



**HARISON**<sup>®</sup>

CARDIO · STRENGTH · BEAUTY



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# USER GUIDE

Using Manual & Video Guidance

**HARISON**<sup>®</sup>

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Please use phone's camera scans  
the QR code for video guidance



Customer Service



SMS



Installation Video

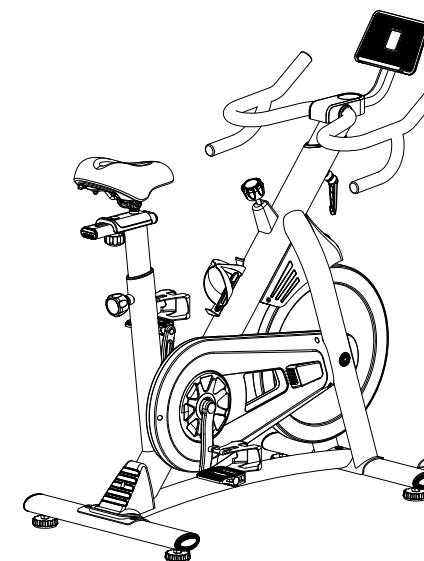
If you need to return the item,  
please contact us for return information and process.

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# USER'S MANUAL

HR-X11<sup>TECH</sup>



## **Becareful!**

Please read the instructions carefully before  
using the equipment

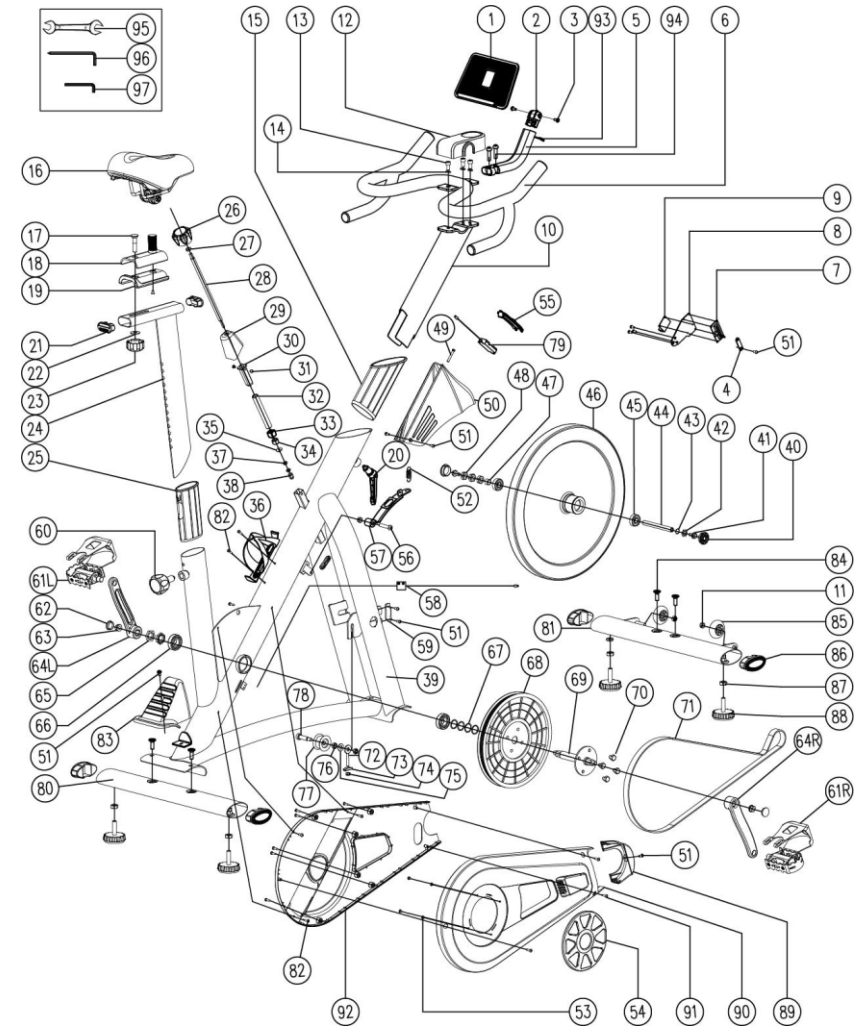
## IMPORTANT PRECAUTIONS

### ⚠ WARNING:

Please Read the Instruction before Using!

