
PRECAUTIONS



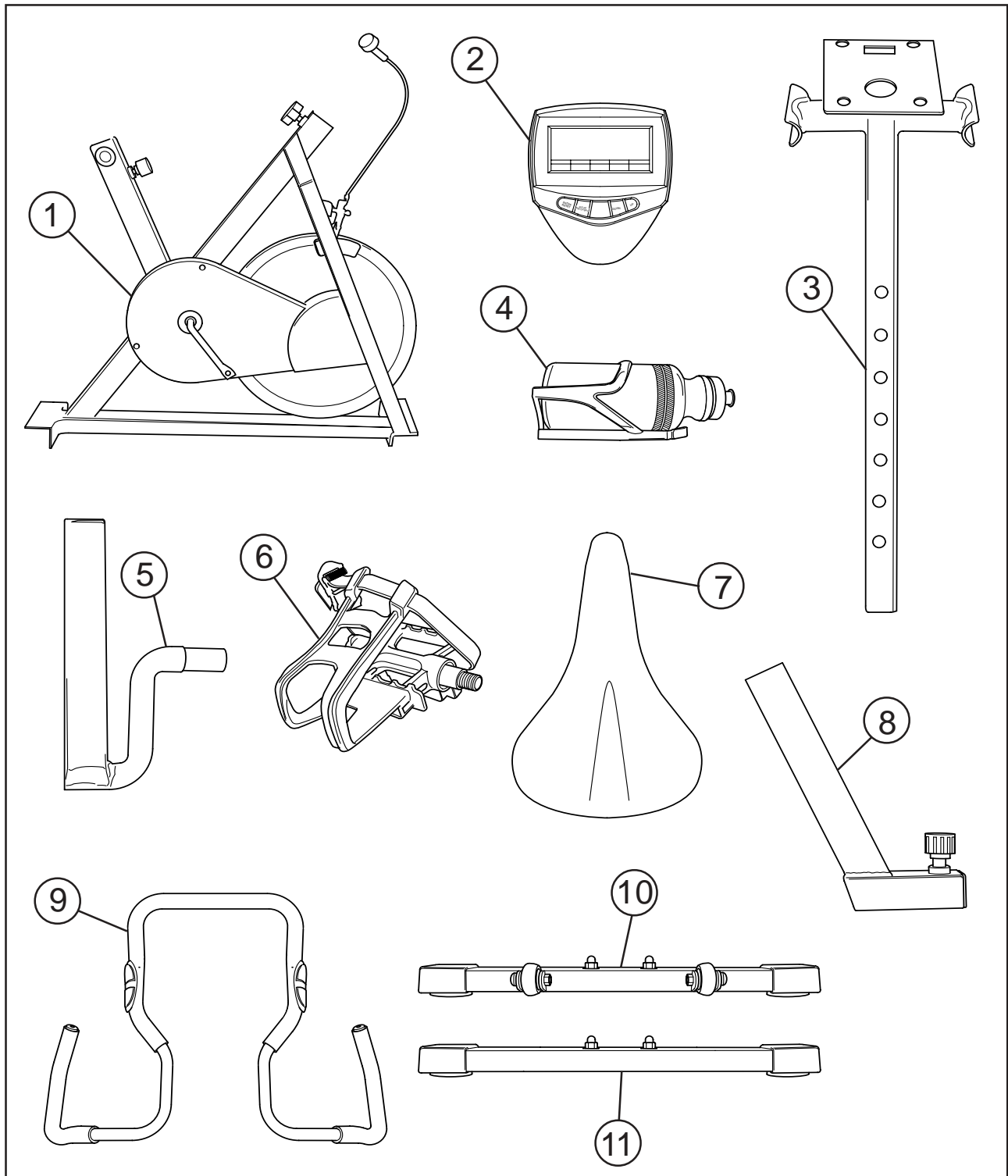
WARNING: To reduce the risk of serious injury, read the following important precautions before using the spin cycle.

1. Read all instructions in this instruction book before using the spin cycle. Use the spin cycle only in the way described in this instruction book.
2. It is the responsibility of the owner to ensure that all users are adequately informed of all precautions.
3. Use the spin cycle indoors on a level surface. Keep the spin cycle away from excessive moisture and dust.
4. The safety level of the spin cycle can be maintained only if it is examined regularly for damage and wear. Replace defective components immediately. If there are any defective components, do not use the spin cycle.
5. Keep unsupervised children away from the spin cycle at all times.
6. The spin cycle should not be used by persons weighing more than 150kg.
7. Wear appropriate clothing and athletic shoes when exercising; do not wear loose clothing or jewellery that may get caught in moving parts.
8. Do not arch your back when using the spin cycle, always try to keep your back straight.
9. If you feel pain or dizziness while exercising, stop immediately and cool down.
10. The pulse monitor is not a medical device, several things, including user movement may affect the accuracy of the sensor. The sensor is intended only as an exercise aid in determining general heart rate trends.
11. The spin cycle is intended for home use only.
12. The spin cycle is not intended for therapeutic purposes.



WARNING: Before beginning this or any exercise program, consult your doctor. This is especially important for people over the age of 35 or those with health problems. Read all instructions before using the spin cycle.

