BanCon

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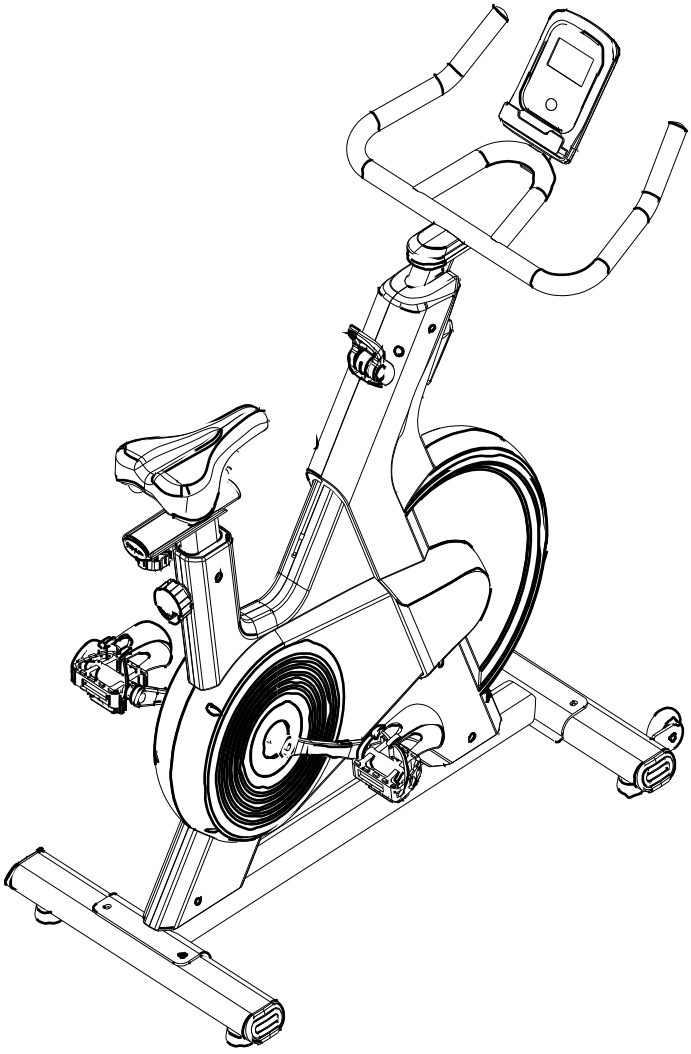
MAGNETIC BELT DRIVE INDOOR CYCLING BIKE

BC-B399
USER MANUAL



IMPORTANT! Please retain owner’ s manual for maintenance and adjustment instructions. Your satisfaction is very important to us, **PLEASE DO NOT RETURN UNTIL YOU HAVE CONTACTED US**: support@onebancon.com

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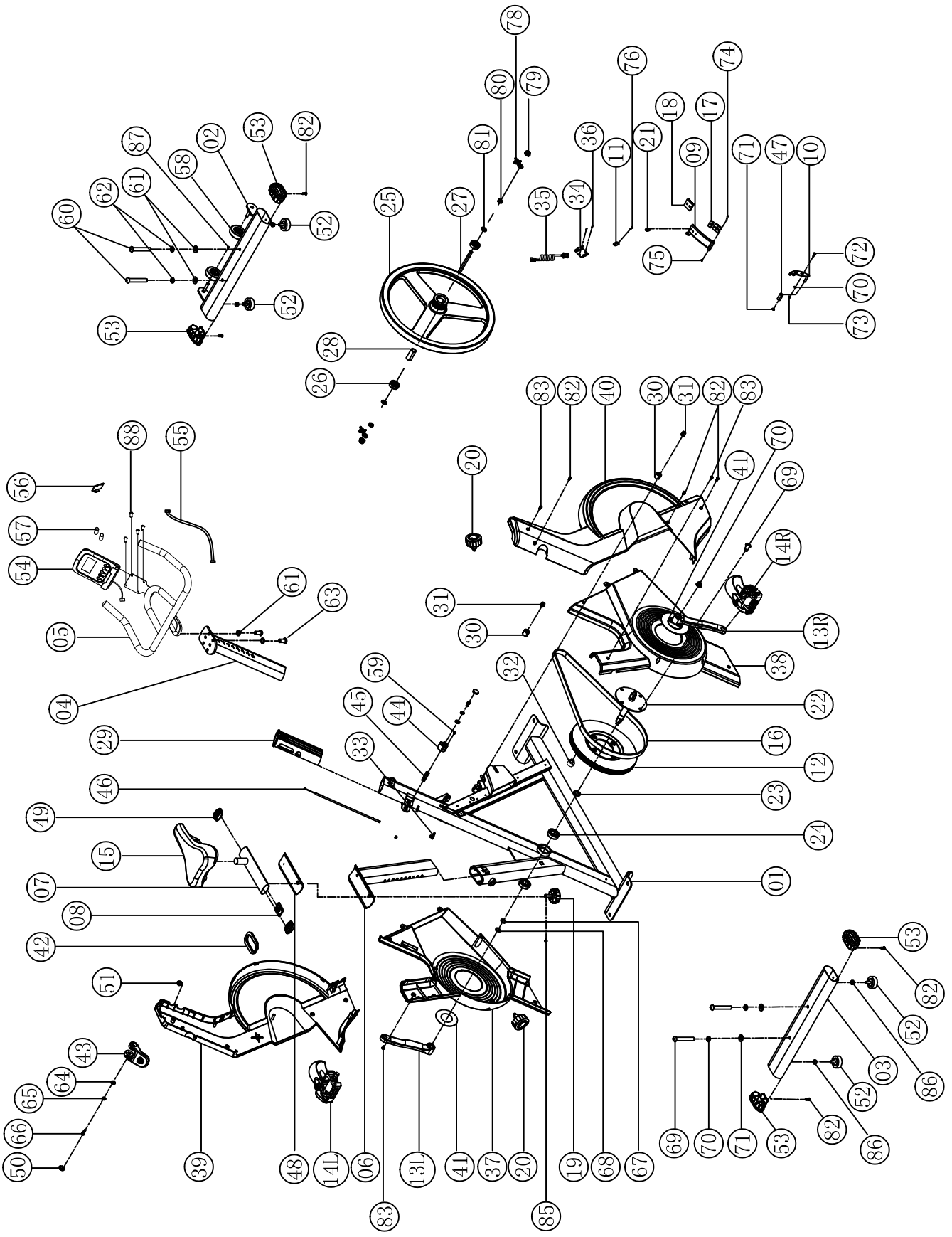
IMPORTANT SAFETY INFORMATION

