

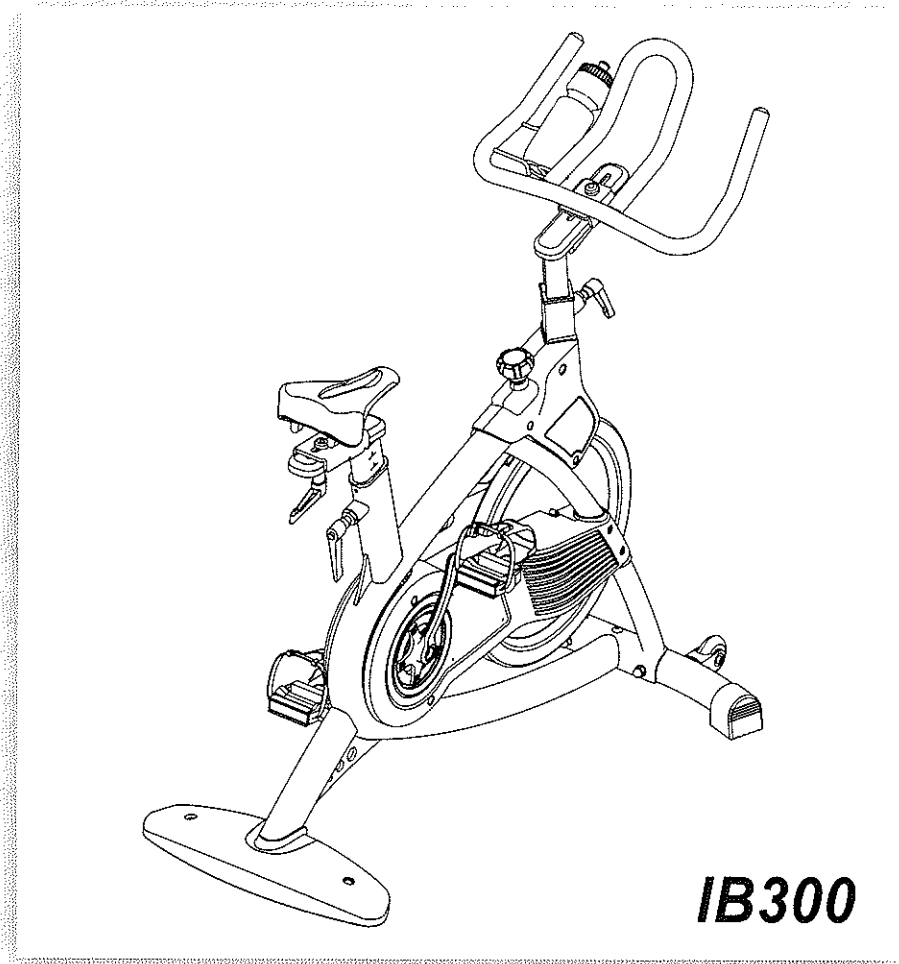
IB 300



Ride to Your Heart Content
and Be Strong.

SPIN BIKE MANUAL

TABLE OF CONTENTS



*Congratulations on the purchase of your new SPIN BIKE. To help to ensure the enjoyable and trouble-free operation of your new SPIN BIKE, we strongly suggest you read this manual carefully and follow its recommendations.
Please completely read the manual before assembling and operating this product. To conserve the manual for future references.*

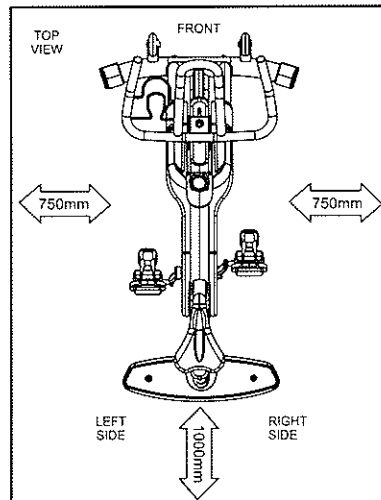
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IMPORTANT SAFETY INSTRUCTIONS

