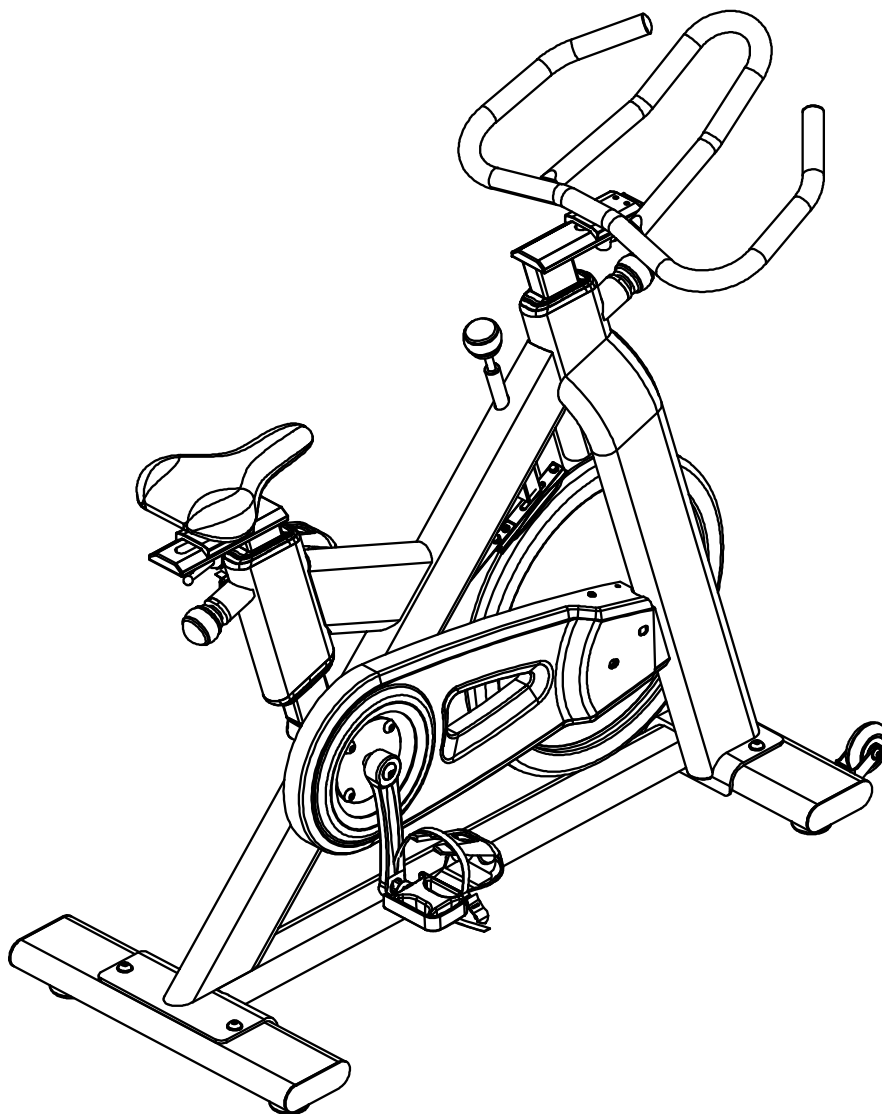


# ENDURANCE®

by *Body-Solid*

## ESB250.2



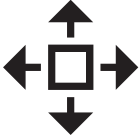
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Assembly Instructions

**OWNER'S & MANUAL**

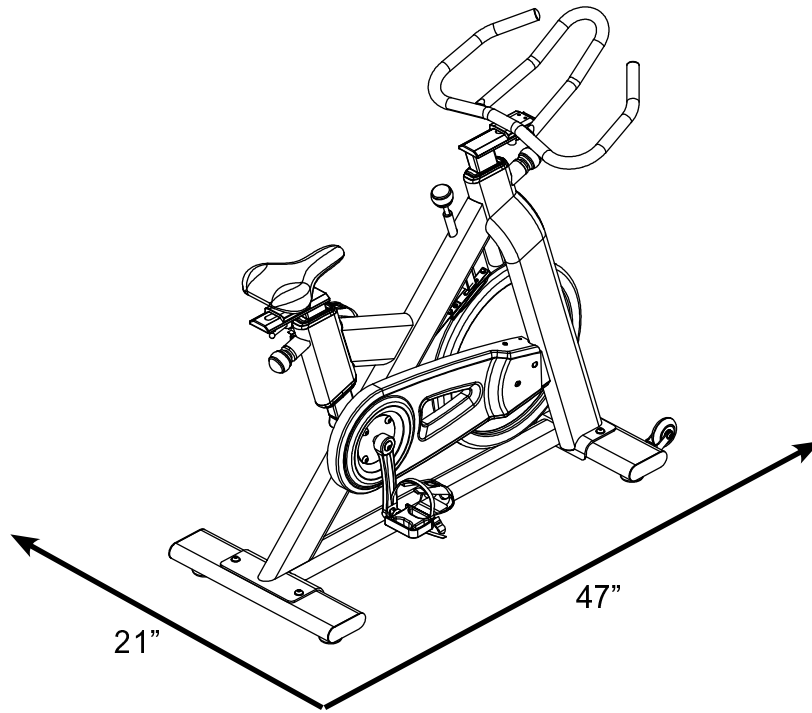
# Dimensions



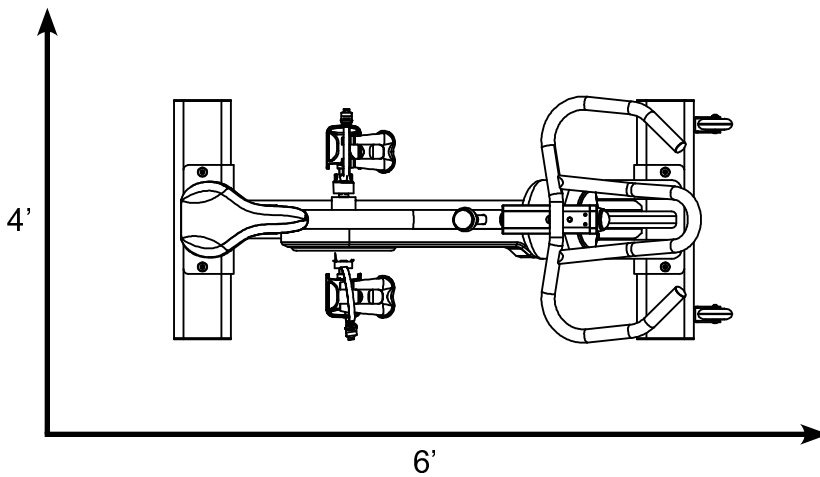
The room layout diagram below will help you decide the best placement for your ESB250.2.

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

**Minimum Usage Space – 47" L x 21" W x 53" H**



**Suggested Usage Space – 6' W x 4' L**

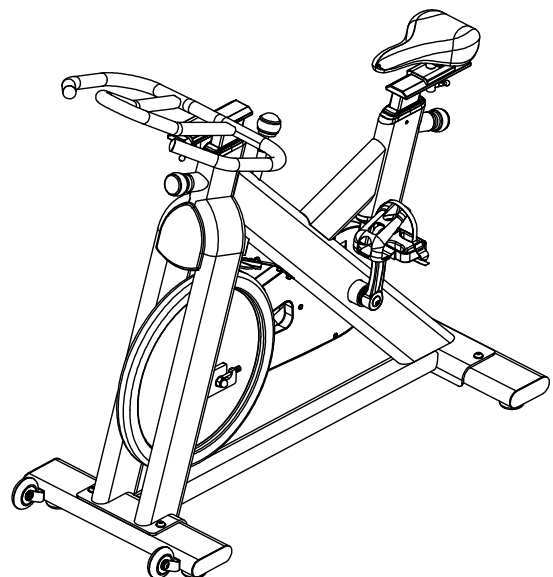
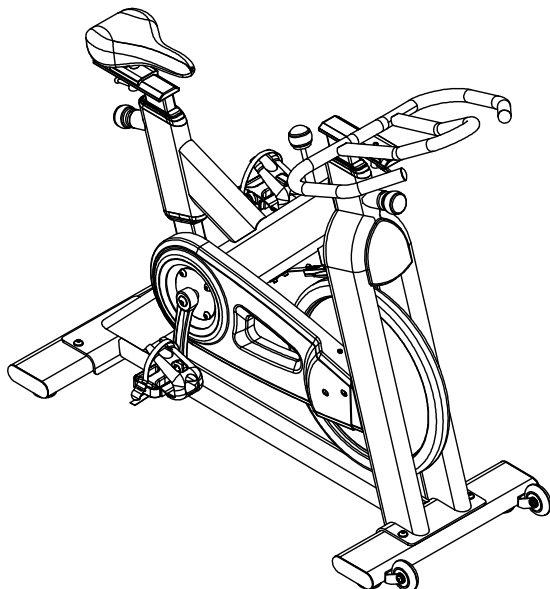
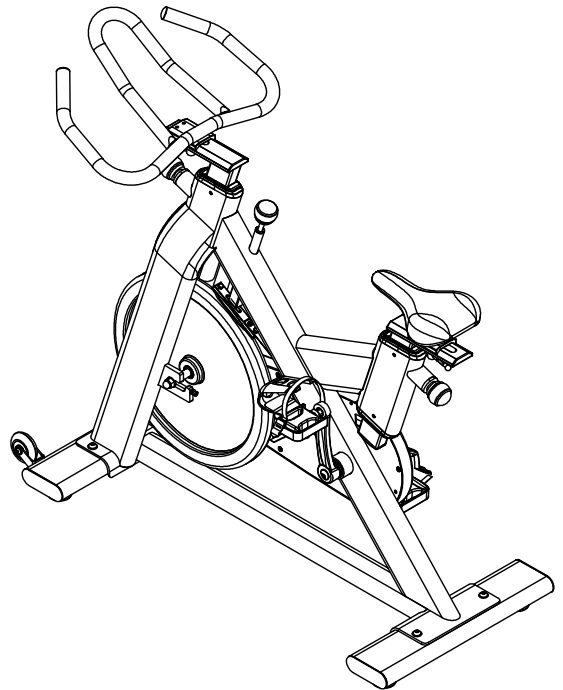
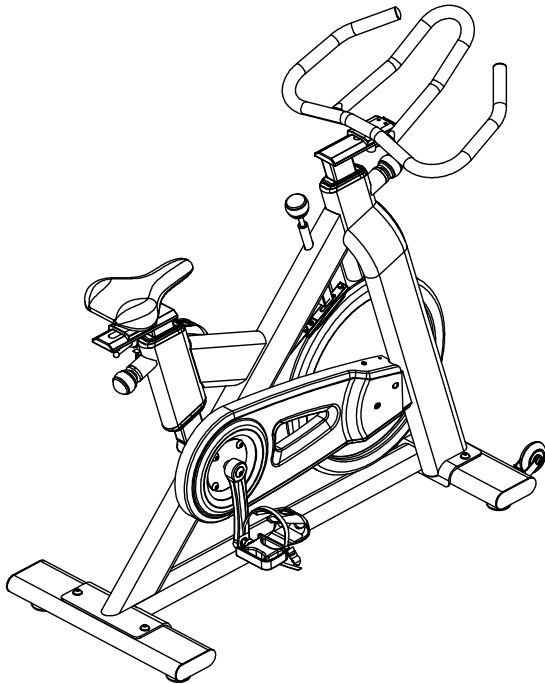


## Reference Diagrams



Use the following diagrams as a point of reference when assembling your ESB250.2.

*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 ESB250.2 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 ESB250.2. 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 ESB250.2 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 ESB250.2.

This Spin 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 ESB250.2 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 ESB250.2 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 ESB250.2.

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](http://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](mailto: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 ESB250.2 according to these guidelines, you could void the Endurance warranty.*

## CAUTION !

**Obtain assistance! Do not attempt to assemble the ESB250.2 by yourself. Review the Installation Requirements before proceeding with the following steps.**

### Required Tools

The basic tools that you must obtain before assembling the ESB250.2 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 ESB250.2:

#### Set up the ESB250.2 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 ESB250.2 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.

