

# Mobifitness Smart Spinning Bike

## Quick Start Guide



## IMPORTANT SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed, including the following:  
Read all instructions before using (this appliance).

**DANGER** – To reduce the risk of electric shock:

1) Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

**WARNING** – To reduce the risk of burns, fire, electric shock, or injury to persons:

1) An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.

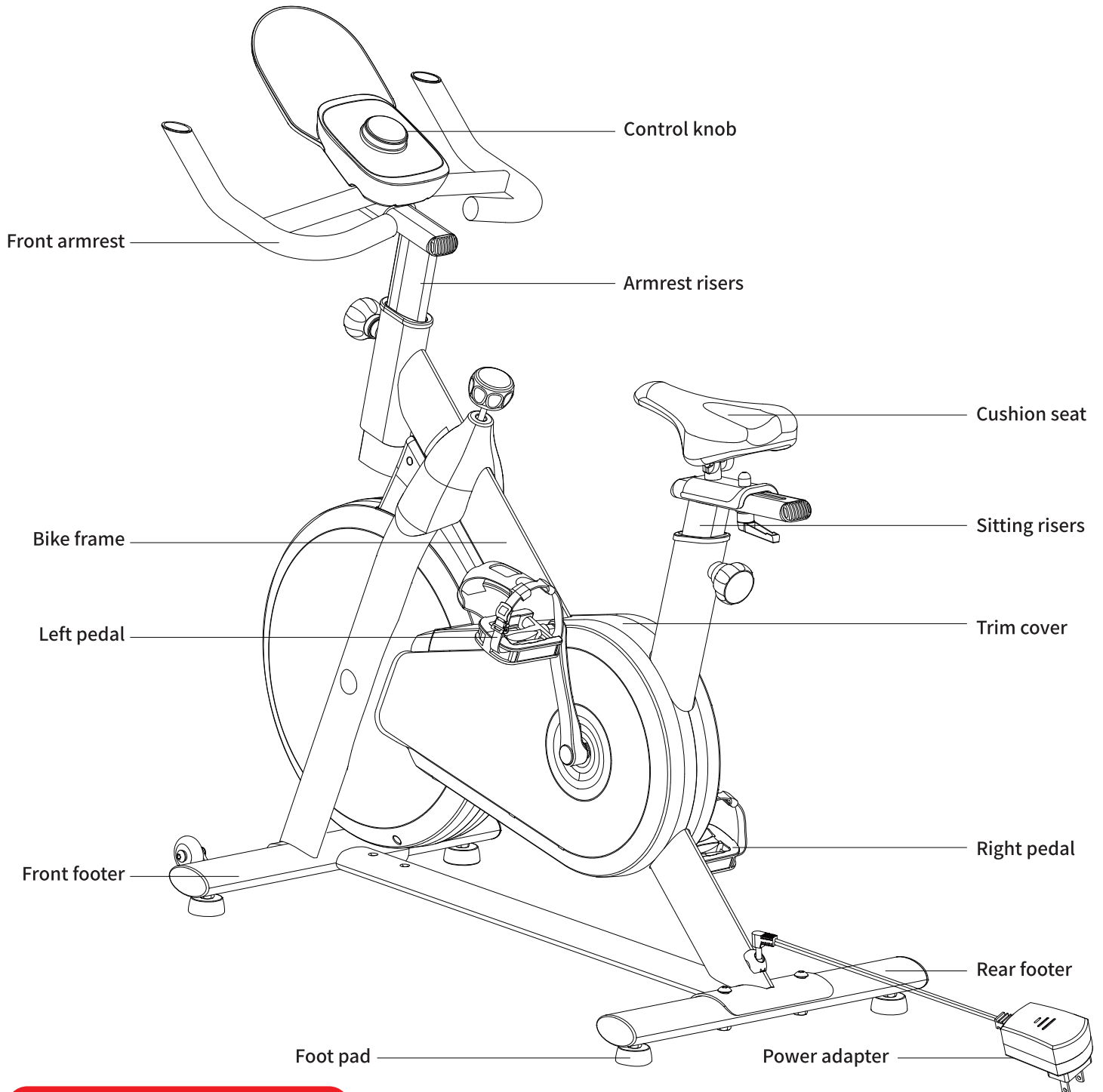
2) This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Keep children under the age of 13 away from this machine.

3) Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.

- 4) Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- 5) Never drop or insert any object into any opening.
- 6) Do not use outdoors. Household use only.
- 7) Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- 8) Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.
- 9) Keep the cord away from heated surfaces.
- 10) To disconnect, turn all controls to the off position, then remove plug from outlet.

**SAVE THESE INSTRUCTIONS**

# Get to know Mobifitness Smart Spinning Bike



Please remove the screws at the bottom before use.