We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

1. Before starting any exercise program, you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your physician' s advice is essential if you are taking medication that affects your heart rate, blood pressure, or cholesterol level.
2. Be aware of your body' s signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness, or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. Keep children and pets away from the equipment. The equipment is designed for adult use only.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 2 feet (60 CM) of free space all around it.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
6. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, discontinue use of the equipment immediately and do not use until the problem has been rectified.
7. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
8. Do not place fingers or objects into the moving parts of the equipment.
9. The maximum weight capacity of this unit is 242 pounds (110 KG).
10. The equipment is not suitable for therapeutic use.
11. To avoid bodily injury and/or damage to the product or property, proper lifting and moving are required.
12. Your product is intended for use in cool and dry conditions. You should avoid storage in extreme cold, hot or damp areas as this may lead to corrosion and other related problems.
13. This equipment is designed for indoor and home use only; it is not intended for commercial use.
14. Put your foot in the toe clip on the pedal and fasten the strap when exercising. The bike is safe with built-in flywheel design. Do not dismount the bike until Pedals have come to a complete stop. Please push down on the red resistance adjustment handle to enforce the brake and stop the bike immediately.

EXPLODED DIAGRAM



PARTS LIST

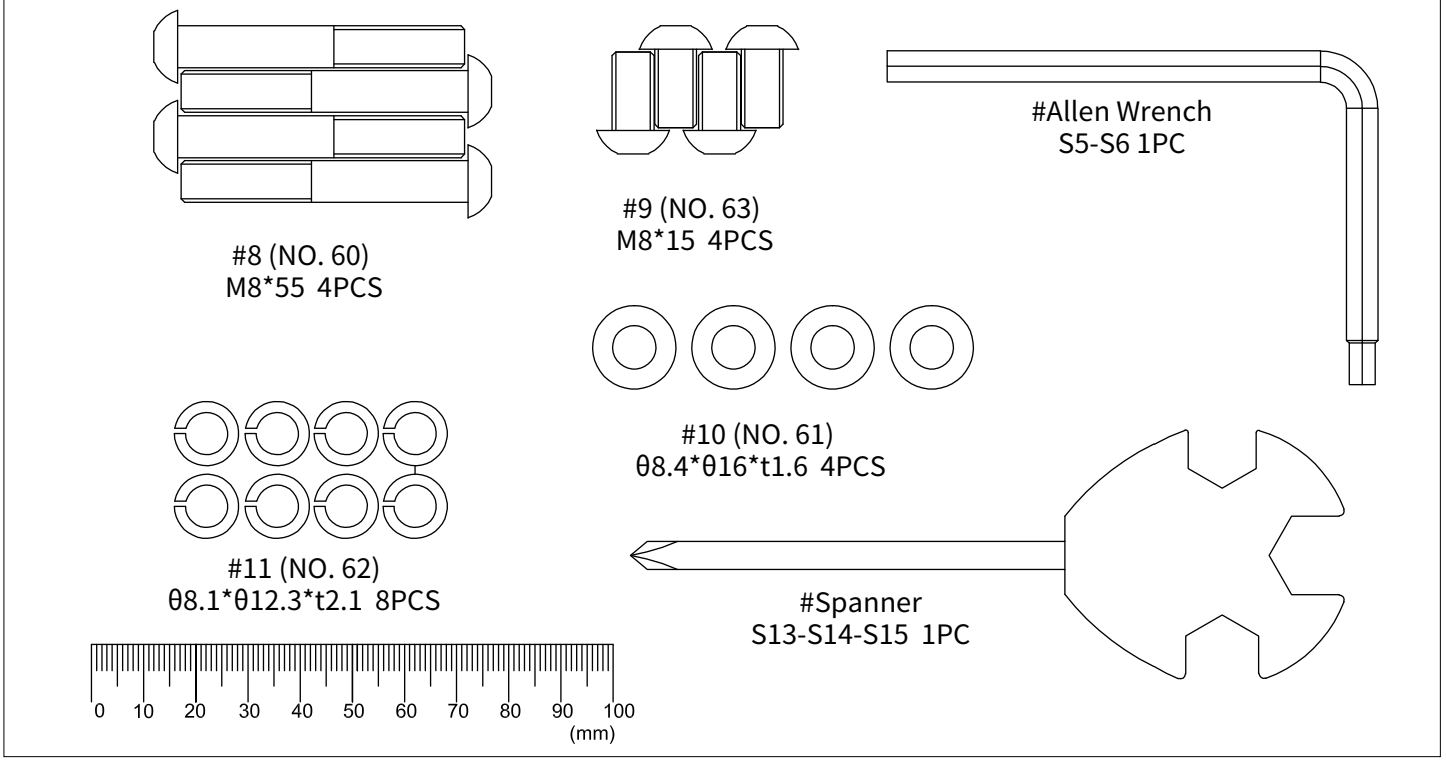
NO.	Description	Spec.	Qty
1	Main Frame		1
2	Front Stabilizer		1
3	Rear Stabilizer		1
4	Adjustable Handlebar Tube		1
5	Handlebar		1
6	Adjustable Seat Tube		1
7	Seat Slider		1
8	Seat Slider Fixed Plate		1
9	Magnet Base		1
10	Spring Fixed Plate		1
11	Connection Plate	53*14*t2.0	1
12	Crank Cover	θ260*20-5	1
13L	Left Crank	199.5*31*35	1
13R	Right Crank	199.5*31*35	1
14L	Left Pedal		1
14R	Right Pedal		1
15	Seat Cushion		1
16	Belt		1
17	High-intensity Magnet	25*12*6	3
18	Woolen Felt	32*30*8	1
19	Plum Knob	θ53*20-M10*29	1
20	Adjustment Knob	θ57*M16-1.5P	2
21	Tension Spring	16*θ8*θ1	1
22	Bearing Axle	θ20*165*M10-1.25P	1
23	Spacer	θ25*θ20.1*6	1
24	Bearing	6004-ZZ	2
25	Flywheel	θ430*63.5, 6.5kg	1
26	Bearing	6300-2RS	2

NO.	Description	Spec.	Qty
27	Flywheel Axle	θ10*107*2-M10*1.0P	1
28	Flywheel Spacer	θ15*θ10.1*40.6	1
29	Bushing		2
30	Bottom Upright Cover Fixed Base	30*30*20	4
31	Top Upright Cover Fixed Base	θ15*14	4
32	Magnetic Snap-fit Base	θ17*9	1
33	Column Reed Switch	θ6*38	1
34	Potentiometer		1
35	Spring Wire	400mm	1
36	Copper Nut Stud	13mm	2
37	Left Protective Cover	589*576.7*61.2	1
38	Right Protective Cover	589*576.7*61.2	1
39	Left Decorative Cover	800.5*427.3*80	1
40	Right Decorative Cover	800.5*427.3*80	1
41	Crank Decorative Cover	θ109.6*3.6	1
42	Rubber Cap	83*53.6*6.7	1
43	Resistance Adjustment Handle	89.5*60.2*13.4	1
44	Cable Hanging Wheel	θ30*40	1
45	Hexagon Sleeve	11.5*10*40*M6	1
46	Wire	θ5*195	1
47	Magnetic Base Rotation Sleeve	θ12*θ6.1*25	1
48	Rubber Spacer	169.6*56.5*15.5	1
49	Round Cap	50*25*t1.5	2
50	Bolt Cap	θ20.5*5 Red	2