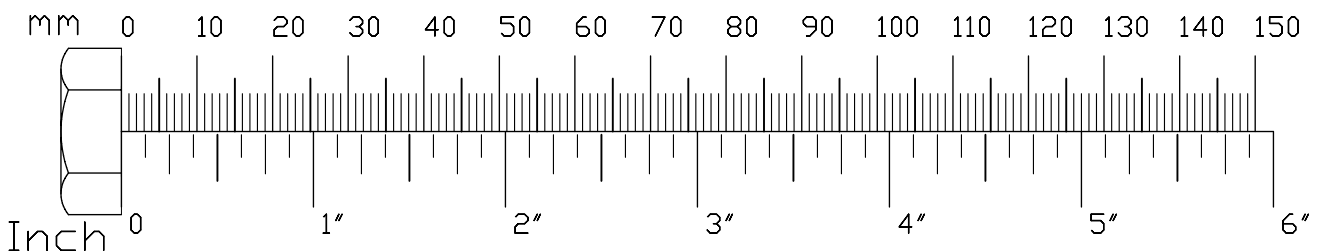
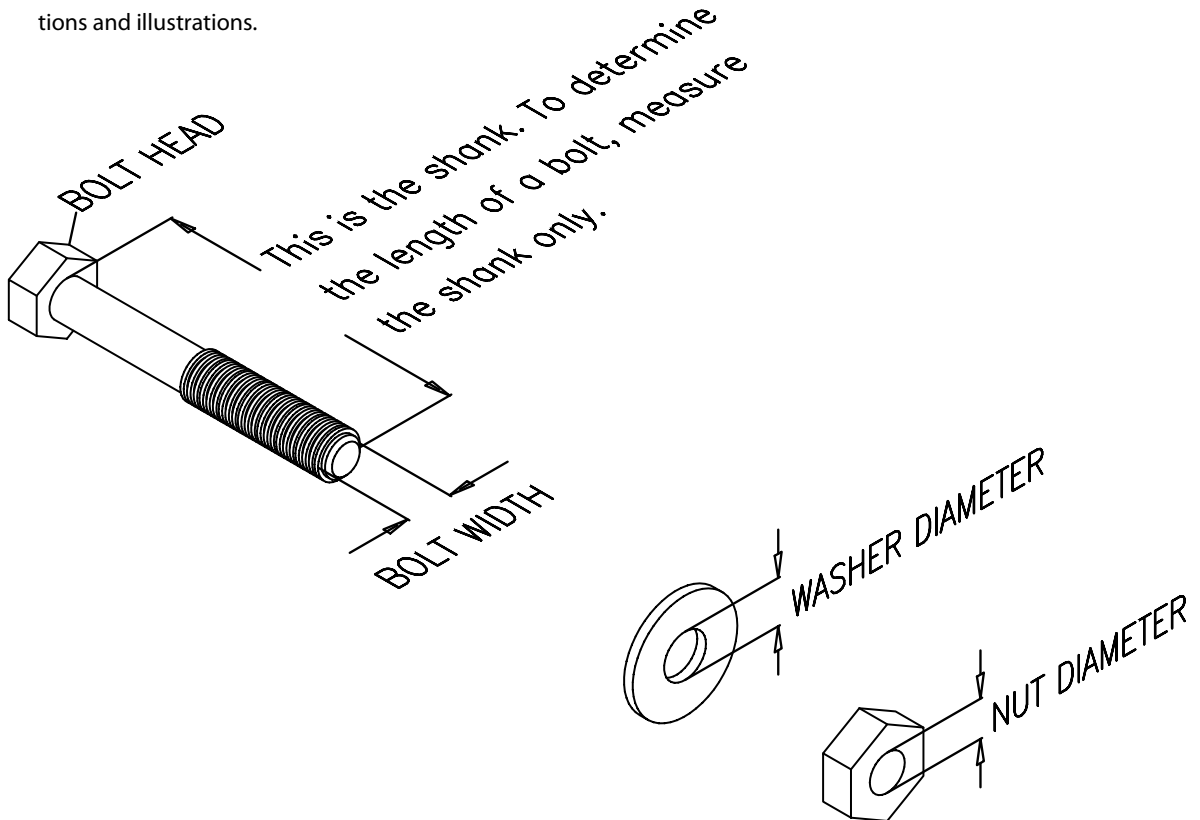
While you may be able to assemble the ESB250.2 using the illustrations only, important safety notes and other tips are included in the text.

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:

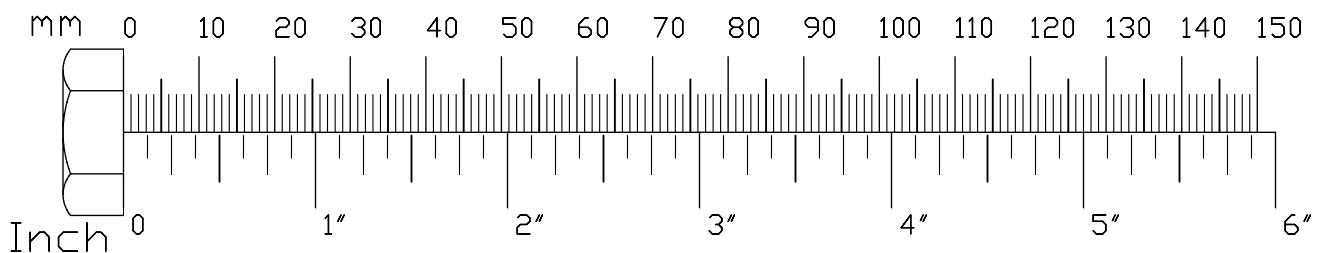


# STEP

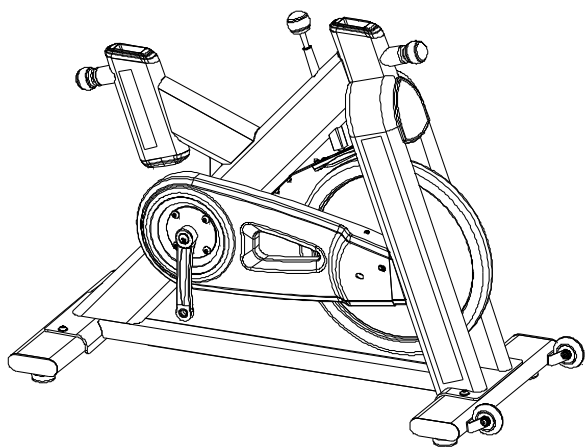
# 1

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

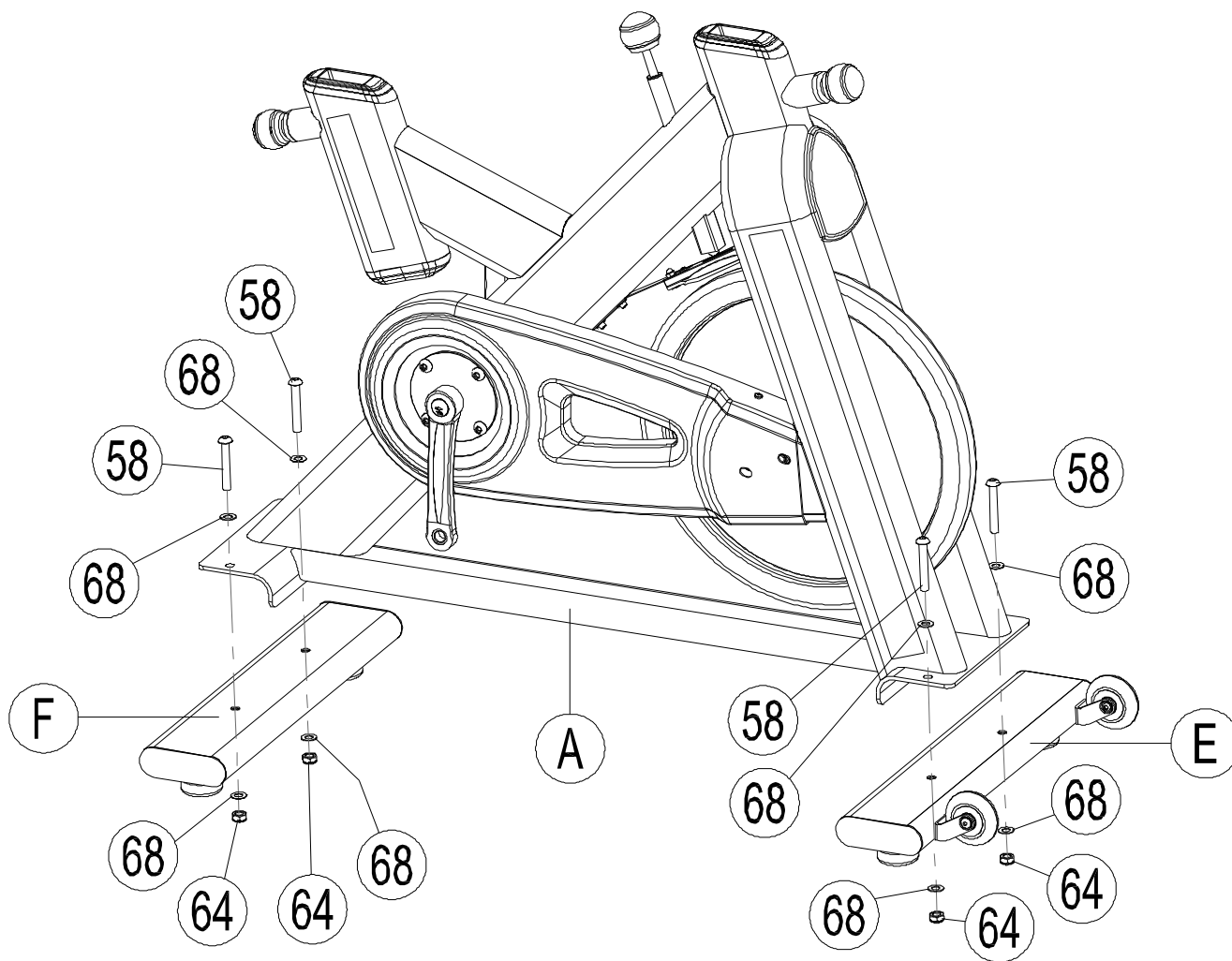
- 1A. Connect Front Base (**E**) to Main Frame (**A**) using:  
**Two 58 (M10X65mm Round Allen Head Bolt)**  
**Four 68 (M10 Washer)**  
**Two 64 (M10 Nylon Nut)**
  
- 1B. Connect Rear Base (**F**) to Main Frame (**A**) using:  
**Two 58 (M10X65mm Round Allen Head Bolt)**  
**Four 68 (M10 Washer)**  
**Two 64 (M10 Nylon Nut)**
  
- 1C. Wrench tighten all hardware.







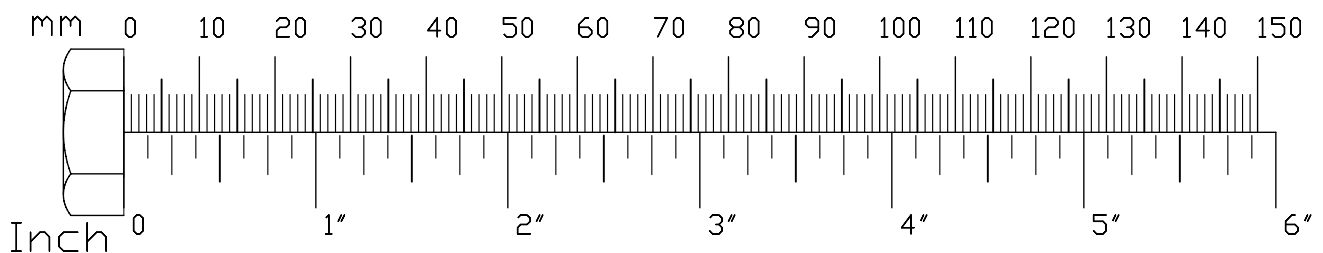
Above shows Step 1 assembled and completed.

