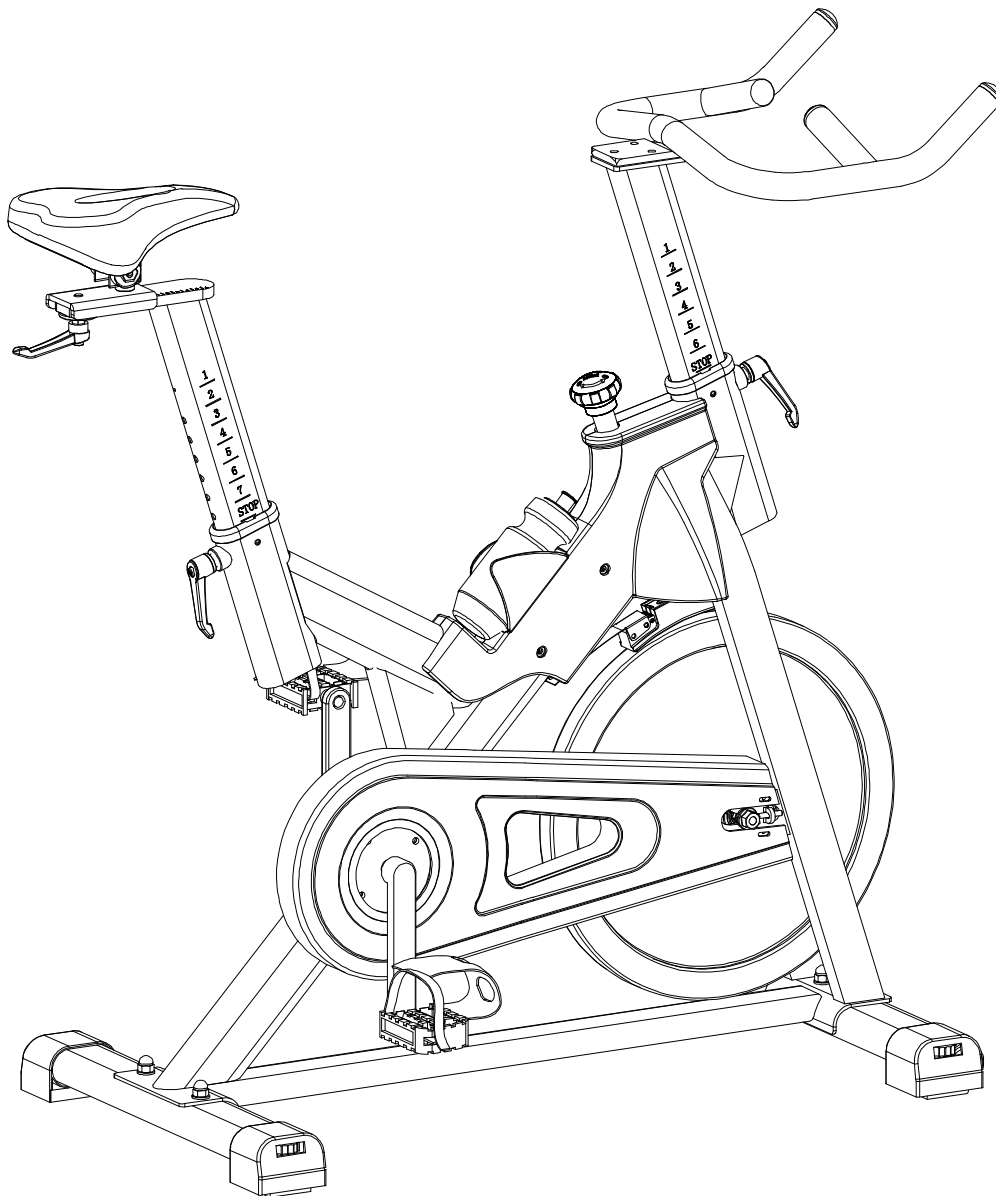




154035 BODYGO SPINNING BIKE - 18KG FLYWHEEL

USER MANUAL



Dear Customer,

Please read this instruction very carefully before using this item. You will find important information regarding safety of your spinning bike.

