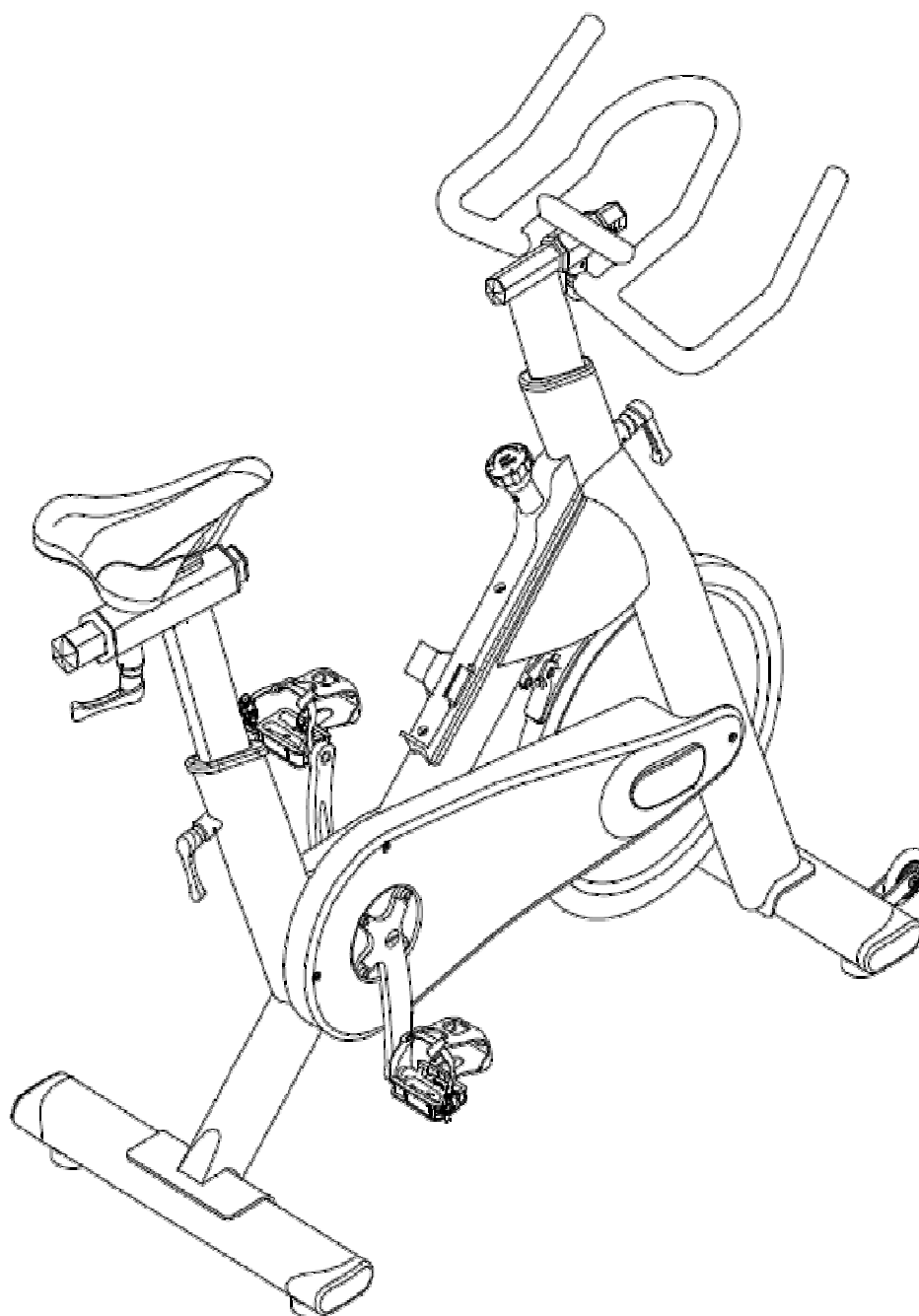


BIKE V-1600

MANUAL



IMPORTANT SAFETY INSTRUCTIONS

SAVE THESE INSTRUCTIONS

READ ALL INSTRUCTIONS BEFORE USING THIS EXERCISE EQUIPMENT.

