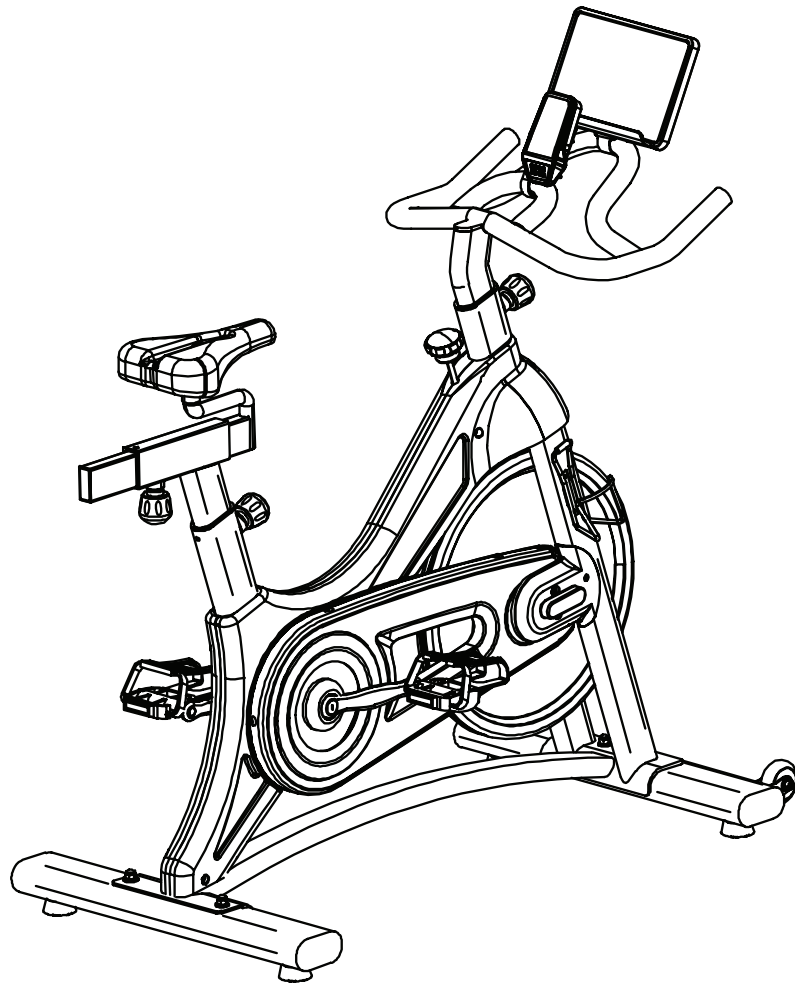


H Δ L F | H U M Δ N



HERMES INDOOR CYCLE  
INSTALLATION STANDARD GUIDE

OWNER'S MANUAL

Before installing and using this product, please read all instructions in the manual and keep it properly.  
The max user's weight for this bike is 110kgs.

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# SAFETY & MAINTENANCE INSTRUCTIONS