IMPORTANT SAFETY NOTICE

Note the following precaution before assembling or operating the machine.

- 1、 Keep children and pets away from the Spinning Bike at all times.
DO NOT leave unattended children in the same room with the machine.
- 2、 Handicapped or disabled persons should not use the spinning Bike without the presence of a qualified health professional or physician.
- 3、 If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
- 4、 Before beginning training, remove all within a radius of 2 meters from the machine. DO NOT place any sharp objects around the Spinning Bike.
- 5、 Position the Spinning Bike on a clear, level surface away from water and moisture. Place mat under the unit to help keep the machine stable and to protect the floor.
- 6、 Use the Spinning Bike only for its intended use as described in this manual. DO NOT use any other accessories not recommended by the manufacturer.
- 7、 Assemble the machine exactly as the descriptions in the instruction manual.
- 8、 Check all bolts and other connections before using the machine for the first time and ensure that the trainer is in the safe

condition.

- 9、 Hold a routine inspection of the equipment. Pay special attention to components which are the most susceptible to wear off, i.e. connecting points and wheels. The defective components should be replaced immediately. The safety level of this equipment can only be maintained by doing so. Please don't use the Spinning Bike until it is repaired well.
- 10、 NEVER operate the Spinning Bike if it is not functioning properly.
- 11、 This machine can be used for only one person's training at a time.
- 12、 Do not use abrasive cleaning articles to clean the machine. Remove drops of sweat from the machine immediately after finishing training.
- 13、 Always wear appropriate workout clothing when exercising. Running or aerobic shoes are also required.
- 14、 Before exercising, always do stretching first.
- 15、 The power of the machine increases with increasing the speed, and the reverse. The machine is equipped with adjustable knob, which can adjust the resistance.

WARNING: BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN F I R S T. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING THE SPINNING BIKE. THANE ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTA I N E D BY OR THROUGH THE USE OF THIS PRODUCT

NO	NAME	QUANTITY	SPEC
1	PEDAL	1	JD-301 (9/16")
2	END CAP1	2	69*88*69
3	CARRIAGE BOLT	4	GB/T 12-1988 M8*52
4	REAR STABILIZER	1	WELDING
5	FLAT WASHER	4	GB/T 95-2002 8
6	DOMED NUT	4	GB/T 802-1988 M8
7	Short L elastic latch	2	(M16*1.5)X20mm
8	PLASTIC SLEEVE 1	2	70*30*1.5
9	LEFT STABILIZER END CAP	1	69*97*69
10	VERTICAL SEAT POST	1	WELDING
11	END CAP 2	2	70*30*1.5
12	SEAT POST	1	WELDING
13	SEAT	1	DD-2681
14	RIGHT STABILIZER END CAP	1	69*97*69
15	FRONT STABILIZER	1	WELDING
16	MAIN FRAME	1	WELDING
17	HANDLEBAR POST	1	WELDING
18	HANDLE BAR	1	WELDING
19	FLAT WASHER	2	GB/T 95-2002 12
20	SCREW 4	5	ST2.9*12
21	FLAT WASHER 1	1	φ45*φ10.5*4
22	SPRING ADJUSTMENT KNOB	1	M10*25
23	NUT	1	M20*1.0
24	BOTTLE	1	500ML
25	Left kettle rack	1	385*88*319
26	Right jug rack decoration cover	1	385*97*319
27	BOLT	4	GB/T 70.2-2000 M8*16
28	FIXING NUT 1	2	GB/T 6177.2-2000 M10*1.25
29	CRANK END CAP	2	φ23*7.5
30	KNOB	1	φ60*113
31	LOCK NUT	4	GB/T 889.1-2000 M8
32	Twist The Fixings	1	φ20*34
33	LEFT CRANK	1	170*27
34	CRANK COVER	1	φ56*28
35	BEARING	2	6004ZZ
36	RIGHT CRANK	1	170*27
37	NUT	3	GB/T 41-2000 M10
38	FIXING NUT 2	2	GB/T 802-1988 M12X1.25 (H=16mm)
39	FIXING BOLT	2	M6*58
40	NUT	2	GB/T 889.1-2000 M6

