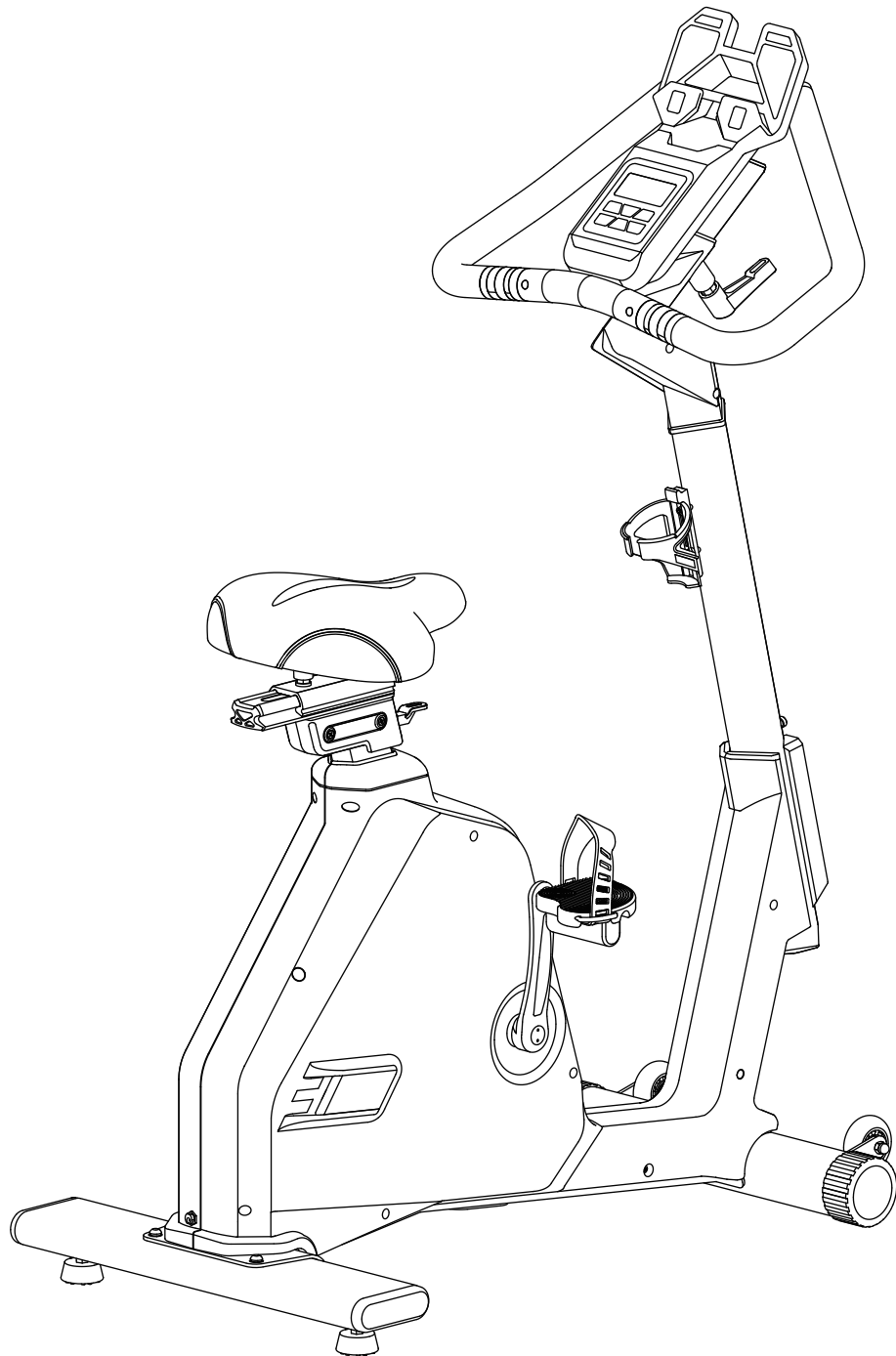# MAGNETIC UP-RIGHT BIKE

MODEL:**B90LCD**

sportop

Owner's Operating Manual   **ENGLISH**

Dear Customer,

Congratulations on your purchase,

Please read this instruction manual very carefully before using this item.

You will find important information regarding safety of your INDOOR EXERCISE CYCLE.

Note the following precaution before assembling or

operating the machine.

Assembly Advice

Carefully read and understand the Assembly instructions.

- Keep bystanders and children away from the product you are assembling at all times.

- Do not connect power supply to the machine until instructed to do so.

- Do not assemble this machine outdoors or in a wet or moist location.

