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01. Safety Instructions

 **TO REDUCE THE RISK OF INJURY, PLEASE READ INSTRUCTIONS IN FULL BEFORE USE**

WARNING

Keep young children away from this machine at all times. Contact with the moving surface may result in severe friction burns

1. This product is intended for adult healthy people. People with hypertension, heart disease, respiratory disease, lumbar disease, pregnant women and people with mobility disorders should consult a doctor before training. In addition to the above, do not use it when you are unwell.
2. This product is a household H product, not a medical fitness equipment, and is not suitable for rehabilitation and medical use.
3. Before each use, please check whether the main engine, pedals, seat cushion, handlebars, brakes, fixing knob and other parts of the bike are firmly fixed. Pay special attention to components most susceptible to wear (e.g.: belt, saddle). If there is loosening or damage, stop using immediately and repair or replace them.
4. Please wear comfortable and breathable sports clothes, sports shoes and tight rubber gloves to avoid wearing too loose or tight clothes for the risk of clothing entanglement. Do not use this product barefoot or in sandals.
5. Make sure the seat height and front/back position, as well as the handlebar height and distance are suitable for your height and riding habits. This helps reduce unnecessary body stress and avoid sports injuries.

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6. Please ensure that the bike is placed on a stable ground and check whether all parts of the equipment are stable and loose. During the ride, avoid sudden changes in direction or strenuous movements to prevent falls or damage to the equipment.

7. Please set the training equipment in a spacious, hard, flat and stable place to use, and lay a protective layer on the floor or carpet to prevent damage to the ground. Make sure the distance between the machine and each obstacle is at least 2.0 ft (0.6m).

8. During the process of cycling training, we should always pay attention to our body's reaction. If you feel discomfort or pain, you should stop the training immediately and seek help. Do not ignore the warning signals of the body, so as to avoid causing more serious injuries.

9. If you feel dizziness, chest pain or other physical abnormalities (headache, dizziness, nausea, chest tightness, cold sweat, severe joint and muscle pain, etc.) during or after using this product, please stop training immediately and receive professional medical diagnosis.

10. Before each use, please check whether the main engine, pedals, seat cushion, handlebars, brakes, fixing knob and other parts of the bike are firmly fixed. Pay special attention to components most susceptible to wear (e.g.: belt, saddle). If there is loosening or damage, stop using immediately and repair or replace them.

11. Please do not keep it in the place where the sun is shining, where the wind and rain are, or where the humidity is too high. Also, please pack it as needed. Children are strictly prohibited from touching or playing with this product.

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12. When using this equipment, the foot should be fixed in the pedal and the strap should be adjusted to bind the foot tightly to prevent accidental movement of the foot which may cause injury.

13. Adjust the handle and seat position according to your height requirements. Do not adjust beyond the "MAX" or "STOP" line. After adjustment, make sure that the adjustment knob is locked.

14. Do not put any object or body part into any opening of the bike.

15. During training, you need to wait for the inertia wheel and pedal to stop turning before you can get off the car or press the emergency brake handle. If you do not comply, you may lose control and cause danger.

16. For riding safety, the normal use range does not exceed 22km/h.

17. Only trained personnel should replace the device's battery.



DANGER

- This machine is only for home use. The Maximum user weight is 330 lbs. Do not EXCEED MAXIMUM WEIGHT CAPACITY, the machine will be damaged and accidents will occur.
- Do not modify this product or use non-original parts without authorization. Do not open the case without professional personnel to avoid damage to the equipment.
- Spin bikes have a flywheel, so pay attention to the inertia wheel and pedal may cause harm to the human body.
- Please do not use this product in areas with infants, pets, small and crowded areas, or obstacles.

02. Product Instruction

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|--------------------------------------|---------------------------------|
| A. LED Display | J. Rear Stabilizer |
| B. Handlebars | K. Pedals |
| C. Handlebar Post | L. Handle Knob |
| D. Emergency Brake | M. Adjusting Foot Pad |
| E. Handlebar Height L-shape Pin Knob | N. Seat Height L-shape Pin Knob |
| F. Water Bottle Holders | O. Dumbbell Rack |
| G. Bike Frame | P. Seat Adjustment Knob |
| H. Wheels | Q. Seat |
| I. Front Stabilizer | R. Ipad Holder |
| | S. Seat Post |

