

ENDURANCE

ESB150

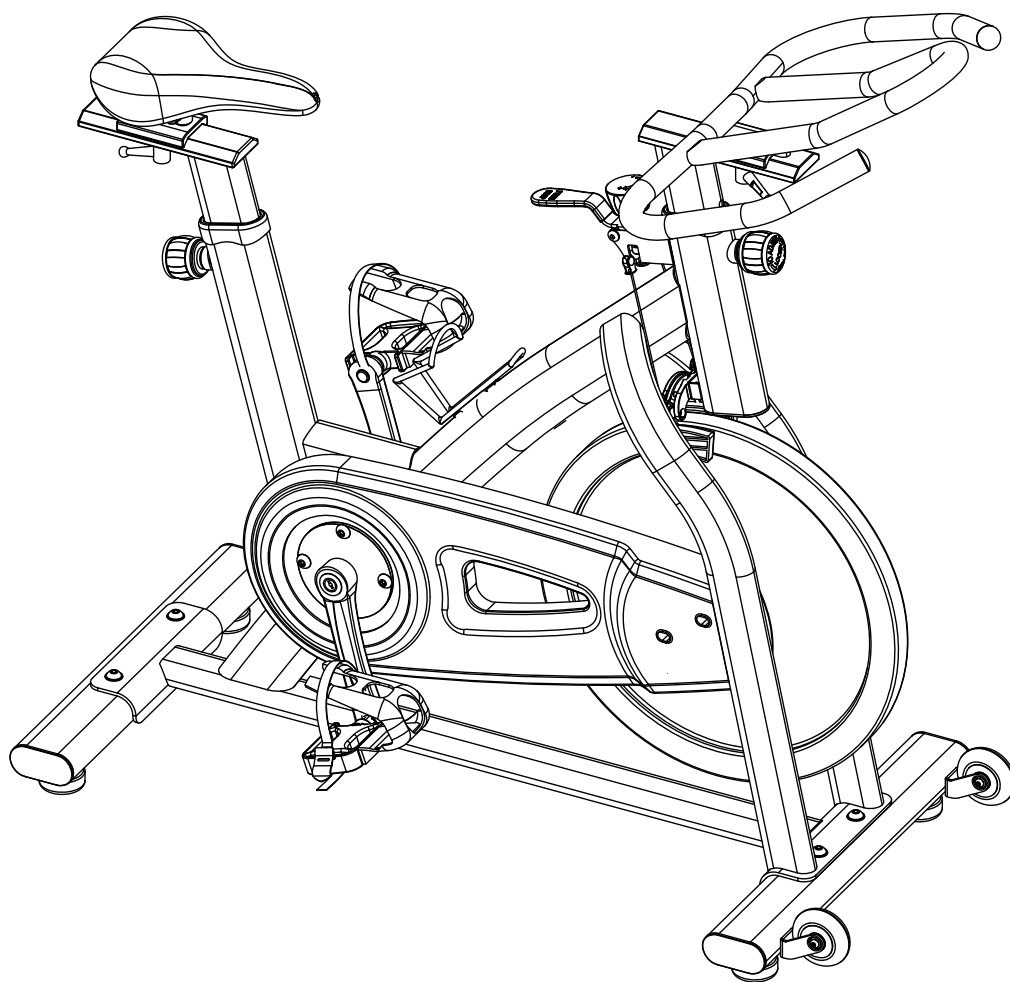


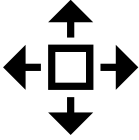
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Assembly Instructions

OWNER'S & MANUAL

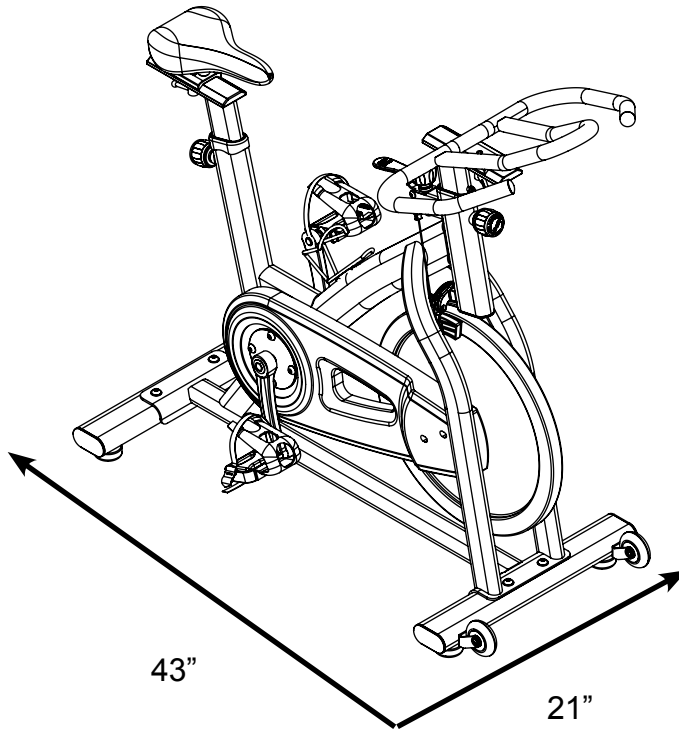
Dimensions



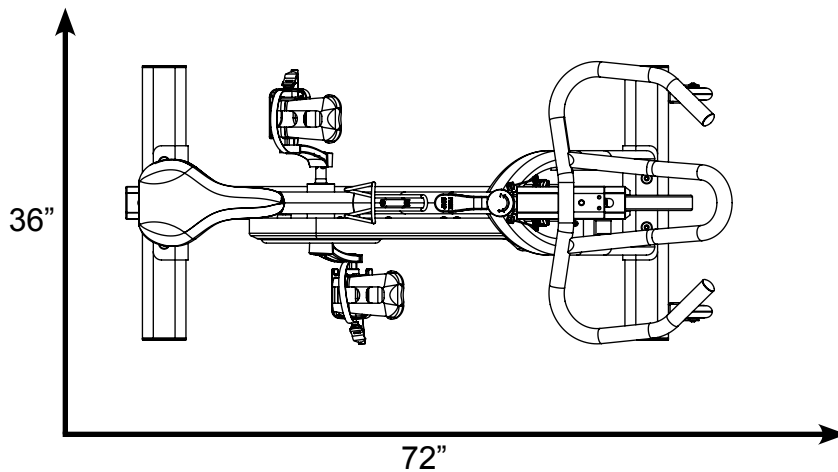
The room layout diagram below will help you decide the best placement for your ESB150.

The overall space needed for operation may be more depending on the user.

Minimum Usage Space – 43" L x 21" W



Suggested Usage Space – 36" W x 72" L

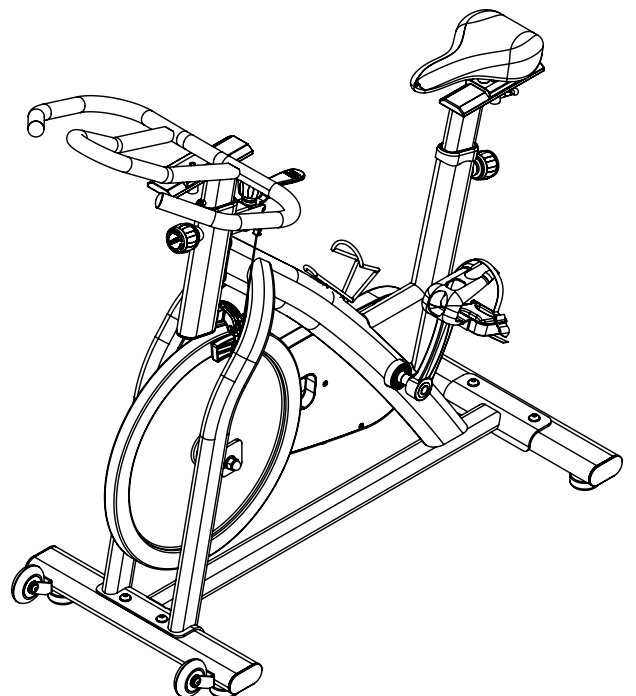
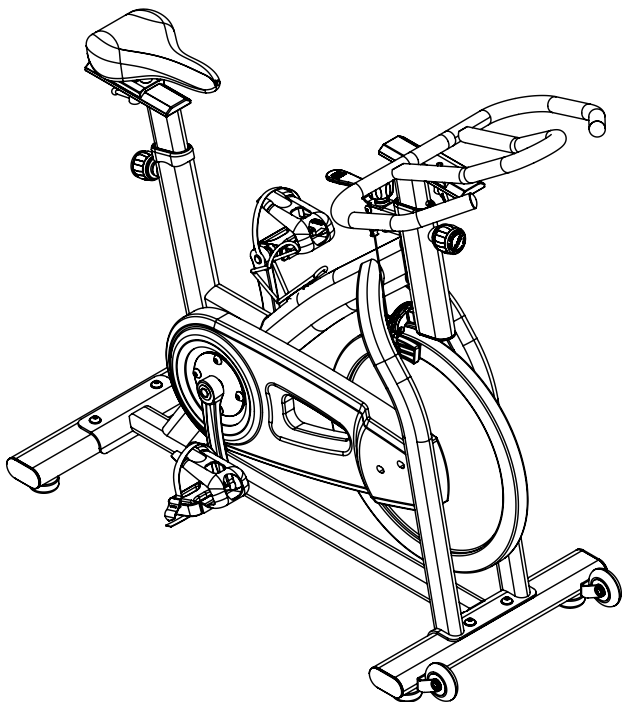
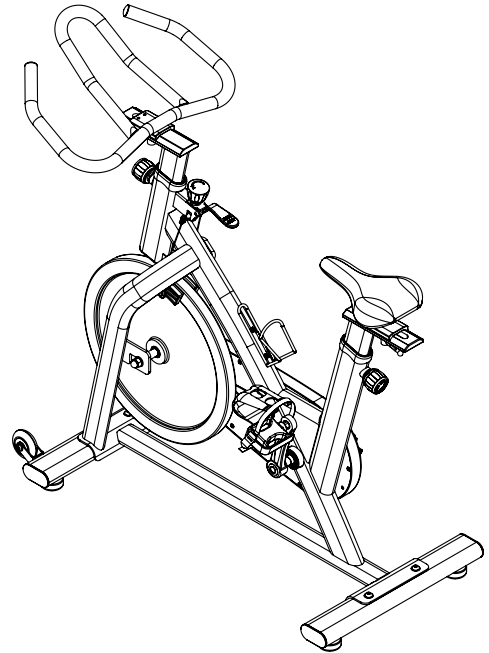
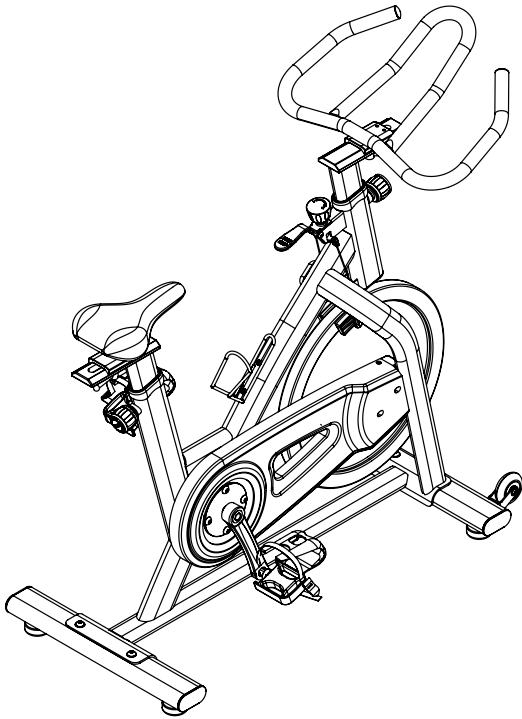


Reference Diagrams



Use the following diagrams as a point of reference when assembling your ESB150.