- Ensure the seat, frame and pedals are fitted as per instruction, are tight and secured and are regularly periodically checked
- Check all bolts and other connections before using the machine for the first time and ensure that the trainer is in the safe condition.
- Assemble the machine exactly as the descriptions in the instruction manual.
- This machine is for home use only.
- Some components of the machine can be heavy or awkward. Use a second person when doing the assembly steps involving these parts. Do not do steps that involve heavy lifting or awkward movements on your own.
- Set up this machine on a solid, level, horizontal surface.
- Do not try to change the design or functionality of this machine. This could compromise the safety of this machine and will void the warranty.
- If replacement parts are necessary, use only genuine replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the machine from operating correctly and void the warranty.
- Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the Manual.

Before using this equipment, obey the following warnings.

1. Keep children and pets away from the INDOOR CYCLE at all times Children should be supervised to ensure that they do not play with the appliance

DO NOT leave unattended children in the same room with the machine.

2. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless given supervision or instruction concerning use of the cycle by a person responsible for their safety.

4. Before beginning training, remove all within a radius of 2 meters from the

machine. DO NOT place any sharp objects around the INDOOR CYCLE.

5. Position the INDOOR CYCLE on a clear, level surface away from water and moisture. Place mat under the unit to help keep the machine stable and to protect the floor.

6. Use the INDOOR CYCLE only for its intended use as described in this manual. DO NOT use any other accessories not recommended by the manufacturer.

7. Assemble the machine exactly as the descriptions in the instruction manual.

8. Hold a routine inspection of the equipment. Pay special attention to components which are the most susceptible to wear off, i.e. connecting points and wheels. The defective components should be replaced immediately. The safety level of this equipment can only be maintained by doing so. Please don't use the INDOOR CYCLE until it is repaired well.

9. NEVER operate the INDOOR CYCLE if it is not functioning properly.

10. This machine can be used for only one person's training at a time.

11. Do not use abrasive cleaning articles to clean the machine. Remove drops of sweat from the machine immediately after finishing training.

12. Always wear appropriate workout clothing when exercising. Running or aerobic shoes are also required.
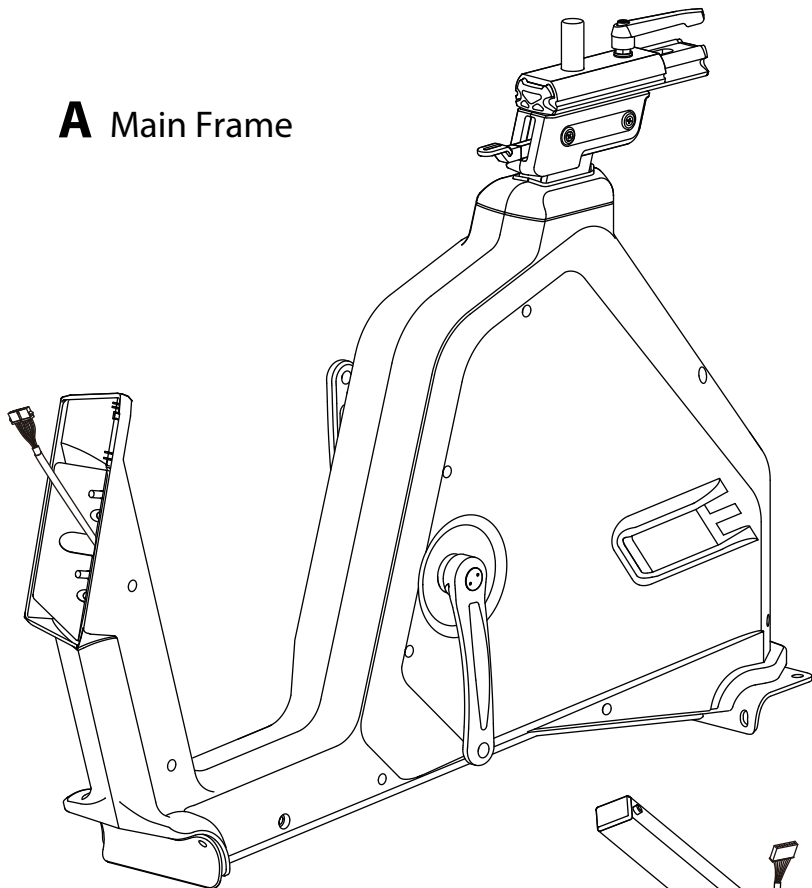
13. Before exercising, always do stretching first.

