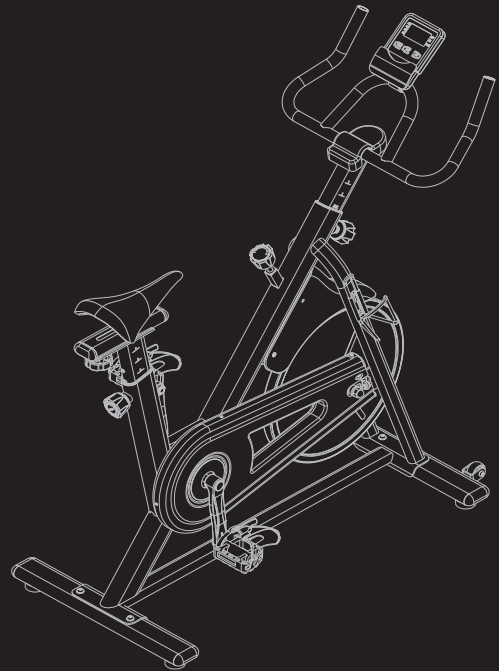


OVICX

**SPINNING BIKE**  
**Q100**





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### About After-sales Service

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We would love to hear from you, if you have any questions, do not hesitate to contact us

Email: [support@qiaosports.com](mailto:support@qiaosports.com)

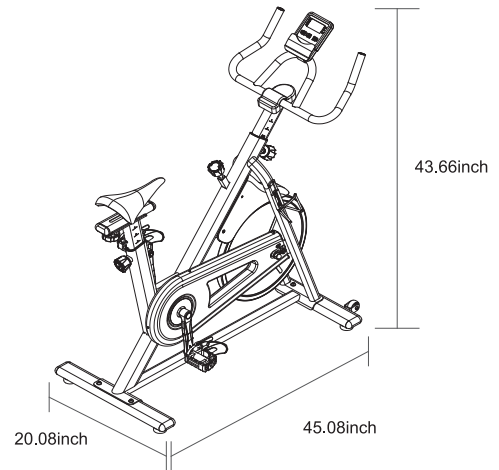
**⚠ NOTE:**

Please read the instructions carefully before using this equipment.

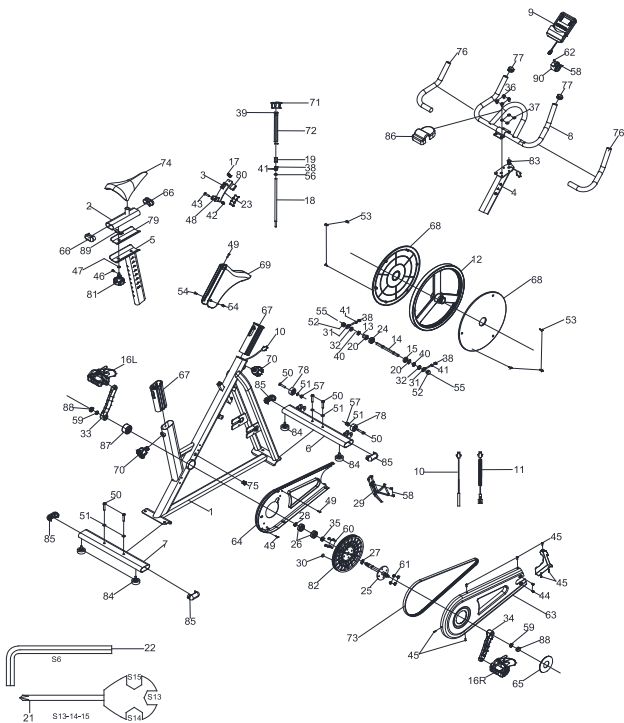
**I. Instructions for safe use**

Thank you for purchasing our products. The correct use of this machine is the guarantee of safety and health for you. Please read the following content carefully before using the exercise bike:

