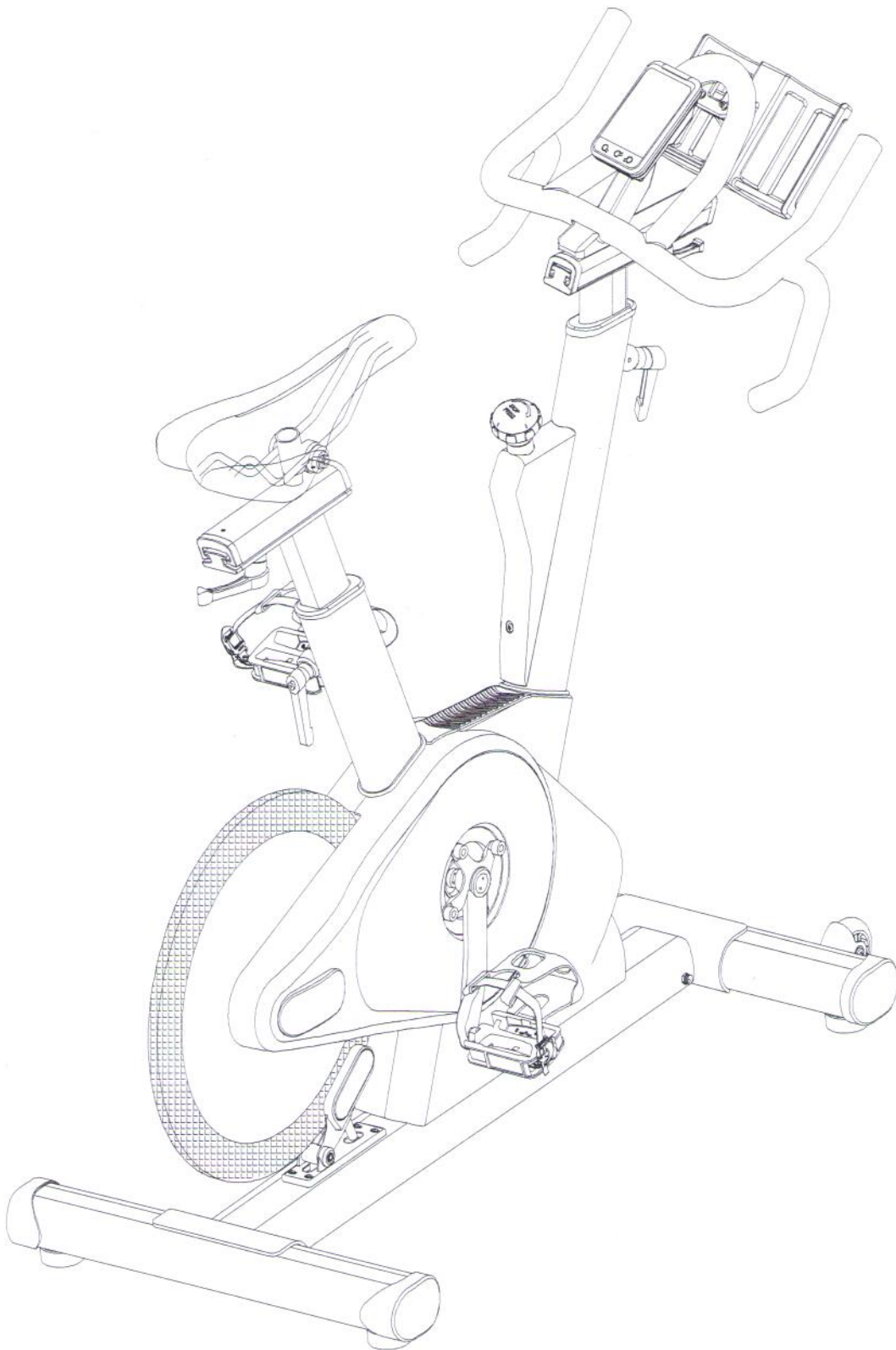


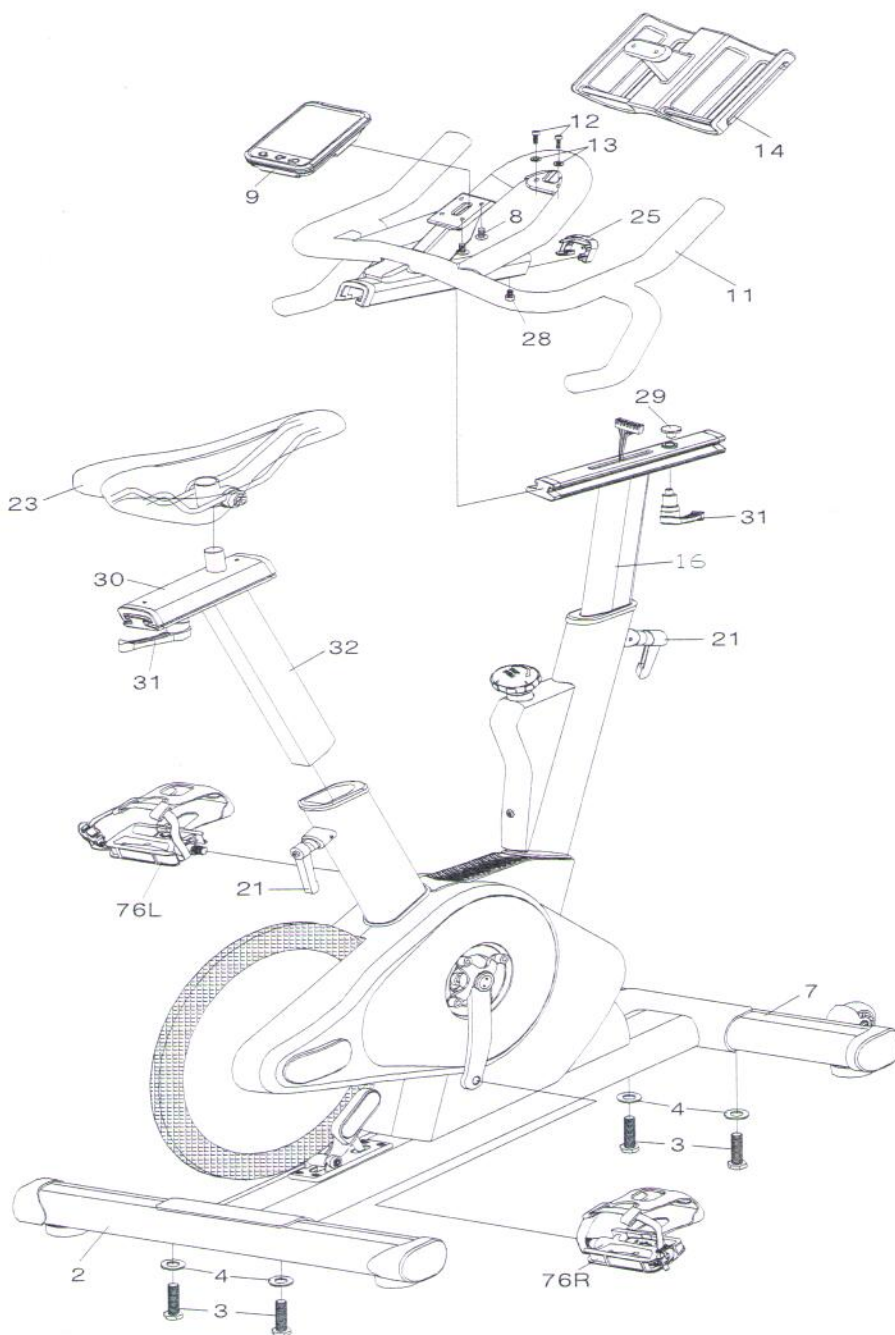
Progression Club 40 Spin Bike



Progression Club 40 Spin Bike - General User Instructions

- 1) The Club 40 spin bike is designed to be used as a group cycle in fitness studios and health clubs. It has a fixed wheel driven flywheel and should only be used under professional supervision.
- 2) It is important that the Club 40 spin bike is correctly assembled and we recommend that installation and assembly be carried out by suitably qualified personnel.
- 3) It is important that the handlebar and seat are set at the height correct for your body. Ask your instructor for assistance.
- 4) Make sure the handlebar AND the seat tube is securely tightened and that there is no lateral or vertical movement of the handlebar. Undo the Quick Release lever which is located in front of the main tube. Slide stem tube in upward or downward to the required height position and then tighten to secure.
- 5) The stem/sliding tube position can also be adjusted forwards or backwards. Undo the Quick Release lever located underneath of the bottom of sliding tube to adjust. The seat and handlebars can both be adjusted from front to back (fore/aft)
WARNING: There is a safety line engraved on the seat post stem and handlebar stem. Under no circumstance, should the height of either stems go beyond this line
- 6) Your feet should be securely positioned in the toe clips during exercise. Insert your foot as far forward as possible into the toe cage and pull the strap tight.
- 7) The Club40 spin bike has a durable direct drive transmission/belt system. To increase or decrease the resistance, simply loosen or tighten the resistance lever.
- 8) Please ensure the bike is properly level before beginning exercise.
- 9) Please inquire with your supplier on a detailed maintenance program to ensure longevity of your spin bike.