Becoming familiar with the unit and the orientation of its components will help ease installation. Please use the following diagrams to become more accustomed with your ESB150 and its applications.



Important Safety Instructions



Before beginning any fitness program, you should obtain a complete physical examination from your physician.

Il est conseillé de subir un examen médical complet avant d'entreprendre tout programme d'exercice. Si vous avez des étourdissements ou des faiblesses, arrêtez les exercices immédiatement.

Antes de comenzar cualquier programa de ejercicios, deberías tener un examen físico con su doctor.

When using exercise equipment, you should always take basic precautions, including the following:

- Read all instructions before using the ESB150. These instructions are written to ensure your safety and to protect the unit.
- Do not allow children on or near the equipment.
- Use the equipment only for its intended purpose as described in this guide. Do not use accessory attachments that are not recommended by the manufacturer. Such attachments might cause injuries.
- Wear proper exercise clothing and shoes for your workout, no loose clothing.
- Use care when getting on or off the unit.
- Do not overexert yourself or work to exhaustion.
- If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- Never operate the unit when it has been dropped or damaged. Return the equipment to a service center for examination and repair.
- Never drop or insert objects into any opening in the equipment.
- Always check the unit before each use. Make sure that all fasteners are secure and in good working condition.
- Do not use the equipment outdoors or near water.

Personal Safety During Assembly

- It is strongly recommended that a qualified dealer assemble the equipment.
Assistance is required.
- Before beginning assembly, please take the time to read the instructions thoroughly.
- Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- Assemble and operate the ESB150 on a solid, level surface. Locate the unit a few feet from the walls or furniture to provide easy access.

Before You Begin



Retain this Owner's Manual for future reference!

To maximize your use of the equipment please study this Owner's Manual thoroughly. Please retain this manual for future reference or parts information.

Thank you for purchasing the ESB150.

This Fitness Exercise Bike is part of the Endurance line of quality cardio machines, which let you target specific muscle groups to achieve better muscle tone and overall body conditioning.

Unpacking the Equipment

The ESB150 is carefully tested and inspected before shipment. We have shipped the unit in several pieces that require assembly. Ask for assistance during the assembly process. Carefully unpack the boxes and lay the pieces on the floor near the area where you plan to use the equipment.

The ESB150 is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with your Endurance ESB150.

After assembly, you should check all functions to ensure correct operation. If you experience problems, or if any items are missing, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call the dealer from whom you purchased the machine or call 1-800-556-3113 for the dealer nearest you.

Obtaining Service

Please use this Owner's Manual to make sure that all parts have been included in your shipment. When ordering parts, you must use the part number and description from this Owner's Manual. Use only Endurance replacement parts when servicing this unit. Failure to do so will void your warranty and could result in personal injury.

For information about product operation or service, check out the official Endurance website at www.bodysolid.com or contact an authorized Endurance dealer or an Endurance factory-authorized service company or contact Endurance customer service, *M-F 8:30am-5:00pm CST*, at one of the following:



Toll Free: (800)556-3113
Local: (708) 427-3555
Fax: (708) 427-3556



E-mail: service@bodysolid.com

or write to:



Endurance
Service Department
1900 S. Des Plaines Ave.
Forest Park, IL 60130 USA

Endurance continually seeks ways to improve the performance, specifications and product manuals in order to ensure that only superior products are released from our factories. Please take the time to carefully read through this manual thoroughly. Instructions contained in this document are not intended to cover all details or variations possible with Endurance equipment, or to cover every contingency that may be met in conjunction with installation, operation, maintenance or troubleshooting of the equipment. Even though we have prepared this manual with extreme care, neither the publisher nor the author can accept responsibility for any errors in, or omission from, the information given. Should additional information be required, or should situations arise that are not covered by this manual, the matter should be directed to your local Endurance representative, or the Service Department at Endurance in Forest Park, Illinois.

Any Questions?
Call (800) 556-3113

Preparations



CAUTION: To set up this unit, you will need assistance.
Do not attempt assembly by yourself.

You must review and follow the instructions in this Owner's Manual. If you do not assemble and use the ESB150 according to these guidelines, you could void the Endurance warranty.

CAUTION !

Obtain assistance! Do not attempt to assemble the ESB150 by yourself. Review the Installation Requirements before proceeding with the following steps.

Required Tools

The basic tools that you must obtain before assembling the ESB150 include but are not limited to:

- Standard Wrench Set
- Metric Wrench Set
- Adjustable Wrench
- Allen Set
- Rubber Mallet
- Silicone Spray Oil

Installation Requirements

Follow these installation requirements when assembling the ESB150:

Set up the ESB150 on a solid, flat surface.

A smooth, flat surface under the machine helps keep it level. A level machine has fewer malfunctions.

Provide ample space around the machine.

Open space around the machine allows for easier access and a more comfortable workout.

Insert all bolts in the same direction.

For aesthetic purposes, insert all bolts in the same direction unless specified (in text or illustrations) to do otherwise.

Leave room for adjustments.

Tighten fasteners such as bolts, nuts, and screws so the unit is stable, but leave room for adjustments. Do not fully tighten fasteners until instructed in the assembly steps to do so.

Fill out and mail the warranty card.

To benefit from the best and most comprehensible warranty in the fitness industry, completely fill out and mail the warranty card enclosed with the unit.

Assembly Instructions



Assembly of the ESB150 takes professional installers about 1 hour to complete.

Professional installers are highly recommended!

If this is the first time you have assembled this type of equipment, plan on significantly more time. However, if you acquire the appropriate tools, obtain assistance, and follow the assembly steps sequentially, the process will take time, but is fairly easy.

Assembly Tips

Read all "Notes" on each page before beginning each step.

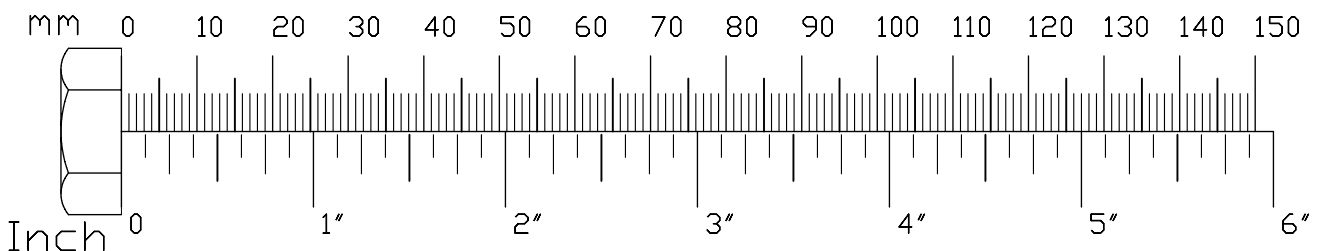
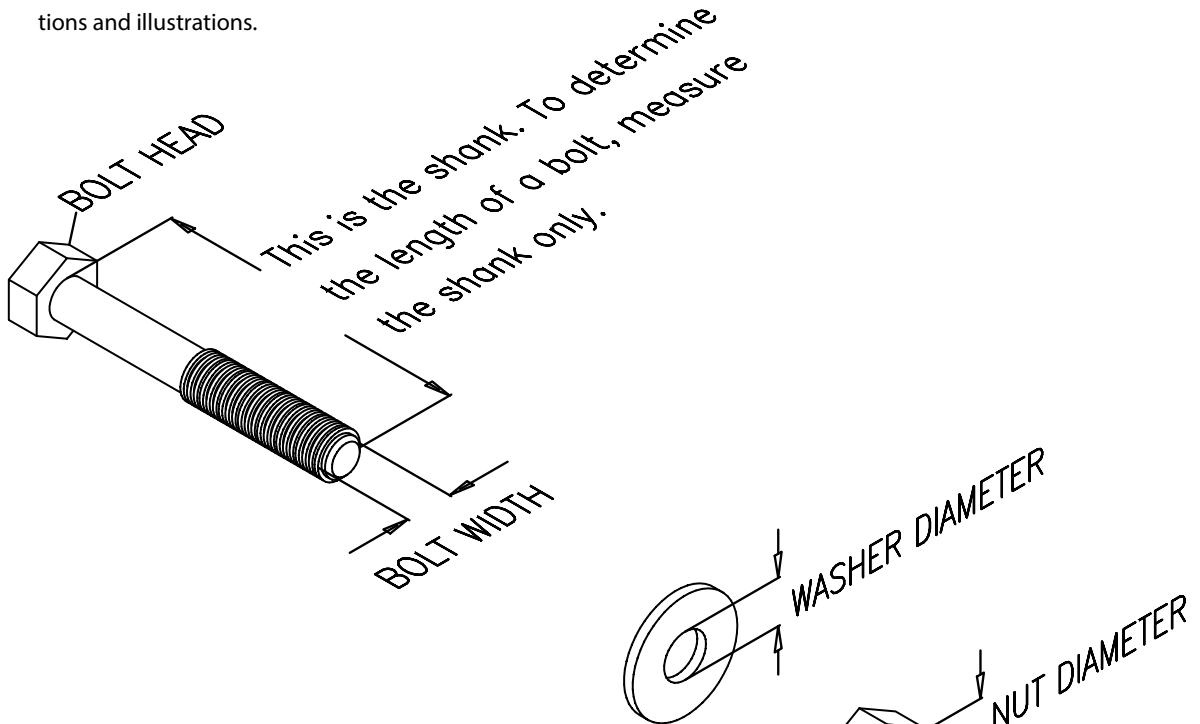
While you may be able to assemble the ESB150 using the illustrations only, important safety notes and other tips are included in the text.