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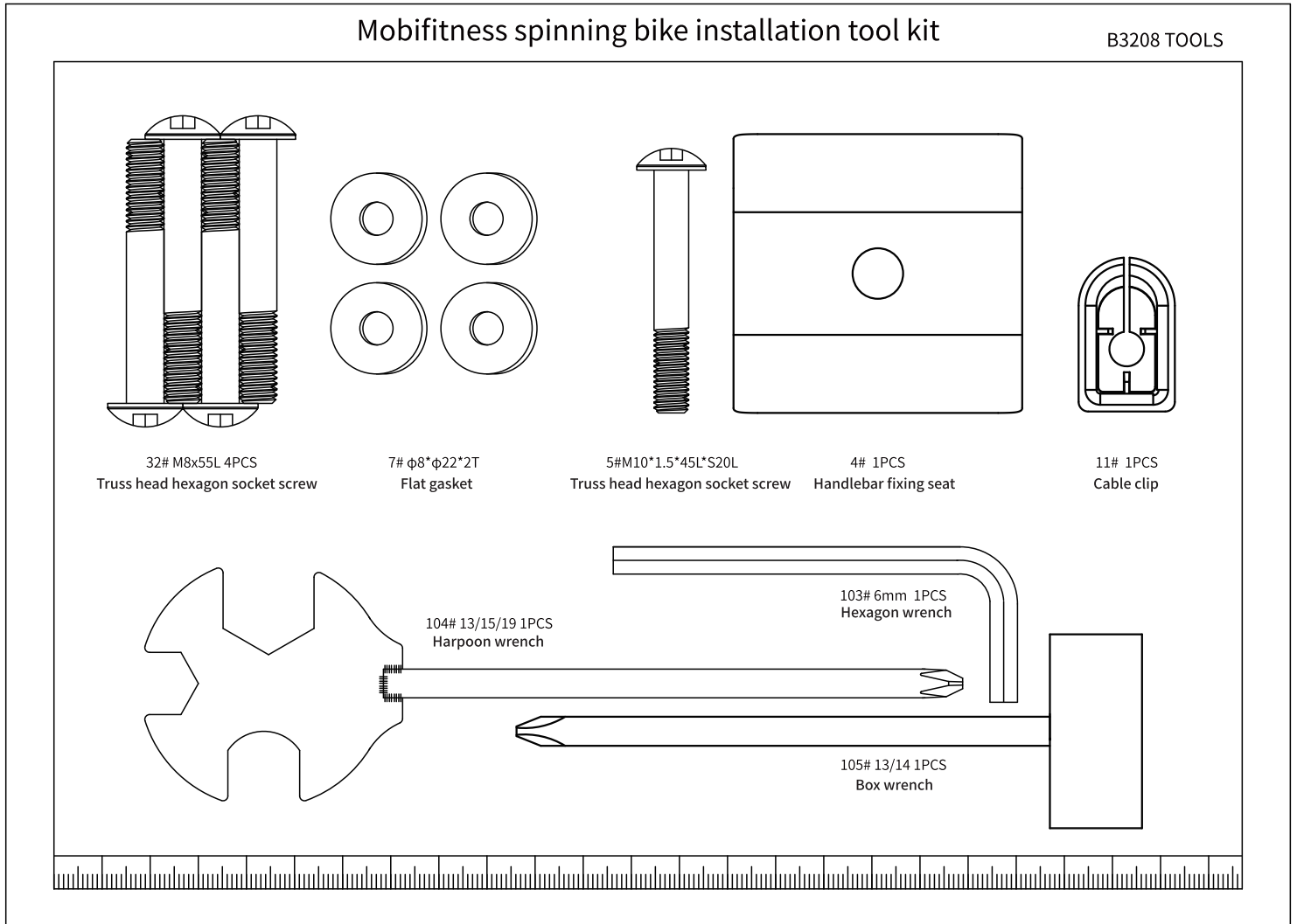
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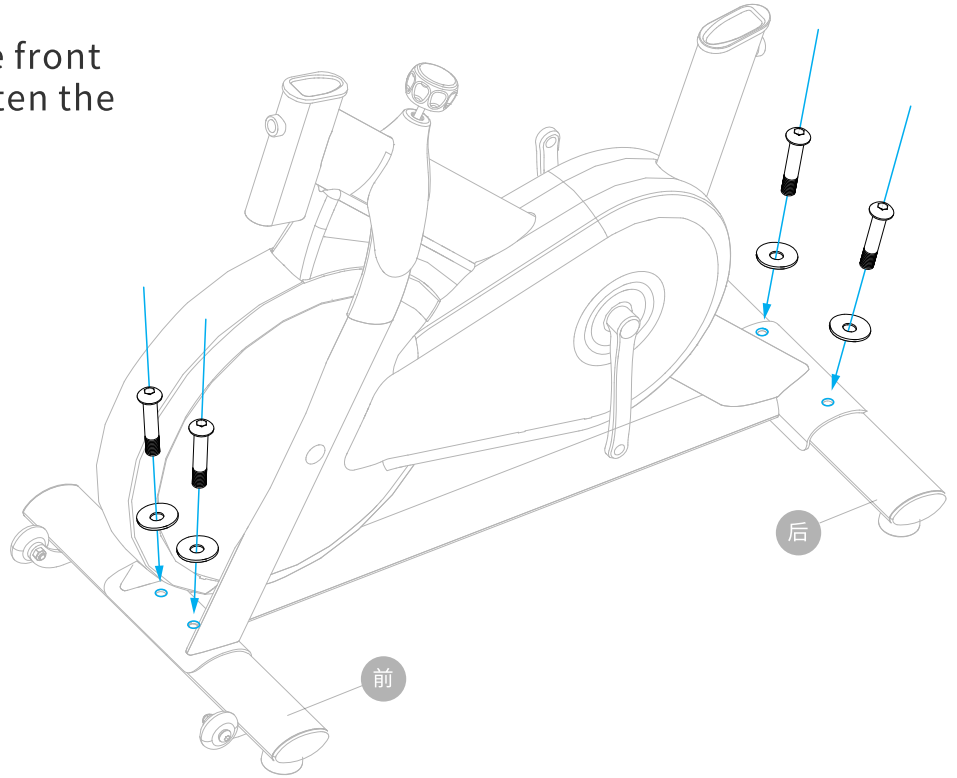
# Install Spinning Bike

Please install the bike according to the instructions with the tool kit in the box.

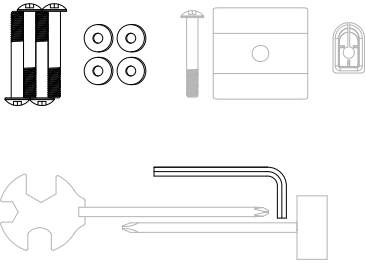


## Step 1/6

Place the frame on the front and rear legs and tighten the four sets of screws.



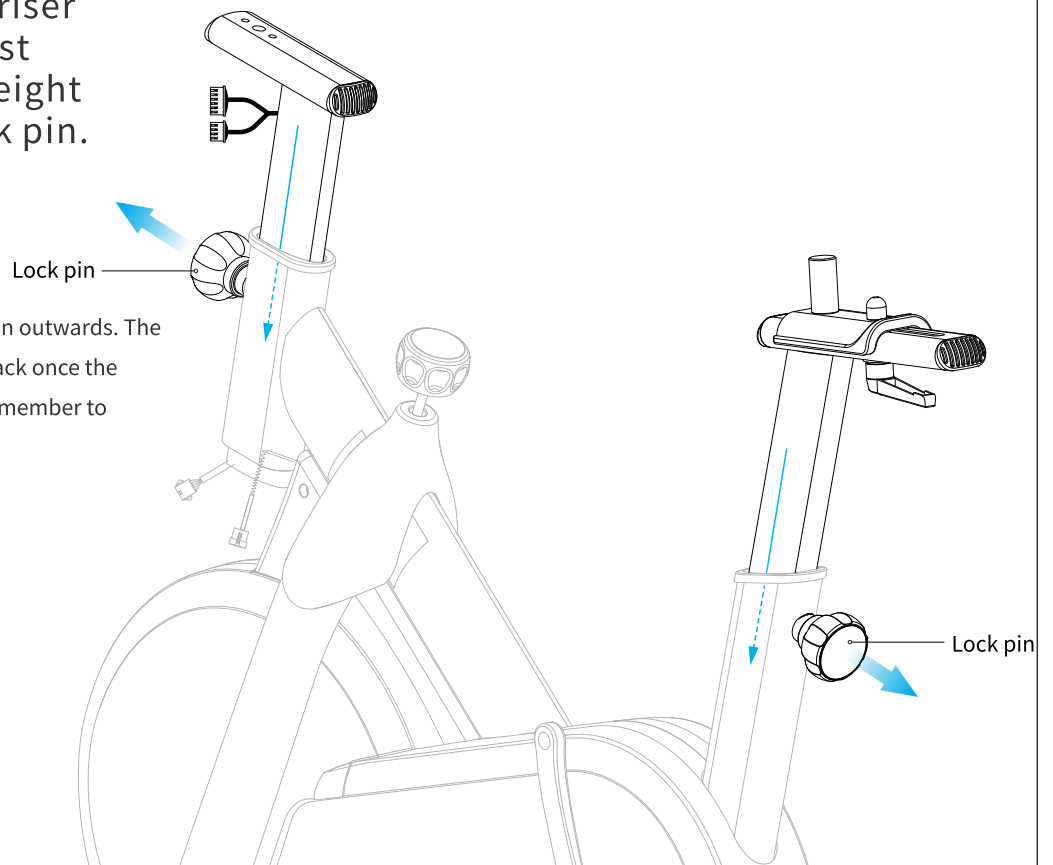
### B3204 TOOLS



## Step 2/6

Insert the handrail riser and seat tube, adjust them to a certain height and tighten the lock pin.

