

NOTE:
Please read all
instructions carefully
before using this
product.

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MODEL
IC 1

Retain This
Manual for
Reference

02-2015

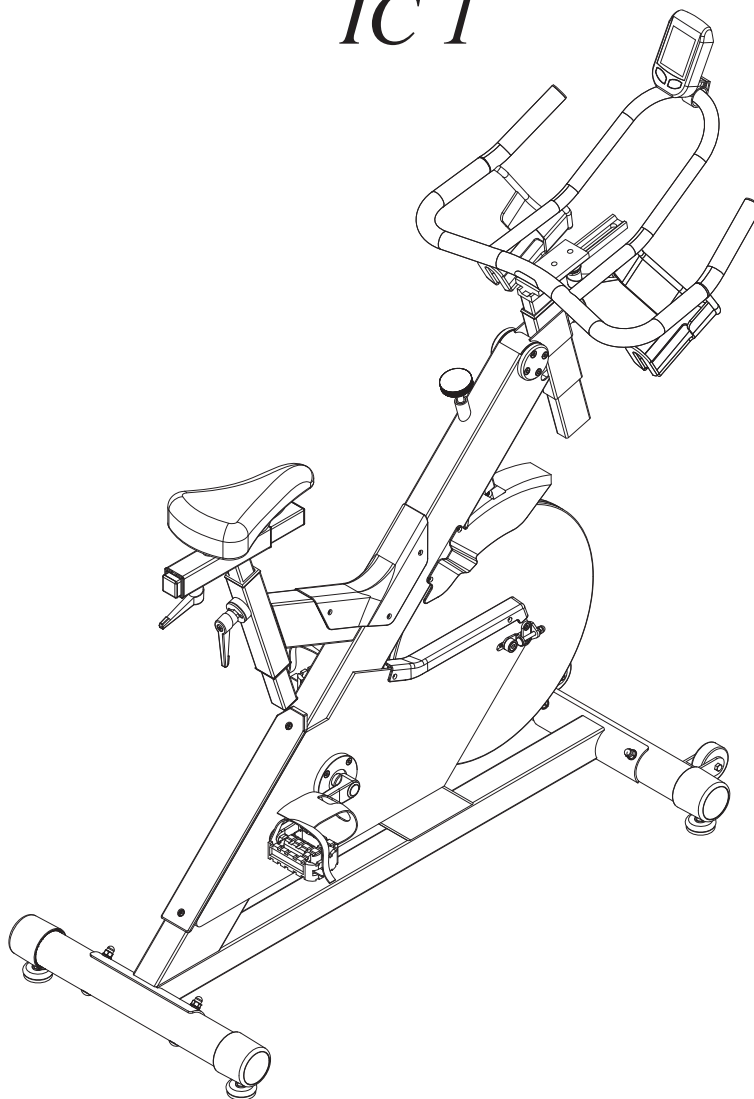
OWNER'S
MANUAL



INSPIRE

Spin Bike

IC 1



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Tel:(877) 738-1729 Fax: (714) 738-1728
www.inspirefitness.net

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Before You Begin

Thank you for selecting the INSPIRE SPIN BIKE. For your safety and benefit, read this manual carefully before using the machine. As a manufacturer, we are committed to providing you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, *please call our TOLL-FREE customer service number.* Our Customer Service Agents will provide

IMPORTANT SAFETY NOTICE

PRECAUTIONS

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

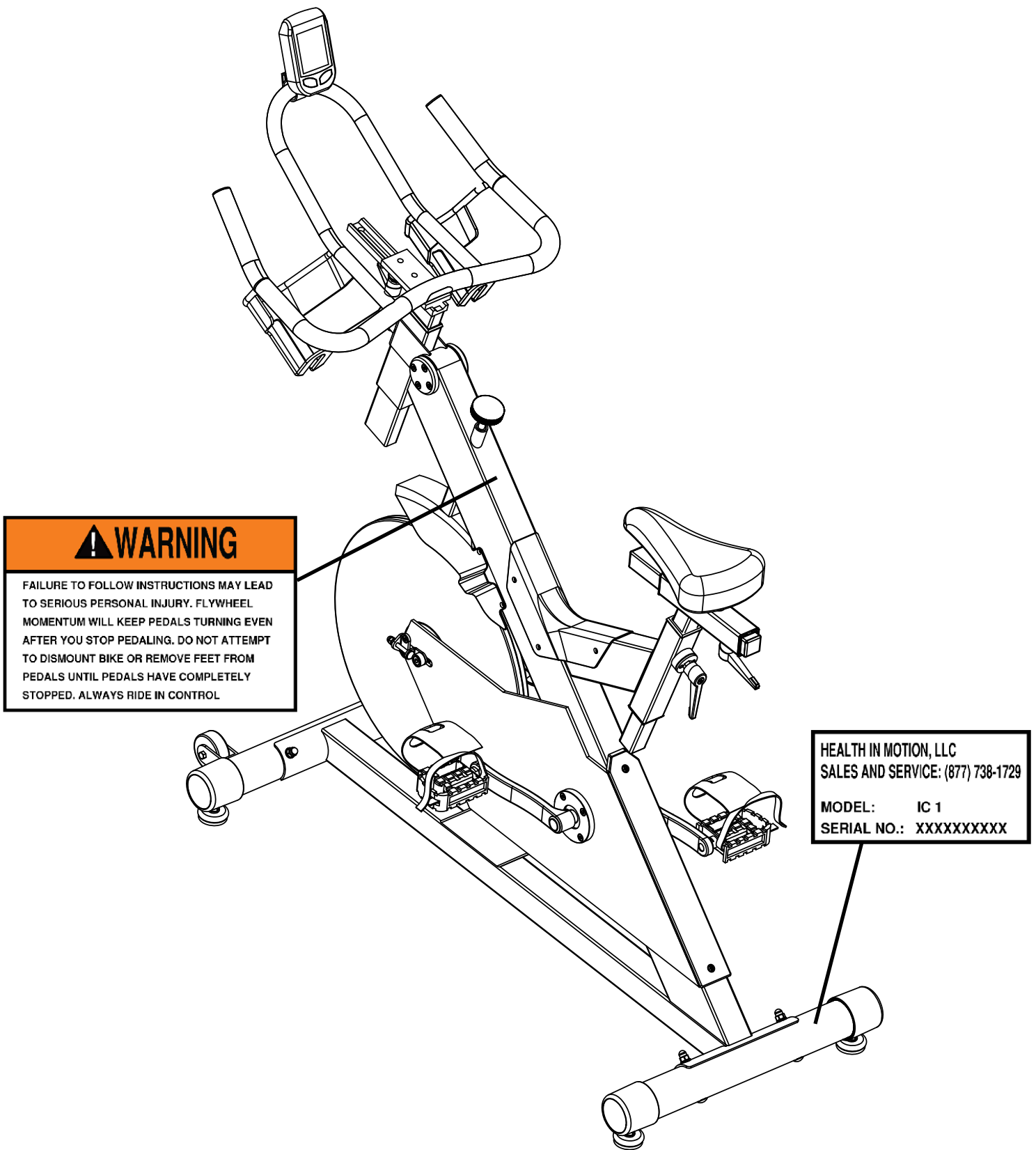
1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine. The linkages on this machine can cause serious injury or death if used improperly.**
2. Never place your hands or feet in the path of the linkages because injury may occur to you or damage may occur to the equipment. Never allow children to come near or approach the moving linkages while in use.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp objects around the machine.
9. Disabled persons should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.
12. Maximum user weight 300 lbs.