Some pieces may have extra holes that you will not use. Use only those holes indicated in the instructions and illustrations.

IMPORTANT!

Before you begin you should look at the quick reference guide that shows all hardware parts (in actual size) along with the corresponding component numbers in the assembly instructions.

To find out the length of a particular bolt, measure its shank (the long, narrow part beneath the head) using the ruler below. Refer to the following diagram:

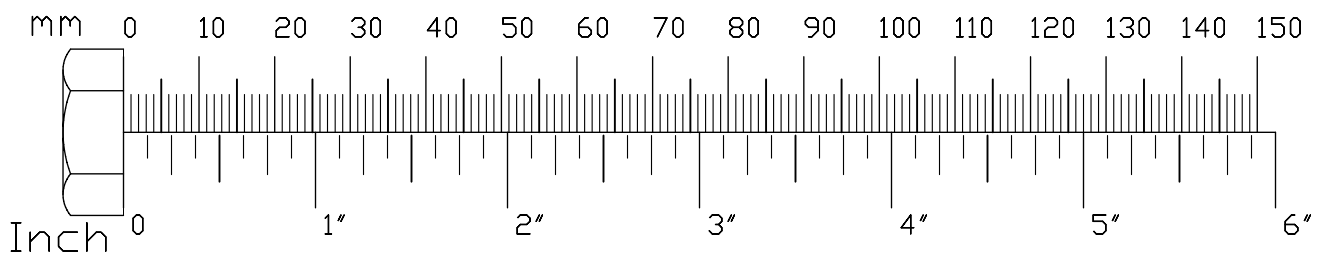


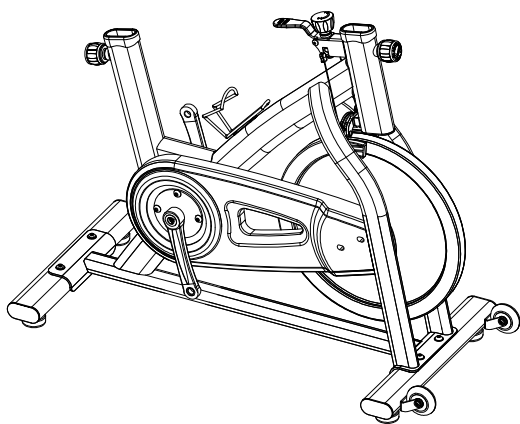
STEP

1

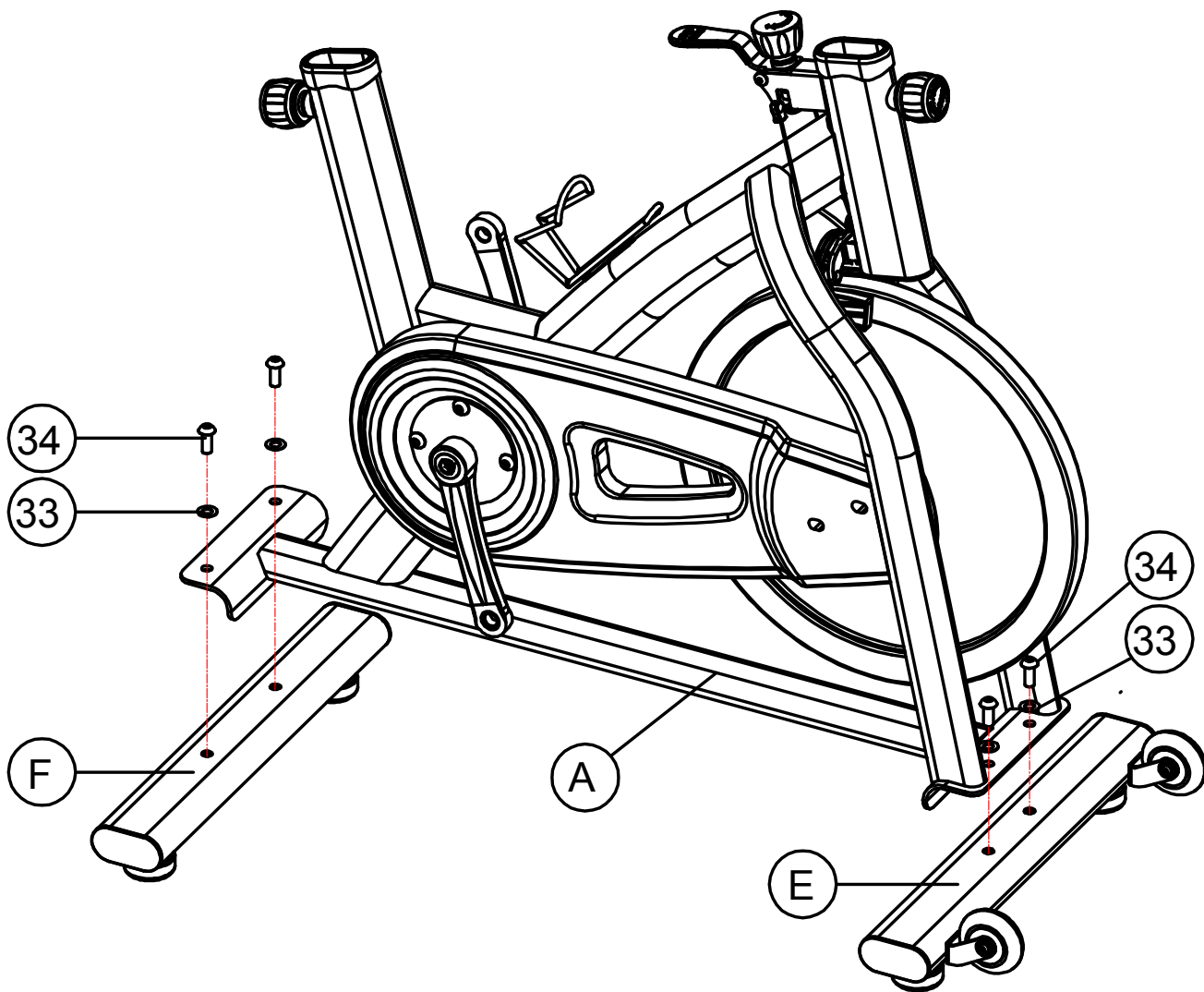
Be careful to assemble all components in the sequence they are presented.

- A. Connect Front Base (E) to Main Frame (A) using:
Two 34 (M10x25 Hex Flat Round Head Screw)
Two 33 (M10 washer)
- B. Connect Rear Base (F) to Main Frame (A) using:
Two 34 (M10x25 Hex Flat Round Head Screw)
Two 33 (M10 washer)
- C. Wrench tighten all hardware.





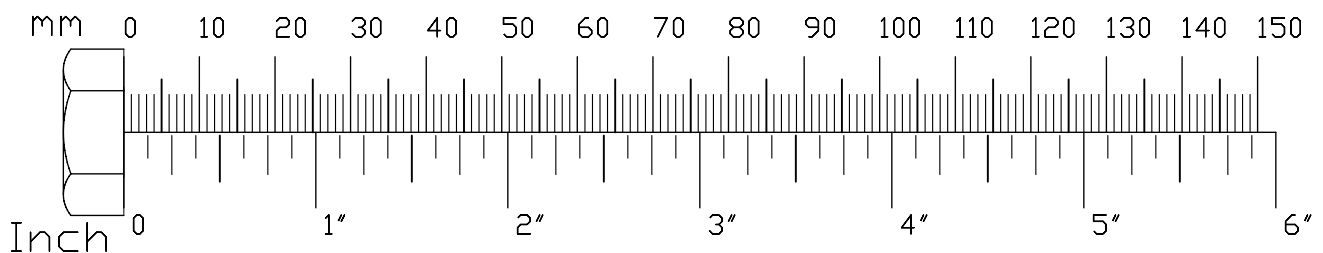
Above shows Step 1 assembled and completed.