NO	NAME	QUANTITY	SPEC
41	SCREW 1	11	GB/T 845-1985 ST4.2*19
42	SCREW 2	11	GB/T 15856.1-2002 ST4.2X19
43	SCREW 3	2	GB/845-85 ST4.8X13
44	OUTER CHAIN COVER	1	654*263*49 (507g)
45	LITTLE CHAIN COVER	1	108*37*3 (7g)
46	AXIS	1	φ20*162
47	LONG FIXING TUBE	1	φ25*φ20.2*41.2
48	SHORT FIXING TUBE	1	φ25*φ20.5*12
49	INNER CHAIN COVER	1	451*260*2 (250g)
50	CHAIN	1	P=12.7,Z=106
51	CHAIN WHEEL	1	P=12.7,Z=52T
52	WASHER 2	3	φ20*φ14*2.0
53	SPRING 1	1	φ1.5X62
54	Screw rod	1	φ13.5*185
55	BOLT 1	3	GB/T 70.2-2000 M8*20
56	SPRING WASHER	3	GB/T 859-1987 8
57	DOMED NUT	1	GB/T 802-1988 M10
58	NUT	4	M12X1.25 H=6
59	Plastic plug	2	GB/T 95-2002 8
60	BEARING	2	6001ZZ
61	FLYWHEEL	1	φ453*72(22KG)
62	FLYWHEEL SHAFT	1	φ12*160
63	FLYWHEEL COVER	1	φ59*35
64	SPRING COVER	1	32*23*2
65	SPRING 3	1	φ2.2
66	PLASTIC FRAME	1	116*30*32
67	LITTLE PLASTIC	1	14*9*14
68	WASHER 2	1	M10
69	WOOLLY BLOCK	1	113*25*8
70	BOLT 1	2	GB/T 5780-2000 M5*30
71	SPRING BRAKE	1	δ1.0
72	LOCK NUT	2	GB/T 889.1-2000 M5
73	SPRING WASHER 1	4	GB/T 859-1987 5
74	FLAT WASHER2	1	35*20*2.0
75	BOLT 2	2	GB/T 5780-2000 M5*10
76	FIXING TUBE	1	φ20*φ12.2*56.2
77	CHAIN WHEEL	1	A7K-16 1/2**1/8" 16T (1.37")
78	LOCK NUT	2	M33*1*4
79	SCREW 4	2	GB/845-85 ST4.8X13
80	BOLT 4	1	GB/T77-2007 M6*6

ASSEMBLY INSTRUCTION:

1.PREPARATION:

- A. Before assembling make sure that you will have enough space around the item.
- B. Use the present tooling for assembling.
- C. Before assembling please check whether all needed parts are available (at the above of this instruction sheet you will find an explosion drawing with all single parts (marked with numbers) which this item consists of.

2.ASSEMBLY INSTRUCTION:

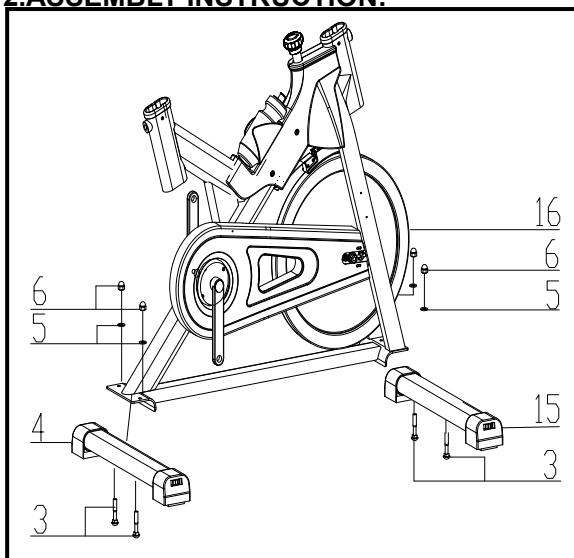


FIG.1

FIG.1:

Attach the Front Stabilizer (pt.15) to the Main Frame (pt.16) using two sets of Ø8 Flat Washers (pt.5), M8Domed Nut (pt.6) and M8*52 Carriage bolt (3).