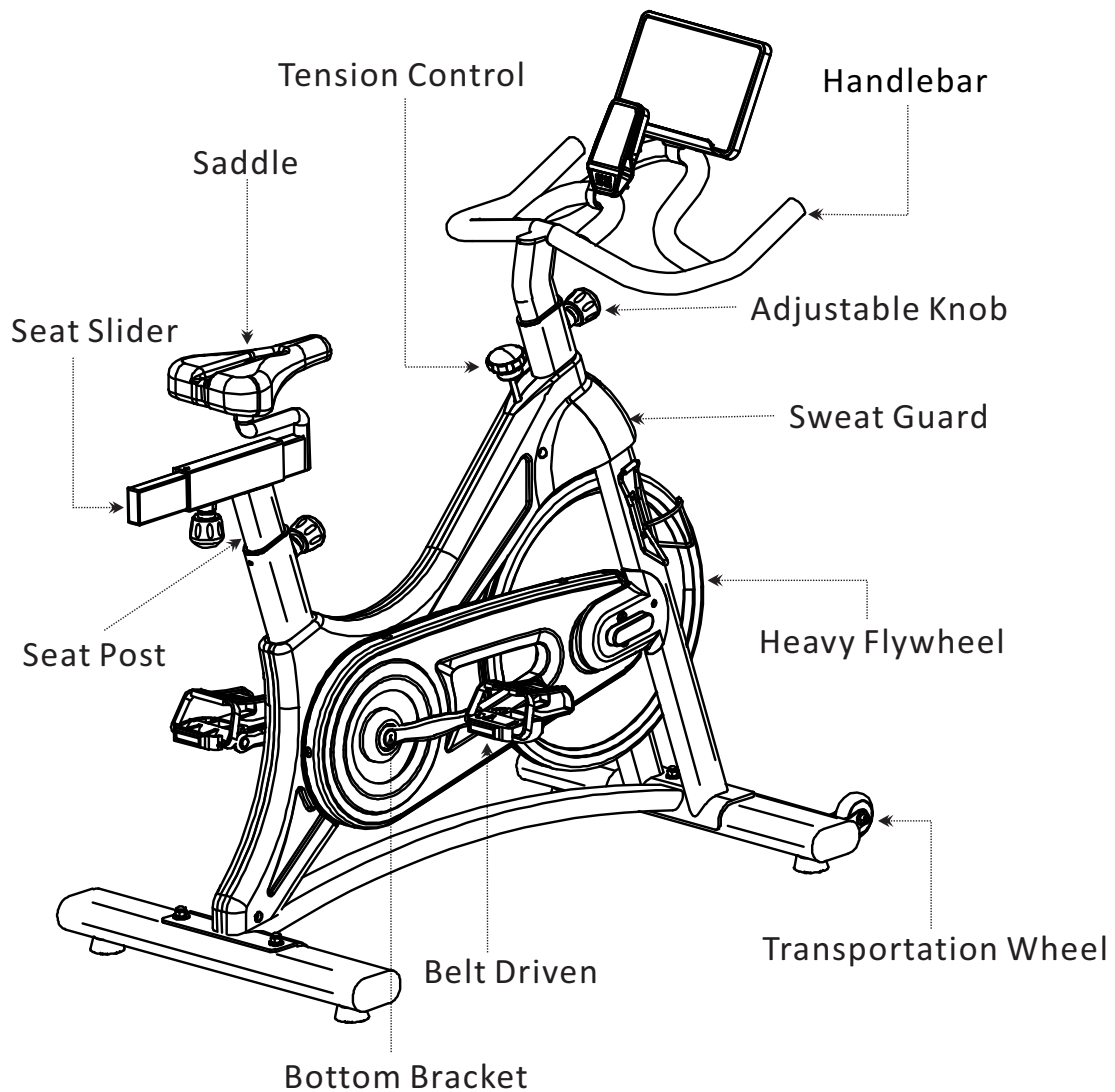
1. Once fully assembled, please check that all hardware parts such as bolts, nuts and washers are positioned and secured firmly.
2. Please check regularly that the safety chain guard that protects the moving parts of the machine is secured and in good order.
3. Please always check the seat post, seat slider, pedals and handlebar are secured firmly before getting on the bike.
4. To lubricate all moving parts monthly is recommended.
5. Do not wear loose clothing to avoid entangling in any moving parts.
6. Do not remove feet from the pedals while they are in motion.
7. Always wear shoes when using the machine.
8. Dry the bike after each use to remove sweat and moisture. Wipe the machine with a damp cloth, water and mild soap. Do not use a petroleum-based solvent to clean the machine in order not to damage the finish .
9. Please keep children away from the bike while it is in use. Do not allow children to use the bike. This bike is designed for adults, not children.
10. Do not dismount the bike until the pedals have stopped completely.
11. Stop exercise immediately in case of nausea, shortness of breath, faint, headache, pain, tightness in your chest or any discomfort.
12. Do not place fingers or any other objects into the moving parts of the bike.
13. Prior to any exercise, consult with your physician first to establish the exercise frequency, time and intensity appropriate for your particular age and condition.
14. After exercising, please turn the tension control knob clockwise (+) to increase resistance so that the pedals will not rotate freely and possibly hurt someone.
15. For daily maintenance, use a damp cloth to wipe your bike free on sweat to avoid excess moisture , and apply supplied lubricant on flywheel's CP rim to increase its operation smoothness .
16. Before riding, check the emergency brake are functioning well and properly
17. For weekly maintenance, make sure the crank bolt and pedal bolt are well tightened

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!

**Caution!** Please be careful when unpacking the carton.

# FEATURES



## **Handlebar**

Multi-positioned handlebar with a welded tablet holder provides comfortable workouts