CARE AND MAINTENANCE

1. Keep seat slider clean
2. Inspect and tighten all parts before using the machine.
3. The Frame and Seat Pad of the machine can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.

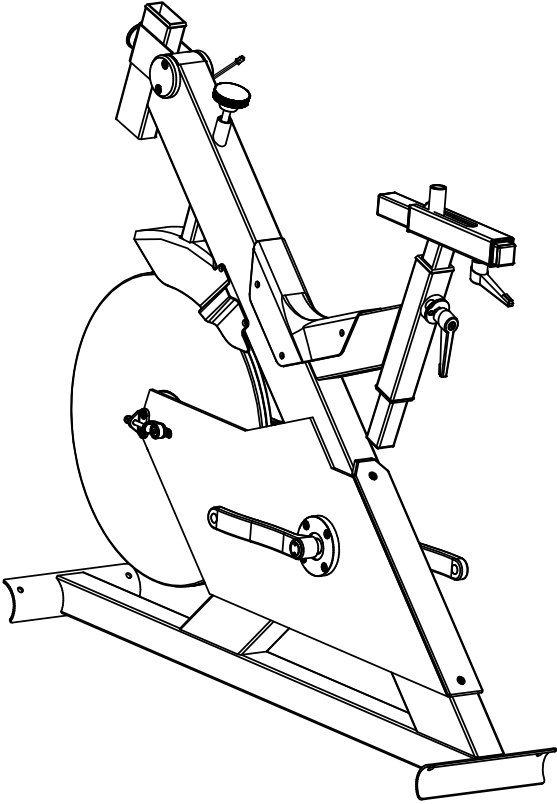
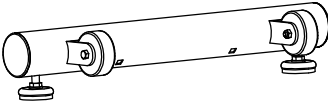

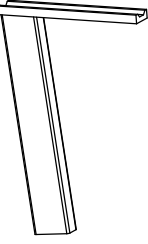

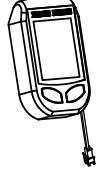
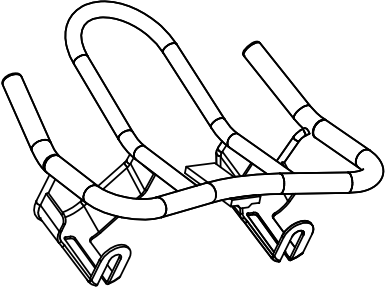
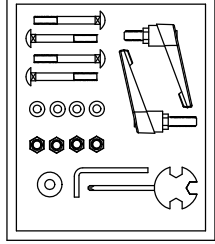

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. Neither Health In Motion, LLC. nor FG1, LLC. ASSUMES ANY RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

Warning Label Placement

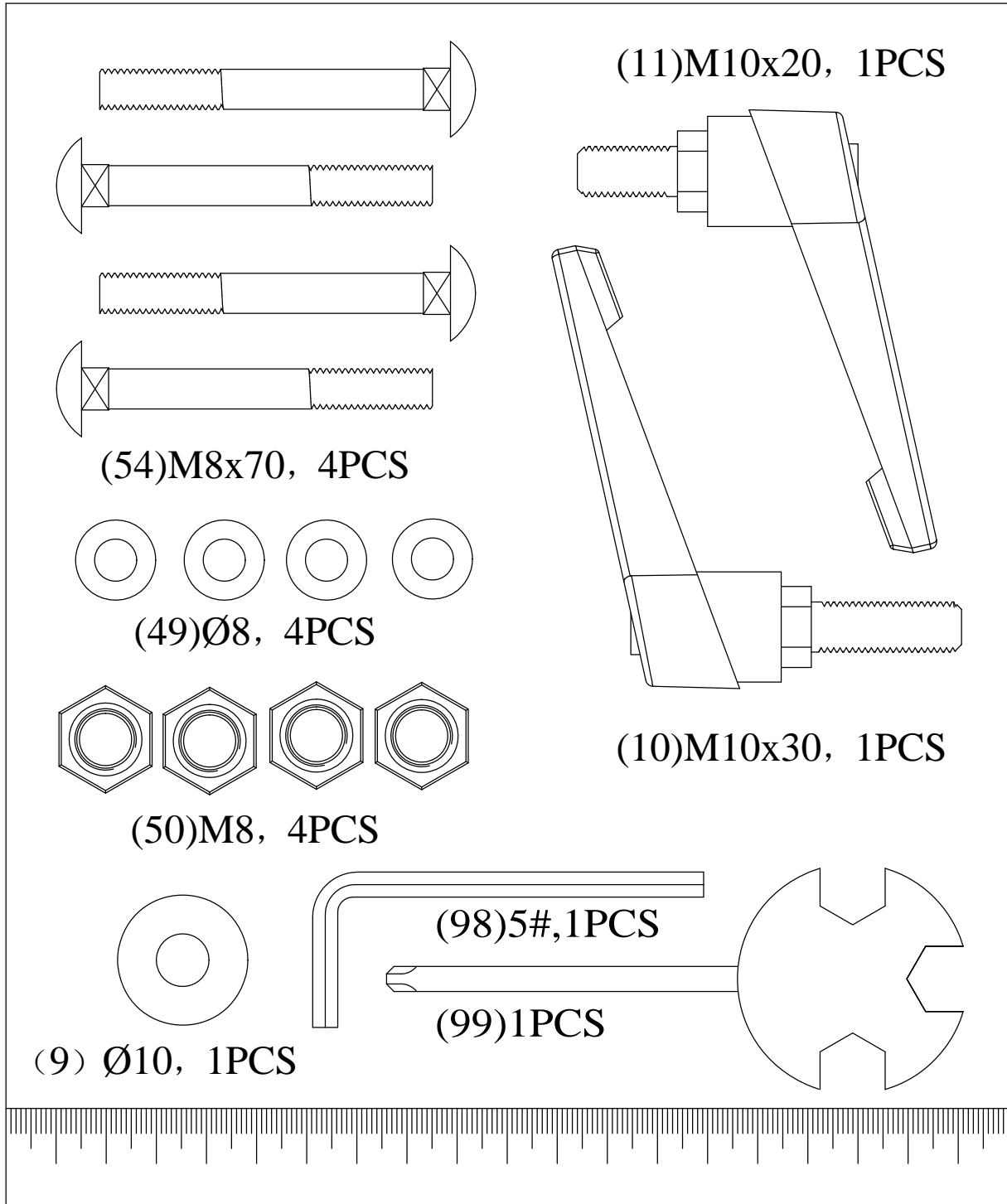


The warning labels have been placed on the unit in the locations shown. If the labels are missing or illegible, please call customer service at 1-877-738-1729 for replacements. Apply the labels in the location shown.