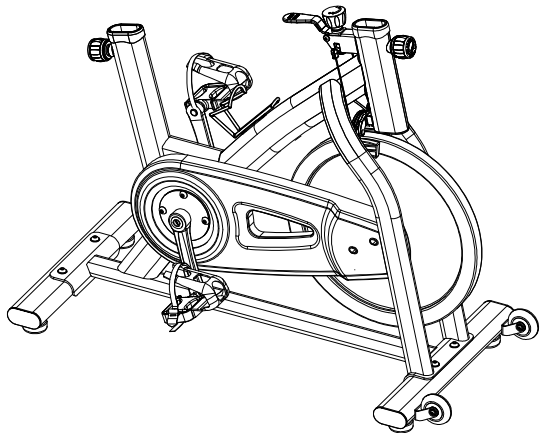


STEP**2**

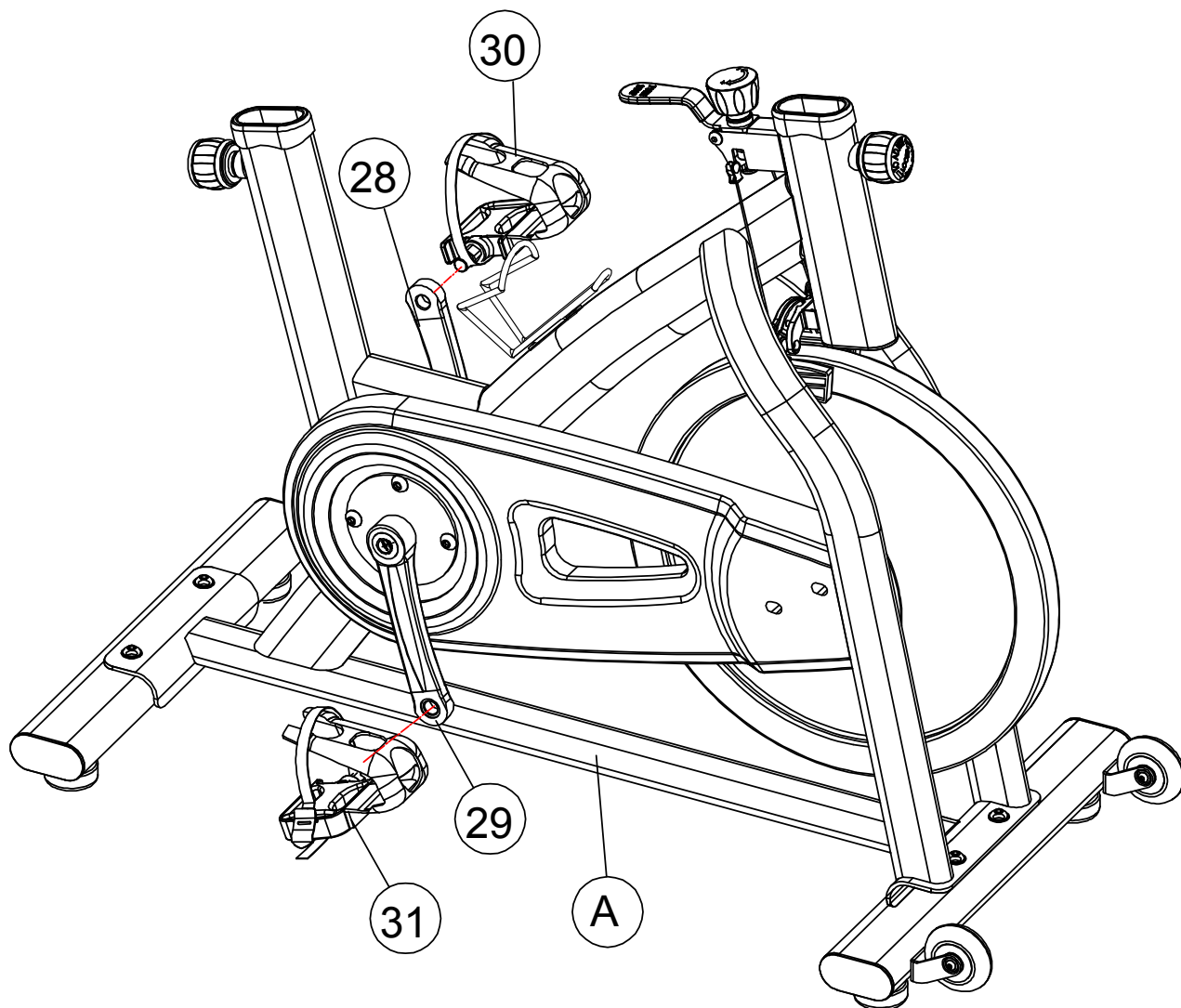
Be careful to assemble all components in the sequence they are presented.

- A. Screw (counterclockwise) Left Pedal (30) onto Left Crank (28).
NOTE: To install pedals, always screw on towards the handlebar direction.
- B. Screw (clockwise) Right Pedal (31) onto Right Crank (29).
NOTE: To install pedals, always screw on towards the handlebar direction.
- C. Wrench tighten all hardware.





Above shows Step 2 assembled and completed.



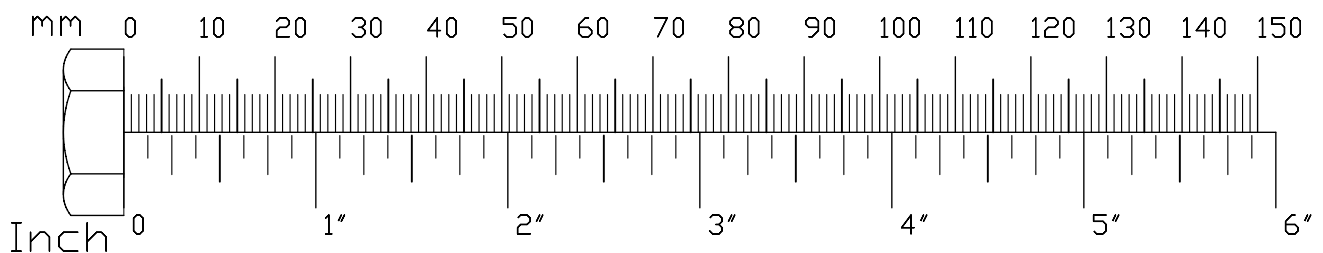
STEP**3**

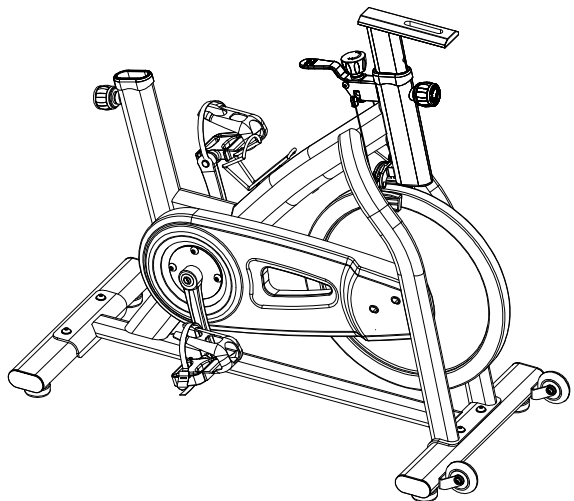
Be careful to assemble all components in the sequence they are presented.

- A. Loosen Pop Pin (8) and insert Handlebar (B) into the Handlebar Post Housing on Mainframe (A).

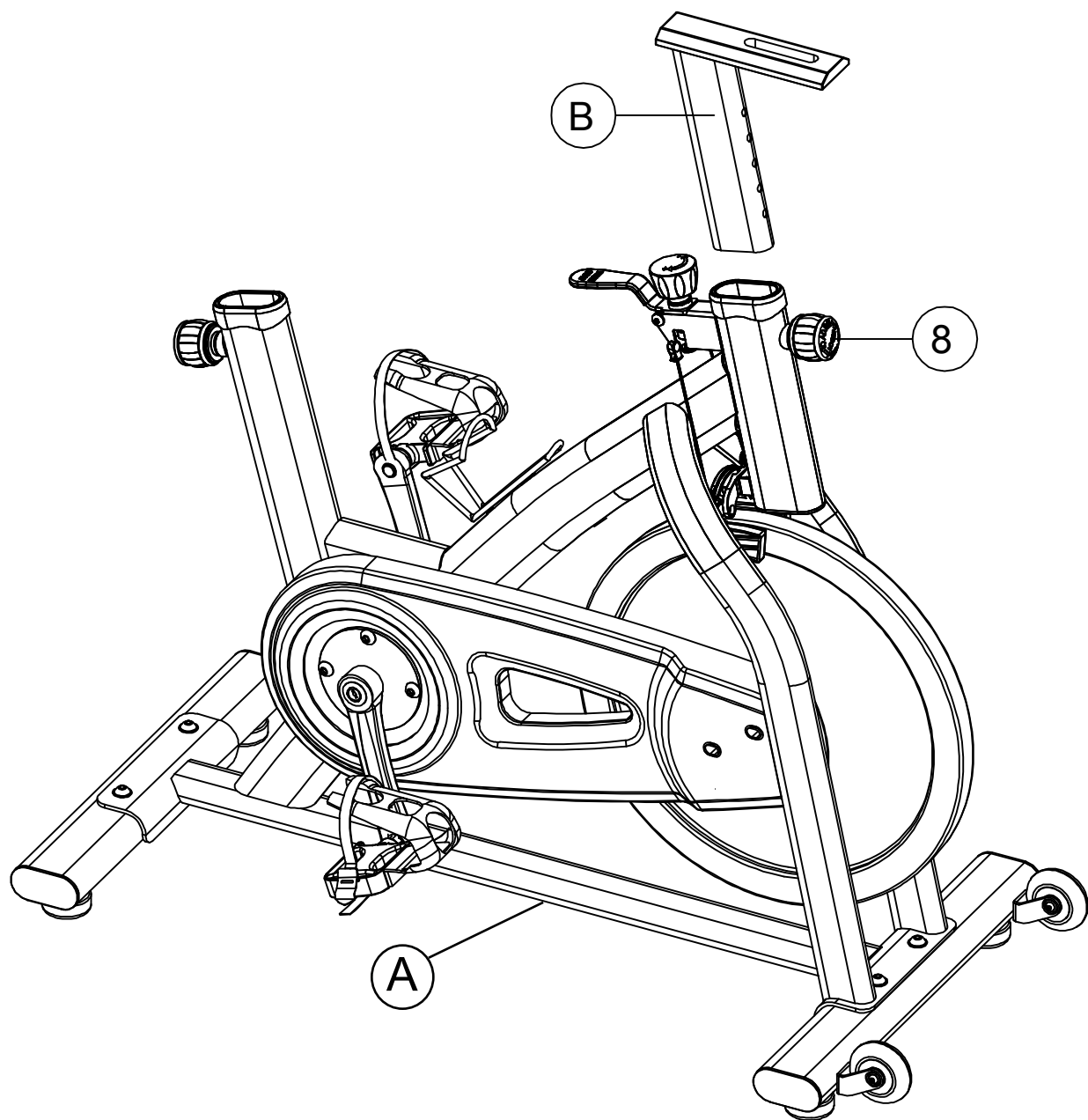
NOTE: Silicone oil may be used to ease gliding on Handlebar (B).

- B. Retighten Pop Pin (8).





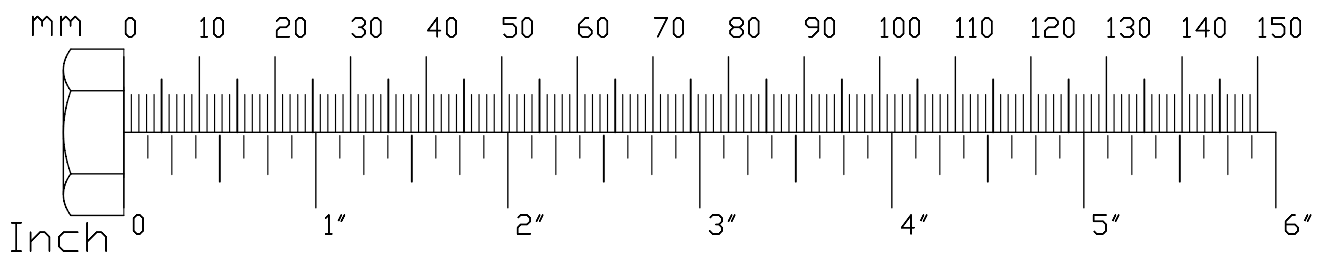
Above shows Step 3 assembled and completed.

