



# **SPIRIT** FITNESS

*A Heritage of Quality | The Spirit of Innovation*



## **CB900** Indoor **Cycle** OWNER'S MANUAL

Please carefully read this entire manual before operating your new indoor cycle



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**Congratulations on your new indoor cycle and welcome to the Spirit Fitness family!**

Thank you for your purchase of this quality group indoor cycle from Spirit Fitness. Your new indoor cycle was manufactured by one of the leading fitness manufacturers in the world and is backed by one of the most comprehensive warranties available. Through your dealer, Spirit Fitness will do all we can to make your ownership experience as pleasant as possible for many years to come. If not purchased direct from Spirit Fitness, the local dealership where you purchased this indoor cycle is your administrator for all Spirit Fitness warranty and service needs. Their responsibility is to provide you with the technical knowledge and service personnel to make your experience more informed and any difficulties easier to remedy.

Please take a moment at this time to record the name of the dealer, their telephone number, and the date of purchase below to make any future, needed contact easy. We appreciate your support and we will always remember that you are the reason that we are in business. Please complete and mail your registration card today and enjoy your new indoor cycle.

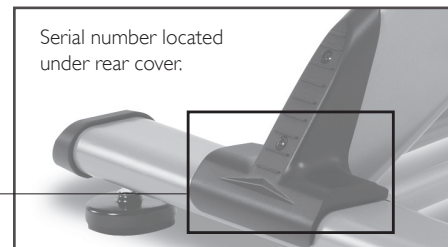
Yours in Health,  
Spirit Fitness

Name of Dealer \_\_\_\_\_  
Dealer Phone # \_\_\_\_\_  
Purchase Date \_\_\_\_\_

**Record Your Serial Number**

Please record the serial number of this fitness product in the space provided below.

Serial Number \_\_\_\_\_



**Register Your Purchase**

The self-addressed product registration card must be completed in full and returned to Spirit Fitness. You can also go to [www.spiritfitness.com/warranty.asp](http://www.spiritfitness.com/warranty.asp) under the support tab to register online.

CB900\_20120911

**WARNING** - Read all instructions before using this appliance.

1. Use this equipment only for its intended use as described in this manual. Do not attempt to ride this bike at high pedal speeds until you have ridden the bike for some time and are comfortable riding at slower pedal speeds.
2. The bike is NOT equipped with a freewheel system which means that when the flywheel is in motion, the pedals will be in motion. Do not attempt to stop the unit by applying backward pressure to pedals while they are turning as knee injury may occur. Do not attempt to remove your feet from pedals while they are moving.
3. Wait for flywheel to coast to a stop before dismounting the bike. If you want to stop the flywheel, push down on the resistance/brake knob.
4. Serious injury or death may occur from over-training. Consult a medical doctor or qualified fitness instructor to determine an exercise program appropriate for your level of fitness.
5. Do not attempt to turn the pedal cranks by hand. Do not touch any driving mechanism while it is in motion as possible injury could occur.
6. In a home setting, keep children away from the bike when it is not in use. Keep children and pets away from the unit while it is in use.
7. Do not attempt to perform dip movements on handlebars.
8. Never drop or insert any object into any opening of the bike.
9. Only use the bike on a stable, level floor.
10. Follow instructions for safe use of the equipment including proper seat position, handlebar position, and use of foot positioning system of pedals. Do not attempt to pull up handlebar post and seat post over the 'MAX.' graduation.
11. For safe operation, allow for at least 1 foot (30cm) of free space to either side of the unit and 2 feet (60cm) of free space to the rear of the unit.
12. Regularly examine the bike for damage and wear. Inoperable components should be replaced immediately or the equipment should not be used until it is repaired.

Failure to follow all guidelines may compromise the effectiveness of the exercise experience, expose yourself (and possibly others) to injury, and reduce the longevity of the equipment.

SAVE THESE INSTRUCTIONS - THINK SAFETY!

- **NEVER** expose the bike to rain or moisture. This product is **NOT** designed for use outdoors, near a pool or spa, or in any other high humidity environment. Maximum environmental ratings are 40-120 degrees Fahrenheit, 95% humidity non-condensing (no water droplets forming on surfaces).