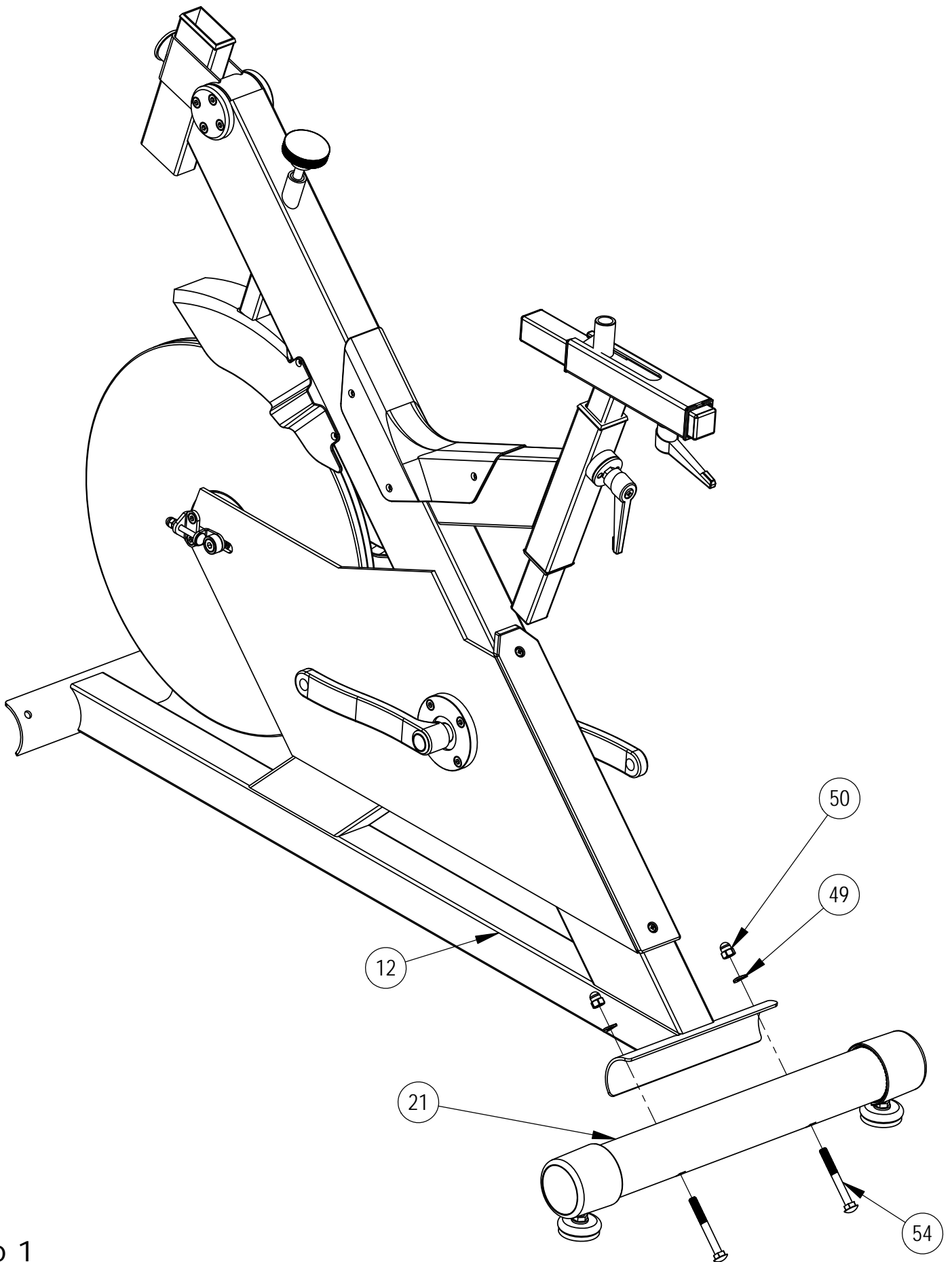
Contents of Packaging

Hardware Pack

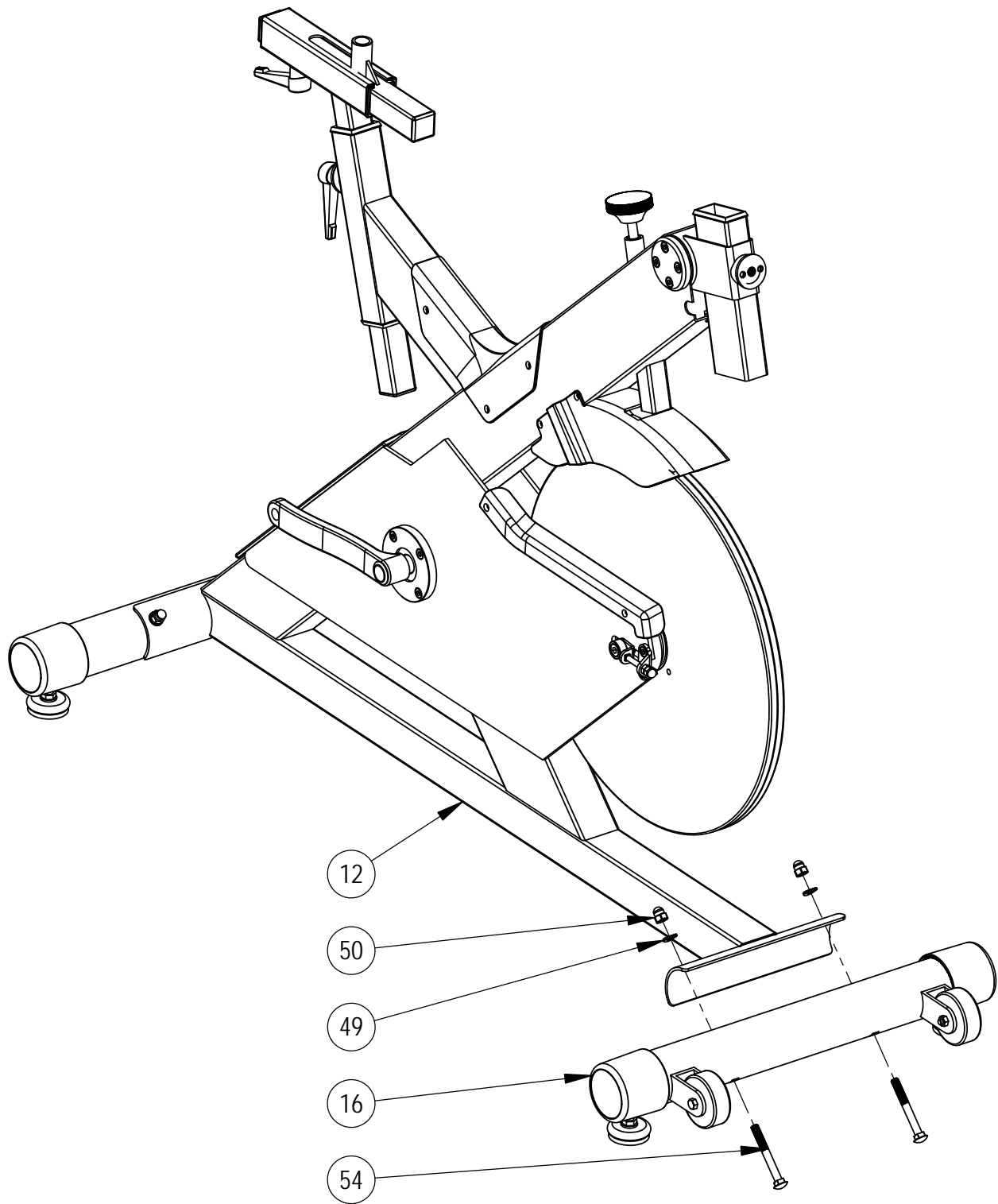


NOTE: The following parts are not drawn to scale. Please use your own ruler or scale to measure components.