1. It is important to read the manual before installation and use. Only with the normal installation, maintenance and use of this equipment can you do the exercise safely and effectively.
2. Before starting an exercise program, please consult your doctor to learn your current physical condition and confirm if it will cause harm to your health when you use this equipment to do the exercise. If you are in the process of treating heart rate, blood pressure and cholesterol, your doctor's advice will be very necessary.
3. Pay attention to some symptoms of your body. Incorrect and excessive exercise will do bad to your health. If you have the following uncomfortable symptoms: pain, chest tightness, rapid heartbeat, tachypnea, feeling top-heavy, dizziness and nausea, please stop the exercise immediately. If you want to continue your exercise plan, please consult your doctor first.
4. Please make sure children and pets stay away from this equipment, as this is designed for adults.
5. Please cushion the bottom of the equipment with a strong and flat material to protect your floor and carpet. For safety reasons, please make sure that at least 1.64ft of freemoving space is reserved around the equipment.
6. Before use, please make sure the screws and nuts are tightly locked.
7. Please use this equipment carefully. If you find any defects during the installation or use of the equipment, or hear any abnormal sound, please stop the exercise immediately, and do not continue to use it until the problem is solved.
8. When doing the exercise, please wear clothes that fit your body in order to prevent loose clothes from tripping over or restricting exercise. Please note that incorrect and excessive exercise might cause harm to the body.
9. This equipment is only suitable for indoor and domestic use.
10. Please be careful when moving the equipment in order to avoid unnecessary injury.
11. This product cannot be used as medical equipment.



Product Name	Spinning Bike
Product Model	OVICX-Q100
Resistance System	Magnetic Control Resistance System
Driving Mode	Belt Driving
Product Color	Dark Grey
Height Limitation	59.06-74.80 inch
Net Weight	59.52 lbs
Gross Weight	68.34 lbs
Floor Space	45.08*20.08*43.66 inch
Carton Size	39.76*8.66*34.65 inch



**KEY FUNCTION**

- This key lets you to select and lock on to a particular function you want.  
SCAN→TIME→SPEED→DIST→CALORIES(CAL)→TOTAL DIST(ODO)(if have) →RPM(if have) →PULSE RATE
- Pressing and hold with 3 seconds to reset the value to zero(without ODO).

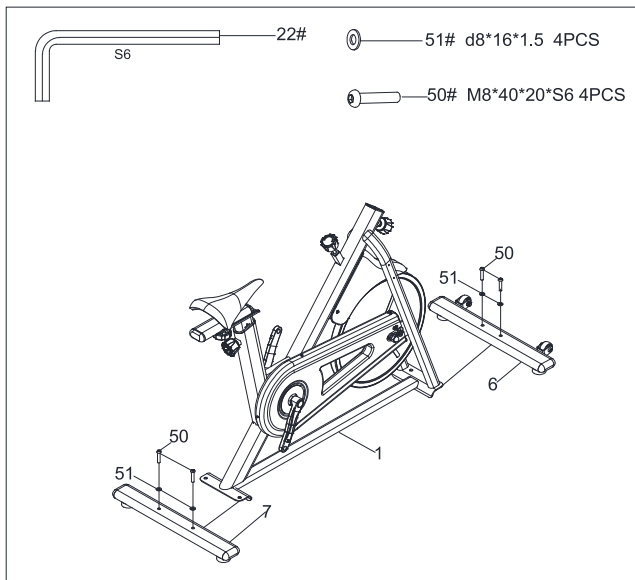
**SLEEP MODE**

- The system sleep mode automatically when the sensor has no signal input or no keys are pressed for approximately 4 minutes.
- The system turns on when the MODE key is depressed or a signal input from the sensor, in the system sleep mode.

**FUNCTION:**

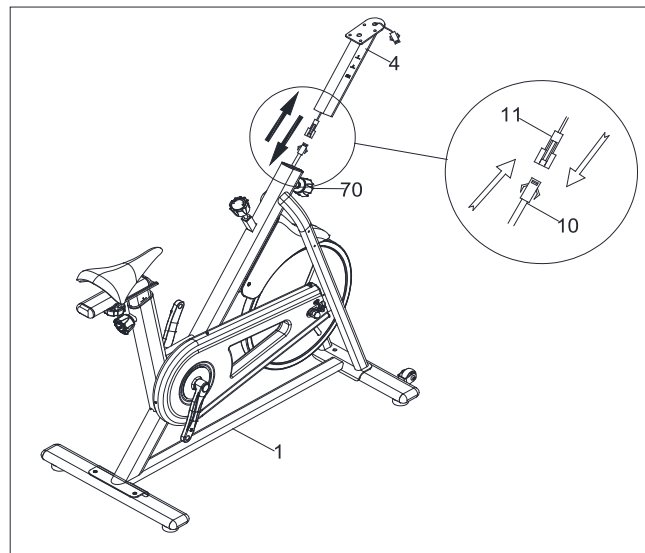
- 1.SCAN : Display automatically changes according to the next diagram every 6 seconds.  
TIME→SPEED→DIST→CALORIES(CAL)→ODO(if have) →RPM(if have) →PULSE RATE
- 2.TIME : The total working time will be shown when starting exercise.
- 3.SPEED: The current speed will be shown when starting exercise.
- 4.DISTANCE : The distance of each workout will be shown when starting exercise.
- 5.CALORIE : The calorie burned will be shown when starting exercise.
- 6.ODO(if have): The distance with all of the workout will be shown when starting exercise. . if the battery is replaced, the value returns to zero.
- 7.RPM (if have): The revolutions per minute will be show when starting exercise.
- 8.PULSE RATE: The current pulse rate will be shown when starting exercise.