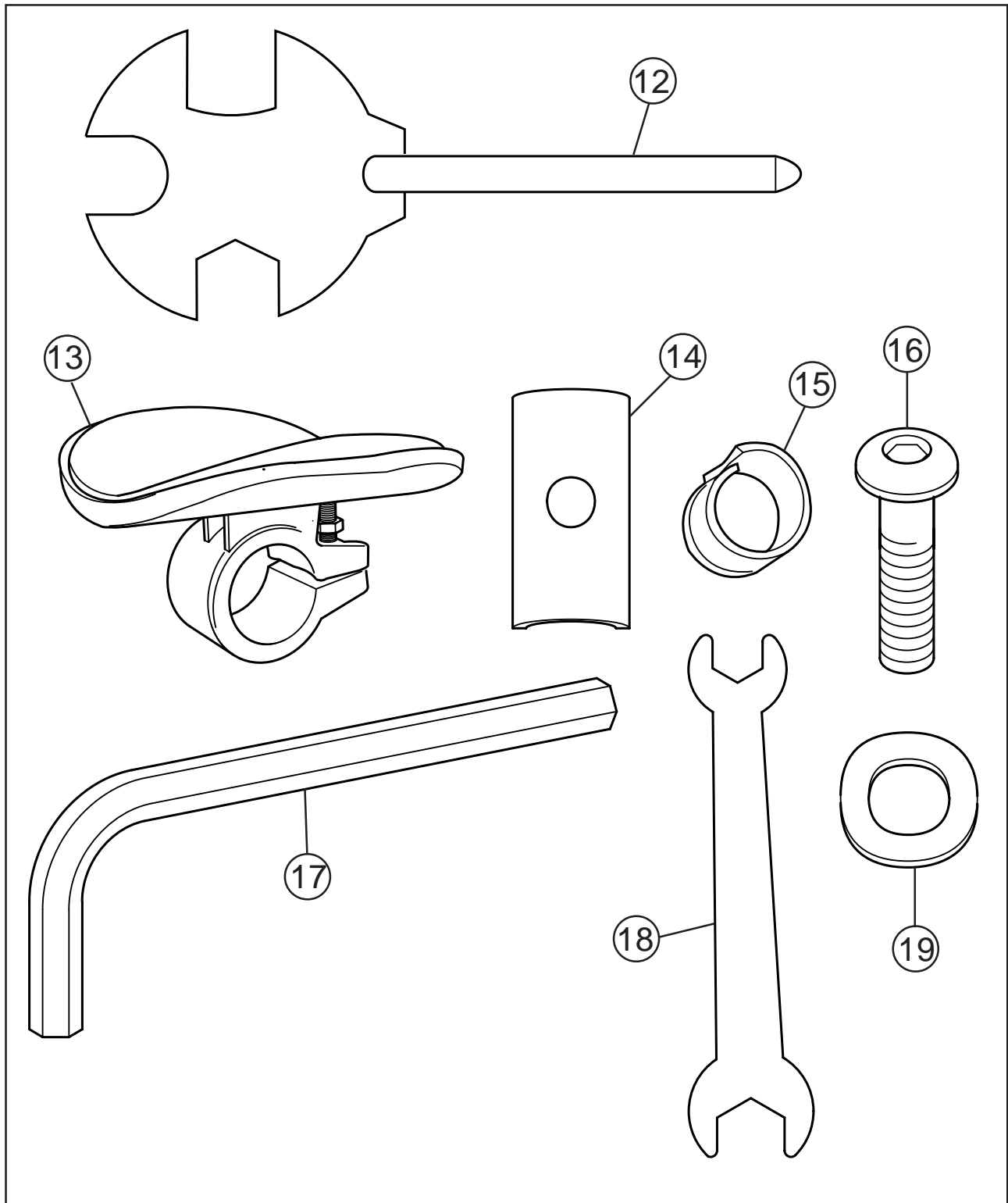
PARTS LIST



- 1 Main body
- 2 Computer
- 3 Computer stem
- 4 Water bottle/support bracket
- 5 Seat support
- 6 Pedals

- 7 Seat
- 8 Seat support tube
- 9 Handlebar
- 10 Front support tube
- 11 Rear support tube

FITTINGS LIST



- 12 Tool
- 13 Arm support x 2
- 14 Clamp x 2
- 15 rubber bush x 2

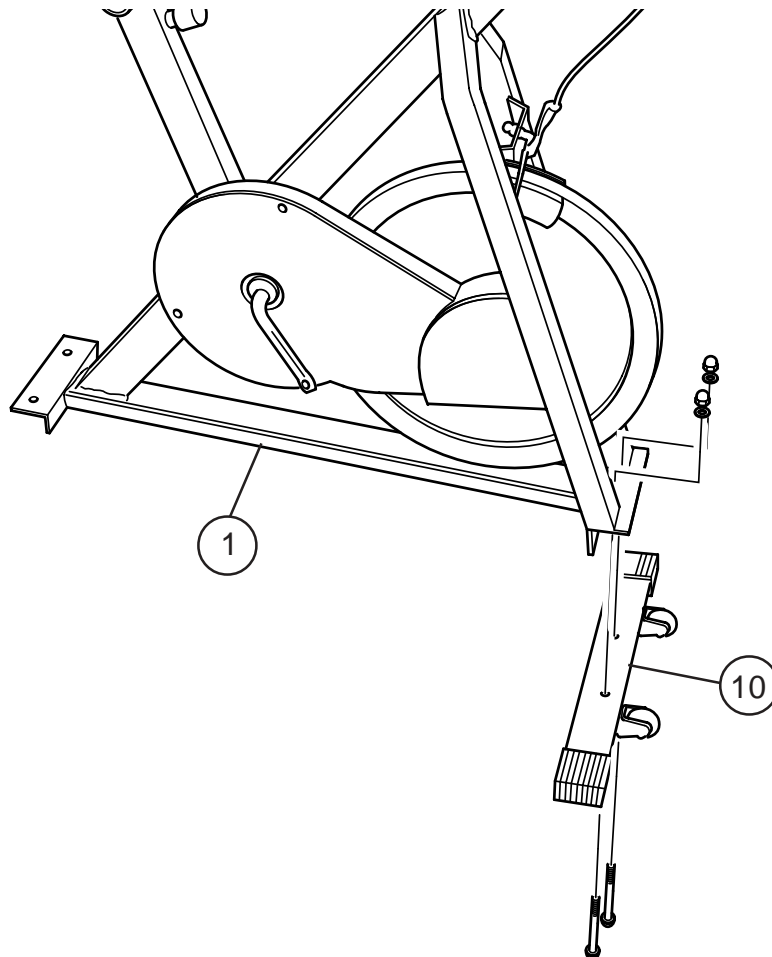
- 16 Pan head bolt x 2
- 17 Hexagonal key
- 18 Spanner
- 19 Curved washer x 2

ASSEMBLY

STEP 1 OF 10

FITTING THE FRONT SUPPORT

FIG 1



1. Remove the dome nuts, pan head bolts and washers from the front support.
2. Tilt the main body (1) backwards and fit the front support tube (10) onto the main body (fig 1).
3. Secure using the dome nuts, pan head bolts and washers. Tighten the dome nuts using the tool (12) supplied.