⚠ DANGER

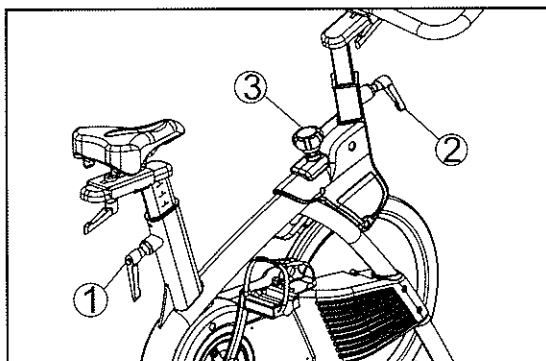
- ◆ The Spin Bike is shipped with all parts and tools necessary for assembly. Please read this entire manual thoroughly before assembling. We recommend assembling the bike on the shipping carton. Ensure the floor is solid, level and clean.
- ◆ A warning notice to the effect that the safety level of the equipment can be maintained only if it is examined regularly for damage.
- ◆ Advice to replace defective components immediately and/or keep the equipment out of use until repair.
- ◆ Special attention to components most susceptible to wear.
- ◆ MAX user weight : 110KG

- ◆ Failure to comply these instructions may lead to personal injury and cause damage to the spin bike. To reduce the risk of injury, please keep the following in mind. Keep the spin bike on a solid, level surface with sides at least 750mm from any walls. Be sure the area around the spin bike remains clear and has adequate clearance. Keep close supervision if this spin bike is used by, or near children, persons with disabilities or pets.

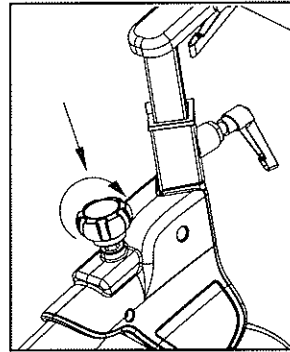


- ◆ It is a two-way cycling mechanism, if you intend to change direction of your cycling and you should slow down to a complete stop before starting in the new direction. Failure to do so could result in personal injury.
- ◆ Resistance adjustment and structure adjustment:

1. Lever for saddle height adjustment.
2. Lever for handlebar position adjustment.
3. Knob for resistance adjustment.

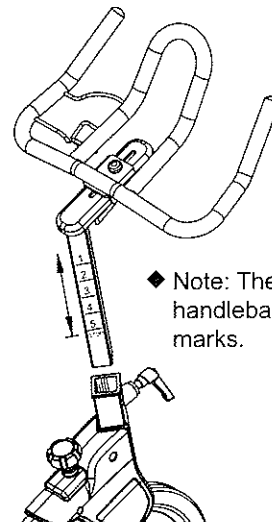
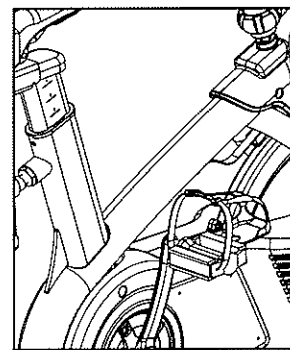


- ◆ Resistance knob is to adjust the resistance during your workout, to stop the workout/training or under emergency you can press it to slow the flying wheel down.



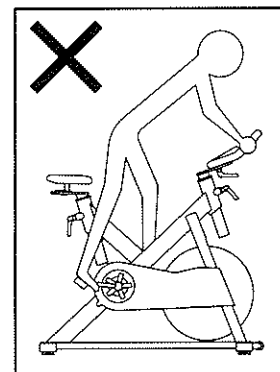
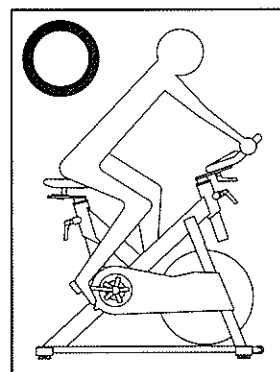
- ◆ Tighten up the resistance knob to lock the flying wheel when not in use, and keep close supervision if this spin bike is used by, or near children.

- ◆ Bike's pedel strap is to prevent from slip under careless situation.



- ◆ Note: The height of the seat post and handlebar post must not exceed the "STOP" marks.

- ◆ Adjust the saddle height to the position that is comfortable and suited to your needs.
- ◆ Incorrect use and overuse may cause a physical injury.