1. Assemble this product properly, using original parts supplied, according to the installation instructions. Before assembly, inspect whether packages are in good condition and whether spare parts are complete in accordance with transport precautions with reference to the supplied list of spare parts.
2. Prior to exercise, make sure that the equipment fasteners (e.g. screws, bolts, pins) are in locked.
3. Please place the exercise bike on a dry and flat ground.
4. To prevent the bottom of the equipment from damage such as abrasion and stain, put a protective object such as a rubber cushion or a thin wood plate under the bottom of the equipment.
5. When starting your exercise, be sure that there is no object within 2m from the exercise bike.
6. Please use the attached or other appropriate tools to assemble or repair the exercise bike. After exercising, please wipe your sweat off the equipment to prevent it from getting rusty.
7. Improper use and excessive exercise might endanger your health. Please carry out your exercise plan under the direction of a qualified health professional. He can provide you with excellent suggestions on your exercise gestures, exercise goals and your food intake. Never attempt an exercise after a meal. This exercise bike is only for recreation purposes, it is not built for rehabilitation use or any other medical purpose.
8. Please use the exercise bike when the equipment is in good operating condition. Make necessary maintenance using original spare parts only.
9. When regulating the equipment, take note to ensure that the adjusted position is safe. The best position and largest adjustable position for your convenience or ease of use is a must.
10. This exercise bike is only for use by one person at one time.
11. During exercise, please wear sports clothing and shoes. The clothes shall not be too long and too wide so as to prevent them from being hooked or hung during exercise. The shoes must be suited for the feet and the soles shall be anti-slip.
12. When feeling uncomfortable during the exercise process, please stop exercise immediately, and when necessary, consult a doctor.
13. This exercise equipment is not toy, please refrain children from playing with it, as injuries might occur, and thus, shall be used for exercise purposes only.
14. Children and disabled persons can only use the equipment under the direct supervision of adults or healthy individuals. Appropriate measures must be taken to ensure that a child will be unable to use the equipment without the supervision of an adult.
15. Make sure that no body part of another person will be in contact with the equipment during your exercise.
16. To protect the environment, never discard packages or batteries, and please put them into a designated dustbin or other waste collection point.

