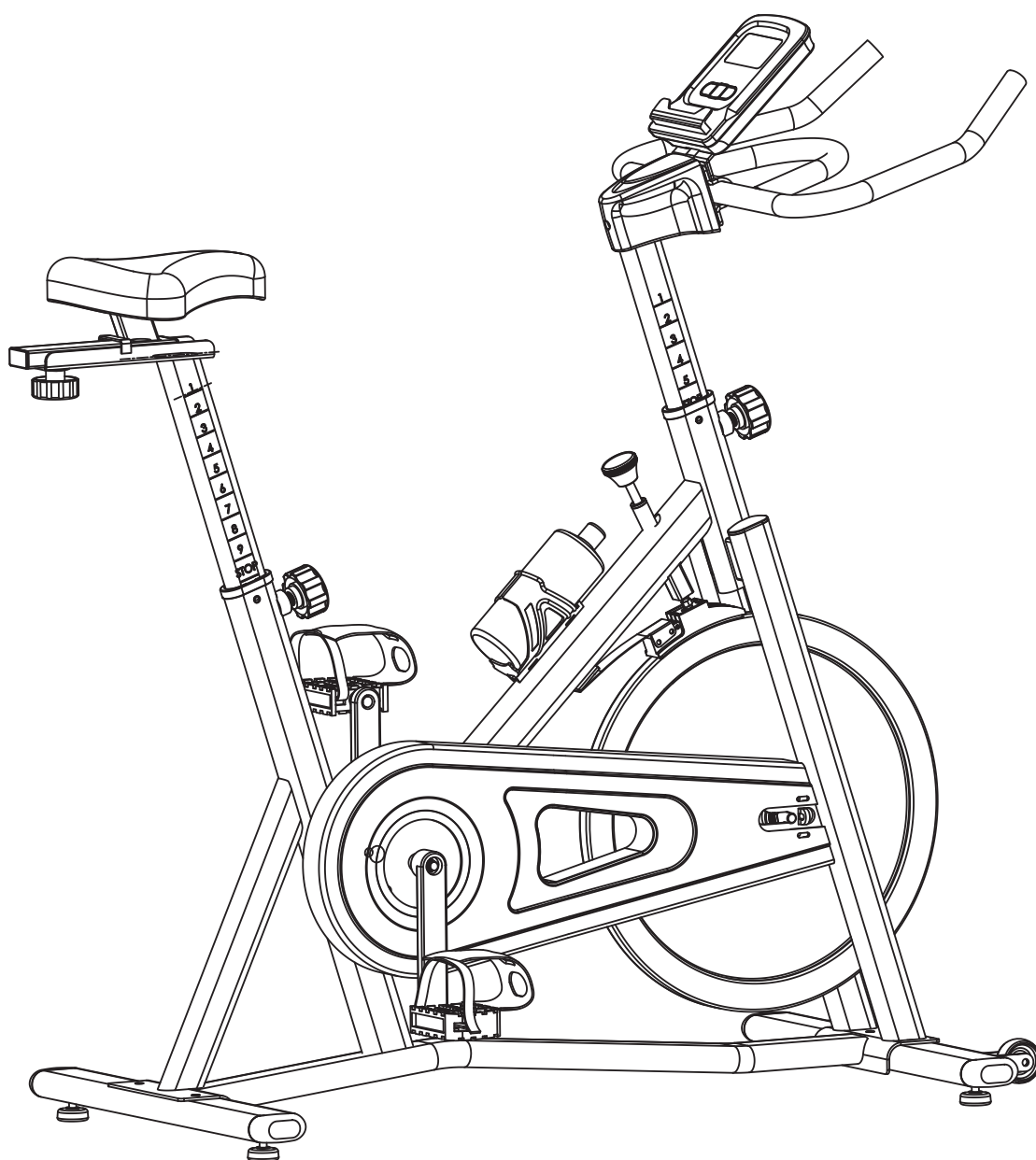




OGAWA STUDIO SPIN BIKE



USER MANUAL
OG0020

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IMPORTANT SAFETY NOTICE

Please read through this manual to familiarize yourself with the operation of your new OGAWA Studio Spin Bike. Doing so will help to ensure that you get the most out of your machine, enjoying safe and effective workouts ahead.