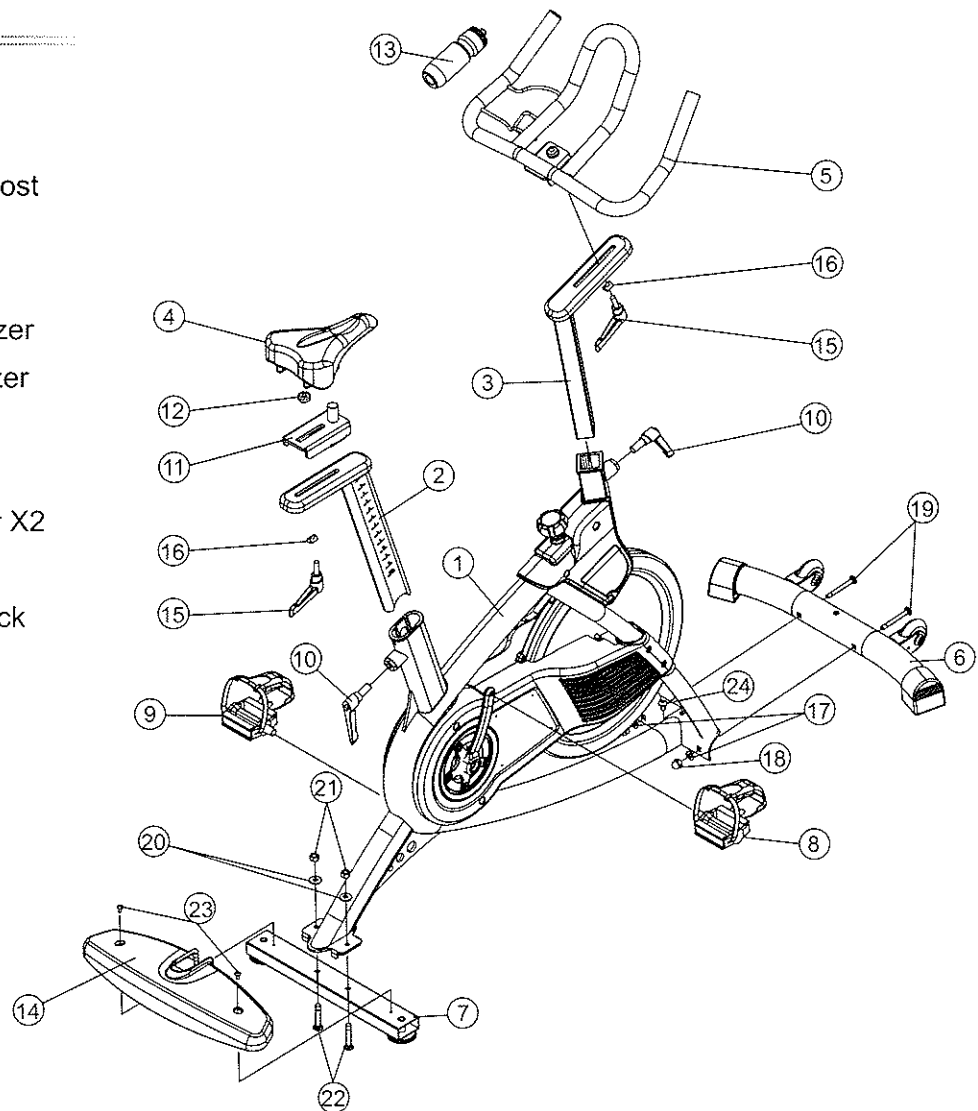
ASSEMBLY INSTRUCTION

Warning After unpacking the fitness equipment, examine it carefully for possible damage. If there is any damage or there are missing parts, please contact your retailer or an authorized repair facility for assistance.

1. Since your spin bike is a heavy piece of equipment, we recommend the after taking off the top portion of the box; you should slit the corners of the lower carton and fold down the sides. This will eliminate the need to pick up the spin bike over the sides of the box.
2. Prior to starting the assembly process take all the parts out of the box, remove all plastic bags, and then lay them out on the floor to become familiar with the components. Make sure that you remove all parts packaged underneath the spin bike. You may need to slightly pick up the back of the spin bike to get better access to the parts on the bottom.