## EXPLODED DRAWING



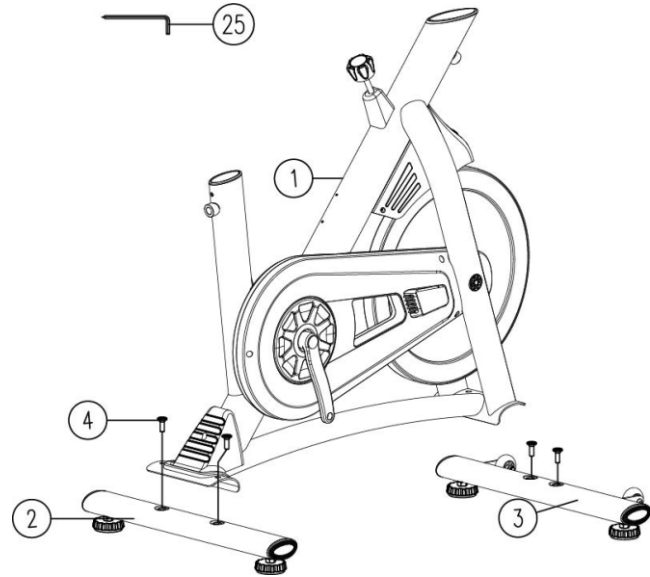
## PART LIST

No.	DESCRIPTION	SPECS	QTY	No.	DESCRIPTION	SPECS	QTY
1	Ipad holder		1	51	Cross screw	M5*10L	10
2	Ipad fixing block		1	52	Spring		1
3	Screw	M6*12L	2	53	Self-tapping screw screw	M4.2*10L	11
4	Chute pull tab		1	54	Round plate		1
5	Ipad fixed pipe		1	55	Battery cover		1
6	Handlebar		1	56	Hex screw	M8*38	1
7	Chute		1	57	Magnetic frame		1
8	Connecting piece		1	58	Sensor cartridge		1
9	Circuit board		1	59	Fixing block		1
10	Handlebar post		1	60	Lock pin	M16	1
11	Nylon nut	Φ8	4	61L	Pedal(L)		1
12	Cover		1	61R	Pedal(R)		1
13	Hex screw	M8*16	3	62	Crank plug		2
14	Washer	M8	3	63	Flange nut	M10	2
15	Tube clamp	40*90	1	64L	Crank(L)		1
16	Seat		1	64R	Crank(R)		1
17	Carriage screws	M10*45L	1	65	Hex nut		2
18	Slider		1	66	Bearing	6004	2
19	Bushing		1	67	Washer	Φ20	4
20	L-knob		1	68	Belt pulley		1
21	End cap	25*50	2	69	Axle		1
22	Washer	Φ10	1	70	Hex screw	M8*10L	4
23	Knob	M10	1	71	Belt		1
24	Seat post		1	72	Adjuster		1
25	Tube clamp	30*70	1	73	Steel block		1
26	Knob		1	74	Nylon nut	M6	1
27	Hex nut	M8	1	75	Flat washer	Φ10*Φ20*1.5T	1
28	Brake rob		1	76	Pipe		1
29	Brake cover		1	77	Tension roller		1
30	Nylon bushing		1	78	Bolt		1
31	Cross screw	M5*5L	2	79	Cell box		1
32	Brake limited pipe		1	80	Rear tube		1
33	Square nut	M10	1	81	Front tube		1
34	Brake limited pipe		1	82	Screw	M4.2*19L	4
35	Flat washer	Φ6	1	83	Rear cover		1
36	Bottle holder		1	84	Step screw	M8*24L	4
37	Hex nut	M6	2	85	Moving wheel		2
38	Cap nut	M6	1	86	End cap		4
39	Main Frame		1	87	Hex nut	M10	4
40	Plastic cover		2	88	Foot pad		4
41	Flange nut	M8*15L	2	89	Front cover		1
42	Hex nut	M12*1.5T*3T	1	90	Outer cover		1
43	Washer	Φ12	1	91	Self-tapping screw screw	M4*20L	9
44	Flywheel axle		1	92	Inner cover		1
45	Bearing	6201	2	93	Self-tapping screw screw	M4*10L	2
46	Flywheel		1	94	Hex screw	M6*30	2
47	Flywheel axle pipe bushing		1	95	Open-end wrench	13-15	1
48	Hex nut	M12	3	96	Hex wrench	S6	1
49	Round head screw	M5*35L	1	97	Hex wrench	S5	1
50	Trim cover		1				

## Packing accessories details

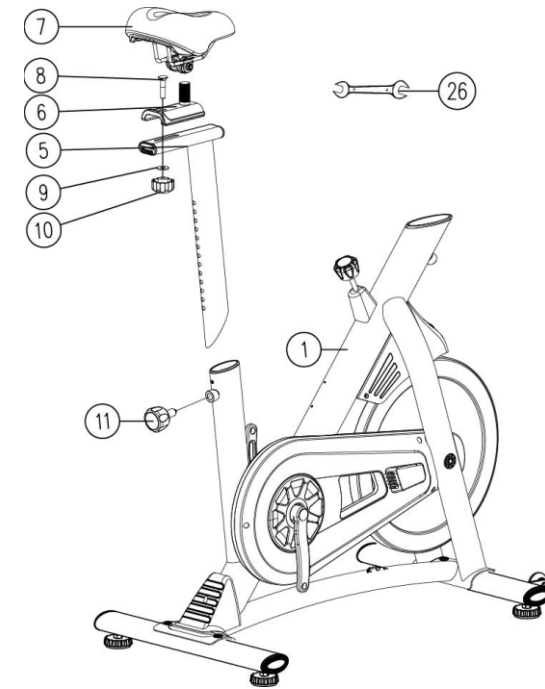
	01: Main frame X1		14: Screw M4.2*19L X2
	02: Rear tube X1		15: Handlebar X1
	03: Front tube X1		16: Handlebar post X1
	04: Step screw M8*24L X4		17: Screw M8*16L X3
	05: Seat post X1		18: Spring washer Φ8 X3
	06: Slider X1		19: Trim cover X1
	07: Seat X1		20: Screw M6*12L X2
	08: Carriage screws M10*45L X1		21: IPAD fixed pipe X1
	09: Flat washer Φ10 X1		22: Hex screw M6*30L X2
	10: Round knob X1		23: L-knob X1
	11: Lock pin X1		24: IPAD holder X1
	12L: Pedal L X1		25: Hexagon wrench X1
	12R: Pedal R X1		26: Open-end wrench 13-15 X1
	13: Bottle cage X1		27: Hexagon wrench X1