Attach the Rear Stabilizer (pt.4) to the Main Frame (pt.16) using two sets of Ø8Flat Washers (pt.5), M8 Domed Nut (pt.6) and M8*52 Carriage bolt (3).

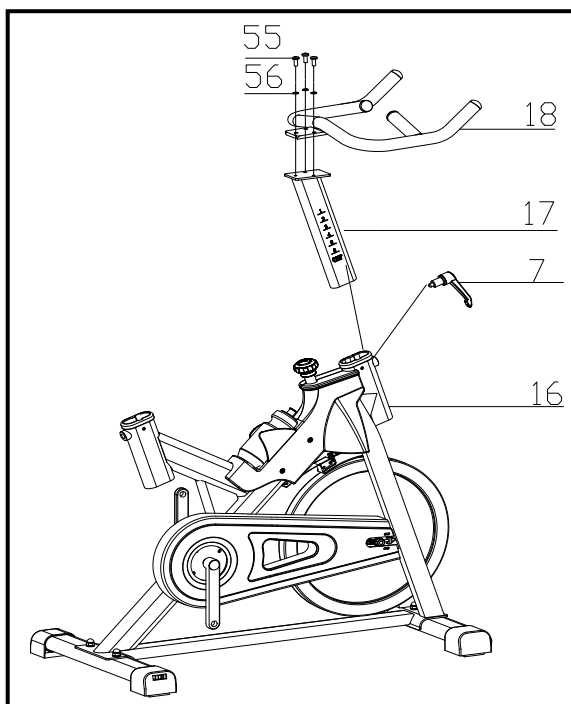


FIG.2

FIG.2:

Slide the Handlebar Post (pt.17) into the handlebar post housing on the main frame(pt.16). You will have to slacken the knurled section of the L Shape Knob (pt7) and pull the knob back and then select the desired height. Release the knob and retighten the knurled portion. Then use the bolt(pt.55) and the spring washer(pt.56) fixing the handlebar(pt.18) to the Handlebar Post (pt.17)

**ATTENTION: YOU SHOULD
FIX THE HANDLEBAR
TIGHTLY**

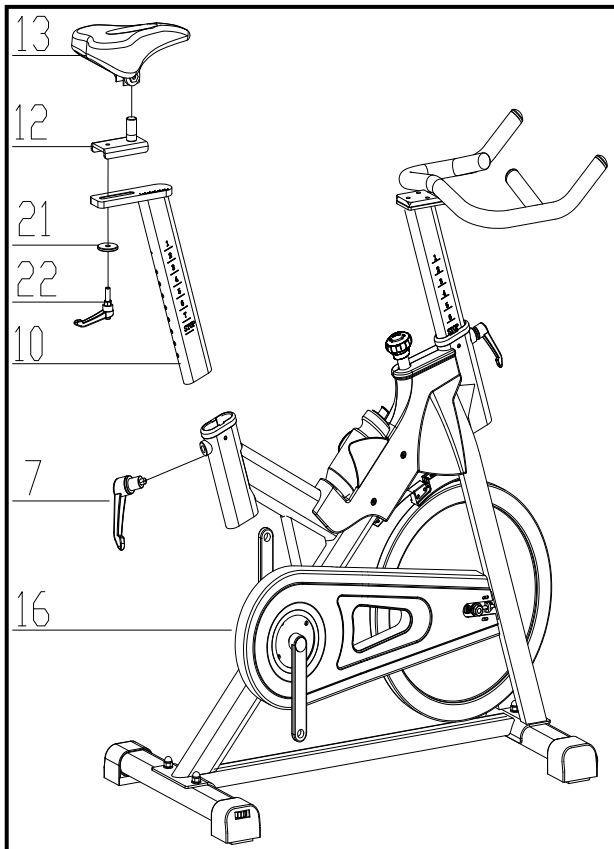


FIG.3

FIG.3:

Slide the Vertical Seat Post (pt.10) into the seat post housing on the main frame (pt.16). Then slide the Seat Post (pt.12) into the Vertical Seat Post (pt.10), then Secure using a flat washer (21) and knob (22). You will have to slacken the knurled section of the Knob (pt.7) and pull the knob back and then select the desired height. Release the knob and retighten the knurled portion.

Now fix the Seat (pt.13) to the Seat Post (pt.12) as shown, and tighten the bolts around the screws under the seat.

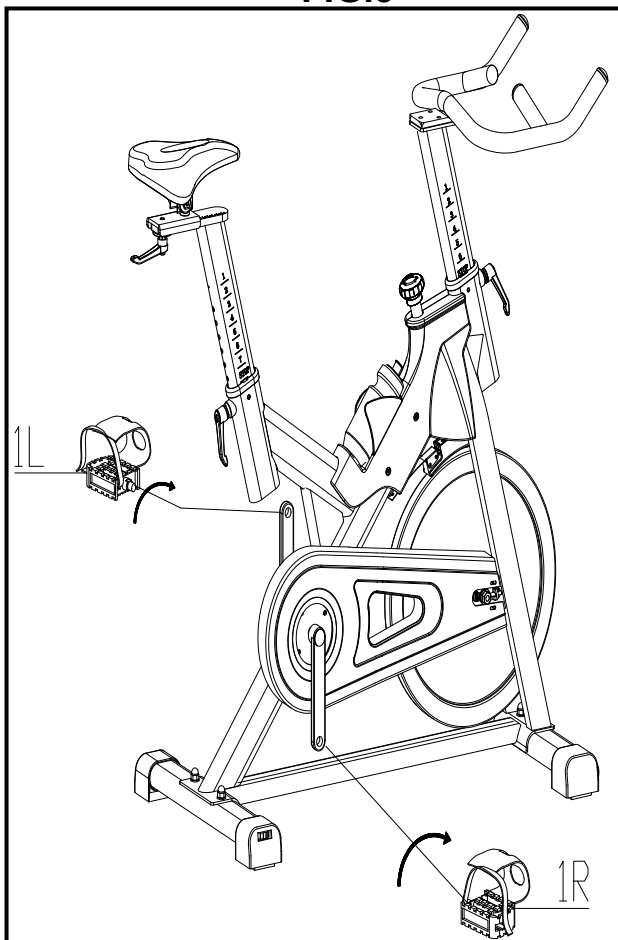


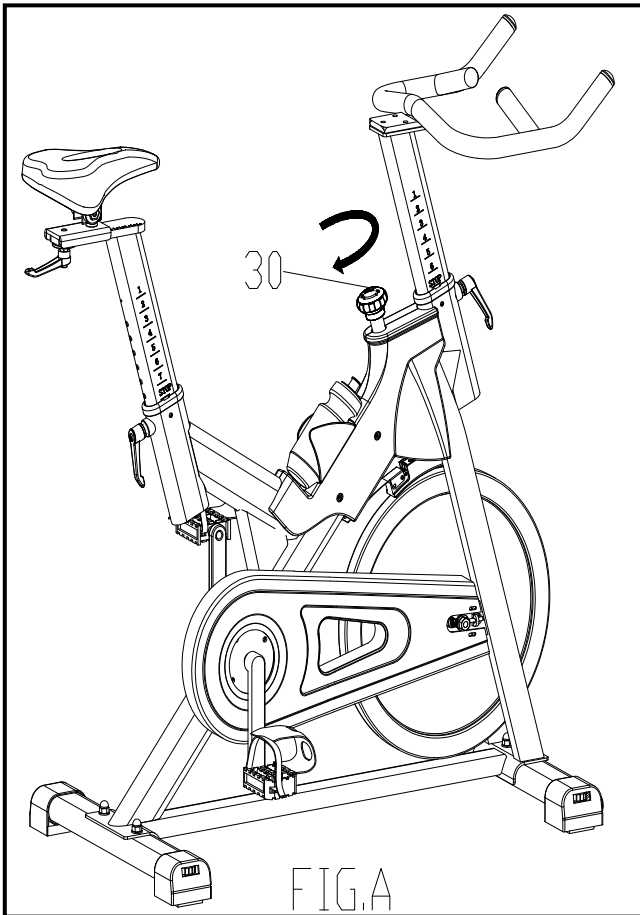
FIG.4

FIG.4:

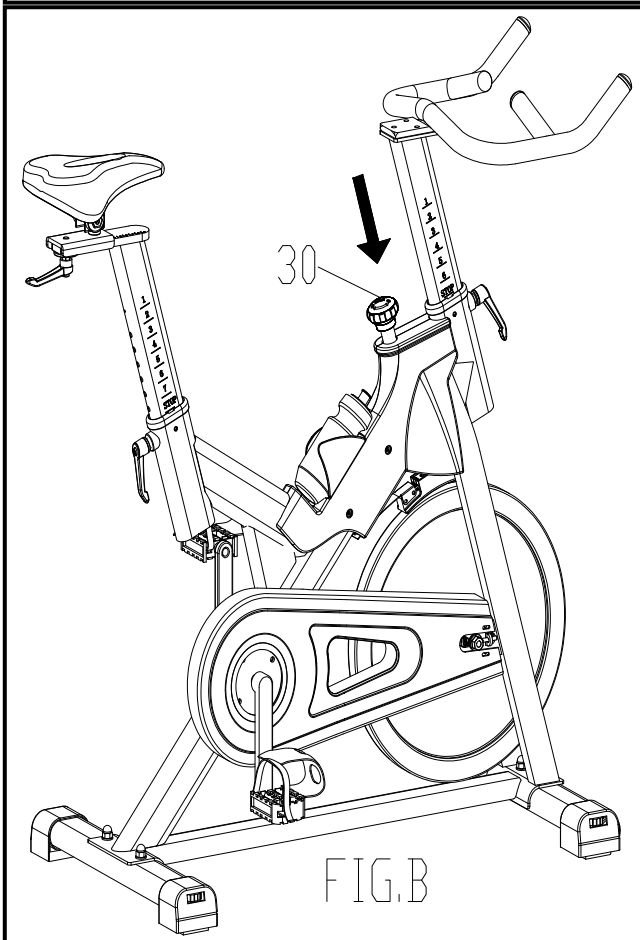
The Pedals (pt.1 L & pt.1 R) are marked "L" and "R" - Left and Right.

Connect them to their appropriate crank arms. The right crank arm is on the right-hand side of the cycle as you sit on it.

Note that the Right pedal should be threaded on clockwise and the Left pedal anticlockwise.



A.) Adjusting the Tension:
 Increasing or decreasing the tension allows you to add variety to your workout sessions by adjusting the resistance level of the bike. To increase tension and increase resistance (requiring more strength to pedal), turn the *Emergency Brake & Tension Control Knob (#30)* to the *right*. To decrease tension and Decrease resistance (requiring less strength to pedal), turn the *Emergency Brake & Tension Control Knob (#30)* to the left Using the Emergency Brake Function:



The same knob that allows you to adjust the tension of the bike also doubles as the Emergency Brake. Use this safety feature in any situation where you would need to get off the bike and/or stop the bike's flywheel. To use the Emergency Brake function in any situation you would need it in, firmly press down on the *Emergency Brake & Brake Control Knob (#30)*.