PARTS

- ① Frame
- ② Seat Post
- ③ Handlebar Post
- ④ Saddle
- ⑤ Handlebar
- ⑥ Front Stabilizer
- ⑦ Rear Stabilizer
- ⑧ Right Pedal
- ⑨ Left Pedal
- ⑩ Safety Lever X2
- ⑪ Slide Block
- ⑫ Anti-Slip Block
- ⑬ Water Bottle
- ⑭ Rear Cover









HARDWARE & TOOL

Hardware packed by poly bag

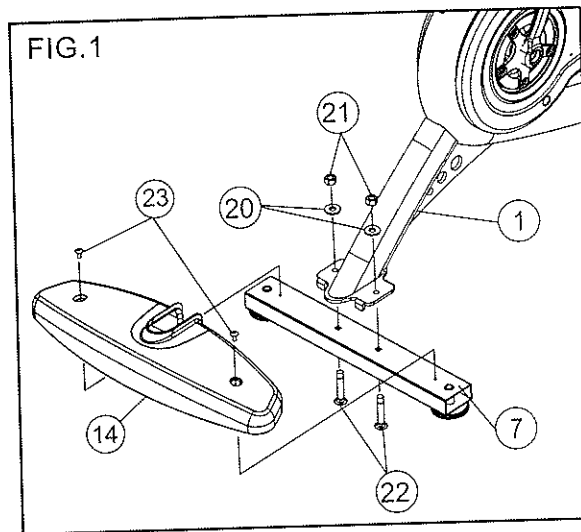
⑮ Safety Lever X2 	⑯ Slide Block X2 	⑰ Washer X2 	⑱ Cap Nut X2 	⑲ Screw X2 	⑳ Washer X2 
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Tool

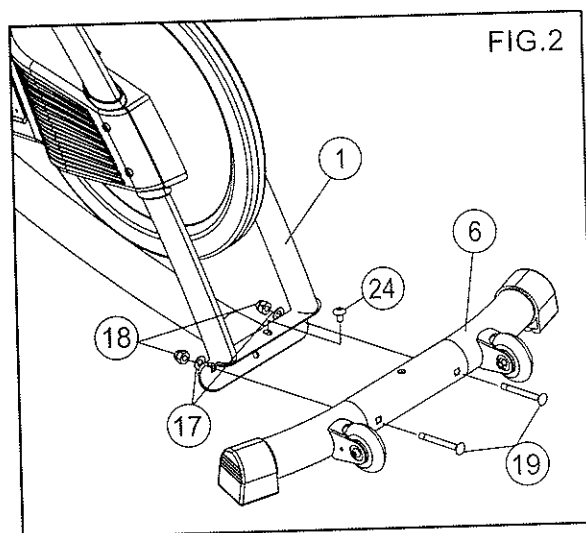
㉑ Nut X2 	㉒ Screw X2 	㉓ Screw X2 	㉔ Screw 	㉕ Multi-function Wrench 	㉖ Hexagonal Key, Allen Key 
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ASSEMBLY INSTRUCTION

STEP 1 : STABILIZER ASSEMBLY



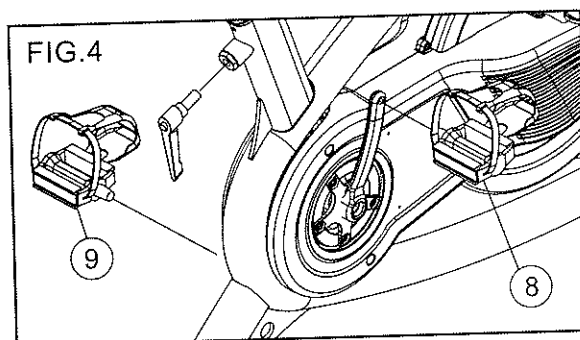
1. To install the rear stabilizer (7) in the support of the lower part of the frame (1) use the two screws (22), two flat washers (20) and two nuts (21).
2. Place rear cover (14) over rear stabilizer (7) use the two screws (23) and tighten. (FIG.1)



3. To install the front stabilizer (6) in the support of the lower part of the frame (1) use the screw (24).
4. Use two screws (19), two flat washers (17) and two cap nuts (18) and tighten. (FIG.2)

Tighten all the screws and nuts as shown in FIG.1 & FIG.2.

