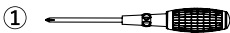


Assembly Parts List

Parts tool list

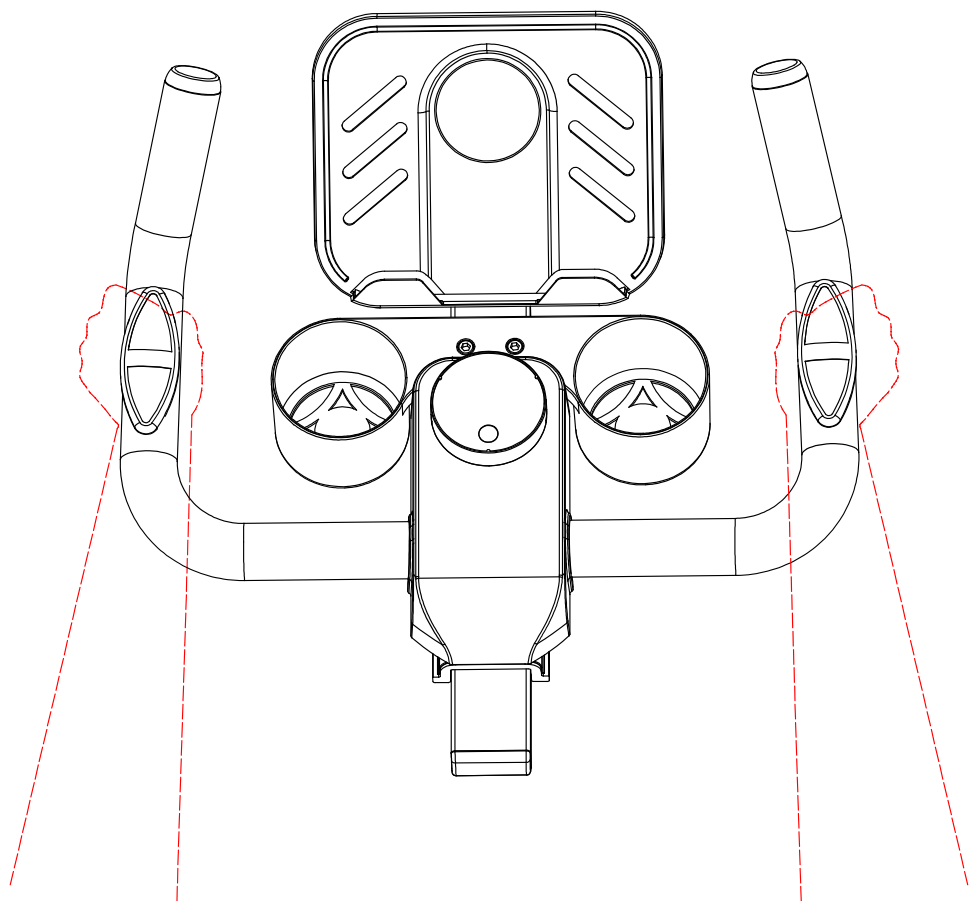
Quotation Marks	Quantity	Specifications
①	1	Screwdriver
②	1	#13-#15 Open Wrench
③	1	Hex Wrench



Parts List

Quotation Marks	Quantity	Specifications
Ⓐ Button Head Hex Socket Bolt	2PCS	M6x8
Ⓑ Cross-head Screws	3PCS	ST4.2x10
Ⓒ Flat Washer	3PCS	ø4.2xø16
Ⓓ Button Head Hex Socket Bolt	2PCS	M6x12





03. Assembly Instructions

i **Note:** Make sure you have the correct stabilizer. The front stabilizer has wheels and the rear stabilizer does not.

STEP 1: Install Front and Rear Stabilizer

I: Locate front stabilizer(I) from the package. Use the ②13#Open Wrench to remove the pre-installed Hex Bolts and washers on the front stabilizer(I) .