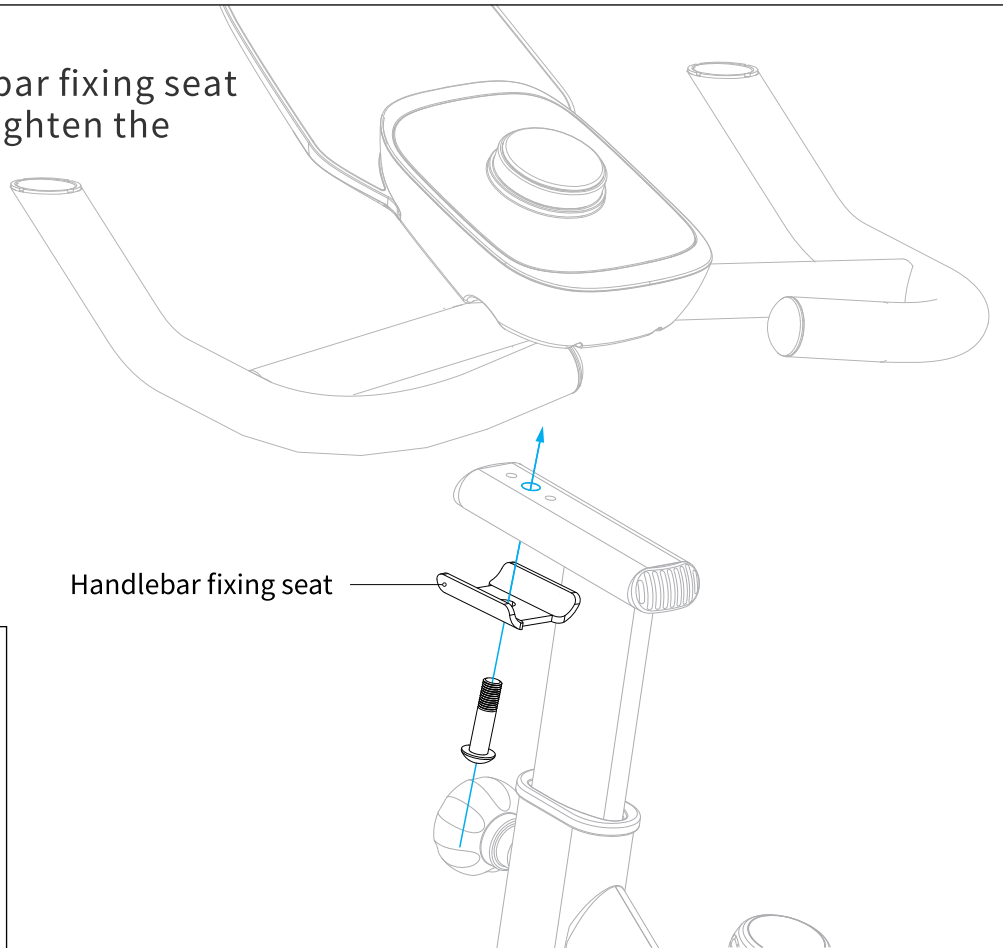
- i** To adjust the height, pull the pin outwards. The pin will automatically spring back once the position has been adjusted. Remember to tighten the pin.



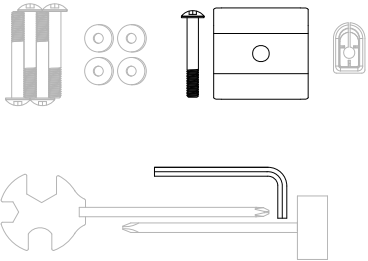


## Step 3/6

Connect the handlebar fixing seat and front armrest, tighten the screws.

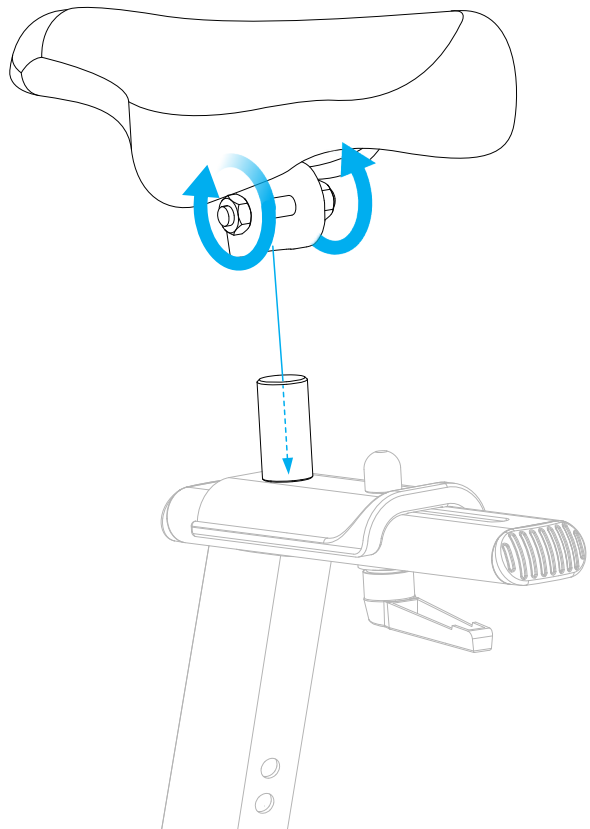


B3204 TOOLS

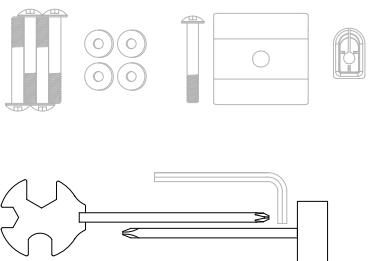


## Step 4/6

Fix the cushion on the seat tube, tighten the screws at both side with harpoon wrench and box wrench.