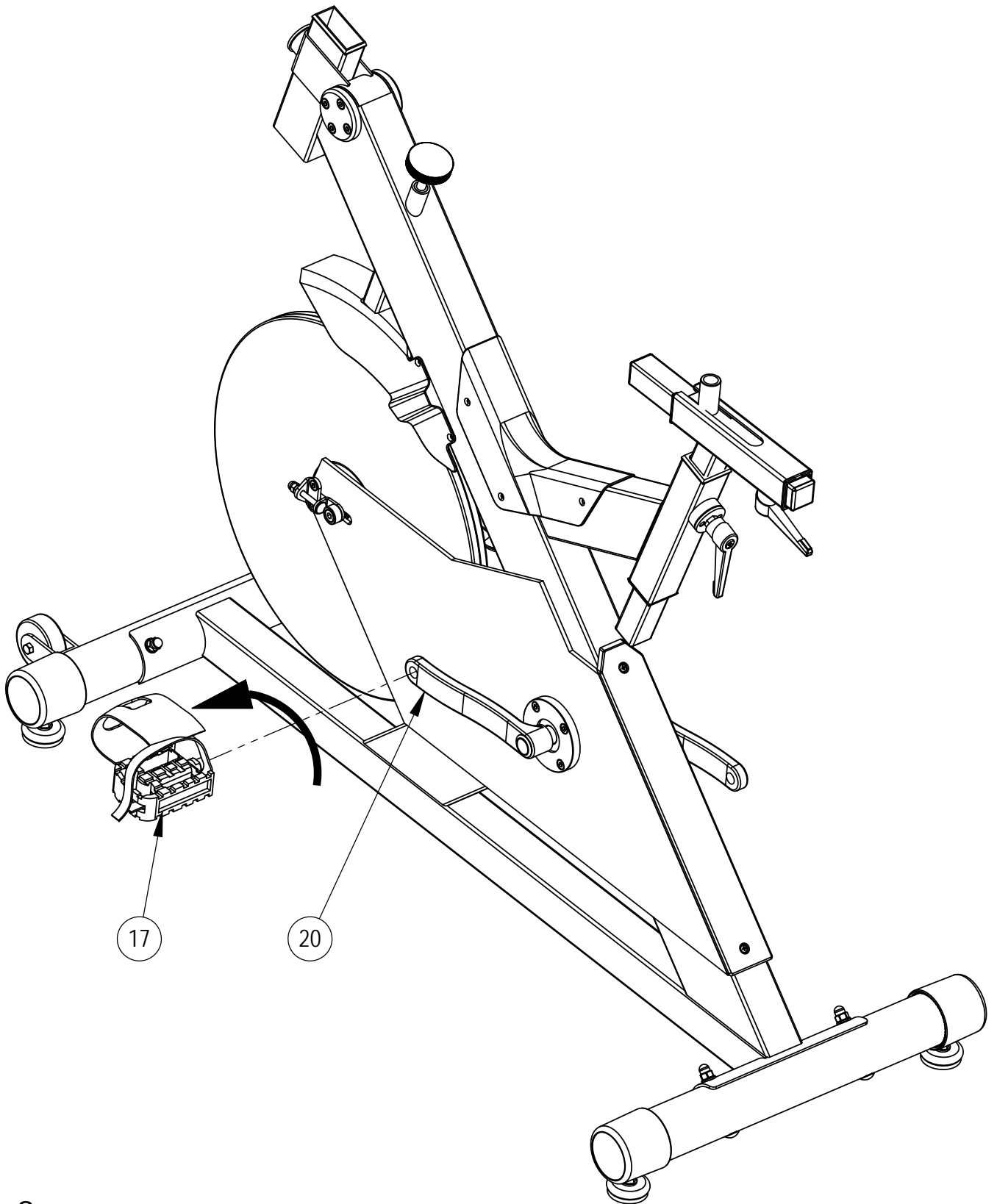
Step 1

- A Install the Rear Stabilizer(21) onto the Main Frame (12) using 2-M8 Bolts (54), 2-M8 Washers (49), and 2-M8 Nuts (50).