STEP 2 : PEDAL ASSEMBLY

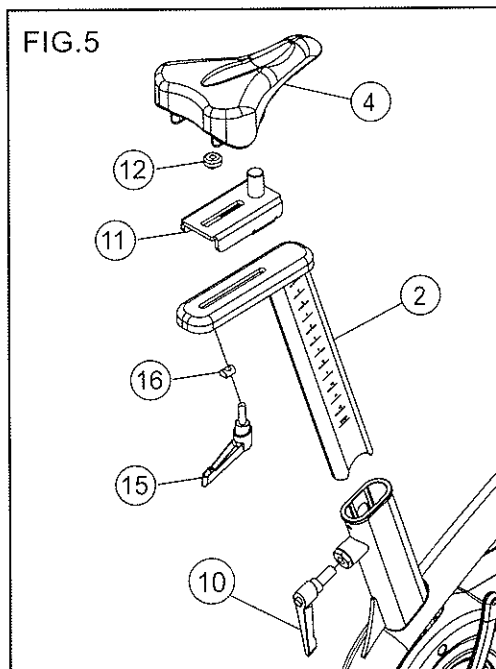


1. Screws the left pedal (9) on the left crank and then the right pedal (8) on the right crank. (FIG.4)

Tool use: Wrench (25)

ASSEMBLY INSTRUCTION

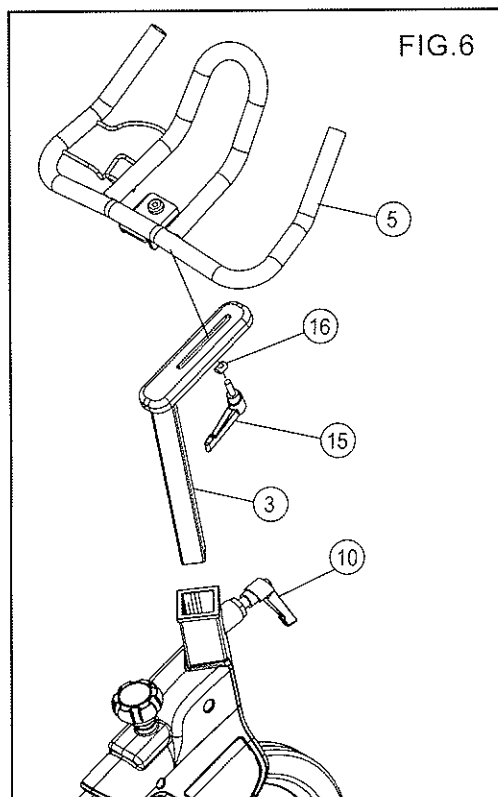
STEP 3 : SEAT ASSEMBLY



1. Install the saddle (4) onto the saddle slide block (11) , adjust saddle (4) height and align it with the main frame. Secure it with the wrench (25) once alignment is done.
2. Loosen the safety lever (15) and properly adjust saddle back and forth to make a comfortable ride.
3. Loosen the safety lever (10) and properly adjust saddle height to make a comfortable ride. (FIG.5)

Note: Do not exceed the "STOP" mark during adjustment.

STEP 4 : HANDLEBAR ASSEMBLY



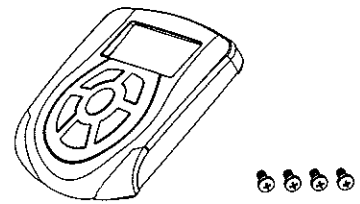
1. Loosen the safety lever (10) , insert the handlebar post (3) into the upper opening of frame (1) . Properly place the handlebar (5) onto the handlebar post (3) , place the slide block (15) onto the safety lever (15) and properly secure them with handlebar (5) .
2. Loosen the safety lever (15) and properly adjust handlebar back and forth to make a comfortable hold.
3. Loosen the safety lever (10) and properly adjust handlebar height to make a comfortable hold. (FIG.6)

Note: Do not exceed the "STOP" mark during adjustment.

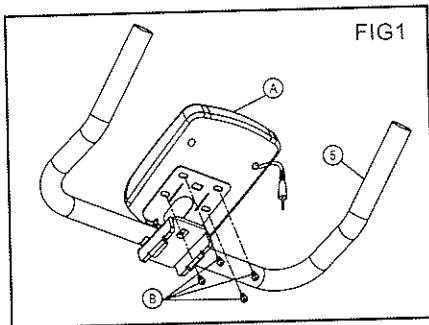
CONSOLE OPERATION

CONSOLE PARTS (OPTIONAL)

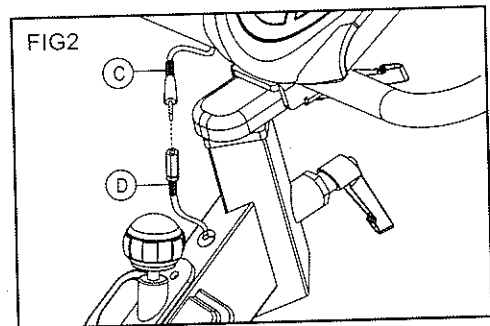
- Ⓐ Console
- Ⓑ Screw X4



CONSOLE ASSEMBLY



1. Remove the screws (B) from back of the console (A).
2. Slide the console (A) into the bracket of handlebar (5), and secure them with 4 screws (B).