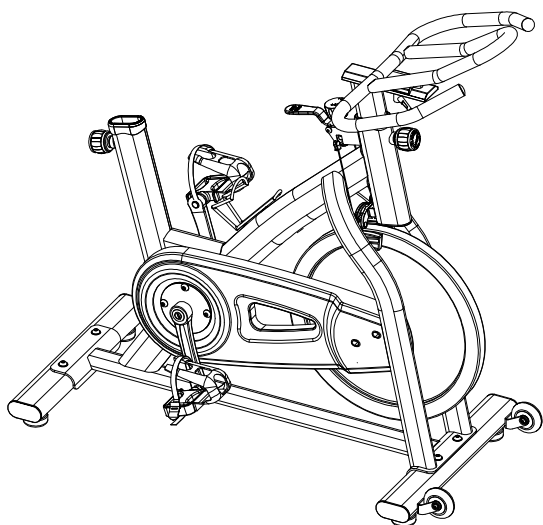


STEP**4**

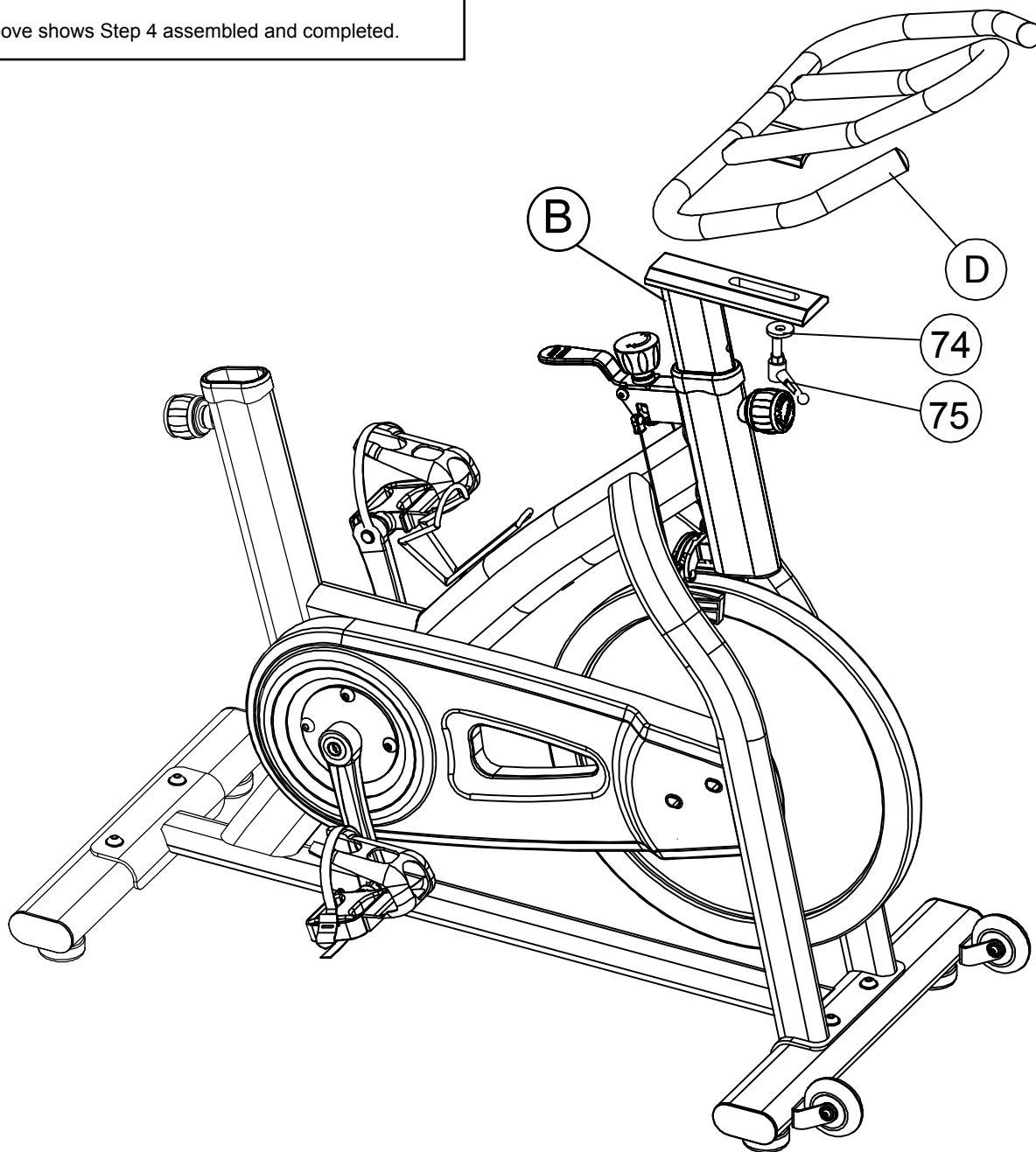
Be careful to assemble all components in the sequence they are presented.

- A. Connect Handlebar (D) to Handlebar Post (B) using:
One 75 (knob)
One 74 (M10 washer)





Above shows Step 4 assembled and completed.



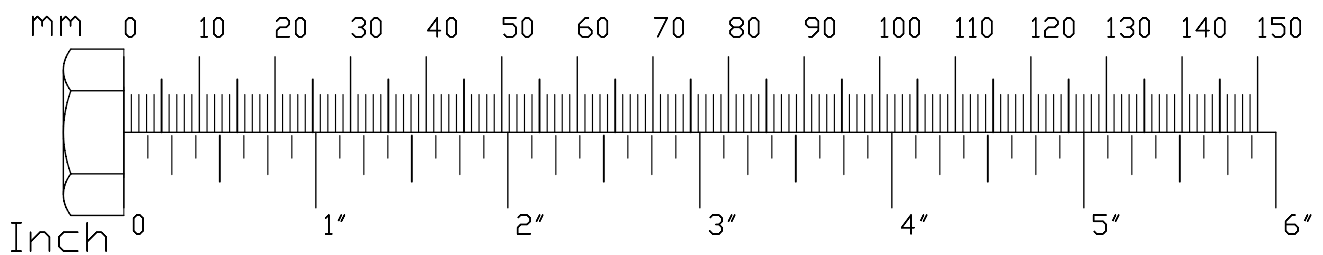
STEP**5**

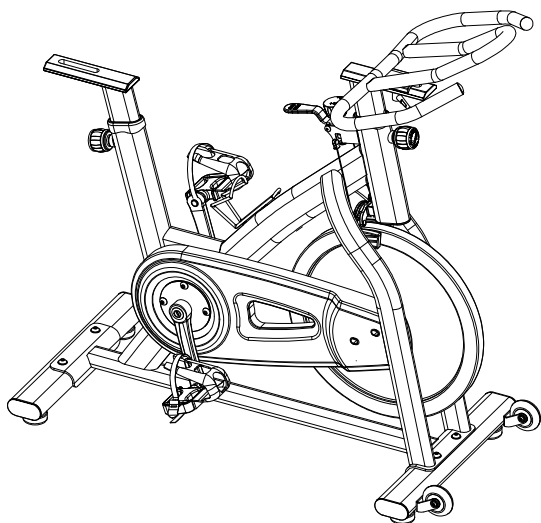
Be careful to assemble all components in the sequence they are presented.

- A. Loosen Pop-Pin (8) and insert Seat Post (C) into the Seat Post Housing on Mainframe (A).

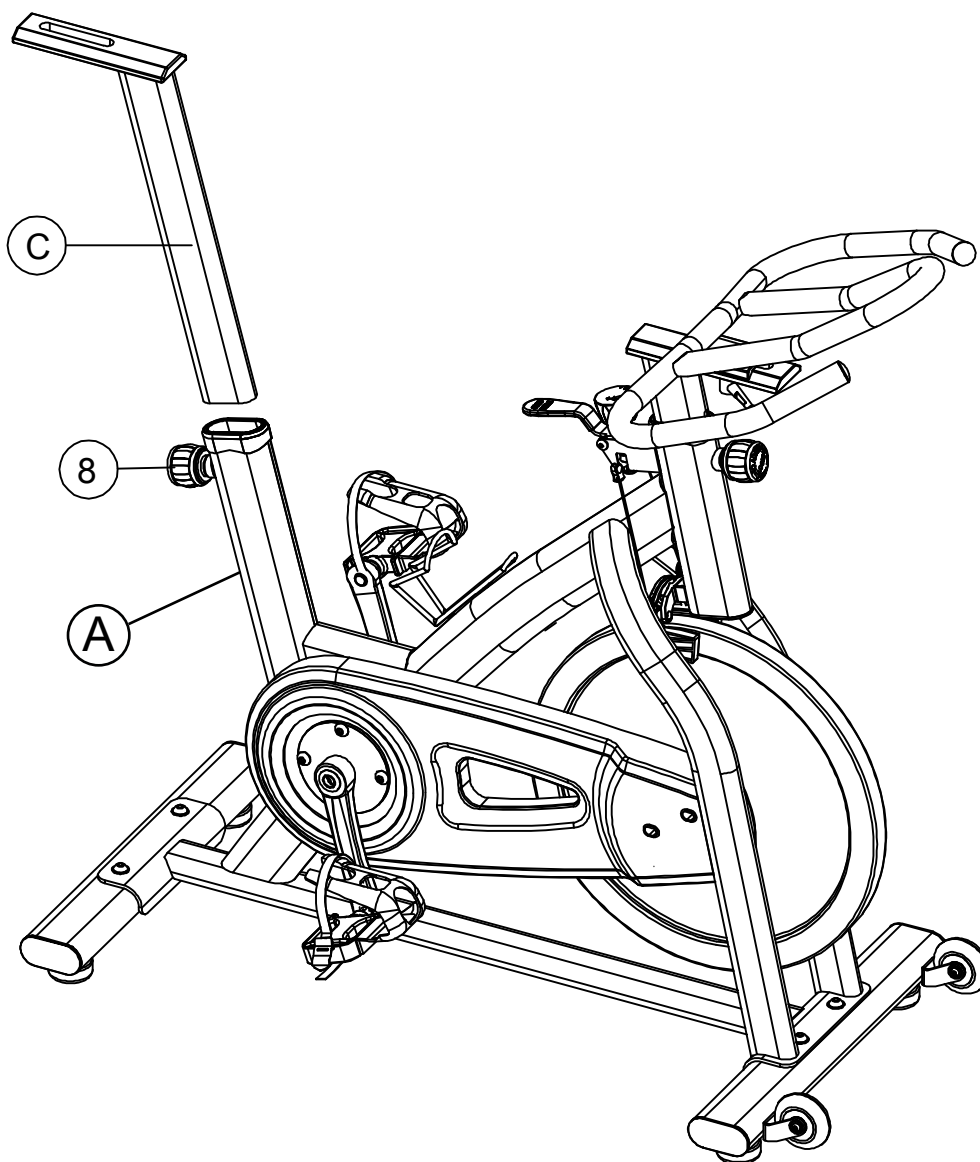
NOTE: Silicone oil may be used to ease gliding on Seat Post (C).

- B. Retighten Pop-Pin (8)





Above shows Step 5 assembled and completed.