PROGRESS

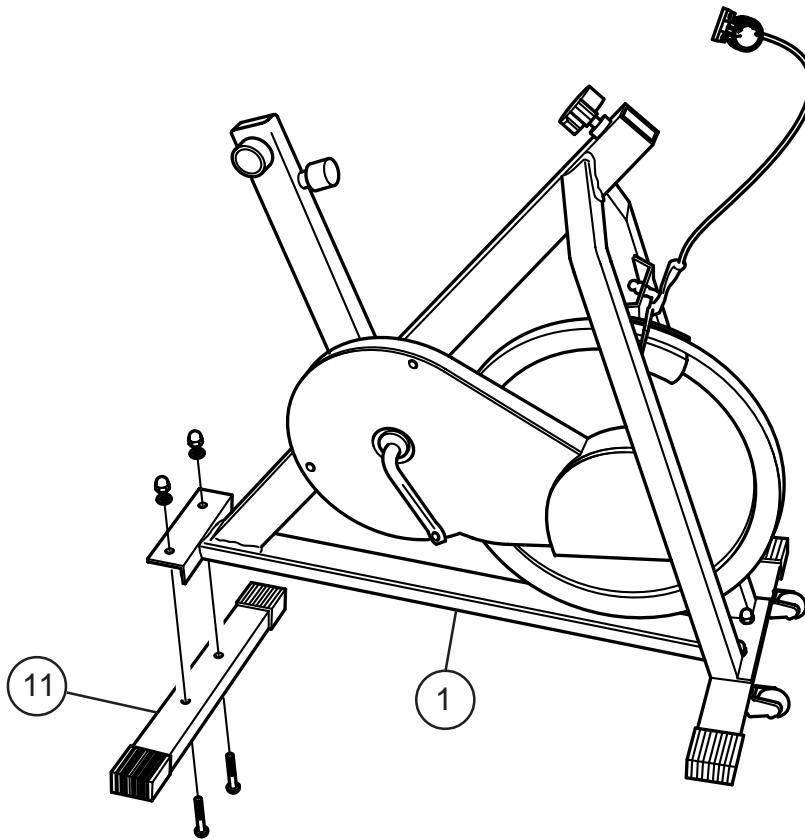


ASSEMBLY

STEP 2 OF 10

FITTING THE REAR SUPPORT

FIG 2



1. Remove the dome nuts, pan head bolts and washers from the back support.
2. Tilt the main body (1) forwards and fit the rear support tube (11) onto the main body (fig 2).
3. Secure using the dome nuts, pan head bolts and washers. Tighten the dome nuts using the tool (12) supplied.

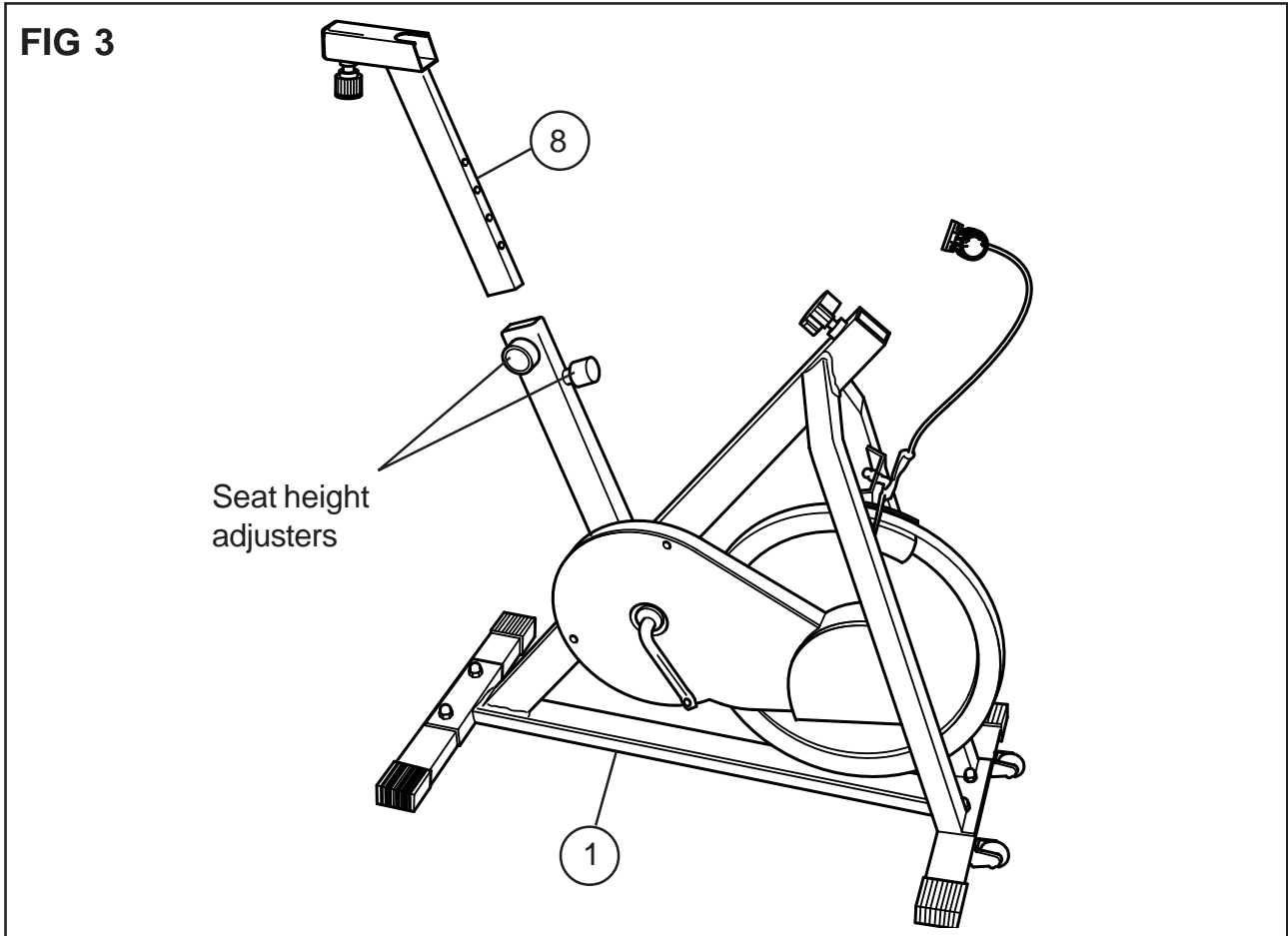
PROGRESS



ASSEMBLY

STEP 3 OF 10

SEAT SUPPORT TUBE



1. Loosen the 2 seat height adjusters on the main body (fig 3). Pull the sprung adjuster marked "to adjust loosen the pull"
2. Slide the seat support tube (8) into position. Secure by replacing the sprung adjuster then tightening the 2 seat height adjusters.