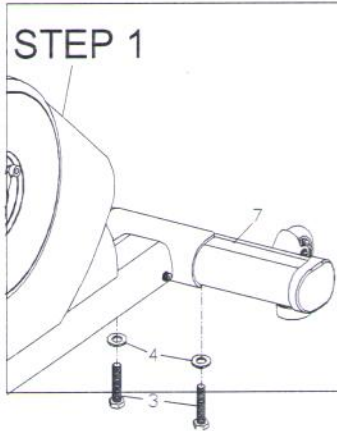
Progression Club 40 Spin Bike ASSEMBLY DIAGRAM



Progression Club 40 Spin Bike Assembly

Assemble the stabilizers

- 1: Attach the front foot (7) to frame using the bolts (3) and washers (4)
- 2: Attach the rear foot (2) to frame using the bolts (3) and washers (4)

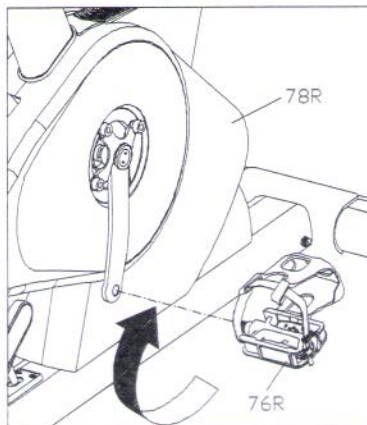


Attach the pedals

- 3: Attach the pedals (76R/76L) into the crank arms (70R/70L). Each pedal is marked with the letter R(right) or L(left) to denote the side of the bike they are on, if you were sitting on the bike and facing forward.
- NOTE: the right hand side is the same side as the chain cover (78R).

Be careful to align the threads carefully by hand, before tightening, to avoid any thread stripping. A little grease on the thread could help the pedals to screw in easier, if you are having difficulties. Tighten pedals using a 15mm wrench. Both pedals tighten by turning in a forward direction. This means the right side pedal tightens clockwise. And the left side pedal tightens by turning **COUNTER CLOCKWISE**.

NOTE: Warranty does not cover stripped pedals due to installation error
NOTE: It is not recommended to pedal backwards. As this motion can loosen the right side pedal and cause it to fall off. If you are going to use it anyway to pedal backwards, using a threadlock can help keep the pedal secured for a longer period of time.



Install the handlebar and console (easier with 2 people)

4a: Insert the main stem (16) into frame main tube. You can then adjust the stem height by sliding into the correct position and using the locking lever (21) to secure it into place. Pull the wire/cable (92) out from the stem tube so there is some slack to attach to the console. Please see picture.

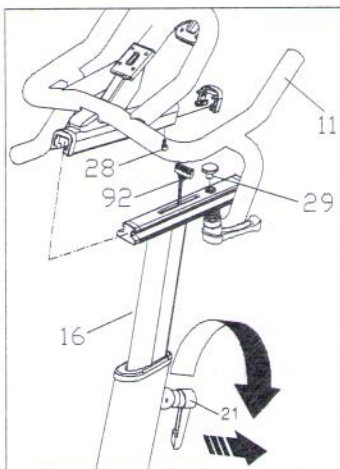
To secure the sliding handlebar onto the stem top, first loosen the safety screw (28) on the top slider then insert the handlebar (11) onto stem's bottom slider like step .

4b: Guide the cable (92) to go through top slider and console's support tube carefully. Then tighten the lever (31 in picture 5) to secure the handlebar assembly.