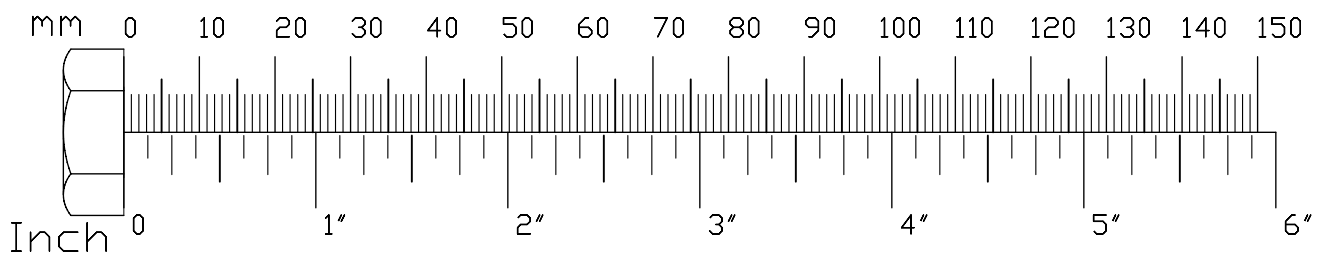
STEP**6**

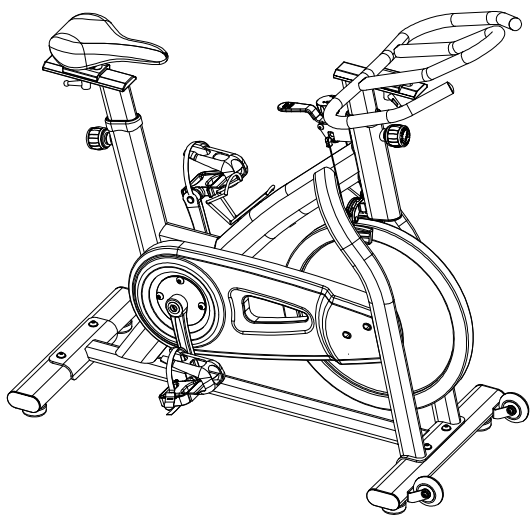
Be careful to assemble all components in the sequence they are presented.

- A. Secure Seat Slider (G) onto Seat Post (C) using:
One 75 (knob)
One 74 (M10 washer)
- B. Slightly loosen both Hex Nuts (70).
- C. Insert Seat (7) onto Seat Glider (G).
- D. Tighten both Hex Nuts (70) to secure the seat assembly.
- E. Wrench tighten all hardware.

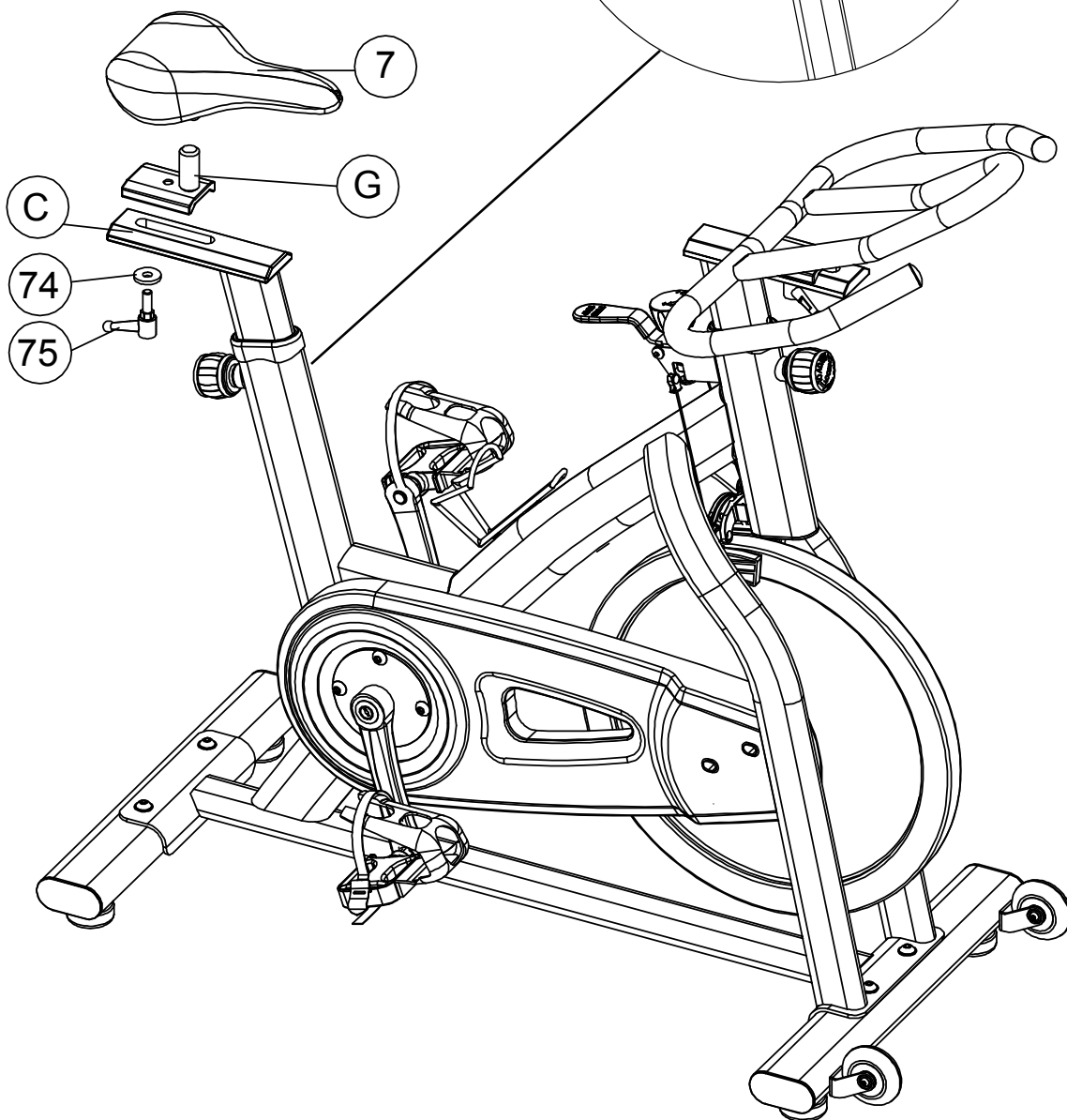
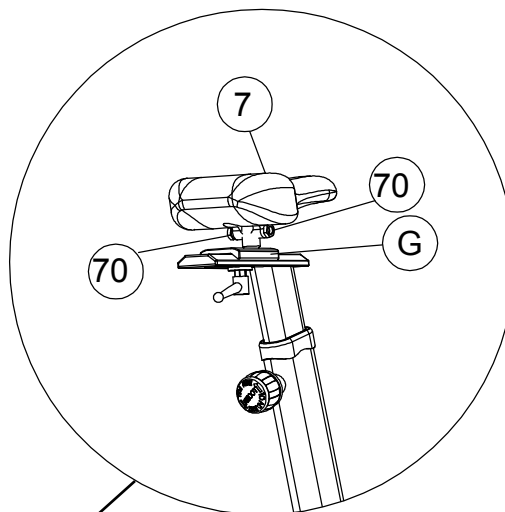
Congratulations! You are done. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call the dealer from whom you purchased the machine or call 1-800-556-3113 for the dealer nearest you.

NOTE: If any bolts seem to loosen periodically, use Loctite 242 for a long-term cure.





Above shows Step 6 assembled and completed.

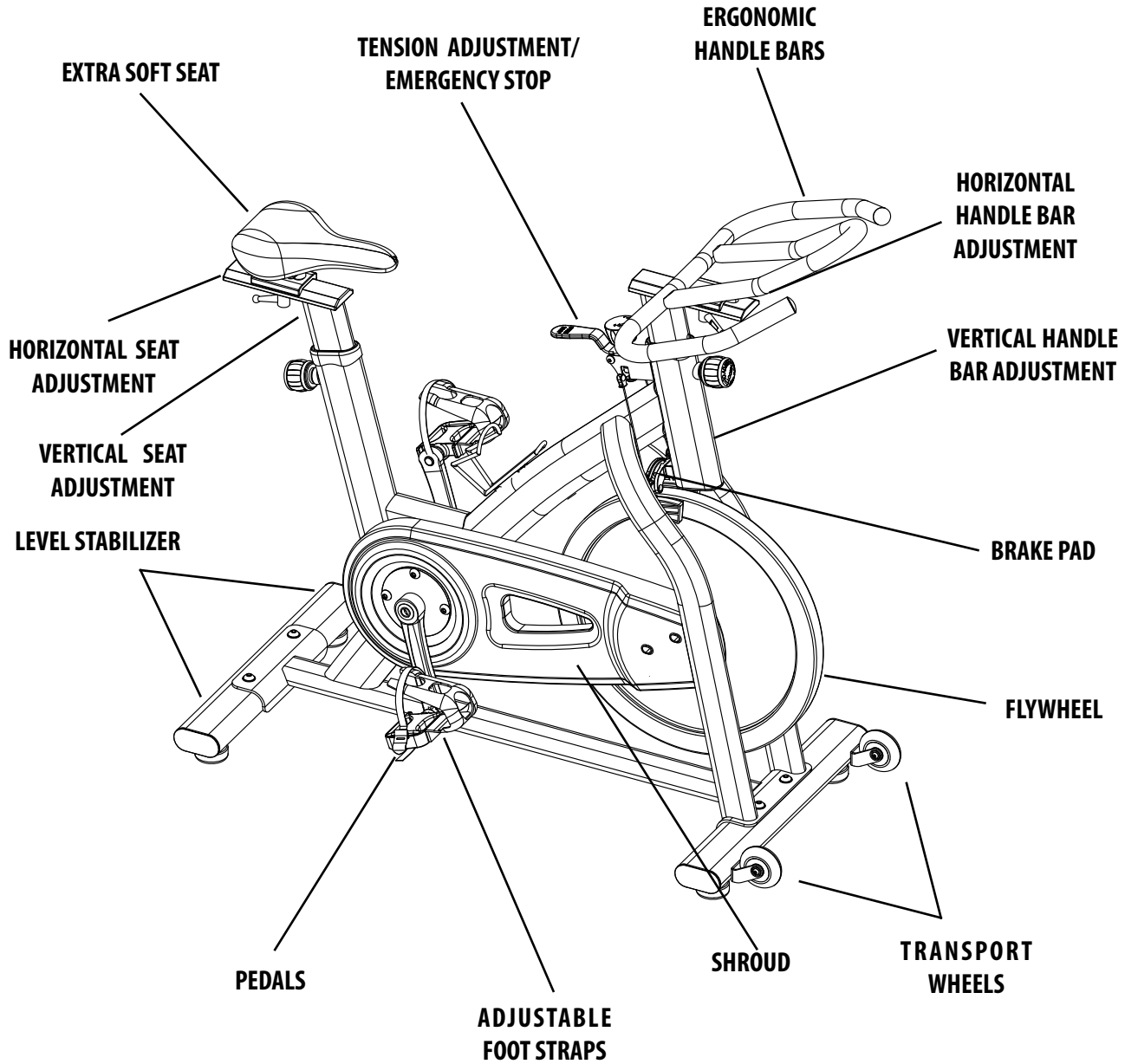


Features

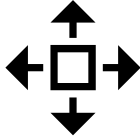


The ESB150 is a very beneficial cardio machine yet easy and practical to use. Below are the features included with your ESB150 Spin Bike.