<b>FUNCTION</b>	SCAN	6S
	TIME	0:00-99:59(M :S)
	SPEED	0~999.9MILE/H
	DIST	0~9999MILE
	ODO	0~9999MILE
	CAL	0~9999Kcal
	RPM	0~999 r/min
	PULSE RATE	40~240BPM
BATTERY		SIZE-AAA *2
Operating temperature		32 F-104 F
Storage temperature		-14 F-168 F



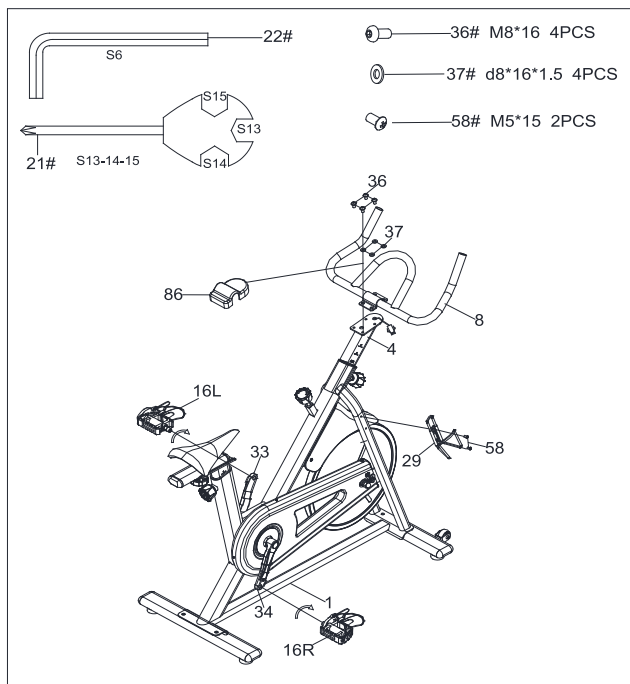
## STEP 1:

First, install the front bottom pipe assembly (6) and the rear bottom pipe assembly (7) into the main frame assembly (1), then install the four screws (50 #) and four washers (51 #) into the front bottom pipe assembly (6) and the rear bottom pipe assembly (7), and lock the screws with the inner hexagon spanner (22 #).



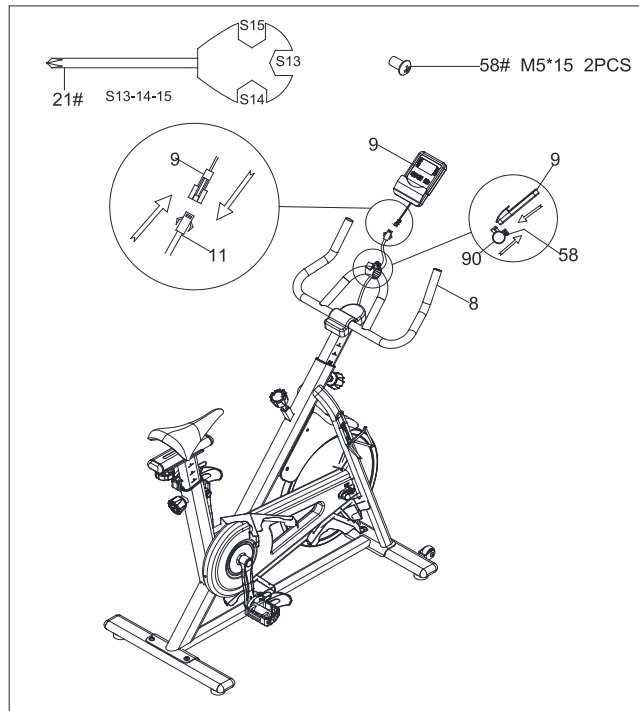
## STEP 2:

First, connect the female head of the spring wire (11) on the riser assembly (4) with the male head of the needle type sensor wire (10) on the main track (1) by hand to ensure that the buckle is assembled in place, then rotate the spring pin knob anticlockwise and pull it outward, and then insert the riser assembly (4) into the main track assembly (1).