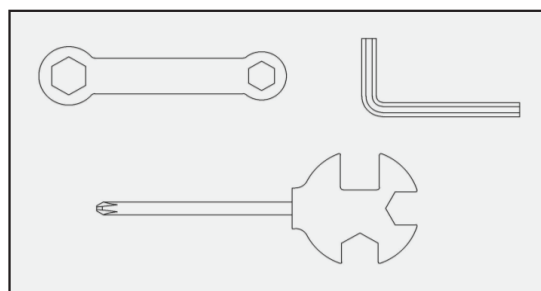
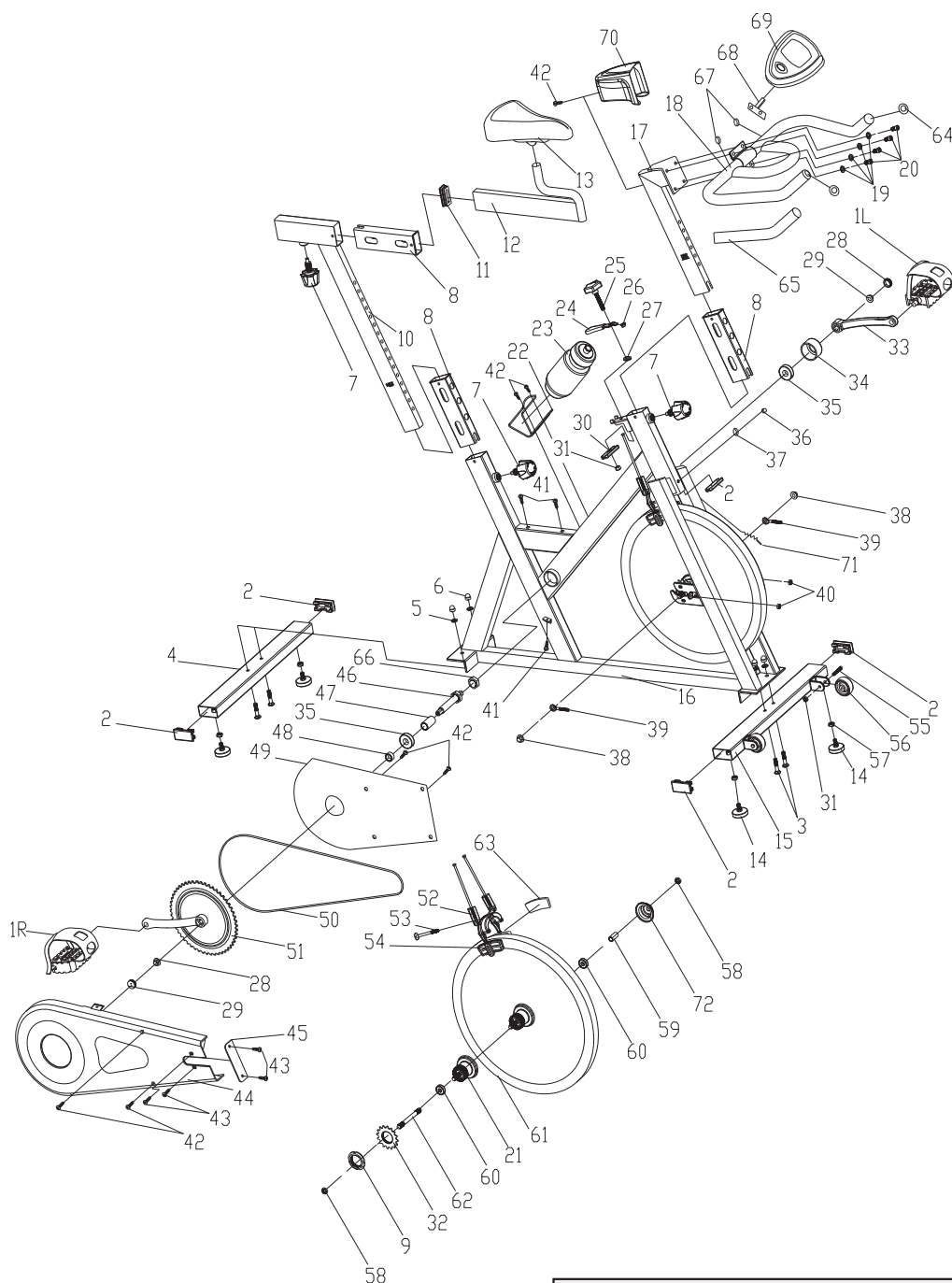
Note the following precaution before assembling or operating this machine.