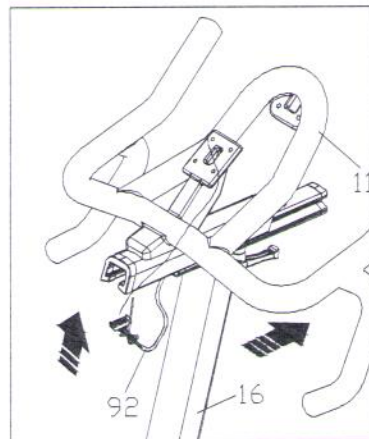
5: Remove the 4 screws (8) in the back of the console. Plug the cable (from the column) into the back of the console and secure the console with those 4 screw (8).

NOTE: Take extra care not to damage the cable during installation. Warranty does not cover damaged incurred during installation by a non-professional.

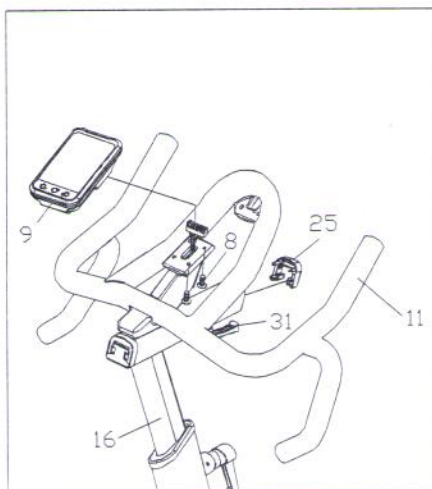
STEP 4a



STEP 4b



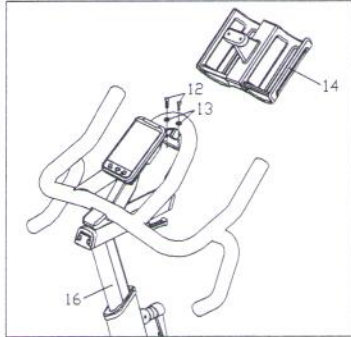
STEP 5



Installing the bottle cage

Attach the water bottle cage (14) onto the handlebar bracket using screws (12) and washers (13) to secure it (using 4mm allen key).

STEP 6



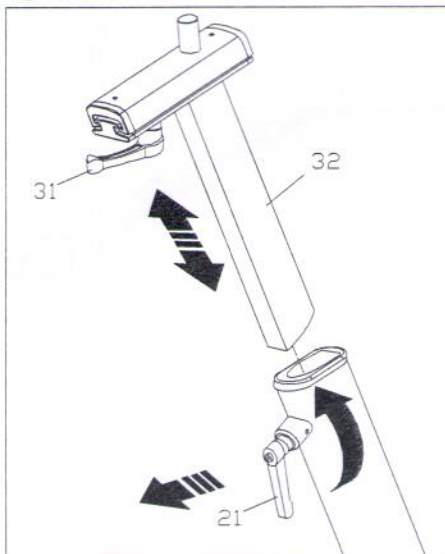
Installing Seat Assembly

Insert the seat post (32) into frame's seat tube and move upward or downward until at a proper position. Then use locking lever (21) to secure it.

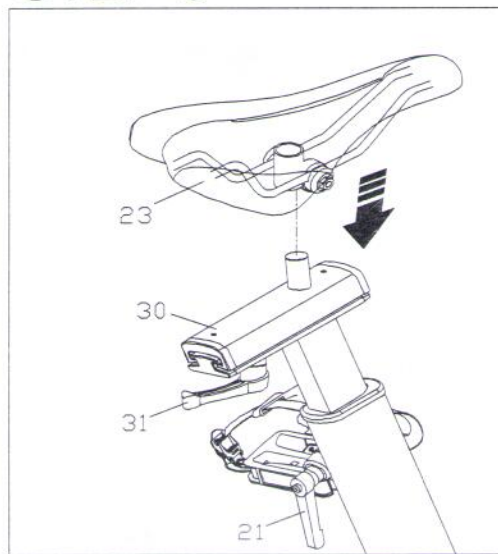
Fix the saddle (23) on to saddle top slider post (30) and tighten the nuts on either side, equally if possible. To adjust, slide the saddle forward or backward until the desired position, then use the locking lever (31) to secure it.

NOTE: Do not raise the seat post above the indicated safety line.

