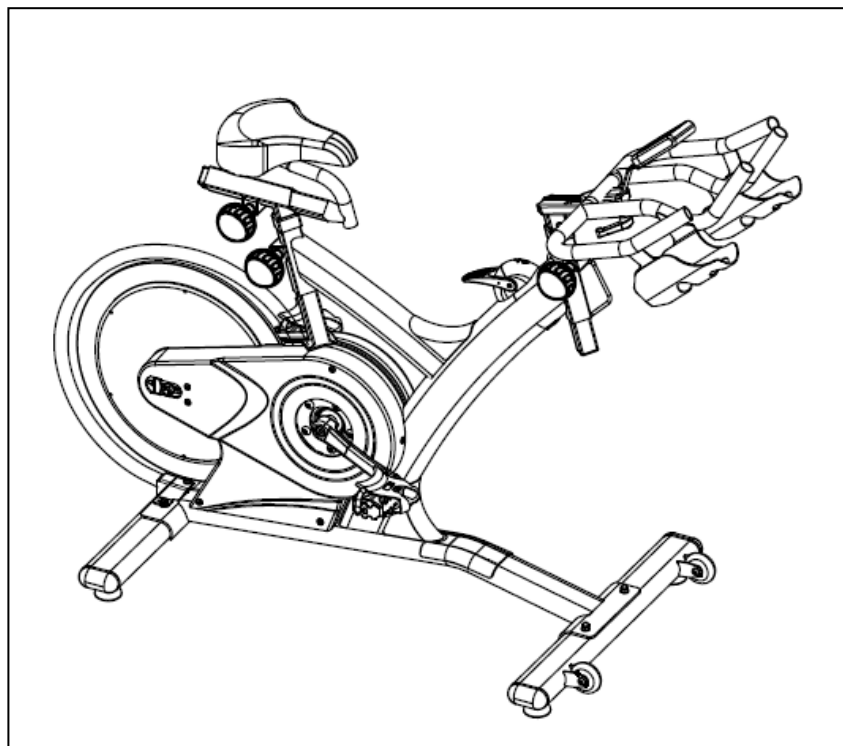


PROGRESSION
Fitness™



Rear Drive Spin bike w/console

PRO CLUB 30

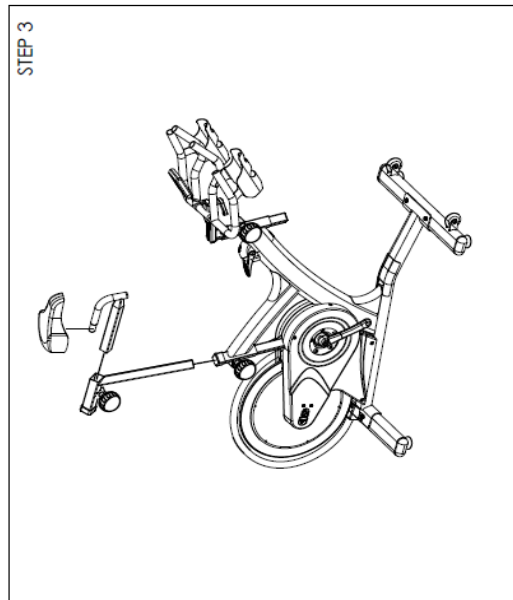
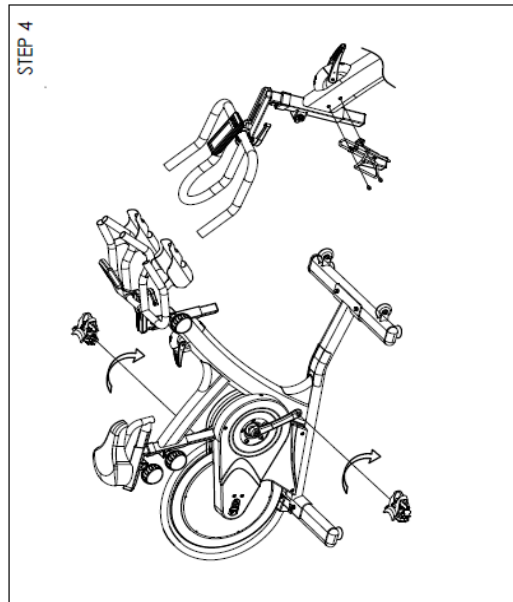
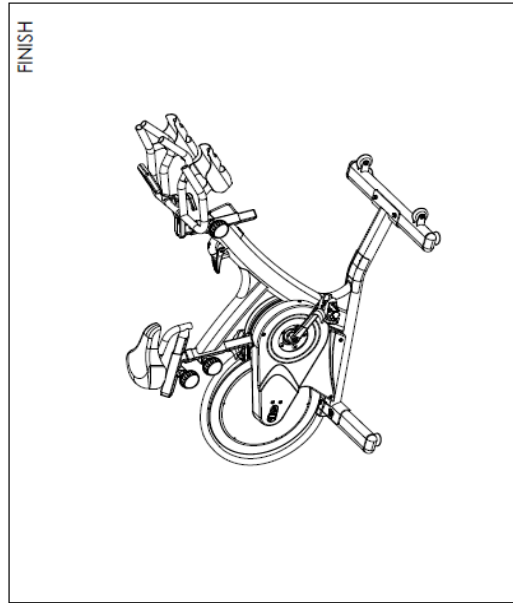
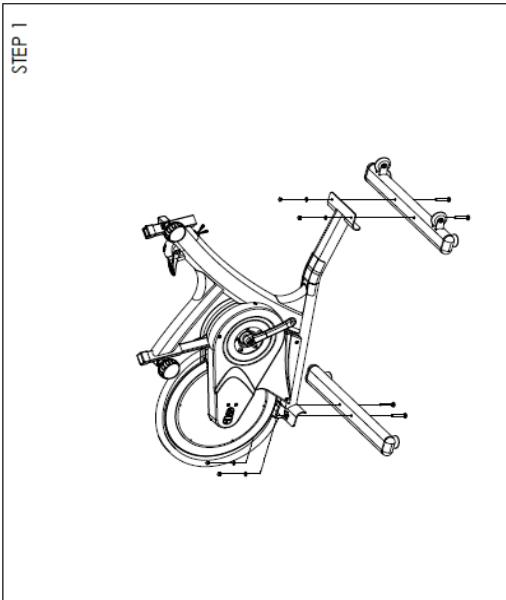
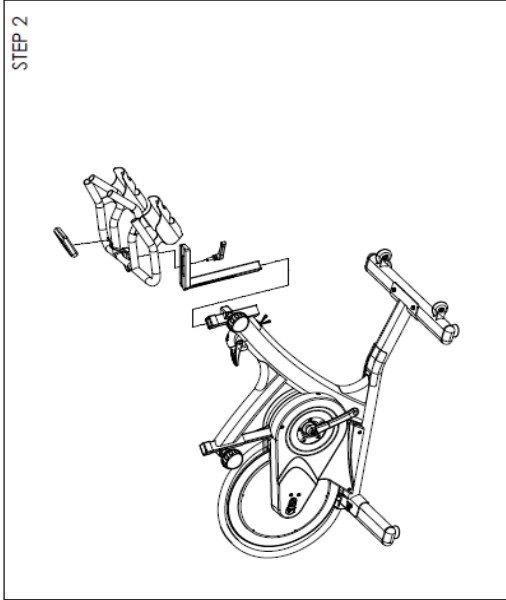
P-Code:EXBPROCLUB30



Safety Instructions

- ❖ Consult your physician before starting with any exercise program to receive advice on the optimal training.
- ❖ Warning: incorrect/ excessive training can cause health injuries. Stop using the bike when feeling uncomfortable.
- ❖ Please follow the advice for correct training as detailed in the training instructions.
- ❖ Ensure that training only starts after correct assembly, adjustment and inspection of the bike.
- ❖ Always start with a warm-up session.
- ❖ Only use original parts as delivered.
- ❖ Follow the steps of the assembly instruction carefully.
- ❖ Only use suitable tools for assembly and ask for assistance if necessary.
- ❖ Place the bike on an even, non-slippery surface.
- ❖ For all adjustable parts be aware of the maximum position to which they can be adjusted.
- ❖ Tighten all adjustable parts to prevent sudden movement while training.
- ❖ This product is designed for adults. Please ensure that children only use it under the supervision of an adult.
- ❖ Ensure that those present are aware of possible hazards, e.g. movable parts during training.
- ❖ The resistance level can be adjusted to your personal preference .
- ❖ Do not use the bike without shoes or loose shoes .
- ❖ Ensure that sufficient space is available to use the bike .
- ❖ Be aware of non-fixed or moving parts whilst mounting or dismounting the bike .

- To protect the floor or carpet from damage, place a mat under the exercise Bike.
- In case of emergency please place both feet at the same time on the side reins.
- Ensure that an area of 2000 x 1000 mm behind the exercise Bike is free from any obstacles.
- This product is tested up to a maximum body weight of 130 kilograms.
- We take no responsibility for personal injury or damage sustained by or through the use of this exercise Bike.