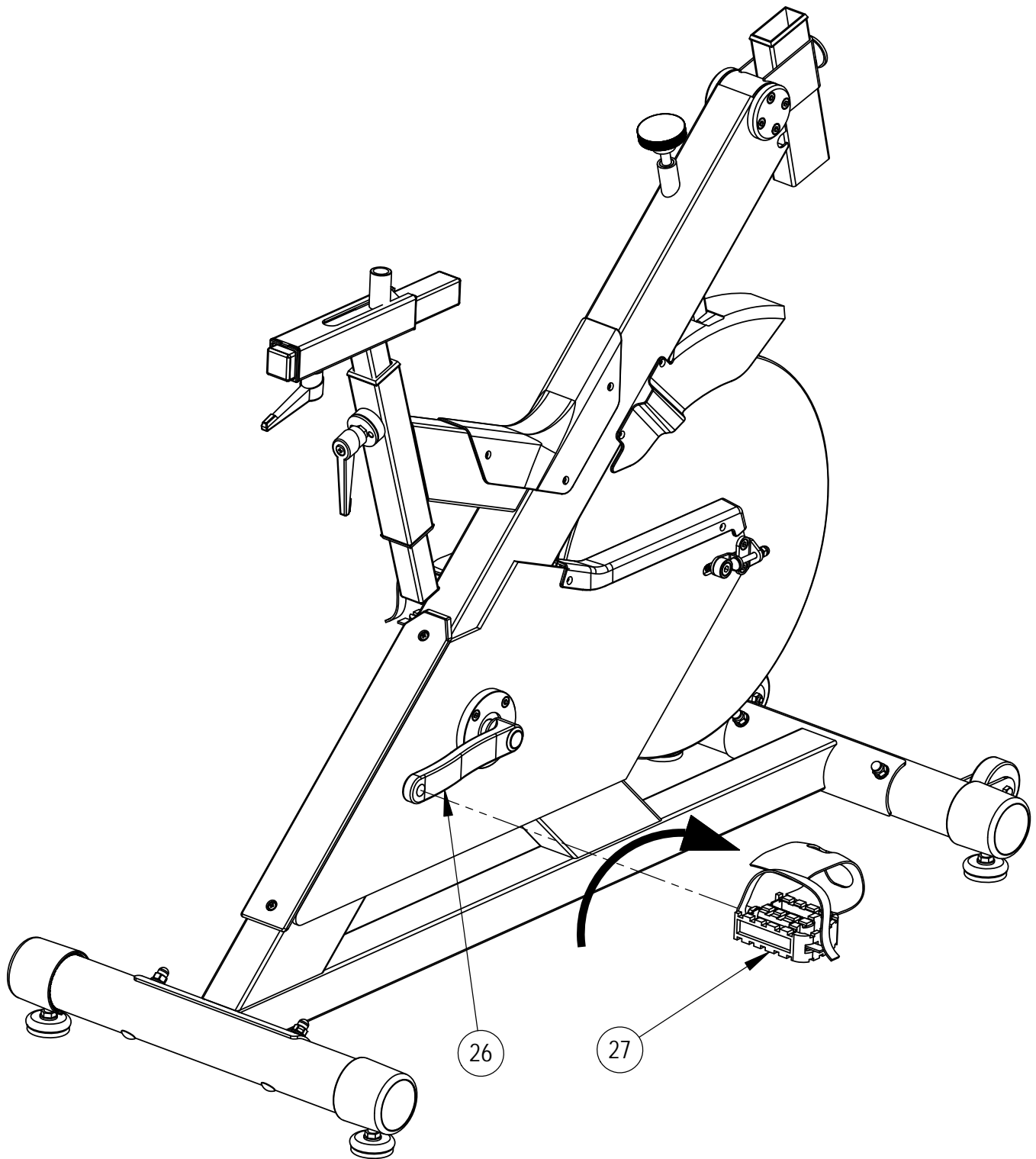
Step 2

- A Install the Front Stabilizer (16) onto the Main Frame (12) using 2-M8 Bolts (54), 2-M8 Washers (49), and 2-M8 Nuts (50).



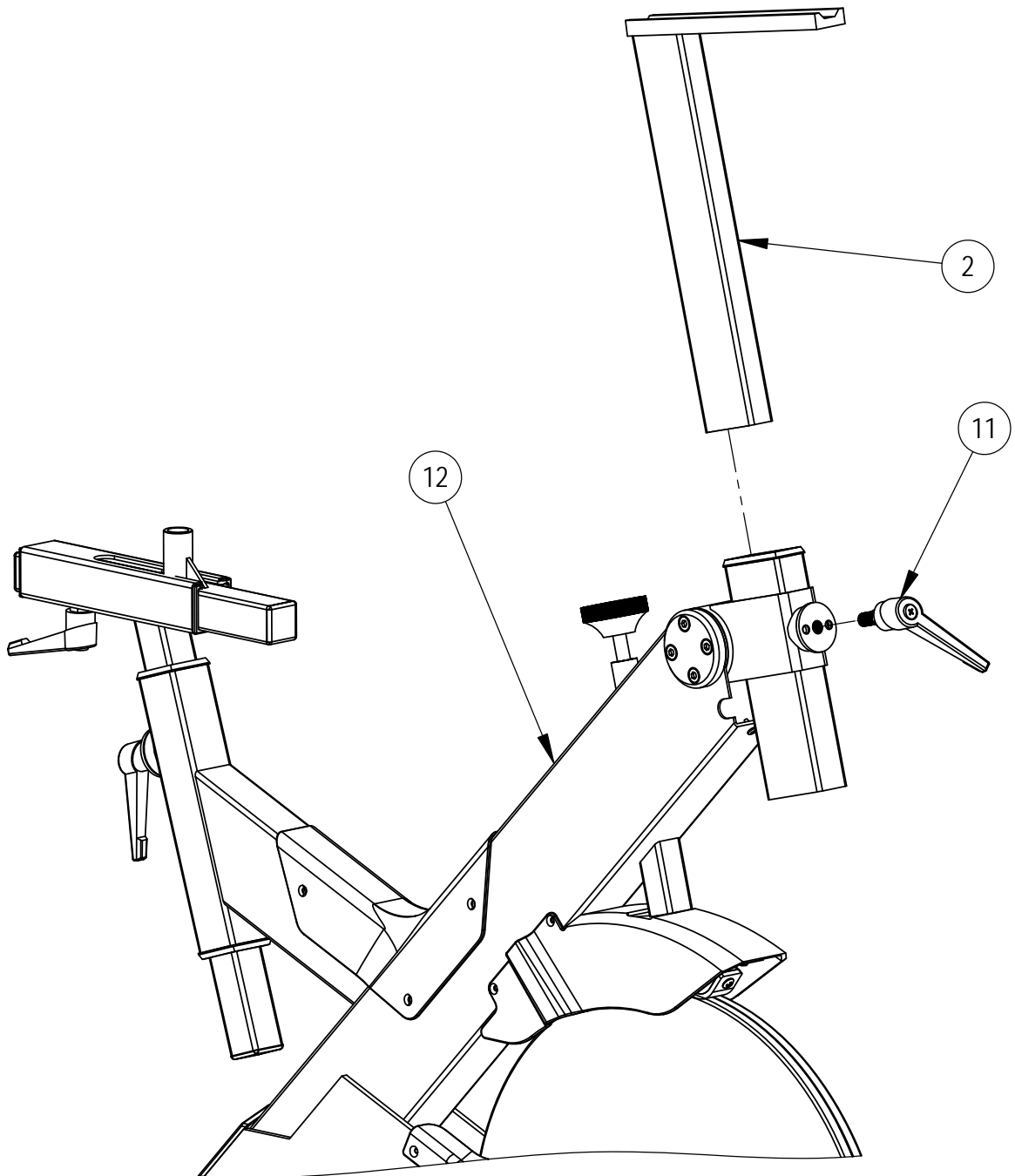
Step 3

- A Attach the Left Pedal (17) to the Left Crank (20). Turn the threads **COUNTERCLOCKWISE** in order to install the Left Pedal(17).