## ASSEMBLY INSTRUCTION



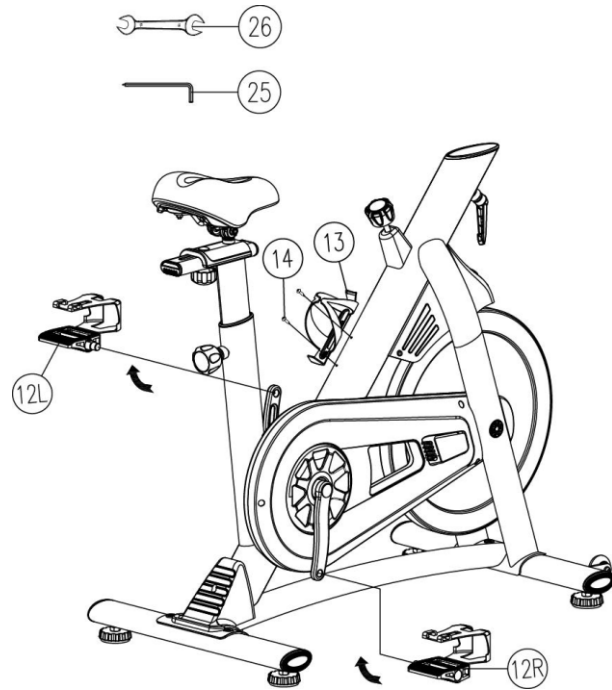
### STEP 01

Install the rear tube (2) and front tube (3) to the frame (1) with step screw M8\*24L (4) and lock it with a hex wrench (25).



### STEP 02

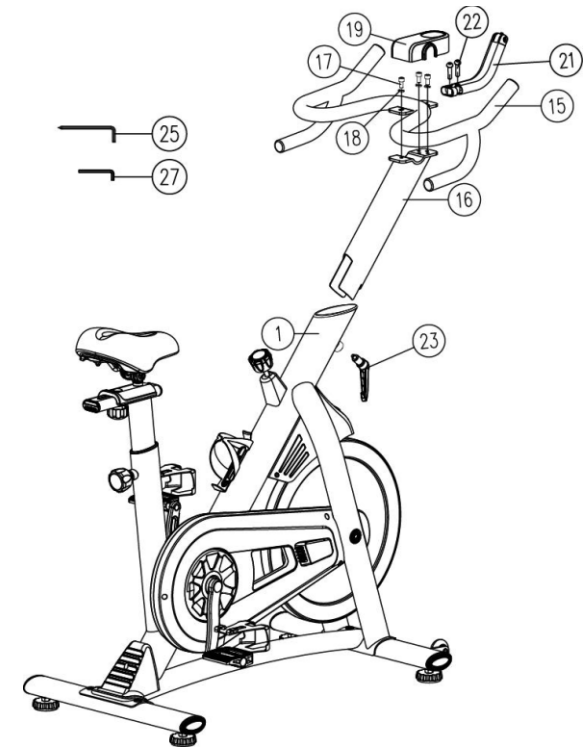
First insert the seat post tube (5) into the frame (1) and fix it with the knob M16\*1.5 (11); Then use carriage screw M10\*45L (8), flat pad  $\Phi$ 10 (9) and knob M10 (10) to install the slider (6) on the seat tube (5) according to the figure, and finally install the cushion (7) on the slider (6), adjust to the proper position and lock it with the open-end wrench 13-15 (26).



### STEP 03

First use the open-end wrench 13-15 (26) to turn the right pedal(12R) in the direction of the arrow to lock the right crank and lock it tightly; In the same way, lock the left pedal(12L) in the direction of the arrow to the left crank and lock it well. Then install the bottle holder (13) to the frame (1) with the round head screw M4\*10L (14) and lock it well by hex wrench S6 (25).