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## Step 5/6

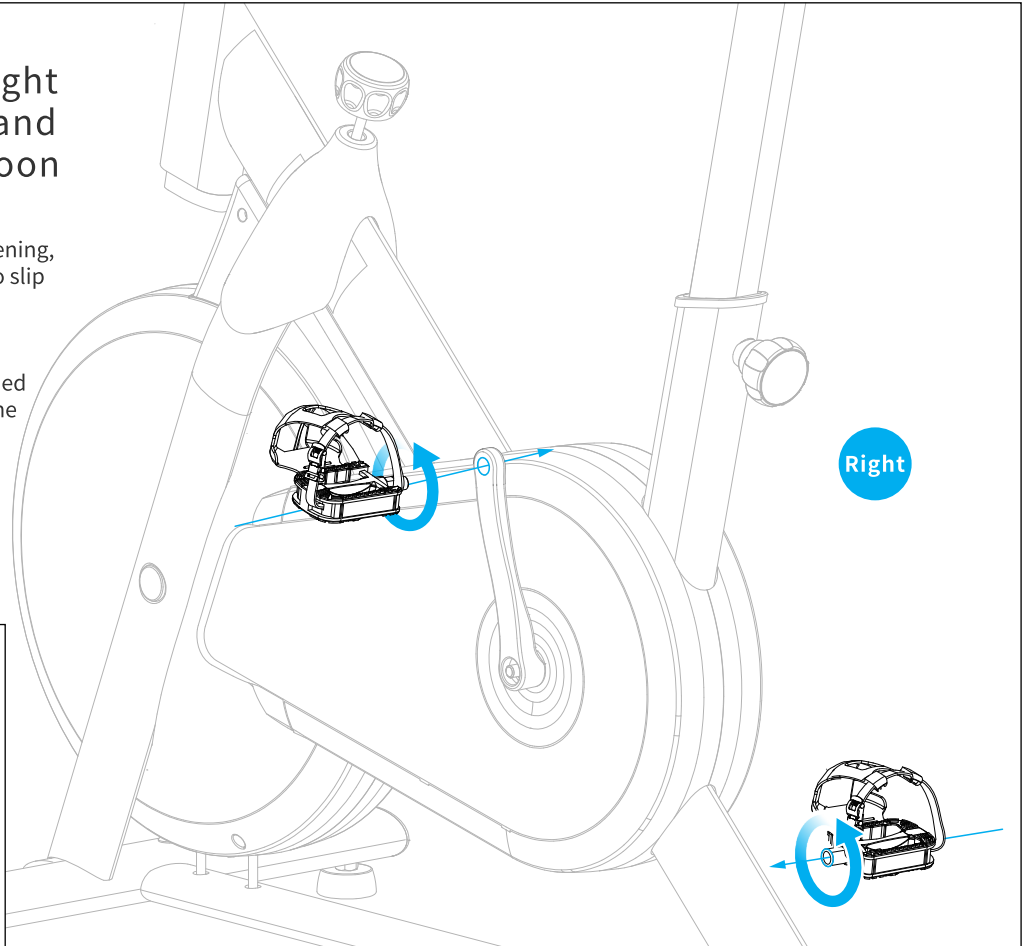
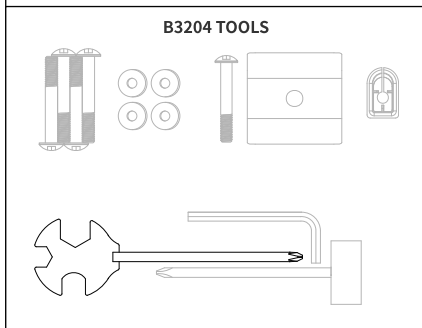
Attach the left and right pedals to the frame and tighten using a harpoon spanner as shown.

- ⓘ Avoid excessive force when tightening, which could cause the spanner to slip off and cause cosmetic damage.

Note the difference in pedal orientation, which can be identified by the left and right stickers on the parts.

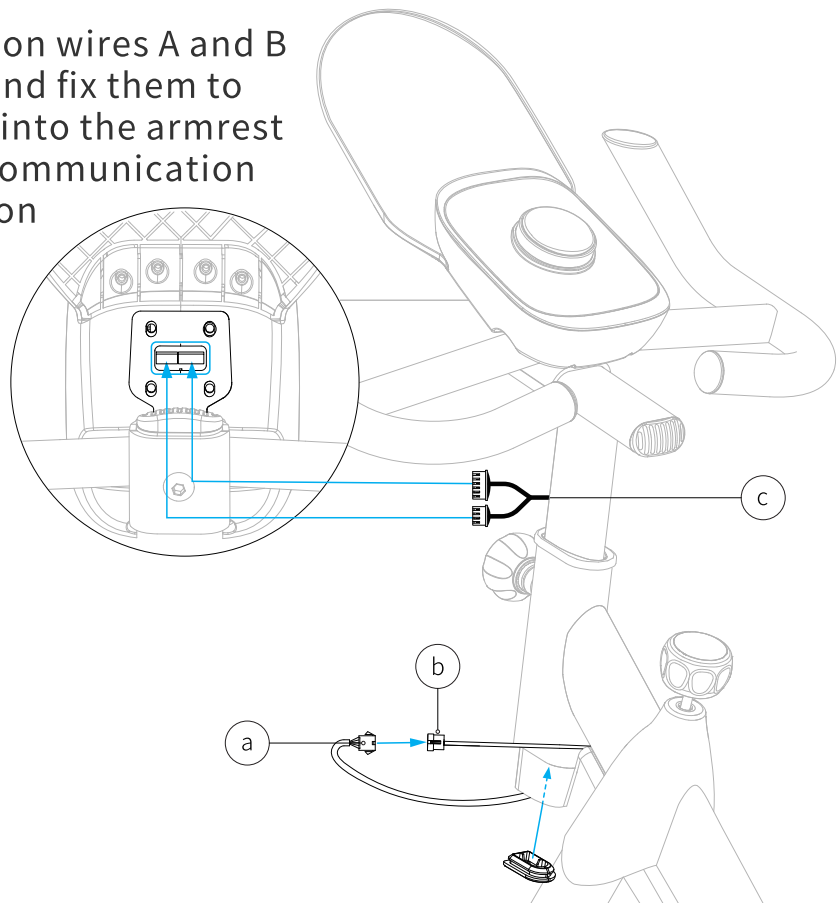
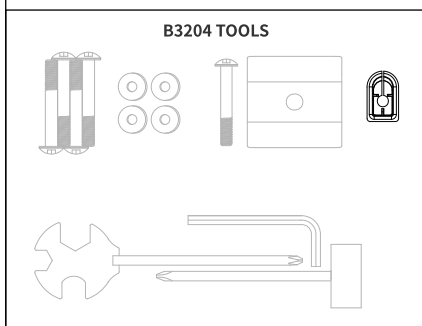
left