NOTE *Note: The seat height position may be adjusted later, see page 16.*

PROGRESS

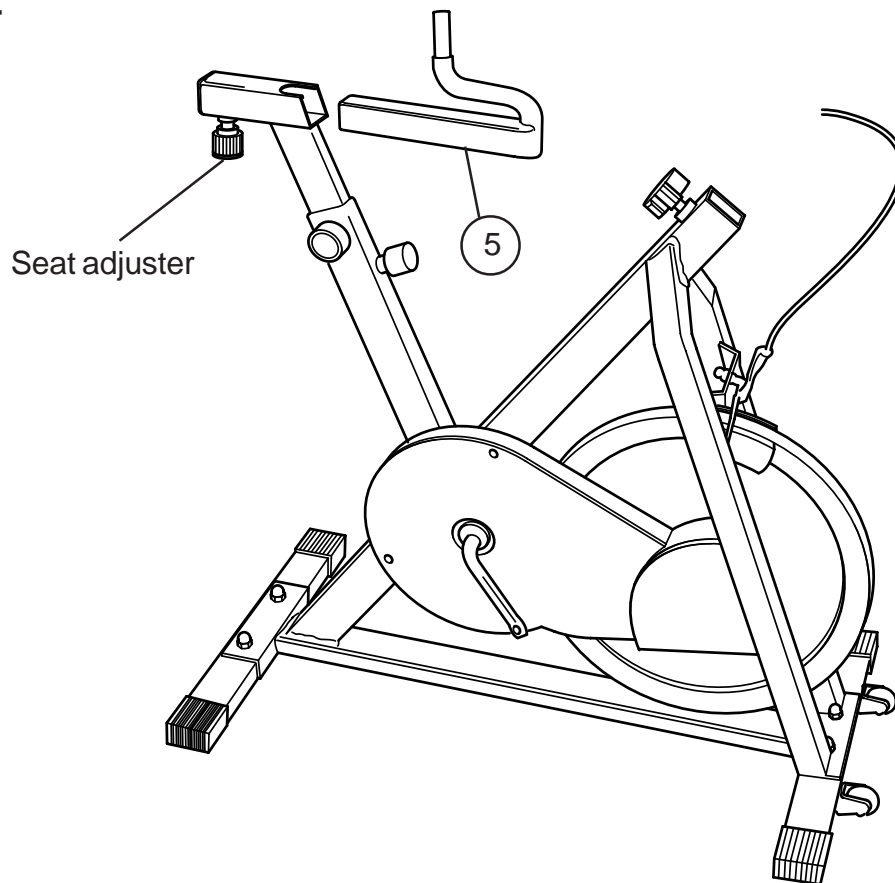


ASSEMBLY

STEP 4 OF 10

SEAT SUPPORT

FIG 4



1. Loosen the seat adjuster on the seat support tube (fig 4). Pull the adjuster knob downwards.
2. Slide the seat support (5) into position. Secure by releasing the adjuster knob then tightening the seat adjuster.



Note: The seat position may be adjusted later, see page 16.

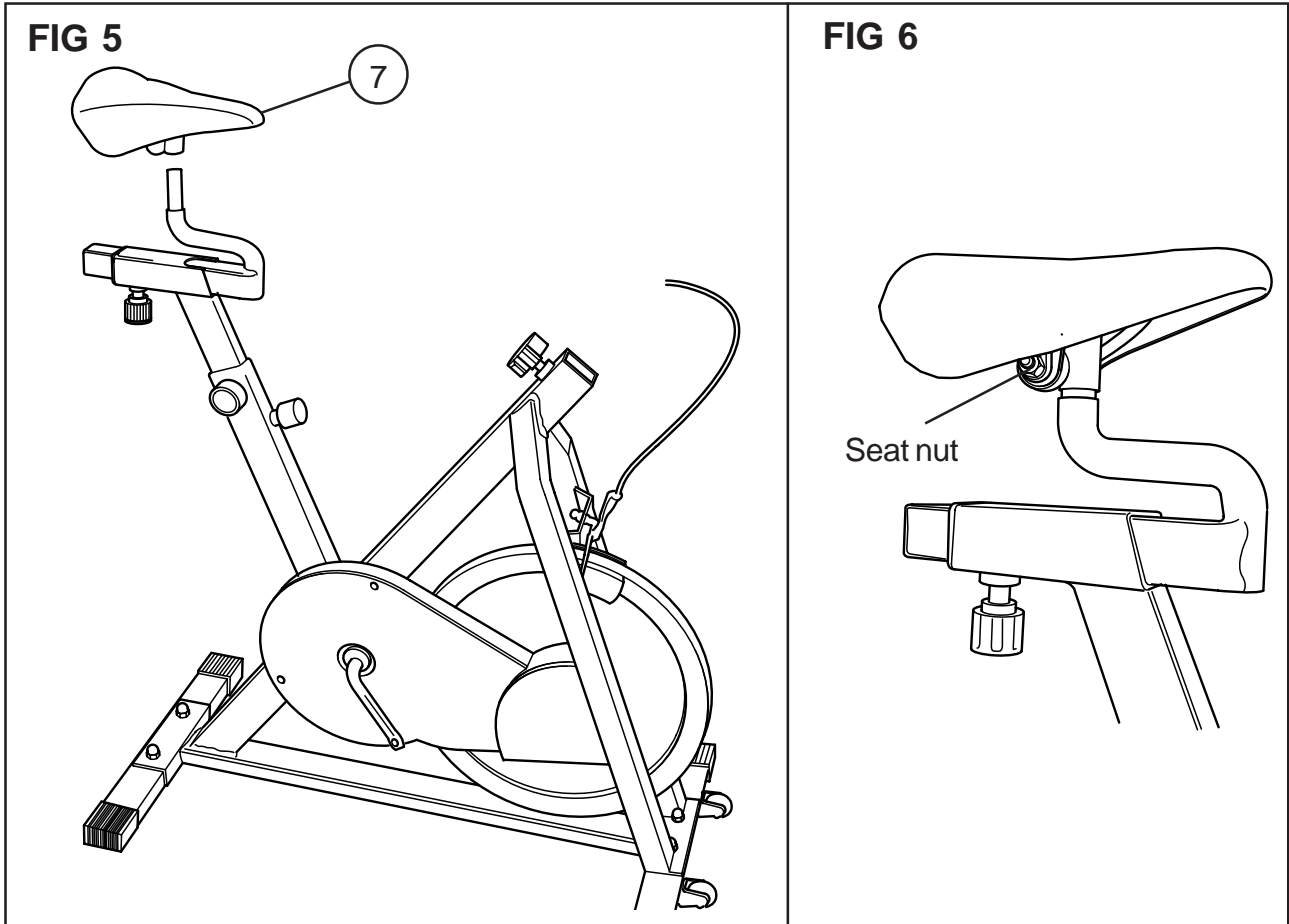
PROGRESS



ASSEMBLY

STEP 5 OF 10

FITTING THE SEAT



1. Loosen the nut located under the seat (7) (fig 5).
2. Slide the seat onto the seat support (5).
3. Secure the seat by tightening the nut (fig 6) using the spanner (18) supplied.