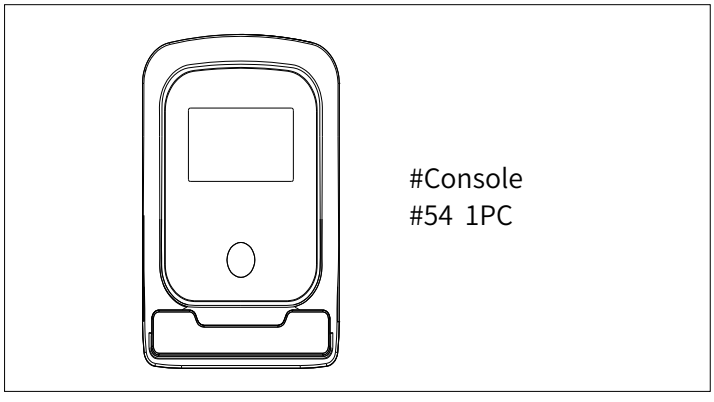
NO.	Description	Spec.	Qty
51	Bolt Cap	θ20.5*5 Black	2
52	Adjustment Foot Pad	θ43*17-M8*20 PU+Q235A	4
53	End Cap	80*45*48.7	4
54	Console		1
55	Console Wire	5PIN 450mm	1
56	Battery Cover	57*51.5*11.5	1
57	Battery	5#	2
58	Transportation Wheel	θ65*23-θ8	2
59	Flange Ball Cap	M4*10	2
60	Pan Hexagon Socket Bolt	M8*55	4
61	Washer	θ8.4*θ16*t1.6	9
62	Spring Washer	θ8.1*θ12.3*t2.1	8
63	Pan Hexagon Socket Bolt	M8*15	4
64	Washer	θ6.4*θ18*t1.6	2
65	Spring Washer	θ6.1*θ9.3*t1.6	2
66	Hexagon Socket Bolt	M6*15	2
67	Wave Washer	θ20.7*θ27.1*t0.3	2
68	C-clip		1
69	Pan Hexagon Socket Bolt	M10*15	4

NO.	Description	Spec.	Qty
70	Hexagon Flange Nut	M10*1.25P*9H	2
71	C-clip		1
72	Hexagon Nut	M8*35	1
73	Hexagon Lock Nut	M8	1
74	Hexagon Socket Nut	M6*72	1
75	Hexagon Lock Nut	M6	1
76	Flat Phillips Screw	M6*10	1
77	Hexagon Nut	M6	3
78	Chain Screw Set	M6*42*Φ10.2	2
79	Hexagon Flange Nut	M10*1.0P*9H	2
80	Hexagon Thin Nut	M10*1.0P*5H	2
81	Flat Washer	θ10.2*θ17*t1.5	2
82	Flat Phillips Slef Tapping Screw	ST4.2*15	15
83	Flat Phillips Slef Tapping Screw	ST4.2*15	24
84	Pan Phillips Slef Tapping Screw	ST4.2*10	6
85	Pan Phillips Screw	M4*10	1
86	Hexagon Nut	M8	4
87	Nut	M8	2
88	Flat Phillips Screw	M5*15	4

HARDWARE PACKAGE



NOTE: #8 (NO. 60) is number 8 in "HARDWARE PACKAGE" refers to number 60 in "PARTS LIST" and "EXPLODED DIAGRAM". The rest may be deduced in the same manner.



Ordering Replacement Parts

Please provide the following information in order for us to accurately identify the part(s) needed:

✓ The model number (found on cover of manual)

✓ The product name (found on cover of manual)

✓ The part number found on the “EXPLODED DIAGRAM” and “PARTS LIST” (found near the front of the manual)

Please contact us at support@onebancon.com

ASSEMBLY INSTRUCTIONS

We value your experience using Bancon Health and Fitness products. For assistance with parts or trouble-shooting, please contact us at support@onebancon.com.

NOTE: We recommend having 2 people to assemble the product.

STEP 1

1. Place the box on 2 square meters of free space to assemble the equipment.
2. Turn the box upside down and open flaps. As shown in Figure Ⅰ.
3. Keeping the flaps open, turn the box right side up as shown in Figure Ⅱ.
4. Pull the box up and take out all the parts of box as shown in Figure Ⅲ.

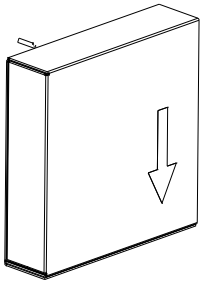


Figure Ⅰ

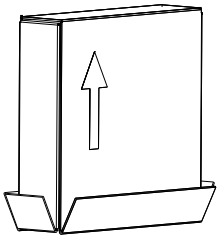


Figure Ⅱ

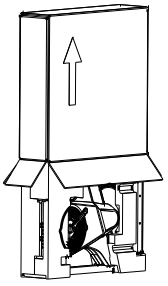
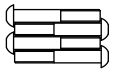


Figure Ⅲ

STEP 2

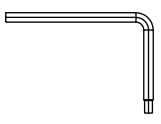
Attach **Front & Rear Stabilizer (NO. 2 & NO. 3)** to **Main Frame (NO. 1)** using 4 **Pan Hexagon Socket Bolts (NO. 60)**, 4 **Washers (NO. 61)** and 4 **Spring Washers (NO. 62)** as shown in the diagram. Make sure the bolts have been tightly fastened. Tighten with **Allen Wrench**.