Step one

Attach the front (18) and rear feet (14) to the frame using the nuts (8), washer (9) and bolts (10).

Step two

Attach the handlebar post (22) by inserting it into the head tube of the frame. Use the knob (6) to adjust and tighten the height to the desired position. Attach the handlebar slider (23) on the handlebar post (22), use release lever (17) to adjust and tighten the handlebar into position. Insert computer (57) into bracket of handlebar (23), use screw to fixed it on bracket.

Step three

Insert the seat post (43) into the seat tube on the frame. Attach the saddle (1) into seat slider (42). Then tighten seat clamp's screw. Insert the seat slider (42) into the seat post (43) and fix. Using knob (6) adjusts and tightens the height in the desired position.

Step four

Attach the pedals (11) into the crank arms (20)(21), each pedal is marked with L (left) or R (right), make sure it's assembled on the correct side. (R: means rider's right side). Be careful to align the threads correctly to avoid damaging them. Applying a little grease on the threads will help the pedals to screw in easily and correctly, tighten using a 15mm spanner; both pedals should tighten towards the front of the spinning bike. Attach the bottle cage (26) and bracket (48) on the left side of frame using the screw (25) to tighten and fixed it.

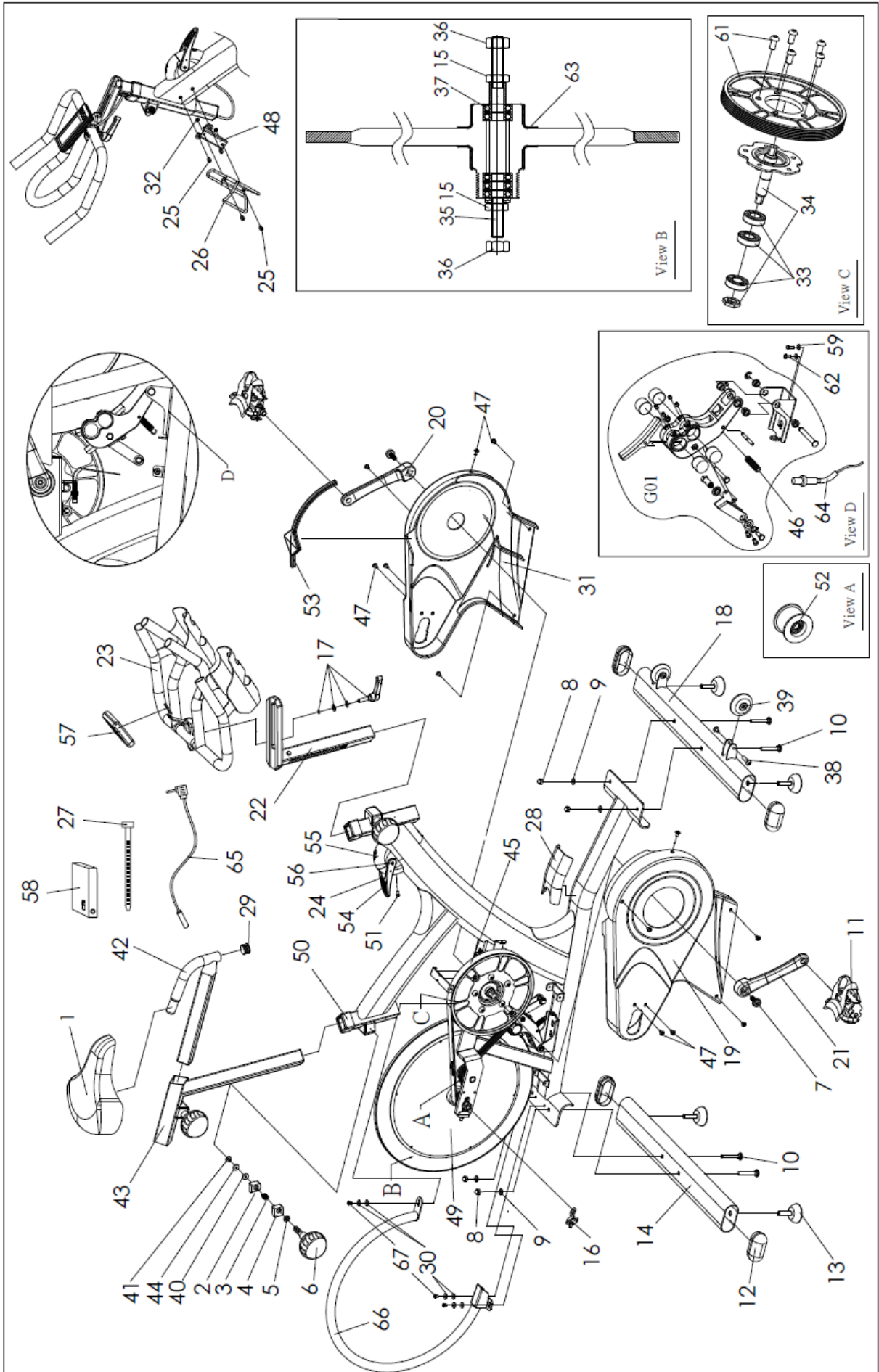
Adjusting the resistance

There are 16 levels of adjustment on tension knob (24), using it to adjust loosen (-) or tighten (+) resistance.

The flywheel should rotate freely without resistance when you loosen (-) the brake system fully.

More experienced riders may wish to increase the overall resistance by tightening (+) the brake system.

Push the tension knob (24) forward to end for emergency stop.



Part list