1. Always keep children and pets away from the OGAWA Studio Spin Bike. DO NOT leave children unattended in the same room with the machine.
2. Handicapped or disabled persons should not use the OGAWA Studio Spin Bike without the presence of a licensed health professional or physician.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Before using, remove all objects within a radius of 2 meters from the machine. DO NOT place any sharp objects around the OGAWA Studio Spin Bike.
5. Position the OGAWA Studio Spin Bike on a clear, level surface and away from water and moisture. Place a mat under the machine to help keep the machine stable and to protect the floor.
6. Use the OGAWA Studio Spin Bike only for its intended use as described in this manual. DO NOT use any other accessories not recommended by the manufacturer. This could compromise the safety of this machine and will void the warranty.
7. Assemble the machine exactly as the descriptions in the instruction manual.
8. Check all bolts and other connections before using the machine for the first time and ensure that the user is in a safe condition.
9. Hold a routine inspection of the equipment. Pay special attention to components that are the most susceptible to wear off, i.e., connecting points and wheels. The defective components should be replaced immediately. The safety level of this equipment can only be maintained by doing so. Please don't use the OGAWA Studio Spin Bike until it is repaired well.
10. NEVER operate the OGAWA Studio Spin Bike if it is not functioning properly.
11. Only one person at a time should use the machine.
12. Do not use abrasive cleaning materials to clean the machine. Remove drops of sweat from the machine immediately after using.
13. Wear rubber-soled athletic shoes or appropriate cycling shoes. You will need the appropriate clothes for exercise that allows you to move freely.
14. Before exercising, always do stretching first.
15. Exercise on this machine requires coordination and balance. Be sure to anticipate that changes in speed and resistance level can occur during workouts and be attentive to avoid loss of balance and possible injury. The machine is equipped with an adjustable knob, which can adjust the resistance.

Warning: Before beginning, this or any exercise program, consult your physician first. This is especially important for individuals over the age of 35 or persons with pre-existing health problems.

Read all instructions before using the OGAWA Studio Spin Bike. OGAWA assumes no responsibility for personal injury or property damage obtained by or using this product.

EXPLODED-VIEW



PARTS LIST

NO.	NAME	QTY	SPEC
1	PEDAL	1	YH-21X (9/16")
2	END CAP1	5	60*30*1.5
3	CARRIAGE BOLT	4	M8*45
4	REAR STABILIZER	1	WELDING
5	FLAT WASHER	4	φ8
6	DOMED NUT	4	M8 (H=16mm)
7	SPRING ADJUSTMENT KNOB	3	φ57*62 (M16*1.5)
8	PLASTIC SLEEVE	3	INNER 53.5*23.5*1.5 OUTER 60*30*1.5
9	LOCK NUT	1	M33*1*8
10	VERTICAL SEAT POST	1	WELDING
11	END CAP2	1	配53.5*23.5*1.5管
12	SEAT POST	1	WELDING
13	SEAT	1	DD-2681
14	STOPPER	4	φ55*40/(M8)
15	FRONT STABILIZER	1	WELDING
16	MAIN FRAME	1	WELDING
17	HANDLEBAR POST	1	WELDING
18	HANDLE BAR	1	WELDING
19	SPRING WASHER	4	φ8
20	BOLT	4	M8*15
21	BUSHING	1	φ40*65
22	BOTTLE HOLDER	1	117*85*90
23	BOTTLE	1	XS-003(1#)
24	BRAKE KNOB	1	112*32*7
25	ADJUSTMENT KNOB	1	φ58*74
26	LITTLE PLASTIC RING	1	14*8*9
27	PLASTIC RING	1	φ20*φ9*3
28	FIXING NUT 1	2	M10*1.25
29	CRANK END CAP	2	φ23*7.5
30	SHEET IRON	1	δ5
31	LOCK NUT	3	M8
32	CHAIN WEEL	1	A7K-16 1/2"*1/8" 16T (1.37")
33	LEFT CRANK	1	170*43
34	CRANK COVER	1	φ45*28
35	BEARING	2	6203ZZ
36	DOMED NUT	1	M6
37	FLAT WASHER	1	φ6
38	FIXING NUT 2	2	M10*1.0
39	FIXING BOLT	2	M6*55
40	NUT	2	M6