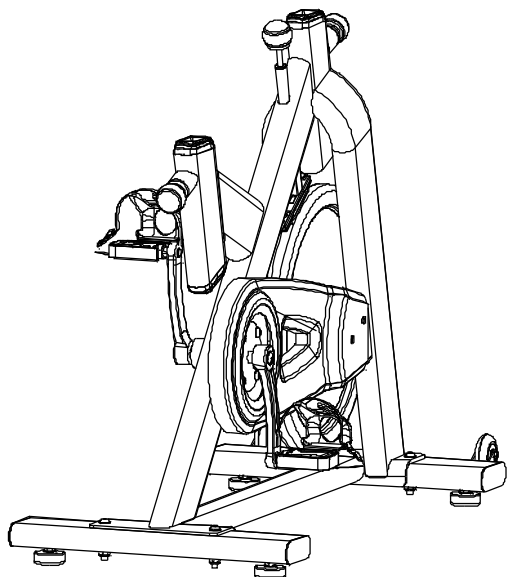


**STEP****2**

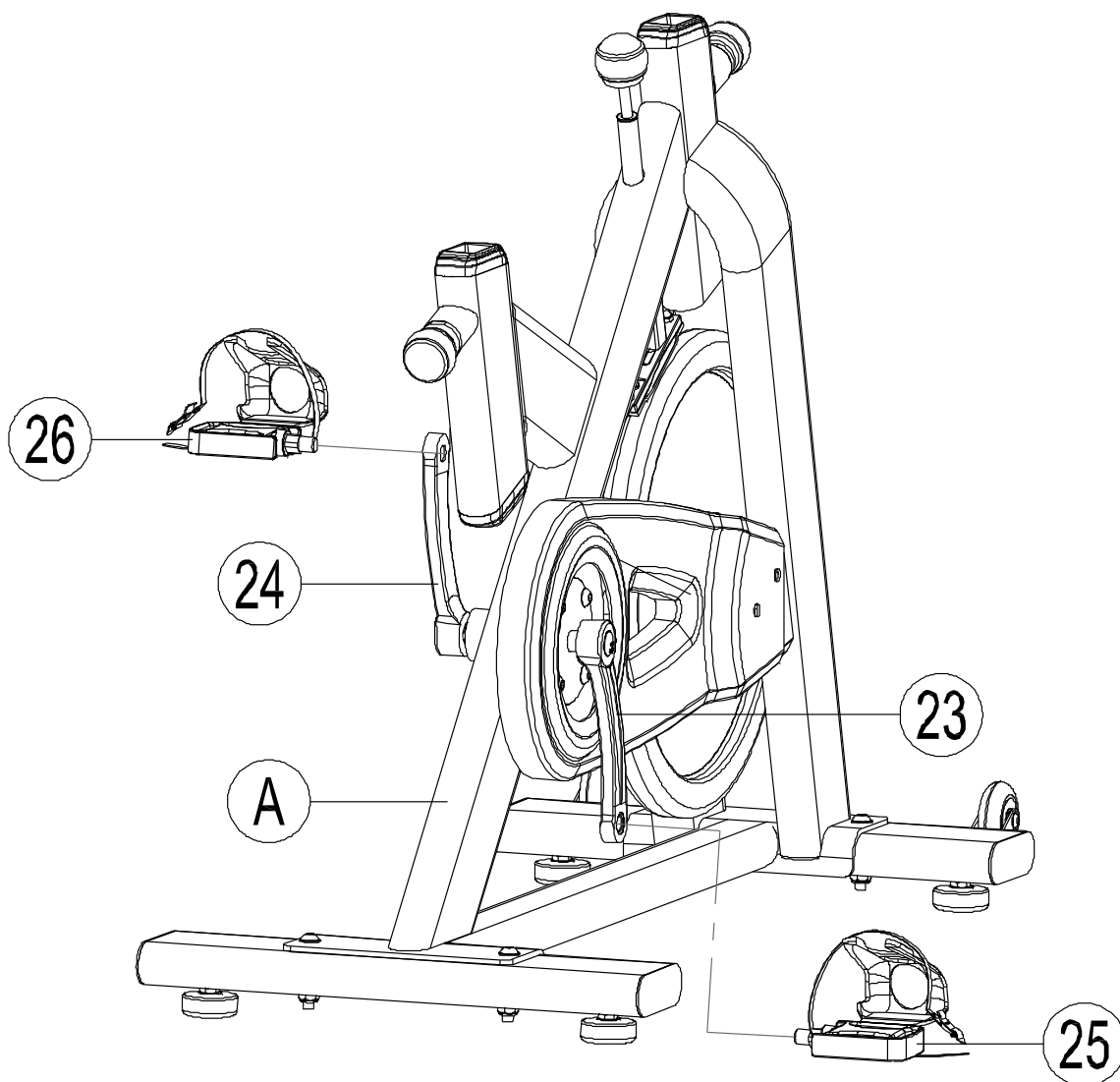
**Be careful to assemble all components in the sequence they are presented.**

- 2A. Screw (**counterclockwise**) Left Pedal (**26**) onto Left Crank (**24**).  
NOTE: To install pedals, always screw on towards the handlebar direction.
- 2B. Screw (**clockwise**) Right Pedal (**25**) onto Right Crank (**23**).  
NOTE: To install pedals, always screw on towards the handlebar direction.
- 2C. Wrench tighten all hardware.





Above shows Step 2 assembled and completed.



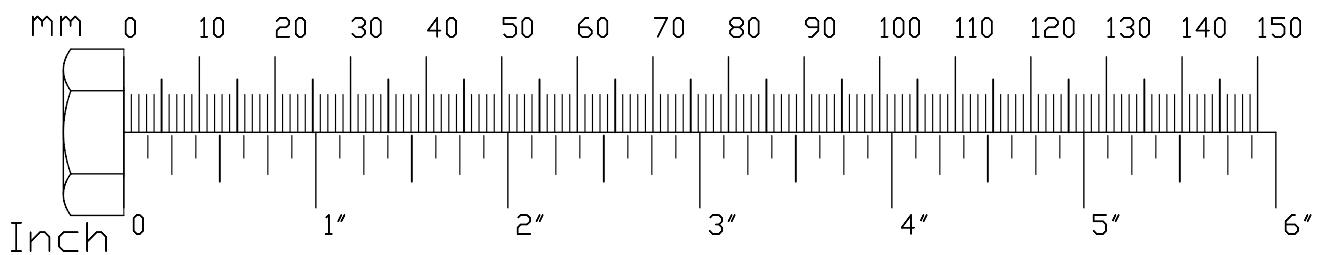
**STEP****3**

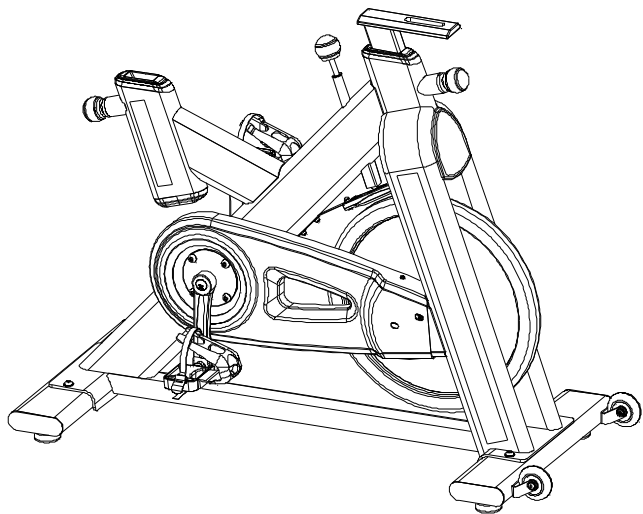
**Be careful to assemble all components in the sequence they are presented.**

- 3A. Loosen Pop Pin **(8)** and insert Handlebar **(B)** into the Handlebar Post Housing on Mainframe **(A)**.

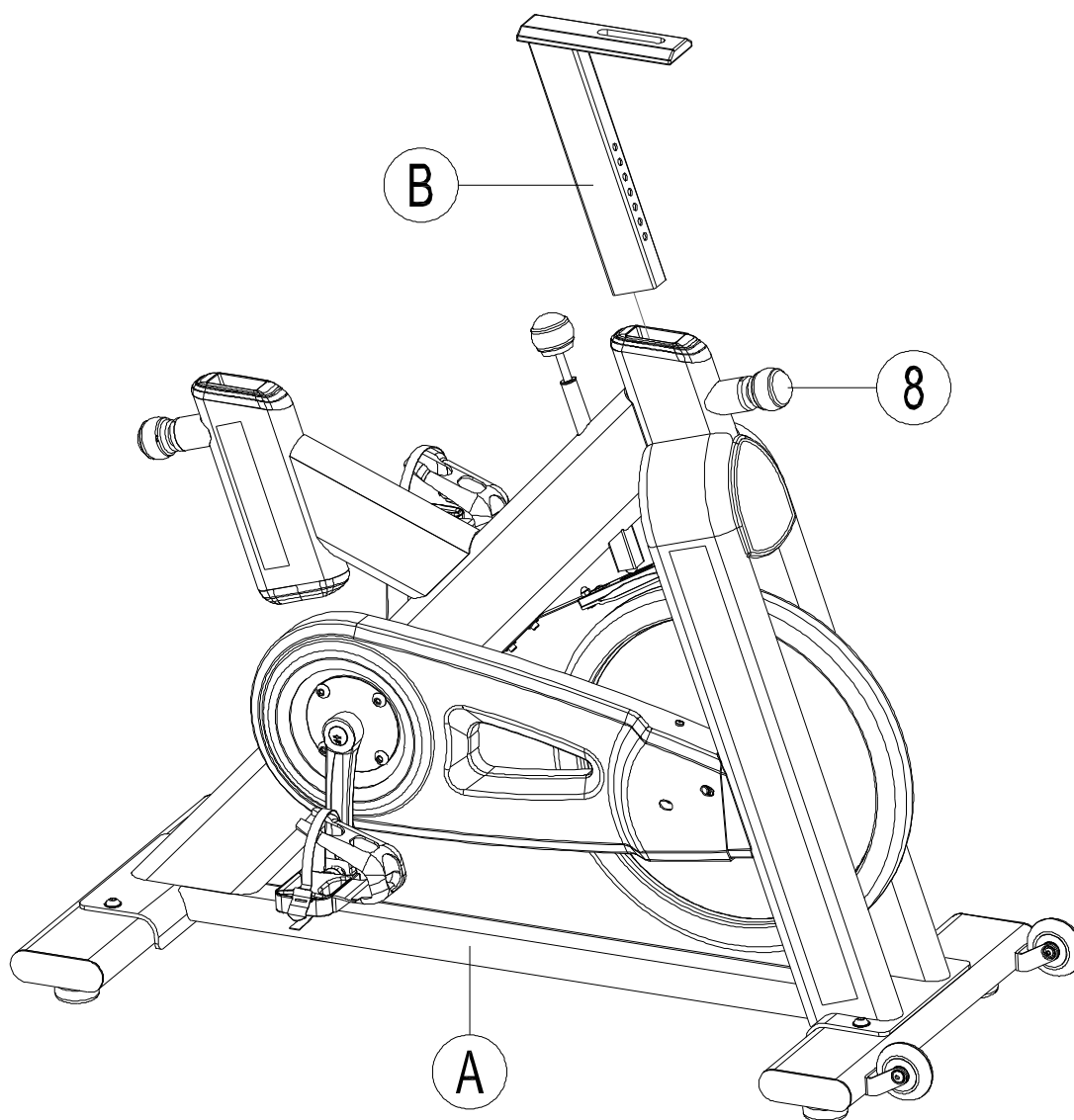
NOTE: Silicone oil may be used to ease gliding on Handlebar **(B)**.

- 3B. Retighten Pop Pin **(8)**.





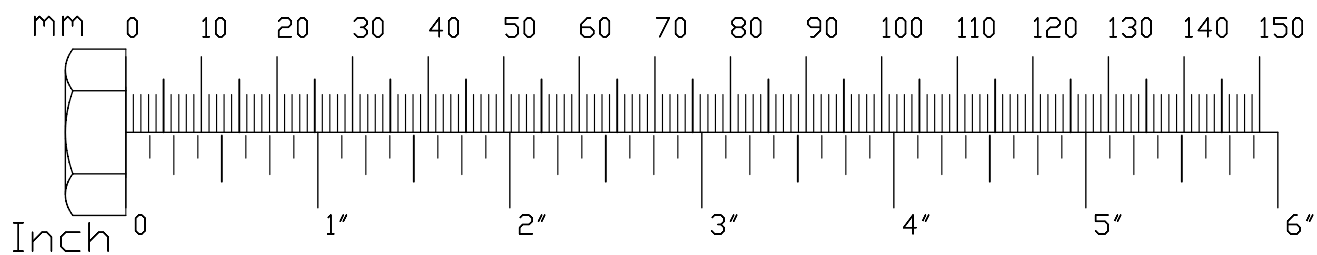
Above shows Step 3 assembled and completed.