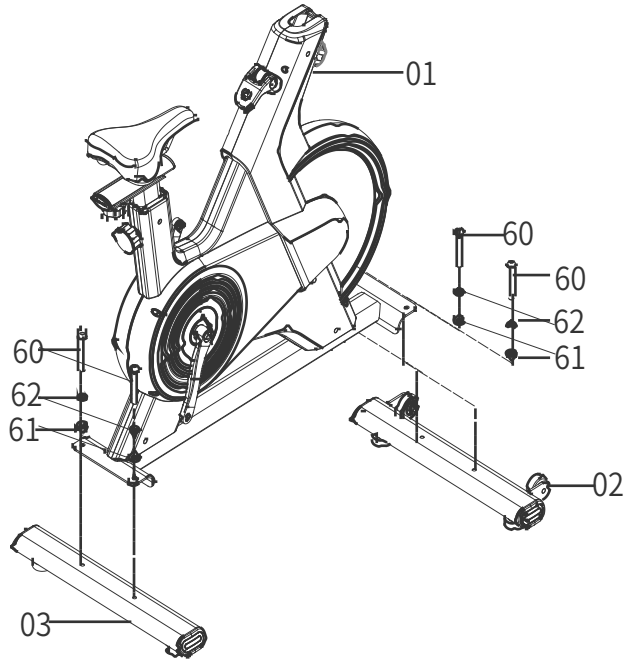
#8 (NO. 60)
M8*55 4PCS

#10 (NO. 61)
θ8.4*θ16 4PCS

#11 (NO. 62)
θ8.1*θ12.3 4PCS



#Allen Wrench
1PC



NOTE: #8 (NO. 60) is number 8 in “HARDWARE PACKAGE” refers to number 60 in the “PARTS LIST” and “EXPLODED DIAGRAM”. The rest may be deduced in the same manner.

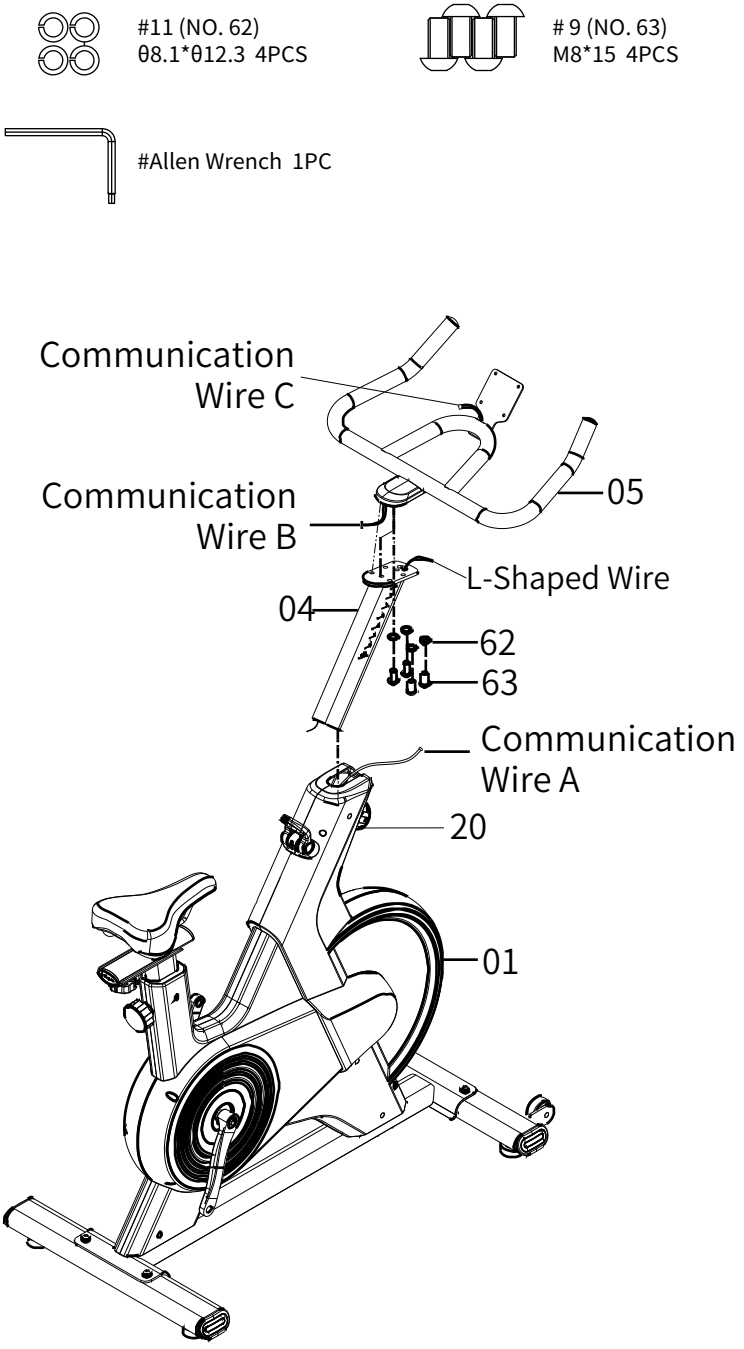
STEP 3

Let the **Communication Wire A** from **Main Frame (NO. 1)** through **Adjustable Handlebar Tube (NO. 4)** by tying **L-Shaped Wire**. Loosen and pull out **Adjustment Knob (NO. 20)**, insert **Adjustable Handlebar Tube (NO. 4)** into **Main Frame (NO. 1)** and adjust to desired height. Secure it in place by reinserting and tightening the **Adjustment Knob (NO. 20)**. Be sure not to pinch the **Communication Wire A**.

Connect **Communication Wire A** with **Communication Wire B** on **Handlebar (NO. 5)** and put the wires into **Adjustable Handlebar Tube (NO. 4)**.

Attach **Handlebar (NO. 5)** onto **Adjustable Handlebar Tube (NO. 4)** with 4 **Pan Hexagon Socket Bolts (NO. 63)** and 4 **Spring Washers (NO. 62)**. Secure and tighten with **Allen Wrench**.

NOTE: Do not pull out **Communication Wire A** with force while assembling, **Communication Wire C** should not be put in **Adjustable Handlebar Tube (NO. 4)**. Pay attention to the direction when connecting wires. Be sure not to pinch **Communication Wire A** and connector should be placed in **Adjustable Handlebar Tube (NO. 4)**.