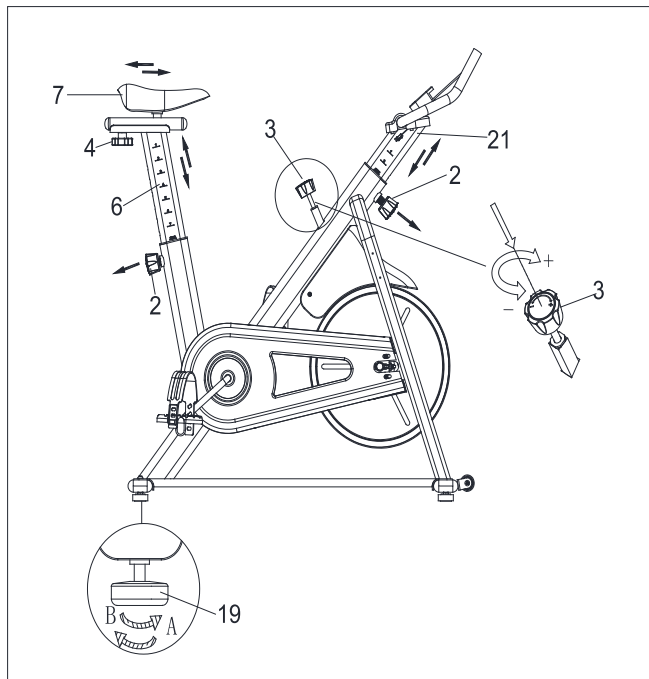
## STEP 3:

1. First install the handle assembly (8) on the riser connection (4), then install 4 screws (38#) and 4 gaskets (37 #) in the holes in turn, and tighten them with the Inner hexagon spanner S6 (22 #), and then fasten the handle cover (86) on the handle assembly (8).
2. First screw the left foot pedal (16L) and right foot pedal (16R) into the left crank (33) and right crank (34) according to the arrow direction as shown in the figure, and then screw them down with a cross solid wrench (21#).
3. First install the bottle holder (29) on the main frame assembly (1) and align it with the hole position, then use the cross solid wrench (21#) to assemble the two screws (58#) on the bottle holder in turn.



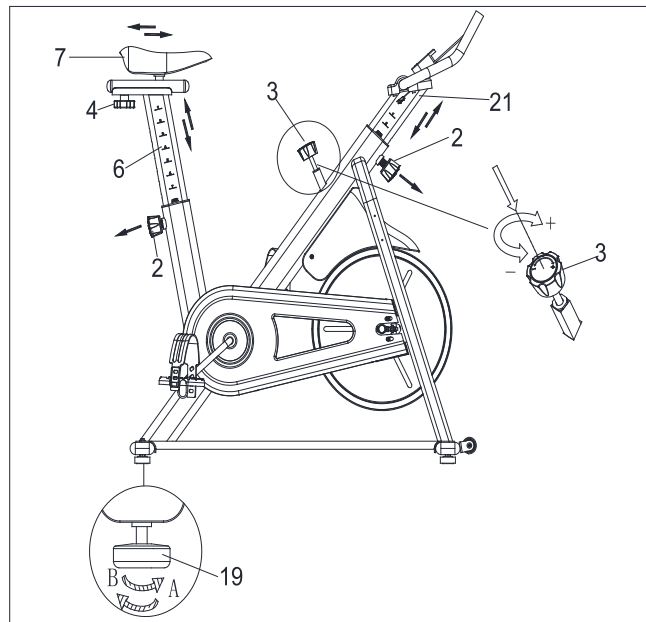
## STEP 4:

1. First install the electronic meter(9) on the electronic meter buckle (90) on the handle assembly (8), then adjust the electronic meter to a proper angle, and then lock the screws (58#) with a cross solid wrench (21#).
2. Connect the electronic meter (9) and the spring wire (11) according to the drawing, and ensure that the clasp is assembled in place.



#### Balance adjustment.

In order to achieve smooth and comfortable riding, you must ensure that the stability of the bicycle is solid. If you notice that the bike is unbalanced during use, you should adjust the front and rear foot pads. It is located under the front and rear under tubes of the bike. To do this, turn the foot pad (19) clockwise (direction A) by hand to loosen and adjust the height. Turn counterclockwise (direction B) and tighten to reduce the height until it is parallel to the surface of the bicycle. When you adjust the front and rear foot pads, adjust as described above to ensure that the front and rear foot tubes are level with the ground. If necessary, repeat this procedure to adjust the balance.