## **Adjustable Knob**

To adjust the height of both seat post & handlebar

## **Sweat Guard**

The integrated design of sweat guard protects the frame & brake from rusting

## **Heavy Flywheel**

High-inertia flywheel creates the high momentum

## **Transportation Wheel**

Anyone can move this machine using the 2 wheels

## **Belt Driven**

Most comfortable and less noisy

## **Bottom Bracket**

Commercial BB withstands the violent force when riding

## **Seat Post**

Up/down adjustment for any shapes of users

## **Seat Slider**

Forward/backwards adjustment for any shapes of users

## **Saddle**

Extra padding to provide comfortable sitting

## **Tension Control**

Micro torque adjustment with push-down emergency brake

# ASSEMBLY INSTRUCTION

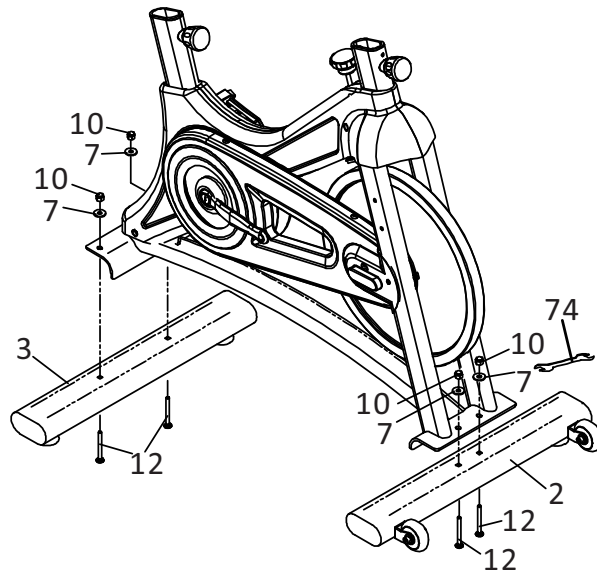
## PARTS LIST

#	DESCRIPTION	Q'TY	SPECIFICATION
2	Front Stabilizer	1	with 2 wheels
3	Rear Stabilizer	1	without wheels
7	Washer	4	M8
10	Cap Nut	4	M8
12	Carriage Bolt	4	M8
13	Seat Post	1	Chrome
19	Handlebar	1	Chrome & PVC dipping
20	Console Bracket	1	Black
21	Console	1	ST-66101B
21-1	Sensor Wire	1	Black
22	Phillips Screw	4	M5*7L
23	Self-tapping Screw	1	ST4.2*25L
24	Tablet Holder	1	Black
25	Tablet Holder Bracket	1	Black
26	Allen Bolt	2	M6*40L
40	Self-tapping Screw	2	ST4*20L
41	Water Bottle Holder	1	Black
59L	Pedal (L)	1	Left threaded
59R	Pedal (R)	1	Right threaded
73	Allen Key	1	M5
74	Multi-Wrench	1	13-15mm
76	Allen Key	1	M4

# ASSEMBLY STEPS

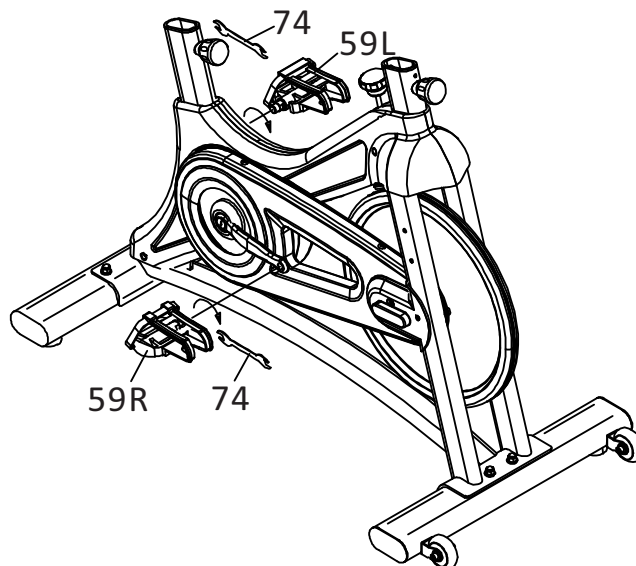
## STEP 1

1. Attach the front stabilizer (#2) to the frame using two cap nuts(#10) and two washers (#7) and two carriage bolts (#12), and secure firmly using the multi-wrench (#74).
2. Attach the rear stabilizer (#3) to the frame using two cap nuts(#10) and two washers (#7) and two carriage bolts (#12), and secure firmly using the multi-wrench (#74).



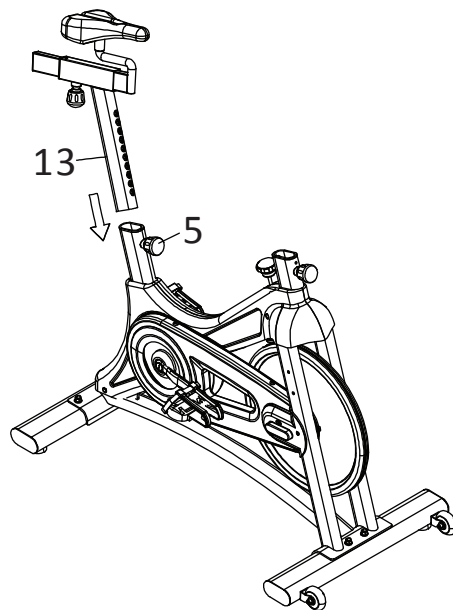
## STEP 2

1. Thread the left pedal (#59L) that has “L” on the spindle to the left side arm of the bike using the 15mm multi-wrench (#74). Please note that the L pedal is left-hand threaded which needs to be turned counter clockwise to tight.
2. Thread the right pedal (#59R) that has “R” on the spindle to the right side arm of the bike using the 15mm multi-wrench (#74). Please note that the R pedal is right-hand threaded which needs to be turned clockwise to tight.