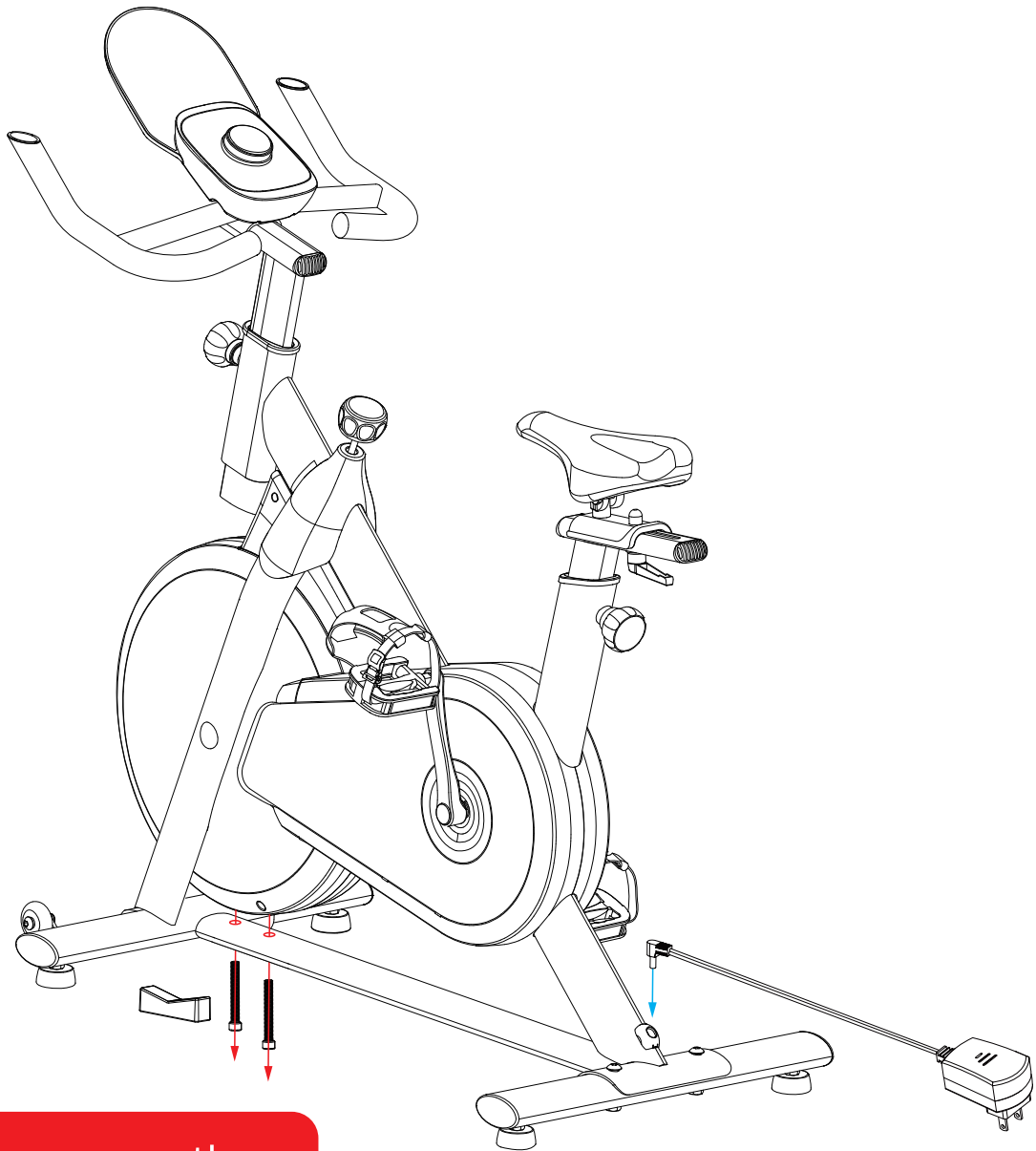
Right



## Step 6/6

Connect the communication wires A and B as shown in the diagram and fix them to the wire plugs, tuck them into the armrest tube and then insert the communication wire c into the connector on the back of the electronic meter.

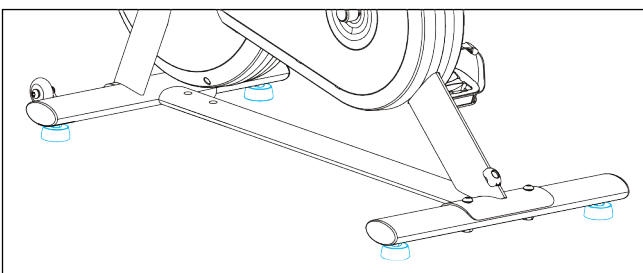




Please remove the screws at the bottom before use.

## Finish installation

Congratulations on your successful installation, power up and get your ride on!



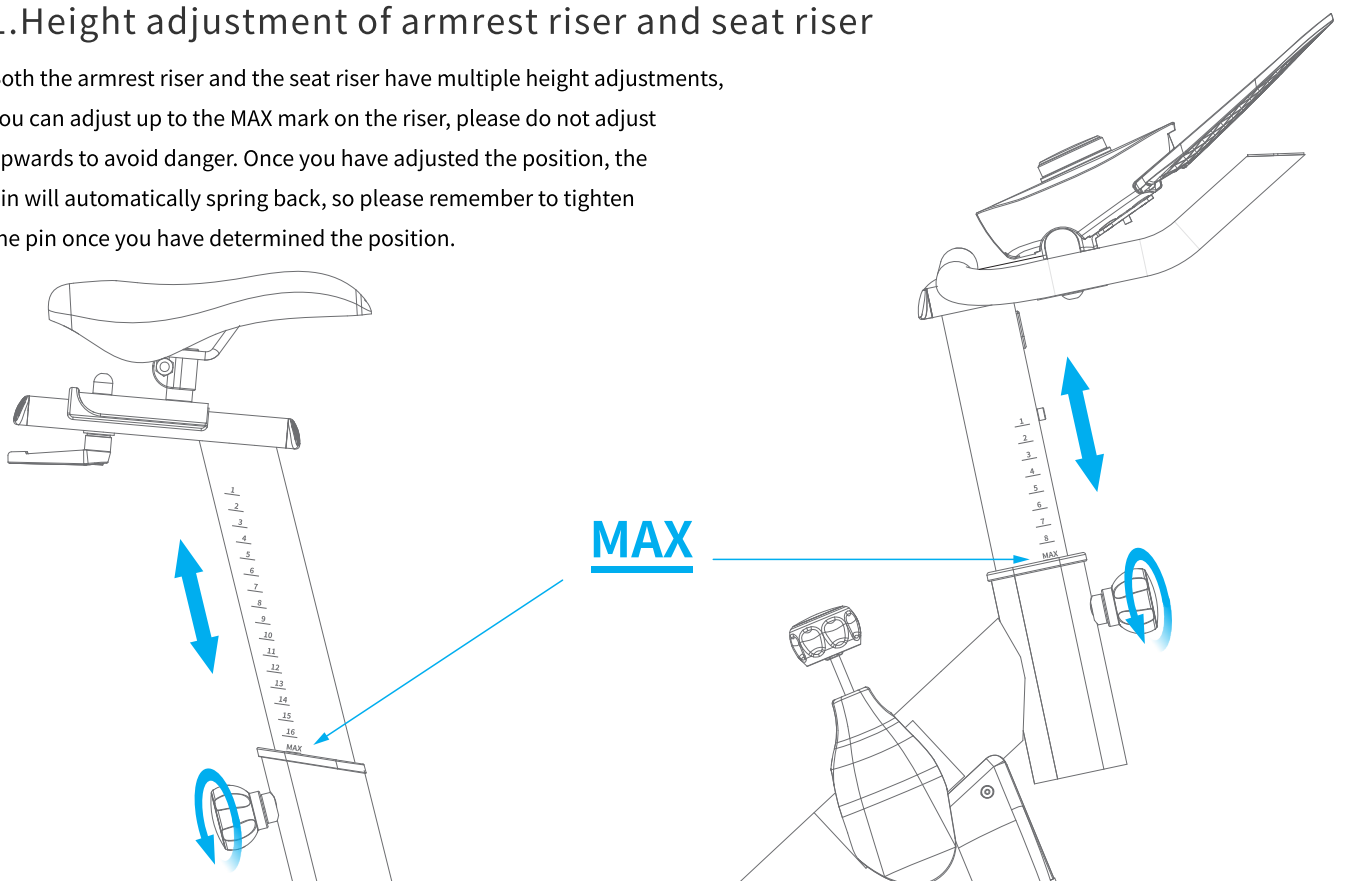
- i** Once the bike has been installed and placed in the appropriate position, you can rotate the four feet of the floor tube with your fingers until the bike does not wobble from side to side, front to back.

This step also needs to be repeated if the bike is moved later on.

# Mobifitness smart spinning bike instructions

## 1. Height adjustment of armrest riser and seat riser

Both the armrest riser and the seat riser have multiple height adjustments, you can adjust up to the MAX mark on the riser, please do not adjust upwards to avoid danger. Once you have adjusted the position, the pin will automatically spring back, so please remember to tighten the pin once you have determined the position.