No.	Name	Unit	No.	Name	Unit
1	Saddle	PC	33	BB bearing	PC
2	Alloy bind clamp (L)	PC	34	BB Axle with plate	PC
3	Spring for release lever	PC	35	Flywheel axle	SET
4	Alloy bind clamp (R)	PR	36	Fixed wheel nut	
5	Washer for knob	PC	37	Flywheel bearing	
6	Knob	PC	15	Flywheel security nut	
7	Crank bolt	PC	63	Rubber cover for flywheel	
8	Foot tube nut	PC	38	Axle bolt for moving wheel	PC
9	Foot tube washer	PC	39	Moving wheel	PC
10	Foot fixing bolt	PC	40	Plastic washer for knob	PC
11	Pedal	PR	41	Fixed bolt for knob	PC
12	Front / Rear foot tube end cap	PC	42,29	Seat slider w/ end plug	PC
13	Foot tube adjuster pad	PC	43	Seat post	PC
14	Rear foot tube complete	SET	44	Washer for knob	PC
15	Flywheel security nut	PC	45	Belt	PC
16	Flywheel adjuster bolt	PC	46	Spring	PC
17	Handle bar release lever w/washer	PC	47	Outer chain guard bolt M5	PC
18	Front foot tube complete	SET	48	Cage bracket	PC
19	Right belt guard	PC	49	Flywheel (complete)	SET
20	Left crank arm	PC	50	Rubber sleeves	PC
21	Right crank arm	PC	51	Fixed bolt for tension knob casing	PC
22	Handle bar post	PC	52	Idler w/bearing, clip	SET
23	Handle bar w/slider	PC	53	Rubber sealed	PC
24	Tension knob set (complete)	SET	54	Handle for tension knob	PC
25	Bolt for bottle cage	PC	55	Casing for tension knob	PC
26	Bottle cage	PC	56	Bolt for tension knob handle	PC
27	Strap	PC	57+58 +65	Computer w/ cable, sensor cable complete set	SET
28	Bottom tube cover w/adhesive tape	PC	58	Transmitter	PC
30	Washer for protection tube	PC	59	Washer for plate	PC
31	Left belt guard	PC	61	Belt pulley with screw, magnet	PC
32	Nut for bottle cage	PC	62	Fixed bolt for plate	PC

No.	Name	Unit	No.	Name	Unit
63	Rubber cover for flywheel	PC			
64	Adjuster cable guide	PC			
65	Sensor cable	PC			
66	Flywheel protection tube	PC			
67	Bolt for protection tube	PC	G01	Magnetic holder w/magnetic set	SET