NO.	NAME	QTY	SPEC
41	SCREW 1	6	ST4.2X16
42	SCREW 2	8	ST4.2*19
43	SCREW 3	4	ST4.2X9.5
44	OUTER CHAIN COVER	1	636*265*40
45	LITTLE CHAIN COVER	1	
46	AXIS	1	φ20*146
47	LONG FIXING TUBE	1	φ22*φ17.5*41
48	SHORT FIXING TUBE	1	φ22*φ17.5*11
49	INNER CHAIN COVER	1	451*262*32
50	CHAIN	1	P=12.7, 106
51	RIGHT CRANK	1	170*48
52	BRAKE	1	2PCS 130mm
53	SPECIAL BOLT	1	M6*75
54	BRAKE PLASTIC	2	85*43*13
55	BOLT	2	M8*40
56	WHEEL	2	φ50*23
57	NUT	4	M8
58	FIXING NUT 2	2	M10*1.0 (H=5.0mm)
59	FIXING TUBE	1	φ13.6*φ10.3*35
60	BEARING	2	6000ZZ
61	FLYWHEEL	1	φ453*27
62	FLYWHEEL SHAFT	1	φ10*147
63	WOOLLY BLOCK	2	85*40*6
64	END CAP	2	φ25*1.5
65	FOAM GRIP	2	φ23*φ33*480
66	FIXING NUT	1	φ28*M20*1
67	END CAP	3	φ14*14
68	COMPUTER HOLDER	1	δ2.5
69	COMPUTER	1	
70	HANDLEBAR COVER	1	115*89*75
71	SERSON	1	SR-202
72	FLYWHEEL COVER	1	φ59*35

ASSEMBLY INSTRUCTIONS

1. PREPARATION:

- A. Before assembling make sure that you will have enough space around the item.
- B. Use the present tooling for assembling.
- C. Before assembling please check whether all needed parts are available (at the above of this instruction sheet you will find an explosion drawing with all single parts (marked with numbers) which this item consists of.

2. ASSEMBLY INSTRUCTIONS:

FIG.1:

Remove the bolts and nut from the bottom tube, then attach the Front Stabilizer (pt.15) to the Main Frame (pt.16) using two sets of Ø8 Flat Washers (pt.5), M8 Domed Nut (pt.6) and M8*45 Carriage bolt (3). Attach the Rear Stabilizer (pt.4) to the Main Frame (pt.16) using two sets of Ø8 Flat Washers (pt.5), M8 Domed Nut (pt.6) and M8*45 Carriage bolt (3).

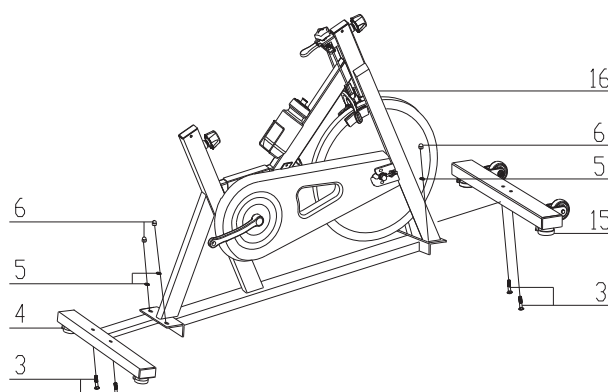


FIG.2:

Slide the Vertical Seat Post (pt.10) into the seat post housing on the main frame (pt.16). Then slide the Seat Post (pt.12) into the Vertical Seat Post (pt.10). You will have to slacken the knurled section of the Spring Adjustment Knob (pt.7) and pull the knob back and then select and align holes for the desired height. Release the knob and retighten the knurled portion. Now fix the Seat (pt.13) to the Vertical Seat Post (pt.12) as shown and tighten the bolts around the screws under the seat.