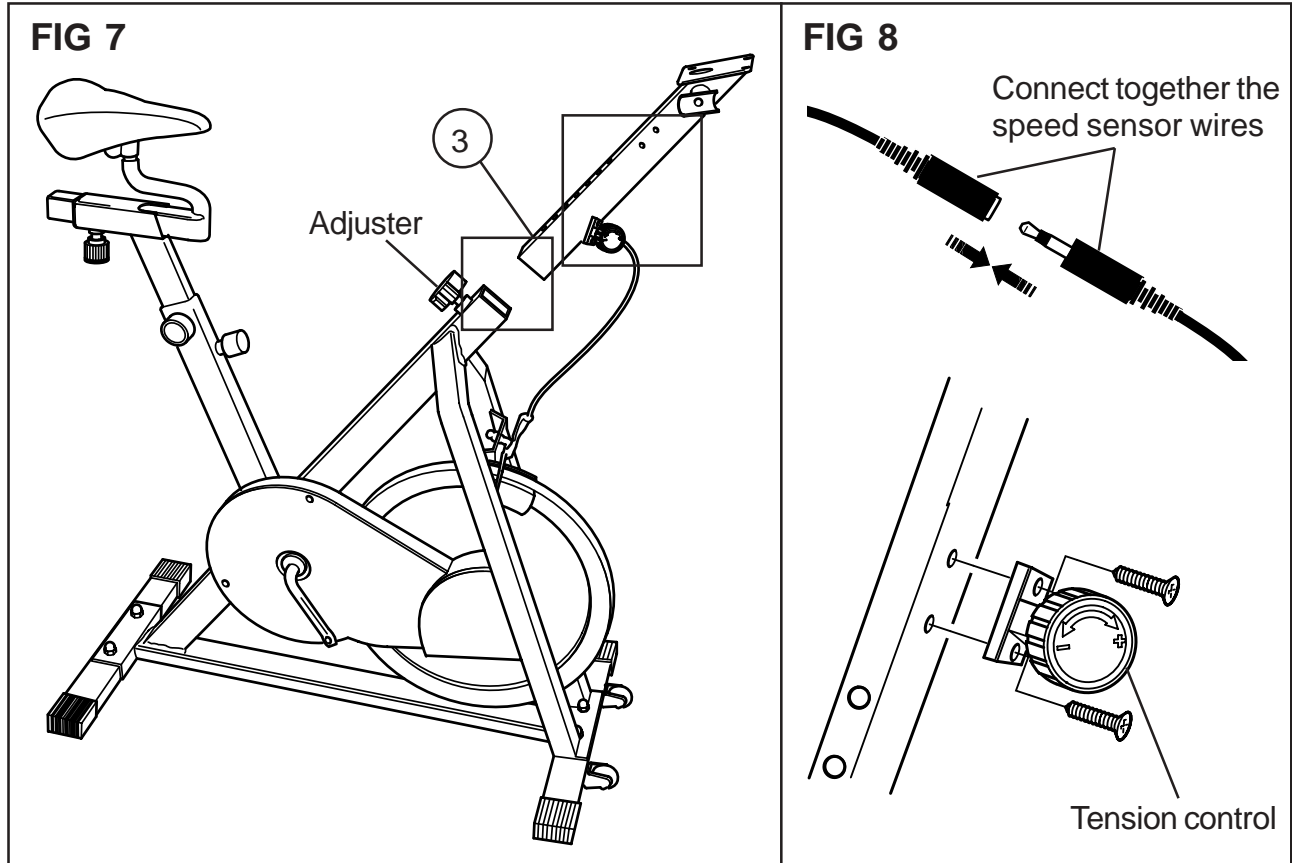
PROGRESS



ASSEMBLY

STEP 6 OF 10

COMPUTER STEM



When fitting the computer stem (3), you need to connect the speed sensor wires.

1. Loosen the adjuster on the main body (1) (fig 7).
2. Connect the two speed sensor wires together (fig 8).
3. Slide the computer stem (3) into position, allowing it to slide in by pulling out the adjuster knob secure by tightening the adjuster.
4. Remove the 2 screws on the computer stem (3).
5. Fit the tension control in place and secure by tightening the 2 screws using the tool (12) (fig 8).



Note: The tension control may be adjusted later, see page 16.