- * Keep children off your bike at all times.
- * When the bike is in use, young children and pets should be kept at least 10 feet away.
- * Use this bike only for its intended use as described in the manual.
- * Keep your hands away from all moving parts, Never turn the pedal crank arms by hand.
- * Do not remove your feet from the pedals while they are in motion.
- * After exercising, push down on the tension knob or turn the tension knob in a clockwise direction to slow the flywheel down and decrease the potential for injury.
- * Do not dismount the bike until both the pedals and flywheel have come to a complete stop.
- * Do not attempt to use this bike at high speeds or in standing positions until you have practiced and are comfortable at lower speeds.
- * Rotate the tension knob clockwise to add resistance to the flywheel prior to standing on the pedals.
- * Never drop or insert any object into any opening on this bike.
- * Do not use without proper footwear.

To assure that the safety level of this bike is maintained, examine components for wear and tear on a regular basis. Components that are worn excessively or inoperable should be replaced immediately or the bike should be put out of use until it is repaired.

Caution:

if you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing.

V-1600 INSTRUCTIONS FOR USE

- 1) The model V-1600 is designed to be used as a group cycle in fitness studios and health clubs.
It has a fixed wheel driven flywheel and should only be used under professional supervision.
- 2) Installation – it is important that the V-1600 is correctly assembled
and we recommend that installation and assembly be carried out by suitably qualified personnel.
- 3) Handlebar and seat adjustment. It is important that the handlebar and seat are set at the correct height for your body. Ask your instructor for assistance.
Adjusting the handlebar height - Make sure it is securely tightened and that there is no lateral or vertical movement of the handlebar. Undo the Quick Release knob which is located in front of head tube. Slide the handlebar/stem up or down to the required height and then retighten.

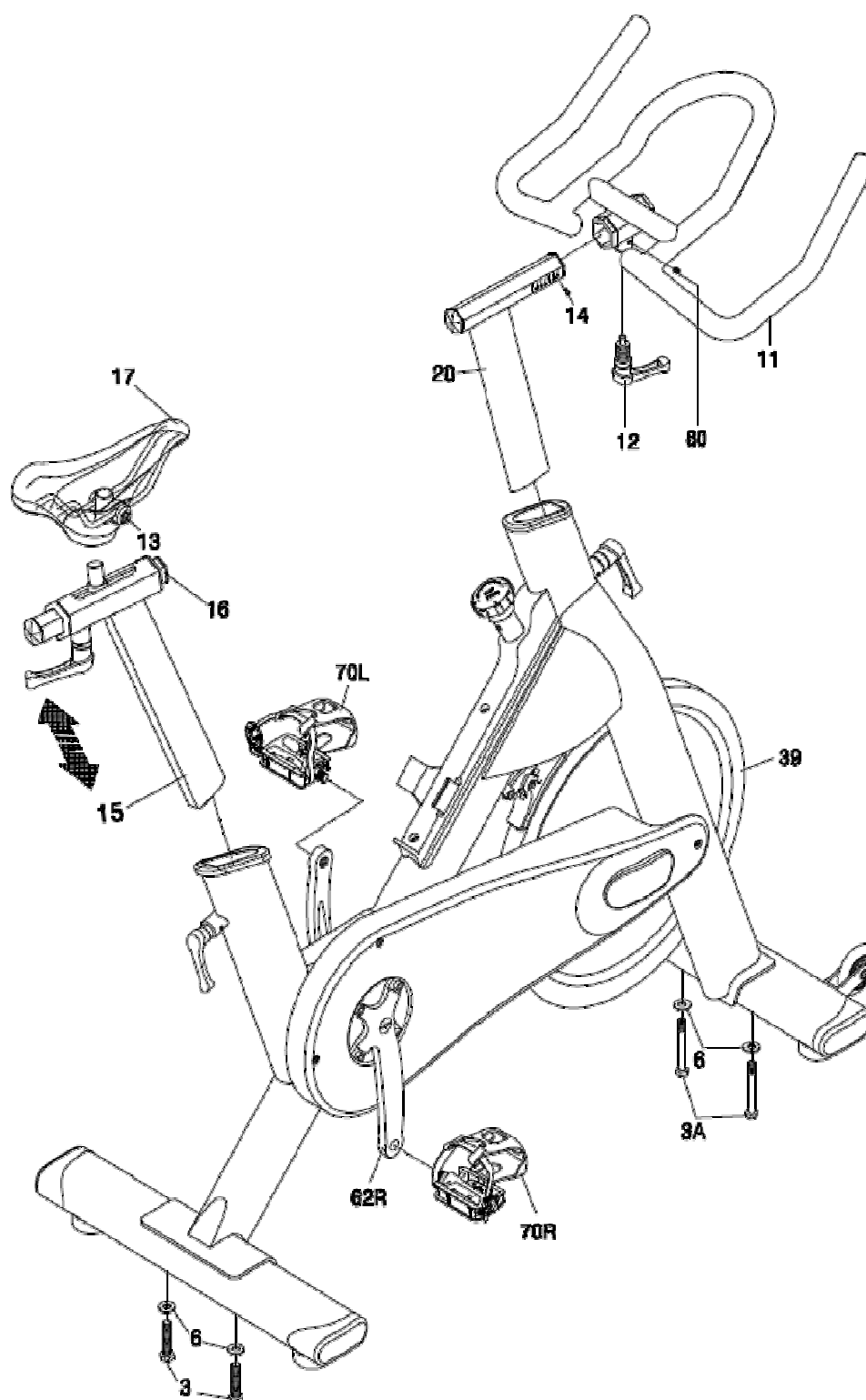
The handlebar/stem position can also be adjusted forwards or backwards. Undo the Quick Release lever located on below the slider. Slide the handlebar/stem assembly forwards or backwards until you reach the required position. Then securely re-tighten the Quick Release lever.