ADJUSTMENT

*To adjust the seat height, slacken the spring knob on the vertical post stem on the main frame and pull back the knob. Position the vertical seat post for the desired height so that holes are aligned, then release the knob and retighten it.

*To move the seat forward in the direction of the handlebar or backwards away from it, loosen the adjusting knob and washer and pull the knob back. Slide horizontal seat post into desired position. Align holes and then retighten the adjusting knob.

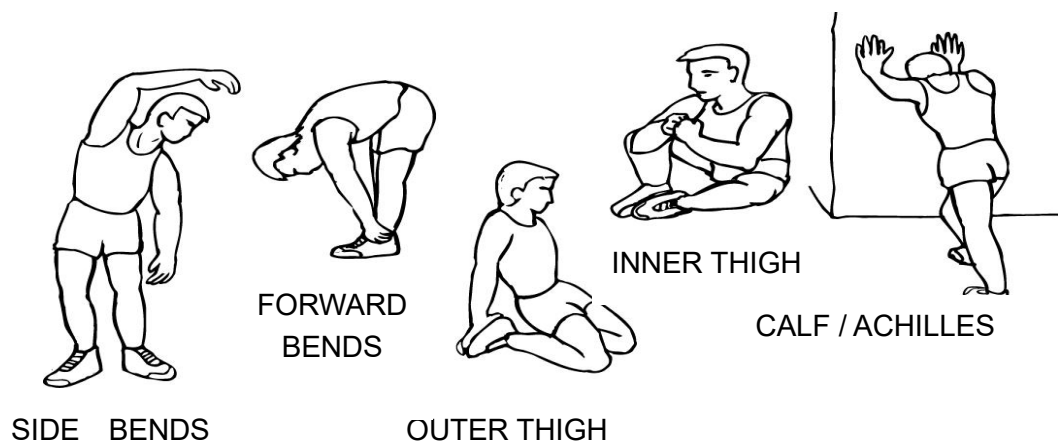
*To adjust the handlebar height, slacken the spring knob and secondary knob and pull both knobs back. Slide the handlebar post along the housing on the main frame to the desired height and, with the holes aligned correctly, tighten the spring adjusting knob and then the secondary knob.

EXERCISE INSTRUCTIONS

Using your **SPINNING BIKE** provides you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with calorie controlled diet help you lose weight.

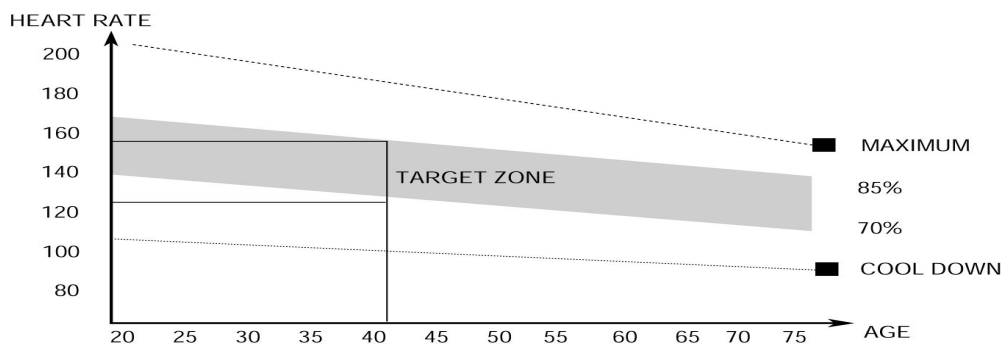
1.The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, **STOP**.



2.The Exercise Phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become stronger. Work to your limit but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart rate into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes for most people

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

MUSCLE TONING To tone muscle while on your **SPINNING BIKE** you will need to have the resistance set quite high. This will put more strain on our leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance, making your legs work harder than normal. You may have to reduce your speed to keep your heart rate in the target zone.

WEIGHT LOSS The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

USE The tension control knob allows you to alter the resistance of the pedals. A high resistance makes it more difficult to pedal, a low resistance makes it easier. For the best results set the tension while the bike is in use.

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