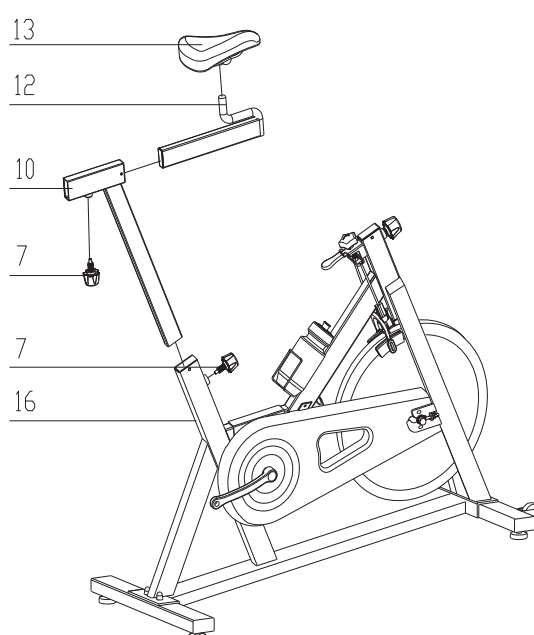


FIG.3:

Slide the Handlebar Post (pt.17) into the handlebar post housing on the main frame. You will have to slacken the knurled section of the Spring Adjustment Knob (pt.7) and pull the knob back and then select and align holes for the desired height. Release the knob and retighten the knurled portion. Then fix the Handlebar (pt.18) and the Computer Holder (pt.68) with two sets of Ø8 the Spring Washer (pt.19) and M8*15 the Bolt (pt.20).

ATTENTION: YOU SHOULD FIX THE HANDLEBAR TIGHTLY

Slide the Computer (pt.69) onto the Computer Holder (pt.68) Plug the Sensor Wire and Pulse Wire to the back of the Computer (pt. 69), connect the plug (A1&A2)

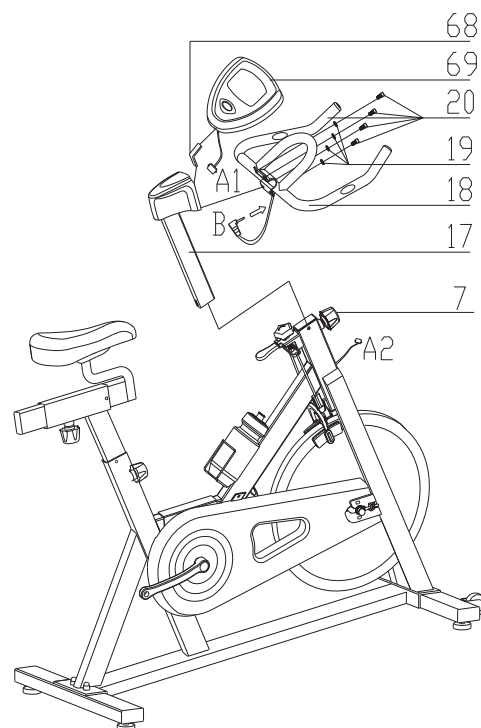
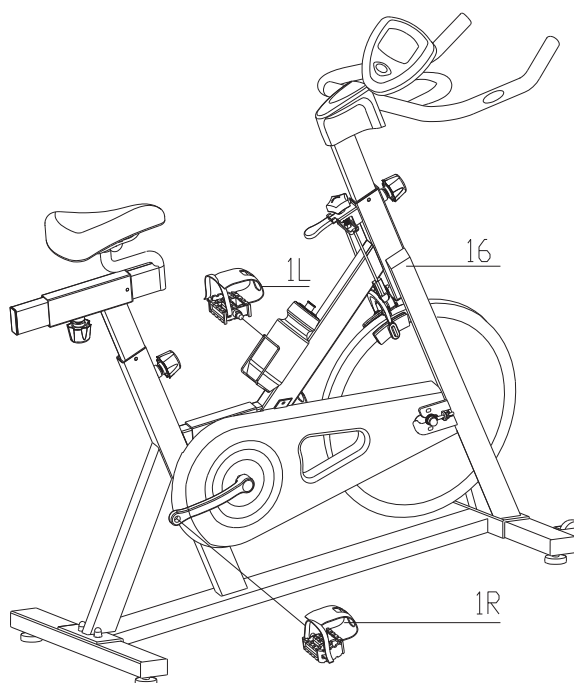