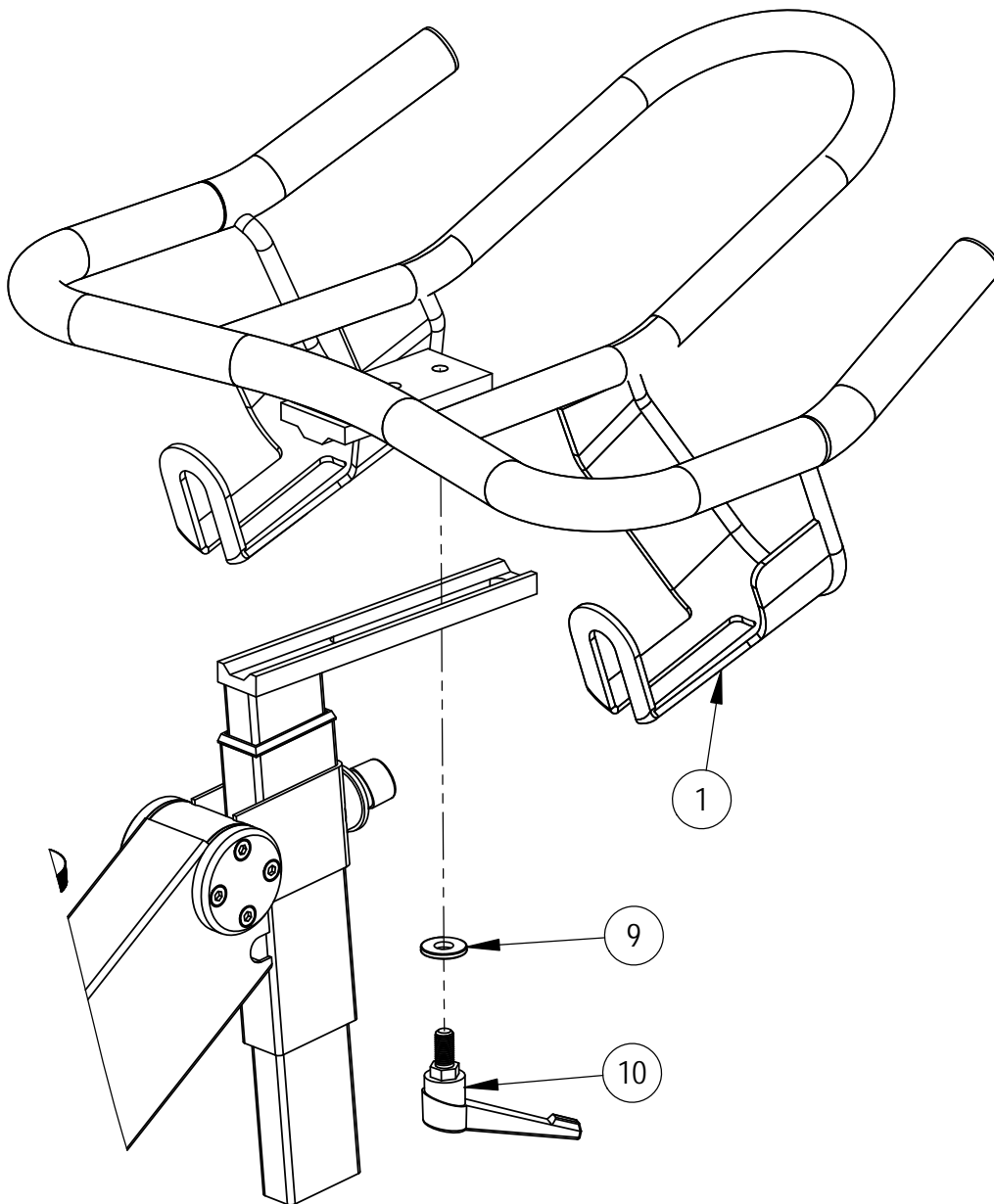
Step 4

- A Attach the Right Pedal (27) to the Right Crank (26). Turn the threads **CLOCKWISE** in order to install the Right Pedal(27).



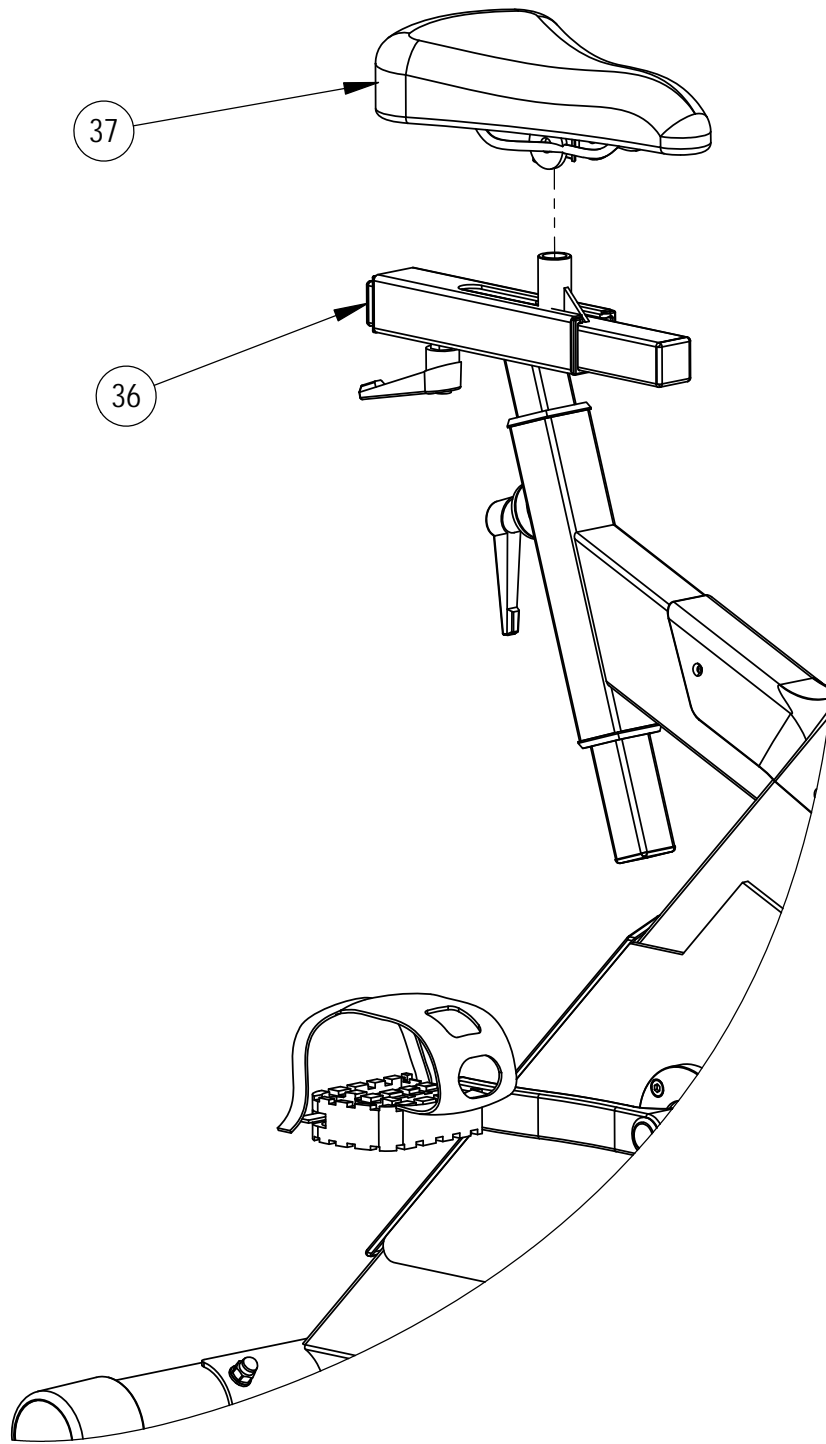
Step 5

- A Insert the Handlebar Tube (2) into the Main Frame (12).
- B Thread the L-Handle Handle (11) into the Main Frame (12) to secure the Handlebar Tube (2).