**Note:** See the left (L)/right (R) mark on the pedal, do not blindly lock, otherwise it is easy to damage the thread.



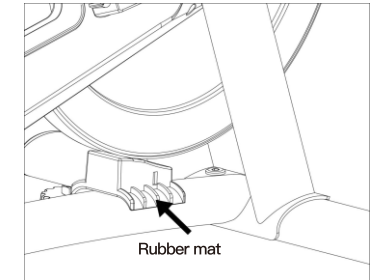
### STEP 04

First, insert the handlebar post (16) into the frame (1) and fix it with the knob(23); Then install the handlebar (15) on the handlebar post tube (16) with the head hex screw M8\*16L (17) and the washer  $\Phi 8$  (18), and lock it well with the hex wrench S6 (25); Then install the lpad supporting tube(21) on the handlebar with the round head screw M6\*30L (22), and lock it with the hex wrench S6 (27). Finally Put the trim cover (19) on the handlebar.

## REMOVE THE PACKING ACCESSORIES AFTER THE ASSEMBLY IS COMPLETE

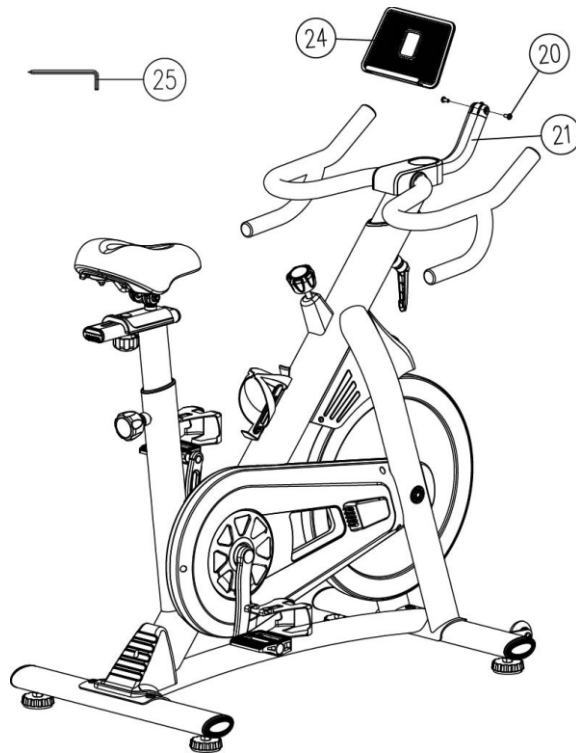
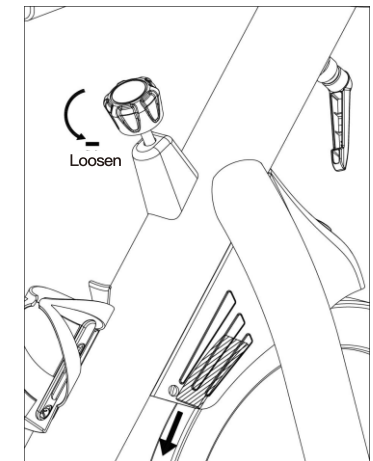
### STEP 01

After assembly, tie the limit plastic block under the flywheel with a cable tie and remove it (cut the cable tie with household scissors to remove it)



### STEP 02

Turn the knob counterclockwise as shown to remove the limit pearl cotton.



### STEP 05

Install the Ipad holder (24) on the Ipad fixing tube with round head cross screws M6\*12L (20) and lock it with hex wrench S6 (25).

Now your spinning bike is finished for use.

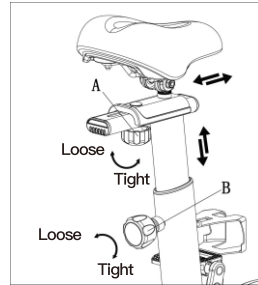
## HOW TO ADJUST THE SIZE OF USE

You can adjust the spinning bike to align with your road bike, which promotes proper posture and ensures that muscles are properly exercised. Make small adjustments, then pedal the bike to test the effect.