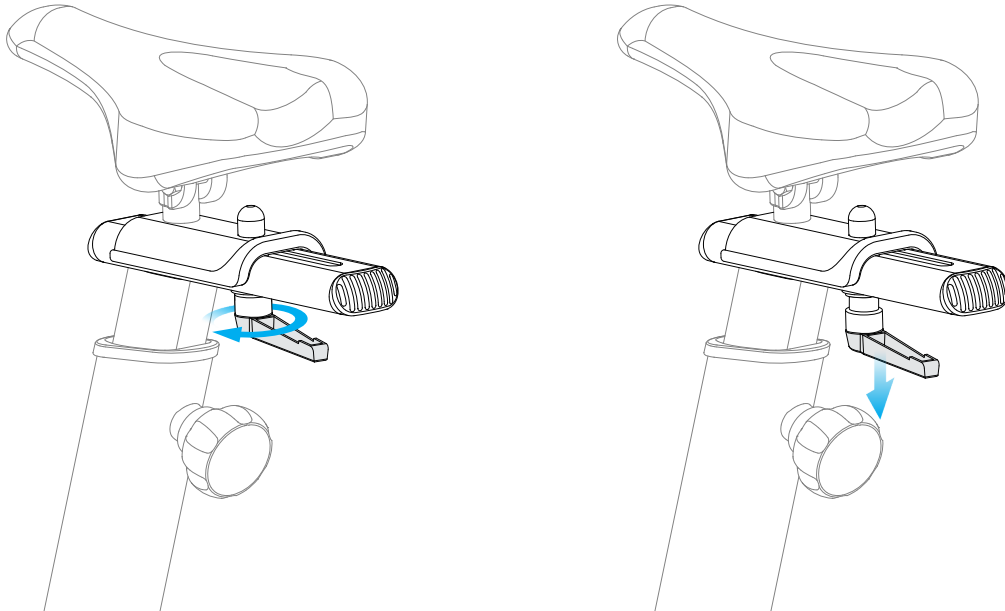


# Mobifitness smart spinning bike instructions

## 2. Front and rear adjustment of the cushion

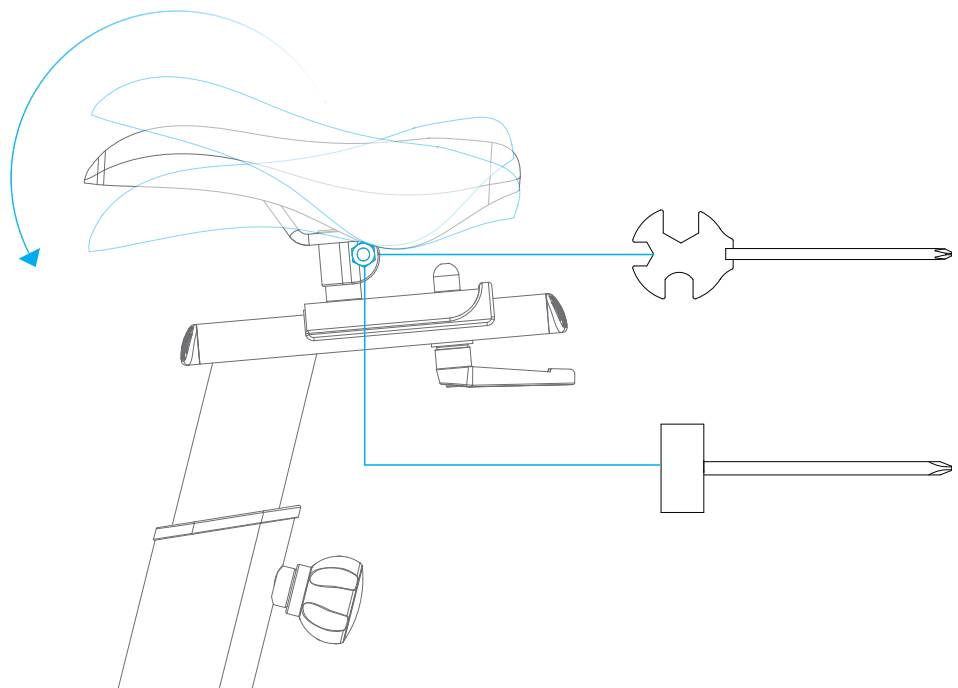
Loosen the handle under the cushion and adjust the front and rear position of the cushion. Once you have determined the position, remember to tighten the handles.

- i** The handle can be reoriented by pulling down on it and rotating it, and it will automatically spring back when released.



## 3. Cushion up/down tilt angle adjustment

Using a socket spanner and a harpoon spanner, loosen the screws on both sides of the bottom of the cushion to adjust the angle at which the cushion tilts up and down. Once you have confirmed the angle, tighten the screws.



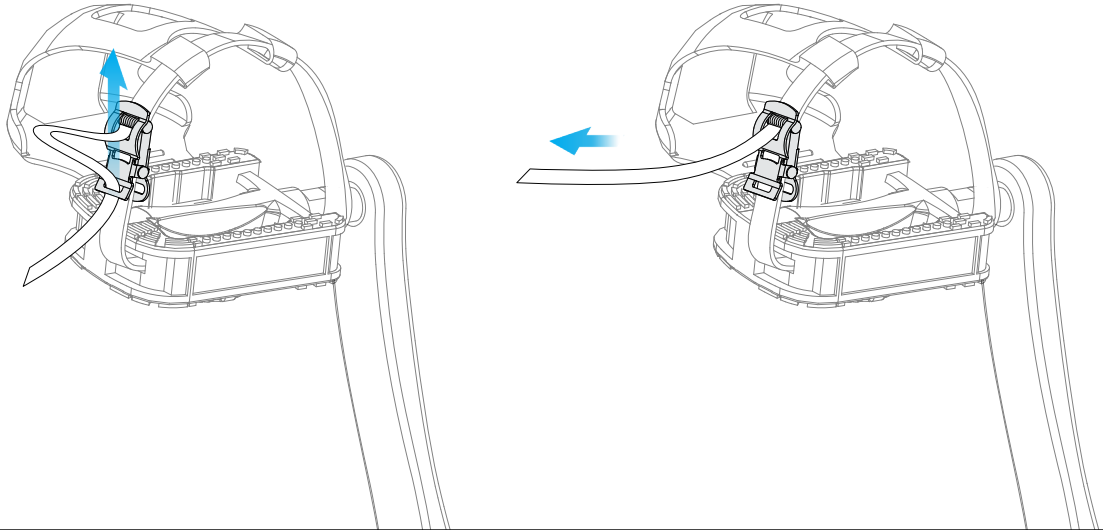
# Mobifitness smart spinning bike instructions

## 4. Footrest strap adjustment

You can adjust the foot straps according to the size of the shoe you are wearing for sport.