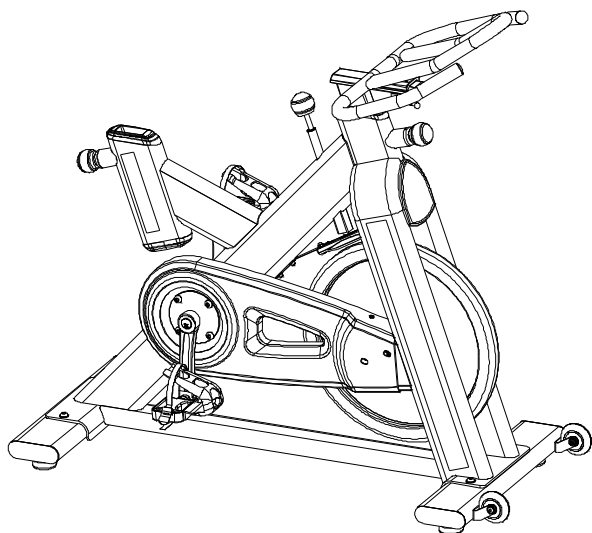


**STEP****4**

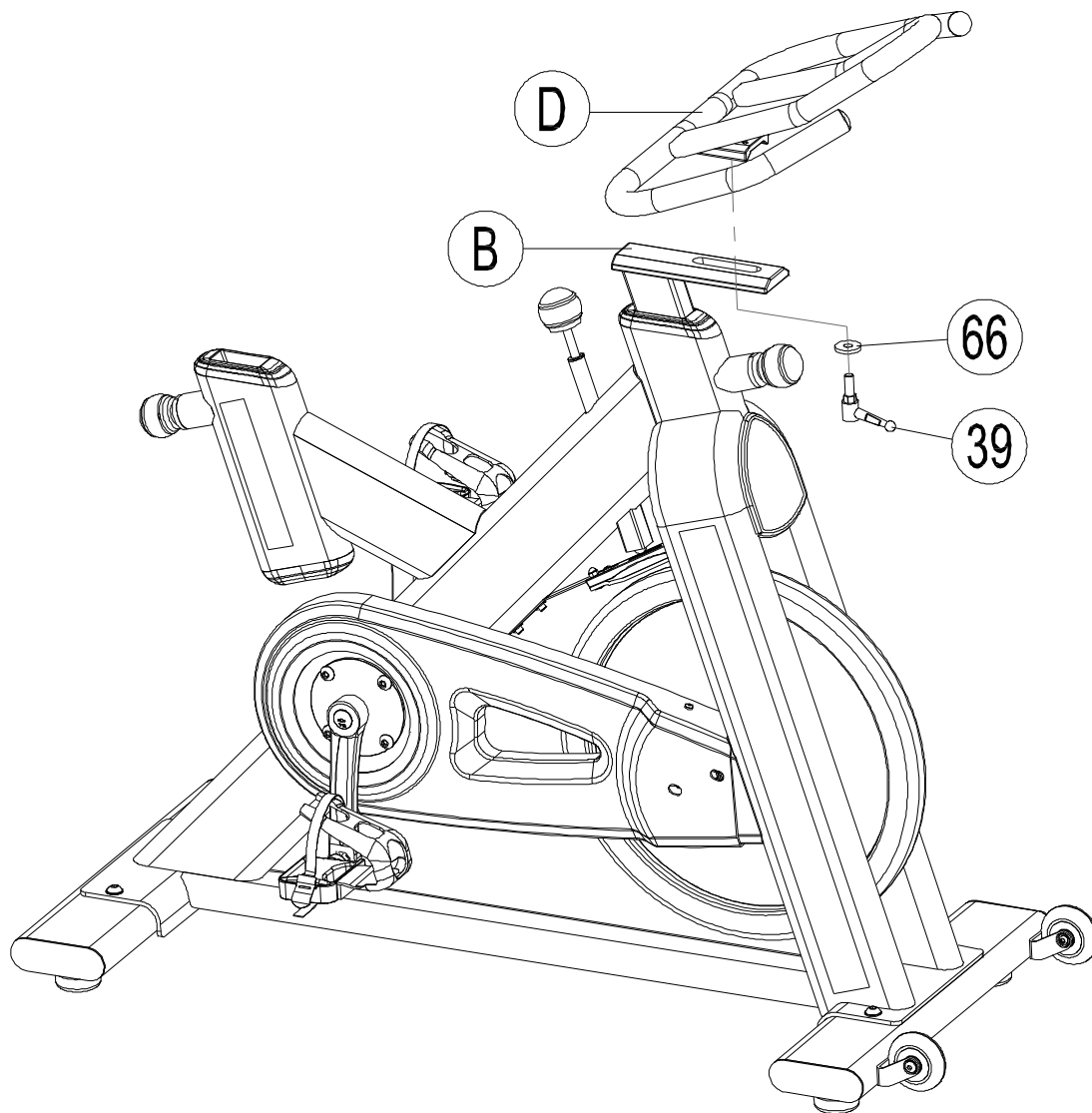
**Be careful to assemble all components in the sequence they are presented.**

- 4A. Connect Handlebar (**D**) to Handlebar Post (**B**) using:  
**One 39 (Handle)**  
**One 66 (M10 Washer)**





Above shows Step 4 assembled and completed.



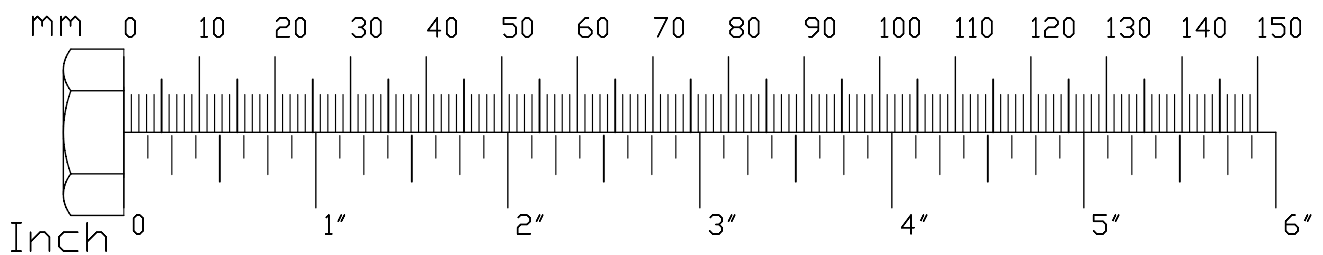
**STEP****5**

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

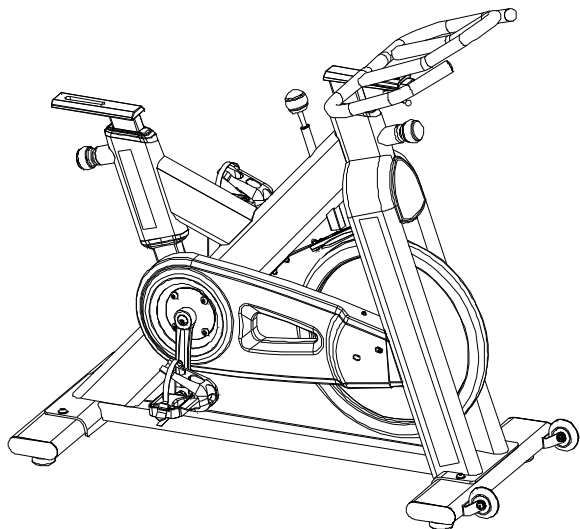
5A. Loosen Pop-Pin **(8)** and insert Seat Post **(C)** into the Seat Post Housing on Mainframe **(A)**.

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

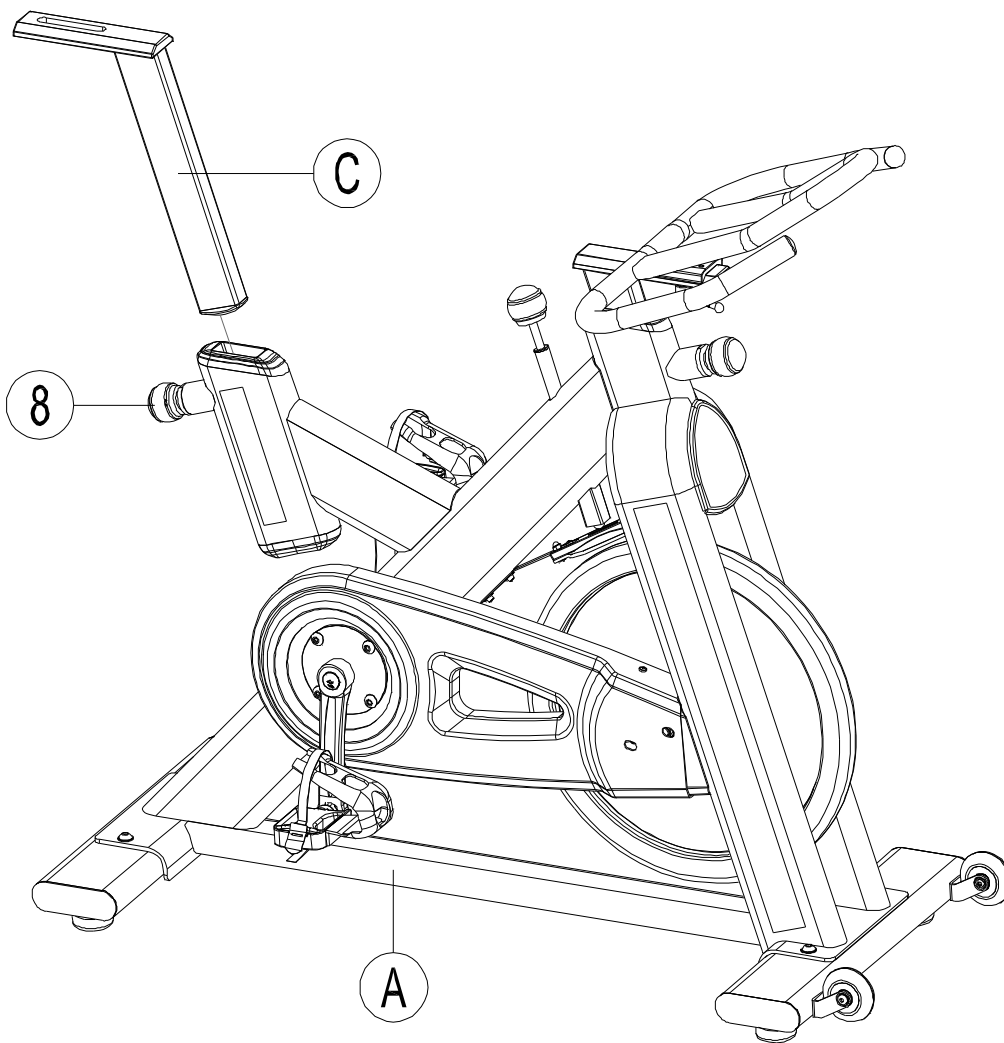
5B. Retighten Pop-Pin **(8)**.







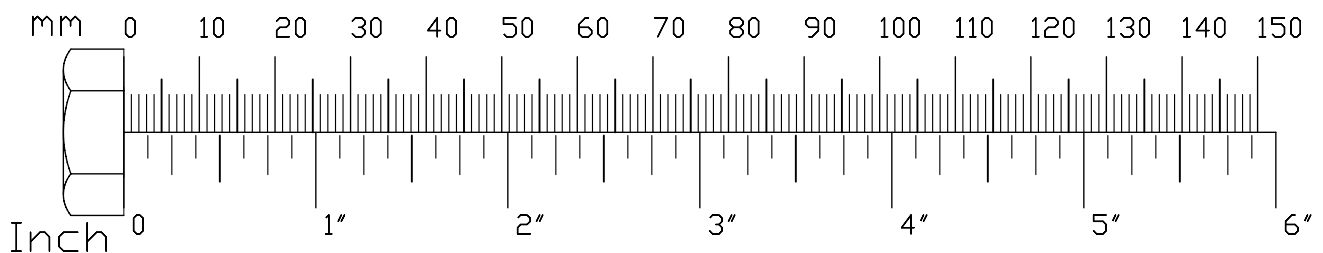
Above shows Step 5 assembled and completed.

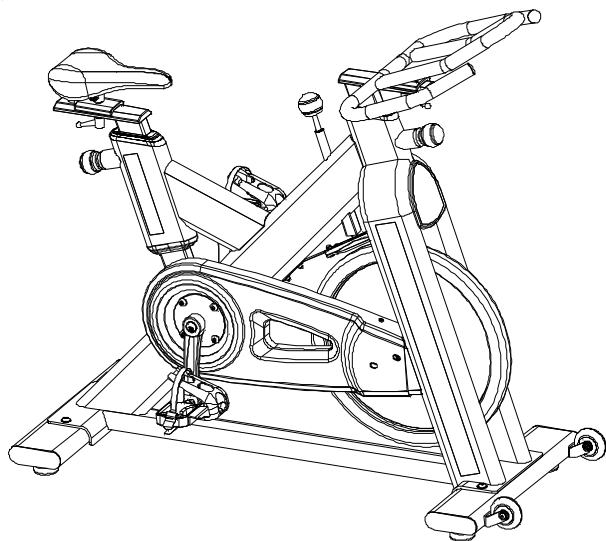


**STEP****6**

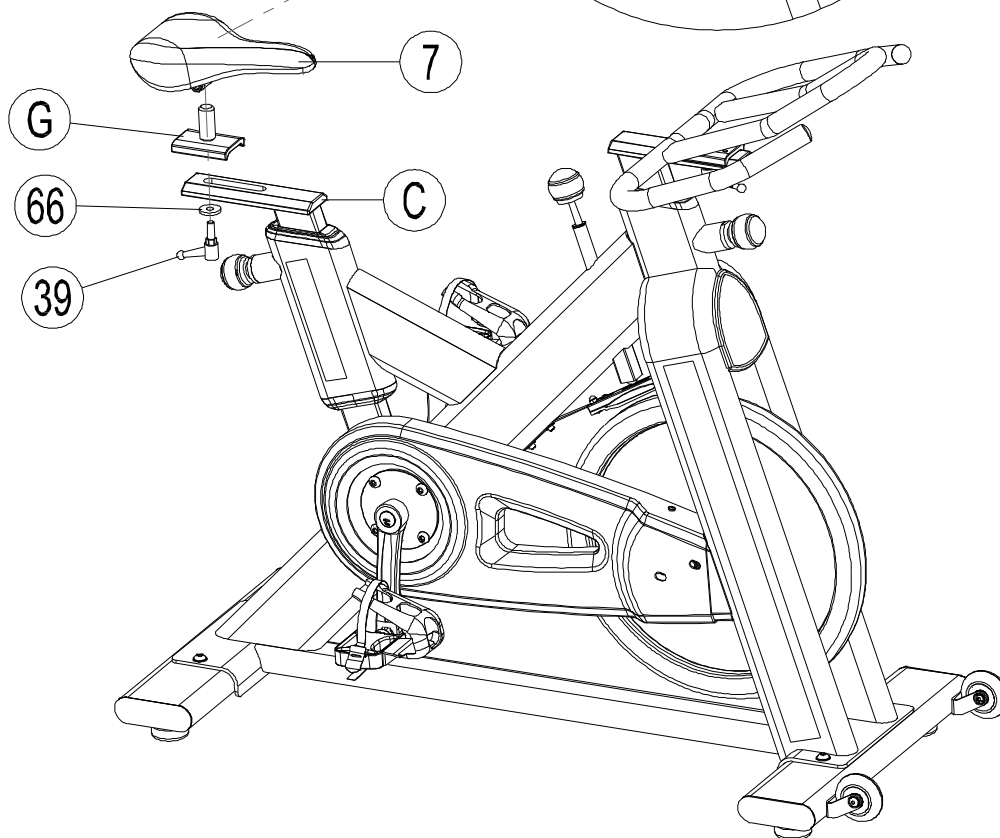
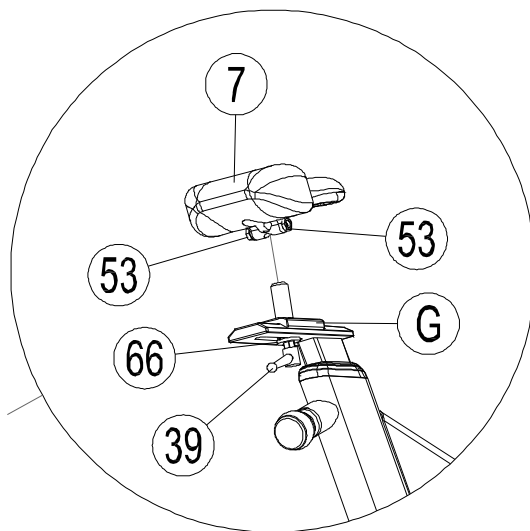
**Be careful to assemble all components in the sequence they are presented.**

- 6A. Secure Seat Slider (**G**) onto Seat Post (**C**) using:  
**One 39 (Handle)**  
**One 66 (M10 Washer)**
- 6B. Slightly loosen both Hex Nuts (**53**).
- 6C. Insert Seat (**7**) onto Seat Glider (**G**).
- 6D. Tighten both Hex Nuts (**53**) to secure the seat assembly.
- 6E. Wrench tighten all hardware.