### 01. how to adjust the size of the cushion:

You can adjust the seat cushion to the most comfortable position and Angle: First you can adjust the seat cushion back and front or adjust the height of the seat support tube to make yourself more comfortable using the bike.

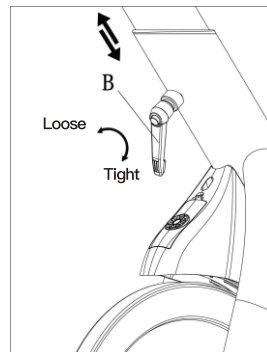
First loosen the round flower knob (A) 1-2 turns, you can move the cushion back and front, and then fix it in the position suitable for your own use and then lock the round flower knob (A); Adjust the height of the cushion up and down first loosen the conical pull pin (B) 2-3 circles, and then pull the conical pull pin (B) outward with one hand, and then move the seat tube up and down with the other hand, you can adjust the comfortable height for your own movement up and down, adjust the height and then lock the conical pull pin (B).



**Note:** When adjusting the cushion support tube, do not exceed the STOP scale printed on the support tube.

### 02. how to adjust the size of the handrail:

You can adjust the handlebar to the most comfortable height: You can adjust the height of the handlebar post tube to make yourself more comfortable using the spin bike. Adjust the height of the handlebar fixing pipe up and down First loosen the L-knob (C) 2-3 turns, and then pull the L-knob (C) outward with one hand, and then move the handlebar fixing pipe up and down with the other hand, you can adjust the comfortable height for your own movement up and down. Adjust the height and then lock the L-knob (C).

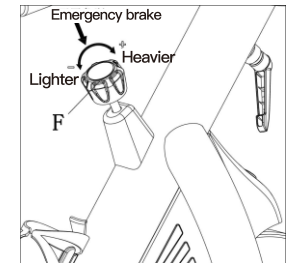


**Note:** When adjusting the handlebar fixing tube, do not exceed the STOP scale printed on the handlebar fixing tube.

## OPERATION INSTRUCTION

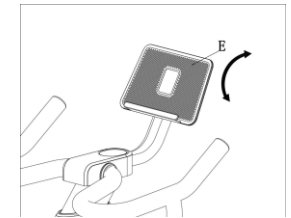
### 1. Resistance adjustment:

As shown in the figure, rotating the brake knob (F) in the direction of the arrow can increase or decrease the adjustment resistance, and the user can adjust according to their own needs in order to achieve the best effect of movement. If an emergency brake is needed to stop the movement, press the brake knob (F) down and tighten it firmly. The bike will immediately lock and the flywheel will not turn. To unlock the bike, simply release the brake knob (F).



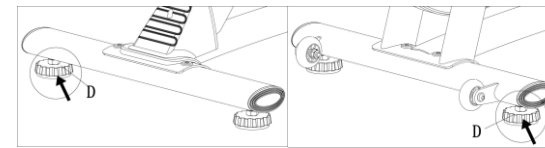
### 2. Angle adjustment of the plate bracket:

As shown in the figure, the plate bracket (E) can adjust the Angle according to the direction of the arrow.



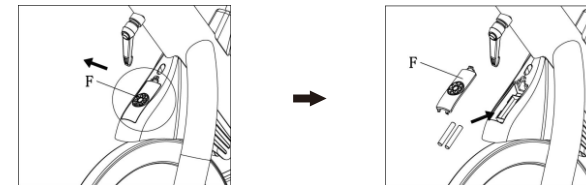
### 3. Level adjustment of the spin bike:

If the bike is slightly shaken during use, please rotate the foot cover adjustment wheel on both sides of the back foot tube. After rotation, you can adjust it higher or lower, so that the bike remains horizontal until there is no obvious shaking before use.