As shown in the picture:

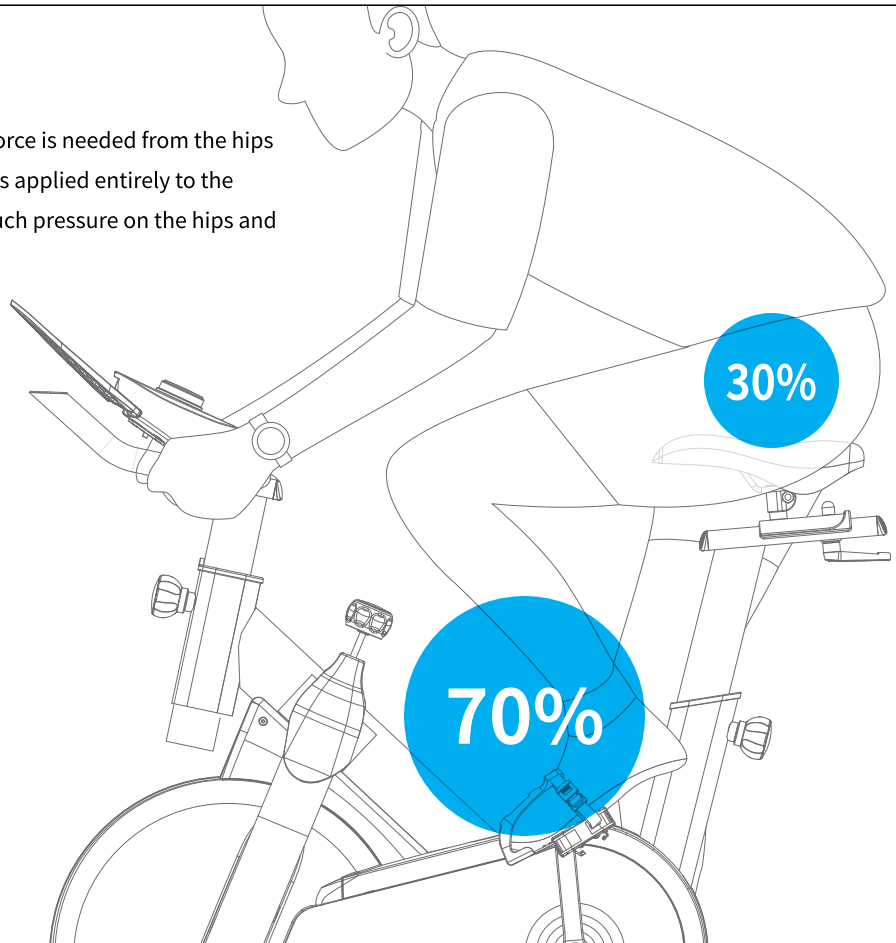
1. Start by pulling the straps out of the fixing restraint holes of the adjustment buckle.
2. Pull on the straps to tighten them and toggle the clips down to loosen them. When finished, thread the straps back through the restraint holes.



## 5. Riding position

To get a better muscular workout, more force is needed from the hips and legs. If the weight of the upper body is applied entirely to the cushion during exercise, it can put too much pressure on the hips and lead to soreness.

- Power share: about 30% in the hips, 70% in the legs

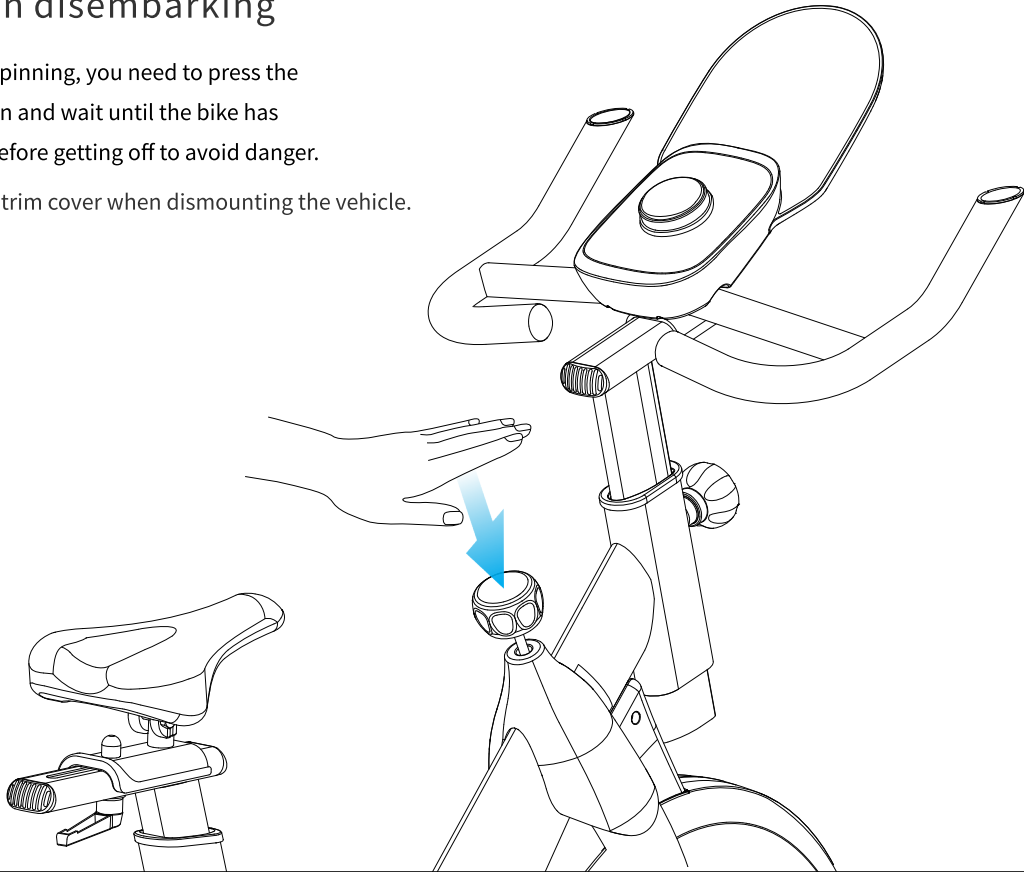


# Mobifitness smart spinning bike instructions

## 6. Notes when disembarking

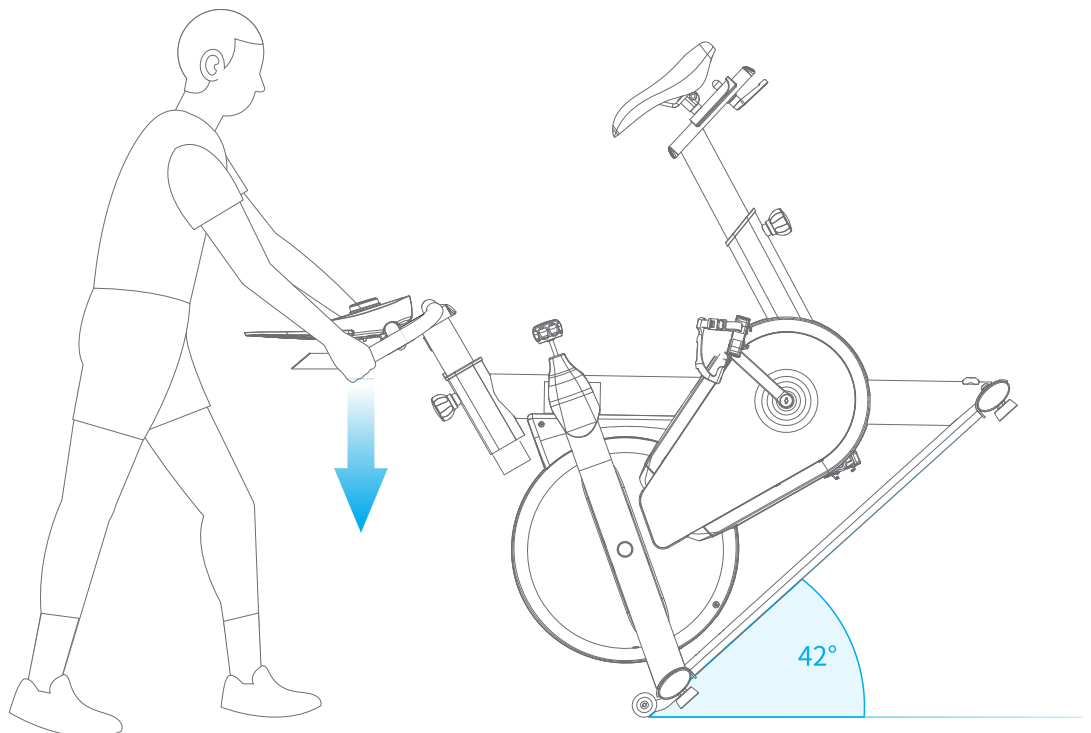
When the bike is still spinning, you need to press the emergency stop button and wait until the bike has completely stopped before getting off to avoid danger.