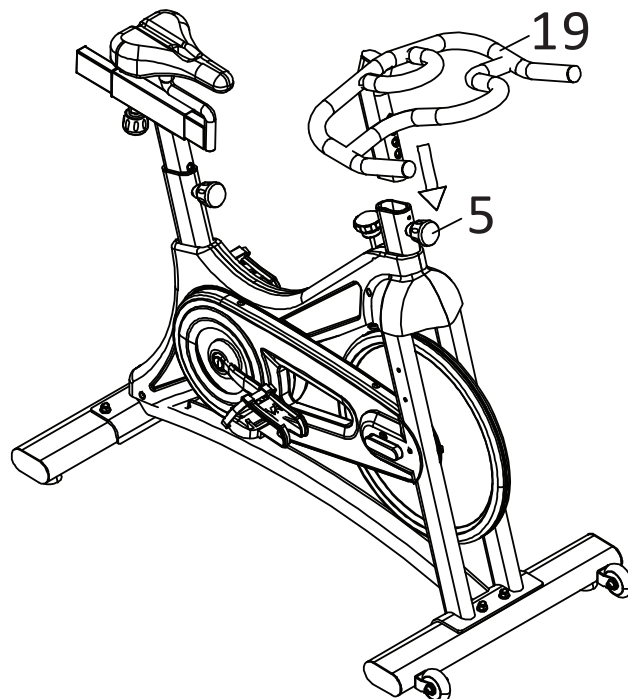
### STEP 3

Install the seat post (#13) into the frame receptor and secure with the adjustable knob (#5).



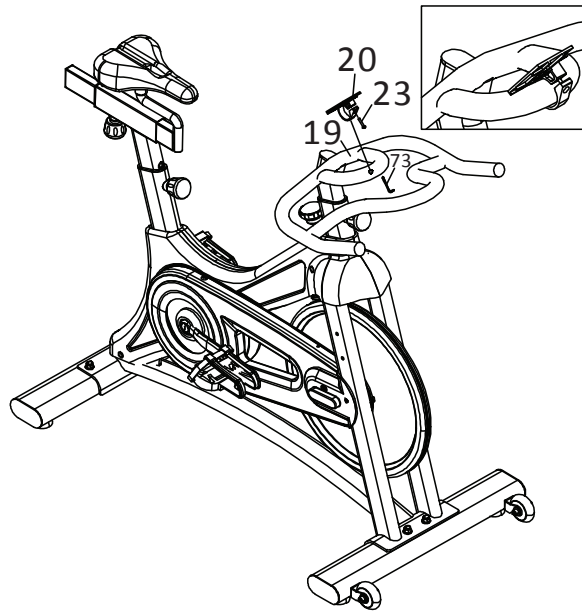
### STEP 4

Install the handlebar (#19) into the frame receptor and secure with the adjustable knob (#5).



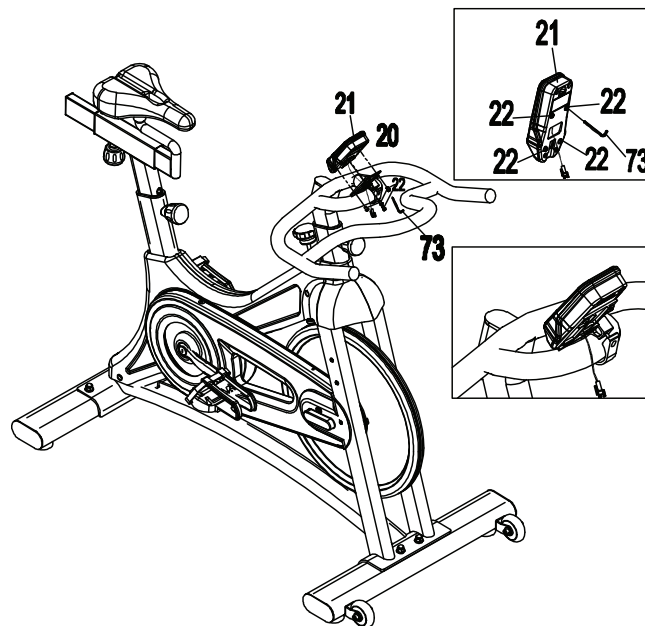
## STEP 5

Attach the console bracket (#20) to the handlebar (#19) using the self-tapping screw(#23), and secure firmly using the allen key (#73).



## STEP 6

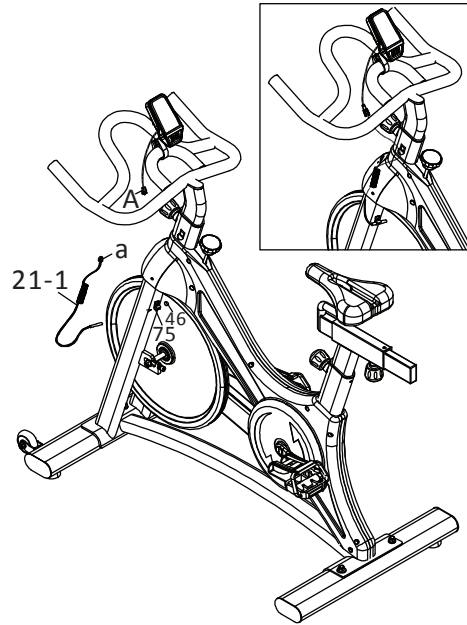
Loosen four phillips screws (#22) from the console (#21) using the allen key (#73). Passing the console wire through the console bracket hole, insert the console (#21) to console bracket (#20) and fastened by four phillips screws (#22), then secure firmly using the allen key (#73).