Adjusting the seat height – refer to above mention.

NOTE: there is a safety line engraved on the seat post. On no account should the seat post ever be raised above this line.

- 4) Pedals and toe straps – your feet should be securely positioned in the toe clips during the exercise. Put your foot as far forward as you can into the toe-clip and then pull the strap tight.
- 5) Resistance system- V-1600 bike is with durable belt direct drive transmission system, to adjust the exercising resistance on the completed spinning bike, undo the simply loosen or tighten using adjustment knob. Press down the brake lever for stopping the wheel.
- 6) The ES-701H should operate on a level surface with no lateral movement.
There are height adjuster pads located on either side underneath the rear foot.
Turn these pads clockwise or anti-clockwise until the bike is totally stable on the ground.
- 7) Maintenance – like any other mechanical cycling device, the V-1600 should be regularly maintained. Ask your supplier for a detailed maintenance programme.

V-1600 Assembly Diagrams



V-1600 ASSEMBLY

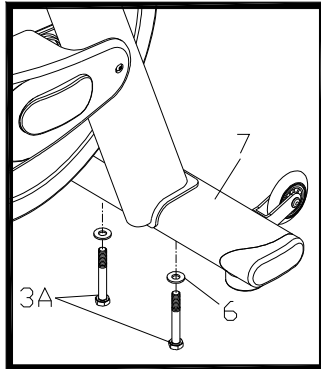
Step 1 (foot)

Attach the front foot (7) to the frame using the bolt (3A) and washer (6).

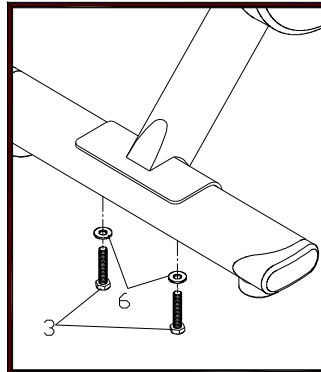
Step 2 (foot)

Attach the rear foot (2) to the frame using the bolt (3A) and washer (6).

STEP 1



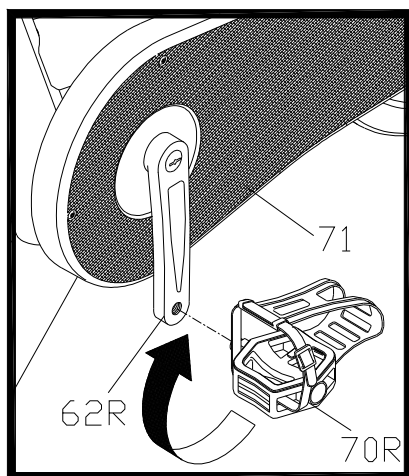
STEP 2



Step 3. (pedals)

attach the pedals (70R/70L) into the crank arms (62R/62L), each pedal is marked with the letter R(right) or L(left) to denote the side of the bike they are on. NOTE: the right hand crank is on the same side as the chain cover (71). Be careful to align the threads correctly to avoid any damage. A little grease on the thread should help the pedals to screw in easily and correctly, tighten using a 15mm spanner, both pedals threads should tighten towards the front of the bike.

STEP 3



Step 4. 5. (handlebar & stem)

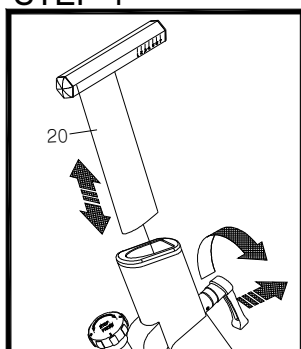
Insert Stem (20) into frame head tube and adjust stem height until at a appropriate position then use lock knob (18) to tighten it .