## LOAD OR REPLACE THE BATTERY

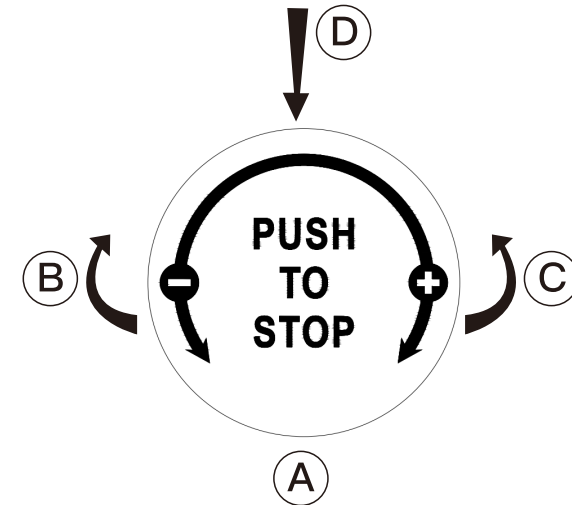
Press the figure, first slide the cover of the battery box, and then load or replace the No. 7 battery to use.





## MAINTENANCE

1. Before using the equipment, please check that all screws and nuts are locked and in a safe condition. Check your equipment regularly and replace any damaged parts immediately. Do not exercise until the worn parts have been repaired.
2. Pay special attention to the most vulnerable parts. Before each use, check that the brake friction pads have not come off or have failed. If found, replace them.
3. Before each use, check the crank and pedal for stable locking and if there's any loose, repeat the assembly procedure to secure them.
4. After each exercise, use a damp cloth, water and mild soap to dry the residual sweat and moisture on the product. Do not use petroleum-based solvents to clean the product to avoid damaging the surface of the product.



**Serial number A** is the brake knob, function ---- (+increase resistance –decrease resistance STOP stop movement)

**Serial number B** turns the brake knob clockwise as shown by the arrow to increase pedaling resistance, the more turns you turn the pedaling will become more and more strenuous. Maximum resistance is when you are riding without moving.

**Serial number C** Turn the brake knob counterclockwise as indicated by the arrow to decrease the pedal resistance, the more turns you make the pedal will become smoother and smoother. Minimum resistance is when you are riding perfectly smooth.

**Serial number D** When you want to stop the movement, or in case of an emergency, press the brake knob as indicated by the arrow. The movement will brake to a stop.

## STRETCHING EXERCISES

No matter how fast you walk, it's best to stretch. Warm muscles are easier to stretch, so take 5 ~10 minutes to warm up. Then stop and do stretching exercises as follows – do five times, each leg for 10 seconds or more Do it again after the workout.

### Downward stretch

Bend your knees ,lean for ward, letting your back and shoulders relax, and try to touch your toes as much as possible. Hold for 10 to 15 seconds, then relax. Repeat 3 times (see figure 1).

### Hamstring stretch

Sit on a clean seat and straighten your leg. Take the other leg inward and make it close to the inside of the straight leg. Try to touch your toes with your hands. Hold for 10to 15 seconds, then relax. Repeat with each leg 3 times(see figure 2).

### The calf and heel tendons stretch

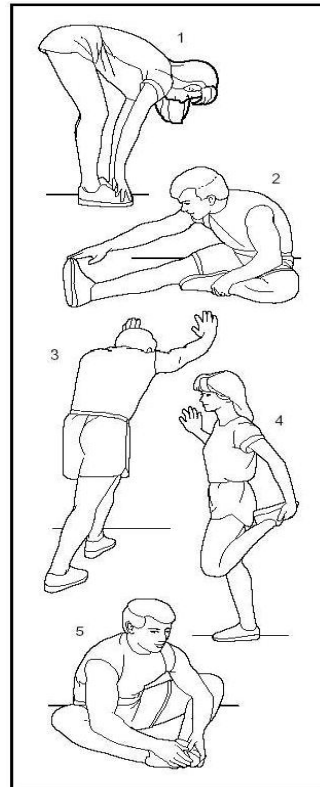
Stand with your hands on a wall or a tree. Keep your hind legs upright and heel trike, leaning toward the wall or tree. Hold for 10 to 15 seconds, then relax. Repeat with each leg 3 times (see figure 3).

### Quadriceps stretch

Hold the wall or table with your left hand to keep balance. then reach back with your right hand and hold your right ankle slowly toward the hip until you feel a tense muscle in front of your thigh. Hold for 10 to 15 seconds, then relax. Repeat with each leg 3 times (see figure 4).

### The Sartorius muscle (muscle on the medial side of the thigh) stretches

The soles of the feet, the knees outside. Hands grab both feet to the groin direction. Hold for 10to 15 seconds, then relax. Repeat it 3 times (see figure 5).



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