Understanding all the features on this unit will improve and benefit your workout.



Setup



The ESB150 is designed to use minimal floor space and to fit nicely in your home or office.

To make exercise a desirable daily activity for you, the ESB150 should be placed in a comfortable and attractive setting.

PLACEMENT IN YOUR HOME

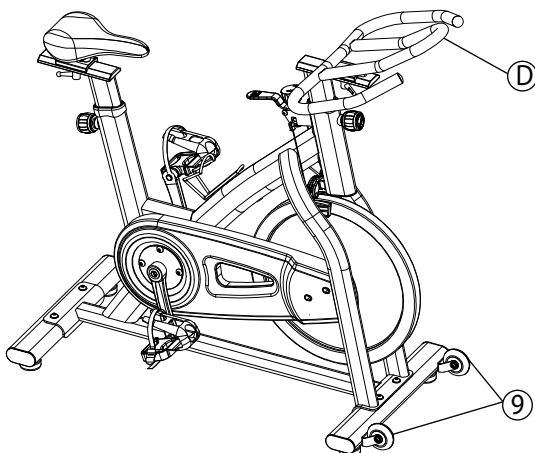
To make exercise a desirable daily activity for you, the ESB150 should be placed in a comfortable and attractive setting. This Spin Bike is designed to use minimal floor space and to fit nicely in your home or office.

- Do not place or operate the ESB150 outdoors.
- Do not place the ESB150 near water or in a high moisture content environment.
- It is highly recommended to place a dedicated equipment mat beneath your ESB150. A dedicated mat provides superior stability and firmness for a proper workout.

MOVING THE ESB150

This Fitness Exercise Bike is easy to move around safely. To move the ESB150:

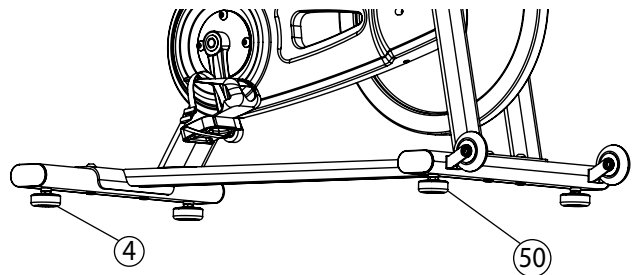
- A. Grasp Handlebar (D).
- B. Carefully pull Handlebar (D) towards you while pushing the front of the Spin Bike downward.
- C. Simply roll the ESB150 on Wheels (9) to the desired location.
- D. When the destination has been reached, gently lower the Spin Bike into position.



LEVELING THE ESB150

The Front and Rear Base Levelers (4) can be adjusted to balance the level the ESB150. To adjust the level of the ESB150, rotate Front or Rear Base Levelers (3) so they are at floor level.

Once the ESB150 has been balanced, secure Base Levelers (4) by locking Nut (50) located above each Leveler (4).





Correct seat posture is important for a beneficial workout.

Good posture places less strain on your body's joints, and is beneficial for optimal health and fitness levels.

VERTICAL SEAT ADJUSTMENT

To adjust seat height:

- A. Mount onto the ESB150 spin bike.
- B. Step on one pedal after having brought it to the lowest position. Make sure your legs are stretched but do not lock your knees.
Also, seat height should be level with the user's hips while standing adjacent to the seat.
- C. If height requires adjustment, loosen the Pop Pin by turning it counterclockwise then pull while adjusting the seat.
- D. After adjustment, place the Pop Pin in the chosen position and lock the Pop Pin by turning it clockwise.

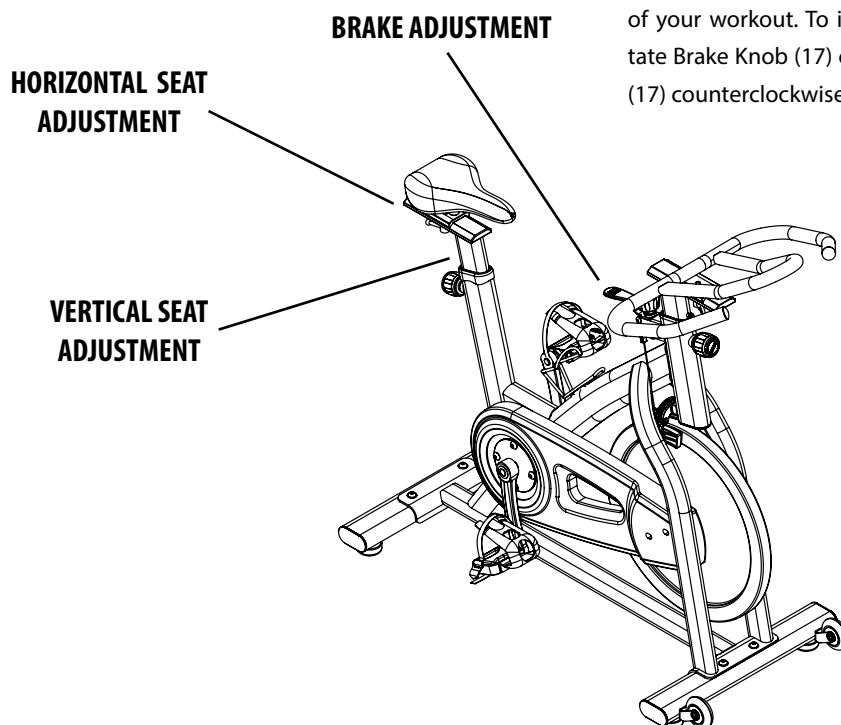
HORIZONTAL SEAT ADJUSTMENT

To adjust the seat horizontally:

- A. Mount onto the ESB150 spin bike.
- B. Position the pedals so that one pedal is towards the front of the bike and one pedal is towards the rear of the bike.
- C. Look down on your forward knee, it should be directly above your front foot for correct posture otherwise adjustment is required.
Also, if the Handle Bar is too far to reach, the seat needs to be adjusted forward.
- D. To adjust the seat horizontally, loosen the Pop Pin by turning it counterclockwise then adjust the seat as needed.
- E. After adjustment, place the Pop Pin in the chosen position and lock the Pop Pin by turning the knob clockwise.

BRAKE ADJUSTMENT

Varying resistance will increase the effectiveness of your workout. To increase brake resistance, rotate Brake Knob (17) clockwise. Rotate Brake Knob (17) counterclockwise to decrease resistance.





It is imperative that the user becomes familiar and understands all warnings posted on the unit.

To minimize the risk of injury, follow all safety guidelines provided with the unit and owner's manual.

Precision craftsmanship assures Endurance's ability to consistently deliver products of the highest standards. Our products have been carefully designed to ensure safe, efficient long term operation.

However, it must be realized that safe use of this equipment requires that owners carefully read and follow the Endurance use recommendations, warnings, and maintenance guidelines in this Owners Manual.

Routine inspection and maintenance is of critical importance to ensure maximum safety and performance. Endurance uses the highest quality materials available, but wear is inevitable. Therefore, you must carefully inspect your equipment as outlined in the Maintenance Schedule.

Be advised that dangerous conditions can arise even during a warranty period. A warranty does not negate the owner's responsibility to thoroughly, carefully and daily inspect the machine.

Including maintaining the equipment, the owner's responsibility is also to:

- Be sure to always provide adequate supervision to all end-users.
- Be sure to instruct all end-users of proper usage.
- Be sure all supervisors and personal trainers who instruct end-users on equipment use are properly trained and know the function and importance of every adjustment and setting.
Also, be sure these trainers provide proper instruction to end-users on the fundamentals of cardio training.

NUTS/BOLTS/FASTENERS:

- Periodically inspect all nuts and bolts. Tighten if needed. If bolts seem to loosen periodically, use Loctite 242 for a long-term cure.
- Go through a re-tightening sequence periodically to ensure that all hardware is properly tensioned.

ADJUSTMENTS / LOCKING PINS / TIGHTENING KNOBS:

- Check all pieces for signs of visible wear or damage.
- Check springs in Pop Pins for proper tension and alignment.
- If the spring sticks or has lost its rigidity, replace it immediately.

ANTI-SKID SURFACES:

- Replace if they appear worn or become slippery.

WARNING INSTRUCTION LABELS:

- Inspect and familiarize yourself with all safety warnings and other user information on decals.

WARNING

To minimize the risk of serious injury, read and follow all safety guidelines provided with the unit and owner's manual.

1. Consult a physician before beginning any fitness program or using fitness equipment.
2. Do not allow children on or near the equipment.
3. Always ride and stop in a controlled and safe manner.
4. Do not dismount or attempt to remove feet from pedals until the flywheel has stopped completely.
5. Keep body and clothing clear of all moving parts.
6. Properly secure all adjustments and locking features prior to using the spin bike.
7. Maximum user capacity is 350 LB (158.8 KG).

Mainframe Parts List

Part#	Qty	Description
A	1	MAIN FRAME
B	1	HANDLEBAR POST
C	1	SEAT POST
D	1	HANDLEBAR
E	1	FRONT BASE
F	1	REAR BASE
G	1	SEAT SLIDER

Part numbers are required when ordering parts.