**i** Do not step on the trim cover when dismounting the vehicle.





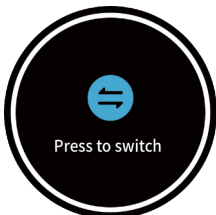







## 7. Move the spinning bike

Stand in front of the bike, press down on the front at about 42° and move the bike.



# Control knob instructions

<p>Bluetooth connecting status</p>	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>When the Bluetooth is connected, the color screen will show connected.</p> </div> <div style="text-align: center;">  <p>When the Bluetooth is not connected, the color screen will show unconnected.</p> </div> </div>
<p>Cycling interface display</p>	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>After the Bluetooth is connected, pedal the bike, the interface will show time, miles and calories</p> </div> <div style="text-align: center;">  <p>In motion state, long press the knob for two seconds to pause; in pause state, long press the knob for two seconds to stop.</p> </div> </div>
<p>Switch data</p>	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>During the ride, short press to switch between a, b and c data displays.</p> </div> <div style="display: flex; gap: 20px;"> <div style="text-align: center;">  </div> <div style="text-align: center;">  </div> </div> <p style="text-align: center; font-size: small;">a. Time / Mileage / Calories b. Pedalling Frequency / Speed / Power</p> </div>
<p>Adjust the resistance</p>	<div style="text-align: center;">  <p>During the ride, rotate to the left to reduce resistance and to the right to increase it.</p> </div>
<p>Exception alerts</p>	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>When the pedal frequency exceeds 200rpm, the colour screen will indicate that the pedal frequency is too high.</p> </div> <div style="text-align: center;">  <p>When the bike breaks down, the colour screen will indicate an error code, contact customer service to resolve the fault.</p> </div> </div>

**Trademark statement**

The Bluetooth® word trademark and logo are registered by Bluetooth SIG, and Mo Technologies Co., Ltd. has been authorized to use such trademarks. Other trademarks and trade names are the property of their respective owners.



# APP installation and use

## Install APP

You can also use the MobiFitness-Home Workout App to connect to the bike and experience the unique smart features. The MobiFitness-Home Workout App is available for Android and iOS devices (iPhone/iPad). You can scan the QR code below with any code reader and follow the instructions to download and install the MobiFitness-Home Workout App.



## MobiFitnesss-Home Workout APP

### Register account

When you use the APP for the first time, you need to register an account. Select the SIGH IN button and create an account via email, the APP will automatically take you to choose your equipment after you set up your profile.

### Connect Bluetooth

Turn on your phone's Bluetooth and click on the Bluetooth icon in the top right corner of the app's home page to search for and connect to the bike.

### Experience intelligent functions

Use the "Class", "Training", "Plan" and many other smart interactive features in the app to start a fun and good workout experience!

**i** MobiFitness-Home Workout APP will never steal or share user data in any way.

# Basic parameters

Product name	Mobifitness Smart Spinning Bike
Product model	MBH3208
Resistance system	32 levels of resistance adjustment
Fly wheel	Front mounted 12kg flywheel + aluminium clad outer magnet
Adjustable part	Seat cushion 7 positions front to back, seat cushion 17 positions up and down, armrests 9 positions up and down
App function	Courses, online competitions
Net weight	92lbs
Gross weight	112lbs
Max bearing load	330lbs
Package dimension	42.7*9.1*34.2inches
Product dimension	42.5*20.1*44.5inches
Data display	Color screen
Connecting method	Bluetooth BLE4.2

# Precautions

- You should consult your doctor before training with the product.  
If you feel unwell or dizzy during your workout, you need to stop immediately.
- It is the responsibility of the product owner to ensure that all persons using the product are fully aware of all warnings and cautions.
- The weight of the person using it must not exceed 330lbs.
- Children under 6 years of age are not allowed to use this cycle.
- Keep hands and fingers away from moveable parts according to the instructions in this guide.
- In order to balance efficiency and safety, we recommend that you do not pedal above 200rpm while riding.
- After 1 month of using the bike, please check the screws for looseness and retighten them with a tool if they are loose. And recheck every 3 months thereafter.
- This product should not be used where aerosol products or pure oxygen are used.
- Wear suitable sportswear and sports shoes when using the bike, do not use the product barefoot or with socks only.
- When the bike is still spinning, you need to press the emergency stop button and wait for the bike to come to a complete stop before getting off to avoid any danger.
- We reserve the right to improve the pictures and technical parameters of this product, which are subject to change without notice.
- Product parameters will vary slightly due to different test tools, specific test environments, and specific versions. Please refer to actual use. The situation shall prevail. The pictures shown are all functional schematic diagrams, not the absolute actual structure. Please refer to the actual product in the end. due to Product batches and production supply factors change in real time. In order to provide accurate product information, specifications, and product characteristics as much as possible, we The company may adjust and revise content such as textual expressions, picture effects, etc., in order to match the actual product performance, specifications, indexes, parts, etc. The information matches. If it is indeed necessary to make the above-mentioned amendments and adjustments, no special notice will be given.

# Content of hazardous substances

Part name	Hazardous substances					
	(Pb)	(Hg)	(Cd)	(Cr(VI))	(PBB)	(PBDE)
Frame	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Rotary knob	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Rotary knob cover	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wooden board	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bike cover	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Handlebar	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Crank	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pedal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bottom tube	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Power adapter	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

This form has been prepared in accordance with the provisions of SJ/T 11346.

**O:** means that the content of the hazardous substance in all homogeneous materials of the component is below the limit requirement specified in GB/T 26572.

**X:** indicates that the content of the hazardous substance in at least one homogeneous material of the component exceeds the limit specified in GB/T 26572.



# Product warranty

If you experience damage to a component due to material or workmanship within one year from the date of purchase, we will repair or replace it free of charge.

The Company will not provide free warranty service for the following failures caused by the user's personal reasons.

- 1.Unauthorised disassembly or modification of the product.
- 2.Inadvertent drops or collisions during use and handling.
- 3.Lack of reasonable maintenance.
- 4.Not operated correctly in accordance with the instructions.
- 5.Force majeure factor;
- 6.Products or accessories that have exceeded the warranty period.

# Quality Certificate

## Product information

Product name: Mobifitness Smart Spinning Bike

Model: MBH3208

Production date:

Inspection seal:



## Company information

Company name: MO TECHNOLOGIES CO.,LTD

Company address: 8821,No.98 Honghai Road, Miao Town,  
Chongming District, Shanghai

Company website: [www.mobifitness.com](http://www.mobifitness.com)







Band owner/ manufacturer:MO TECHNOLOGIES CO.,LTD.

Address: 8821,No.98 Honghai Road, Miao Town, Chongming District, Shanghai

Email:Support@mobifitness.com

Website: www.mobifitness.com