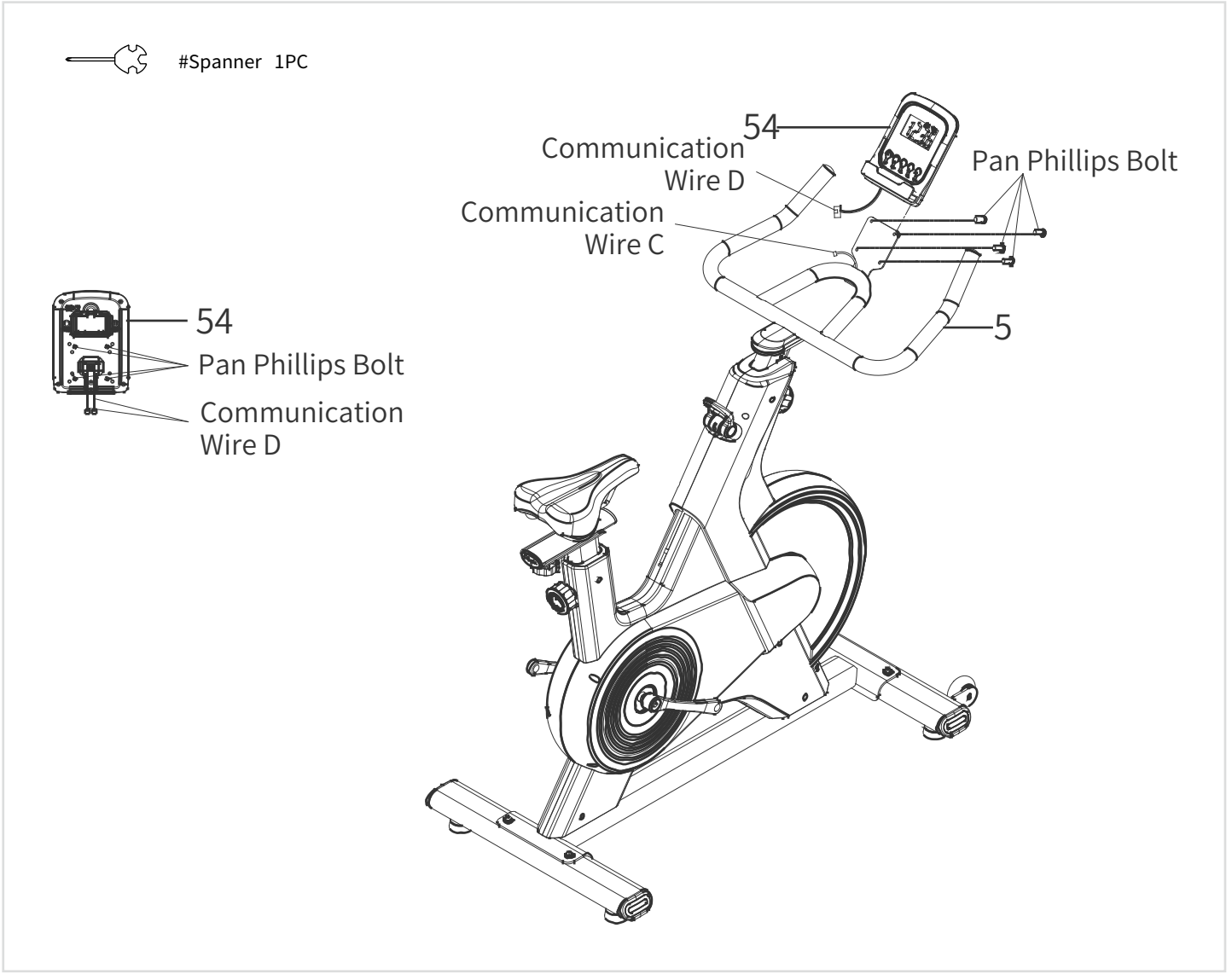
NOTE: #11 (NO. 62) is number 11 in "HARDWARE PACKAGE" refers to number 62 in the "PARTS LIST" and "EXPLODED DIAGRAM". The rest may be deduced in the same manner.

STEP 4

Use **Spanner** to remove 4 **Pan Phillips Bolts** on the **Console (NO. 54)**, the Bolts should be kept in good condition.

Connect **Communication Wire D** from **Console (NO. 54)** with **Communication Wire C** on **Handlebar (NO. 5)**, insert the connected wires into the **Handlebar (NO. 5)**.

Secure the **Console (NO. 54)** to **Handlebar (NO. 5)** using 4 **Pan Phillips Bolts** that were removed, tighten with **Spanner**.



STEP 5

WARNING! Read instructions carefully as improper assembly may cause permanent damage to your bike.

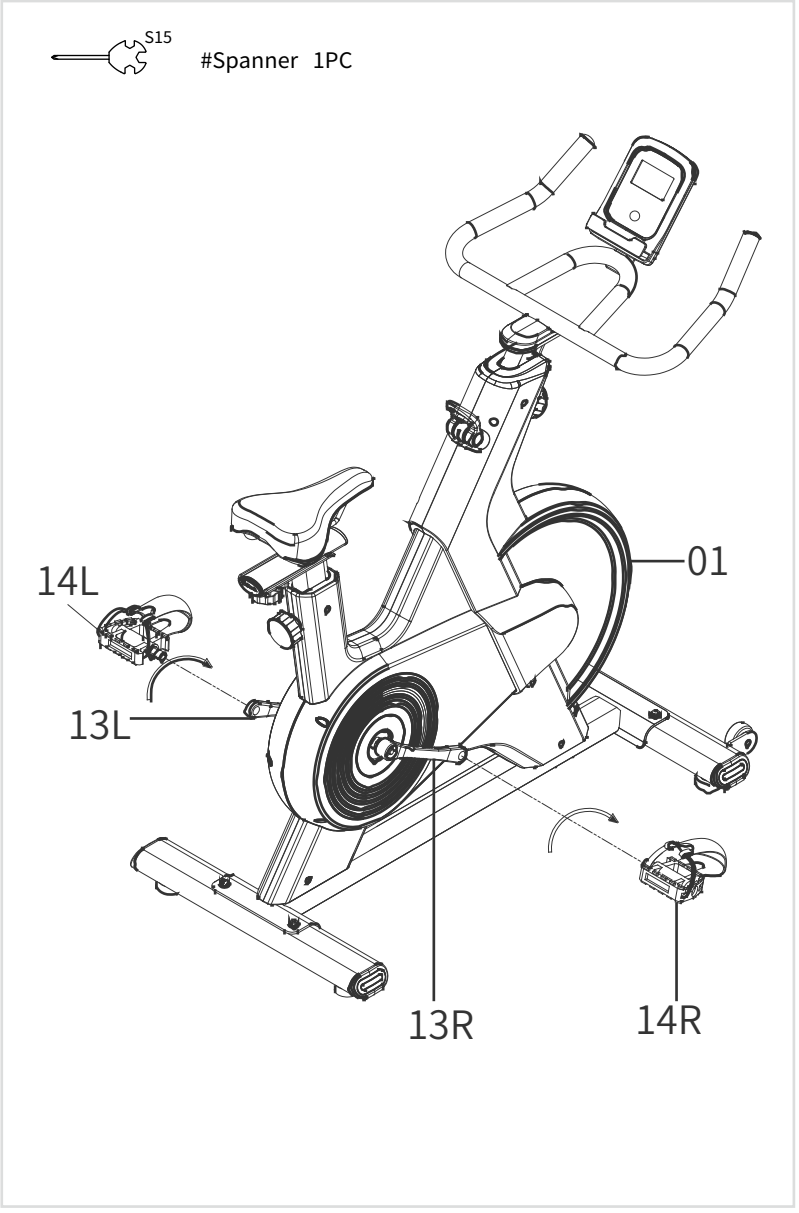
NOTE: The **Pedals (NO. 14L & NO. 14R)** are marked “L” and “R” for Left and Right.

