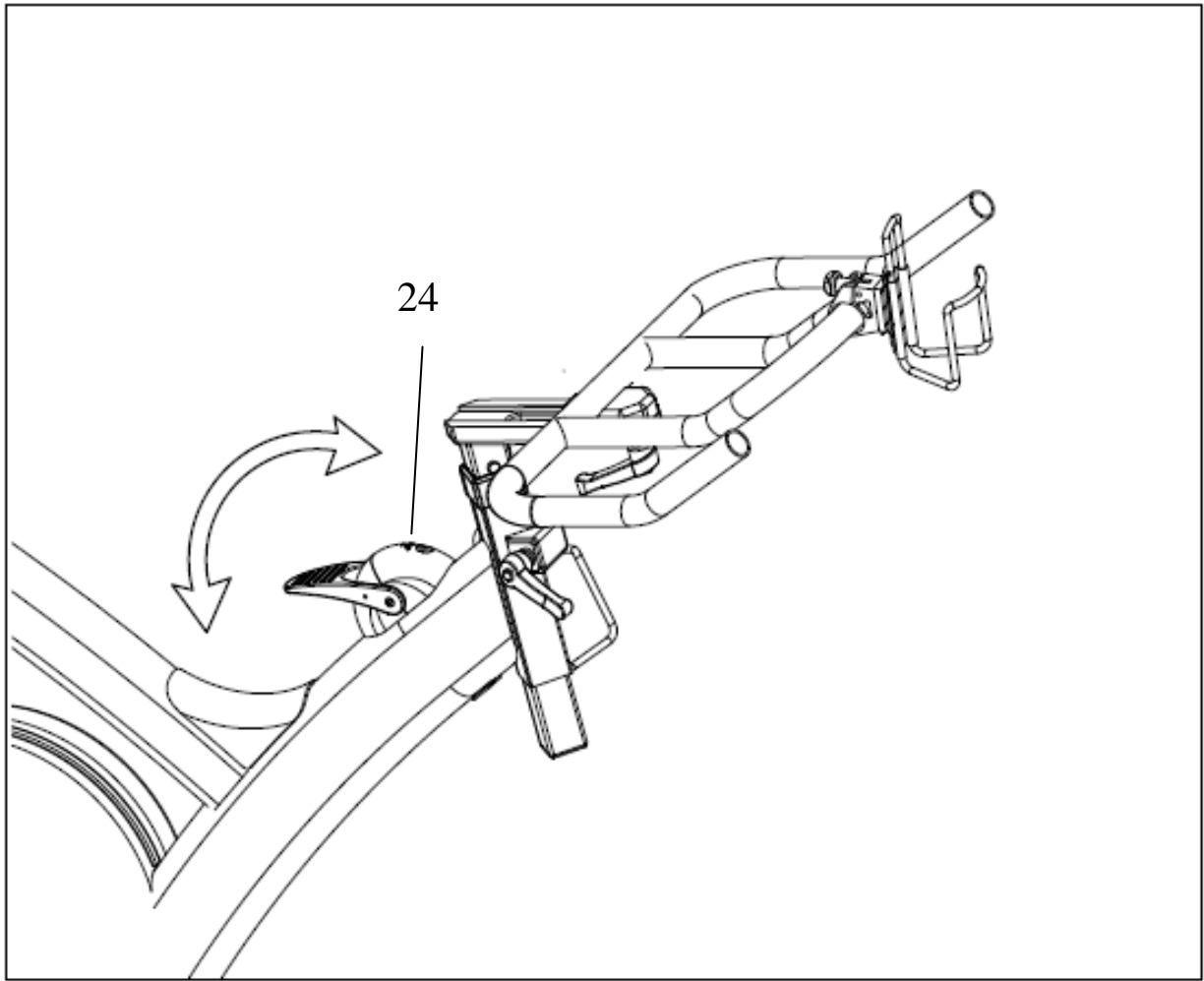
Connect **Pedals L/R (11)** onto the **Left and Right Crank Arms (20 and 21)**. (Before you begin, immobilize the crank arms by turning the tension control adjuster all the way to the right).

**NOTE:** **Pedals L/R (11)** are marked, **L** for the (left pedal) and **R** for the (right pedal).

**Left Pedal:** align the left pedal, **Pedal L (11)** with the **Left Crank Arm (20)** at 90 degrees. Gently 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.