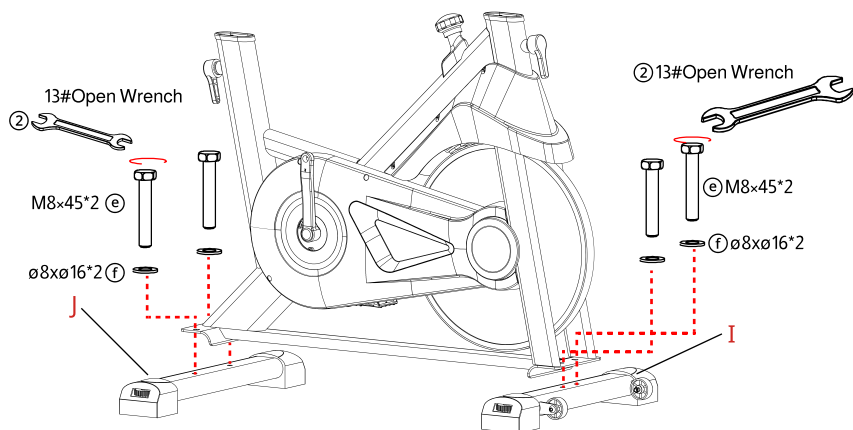
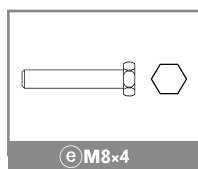
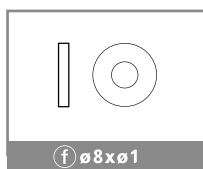
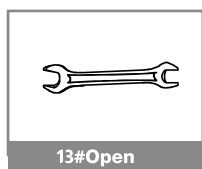
Place the front stabilizer as shown in the figure and align it with the fixing holes on the frame.

Use Tool ②13#Open Wrench to reinstall the removed Hex Bolts(②*2) and Washers(①*2) onto the frame, then tighten the front stabilizer(I).

J: Using the same method,use the 13#Open Wrench to remove the pre-installed Hex Bolts(②*2) and washers(①*2) on rear stabilizer(J) .

Secure the rear stabilizer to the bike frame using the removed ① and ②, and tighten them with ②13#Open Wrench.

! Make sure all bolts are tight before moving to the next step. Remove the pre-installed screws



03. Assembly Instructions

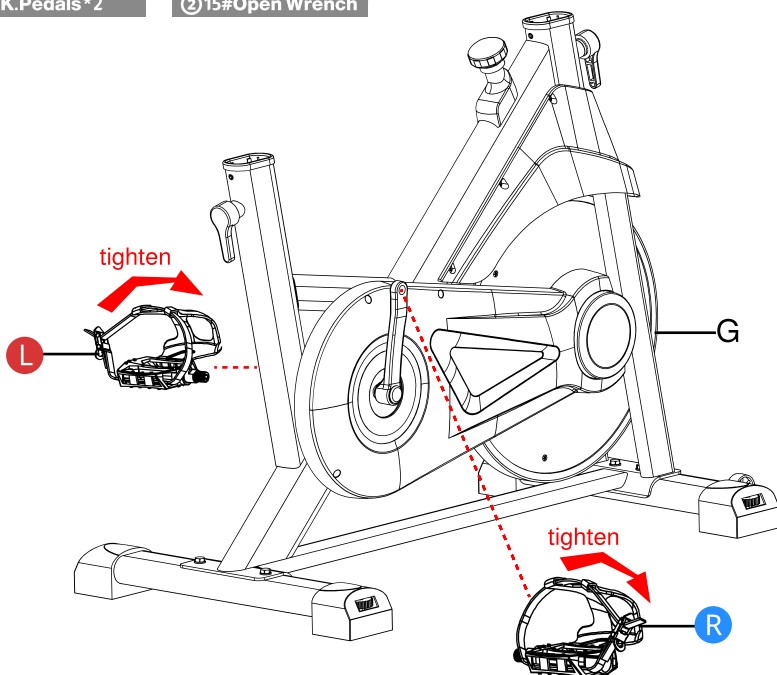
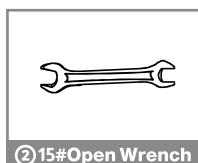
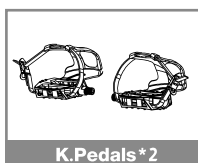
STEP 2: Install the Pedals

Locate the Left/Right Pedal(K) in the pack.