Above shows Step 6 assembled and completed.



**STEP****7****Be careful to assemble all components in the sequence they are presented.**

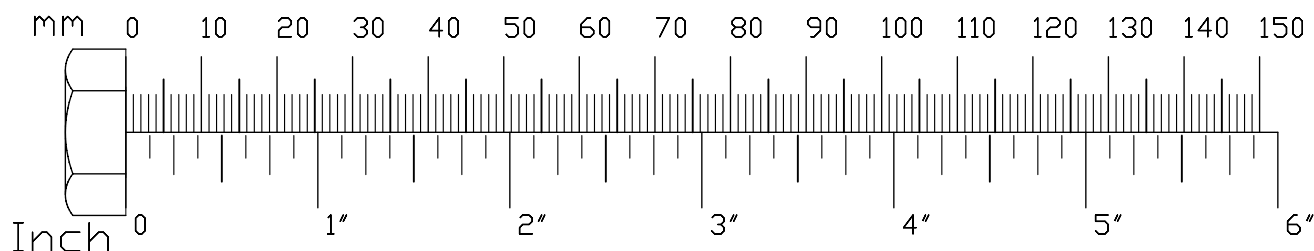
**NOTE:** It is up to you to decide if you want to install the water bottle or not, and where you want it on the handle bars. The instructions show the most convenient place to put it.

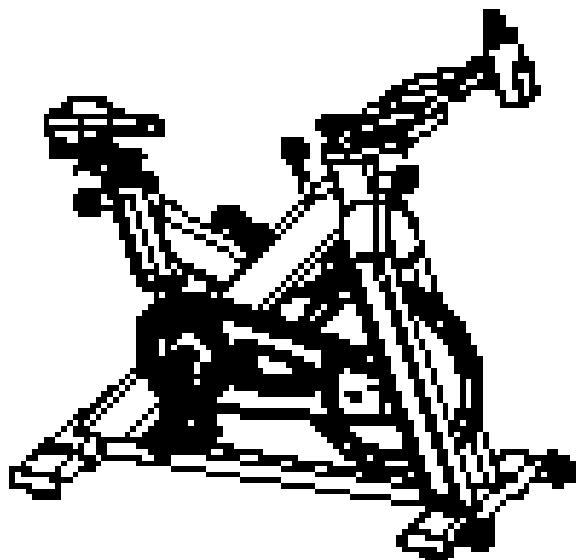
All water bottle hardware should be in a separate small plastic bag.

- 7A. Secure Bottle Holder Stator I (**83**) and II (**84**) onto Handlebar (**D**) using:  
**Two 85 (M5X16mm Hexagon Column Bolt)**  
**Two 45 (M5 Cap Nuts)**  
**One 88 (Wrench #8 ~ #10)**  
**One 89 (Wrench #4)**
- 7B. Secure Water Bottle Holder (**82**) to Bottle Holder Stator 1 (**83**) using:  
**One 86 (M5X10mm Cross Umbrella Screw)**  
**One 87 (M5 Washer)**
- 7C. Insert Water Bottle (**81**) into Water Bottle Holder (**82**).
- 7D. Wrench tighten all hardware.

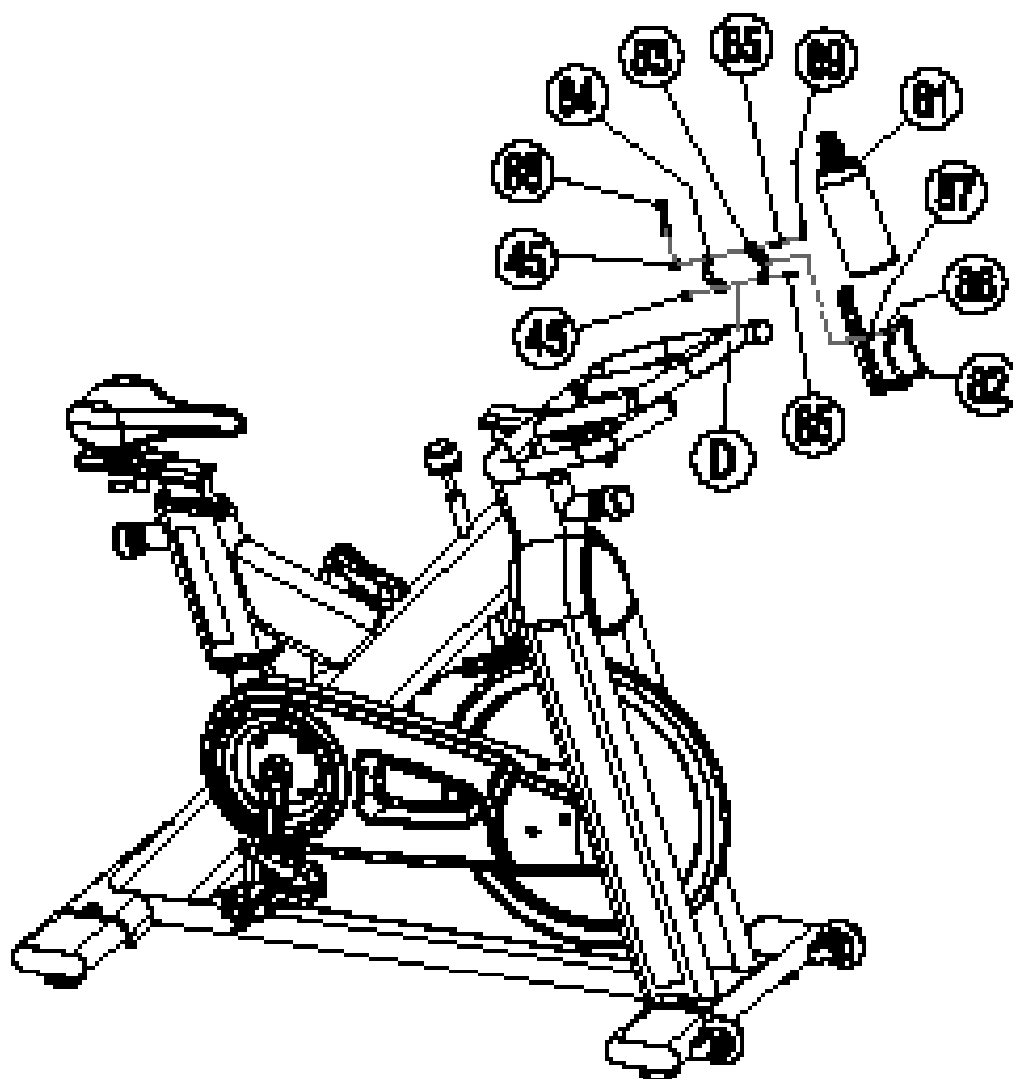
Congratulations! You are done. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call the dealer from whom you purchased 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 7 assembled and completed.

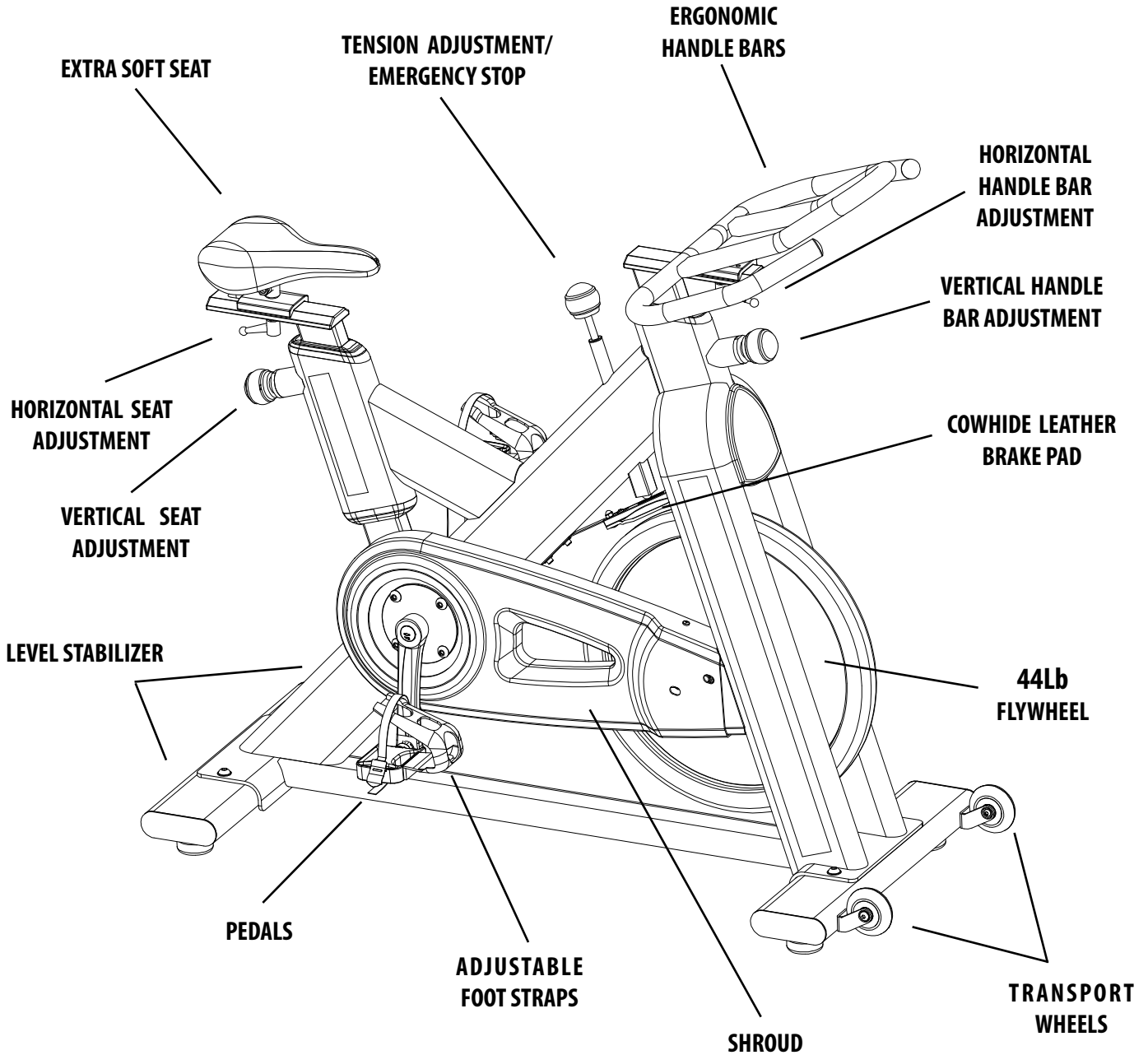


# Features

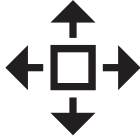


The ESB250.2 is a very beneficial cardio machine yet easy and practical to use. Below are the features included with your ESB250.2 Spin Bike.

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



# Setup



The ESB250.2 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 ESB250.2 should be placed in a comfortable and attractive setting.

## PLACEMENT IN YOUR HOME

To make exercise a desirable daily activity for you, the ESB250.2 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.

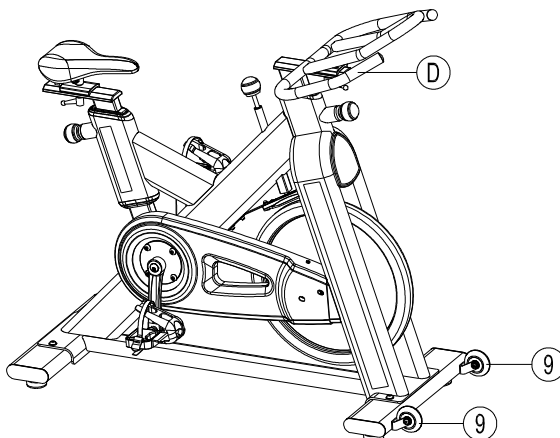
- Do not place or operate the ESB250.2 outdoors.
- Do not place the ESB250.2 near water or in a high moisture content environment.
- It is highly recommended to place a dedicated equipment mat beneath your ESB250.2. A dedicated mat provides superior stability and firmness for a proper workout.