Open screw(14) from handlebar stem top slider then attach handlebar (11) onto handlebar , sliding handlebar forward and back ward until at a appropriate position then screw back bolt (14) and tighten it .

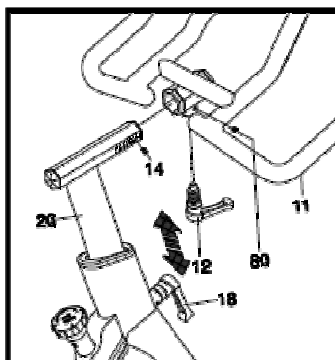
Assemble lock lever (12) then slide handlebar (11) until reach your required position then tighten lock lever(12) to fix handlebar.

Using lock knob (18) for stem height adjustment . NOTE: Do not arise above safety line.

STEP 4



STEP 5



Step 6. 7. (saddle & seat post)

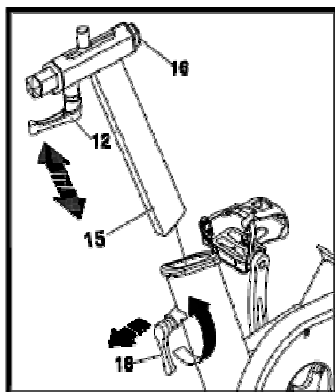
Insert Post (15) into frame seat tube and adjust stem height until at a appropriate position then use lock knob (18) to tighten it .

Assemble lock lever (12) then slide saddle slider set(16/77/78) until reach your required position then tighten lock lever(12) to fix saddle slider .

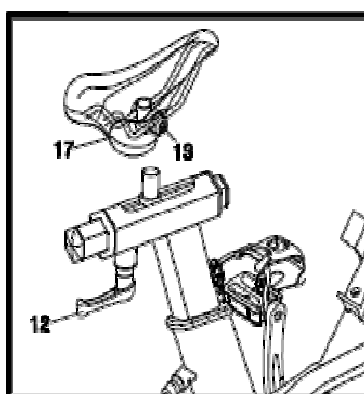
Assemble saddle (17) on to saddle slider's stud then tighten saddle clamp(13) to fix saddle .

Using lock knob (18) for stem height adjustment . NOTE: Do not arise above safety line.