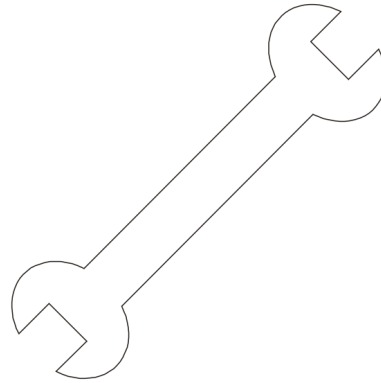
## Pre-Assembly

1. Cut the straps, then pull the staples in the outer cardboard away from the layer beneath; lift the box over the unit and unpack.
2. Locate the hardware package. The hardware is separated into three steps. Remove the tools first. Remove the hardware for each step as needed to avoid confusion. The numbers in the instructions that are in parenthesis (#) are the item number from the assembly drawing for reference.

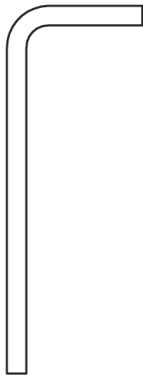
## Assembly Tools



**#87.** Combination M5 Allen Wrench & Phillips Head Screwdriver

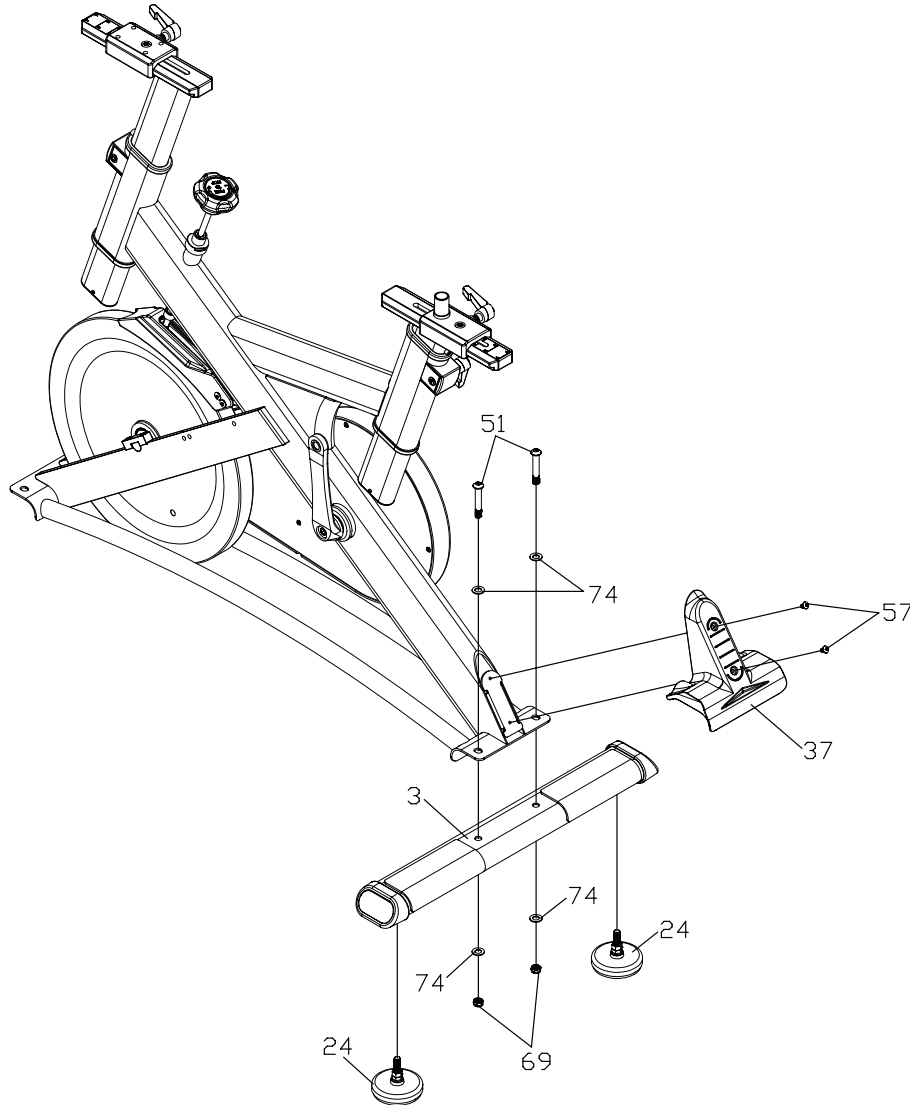


**#86.** 14/15mm Wrench



**#85.** 6mm Allen Wrench





## STEP 1: Rear Stabilizer & Rear Cover

1. Screw two Casters (**24**) onto the Rear Stabilizer (**3**).
2. Attach the Rear Stabilizer (**3**) by sliding two washers (**74**) and two bolts (**51**) through the holes and fastening with two washers (**74**) and two nuts (**69**) using the wrenches (**85 & 86**).
3. Attach the Rear Cover (**37**) to the frame with two screws (**57**) using the allen wrench/screw driver (**87**).

### HARDWARE



**#51.** 3/8" x 2-1/4"  
Button Head Socket Bolt  
(2 pcs)



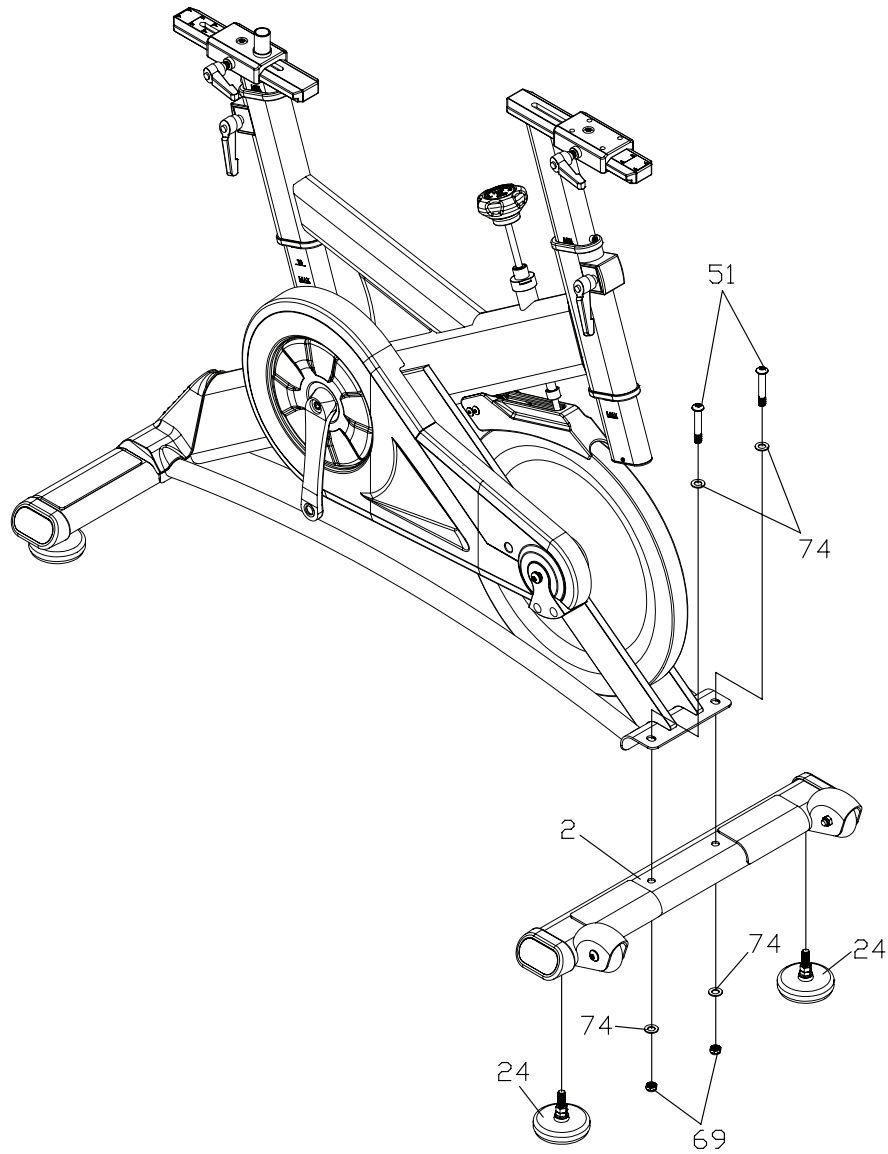
**#74.** 3/8"  
Flat Washer  
(4 pcs)



**#69.** 3/8"  
Nylon Nut  
(2 pcs)



**#57.** M5 x 10mm  
Phillips Head Screw  
(2 pcs)



## STEP 2: Front Stabilizer

1. Screw two Casters (**24**) onto the Front Stabilizer (**3**).
2. Attach the Front Stabilizer (**3**) by sliding two washers (**74**) and two bolts (**51**) through the holes and fastening with two washers (**74**) and two nuts (**69**) using the wrenches (**85 & 86**).

### HARDWARE



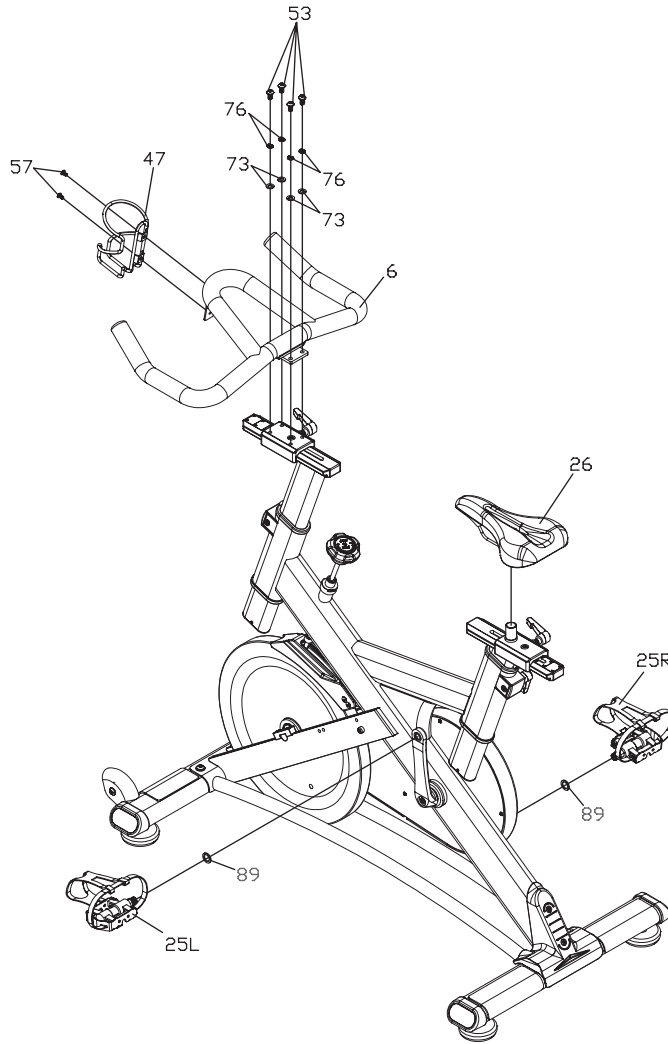
**#51.** 3/8" x 2-1/4"  
Button Head Socket Bolt  
(2 pcs)



**#74.** 3/8"  
Flat Washer  
(4 pcs)



**#69.** 3/8"  
Nylon Nut  
(2 pcs)



## STEP 3: Handlebars, Saddle & Pedals

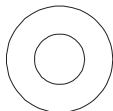
1. Attach the Handle Bar (**6**) to the stem and secure with four flat washers (**73**), four split washers (**76**), and four bolts (**53**). Tighten using the allen wrench/screw driver (**87**).
2. Use the screw driver (**87**) to secure the Drink Bottle Holder (**47**) to the bracket with two screws (**57**).
3. Use the wrench (**86**) to secure the Saddle (**26**) onto the bike.
4. Slide a Flat Washer (**89**) over the threads of each Pedal (**25L** & **25R**); screw the pedals into the crank arms and tighten with the wrench (**86**).

*Note: the left pedal uses a left hand thread, so you will tighten by threading it in counterclockwise.*

## HARDWARE



**#53.** M5 x 15mm  
Bolt  
(4 pcs)



**#73.** 5/16"  
Flat Washer  
(4 pcs)



**#76.** 5/16"  
Split Washer  
(4 Pcs)



**#57.** M5 x 10mm  
Phillips Head Screw  
(2 pcs)



**#89.** 14mm x 20mm x 2T  
Flat Washer  
(2 pcs)

## Casters

Place the cycle on a level area, if at all possible. If the cycle needs leveling, turn the caster/s clockwise or counterclockwise until the base is stable and does not rock.

## Adjustment Levers

All four adjustment levers function the same way. Turn the lever clockwise to tighten and counterclockwise to loosen. If the handle isn't in an easily accessible position, pull out on it and rotate until you have reached a desirable angle for turning.

## Seat

The pitch of the saddle can be adjusted to accommodate all users. Loosen the horizontal bolt under the seat to adjust the pitch, then retighten.

## Transportation

The indoor cycle is equipped with two transport wheels, which are engaged when the rear of the **CB900** indoor cycle is lifted.

Take some time to learn how to properly adjust the bike to your body; it will make your workouts more pleasant and a safer experience too. Riding the bike when it is incorrectly adjusted can result in discomfort and increase your risk of injury.

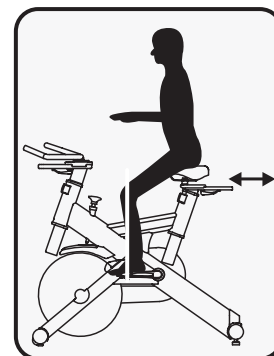
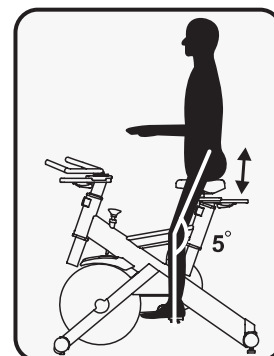
## Adjustment of Seat Position

### Seat Height Adjustment

1. Standing next to the bike, adjust the seat until it is about hip height.
2. Rotate the crank arms until the pedals are in the vertical position: 12 and 6 o'clock.
3. Place your foot in the toe cage of the pedal closest to the floor and mount the bike. Ensure that the ball of your foot is over the center of the pedal. Your leg should be slightly bent at the knee, about 5 degrees.
4. If your leg is too straight or your foot cannot touch the pedal you will need to lower the seat height. If your leg is bent too much, you will need to raise the seat height.
5. Dismount the bike. Then loosen the quick release lever on the seat post and adjust up or down as necessary.
6. When the seat is in the desired position, tighten the quick release to secure the seat post.
7. Note the final position mark on the seat post for future reference.

### Seat Forward/Aft Adjustment

8. Sit on the bike with the crank arms in the 3 and 9 o'clock positions. A proper forward/aft position (for road bike training) of the seat is achieved when the small bump at the top of your shin is above the pedal axle.
9. Dismount the bike. Loosen the quick release under the seat and slide the seat forward or backward as desired; tighten the quick release lever.



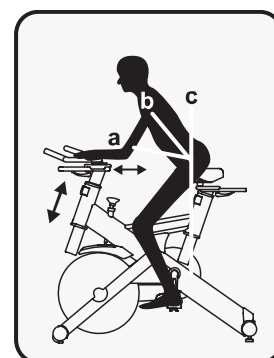
## Handle Bar Adjustment

### Handlebar Height Adjustment

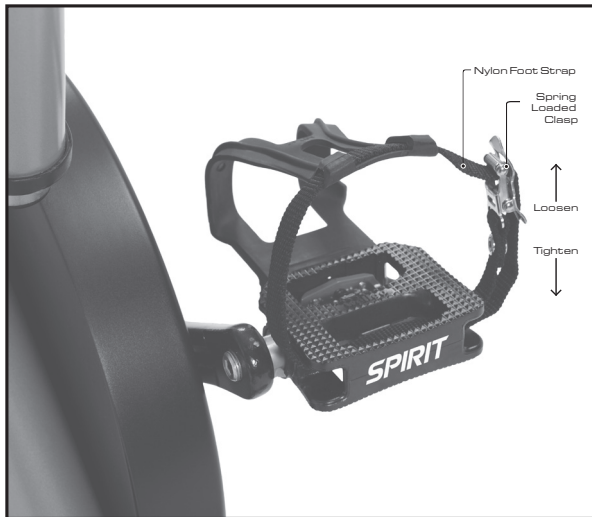
1. The handlebar height is a matter of preference. Start with a handlebar height that is the same as the seat's height. Adjusting the handlebar higher will give the rider a more upright position; lower will result in a more crouched position.
2. Raise or lower the handlebar by loosening the quick release on the handlebar post and adjust by sliding the handlebar mount up or down as desired. Then tighten the quick release to secure the handlebar post. Note the final position mark on the handlebar post for future reference.

### Adjustment of Handlebar's Forward/Aft Position

3. Loosen the quick release under the handlebar and slide the handlebar forward or backward as desired. A suitable forward/aft position should allow the rider to comfortably grasp the handlebar with a slight bend at the elbow.
4. Tighten the quick release to secure the handlebar assembly.

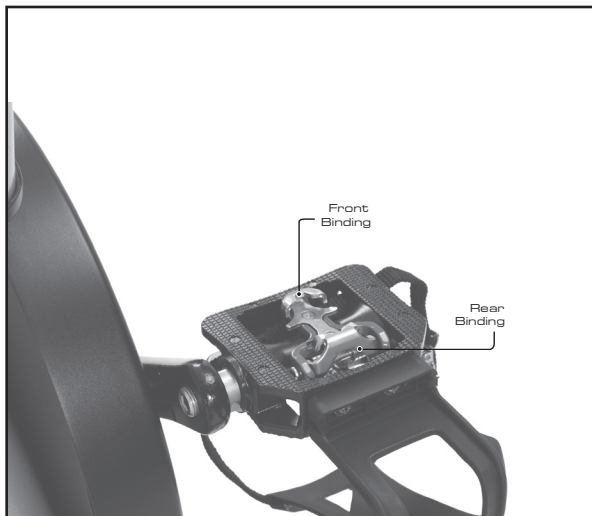


## Adjusting The Pedal Straps



Place your feet in between the aluminum surface of the pedal and the nylon foot strap that wraps around it. If the opening is too narrow, depress the spring loaded clasp with one hand and pull on the nylon strap with the other to increase the opening area. If it is too loose or to tighten the strap, depress the spring loaded clasp, then pull on the open end of the nylon strap until the strap is snug around each foot.

## Using The Cleat Pedals



Engage cleated shoes in pedals by placing cleat between bindings while pushing down. Disengage by twisting heel outwards away from exercise bike. Binding tension is adjustable and should be set so that cleat and shoe do not disengage when pedaling. Use an Allen key to turn tension adjusting screws, clockwise to increase binding tension, counterclockwise to decrease binding tension.

Now that you have established a proper riding position, take a few minutes to ride the bike and determine that your position is comfortable. Start pedaling at a slow pace with your toes and knees pointed directly forward. Hold the handlebar lightly and in a position that allows your shoulders and upper body to relax. Pedal easily, at a low resistance until you feel confident that you could ride in that position for the duration of your workout.

**WARNING!**

IF AT ANY TIME DURING YOUR WORKOUT, YOU FEEL CHEST PAIN, EXPERIENCE SEVERE MUSCULAR DISCOMFORT, FEEL FAINT, OR ARE SHORT OF BREATH, STOP EXERCISING AT ONCE. IF THE CONDITION PERSISTS, YOU SHOULD CONSULT YOUR MEDICAL DOCTOR IMMEDIATELY.

1. Pedaling resistance is controlled by the tension knob. Resistance can be changed at any time by turning tension knob: clock-wise for more resistance; counterclockwise for less resistance.
2. To apply the brake, press down on the tension knob.
3. Before dismounting, apply the brake to stop flywheel, or increase resistance and let flywheel come to a stop.

## Maintenance Schedule

<b>Part</b>	<b>Recommended Action</b>	<b>Frequency</b>	<b>Cleaner</b>
Pedals	Ensure that pedals are tight in crank arms, that all screws on pedals are tight, and that the pedal straps are not frayed.	Before each Use	N/A
Frame	Wipe down using a clean, soft damp cloth	Daily	Water
Flywheel	Wipe down using a clean, soft damp cloth	Weekly	Water
Brake Pad	Check for wear	Monthly	N/A

1. Do not service internal parts of pedals. If they are found to be worn internally, we recommend replacing the pedal.
2. Use of lubricants or cleaning solutions other than those so specified will result in diminished performance and a shorter life span for that part.



## Indoor Cycle Warranty - Effective January 1, 2012

Spirit Fitness warrants all its Indoor Cycle parts for a period of time listed below from the date of retail sale, as determined by sale receipt, or in the absence of a sales receipt eighteen (18) months from the original factory shipping date. Spirit Fitness' responsibilities include providing new or remanufactured parts, at Spirit Fitness' option, and technical support to our independent dealers and servicing organizations. In the absence of a dealer or service organization, these warranties will be administered by Spirit Fitness directly to a consumer. The warranty period applies to the following components:

Warranty	Frame	Parts	Labor	Wear Items*
Commercial (Health Clubs, YMCAs, Community Centers)	10 Years	3 Years	1 Year	1 Year
Commercial	15 Years	3 Years	1 Year	1 Year
Residential	Lifetime	3 Years	1 Year	1 Year

\*Wear items include grips, end caps, floor tube rubber guards, and calf stretch cover

### NORMAL RESPONSIBILITIES OF THE CONSUMER

The consumer or commercial facility is responsible for the items listed below:

1. The warranty registration card must be completed and returned to the address listed on the card within 10 days of the original purchase to validate the manufacturer's limited warranty.
2. Proper use of the Indoor Cycle in accordance with the instructions provided in this manual
3. Expenses for making the Indoor Cycle accessible for servicing, including any item that was not part of the Indoor Cycle at the time it was shipped from the factory.
4. Damages to the Indoor Cycle's finish during shipping, installation or following installation.

### EXCLUSIONS

This warranty does not cover the following:

1. CONSEQUENTIAL, COLLATERAL, OR INCIDENTAL DAMAGES SUCH AS PROPERTY DAMAGE AND INCIDENTAL EXPENSES RESULTING FROM ANY BREACH OF THIS WRITTEN OR ANY IMPLIED WARRANTY.  
Note: Some states do not allow the exclusion or limitation of incidental or consequential damages, so this limitation or exclusion may not apply to you.
2. Service call reimbursement to the consumer/facility. Service call reimbursement to the dealer that does not involve malfunction or defects in workmanship or material, for units that are beyond the warranty period, for units that are beyond the service call reimbursement period, for Indoor Cycles not requiring component replacement, or units not in ordinary household or Commercial use.
3. Damages caused by services performed by persons other than authorized Spirit Fitness service companies; use of parts other than original Spirit Fitness parts; or external causes such as corrosion, discoloration of paint or plastic, alterations, modifications, abuse, misuse, accident, improper maintenance, inadequate power supply, or acts of God.
4. Products with original serial numbers that have been removed or altered.
5. Products that have been: sold, transferred, bartered, or given to a third party.
6. Products that do not have a warranty registration card on file at Spirit Fitness. Spirit Fitness reserves the right to request proof of purchase if no warranty record exists for the product.
7. THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER WARRANTIES EXPRESSED OR IMPLIED, INCLUDING THE WARRANTIES OF MERCHANTABILITY AND/OR FITNESS FOR A PARTICULAR PURPOSE.
8. Warranties outside of the United States may vary. Please contact your local dealer for details.

### SERVICE

Keep your bill of sale. Twelve (12) months from the date on the bill of sale or eighteen (18) months from the date of factory shipping as determined by the serial number establishes the labor warranty period should service be required. If service is performed, it is in your best interest to obtain and keep all receipts. This written warranty gives you specific legal rights. You may also have other rights that vary from state to state. Service under this warranty must be obtained by following these steps, in order:

1. Contact your selling authorized Spirit Fitness dealer. OR
2. Contact your local authorized Spirit Fitness service organization.
3. If there is a question as to where to obtain service, contact our service department at (870) 935-1107.
4. Spirit Fitness' obligation under this warranty is limited to repairing or replacing, at Spirit Fitness' option, the product through one of our authorized service centers. All repairs must be preauthorized by Spirit Fitness. If the product is shipped to a service center freight charges to and from the service center will be the customer's responsibility. For replacement parts shipped while the product is under warranty, the customer will be responsible for shipping and handling charges. For in-home service, the customer will be responsible for a trip charge. There will be an additional trip charge if the customer is located over 100 miles from the nearest service center.
5. The owner is responsible for adequate packaging upon return to Spirit Fitness. Spirit Fitness is not responsible for damages in shipping. Make all freight damage claims with the appropriate freight carrier. DO NOT SHIP ANY UNIT TO OUR FACTORY WITHOUT A RETURN AUTHORIZATION NUMBER. All units arriving without a return authorization number will be refused.
6. For any further information, or to contact our service department by mail, send your correspondence to:

Spirit Fitness  
P.O. Box 2037  
Jonesboro, AR 72402-2037

Product features or specifications as described or illustrated are subject to change without notice. All warranties are made by Spirit Fitness. This warranty applies only in the 50 states of the U.S.A.