## MOVING THE ESB250.2

This Spin Bike is easy to move around safely.

To move the ESB250.2:

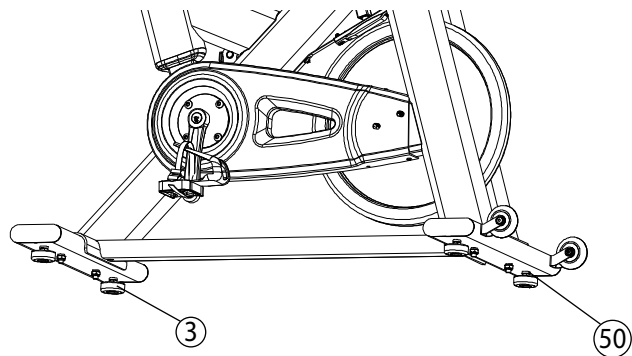
- A. Grasp Handlebar (D).
- B. Carefully pull Handlebar (D) towards you while pushing the front of the Spin Bike downward.
- C. Simply roll the ESB250.2 on Wheels (9) to the desired location.



## LEVELING THE ESB250.2

The Front and Rear Base Levelers (3) can be adjusted to balance the level the ESB250.2. To adjust the level of the ESB250.2, rotate Front or Rear Base Levelers (3) so they are at floor level.

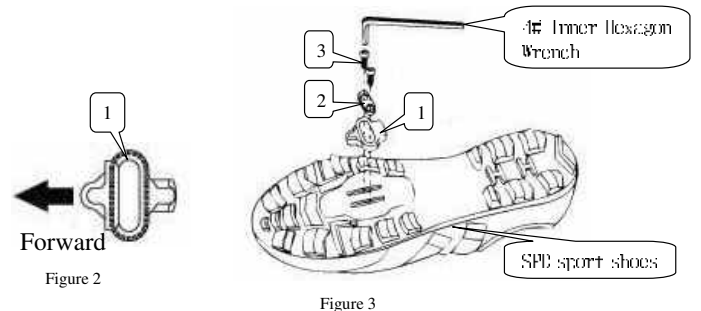
Once the ESB250.2 has been balanced, secure Base Levelers (3) by locking Nut (50) located above each Leveler (3).



## SPD SHOE CLIPS

Each ESB250.2 comes with a pair of SPD shoe clips which are in their own separate plastic bag. These are meant to be installed to the bottom of your SPD sport shoes if you own a pair. SPD shoe clips allow your feet to be latched onto the pedals to prevent slippage, but are only necessary for long, intense, and fast pace workouts. Figure 2 and 3 show how to install them.

1. Sole Clip, 2. Clip Washer, 3. Inner Hexagon Bolt





**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:

- Mount onto the ESB250.2 spin bike.
- 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.
- If height requires adjustment, loosen the Pop Pin by turning it counterclockwise then pull while adjusting the seat.
- After adjustment, place the Pop Pin in the chosen position and lock the Pop Pin by turning it clockwise.

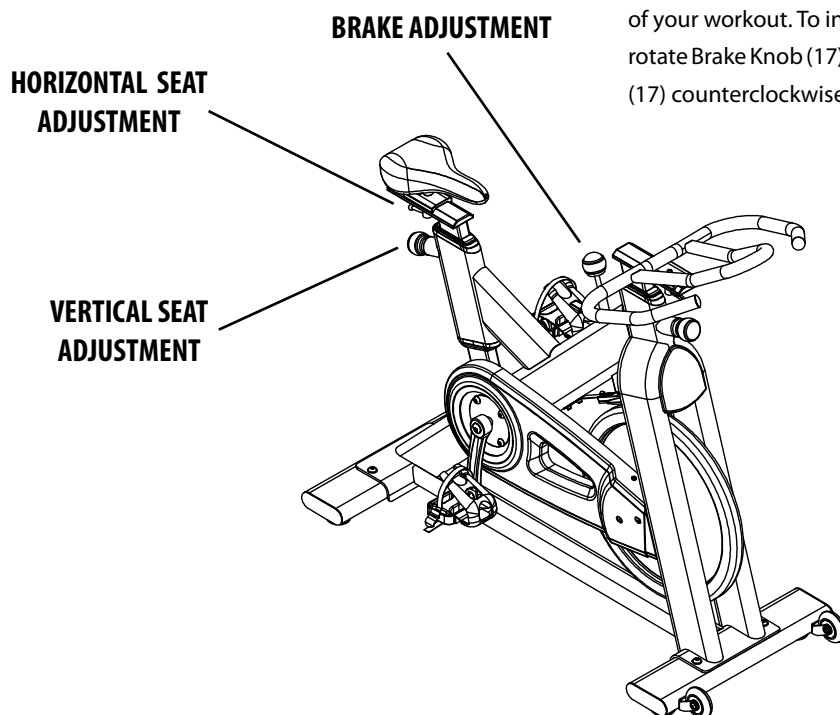
## HORIZONTAL SEAT ADJUSTMENT

To adjust the seat horizontally:

- Mount onto the ESB250.2 spin bike.
- Position the pedals so that one pedal is towards the front of the bike and one pedal is towards the rear of the bike.
- 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.
- To adjust the seat horizontally, loosen the Pop Pin by turning it counterclockwise then adjust the seat as needed.
- 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.





# Component Replacement



Although Endurance provides the highest quality of materials and workmanship in its products, the fact remains that component parts eventually wear out over time and with use.

Carefully read the instructions below when replacing wear parts on your ESB250.2 Spin Bike.

## HANDLEBAR REPLACEMENT

To replace the handlebar:

- Loosen Handle (39) while holding onto Handlebar (D). See Diagram 1.
- Remove Handle (39), Washer (66), then remove Handlebar (D).
- Replace the old Handlebar with the new Handlebar (D) and place it on Handlebar Post (B) as shown. See Diagram 2
- Reinsert Washer (66) and Handle (39).
- Tighten the assembly and carefully check for no loose components.

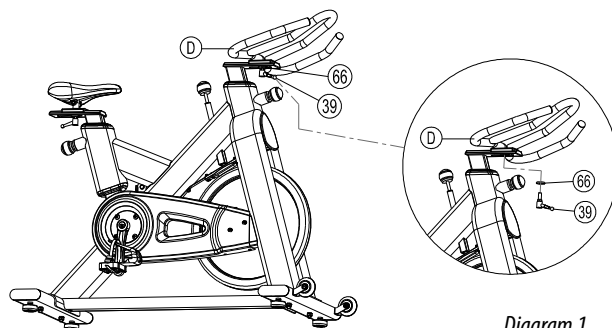


Diagram 1

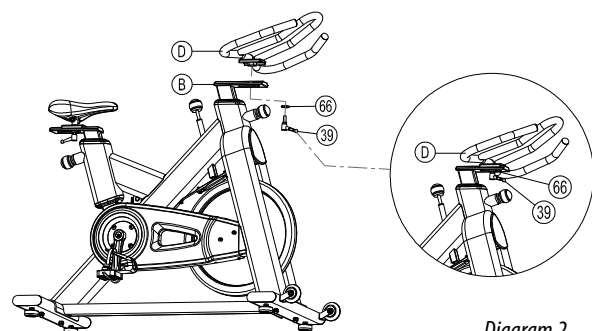


Diagram 2

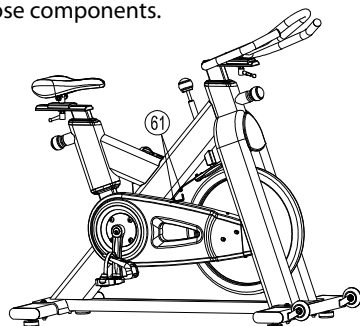


Diagram 3

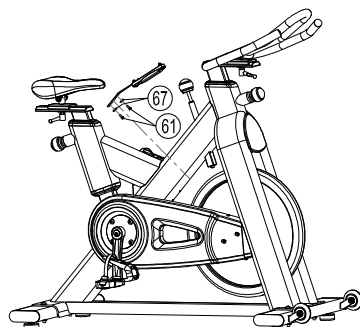


Diagram 4

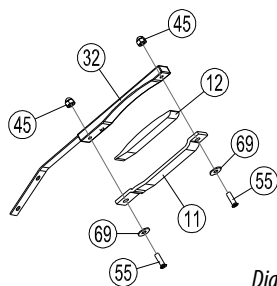


Diagram 5

## BRAKE PAD REPLACEMENT

To replace the brake pad:

- Loosen Socket Head Bolts (61). See Diagram 3.
- Remove Socket Head Bolts (61) and Washers (67). See Diagram 4.
- Secure Acorn Cap Nuts (45) with a wrench then remove Phillips Bolts (55) and Washers (69). See Diagram 5.
- Separate Brake Cushion (12) and Brake Pad (11) from Brake Holder (32).
- Clean Brake Holder (32).
- Spread glue on Brake Holder (32) then stick the new Brake Cushion (12) on Brake Holder (32).
- Place Brake Pad (11) on top of Brake Cushion (12) then secure the assembly using Phillip Bolts (55), Washers (69) and Acorn Cap Nuts (45).
- Install the new brake assembly onto the main frame using Socket Head Bolts (61) and Washers (67).

# Component Replacement

## REPLACING THE BRAKE KNOB

To replace the brake knob:

- A. Remove Socket Head Bolts (61) and Washers (67) to disassemble the brake assembly.  
See Diagram 1.
- B. While holding Nut (51) with a wrench, loosen Brake Knob (13) by hand.  
See Diagram 2.
- C. Remove Acorn Cap Nut (46), Nut (51), Brake Adjustment Nut (30), Rubber Spacer (14), Brake Knob (13) and Brake Screw (29) one at a time.
- D. Replace Brake Knob (13), then insert Brake Screw (29) into the new Brake Knob (13) and insert them into the mainframe.
- E. Replace Rubber Spacer (14), Brake Adjustment Nut (30), Nut (51) and Acorn Cap Nut (46).
- F. Tighten Nut (51) with a wrench while holding onto Brake Knob (13) by hand. Make sure Acorn Cap Nut (46) is properly secured.
- G. Install the brake assembly onto the mainframe using Socket Head Bolts (61) and Washers (67).  
See Diagram 1.

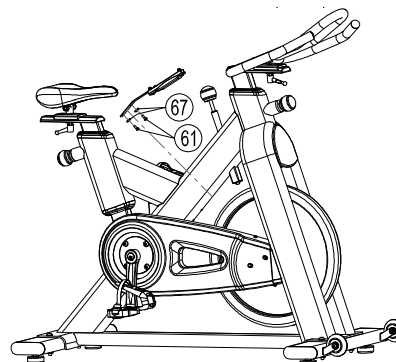


Diagram 1

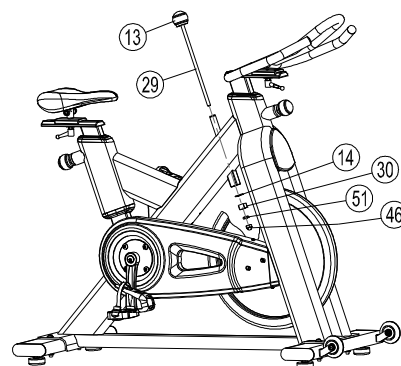


Diagram 2

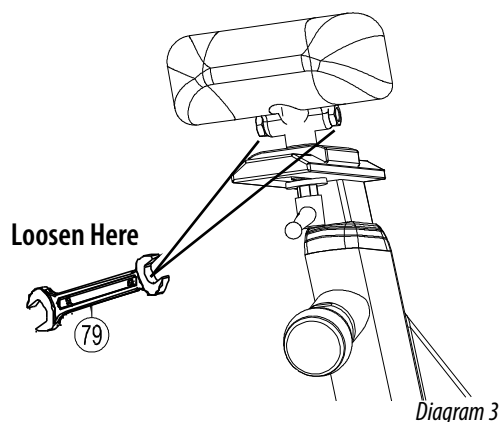


Diagram 3

## REPLACING THE SEAT

To replace the seat:

- A. Loosen the nuts underneath Seat (7) as shown in Diagram 3.  
*NOTE: Do not completely remove the nuts.*
- B. Take off the old seat.
- C. Insert a new Seat (7) making sure that the nuts are loose.
- D. Tighten the nuts underneath Seat (7) as shown in Diagram 3.

# Component Replacement

## BELT REPLACEMENT

To remove the belt:

- A. Remove five Phillips Pan Head Screws (54) from Chain Cover B (2).  
See Diagram 1.

- B. Unscrew both Phillips Pan Head Bolts (56) from Flywheel Left Cover (72).  
See Diagram 2.

- C. Remove Flywheel Left Cover (72).  
See Diagram 2.

- D. Remove two Phillips Pan Head Bolts (56) from Chain Cover A (1).  
See Diagram 2.

- E. Using a large screwdriver, insert it underneath Belt (22).  
See Diagram 3.

- F. Raise Belt (22) using the screwdriver with one hand then rotate the pedal to remove Belt (22) with the other hand.