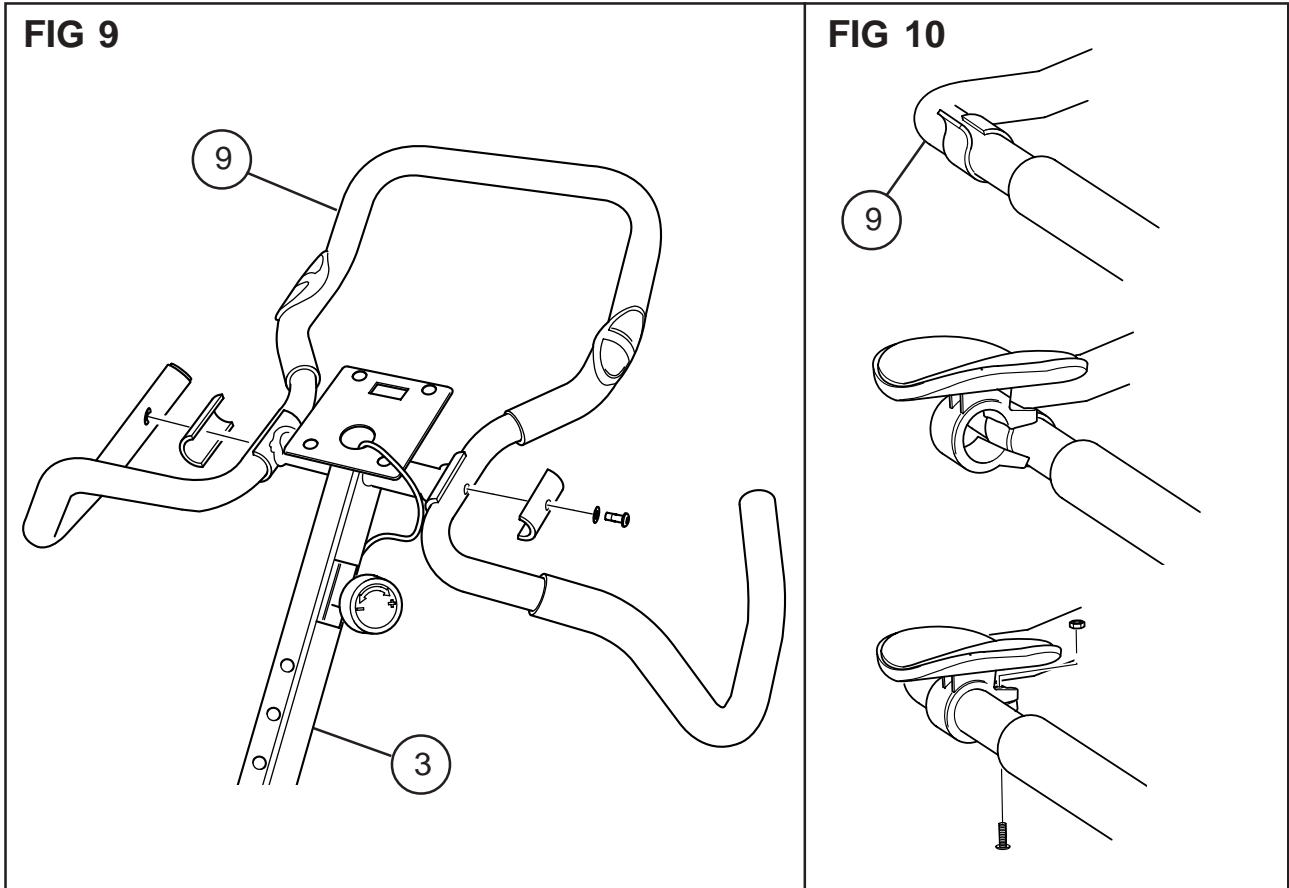
PROGRESS



ASSEMBLY

STEP 7 OF 10

FITTING THE HANDLEBARS



1. Slide the handlebars (9) into the computer stem (3) (fig 9).
2. Secure using the clamp (14), pan head bolts (16) and curved washers (19).
3. Tighten using the hexagonal key (17) supplied.
4. Remove the screws and nuts from the arm supports (13). Wrap the rubber bush (15) around the area of the handlebars that the arm supports are to be located.
5. Clip the arm support over the rubber bush and secure using the screws and nuts (fig 10).
6. Tighten using the tool (12) supplied.

PROGRESS



ASSEMBLY

STEP 8 OF 10

COMPUTER

FIG 12

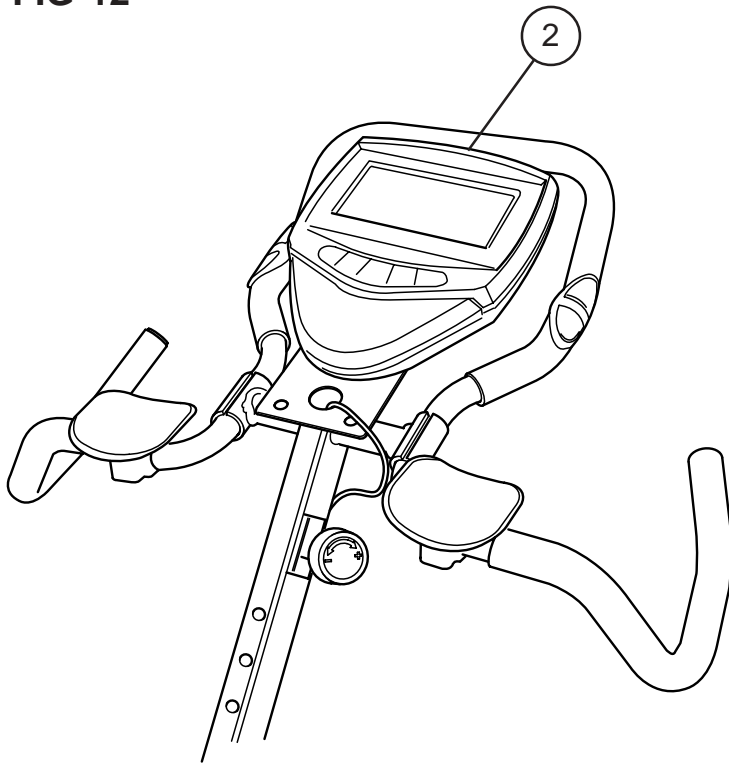
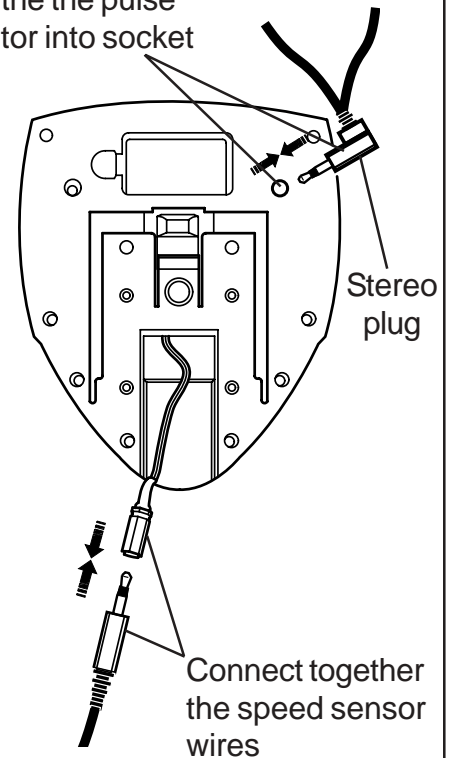


FIG 13

Plug the the pulse monitor into socket



When fitting the computer (2), you need to connect the speed sensor and pulse monitor wires.

1. Connect the two parts of the speed sensor wires together (fig 13), and plug the end of the pulse monitor wire into the back of the computer (fig 13).
2. Unscrew the 4 screws on the underside of the computer (2), slide the computer (2) into the computer stem (3) and secure in place using the 4 screws. Tighten using the tool (12) supplied (fig 12).
3. Set the tension control to minimum by turning it anticlockwise.

PROGRESS

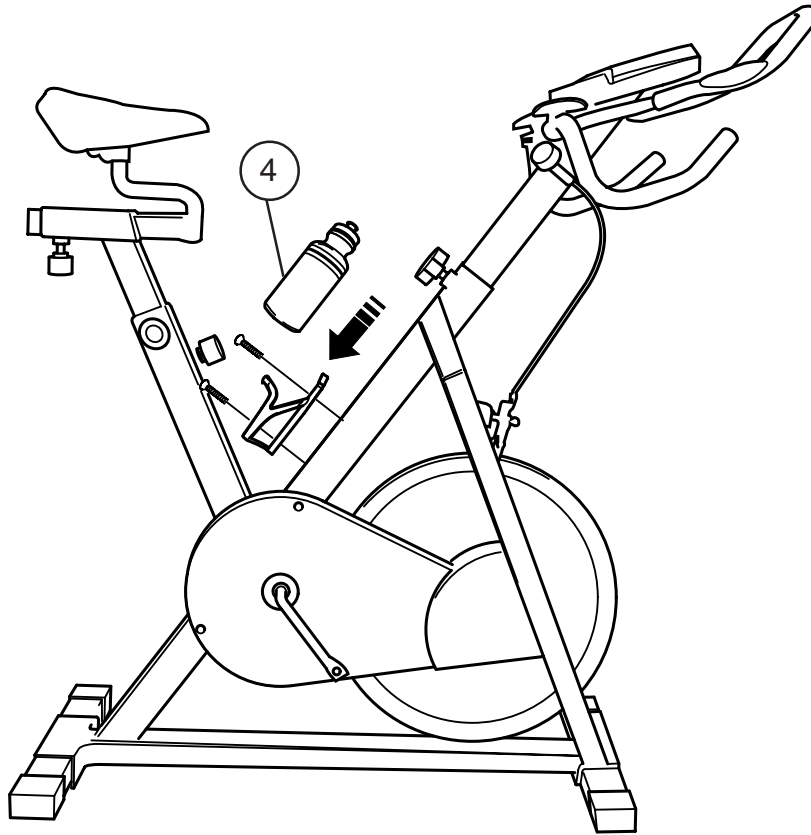


ASSEMBLY

STEP 9 OF 10

WATER BOTTLE

FIG 14



1. Unscrew the 2 screws from the main body (1).
2. Fit the water bottle bracket onto the main body (fig 14).
3. Secure using the 2 screws.
4. Slide the water bottle into place.