1. After the console is fitted, connect the cables (C) to (D).
2. Connect the pulse sensor to the jack on the back of console. Then place the pulse clip to your ear.

PLEASE READ BEFORE USE

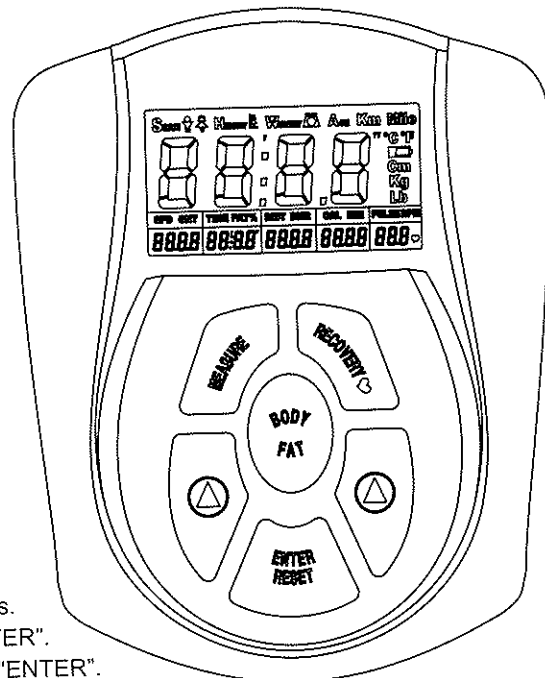
User's Profile

Input your personal data before your workout: Press the "BODY FAT" to set your SEX, AGE, HEIGHT and WEIGHT. Your personal data will be automatically saved (if you remove and replace the battery then you need to input your personal data again).

Clock Mode

Console will enter the Clock Mode if it is not receiving any signal or without pressing any buttons after 240 seconds period. If the screen shows the ambient temperature, then press the "ENTER" to change to have the time on the screen.

1. Set the clock:
 - a. First install two (AA) batteries. Then the screen will light up.
 - b. Use either the "Δ" or "∇" to set the hour 1 - 24 (24 hour clock only) then press the "ENTER".
 - c. Use either the "Δ" or "∇" to set the minutes (0 - 59) then press the "ENTER".
2. To reset clock and set alarm:
 - a. The time on the screen, then hold the "ENTER" button for two seconds.
 - c. Use either the "Δ" or "∇" to set the hour (1 - 24), then press the "ENTER".
 - d. Use either the "Δ" or "∇" to set the minutes (00 - 59), then press the "ENTER".
 - e. "----" will be flashing for alarm (This picture represents alarm is off).
 - f. Use either the "Δ" or "∇" to show "0.00", then press the "ENTER".
 - g. Use either the "Δ" or "∇" to set the hour (1 - 24), then press the "ENTER".
 - h. Use either the "Δ" or "∇" to set the minutes (00 - 59), then press the "ENTER".
3. Clear Alarm:
 - a. The time on the screen, then hold the "ENTER" button for two seconds.
 - b. Press the "ENTER" button twice.
 - c. Use either the "Δ" or "∇" to show "----", then press the "ENTER".



ELECTRONIC DISPLAY

CONSOLE OPERATION

WINDOW DISPLAY DESCRIPTION

- 1. CLOCK:** Shows the current time with 24-hour system.
- 2. ALARM:** According to the alarm time you set, there's a period of 60 seconds of beeping. You can press any buttons to stop it.
- 3. TEMPERATURE:** Shows the ambient temperature.
- 4. TIME:** It is a timer for your workout, it counts up from 0.00-99.59. It resets to zero when the time exceeds 99.59; Press the "Δ" or "▽" to set the count down time, the setting range is from 5.00-99.00. When the count down has completed, the buzzer beeps and TIME accumulates to show your actual workout time.
- 5. SPEED:** Shows the current speed with range from 0.0-99.9, when the speed exceeds 99.9 then it shows "E". Display unit is in Km/h or MPH.
- 6. DISTANCE:** Shows the total distance of your workout, it counts up from 0.0-999.9. It resets to zero when the distance exceeds 999.9; when it counts down, the setting range is from 1.00-999.0. Display unit is in Km/h or MPH.
- 7. CALORIES:** Shows your calories burnt during your workout. Display unit is in Kcal or Joule.
- 8. PULSE:** Shows your current heart rate in beats per minute (BPM).
- 9. RPM:** Shows revolutions per minute.