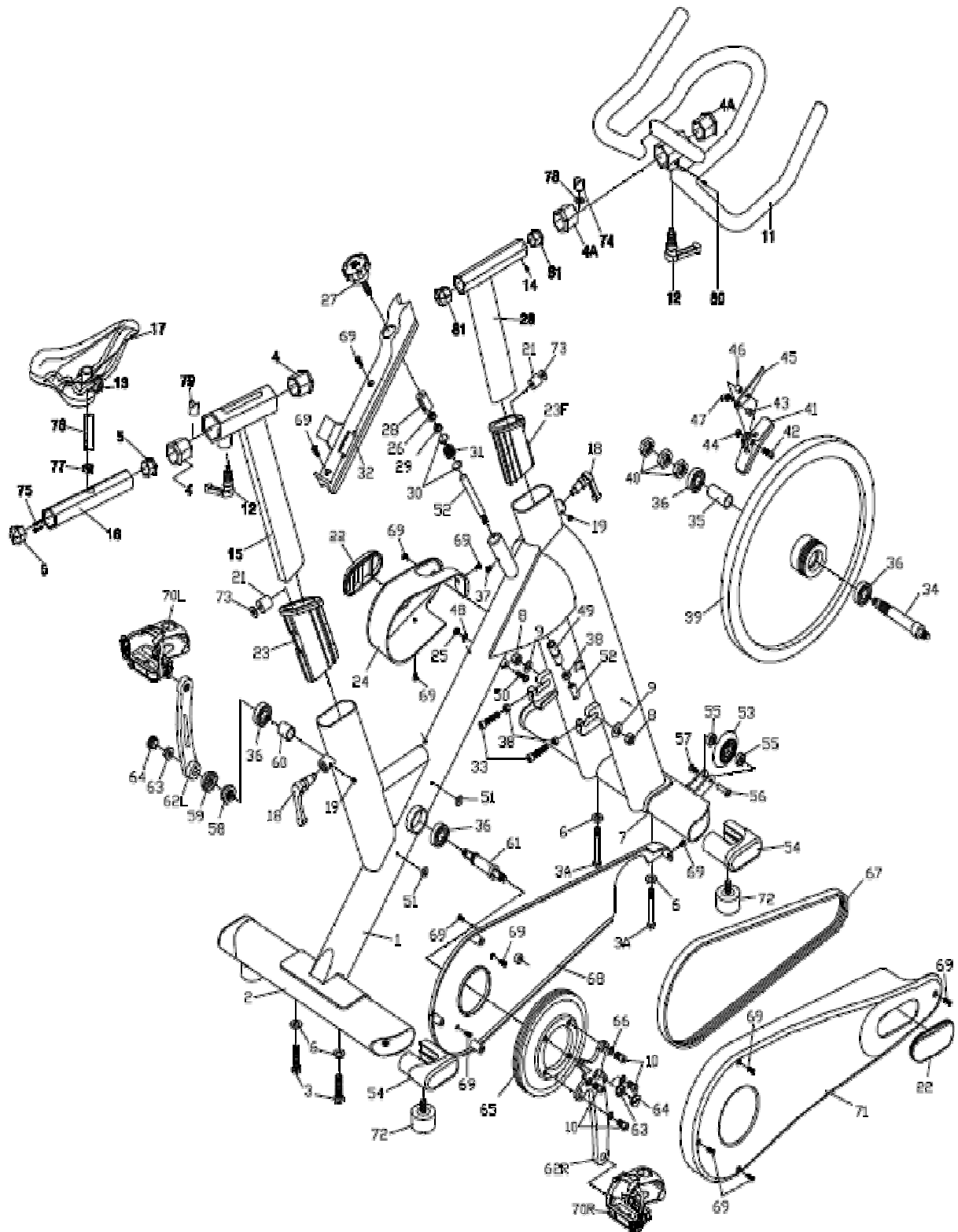
STEP 6



STEP 7



V-1600 Explode Diagram



V-1600 Part List

part no.	description	q'ty	part no.	description	q'ty
1	Main Frame	1	41	Brake pad	1
2	Rear Ground Tube	1	42	Brake pad fixed screw	1
3	Rear Ground Tube Fixed Bolts	2	43	Bush	1
3A	Front Ground Tube fixed bolts	2	44	Nut	1
4	plastic sleeve .	4	45	Brake Arm	1
5	Plastic end cap	4	46	Spacer	1
6	Washer	4	47	Lift spring	1
7	Front Ground Tube	1	48	Washer	1
8	Fly Wheels Fixed Nut	2	49	Stud B	1
9	Washer	2	50	Brake arms fixed Bolt	1
10	bolts	4	51	Washer	2
11	Handle Bar	1	52	Stud A	1
12	Lock lever for HB and seat silder	2	53	PU Moving Wheel	2
13	Saddle clamp	1	54	Grounds End Cap	4
14	Slider's safety stop screw	1	55	Bearing 608ZZ	4
15	Seat Post	1	56	Nut	2
16	Saddle slider	1	57	Bolt	2
17	Saddle	1	58	Axle Lock Nut	1
18	Lock knob For Stem & Post	2	59	Dusty Cover	1
19	Set Screw	2	60	Spacer	1
20	Stem	1	61	B.B Axle	1
21	Locking Piece	2	62L	Left Crank	1
22	Pop cover	2	62R	Right Crank	1
23F/23	Plastic Sleeve for H/T and S/T	2	63	Flange Nut	2
24	Left Cover	1	64	Plastic cap	2
25	Nut	1	65	Driving Pulley	1
26	Nut	1	66	Spring washer	4
27	Adjust Knob	1	67	Belt	1
28	Floating Piece	1	68	Inner Cover	1
29	Nut	1	69	Screw	13
30	Round steel plate	2	70 R/L	LU-214 alloy body w/ toe clip& strap.	1
31	Spring	1	71	Outer Chain Cover	1
32	Integrated Plastic Bottle Cage	1	72	Ground Tube's Adjusting Pad	4
33	Axles Adjusting Bolts	2	73	Washer	2
34	Fly Wheels Axle	1	74	Stem locking piece	1
35	Spacer	1	75	Saddle stud fix screw	2
36	B.B & Fly Wheel Axle's Bearing	4	76	Saddle stud	1
37	Floating piece set screw	1	77	Saddle stud's plastic sleeve	1
38	Nut	3	78	Washer	1
39	Fly Wheel	1	79	Saddle slider's locking piece	1
40	Lock Nut	3	80	Set screw	1