Connect the **Left & Right Pedal (NO. 14L & NO. 14R)** onto the **Left & Right Crank (NO. 13L & 13R)**.

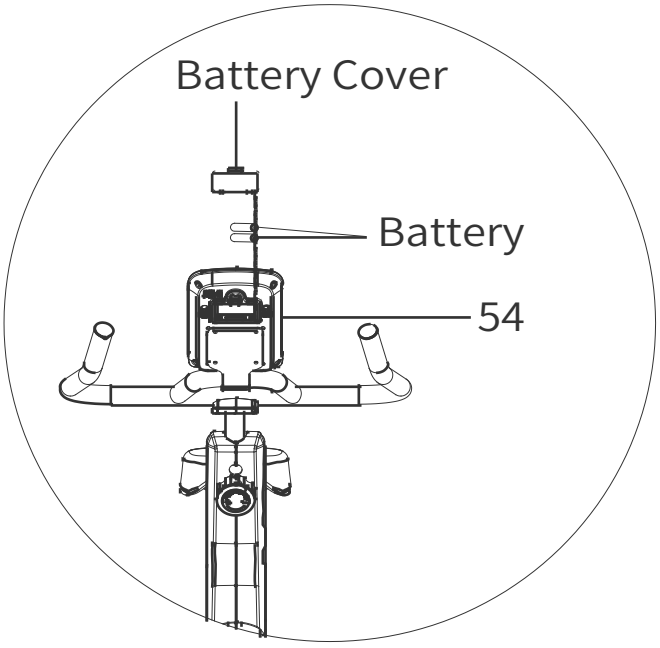
Left Pedal: Align the **Left Pedal (NO. 14L)** with the **Left Crank (NO. 13L)** at 90 degrees and gently insert the pedal into the crank arm. Turn the pedal counter-clockwise as tightly as you can with your hand. Secure with **Spanner**.

Right Pedal: Align the **Right Pedal (NO. 14R)** with the **Right Crank (NO. 13R)** at 90 degrees and gently insert the pedal into the crank arm. Turn the pedal clockwise as tightly as you can with your hand. Secure with **Spanner**.

The assembly is complete!



BATTERY INSTALLATION & REPLACEMENT



BATTERY INSTALLATION:

1. Take out 2 AA batteries from the plastic bag for manual.
2. Press the buckle of **Battery Cover (NO. 56)** on the back of **Console (NO. 54)**, then remove the **Battery Cover (NO. 56)**.
3. Install 2 AA Batteries into the battery case on the back of the **Console (NO. 54)**. Pay attention to the battery + and - ends before installing.
4. Press the buckle of **Battery Cover (NO. 56)**, then put the **Battery Cover (NO. 56)** to the back of **Console (NO. 54)**.

The installation is complete!

BATTERY REPLACEMENT:

1. When the display becomes dim or illegible, press the buckle of **Battery Cover (NO. 56)** on the back of the **Console (NO. 54)**, then remove the **Battery Cover (NO. 56)**.
2. Remove the 2 old AA batteries in the battery case and install 2 new AA batteries into the battery case on the back of the **Console (No. 54)**. Pay attention to the battery + and -ends before installing.
3. Press the buckle of **Battery Cover (NO. 56)**, then put the **Battery Cover (NO. 56)** back to the back of the **Console (No. 54)**.

The replacement is complete!

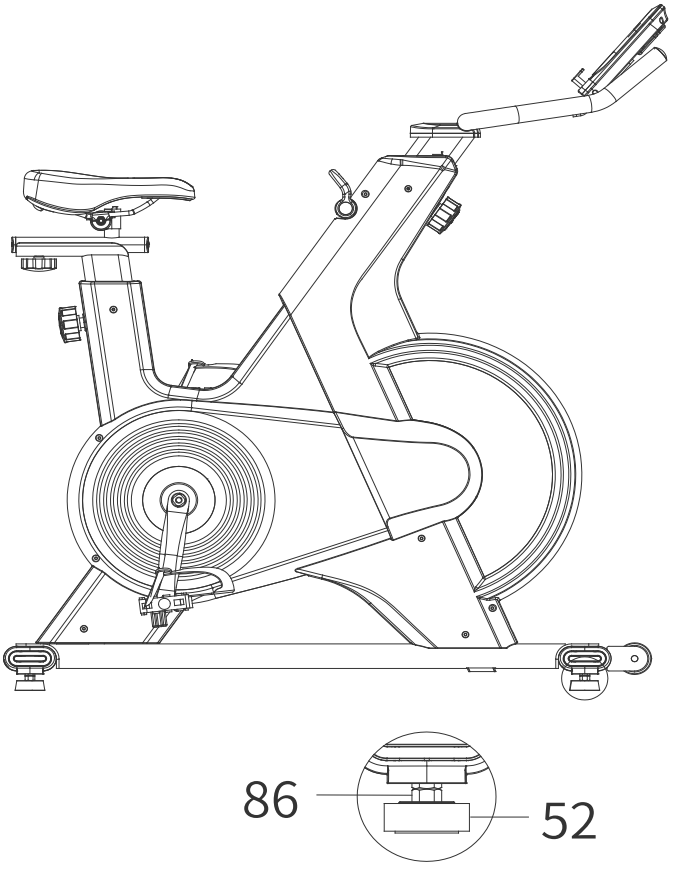
NOTE:

- Always change both batteries at the same time. Do not mix battery types and do not mix old and new batteries.
- Be sure to remove the batteries to prevent corrosion damage if you are not going to use the machine for an extended period of time.
- Dispose batteries according to your state and regional guidelines. Please do not throw it into fire or use as a toy for children.