BUTTONS DESCRIPTION

- 1.UP:** Under setting mode, you can press the "Δ" to increase TIME, DISTANCE, CALORIES, AGE, HEIGHT, WEIGHT and set the SEX.
- 2. DOWN:** Under setting mode, you can press the "▽" to decrease TIME, DISTANCE, CALORIES, AGE, HEIGHT, WEIGHT and set the SEX.

Note: Under setting mode, you can press the "Δ" or "▽" together for 2 seconds to restore the default value.

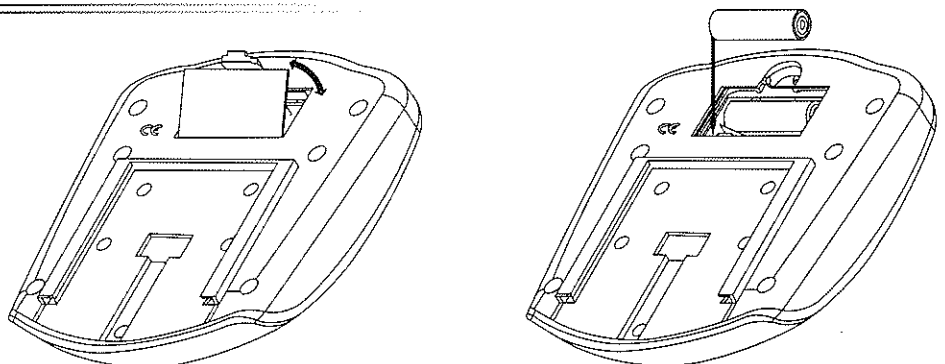
- 3. ENTER/RESET:** a. Under setting mode, press the "ENTER/RESET" to confirm the current setting.
b. Hold down the "ENTER/RESET" for 2 seconds, console will restart and restore the default value.
- 4. BODY FAT:** Before measuring your BODY FAT RATIO, press the "BODY FAT" to input your SEX, AGE, HEIGHT, WEIGHT.
- 5. MEASURE:** Press the "MEASURE" to know your BODY FAT RATIO(BFR), BODY MASS INDEX (BMI) and BASAL METABOLIC RATE(BMR).
- 6. PULSE RECOVERY:** Press the "PULSE RECOVERY" to know your heart rate recovery status; F1.0 means that your heart rate recovery is excellent; F1.0-F1.9 means very good; F2.0-F2.9 means good; F3.0-F3.9 means fair; F4.0-F5.9 means below the average; F6.0 means poor.

ERROR CODE

Error Code	Trouble Shooting
E :	If the speed exceeds 99.9 Km/h or MPH, LCD shows "E". You can press any buttons to exit.
Err :	Under PULSE RECOVERY Mode or BODY FAT mode, LCD shows "Err" if console is not receiving the heart rate signal in 20 seconds. You can press any buttons to remeasure it.

BATTERY REPLACEMENT

Remove and replace the battery from the back case of console, procedure as shown below:



TRAINING INFORMATION

In this section we give you some hints and suggestions on getting the best out of your workout. It is very **important** that all who use this Spin Bike have full knowledge of all the functions and features. This way they will enjoy the full experience of the Spin Bike and achieve all the benefits and reach the fitness standard they aspire too.

BEFORE YOU START

Ensure that the Spin Bike has been correctly assembled and all parts are tight and secured. Adjust seat, pedal straps and handlebars to suit your individual requirements. Make sure you are comfortable.

WARM UP

Prior to starting your work out we recommend you to do some warm up exercises. We have some examples on pages 8 & 9. After your warm up get into position on the Spin Bike, ensure that you are able to reach the pedals and handlebars with ease and comfort. Start to pedal slowly and gradually increase your speed to your desired level. Note (don't over exert yourself) this may cause injury or soreness.

YOUR WORK OUT

Your muscles and your cardiovascular system will benefit from your workout if you have a brisk pace. Over time you will increase your pace and your body will adjust accordingly. Try a variety of different styles, adjust you seat position, resistance level, grip on the handlebars and standing or sitting. As they say "Variety is the spice of life".