#### Adjust the seat

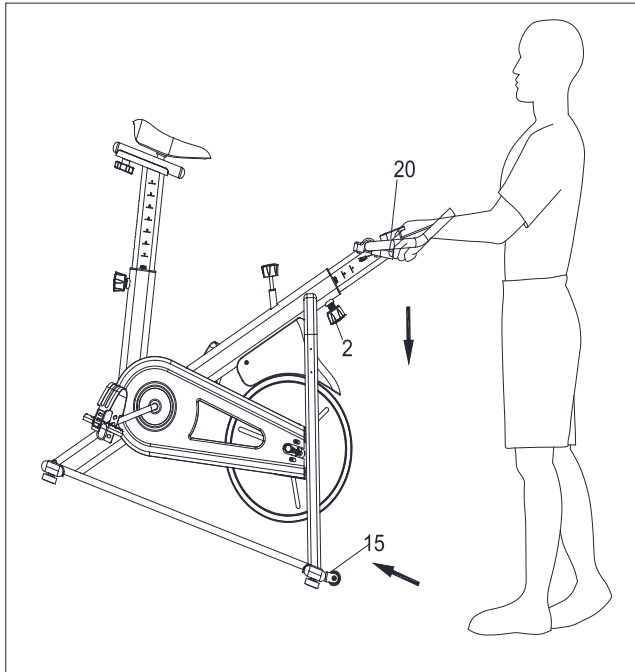
Loosen the adjustment knob (2) and lift the saddle pipe assembly (6) to the desired position. Make sure that the saddle adjustment knob (2) is fixed in the desired hole. Loosen the saddle adjustment knob (4) and move the saddle forward or backward to the desired position. Once the position is fixed, please firmly fasten the saddle adjustment knob (4) by rotating clockwise.

#### Adjust the handle

Loosen the stem assembly adjustment knob (2), which will lift the stem assembly (21) adjustment knob (2) to the desired position. Ensure that the stem assembly adjustment knob (2) is fixed in the desired hole. Once the position is fixed, the stem assembly adjustment knob (2) will be firmly fixed by rotating clockwise.

#### Adjust resistance

The resistance is increased by turning the resistance adjustment knob (3) to the right, and the resistance is reduced by turning the resistance adjustment knob (3) (unclockwise). Press the resistance adjustment knob (3) down for emergency braking.

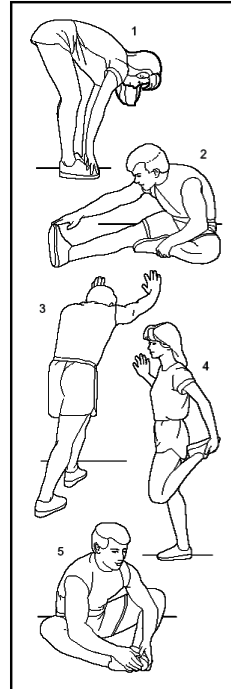


#### How to move bike

To move the bike, firstly make sure that the handle is fixed correctly. If the handle is loose, tighten the knob (2) and fix it. Then, stand in front of the bike so you can put it directly in front of the handlebar. Hold firmly on each side of the handle, place one of your feet on the front bottom pipe assembly (15), press the handle (20) with your hands, and then you tilt the bike until the wheel on the front wheel touches the ground steadily. Through the wheels on the ground, you can easily transport your bike to the desired position.

#### Exercise safety measures

Please consult a professional before doing exercise, as he can help recommend exercise frequency, exercise intensity and the exercise time in line with your age and physical condition. During exercise, if you feel chest tightness or chest pain, irregular heartbeat, short of breath, dizziness or other discomfort, please stop the exercise immediately! Please consult a professional before continuing the exercise.



#### 1. Stretch down

Slightly bend your knees, bend forward slowly, relax your back and shoulders, touch your toes as much as you can (keep this posture for 10 to 15 seconds), and then relax. Repeat this three times for each leg.

#### 2. Hamstring extension

Sit on the clean cushion, straighten one leg, put the other leg inward so that it clings to the inside of the straightened leg, and try to touch your toes with your hands (keep this posture for 10 to 15 seconds), and then relax. Repeat this three times for each leg.

#### 3. Extension of small feet and Achilles tendons

Stand with two hands against the wall or tree, and with one foot in the rear position. Keep your hind legs upright and your heel on the ground, tilting in the direction of wall or tree. Keep it for 10 to 15 seconds, and then relax. Repeat this three times for each leg.

#### 4. Quadriceps extension

Hold the balance with your left hand against the wall or table, then extend your right hand backward, grab your right ankle and pull slowly towards your buttocks until you feel that the muscles in front of your thighs are tense. Keep it for 10 to 15 seconds, and then relax. Repeat this three times for each leg.

#### 5. Sartorius (the muscle at the inner thigh) extension

The soles of the feet are opposite, and sit down with the knees facing out. Hold your feet with both hands and pull in the direction of the groin. Keep it for 10 to 15 seconds, and then relax. Repeat it for three times.