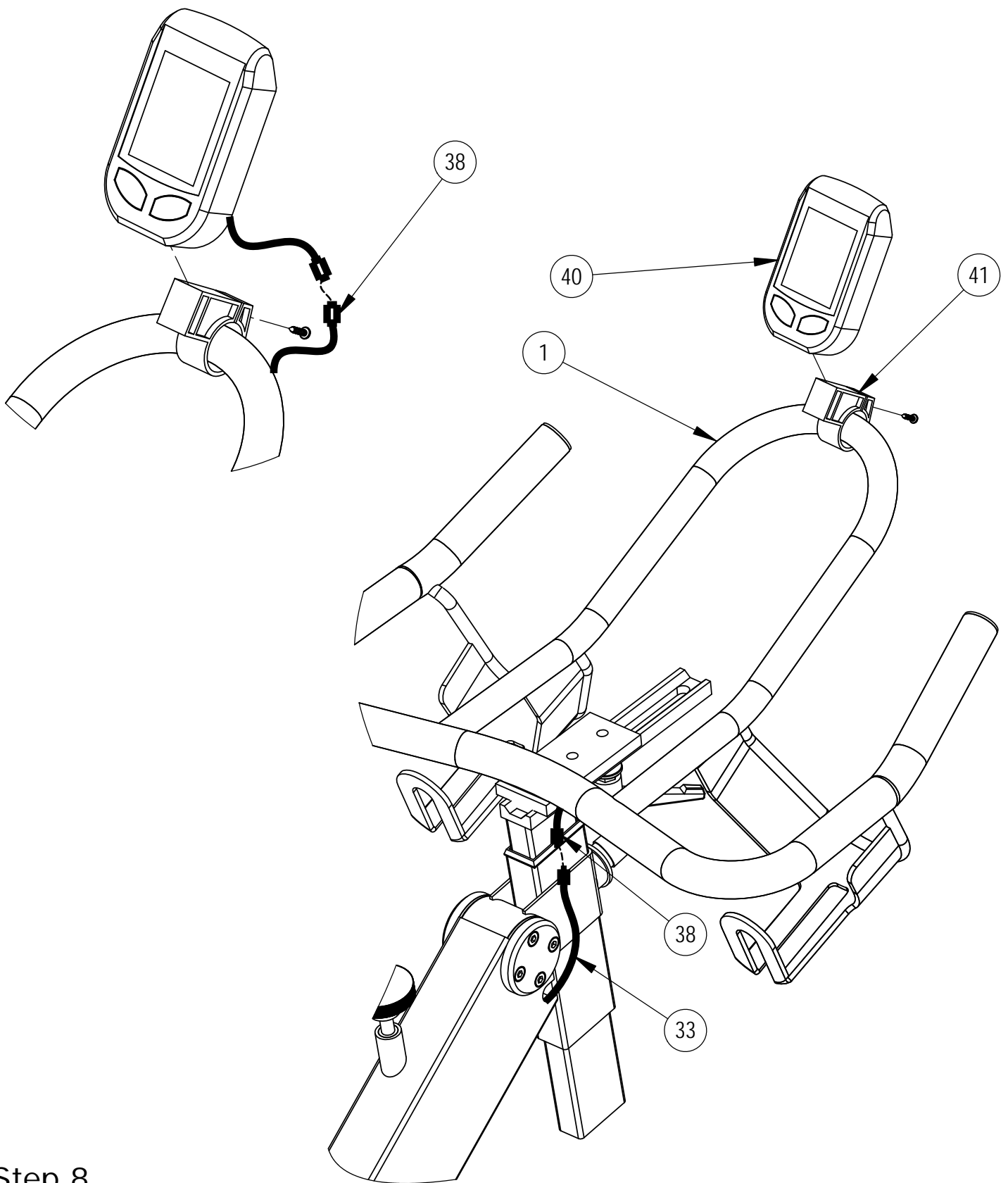
Step 6

- A Attach the Handlebars (1) from the top and use the flat washer (9) and the L-Handle(10) to secure the Handle Bars (1) to the Frame.



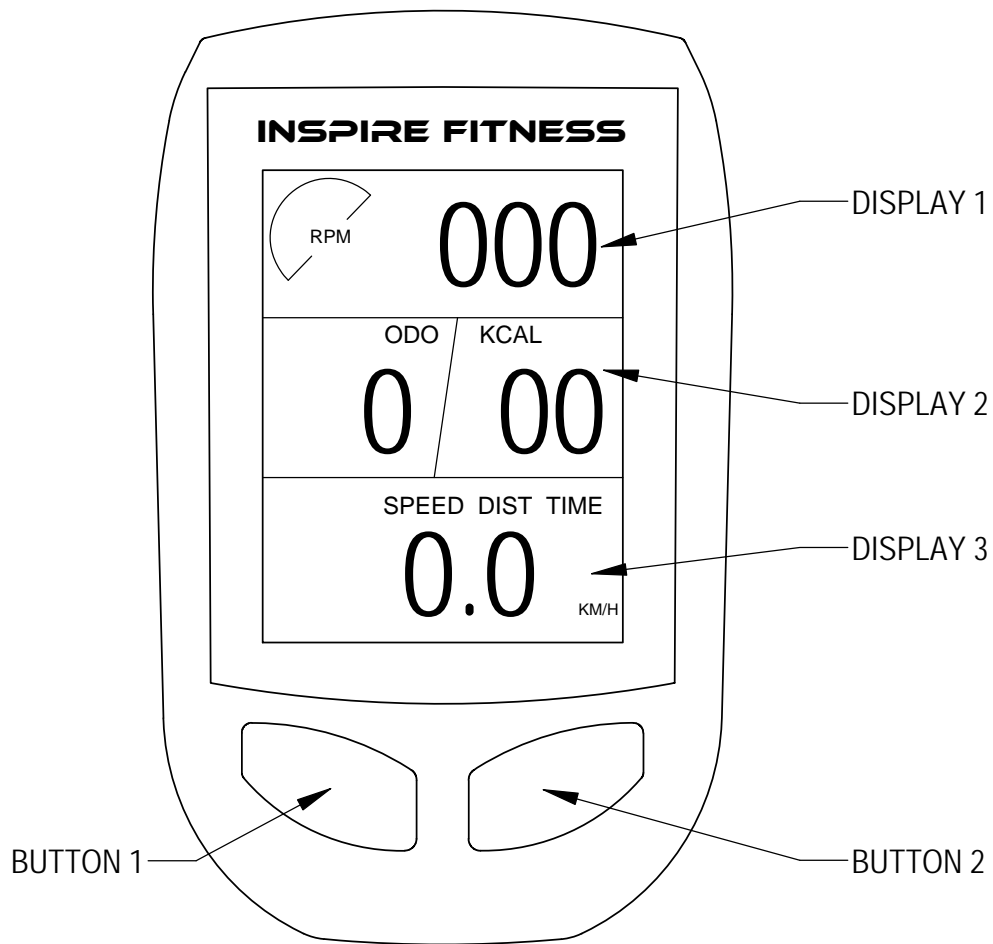
Step 7

- A Attach the Seat(37) to the Adjustable Seat Tube(36) and use the handle under the seat to secure the seat.