- G. Remove Tension Spring (38) by unscrewing Round Allen Head Bolt (59) while holding Nylon Nut (65). Remove Round Allen Head Bolt (59), Washer (71), Washer (70), Nylon Nut (65) and Tension Bracket (36), from the assembly.  
See Diagram 4.

- H. Mark the original position of both Socket Head Bolts (62) on the left and right side of the flywheel bracket.  
See Diagram 5.

- I. Remove both Socket Head Bolts (62), both Hex Nuts (52), Spring Washer (44) and both Hex Flange Nuts (48).  
See Diagram 5.

- J. Take off Flywheel (16) and Belt (22).

*NOTE: Be careful not to loose Spindle Covers (19) on both sides of the flywheel spindle.*

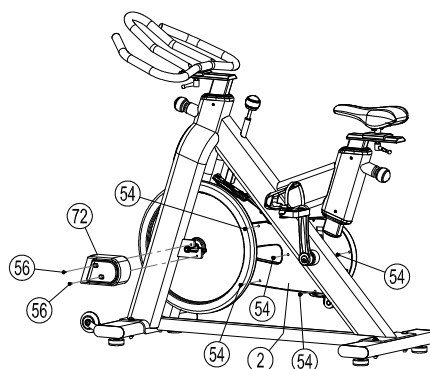


Diagram 1

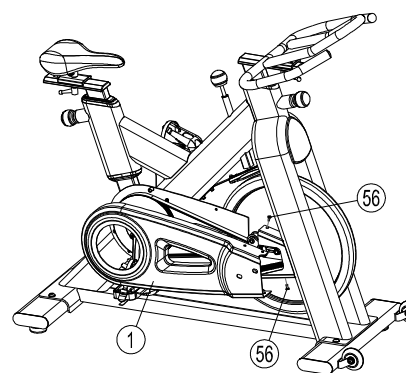


Diagram 2

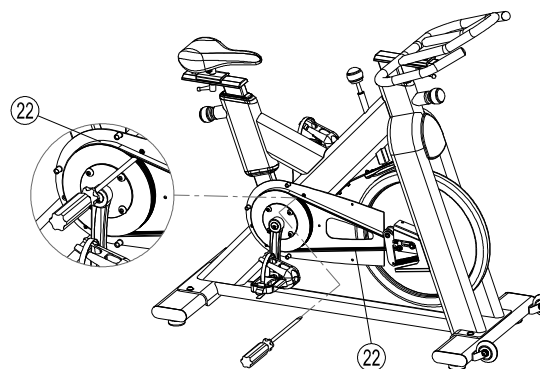


Diagram 3

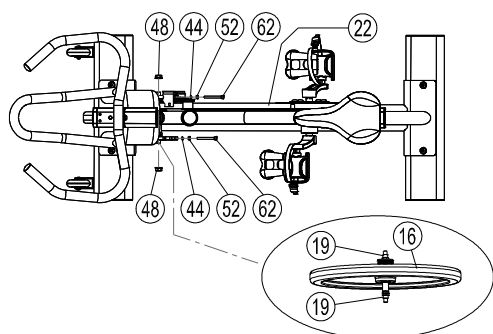


Diagram 5

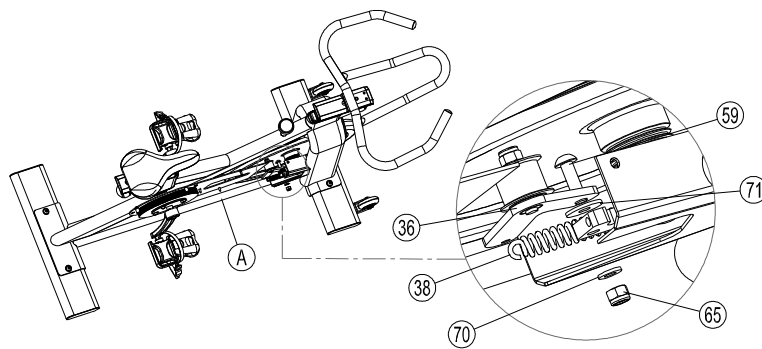


Diagram 4

# Component Replacement

## BELT REPLACEMENT

To replace the belt:

- A. Hang the new belt on the right Flywheel Bracket.  
*NOTE: Remember to check that Spindle Cover (19) is secured to Flywheel (16) and should cover both sides of the flywheel spindle.*
- B. Insert both Hex Nuts (48).  
See Diagram 1.
- C. Screw Socket Head Bolts (62) onto Hex Nuts (52) then install Tension Washers (44).  
*NOTE: No need to overtighten Hex Nuts (48).*
- D. Insert Round Allen Head Bolt (59), Washer (71), Washer (70), Tension Bracket (36) and Nylon Nut (65) then secure the assembly.  
See Diagram 2.
- E. Hang Tension Spring (38) onto the Tension Bracket assembly.
- F. Hang Belt (22) on Flywheel (16) and under Tension Pulley (37). Use a large screwdriver to adjust Belt (22) under Tension Pulley (37).  
See Diagram 3.
- G. After installing Belt (22), adjust Socket Head Bolt (62) to the original position as has been marked earlier.  
See Diagram 4.  
Use a heavy duty wrench to tighten Hex Flange Nut (48) at a preferable strength of 60NM. After the assembly has been secured, Flywheel (16) should be in the middle of the frame.
- H. Align Chain Cover A (1) and Chain Cover B (2), then insert five Phillips Pan Head Bolts (54).
- I. Attach Flywheel Left Cover (72) using two Phillips Pan Head Bolts (56).  
See Diagram 5.

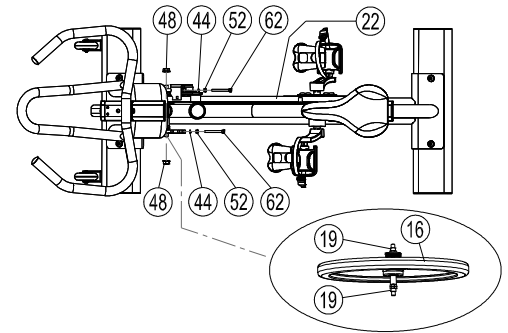


Diagram 1

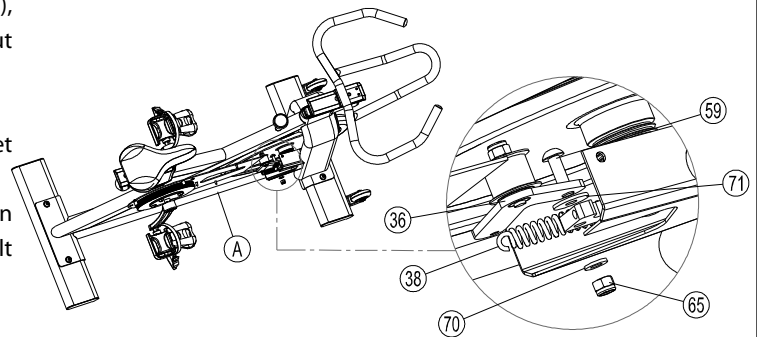


Diagram 2

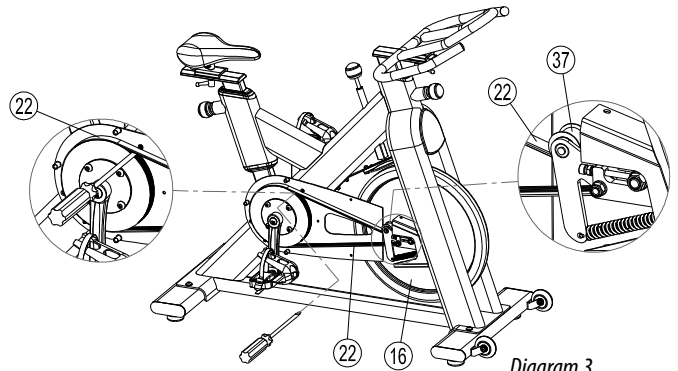


Diagram 3

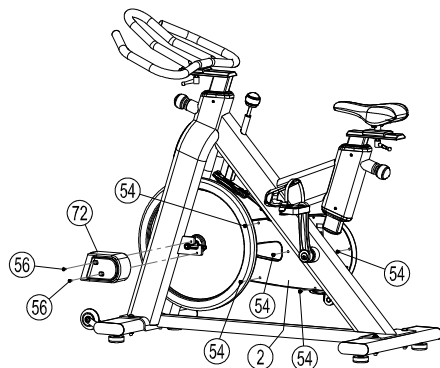


Diagram 5

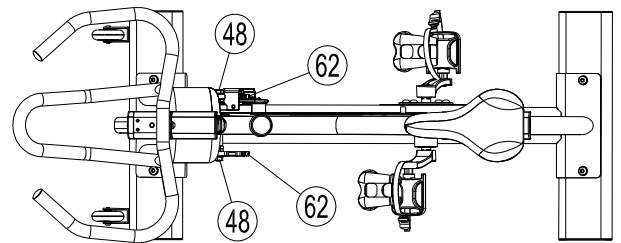


Diagram 4



**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

<b>Part#</b>	<b>Qty</b>	<b>Description</b>	
A	1	MAIN FRAME	
B	1	HANDLEBAR POST	Ø30 x 60 x 2T x 330L
C	1	SEAT POST	Ø30 x 60 x 2T x 360L
D	1	HANDLEBAR	Ø28
E	1	FRONT BASE	40x120x2Tx498L (FLAT OVAL)
F	1	REAR BASE	40x120x2Tx498L (FLAT OVAL)
G	1	SEAT SLIDER	85x60x7.7

**Part numbers are required when ordering parts.**

## Hardware List

Part#	Qty	Description	
1	1	CHAIN COVER A	
2	1	CHAIN COVER B	
3	4	BASE LEVELER	M10
4	2	BUSHING	40x120x2T (FLAT OVAL) 30x60 (SQUARE TUBE)
5	1	END CAP	30x60x2T
6	1	BUSHING	40x120x2T (FLAT OVAL) 30x60 (SQUARE TUBE)
7	1	SEAT	
8	2	POP PIN	M16x1 ½
9	2	TRANSPORT WHEEL	
10	1	PLASTIC BUSHING	Ø19 x Ø15 ½ x 40L
11	1	BRAKE PAD	T4 (COWHIDE)
12	1	BRAKE CUSHION	20x11x96
13	1	BRAKE KNOB	M10
14	1	RUBBER SPACER	Ø20x2T
15	2	CRANK COVER	
16	1	FLYWHEEL	Ø460x35W
17	1	SHAFT	Ø15 x M12 x P1 x 157 ½L
18	1	SLEEVE	Ø20 x Ø15.2 x 28 ½L
19	2	SPINDLE COVER	Ø15 ½ x Ø12.2 x 9 ½L
20	1	AXLE	Ø20 x 167 ½ L
21	1	BELT WHEEL	Ø205 x 19.8W
22	1	BELT	5PK 54"
23	1	RIGHT CRANK	¼" 170L
24	1	LEFT CRANK	¼" 170L
25	1	RIGHT PEDAL	¼" - 20UNF
26	1	LEFT PEDAL	¼" - 20UNF
27	2	PEDAL SHEATH	
28	2	PEDAL STRAP	
29	1	BRAKE SCREW	M10x290
30	1	BRAKE ADJUSTMENT NUT	M20 x 20 x 15L
31	1	BRAKE PAD FRAME	1 ½T
32	1	BRAKE PAD HOLDER	
33	2	INNER SCREW CAP	Ø40 x M36 x 2.0 - M16 x 1 ½
34	2	LIMITED BEARING	Ø32 x Ø27 x 52L
35	2	SPRING	Ø1 ½
36	1	TENSION BRACKET	5T
37	1	TENSION PULLEY	Ø37 x Ø30 x 24 ½
38	1	TENSION SPRING	Ø3.0x17 RING
39	2	HANDLE	M10x25
40	2	BEARING	6302 ABEC-5
41	2	BEARING	6004 ABEC-5
42	4	BEARING	608ZZ ABEC-7
43	2	C-RING	Ø20
44	2	SPRING WASHER	Ø6.1x1.6T
45	2	ACORN CAP NUT	M5
46	1	ACORN CAP NUT	M10

**Part numbers are required when ordering parts.**

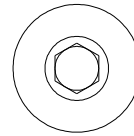
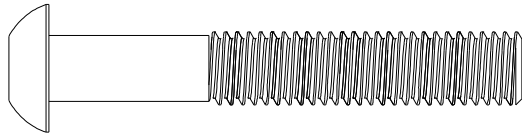
## Hardware List