ADJUSTMENTS & USAGE GUIDE

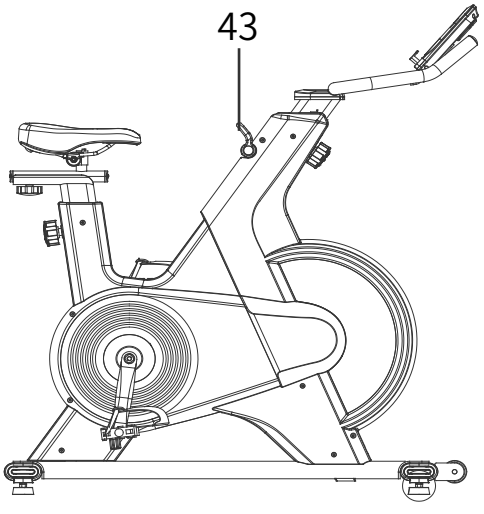
ADJUSTING THE BALANCE

In order to achieve a smooth and comfortable ride, you must ensure that the stability of the bike is secured. If you notice that the bike is unbalanced during use, adjust the **Adjustment Foot Pad (No. 52)**, located beneath the **Front & Rear Stabilizers (No. 2 & No. 3)** of the bike. To do so, use **Spanner** to loosen **Hexagon Nut (No. 86)** by turning it clockwise. With the nut loosened, rotate the **Adjustment Foot Pad (No. 52)** until it sits level with the surface that the bike is on. When you have finished adjusting the **Adjustment Foot Pad (No. 52)**, re-tighten the **Hexagon Nut (No. 86)** by turning it counter-clockwise to complete the balance adjustment of the bike. If needed, repeat this process to adjust the remaining adjustment foot pad.



ADJUSTING THE RESISTANCE & EMERGENCY STOP

Adjusting **Resistance Adjustment Handle (NO. 43)** Upwards to decrease the level of resistance. Adjusting **Resistance Adjustment Handle (NO. 43)** Downwards to increase the level of resistance. Pushing down on the **Resistance Adjustment Handle (NO. 43)** to enforce the brake and stop the bike immediately.



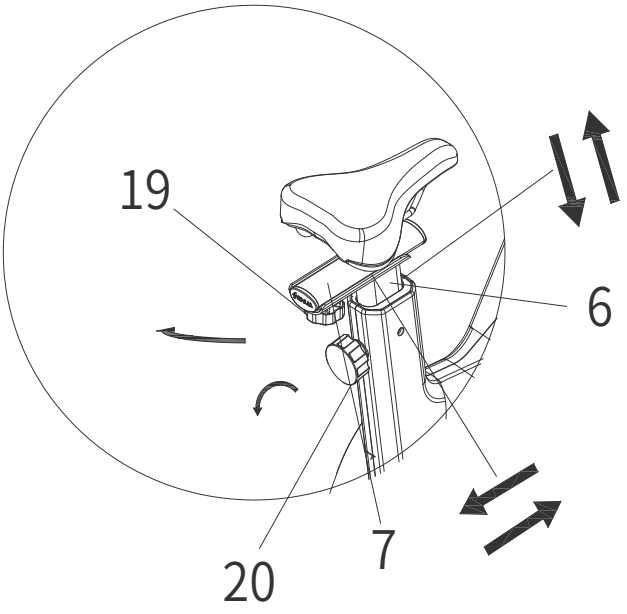
ADJUSTING THE SEAT CUSHION

The seat of this bike is fully adjustable as it moves Up, Down, Fore (forward), Aft (backward).

To adjust the height of **Adjustable Seat Tube (NO. 6)**, loosen and pull the **Adjustment Knob (NO. 20)** outward, then raise or lower the seat to the desired height. Once adjusted, re-insert and tighten the **Adjustment Knob (NO. 20)** to secure the **Adjustable Seat Tube (NO. 6)** in place.

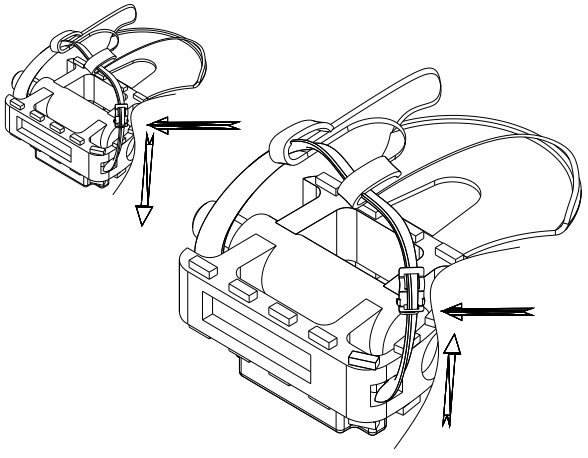
To adjust the seat back and forth, loosen and pull the **Plum Knob (NO. 19)** outward, then slide the **Seat Slider (No. 7)** to desired position. Once positioned, re-insert and tighten the **Plum Knob (NO. 19)** to secure the **Seat Slider (No. 7)** in place.

Note: When adjusting, you will see height mark and a STOP on the **Adjustable Seat Tube (NO. 6)**. The height mark is for reference only. Do not lift the tube passed the STOP mark. Always check the **Adjustment Knob (NO. 20)** and **Plum Knob (NO. 19)** to ensure that it is fully secured when you finish making an adjustment.



PEDAL STRAP ADJUSTMENT

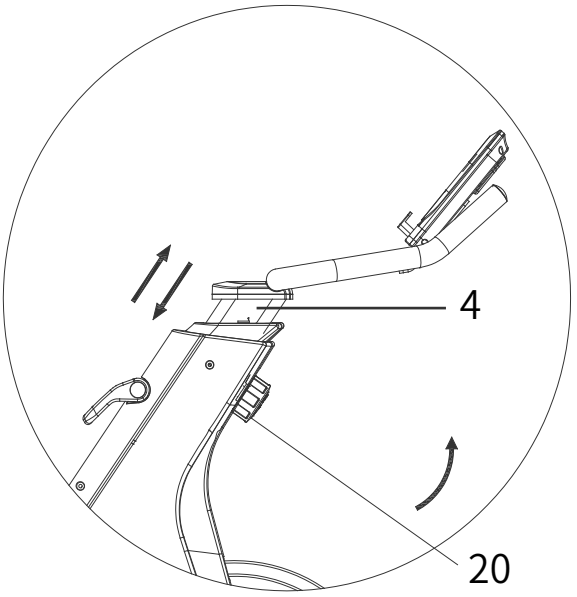
Your feet should be secured in the toe clips during exercise. Place your feet as far forward into the toe clips as you can. With your feet in place, turn the crank to bring one foot to within arm' s reach, grasp the pedal strap and pull it upward to tighten the toe clip cage. Then insert the strap back into the hoop of the toe clip. Repeat this process to secure your other foot.



ADJUSTING THE HANDLEBAR

It is important that the handlebar and seat are both set to the correct height to your body. To adjust the handlebar height, loosen and pull the **Adjustment Knob (NO. 20)** outward, then slide the **Adjustable Handlebar Tube (NO. 4)** up or down to the desired height. Once adjusted, re-insert and tighten the **Adjustment Knob (No. 20)** to secure the handlebar in place.