Install the left pedal into the left crank threaded hole. Hand-tighten it by rotating counterclockwise as shown in the figure(toward the flywheel), then secure it with Tool ②15#Open Wrench.

Install the Right pedal in the same way. Hand-tighten it by rotating clockwise as shown in the figure, then secure it with ②15#Open Wrench.

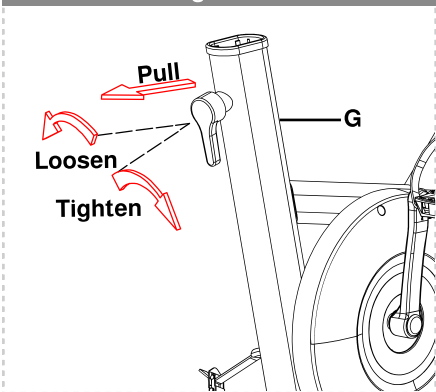
i that the direction of tightening is all toward the flywheel.



03. Assembly Instructions

STEP 3: Install Seat Post

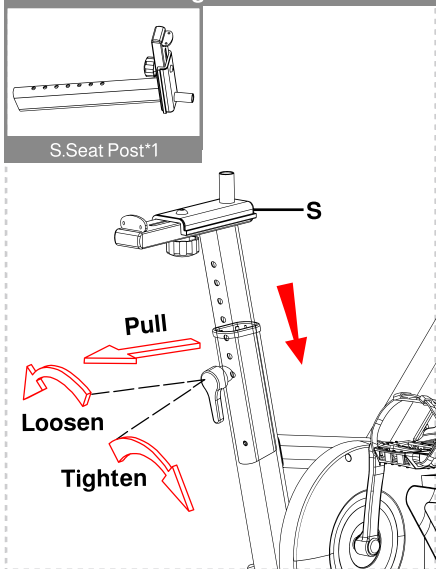
FigureA



Locate the Seat Post in the package. As shown in the figure, rotate the button in the direction of the arrow to loosen it.

(FigureA)

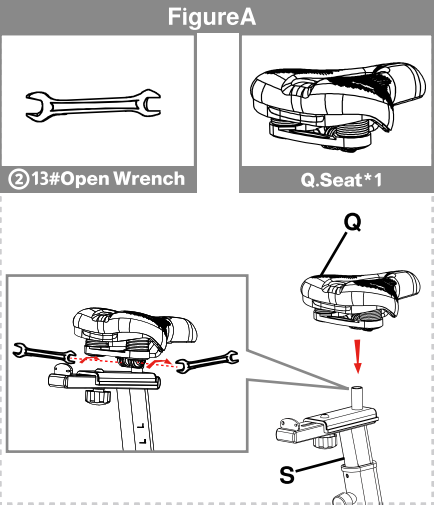
FigureB



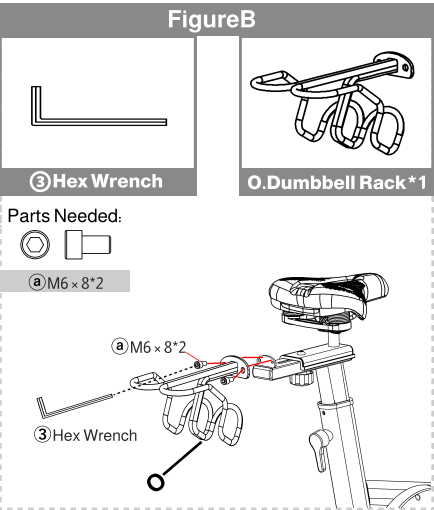
Hold the knob handle with one hand and pull it outward, insert the **seat post (S)** into the bike frame with the other hand. Adjust it to the appropriate height and then tighten the knob by rotating it clockwise.(Figure B)

03. Assembly Instructions

STEP 4: Install the seat and dumbbell rack



Insert the seat (Q) into the Seat Post (S) according to the direction of the arrow. Then lock the nuts on bothsides of the seat by Tool ②13#Open Wrench. Make sure the front of the seat is facing straight forward when tightening. (FigureA)



Place dumbbell rack (O) on Seat post as shown, ensure the holes are aligned, then secure it using a ③ hex wrench and a Button Head Hex Socket Bolt. (Figure B)