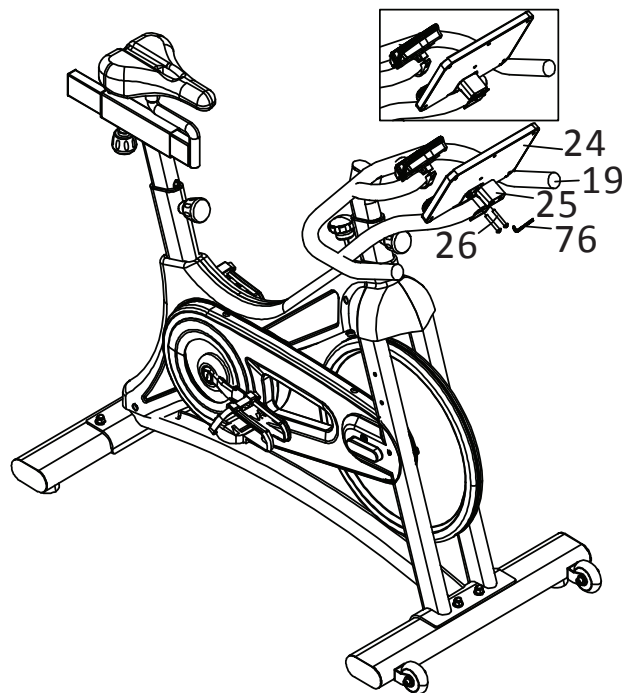
## STEP 7

Connect the computer wire (A) to sensor wire (21-1).  
Insert the reed switch into the sensor clamp (#75) on the frame.  
Then, rotate the flywheel so that the magnet (#46) is facing the reed switch.  
Move the reed switch so that it is 1-2cm away from the magnet.



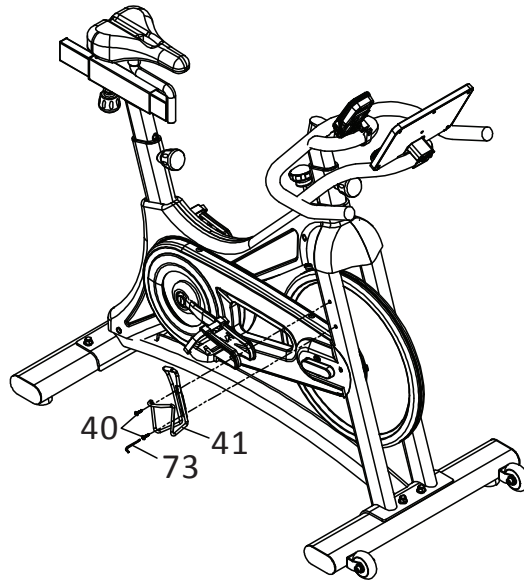
## STEP 8

Attach the tablet holder (#24) to handlebar (#19) using one tablet holder bracket (#25) and two allen bolts (#26), and secure firmly using the allen key (#76).



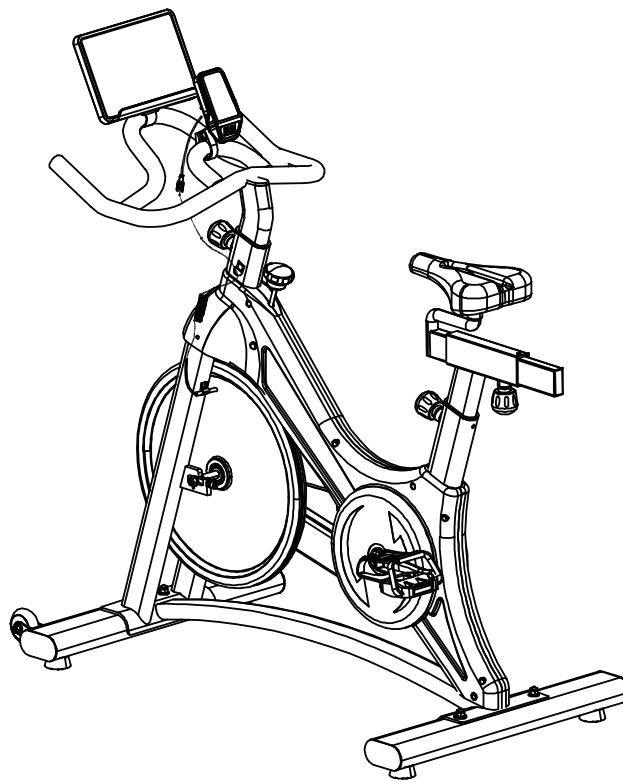
## STEP 9

Loosen two self-tapping screws (#40) from the frame use the allen key (#73). Attach the bottle cage (#41) to the frame using two self-tapping screws (#40) and secure firmly using the allen key (#73).