FIG.4:

The Pedals (pt.1 L & pt.1 R) are marked "L" and "R" - Left and Right. Connect them to their appropriate crank arms. The right crank arm is on the right- hand side of the cycle as you sit on it.

Note that the Right pedal should be threaded on clockwise and the Left pedal anticlockwise.



SEAT AND HANDLEBAR ADJUSTMENT

1. To adjust the seat height, loosen the spring knob on the vertical post stem on the main frame and pull back the knob. Position the vertical seat post for the desired height so that holes are aligned, then release the knob and retighten it.
2. To move the seat forward in the direction of the handlebar or backwards away from it, loosen the adjusting knob and washer and pull the knob back. Slide horizontal seat post into desired position. Align holes and then retighten the adjusting knob.
3. To adjust the handlebar height, loosen the spring knob and secondary knob and pull both knobs back. Slide the handlebar post along the housing on the main frame to the desired height and, with the holes aligned correctly, tighten the spring adjusting knob and then the secondary knob.

EXERCISE INSTRUCTIONS

Using your OGAWA STUDIO SPIN BIKE provides you with several benefits, it will improve your physical fitness, tone muscle, and in conjunction with calorie-controlled diet will help you lose weight.

1.THE WARM-UP PHASE

This stage helps get the blood flowing around the body and the muscles working properly. It 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.

— Hamstring Stretch (Standing)

Keep your knees slightly bent and slowly lean forward, back and shoulders relaxed, reaching towards your toes. You should feel the tension in your hamstring muscles.

Hold for 15-20 seconds.

Repeat 2-3 times.

— Hamstrings Stretches (Seated)

Sitting on the floor preferably on a mat, put one leg straight, the other inward and close to the inside of the straight leg. Lean forward from the hips, reaching towards your toes.

Hold for 10-15 seconds, and relax.

Repeat 3 times for each leg.

— Crus and Feet Tendon Stretches

Standing with two hands on the wall, one leg behind. Keeping your legs straight and the heel on the ground, lean forward toward the wall.

Hold for 10-15 seconds, and relax.

Repeat 3 times for each leg.

— Quadriceps Stretches

Keeping your balance with your left hand holding onto a wall or stationery fixture, grasp your right foot with your right hand and stretch your right heel toward your buttocks slowly, until you feel the stretch in the front of your thigh.

Hold for 10-15 seconds, and relax.

Repeat 3 times for each leg.