Parts List

Part#	Qty	Description	
1	1	CHAIN COVER A	
2	1	CHAIN COVER B	
3	1	CHAIN COVER C	
4	4	BASE LEVELER	
5	2	BUSHING	40 x 80 x 2T (FLAT OVAL)
6	5	END CAP	40 x 80 x 2T (FLAT OVAL)
7	1	SEAT	
8	2	POP PIN	
9	2	TRANSPORT WHEEL	
10	2	PLASTIC SPACER	Ø25 x Ø6.5 x 6
11	1	STOPPER BAR	
12	1	FELT WASHER	Ø25 x Ø10 x 3
13	2	BRAKE PAD HOLDER	
14	1	CLAMP BRAKE ASSEMBLY	
15	1	TENSION KNOB	
16	2	BRAKE PAD (FELT)	
17	1	CLAMP BRAKE HOLDER	
18	2	BRAKE STRING	170L
19	2	RUBBER SPACER	Ø25 x Ø6.5 x 6
20	2	CRANK COVER	
21	1	TINNERMAN CLIP NUT	
22	1	FLYWHEEL	
23	1	FLYWHEEL SPINDLE	
24	1	SLEEVE	Ø18 x Ø12 x 34
25	1	AXLE	
26	1	BELT WHEEL	
27	1	BELT	1360mm
28	1	LEFT CRANK	M18
29	1	RIGHT CRANK	M18
30	1	LEFT PEDAL	M18
31	1	RIGHT PEDAL	M18
32	2	PEDAL SHEATH	
33	4	FLAT WASHER	M10
34	4	HEX FLAT ROUND HEAD SCREW	M10x25
35	1	RUBBER COVER	
36	1	BOTTLE HOLDER	
37	2	BEARING	6001 ABEC-5
38	2	BEARING	6004 ABEC-5
39	4	BEARING	608
40	1	FLAT WASHER	M12
41	1	ACORN CAP NUT	M12
42	8	PHILLIPS PAN HEAD SCREW	ST4.8 x 15
43	2	PEDAL STRIP	
44	2	COUNTER BALANCE WEIGHT	
45	1	FLANGE NUT	M12
46	1	FLANGE NUT	M6

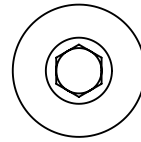
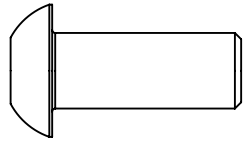
Part numbers are required when ordering parts.

Parts List

Part#	Qty	Description	
47	1	FLAT WASHER	Ø25 x Ø10 x 1.5T
48	2	WASHER WASHER	Ø27 x Ø20 x 0.3T
49	2	RETAINER RING	
50	4	HEX NUT	M10 (BLACK)
51	3	BUTTON HEAD CAP BOLT	Ø8 x M6 x 30
52	1	BUTTON HEAD CAP SCREW	M6 x 25
53	2	FLAT WASHER	M5
54	2	FLANGE NUT	M10
55	2	PHILLIPS FLAT HEAD SCREW	M5x18
56	3	HEX NUT	M12 x 6
57	4	BUTTON HEAD CAP SCREW	M10 x 16
58	1	NYLON LOCK NUT	M10 x P1.25
59	2	PHILLIPS ROUND HEAD SCREW	M5 x 12
60	3	BUTTON HEAD CAP SCREW	M6 x 12
61	1	TENSION BRACKET	
62	1	TENSION SPRING	
63	2	ESB 150 LOGO DECAL	
64	1	FLYWHEEL DECAL LEFT	
65	1	TENSION PULLEY	
66	1	RETAINER RING	
67	1	NYLON LOCK NUT	M10
68	1	BUTTON HEAD CAP SCREW	M10 x 25
69	1	FLAT WASHER	M10
70	2	NYLON LOCK NUT	M8
71	2	PHILLIPS PAN HEAD SCREW	M5 x 12
72	2	FLAT WASHER	Ø10 x Ø5.2 x 1T
73	2	ENDURANCE LOGO DECAL	
74	2	FLAT WASHER	M10 x OD30
75	2	KNOB	
76	1	FLYWHEEL DECAL RIGHT	

Part numbers are required when ordering parts.

H a r d w a r e (T o S c a l e)

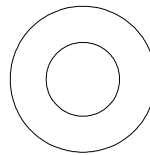


Part# 34

M10x25

Hex Flat Round Head Screw

Qty. 4

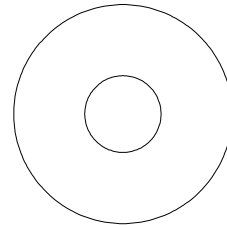


Part# 33

M10

Washer

Qty. 4

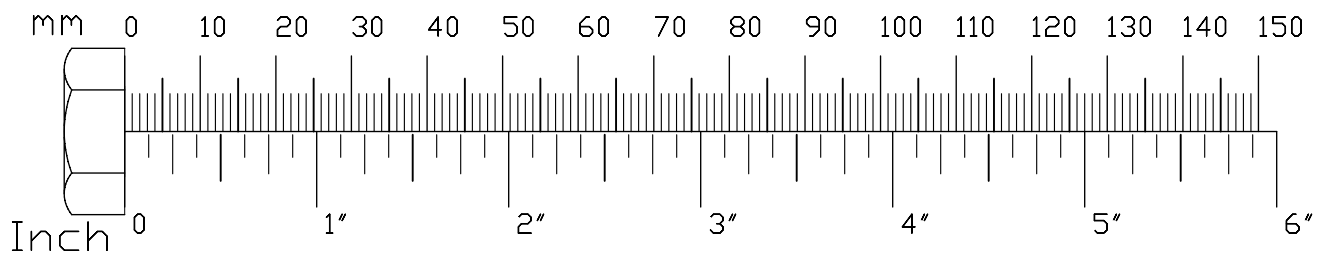


Part# 74

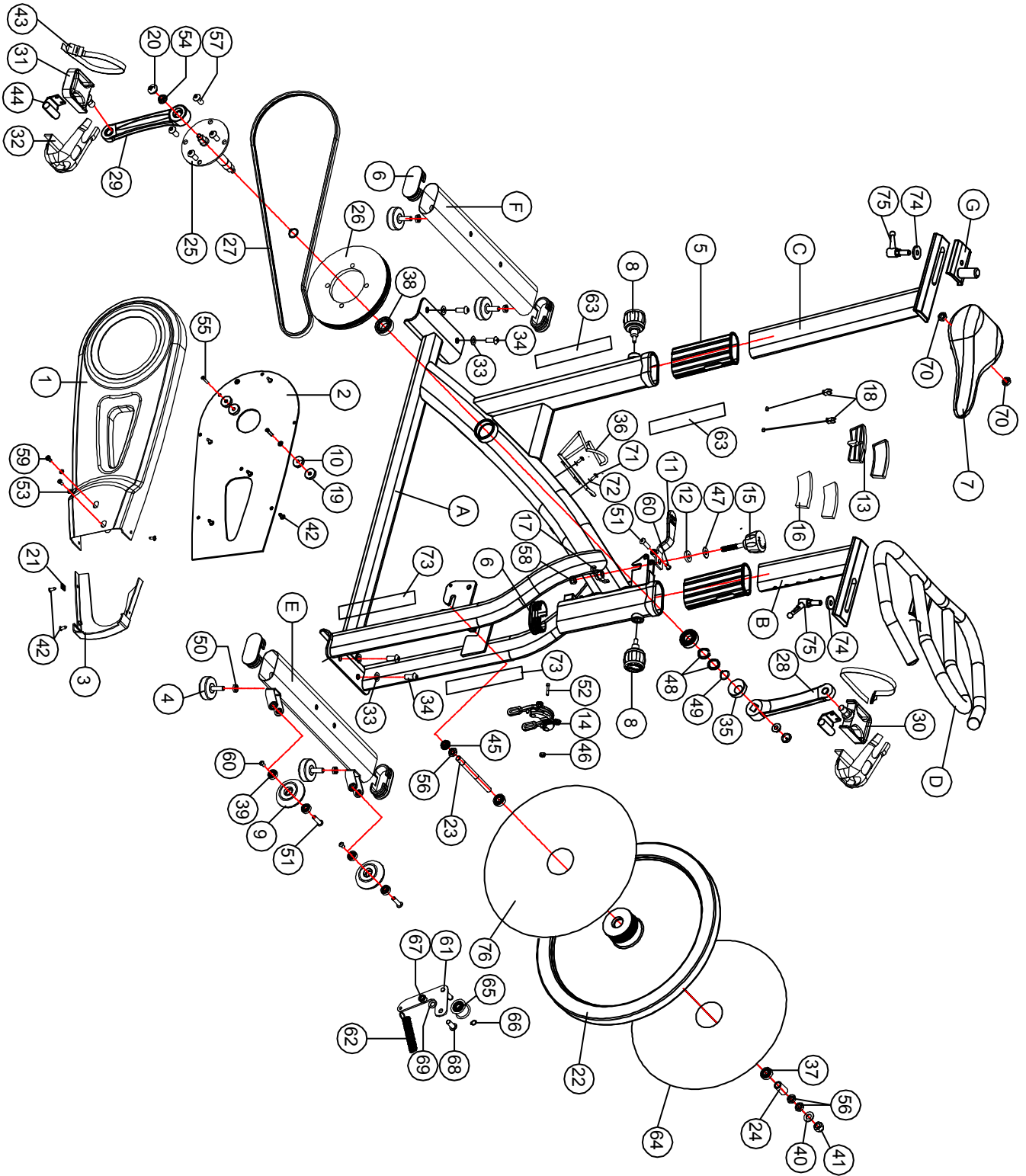
M10x30OD

Washer

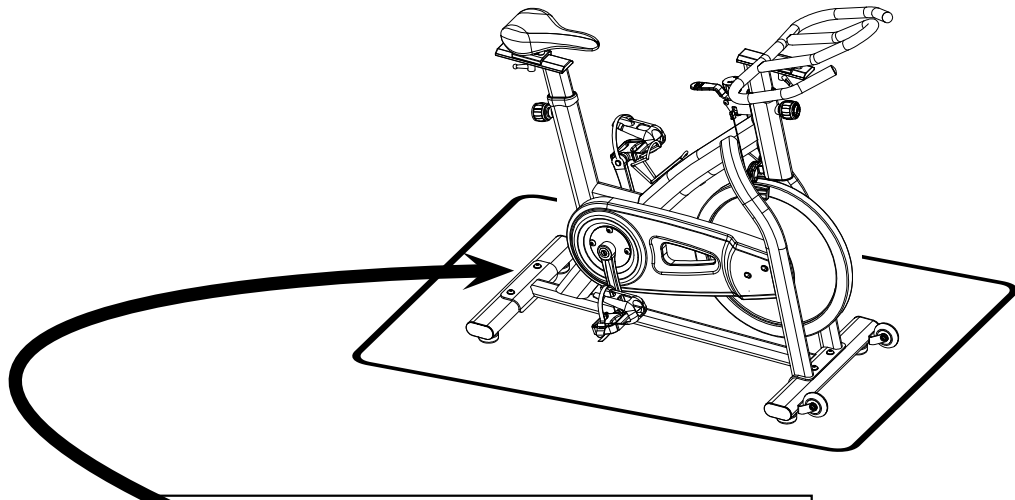
Qty. 2



Exploded View Diagram



Notes



Serial Number is Located on the Frame

Model Name: _____ ESB150 _____

Purchase Date: _____

Serial Number: _____

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Hours: M-F 8:30 - 5:00