14. The power of the machine increases with increasing the speed, and the reverse. The machine is equipped with adjustable knob, which can adjust the resistance.
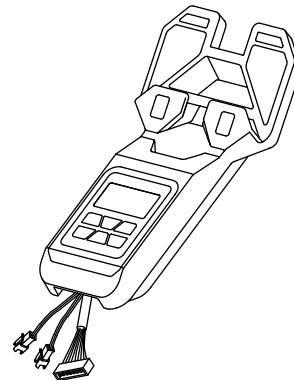
WARNING: BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN F I R S T.
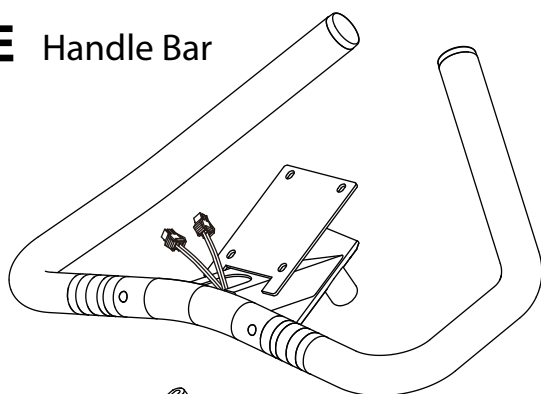
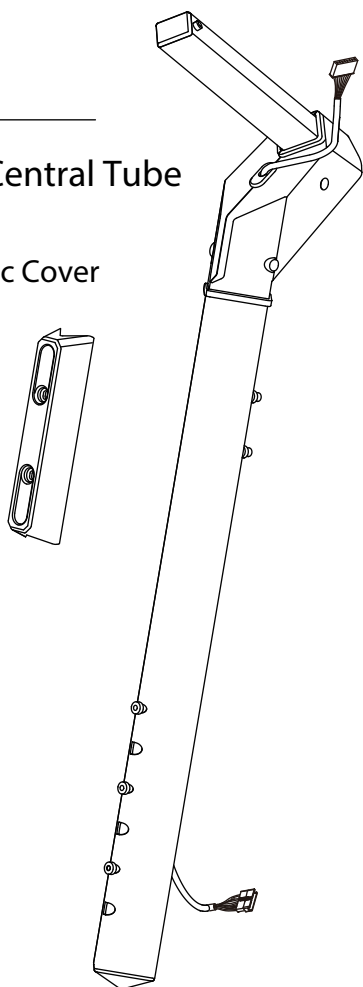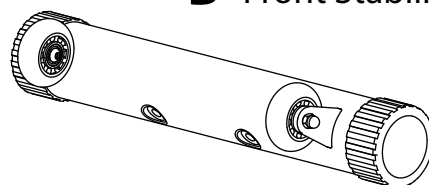## Parts List

A Main Frame

G Console

E Handle Bar

(E2) Knob

D Central Tube

(D2) Plastic Cover

H Seat

L Bottle Holder

B Front Stabilizer
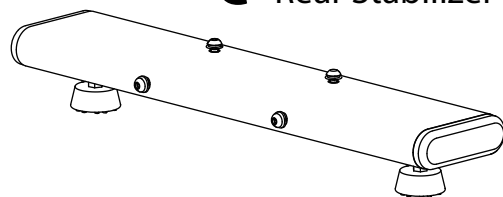
C Rear Stabilizer
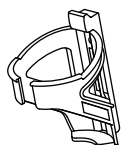
K
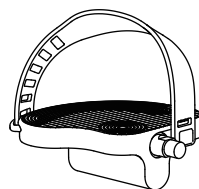
(K1) Left Pedal
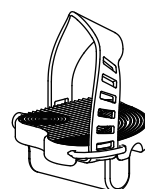
(K2) Right Pedal

J **(J5)** Screw M10x110mm   **(J6)** Washer
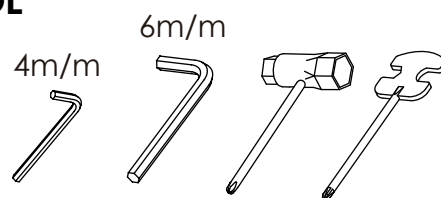
TOOL

6m/m

4m/m
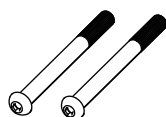
FIGURE 1

FIGURE 1 : Rear Stabilizer Assembly

Step 1. Remove the screws (J7), spring washers (J8) and washers (J9) from the rear stabilizer (C).

Step 2. Attach the rear stabilizer (C) to the main frame (A) with screws (J7), spring washer(J8) and washer(J9).

Step 3. