

**USER &
ASSEMBLY
MANUAL**

**ASCEND
FRICTION
SPIN BIKE**

ASCEND

TABLE OF CONTENTS

Section Code	Section	Page Number
1	Safety Instructions	2-3
1	Specifications	4
1	Required Maintenance	5

Section Code	Section	Page Number
2	Assembly	6
2	Hardware List	7
2	Exploded View	8
2	Assembly Instructions	9-15
2	Monitor	16

SAFETY INSTRUCTIONS

NOTICE: This document provides important safety instructions, adjustments, and general troubleshooting information for the maintenance of the ASCEND Friction Spin Bike.

If you need assistance, please call Ascend Customer Service (if purchased in US/Canada) or your local distributor (if purchased outside US/Canada).



This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury. Read and understand all Warnings on this machine.

BEFORE SERVICING OR USING THIS EQUIPMENT, OBEY THE FOLLOWING WARNINGS:



Read and understand the Service Manual before working on the machine. Failure to obey the instructions and safety warnings could cause injury to the service technician or bystanders.

- Keep bystanders and children away from the product being serviced, at all times.
- Make sure that the repair is done in an appropriate workspace away from foot traffic and exposure to bystanders.
- Disconnect all power to the machine before you service it. (This includes the batteries) .
- Some components of the equipment can be heavy or awkward. Enlist the service of a second person when you do maintenance steps involving these components. Do not try to do heavy or awkward steps on your own.
- Use only replacement parts and hardware that are supplied or approved by Ascend. Failure to use Ascend-approved replacement parts can adversely affect the safety and functionality of the equipment creating a risk to users and will void the warranty.
- Be sure that all warning stickers and instructional placards applied to the product stay present and in good condition when doing maintenance or replacing components. If at any time the Warning labels become loose, unreadable, or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.
- Do not try to change the design or functionality of the machine being serviced as this can adversely affect user safety.
- Do not put the machine back in service until all shrouds, instructions, warning labels and correct functionality have been verified and tested for correct performance.
- Before starting your training, consult your doctor to determine whether your health and physical condition are suitable for the product. Because bad conditions can pose risks to your health and safety or prevent you from using the product correctly.
- If you are taking a medication that affects your heart rate and blood pressure, your doctor's advice is extremely important.

SAFETY INSTRUCTIONS

• Always pay attention to the adverse reactions of the body. Incorrect and excessive use can damage your body immediately if you find the following symptoms; chest pain and chest tightness, abnormal heartbeat, shortness of breath, light head, dizziness or nausea. If you have the above symptoms during exercise, please consult your doctor for advice before continuing training!

Place the device on a solid, flat level and soft material to protect your floor and carpet. Leave at least 0.6m (24") of open space around the device.

- Ensure that all the screws and nuts are locked before using the product.
- Use the product correctly according to the product label. If the device is assembled or inspected, or the abnormal sound from the device is heard during use, please stop using it immediately. It can never be forced to use it again until the problem is eliminated.
- Wear appropriate clothes during exercise; avoid wearing loose clothes during exercise; such clothes are easy to be hung or restrict movement.

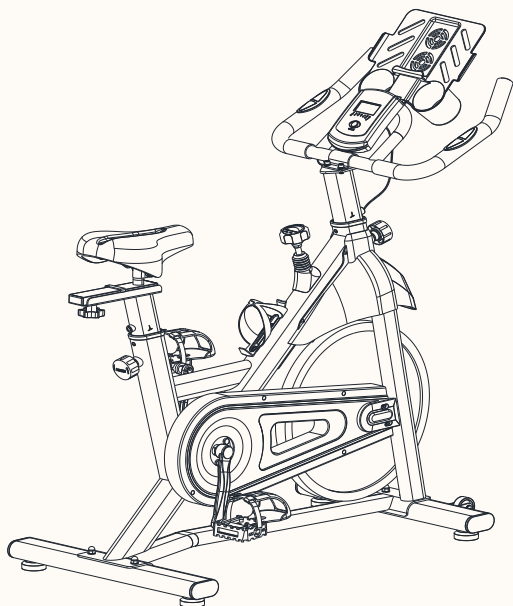


WARNING

- Injury or death is possible if caution is not used while using this machine.
- Keep children and pets away.
- Read and follow all warnings on this machine.
- Refer to the Owner's Manual for additional warnings and safety information.
- The heart rate displayed is an approximation and should be used for reference only.
- Not intended for use by anyone under 14 years of age.
- The maximum user weight for this machine is 330 lbs (150 kg.).
- This machine is for home use only.
- Consult a physician prior to using any exercise equipment.
- Set up and operate the exercise equipment on a solid and leveled surface.
- Care should be taken in mounting and dismounting the exercise equipment. Before dismounting, bring the machine to a complete stop.
- Spinning pedals can cause injury.
- The exercise equipment does not have a freewheel and pedal speed must be reduced in a controlled manner.

SAVE THESE INSTRUCTIONS

SPECIFICATIONS

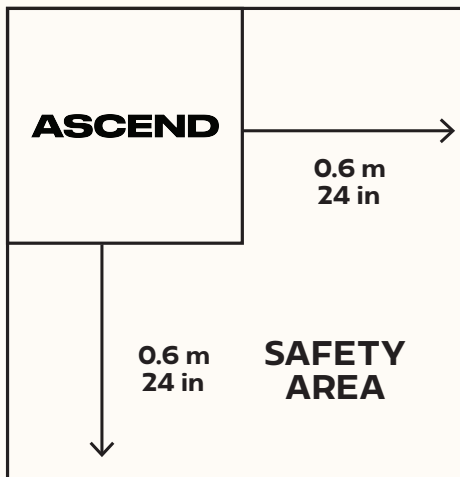


- **Maximum User Weight:**
130Kg / 287Lb
- **Net Weight:**
37Kg / 81Lb
- **Gross Weight:**
39Kg / 86Lb



DO NOT dispose of this product as trash. This product is to be recycled. For proper disposal of this product, please follow the prescribed methods at an approved waste center.

Select the area where you are going to set up and operate your machine. For safe operation the location must be on a hard leveled surface. You must keep a 0.6m (24") clear space along the side & back to ensure safe access and operation.



REQUIRED MAINTENANCE

For instructions to replace the following parts, please refer to the Assembly Manual



Equipment must be regularly examined for damage and repairs. The owner is responsible to make sure that regular maintenance is done. Worn or damaged components must be repaired or replaced immediately.

Only manufacturer supplied components can be used to maintain and repair the equipment. If at any time the Warning labels become loose, unreadable, or dislodged, replace the labels. If purchased in US/Canada, contact Customer Service for replacement labels. If purchased outside US/Canada, contact your local distributor for them.

Daily Maintenance

Before each use, examine the exercise machine for loose, broken, damaged, or worn parts. Do not use if found in this condition. Repair or replace all parts at the first sign of wear or damage. Make sure adjustment knobs are tight. Tighten as necessary. After each workout, use a damp cloth to wipe your machine and Console free of moisture.

NOTICE: If necessary, only use a mild dish soap with a soft cloth to clean the Console. Do not clean with a petroleum-based solvent, automotive cleaner, or any product that contains ammonia. Do not clean the Console in direct sunlight or at high temperatures. Be sure to keep the Console free of moisture.

Weekly Maintenance

Check pedals and tighten as necessary.



Since this machine operates with a fixed gear, do not back, or reverse, pedal. Doing so may loosen the Pedals, which could result in damage to the machine and/or injury to the user. Never operate this machine with loose Pedals.

Clean the machine to remove any dust, dirt, or grime from the surfaces.

Check for smooth seat operation. If needed, sparingly apply a thin coating of silicone lube to ease operation.



Silicone lubricant is not intended for human consumption. Keep out of reach of children. Store in a safe place.

Note: Do not use petroleum-based products.

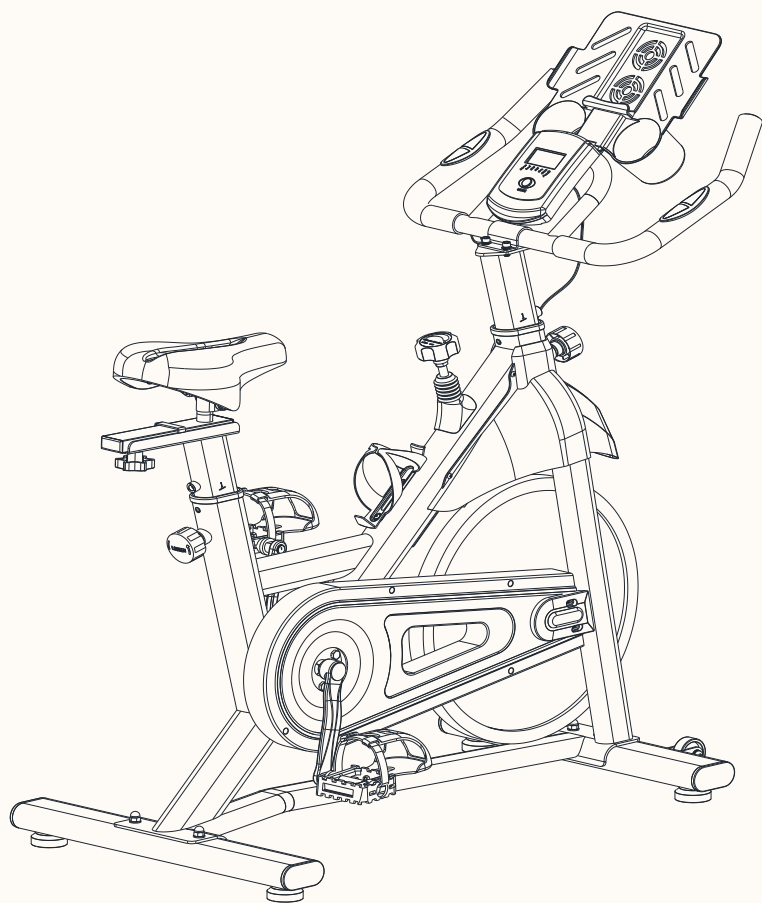
Monthly or after 20 hours

Check crank arms and tighten as necessary. Make sure all bolts and screws are tight.

Tighten as necessary.

Check the drive belt tension and adjust if necessary.

ASSEMBLY



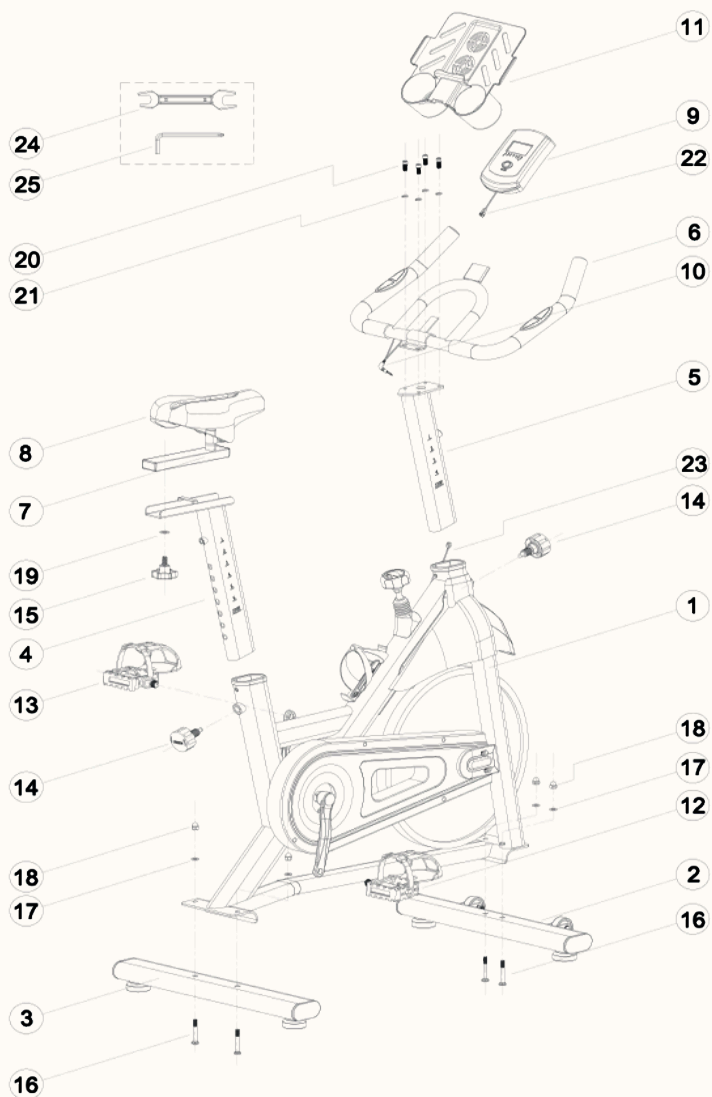
ASCEND FRICTION SPIN BIKE

HARDWARE LIST

#	Part	Spec	Qty
1	Main Frame	-	1
2	Front Stabilize	-	1
3	Rear Stabilizer	-	1
4	Seat Post	-	1
5	Handle Post	-	1
6	Handle	-	1
7	Seat Adjustment	-	1
8	Seat	-	1
9	Monitor	-	1
10	Induction line C	-	1
11	Phone Stand	-	1
12	Right pedal	-	1
13	Left pedal	-	2

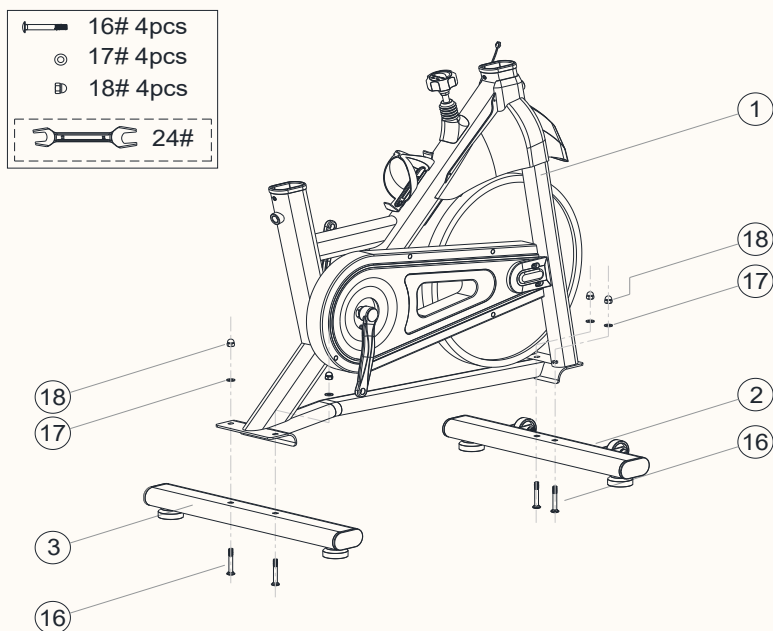
#	Part	Spec	Qty
14	Adjusting knob	-	1
15	Adjustment knob	M10	1
16	Carriage Bolts	M8X50	1
17	Flat washer	Ø8.5	1
18	Cover nut	M8	1
19	Flat washer	Ø10.5	1
20	Button head bolt	M8X16	4
21	Spring washer	Ø8.5	4
22	Induction line A	Assembl	1
23	Induction line B	Assembl	1
24	Open wrench	13-15	1
25	Inner hexagon spanner	6mm	1

EXPLODED VIEW



ASSEMBLY INSTRUCTIONS

STEP 1



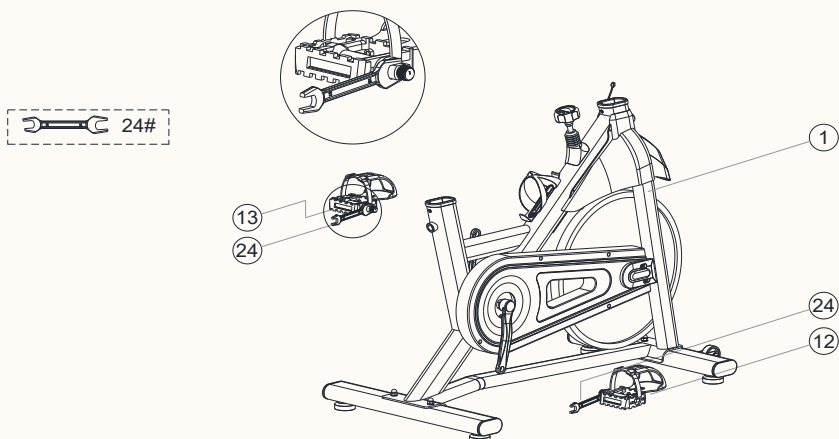
1. Fix the Front Stabilizer(2) to the main frame(1) with Carriage Bolts(16), Flat washers(17) and cover nuts(18). Tighten with open wrench(25).

Fix the Rear Stabilizer(3) to the main frame(1) with Carriage Bolts(16), Flat washers(17) and cover nuts(18). Tighten with open wrench(25).

Attention: Make sure that the bike is perfectly leveled to the ground. To level the bike use the adjustment knobs located under the front and rear stabilizer.

ASSEMBLY INSTRUCTIONS

STEP 2



2. IMPORTANT INSTRUCTION! WARNING! When installing the pedals **DO NOT** use the wrench until you've done **4 FULL TURNS** with your hand. If the pedals are not well installed this will damage the crank arm. (The Right and left sides are defined as if you were sitting on the bike)

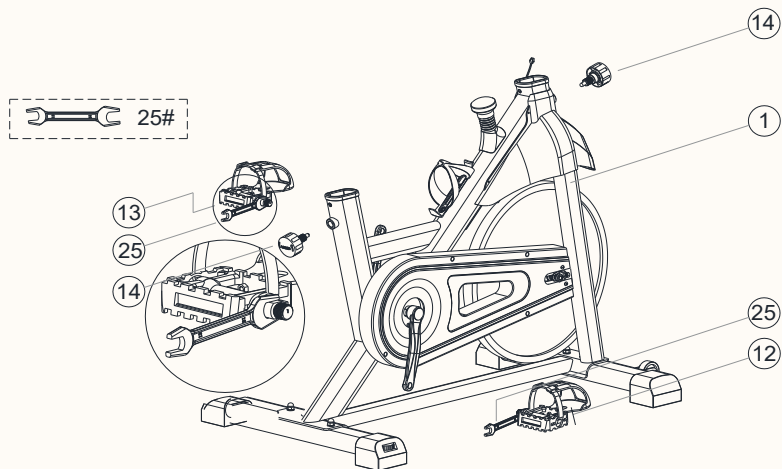
Start by taking the Right pedal marked with an R and place it on the right side of bike, do the same thing for the left pedal.

Take the right pedal (12) in your hand and place it in front of the right crank arm hole. Level it perfectly to make sure it's aligned with the hole then start turning the pedal **CLOCKWISE** into the crank arm (you shouldn't feel **ANY** or very little resistance, if you do stop immediately and start again) Once you've done **4 FULL TURNS** with you hand and that half of the screw is inside the crank arm, you can finish it with the wrench.

Once the right pedal is installed Take the left pedal (13) in your hand and place it in front of the left crank arm hole. Level it perfectly to make sure it's aligned with the hole then start turning the pedal **COUNTERCLOCKWISE** into the crank arm (you shouldn't feel **ANY** or very little resistance, if you do stop immediately and start again) Once you've done **4 FULL TURNS** with you hand and that half of the screw is inside the crank arm, you can finish it with the wrench.

ASSEMBLY INSTRUCTIONS

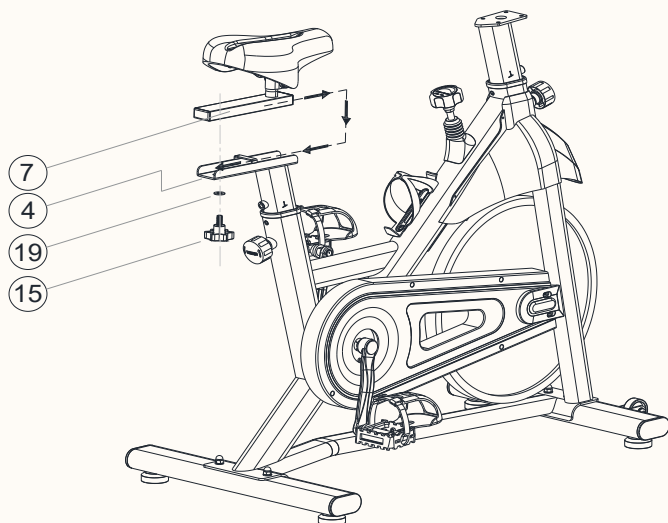
STEP 3



3. Insert the seat post (4) in the main frame (1) and screw the adjustment knob (14) to secure it. Repeat the same process with the handle post (5).

ASSEMBLY INSTRUCTIONS

STEP 4

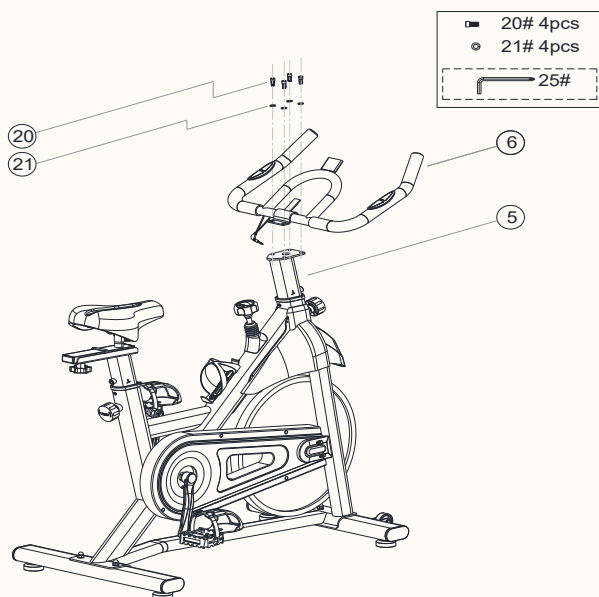


4. Faites glisser le réglage de la selle (7) sur la tige de la selle (4). Puis fixez-le avec une rondelle plate (19) et un bouton de réglage (15).

NOTE: Loosen the adjustment knob (15) to adjust the position of the seat back and forth. The adjustment knob (15) needs to be tightened before use.

ASSEMBLY INSTRUCTIONS

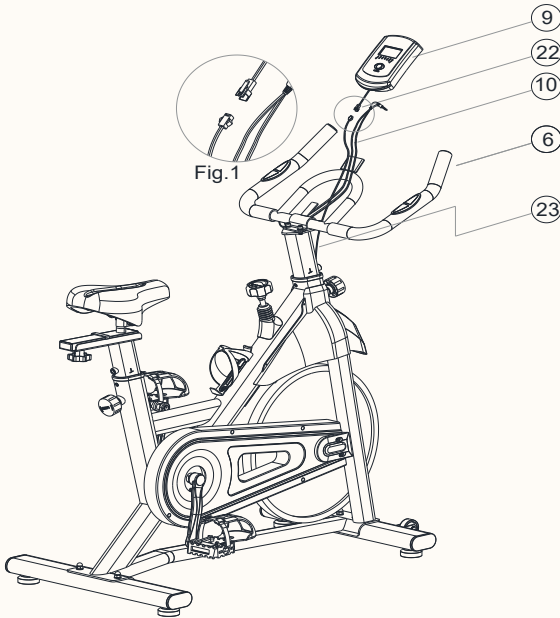
STEP 5



5. Fix the handle (6) on the handle post (5) with the spring washer (21) and the round head bolt (20). Tighten with the Allen wrench (25).

ASSEMBLY INSTRUCTIONS

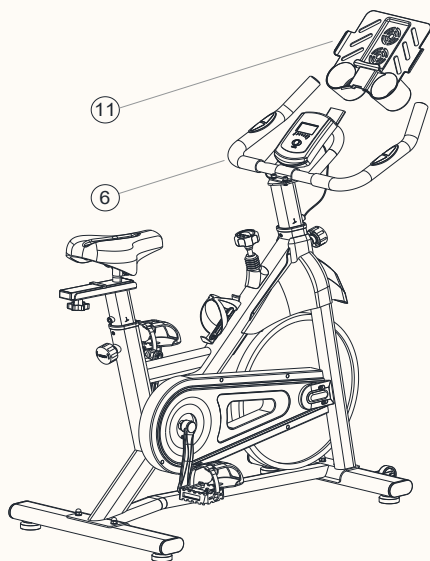
STEP 6



6. Insert the monitor (9) onto his mount in the middle of the handle. Match the sensor wire A (22) and the sensor wire B (23).

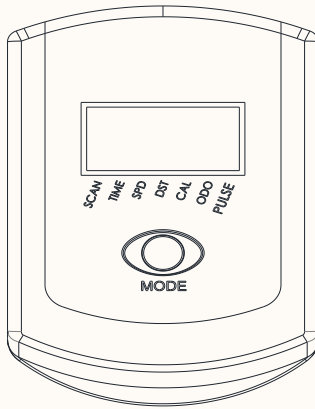
ASSEMBLY INSTRUCTIONS

STEP 7



7. Install the Mobile phone holder (11) on the Handle Frame (6) by sliding it in.

MONITOR



A- Battery

Load two 1.5V,AAA battery in the battery box on the back (after each battery replacement, all values will be reset to "0")

B- Instructions

1. Automatic scanning (SCAN): open the screen or press the button to enter the SCAN state, all the functions of the TIME-SPD-DIST-CAL-ODO-PUL will be automatically displayed on the main screen.
2. The time (TIME): cumulative calculation of movement time from 00:00-99:59, the user can press the button to select the time value display state.
3. The distance (DIST): cumulative calculation movement from the 0.0-999.9, the user can press the button to select the value of the distance display.
4. Calories (CAL): shows that the cumulative consumption of calories from 0.0-9999, the user can press the button to select the value of the state of the display value. Note: this data is only a rough description and cannot be used for medical purposes.
5. The speed (SPEED): show the current speed of the athlete, the value of 0.0-999.9 km or mile / hour.
6. Odometer (ODO): The total distance traveled on the bike 0-9999 km.
7. Pulse (PUL): heart rate, 40-240 times /minute Note: this data is only a rough description and must not be used for medical purposes.
8. Reset: hold down the button for about 3 seconds, all the values will be returned to the "0", the function can be reset.