COOL DOWN

When your work out is complete, don't just stop! It could cause personnel injury or soreness. Gradually slow down to a stop. This will assist your body, muscle and cardiovascular system to adjust to their normal levels. After you dismount from the Spin Bike it is advisable to do some stretching exercises this will also be beneficial to your body.

WARNING

If the pedals are still in momentum, do not dismount or remove your feet from the pedals. Please ensure the flywheel and pedals are at a complete stop. Failure to do so could cause personal injury or injury to another person(s).

TRAINING INFORMATION

STRETCHING ROUTINE

A successful exercise program consists of a warm up, aerobic exercise, and a cool down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the following warm up and cool down exercises:

1. Head Roll

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



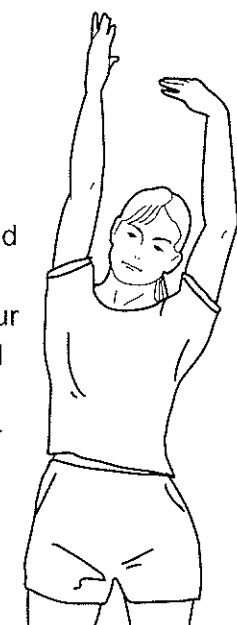
2. Shoulder Lift

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



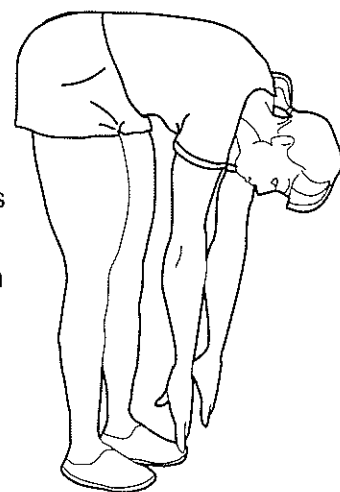
3. Side Stretch

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.



4. Toe Touch

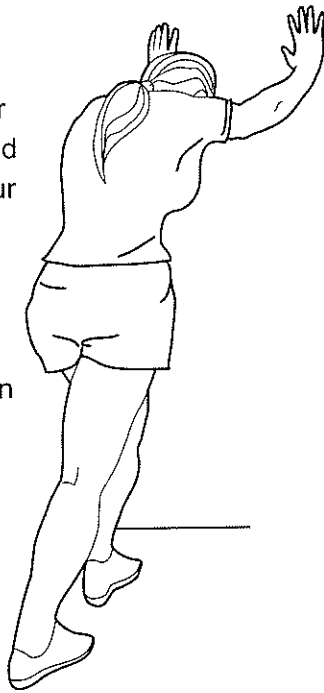
Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



TRAINING INFORMATION

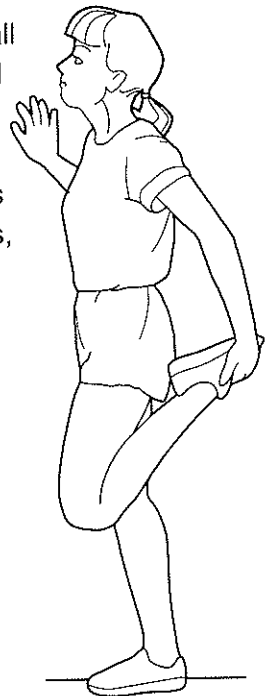
5. Calf-Achilles Stretch

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.



6. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg.



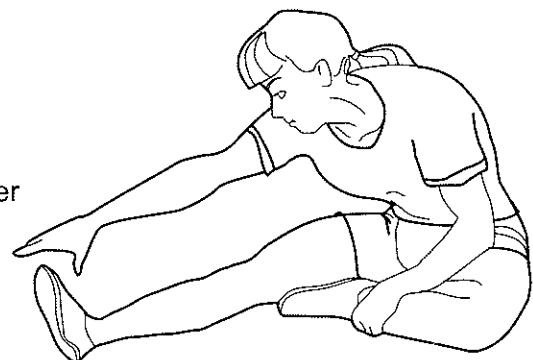
7. Inner Thigh Stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.



8. Hamstring Stretch

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.



TRAINING INFORMATION

MUSCLE CHART

The exercise routine that is performed on this product will develop lower body muscle groups. These muscle groups are shown on the chart below.