STEP 7



STEP 8



Club 40 Spin Bike - PARTS LIST

NO.	Item/Description	Unit	Qty	Remark
1	Frame	KIT	1	
2	Rear Ground Tube 60*86*3T*545L	PCS	1	
3	Bolt M10×P1.5×30L	PCS	4	CP
4	Washer $\phi 22 \times \phi 10 \times 2t$	PCS	4	CP
5	Adjustable Foot Pad M10×P1.5	PCS	4	
6	Foot Tube's End Cap 60×86	PCS	4	
7	Front Foot Tube 60×86×3t×545L	PCS	1	
8	Screw M4×P0.7×15L Stainless	PCS	4	
9	Vortec #VC-3 Console	PCS	1	
10	Stem's top slider	PC	1	Alloy
11	Handlebar Set	KIT	1	
12	Screw M5×P0.8×15L	PCS	2	Stainless
13	Washer $\psi 12 \times \psi 5 \times 1t$	PCS	2	Stainless
14	Double Water Bottle Cage	PCS	1	Steel
15	Fixing plate for stem's slider and handlebar	PCS	1	Stainless
16	Stem	KIT	1	Alloy
17	Main tube & seat tube's Sleeve	PCS	2	BK
18	Main Tube's Seal Ring 40×97	PCS	2	BK
19	"V" Lock piece $\phi 23 \times 24L$	PCS	2	
20	Washer $\phi 22 \times \phi 10 \times 2t$	PCS	2	CP
21	Main tube & S/T's Lock Lever	PCS	3	CP
22	Set Screw M6×P0.8×8L W/ Locktile	PCS	3	CP
23	Saddle	PCS	1	
24	Seat post upper slider's End Cap(Rear)	PCS	1	BK
25	Seat Post Bottom Slider's End Cap(Front)	PCS	1	BK
26	Stem Upper Slider's End Cap(Rear)	PCS	1	BK
27	Stem Bottom Slider's End Cap(Front)	PCS	1	BK
28	Screw M6×P1.0×10L	PCS	3	Stainless
29	Floating piece $\phi 22 \times \phi 9.5 \times 15$	PCS	1	Stainless
30	Rear top slider	KIT	1	Alloy
31	Lock Lever M12×P1.75×22L × $\phi 8 \times 10L$	PCS	1	
32	Seat Post	KIT	1	Alloy
33	Fly Wheel Axle $\phi 25 \times \phi 20 \times 155.5L$	PCS	1	
34	Bearing 6004 ZZ SKF	PCS	2	
35	Cast Wheel $\phi 359.8 \times \phi 334.7 \times 86t \times 5PK$	PCS	1	
36	Alloy Ring $\phi 450 \times \phi 360 \times 16t$	PCS	1	
37	Fly wheel axle's Sleeve $\phi 24 \times \phi 20.1 \times 56L$	PCS	1	CP
38	Nut M17×P1.0×8t	PCS	2	CP
39	Screw M5×P0.8×10L	PCS	5	Black
40	Nut M12×P1.25×9t	PCS	2	CP

NO.	Item/Description	Unit	Qty	Remark
41	Washer $\phi 27 \times \phi 13 \times 3t$	PCS	2	CP
42	Washer $\phi 10 \times \phi 6 \times 1t$	PCS	6	UCP
43	Bolt M6 \times P1.0 \times 50L	PCS	2	
44	Cover for Magnet's Bass:31 \times 88.7 \times 2t	KIT	2	
45	Magnet $\phi 25 \times 10t$, Identify : + - pole .	PCS	6	
46	Plastic Bass for Magnet Set	KIT	1	
47	Magnet's Set Inner Sleeve .	PCS	1	Stainless
48	Screw M6 \times P1.0 \times 35L	PCS	1	Stainless
49	Nut w/Nylon insert M6 \times P1.0	PCS	2	cp
50	Magnet's set Fix plate	PCS	1	Nylon
51	Sleeve $\phi 8 \times 15L$	PCS	1	Stainless
52	Screw M5 \times P0.8 \times 6L	PCS	2	Stainless
53	Cable connecting bar $\phi 10 \times 54$.	PCS	1	Stainless
54	Pully $\phi 18 \times \phi 9.5 \times 13.7L$	PCS	1	UCP
55	Spring fixing Axle $\phi 9 \times 20L$.	PCS	2	CP
56	Screw M5 \times P0.8 \times 8L	PCS	15	CP
57	Rebound Spring .	PCS	1	
58	Screw M5 \times P0.8 \times 15L	PCS	4	Stainless
59	Adjusting wire for tune adjustment .	KIT	1	
60	PU Moving Wheel $\phi 76 \times 24t \times 85A$ Hardness.	PCS	2	
61	Bearing 608ZZ	PCS	4	
62	Nut $\phi 8 \times 30L$	PCS	2	CP
63	Screw M6 \times P1.0 \times 12L.	PCS	2	CP
64	B. B Sleeve $\phi 24 \times \phi 20.1 \times 23.1L$	PCS	1	UCP
65	Bearing 6000 ZZ	PCS	2	
66	Nut w/Nylon Insert M20 \times P1.0	PCS	1	BK
67	B. B Axle $\phi 25 \times \phi 20 \times 141L * 14.8$ retro-Fit .	PCS	1	
68	Belt Pully $\phi 265 \times 5PK$.	PCS	1	BK
69	BB axle's Dusty Cover	PCS	1	BK
70L	Crank for Left side.	PCS	1	
70R	Crank for Right Side .	PCS	1	
71	Spring Washer $\phi 10$	PCS	4	CP
72	Screw M10 \times P1.5 \times 15L	PCS	4	Stainless
73	Alen key bolt M6 \times P1.0 \times 20L	PCS	5	Stainless
74	Flange Nuty M10 \times P1.25 \times 7t	PCS	2	BK
75	Dusty Cover	PCS	2	BK
76L	Alloy pedal with toe clip and strap.	PCS	1	
76R	Alloy pedal with toe clip and strap.	PCS	1	
77	Belt 5PK(1180)	PCS	1	
78L	Left Out Cover	PCS	1	BK, ABS
78R	Right Out Cover	PCS	1	BK, ABS
79	POP Cover	PCS	2	TPR
80	Washer 14 \times 8 \times 1t	PCS	4	BK