Part#	Qty	Description	
47	2	FLANGE NUT	M12 x P1 ¼ x 8T
48	2	FLANGE NUT	M12x1
49	3	NUT	M12 x 1 x 6T
50	4	NUT	M10 (BLACK)
51	1	NUT	M10 (SILVER)
52	2	NUT	M6
53	2	NUT	M8
54	5	PHILLIPS PAN HEAD SCREW	ST4.8x15
55	4	PHILLIPS COUNTERSUNK BOLT	M5x18
56	5	PHILLIPS PAN HEAD BOLT	M5x12
57	2	ROUND ALLEN HEAD BOLT	M6x12
58	4	ROUND ALLEN HEAD BOLT	M10x65
59	1	ROUND ALLEN HEAD BOLT	M8x27
60	4	ROUND ALLEN HEAD BOLT	M10x16
61	2	SOCKET HEAD BOLT	M5x12
62	2	SOCKET HEAD BOLT	M6x55
63	2	HEX SCREW	Ø8 x M6 x 30
64	4	NYLON NUT	M10
65	2	NYLON NUT	M8
66	2	WASHER	M10 ½ x 30 x 4T
67	2	WASHER	M5.2 x 15 x 1T
68	8	WASHER	M10 ½ x 20 x 1 ½T
69	2	WASHER	M8x16x2T (SILVER)
70	2	WASHER	M8x16x2T (BLACK)
71	1	WASHER	M8 ½ x 24 x 1T
72	1	FLYWHEEL LEFT COVER	
73	1	WAVE WASHER	M20 ½ x 27 x 0.3T
74	2	ENDURANCE LOGO	
75	2	ESB250 LOGO	
76	1	ENDURANCE 250 BADGE	
77	2	FLYWHEEL STICKER	
78	1	INSTALLATION WRENCH	PHILLIPS/#13/#15/#17
79	1	INSTALLATION WRENCH	#13/#15
80	1	INSTALLATION ALLEN WRENCH	#
81	1	BOTTLE	
82	1	BOTTLE HOLDER	
83	1	BOTTLE HOLDER STATOR I	3T
84	1	BOTTLE HOLDER STATOR II	3T
85	2	INNER HEXAGON COLUMN BOLT	M5x16
86	1	CROSS UMBRELLA SCREW	M5x10
87	1	FLAT WASHER	M5.2 x 10 x1T
88	1	WRENCH	#8 - #10
89	1	INNER HEXAGON WRENCH	#4

**Part numbers are required when ordering parts.**



# Hardware (To Scale)

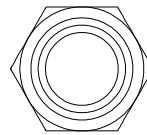
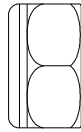


Part# 58

M10x65

Round Allen Head Bolt

Qty. 4

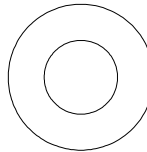


Part# 64

M10

Nylon Nut

Qty. 4

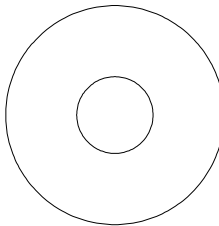


Part# 68

M10

Washer

Qty. 8

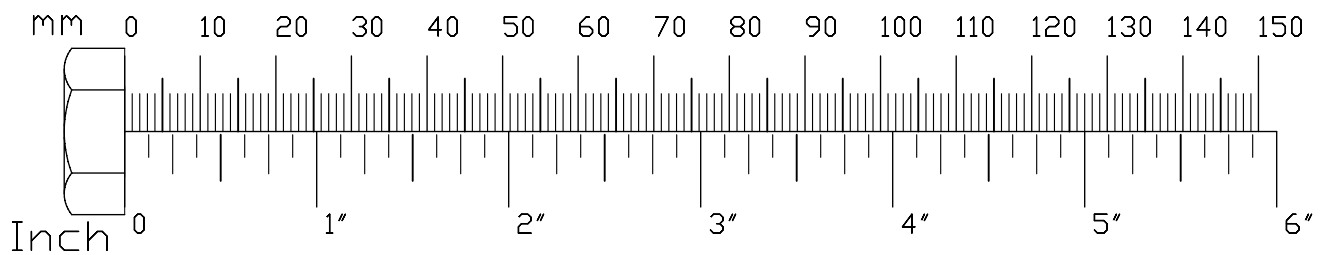


Part# 66

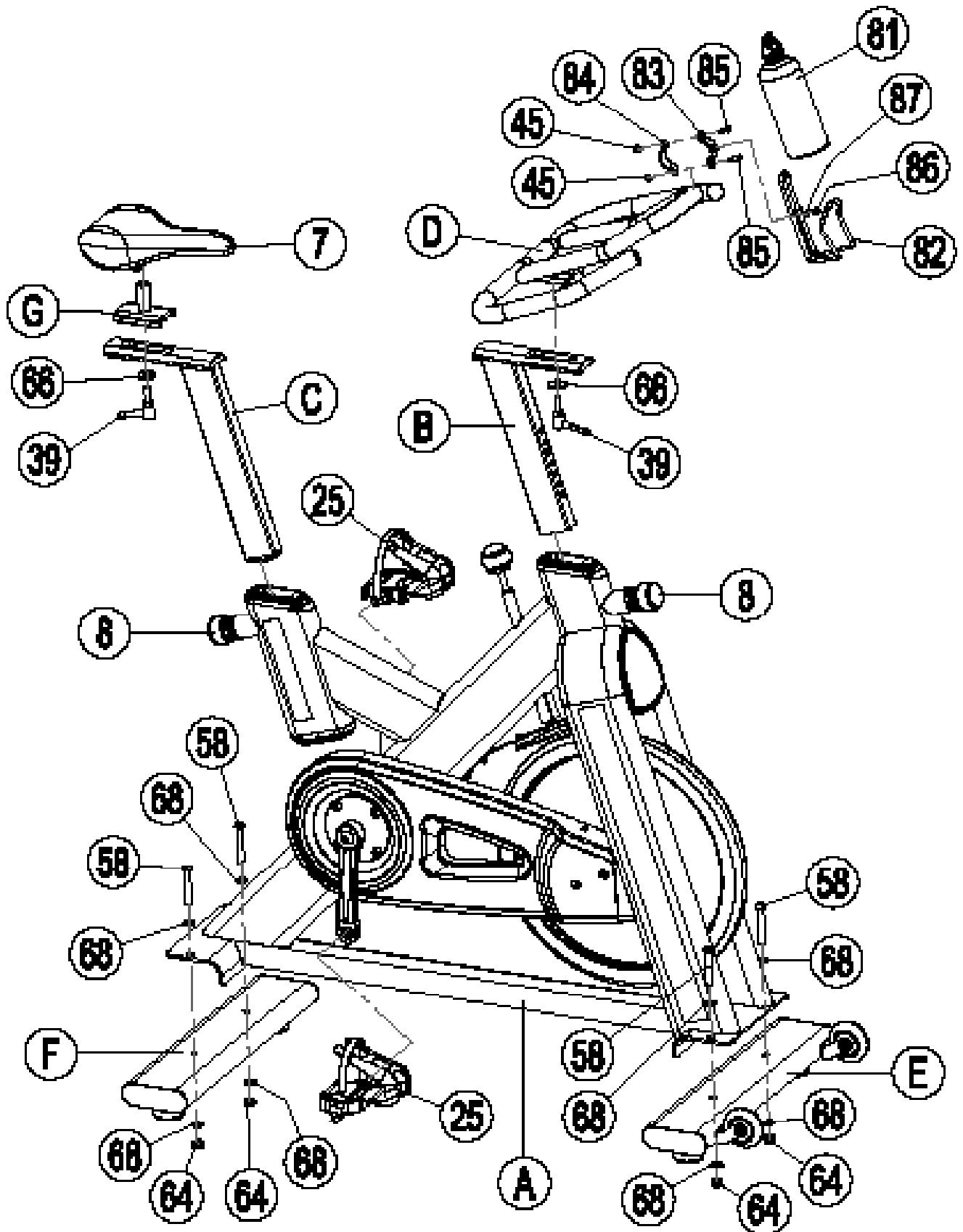
M10x30OD

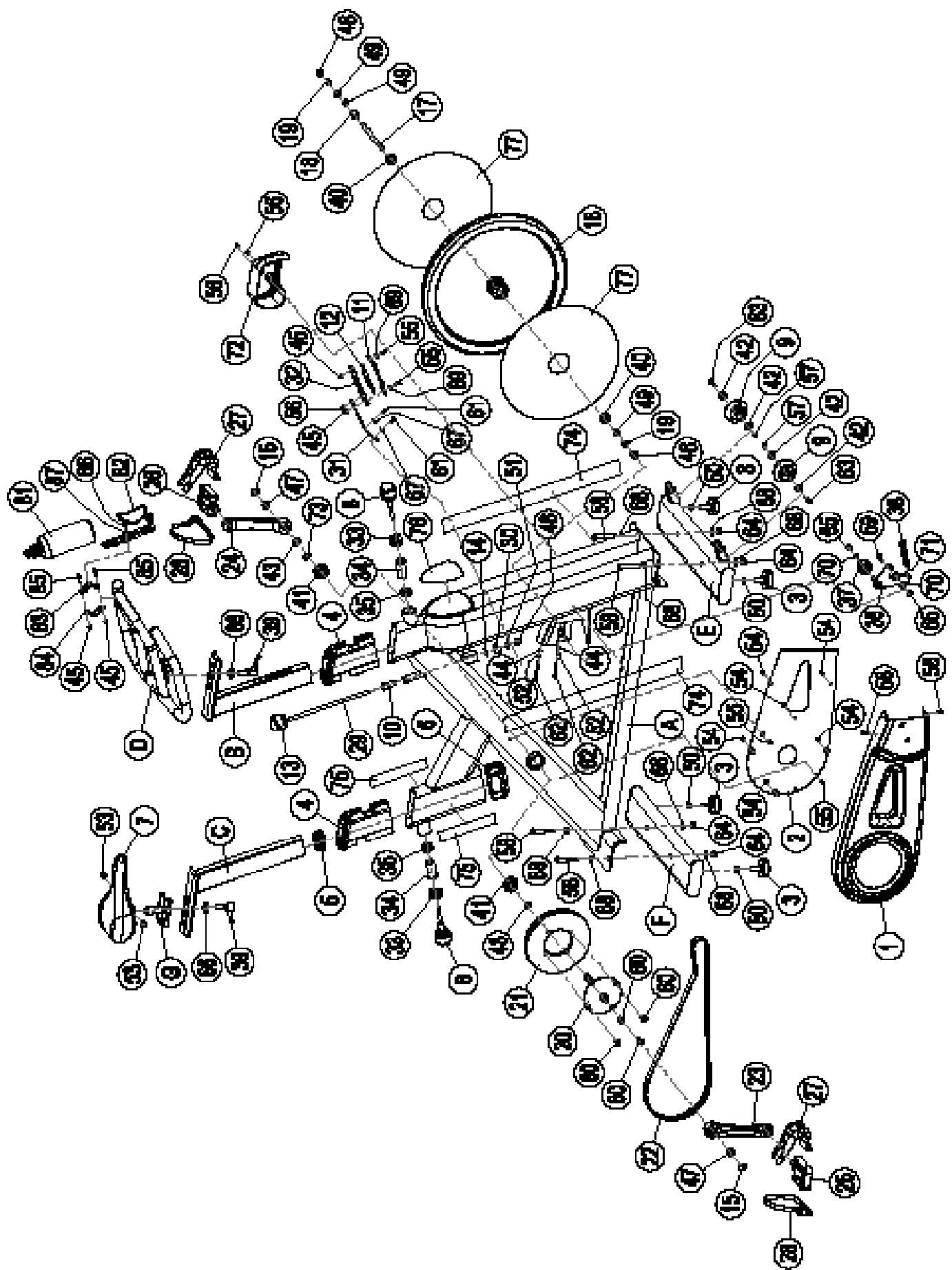
Washer

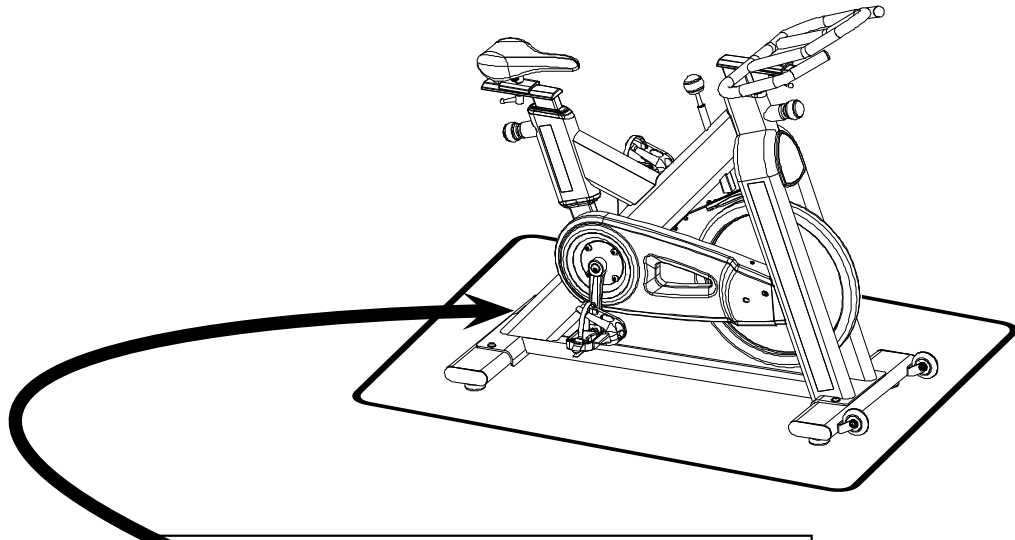
Qty. 2



# Exploded View Diagram







**Serial Number is Located on the Frame**

Model Name: ESB250.2

Purchase Date: \_\_\_\_\_

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



1900 S. Des Plaines Ave.  
Forest Park, IL 60130  
(800) 556-3113  
Hours: M-F 8:30 - 5:00