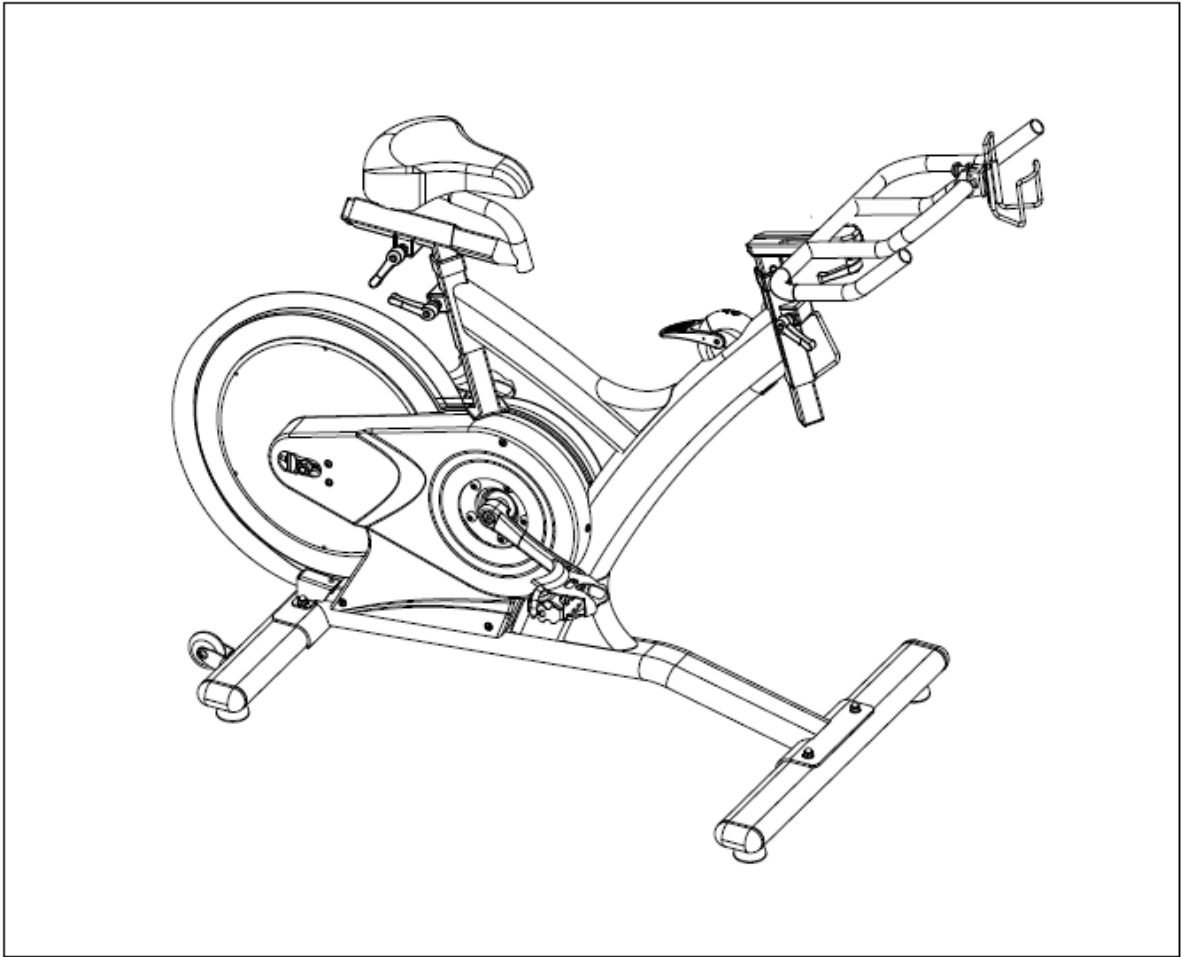
**Right Pedal:** align the right pedal, **Pedal R (11)** with the **Right Crank Arm (21)** at 90 degrees. Gently insert the pedal into the crank arm, turn the pedal **clockwise** as tightly as you can with your hand. Tighten and secure with (15mm) spanner wrench.

There is a **Bottle Holder (26)** (when you received it already assembled with **Bottle Holder Clamp (48)**, **Nut For Bottle Holder (32)** and **Bolt For Bottle Holder (25)**) you can mount it on top of **Handlebar (23)**. Then tighten clamp screws.