NO.	n/Description	Unit	Qty	Remark
81	Battery cover	PCS	1	ABS
82	Screw M6×P1.0×10L	PCS	1	Stainless
83	Screw M5×P0.8×15L	PCS	6	Stainless
84	RV adjusting lever 3t	PCS	1	UCP
85	Alen bolt M8×P1.25×20L	PCS	1	UCP
86	Adjustment's Bolt M6×9.5×31.7L	PCS	2	UCP
87	Battery case	PCS	1	Plastic
87A	Battery	pcs	2	
88	Nut w/Nylon Insert M6×P1.0	PCS	1	CP
89	Washer ϕ 16× ϕ 8.5×1.5t	PCS	7	UCP
90	Nut W/Nylon Insert M8×P1.25	PCS	3	UCP
91	RV fix bracket 2.5 t	PCS	1	UCP
92	Console's connect wire	PCS	1	UCP
93	Screw M8×P1.25×60L	PCS	2	UCP
94	Inner Sleeve ϕ 12× ϕ 8.5×4t	PCS	2	UCP
95	VR w/fix plate and cable	kit	1	
96	Washer 15*10*1t	pcs	2	UCP
97	Sleeve for VR	pc	1	
98	Adjusting cable and wire	set	1	
99	Front top slider's protector	PCS	2	
100	Bolt M10*P1.5*45L	PC	1	UCP
101	Nylon nut M10*P1.5	PC	1	UCP
102	Cable fixing plate	PC	1	UCP
103	Screw M8*P1.25*8L	PC	2	UCP
104	Knob with M10*P1.5 bolt	PC	1	UCP
105	Floting piece 20*34L	PC	1	UCP
106	Round plate	PC	1	Blk
107	Sleeve for micro adjustment 1*20*12*15L	PC	1	UCP
108	Spring 18*2*100L	PC	1	
109	Sleeve for micro adjustment 2*20*15L	PC	1	UCP
110	Main tube's top cover	PCS	1	Plastic
111	Sensor fixing bracket for SR212	PCS	1	
112	Sensor w/Cable: ϕ 6×300L×46mm(2PIN)	PCS	1	
113	Screw M5*P0.8*15L, black	pc	1	Stainless
114	Top protector	PCS	1	Plastic
115	Generator fixing bracket	pc	1	ucp
116	Generator	pc	1	
117	Nylon nut M5*P0.8	pcs	4	ucp
118	Generator's belt 3pj-1016	pc	1	
119	Rear top slider's protector	pcs	2	
120	Generator's control pannel	kit	1	
121	Screw M5*P0.8*20L	pcs	2	UCP
122	Tube for knob system	kit	1	paint
123	Disc washer 20*10.2*1t	pcs	2	Black

Club 40 Spin Bike Exploded Diagram