PROGRESS

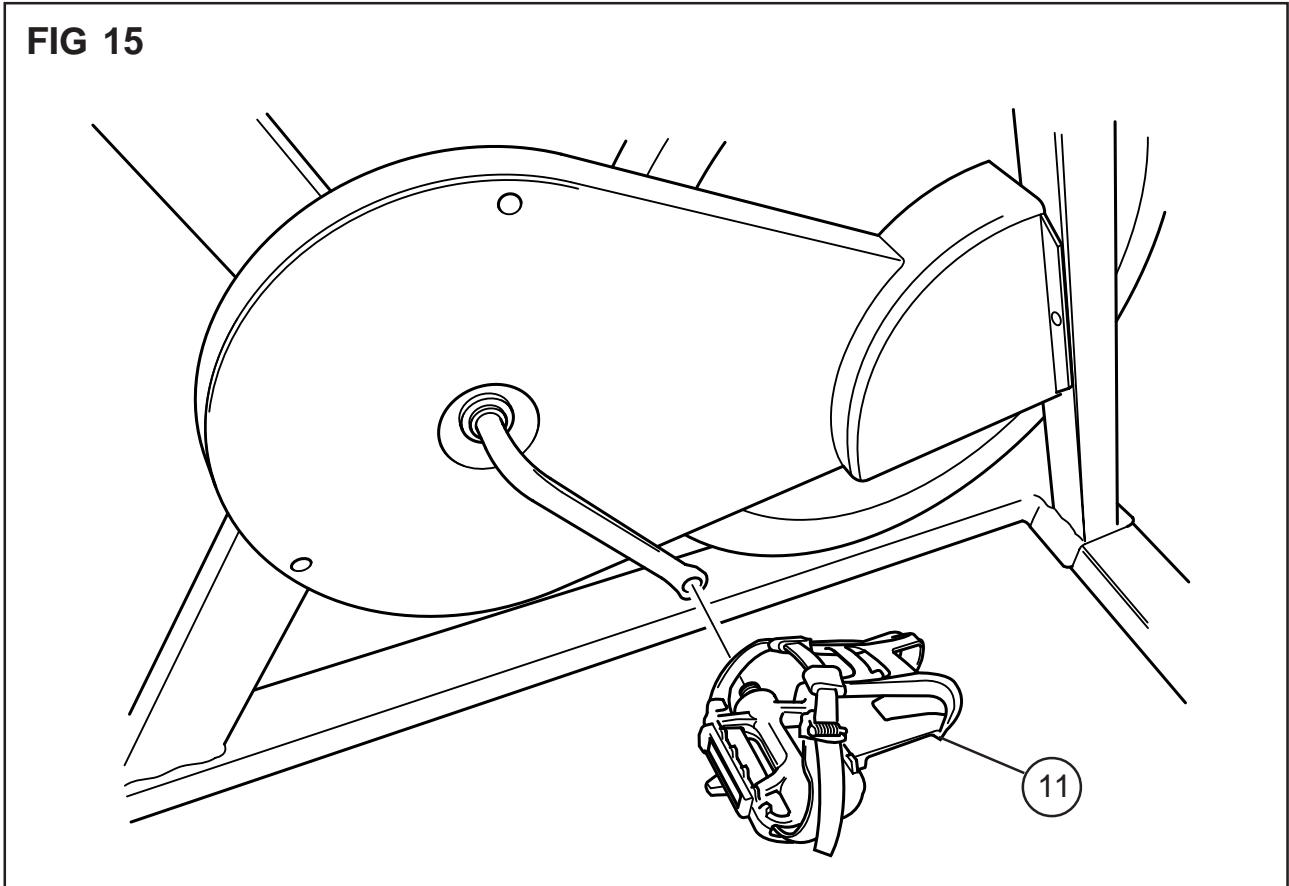


ASSEMBLY

STEP 10 OF 10

PEDALS

FIG 15



1. Fit the pedal (6) marked L to the left side of the cycle, and the pedal (6) marked R to the right side of the cycle, viewed from the riders seated position (fig 15).
2. Tighten the pedals (6) using the tool (12) provided.



Note: The left pedal has a reverse thread, and therefore the spanner should be turned in an anticlockwise direction to tighten.

3. The spin cycle is now ready to use.

PROGRESS



USING THE EXERCISE CYCLE

ADJUSTMENTS

SEAT ADJUSTMENT

1. To adjust, loosen and pull down the seat adjustment nut (A) and adjust the seat to one of the 6 positions available (fig 16).
2. Release and tighten the seat adjustment nut.

SEAT SUPPORT ADJUSTMENT

1. To adjust, loosen the seat support adjustment nuts, pull out the one marked (B) pull the sprung adjuster marked "to adjust loosen the pull" and adjust the seat support to one of the 4 positions available (fig 16).
2. Release the spring loaded nut, then tighten the seat support adjustment nuts.

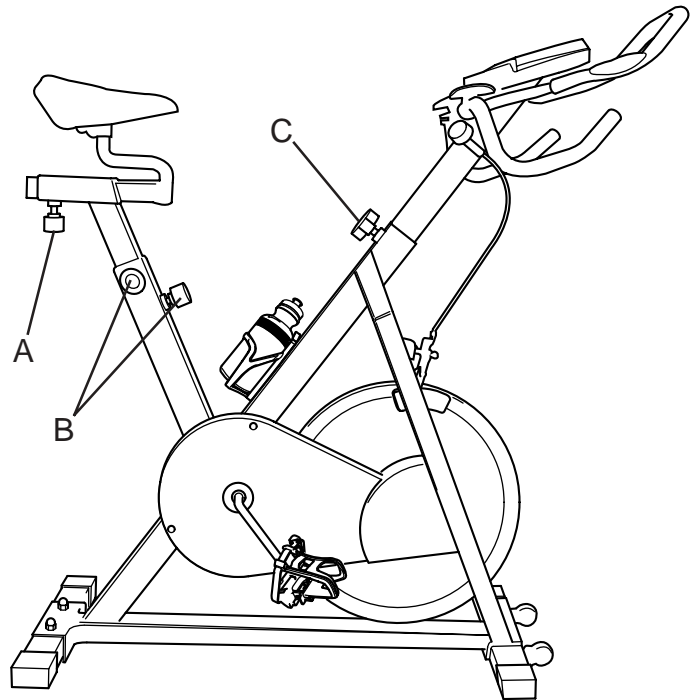


FIG 16

HANDLEBARS ADJUSTMENT

1. To adjust, loosen and pull out the handlebars adjustment nut (C) and adjust the handlebars to one of the 7 positions available (fig 16).
2. Release and tighten the handlebars adjustment nut.