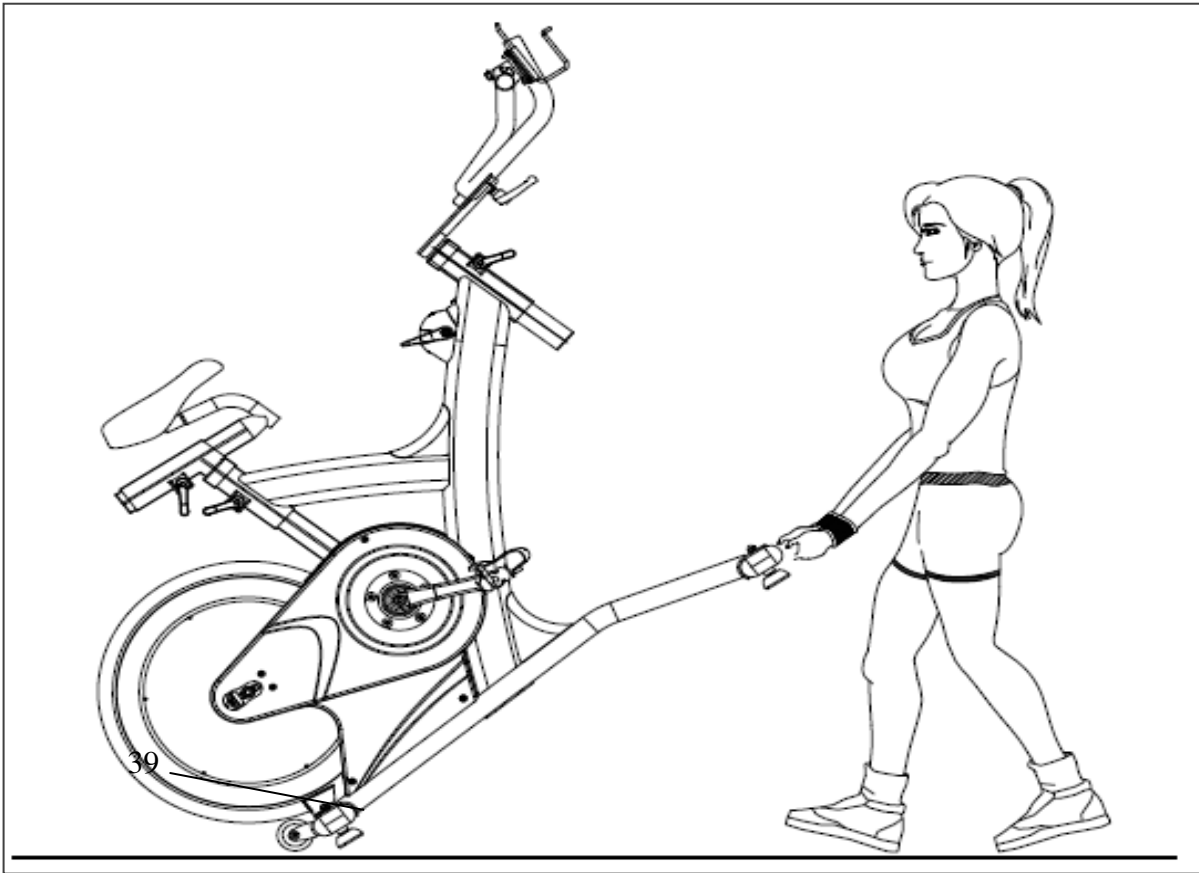
Adjust the exercise resistance on the bike using the **Tension Adjuster (24)** to increase (-) or decrease (+) resistance.

**Emergency Brake** – This bike can be instantaneously stopped by rotating the red **Tension Adjuster (24)** completely forward.



**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 (39)** on the rear stabilizer. Hold the front stabilizer, and lift the bike until the wheels touch the ground. Then you can move the bike.

- This bike is designed to be used in fitness and health clubs.

## ➤ ASSEMBLY

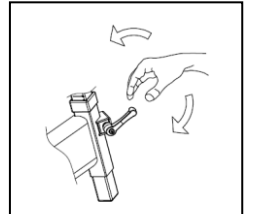
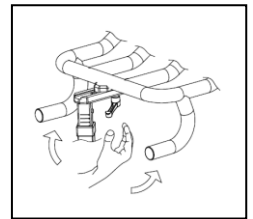
Properly assembling the equipment before use is very important. Be sure to follow all instructions as detailed in the assembly instructions section of the owner's manual.

## ➤ ADJUSTING THE RESISTANCE

Adjust the resistance of the bike using the **Tension Adjuster**. Increase the level of resistance by moving it **forward**, and decrease the level of resistance by moving it **back**.

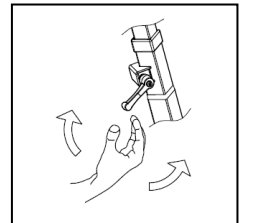
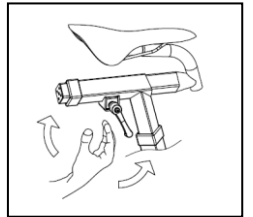
## ➤ HANDLEBAR AND SEAT ADJUSTMENT

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 **Release lever** and slide the **Handlebar Post** up or down to the required height. Once adjusted, retighten the handlebar release lever. Ensure that it is securely tightened and that 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 Shape Adjustment Knob** located below the handlebar slider. Slide the handlebar assembly forwards and backwards until you reach the required position. Once adjusted, tighten the L shape adjustment adjuster.



## ➤ SADDLE ADJUSTMENT

To adjust the saddle height, loosen the **Release Lever**, move the saddle up or down to the required height. Once adjusted, retighten the release lever. Ensure that the release lever is tight enough to prevent the saddle from moving side to side. The **Saddle** can also be adjusted forwards or backwards. To do so, loosen the **Release Lever (6)** located at the top of the **Seat Post**. Slide the **Seat Slider** to the required position. Once adjusted, retighten the seat slider release lever.



## ➤ 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.

- **BRAKE** to stop the bike, rotating the **Tension Adjuster** completely forward located at the top of the Main Frame.

## **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 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 and 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 equipment; nuts, bolts, screws and moving parts such as foot pedals, saddle, pulleys, 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 parts as required.