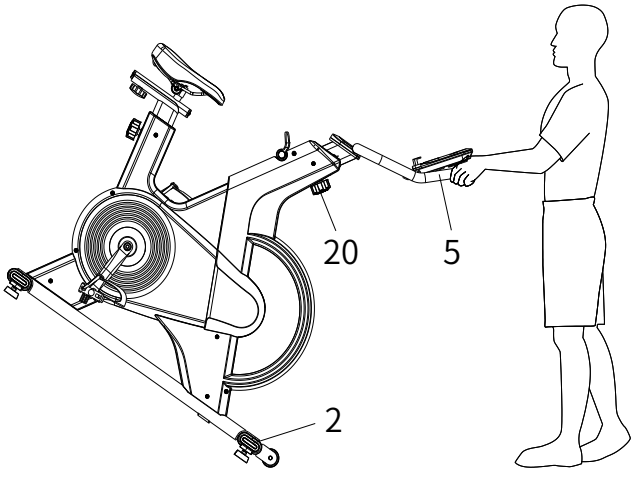
Note: When adjusting, you will see number 1-7 and STOP mark. Set the **Adjustable Handlebar Tube (NO. 4)** to correct height according to your body. Do not lift the tube passed the STOP mark.



TRANSPORTING THE BIKE

To move the bike, first ensure that the **Handlebar (NO. 5)** is properly secured. If the handlebar is loose, tighten the **Adjustment Knob (No. 20)** to secure it. Next, stand at the front of the bike so that you' re directly in front of the handlebar. Firmly grasp and hold each side of the **Handlebar (NO. 5)**, place one foot on the **Front Stabilizer (No. 2)**, and tilt the bike towards you until the transportation wheels on the **Front Stabilizer (No. 2)** touch the ground. With the transportation wheels on the ground, you can transport the bike to the desired location with ease.

Note: Always use caution when moving the bike. Unexpected impact, such as dropping the bike, may cause injury and affect the bike' s operation.



MAINTENANCE INSTRUCTIONS

Read all maintenance instructions fully before you start any repair work. In some conditions, an assistant is required to do the necessary tasks.

Daily

Before each use, examine the exercise machine for loose, broken, damaged, or worn parts. Do not use if found in this condition. Repair or replace all parts at the first sign of wear or damage. Make sure adjustment knobs are tight. Tighten as necessary. After each workout, use a damp cloth to wipe your machine and Console free of moisture.

NOTICE: If necessary, only use a mild dish soap with a soft cloth to clean the Console. Do not clean with a petroleum based solvent, automotive cleaner, or any product that contains ammonia. Do not clean the Console in direct sunlight or at high temperatures. Be sure to keep the Console free of moisture.

Weekly

Clean the machine to remove any dust, dirt, or grime from the surfaces.

Check for smooth seat operation. If needed, sparingly apply a thin coating of silicone lube to ease operation.

⚠ Silicone lubricant is not intended for human consumption. Keep out of reach of children. Store in a safe place.

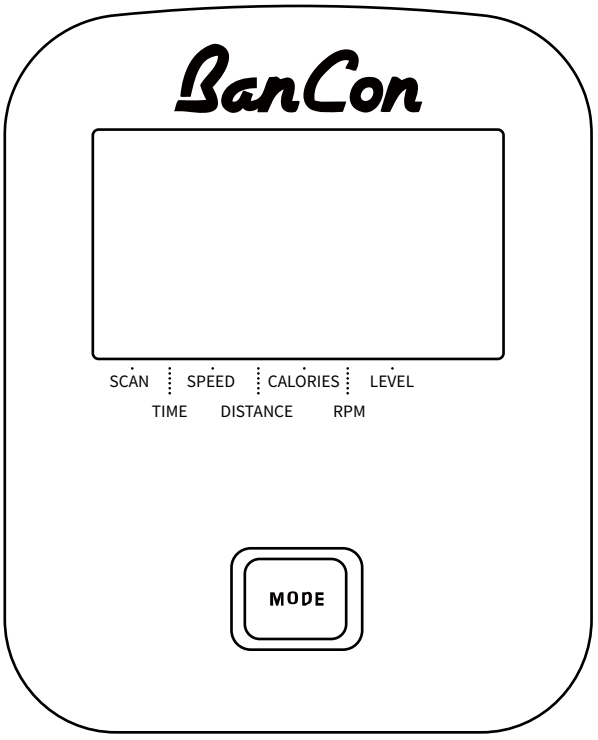
Note: Do not use petroleum based products.

Monthly or after 20 hours

Check pedals and crank arms and tighten as necessary. Make sure all bolts and screws are tight. Tighten as necessary.

Check the drive belt tension.

EXERCISE METER



FUNCTION BUTTON

MODE:

Press this button to changeover display or choose function (SCAN, TIME, SPEED, DISTANCE, CALORIES, RPM, LEVEL). Hold it for 3 seconds to reset all the values.

FUNCTIONS

SCAN: Press MODE button until "SCAN" appear, meter will rotate through all the functions: SCAN, TIME, SPEED, DISTANCE, CALORIES, RPM, LEVEL. Each display will be hold for 6 seconds.

TIME: Count the time from exercise start to the end. When the exercise pauses, the TIME will stop.

SPEED: Displays the current speed being obtained.

DISTANCE: Counts the total distance of an exercise from start to finish.

CALORIES: Counts the total number of calories burned during an exercise from start to finish.(The data is a rough guide which can not be used in medical treatment.)

RPM: Displays the frequency per minute from 0 to 999.

LEVEL: Displays the current level of resistance.

SLEEP MODE: Without any signal of exercise or operation for 1 minute, the power will automatically shut off. Meter will power on when you press button or when you start to pedal.

Note:

1. If the meter display is abnormal, please re-install the batteries and try again.
2. Battery Spec: 1.5V UM-3 or AA (2PCS).
3. The batteries must be removed from the appliance before it is disposed.

SPECIFICATIONS

FUNCTION	SCAN	Every 6 seconds
	TIME	0:00 ~ 99:59 MIN:SEC
	SPEED	0 ~ 99.9 MPH
	DISTANCE	0 ~ 999.9 MILE
	CALORIES	0 ~ 9999 KCAL
	RPM	0 ~ 999 R/MIN
	LEVEL	1 ~ 8
BATTERY TYPE		2 pcs of SIZE -AA
OPERATING TEMPERATURE		0°C ~ +40°C
STORAGE TEMPERATURE		-10°C ~ +60°C

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This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that
interference will not occur in a particular installation.
If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:
-- Reorient or relocate the receiving antenna.
-- Increase the separation between the equipment and receiver.
-- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
-- Consult the dealer or an experienced radio/TV technician for help.

Warning: changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment

The devices has been evaluated to meet general RF exposure requirement， the device can be used in portable exposure condition without estriction