Step 8

- A Attach the Computer Bracket (41) onto the Handlebars (1).
- B Slip the Computer(40) into the Computer Bracket (41).
- C Secure the Bracket (41) by tightening the M3.5 screw until the Bracket (41) is tight on the Handlebars (1).
- D Attach the Lower Computer Wire (33) to the Handlebar Computer Cable (38).
- E Connect the Handlebar Computer Cable (38) to the Console (40).



COMPUTER OPERATION

This unit is equipped with a Telemetric Heart Rate transmitter that allows the user to monitor their heart rate while wearing a Chest Strap. *A Chest Strap is included with this unit. For any questions please contact Inspire by calling (877) 738-1729.*

BASIC OPERATION

- Begin pedaling to immediately begin workout in Manual Mode.
- **DISPLAY 1:** RPM display.
- **DISPLAY 2:** During a workout ODO and KCAL are displayed. ODO will display the heart rate of the user. KCAL will display the calories burned by the user.
- **DISPLAY 3:** During a workout SPEED, DIST, TIME, and CLOCK are displayed. SPEED will display in either KM/H(KILOMETERS/HOUR) or M/H(MILES/HOUR). DISTANCE will display in either KM or MI. TIME will display the workout time. CLOCK will display the current time.
 - Press "BUTTON 1" to alternate between the different displays.

DISPLAY SETTINGS

- Press and hold "BUTTON 2" for 3 seconds to enter the "Settings Mode". Settings mode allows the user to change units and enter user information.
- Once inside the "Settings Mode" press "BUTTON 1" to switch between settings.
 - To change a specific setting, press "BUTTON 2".
 - For example, to input the users weight press "BUTTON 1" until the digits on "DISPLAY 3" start to flash. Then press "BUTTON 2" to increase the weight. If you hold "BUTTON 2" for 3 seconds, the digits will increase automatically until the button is released. After your settings have been set, do not touch the console for Approximately 6 seconds and the screen will return to the original display automatically.

Parts List

Item	Part No.	Part Description	Qty
1	BC481-881-001	Handlebars	1
2	BC480-300-003	Handlebar Tube Assembly	1
3	0242-060-31	Handlebar Tube Sleeve, Upper	1
4	BC480-561-014	Pressure Peg Nut	1
5	BC480-300-004	Handle Support Assembly	1
6	A890-881-011	Handlebar Tube Sleeve, Lower	1
7	BC480-561-015	Belt Tension Bracket Assembly	2
8	BC481-881-003	Belt Cover	1
9	0116-210-005	Flat Washer	1
10	B465-561-011	L-Handle, Long	2
11	B470-560-001	L-Handle, Short	2
12	BC481-200-001	Main Frame	1
13	BC481-881-004	Brake Assembly	1
14	BC481-381-001	Brake Cover	1
15	B465-521-003	Flywheel Assembly	1
16	BC480-340-001	Front Stabilizer Assembly	1
17	BC481-341-001	Pedal, L	1
18	BE480-881-005	Crank Cap	2
19	0110-412-591	Flange Nut	2
20	BC480-561-010	Crank, L	1
21	BC481-340-001	Rear Stabilizer Assembly	1
22		Sensor Fixture	1
23	BC480-801-002	Rear Cover	1
24	BC480-501-003	Pulley Assembly	1
25	BC480-501-004	Belt	1
26	BC480-561-011	Crank, R	1
27	BC481-341-001	Pedal, R	1
28	0242-038-08	Seat Tube Sleeve, Lower	1
29	B465-561-018	Pressure Peg Nut	1
30	B465-881-003	Seat Tube Sleeve, Upper	1
31	BC481-881-005	Upper Cover	1
32	BC480-801-001	Cover Assembly	1
33		Computer Wire, Lower	1
34	BC481-561-001	Resistance Knob Assembly	1
35	BC480-300-002	Seat Tube Assembly	1
36	BC480-300-001	Adjustable Seat Tube	1
37	B465-401-004	Seat Pad	1
38		Handlebar Computer Cable	1
39		Chest Strap Sensor	1
40	BC481-630-001	Computer	1
41		Computer Bracket	1
49	0116-608-03	Curved Washer	4
50	0110-308-03	Cap Nut	4
54	0111-408-70L	M8 Bolt	4
98	0511-605-002	Wrench 5#	1
99	0511-800-100	Wrench	1

INSPIRE

Warranty

This Warranty applies to Inspire Strength products manufactured or distributed by FG1 LLC. **This Product is NOT intended for HEALTH CLUB use:**

CONSUMER USE:

10 YEAR FRAME:

Includes Main Frame and Welds

3 YEAR PARTS:

Excluding Paint and Finish (unless defective out of box)

1 YEAR LABOR

FG1, LLC. warrants that the Product you have purchased for personal, family or household use from FG1 LLC or from an authorized FG1 reseller is free from defects in materials or workmanship under normal use during the warranty period. Your sales receipt, showing the date of purchase of the Product, is your proof of the date of purchase. This warranty extends only to you, the original purchaser. It is not transferable to anyone who subsequently purchases the Product from you. It excludes expendable parts such as paint and finish. This Warranty becomes VALID ONLY if the Product is assembled / installed according to the instructions / directions included with the Product.

Replacement and repair of parts.

During the warranty period FG1 will, at no additional charge, repair or replace the Product if it becomes defective, malfunctions, or otherwise fails to conform with this Warranty under normal personal, family, or household use. In repairing the product FG1 may replace defective parts with, at the option of FG1, serviceable used parts that are equivalent to new parts in performance, or new parts. All exchanged parts and Products replaced under this warranty will become the property of FG1. FG1 reserves the right to change manufacturers and or specification of any part to cover any existing warranty.

Service procedures.

To obtain warranty parts, you must return the parts to FG1 or an authorized FG1 retailer in its original container (or equivalent). You must pre-pay any shipping charges, taxes, or any other charges associated with transportation of the Product. In addition, you are responsible for insuring any Product shipped or returned. You assume the risk of loss during shipment. You must present FG1 with proof-of-purchase documents (including the date of purchase, Model, and Serial Number). Any evidence of alteration, erasing or forgery of proof -of-purchase documents will be cause to void this Warranty. Register your warranty online visit www.inspirefitness.net

Conditions and Exceptions.

This Warranty does not extend to any Product not purchased from FG1 LLC or from an authorized FG1 reseller. This Warranty does not extend to any Product that has been damaged or rendered defective; (a) as a result of accident, misuse, or abuse; (b) by the use of parts not manufactured or sold by FG1; (c) by modification of the Product; (d) as a result of service by anyone other than FG1, or an authorized FG1 warranty service provider; (e) product that has not been properly maintained (follow maintenance schedule found on product). Should any product submitted for Warranty service be found to be ineligible, an estimate of repair cost will be furnished and the repair will be made if requested by you upon FG1 receipt of payment or acceptable arrangement of payment.

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