CHANGING THE TENSION

Rotate the tension control clockwise to increase the tension and anticlockwise to decrease the tension (fig 17).

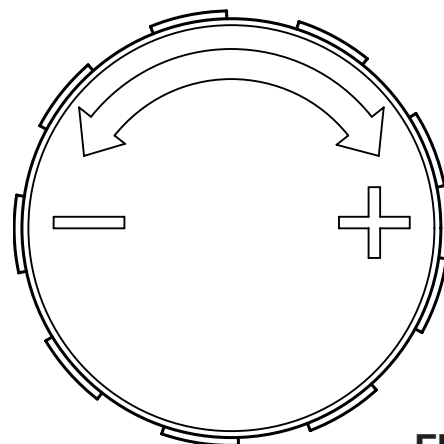


FIG 17

COMPUTER

INSERTING THE BATTERIES

Remove the battery cover and insert two AA size batteries into the battery compartment (fig 18).

NOTE *Note: Refer to the diagram inside the battery compartment for correct installation of batteries.*



We recommend the use of Ever Ready Energizer Batteries.

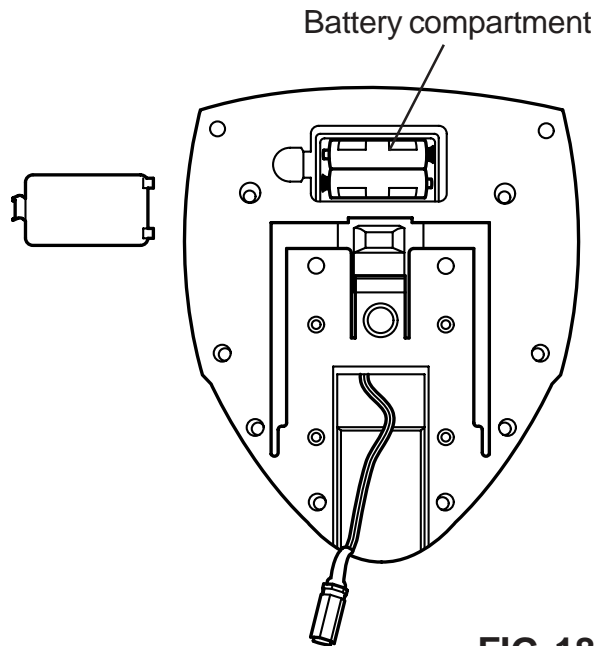


FIG 18

OPERATION

1. Press the UP or DOWN button to select the mode you want to preset.
2. Press the ENTER button when the desired mode is selected. The display will pulse, use the UP and DOWN buttons to enter the required value.
3. To start the display, start peddling on the spin cycle.
4. To pause during exercise, stop peddling on the spin cycle.
5. Press and hold the ENTER/ RESET button to return the all counters to zero.
6. If the spin cycle is not used for a while, the monitor will automatically switch off.

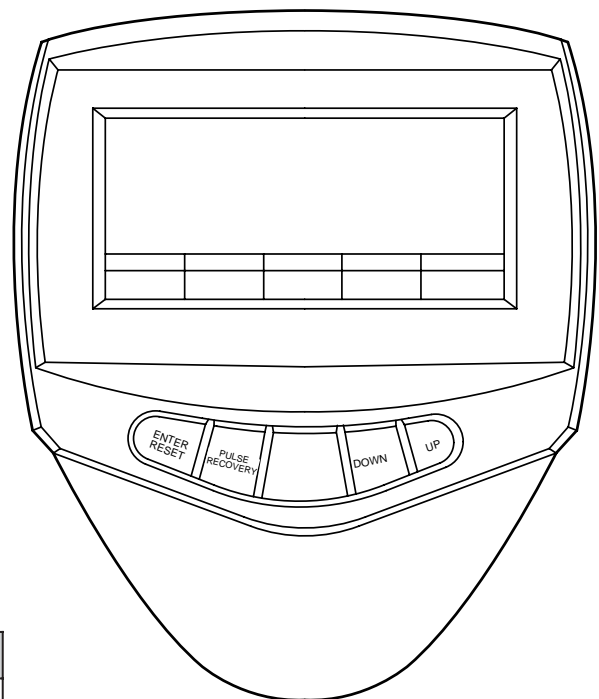


FIG 19

MODE	
SPEED	Measures the speed in KPH.
PULSE	Measures your heart rate in BPM.
DIST	Measures the distance travelled in KM.
TIME	Counts the time elapsed or counts down from a pre set time.
CALORIES	Counts the calories used during exercise.

PULSE SENSOR

The pulse sensor is not a medical device. Several things, including user movement, may affect the accuracy of the sensor.

The pulse sensor is intended only as an exercise aid in determining general heart rate trends.

1. To start the pulse sensor on the computer hold the sensor on the handle bars (fig 20).
2. Set the computer to the pulse mode.

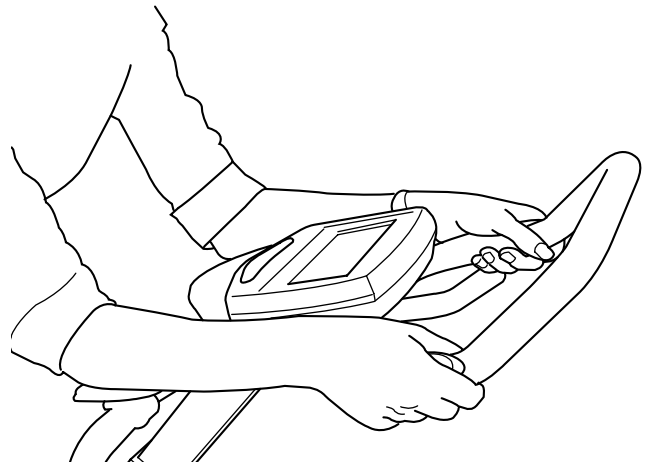


FIG 20