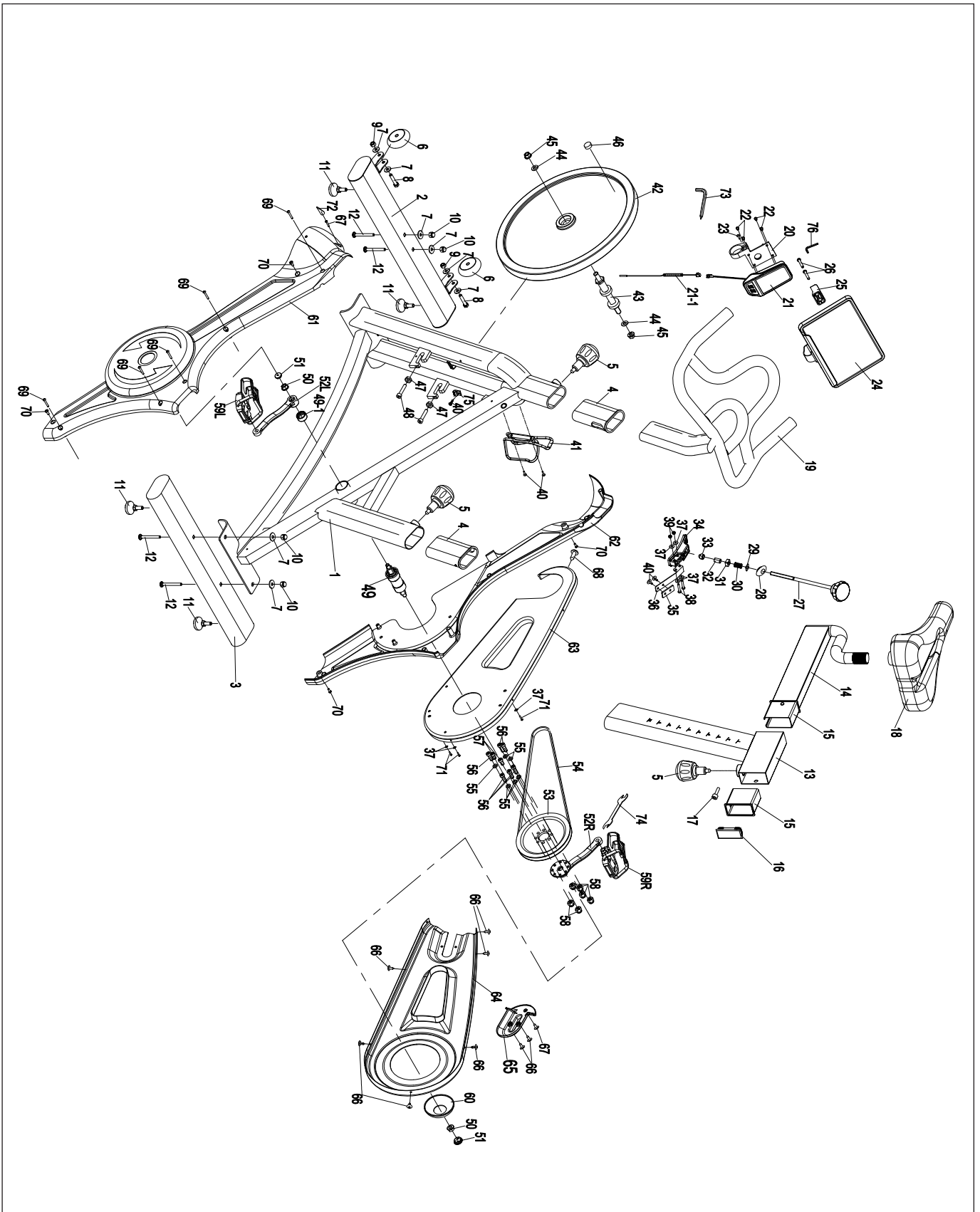


## STEP 10

Congratulations that you have assembled the bike successfully!



# EXPLODED DRAWING



# BILL OF MATERIAL

#	DESCRIPTION	Q' TY	#	DESCRIPTION	Q' TY
1	Frame	1	40	Self-tapping Screw	5
2	Front stabilizer	1	41	Water Bottle Holder	1
3	Rear Stabilizer	1	42	Flywheel	1
4	Sleeve	2	43	Hub	1
5	Adjustable knob	3	44	Washer	2
6	Transportation Wheel	2	45	Flange Nut	2
7	Washer	8	46	Magnet	1
8	Allen Bolt	2	47	Allen Nut	2
9	Locked Nut	2	48	Allen Bolt	2
10	Cap Nut	4	49	Bottom Bracket	1
11	Leveling Feet	4	49-1		
12	Carriage Bolt	4	50	Crank Nut	2
13	Seat Post	1	51	Crank Cap	2
14	Seat Slider	1	52R	Crank ( R )	1
15	Sleeve	2	52L	Crank ( L )	1
16	End Cap	1	53	Big Pulley	1
17	Allen Bolt	1	54	Belt	1
18	Saddle	1	55	Washer	6
19	Handlebar	1	56	Allen Bolt	6
20	Console Bracket	1	57	Allen Bolt	2
21	Console	1	58	Locked Nut	6
21-1	Computer Sensor Wire	1	59L	Pedal ( L )	1
22	Phillips Screw	4	59R	Pedal ( R )	1
23	Self-tapping Screw	1	60	Crank Bolt Cap	1
24	Tablet Holder	1	61	Sweat Guard (L)	1
25	Tablet Holder Bracket	1	62	Sweat Guard (R)	1
26	Allen Bolt	2	63	Inner chain guard	1
27	Tension Control	1	64	Outer chain guard	1
28	Spacer	1	65	Front Chain Guard	1
29	Square Washer	1	66	Self-tapping Screw	8
30	Helical Compression Spring	1	67	Self-tapping Screw	2
31	Square Nut	1	68	Self-tapping Screw	1
32	Brake Tube	1	69	Self-tapping Screw	5
33	Cap Nut	1	70	Phillips Screw	4
34	Brake Pad Assembly	1	71	Phillips Screw	3
35	Rubber Absorber	1	72	Front End Cap	1
36	Beam	1	73	Allen Key	1
37	Washer	7	74	Multi-Wrench	1
38	Phillips Screw	2	75	Sensor Clamp	1
39	Locked Nut	2	76	Allen Key	1