— Sartorius (Inner Muscles of the Thigh) Muscle Stretches

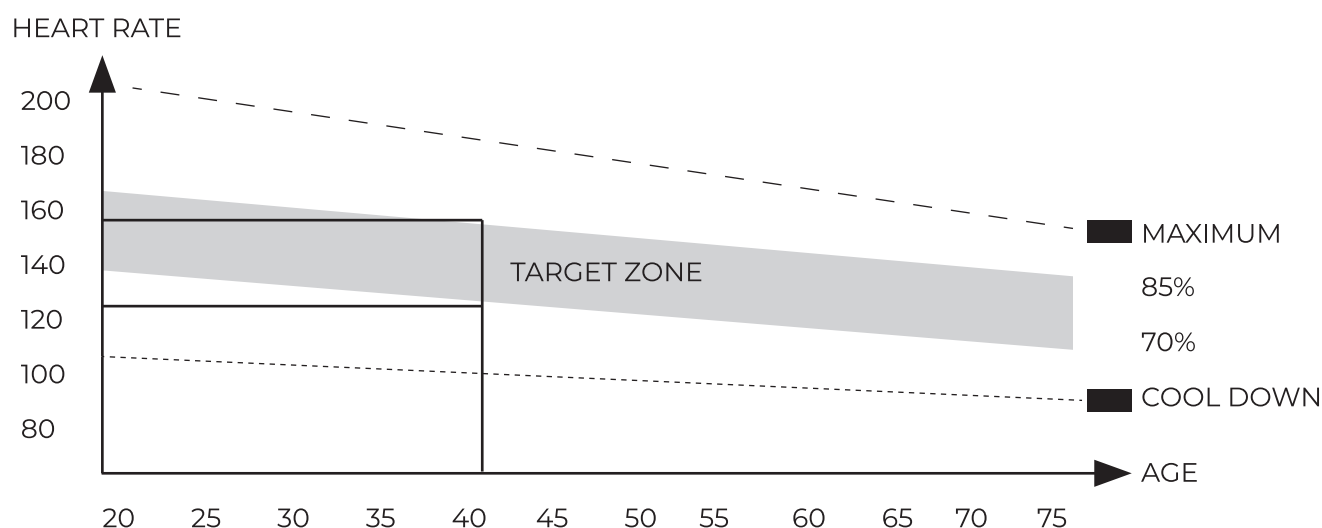
Sitting down with the soles of your feet or shoes together and your knees positioned outward. Pull your feet towards your groin until you can feel the stretch.

Hold for 10-15 seconds, and relax.

Repeat 3 times.

2.THE EXERCISE PHASE

This is the stage where you put the effort in. After regular use, the muscles in your legs will become stronger. It is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heartbeat into the target zone shown on the graph below.



THIS STAGE SHOULD LAST FOR A MINIMUM OF 12 MINUTES FOR MOST PEOPLE.

This stage is to let your Cardiovascular System and muscles wind down. This is a repeat of the warm-up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter 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 on your OGAWA STUDIO SPIN BIKE you will need to have the resistance set quite high. This will put more strain on our leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm-up and cool down phases, but towards the end of the exercise phase you should increase resistance, making 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 important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

USE

The tension control knob allows you to alter the resistance of the pedals. A high resistance makes it more difficult to pedal, a low resistance makes it easier. For the best results set the tension while the bike is in use.

ELECTRIC METER INSTRUCTION MANUAL

TIME	00:00-99:59
SPEED (SPD)	0.0-99.9KM/H (ML/H)
DISTANCE (DIS)	0.00-999.9KM (ML)
CALORIE (CAL)	0.00-9999 KCAL
ODOMETER	0.0-9999KM (ML)

KEY FUNCTIONS:

MODE (SELECT/RESET):

This key lets you select and lock on to a particular function you want.

OPERATION PROCEDURES:

1. AUTO ON/OFF

- The system turns on when any key is pressed or when it sensor an input from the speed sensor.
- The system turns off automatically when the speed has no signal input, or no keys are pressed for approximately 4 minutes.

2. RESET

The unit can be reset by either changing battery or pressing the MODE key for 3 seconds.

3. MODE

To choose the SCAN or LOCK if you do not want the scan mode, press the MODE key when the pointer on the function you want begins blinking.

FUNCTIONS:

1. TIME:

Press the MODE key until the pointer lock on to TIME. The total working time will be shown when starting the exercise.

2. SPEED:

Press the MODE key until the pointer advance to SPEED. The current speed will be displayed

3. DISTANCE:

Press the MODE key until the pointer advance to DISTANCE. The distance of each workout will be displayed.

4. CALORIE:

Press the MODE key until the pointer lock on to CALORIE. The calorie burned will be displayed when starting the exercise.

5. ODOMETER:

Press the MODE key until the pointer advance to ODOMETER. The total accumulated distance will be shown.

6. SCAN:

Automatically display changes every 4 seconds.

BATTERY:

If there is an error display on the monitor, please re-install batteries and try again.

PRODUCT SPECIFICATIONS

MAXIMUM USER WEIGHT CAPACITY:	110KG
ITEM NO:	OG0020
QTY:	1SET/CTN
NET WEIGHT:	39KG
GROSS WEIGHT:	43KG
DIMENSIONS:	108X19.5X840CM