Instruction Use



- 1) The bike is designed to be used as a "spin " cycle in fitness studios and health clubs. It has a fixed wheel driven flywheel and should only be used under professional supervision.
- 2) Installation – it is important that the bike is correctly assembled and we recommend that suitably qualified personnel carry out installation and assembly.
- 3) **Handlebar and seat adjustment.** It is important that the handlebar and seat are set at the correct height for your body. Ask your instructor for assistance. Adjusting the handlebar height: Undo the knob that is located where the handlebar post fits into the frame. Slide the handlebar post up or down to the required height and re-tighten the knob. Make sure it is securely tightened and that there is no lateral or vertical movement of the handlebar. The handlebar position can also be adjusted forwards or backwards. Undo the Release lever located below the handlebar slider. Slide the handlebar assembly forwards and backwards until you reach the required position. Then securely re-tighten the Release lever.
Adjusting the seat height- undo the knob located where the seat post fits into the frame. Adjust the seat to the required height. Then retighten the knob. Make sure it is tighten enough to prevent the seat from twisting side to side. The seat position can be adjusted forwards and backwards. Undo the knob located directly by the side of the seat slider. Loosen the knob then slide the seat to the required position. Then make sure the knob is re-tightened.
- 4) **Pedals and toe straps-** your feet should be securely positioned in the toe clips during the exercise. Put your foot as far forwards as you can into the toe-clip and then pull the strap tight.
- 5) The bike should operate on a level surface with no lateral movement. There is a height adjuster pad located on either side underneath of the foot tube. Turn these pads clockwise or counter clockwise until the bike is totally stable on the ground.
- 6) **Emergency brake** – This bike can be instantaneously stopped by pushing the red tension knob (24) completely forward.
- 7) **Maintenance** – It may be unsafe when loosen bolt on the parts or noise on the flywheel, please contact your supplier. Like any other mechanical cycling device, the bike should be regularly maintained. Ask your supplier for a detailed maintenance program.

Maintenance Chart

No	DESCRIPTION	Daily	Weekly	Monthly	Quarterly	Annually
1	Keep machine clean: Wipe machine down with clean & dry fabric to clear dirt & sweat.	X				
2	Wipe Anti-rust cream or similar on the seat post set, handlebar set	X				
3	Visual check	X				
4	Check security of handle bar post & seat post	X				
5	Check security of saddle	X				
6	Remove handlebar post and clean head tube		X			
7	Remove seat post and clean seat tube		X			
8	Check for any noise		X			
9	Check tension knob system		X			
10	Check security of all knobs & release lever		X			
11	Check toe straps for signs of wear		X			
12	Check crank bolts and re-tighten		X			
13	Make sure pedals are screwed in		X			
14	Check the magnetic holder in correct position			X		
15	Check belt tension			X		
16	Wipe anti-rust oil on the middle range of flywheel surface			X		
17	Check bottom bracket				X	
18	Check flywheel bearings					X
19	Full service-frame inspection					

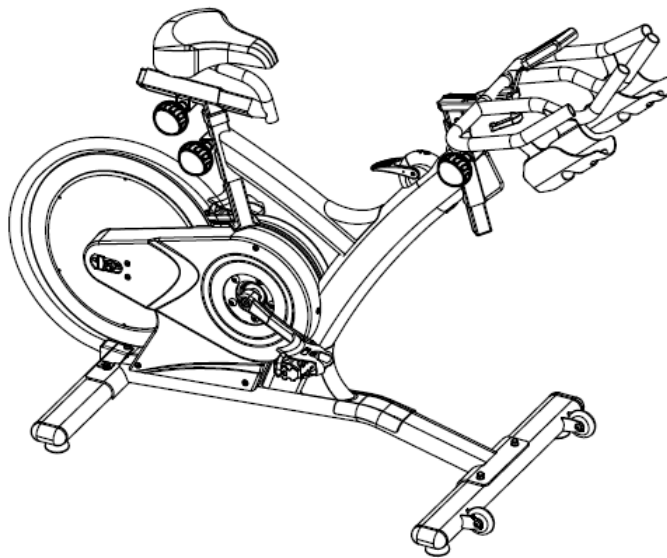
Limited Warranty

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This product carries the following guarantee against manufacturing defects:

- * Frame is warranted for 2 years from the date of purchase.
 - * Components are warranted for 1 year.
- * Warranty is only valid for the original purchaser.
- * Labor and freight charges are not included.
- * Normal wear, neglect, abuse, accidents, improper assembly or maintenance, or the installation of parts or accessories not compatible with the original intended use of the bike, as sold, are not covered by the warranty.
- * Neither does it cover any corrosion caused by failure to clean the bikes on a regular basis.
- * This warranty is limited to the repair or replacement of the defective part at no cost. **The supplier** shall in no event be responsible for consequential, special damages, and any parts failures, breakages or injuries resulting from misuse of the machine or failure to follow the recommended maintenance procedures.
- * Warranty claims must be through an authorized dealer, and replacement parts will normally be dispatched to you. We recommend you have a small stock of basic spare parts, as well as a tool kit to cover the regular maintenance routines.
- * The Limited Warranty is the only express or implied warranty applicable to **original supplier**. Any implied warranties, including warranties of merchantability and fitness shall be limited in scope and duration in accordance with this limited warranty.

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**Rear Drive Spin bike
w/console**

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