## TRAINING SAFETY WARNINGS

Consult a physician before starting an exercise program.

Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint.

Contact your doctor before using the equipment again.

Choose your training intensity according to the training difficulty, training time, etc.

For more training moves, check out professional exercise manuals, books, and videos or consult a personal trainer to learn the correct posture, technique, and methods.

# BEGINNER'S GUIDE TO EXERCISE

The following guidelines will help you to plan your workout program and exercise safely. Remember that proper nutrition and adequate rest are essential for successful results.

**WARNING: Before beginning this or any other exercise program consult your doctor. This is especially important for pregnant women and new mothers, all people over the age of 35, and those with medical problems such as heart disease, high or low blood pressure, injuries, joint problems, obesity and asthma.**

## WHY EXERCISE?

Exercise has been proven essential for good health and general wellbeing. Regular exercise will:

- Relieve tension and stress
- Provide enjoyment and fun
- Stimulate the mind
- Help maintain stable weight
- Control appetite
- Boost self-image
- Improve muscle tone and strength
- Improve flexibility
- Lower blood pressure
- Relieve insomnia

## BEFORE YOU START

If you're beginning an exercise program for the first time or starting a new exercise routine, you must check with your doctor that you are fit to do so particularly if:

- You have been diagnosed with heart problems, high blood pressure or other medical conditions
- You have not exercised for over a year
- You are over 35 and do not currently exercise
- You are pregnant or are a new mother
- You have diabetes
- You have chest pain, or experience dizziness or fainting spells
- You are recovering from an injury or illness

## TARGET HEART RATE

To train effectively you should aim to work in the heart rate zone appropriate to your age as stipulated below. Please note this is a guide and your heart rate at rest and during training is determined by your fitness level and other lifestyle factors as well as your age. If you reach the recommended beats per minute below and feel you're over-exerting yourself stop, rest and when you feel recovered return to exercise at a lower intensity.

	<b>TRAINING ZONE</b>
<b>AGE</b>	<b>MIN/MAX (BPM)</b>
20	133-167
25	132-166
30	130-164
35	129-162
40	127-161
45	125-159
50	124-156
55	122-155
60	121-153
65	119-151
70	118-150
75	117-147
80	115-146
85	114-144

## WORKOUT TIPS

- Always perform a warm-up and stretching exercises before your workout and a cool-down and stretching exercises at the end.
- Start slowly and build up your time, speed and resistance gradually; doing too much too soon can lead to injuries.
- If you are sore or tired, give yourself a few extra days to recover.

## HOW TO BEGIN

- Start with two or three 15-minute sessions per week with a rest day between workouts.
- Warm up for 5 to 10 minutes with gentle movements incorporating the whole body such as walking while swinging your arms in a circle and then stretch the muscles you'll use during your workout.
- Increase the pace and resistance to slightly harder than comfortable and exercise for as long as you can. You may only be able to exercise for a few minutes at a time, but that will change quickly when you exercise regularly.
- End each workout with a 5-minute cool-down with the resistance set to a low level. You should then stretch the muscles you've just worked to develop flexibility, reduce muscle soreness and prevent injury.
- Increase your workout time by a few minutes each week until you can work continuously for 30 minutes per session.
- Don't worry about distance or pace for the first few weeks, focus on endurance and conditioning.

## HOW HARD SHOULD YOU WORK?

When exercising, you should try to stay within your target heart rate (THR) zone. The table on the previous page will tell you the THR for your age. Always be aware of how you feel when you exercise. If you feel dizzy or light-headed, stop immediately and rest.

# STRETCHING GUIDE

## TIPS FOR STRETCHING

- Begin with small mobility exercises of all the joints e.g. simply rotate your ankles, bend your knees and roll your hips. Gradually make the movements larger and faster. This will allow the body's natural lubrication (synovial fluid) to protect the surface of your bones at these joints.
- Always warm up the body before stretching as this increases blood flow around the body, creating warmth which makes the muscles suppler.
- Start with your legs, and steadily work up the body.
- Each stretch should be held for at least 10 seconds (working up to 20 to 30 seconds) and usually repeated about 2 or 3 times.
- Do not stretch until it hurts. If there's any pain, ease off.
- Don't bounce. Stretching should be gradual and relaxed.
- Don't hold your breath during a stretch.
- Stretch after exercising to prevent muscles from tightening up.
- Stretch at least three times a week to maintain flexibility.

## WARM-UP AND COOL-DOWN

A successful cardio-vascular exercise program consists of a full-body warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

### WARM - U P

The purpose of warming up is to prepare your body for exercise and to minimise injuries. Warm up for five minutes before strength-training or exercising aerobically. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running on the spot. Try to incorporate

moves that take the joints through their full range of motion.

## STRETCHING

Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretching develops flexibility and reduces muscles soreness.

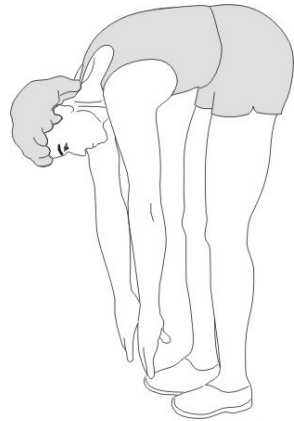
Stretches should be held for 15 to 30 seconds.



**Do not bounce or over- stretch.** Take your time on each stretch. Gradually take each stretch a little deeper on every out breath to your personal maximum.



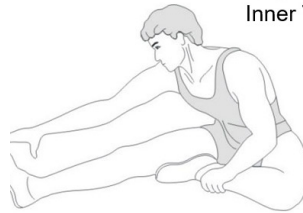
Side Stretch



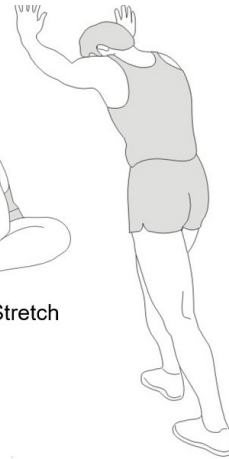
Toe Touch



Inner Thigh Stretch



Hamstring Stretch



Calf-Achilles Stretch

Always remember to check with your physician before starting any exercise program.

## COOL- DOWN

The purpose of cooling down is to return the body to its normal, or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate, allows blood to return to the heart and helps prevent muscle soreness caused by the build-up of lactic acid in the muscles.

# CUSTOMER SUPPORT

## CONTACT INFORMATION

Should you require any assistance regarding this product please gather the following information and contact us using the details below:

- Serial No – this can be found on the label on the product.
- Original purchase date
- Place of purchase
- Precise details of the issue of defect
- Information about the place and conditions of use

Important- please retain your sales receipt, Half Human customer care may request proof of purchase to validate eligibility for warranty service. Warranty cover starts from the date shown on the proof of purchase.

The best way to contact us is via the website:

**[www.wearehalfhuman.com](http://www.wearehalfhuman.com)**

Email: **[support@halfhuman.com](mailto:support@halfhuman.com)**

H Δ L F   H U M Δ N			
			200-240V/50hz 1200W CLASS: S
WEAREHALFHUMAN.COM		HERMES INDOOR CYCLE	
	EN/ISO 20957	SN:	
UNIT 5 - MILL SQUARE, FEATHERSTONE ROAD VOLVERTON MILL, MILTON KEYNES MK12 5ZD			

# MANUFACTURERS WARRANTY

Half Human warrants this product to be free of defects of material and workmanship, under normal use and conditions, for a period of 24 months from the date of the original purchase.

Warranty extensions may apply to this product subject to registering this product with Half Human. To qualify for this please complete the warranty registration form on the Half Human website [www.wearehalfhuman.com](http://www.wearehalfhuman.com). Full details of warranty extensions and the Half Human manufacturer's warranty are available online at [www.wearehalfhuman.com](http://www.wearehalfhuman.com)

## TERMS

This warranty extends only to the original purchaser and is not transferable.  
The warranty does not cover:

- 01 Normal wear and tear.
- 02 Any changes to the upgrade this products from its normal state or use other than as described in the user manual.
- 03 Damage resulting from:
  - a. Transport
  - b. Abuse, misuse, failure to follow instructions or improper or abnormal use.
  - c. Non-home use - including commercial, professional or rental purposes.
  - d. Repairs not provided by Half Human
  - e. Accidents, lightning, water, fire or any other causes beyond the control of Half Human.
  - f. Improper location including but not limited to, garden sheds, uninsulated garages, humid, damp, cold, hot, dusty, or outdoor environments, or near water e.g. swimming pool.

Half Human is not responsible or liable for direct or indirect, or consequential losses arising out of or in connection with the use of this product or damages with respect to any loss of property, revenue, profits, enjoyment or use, nor for any costs of removal or installation of this product.

This warranty covers products purchased as new inside the United Kingdom.

In the event of the product requiring a repair, this may need to be performed at a Half Human authorised repair centre.

This warranty is in addition to and does not in any way affect your statutory rights.

The best way to contact us is via the website:  
[www.wearehalfhuman.com](http://www.wearehalfhuman.com)  
or e-mail: [support@wearehalfhuman.com](mailto:support@wearehalfhuman.com)

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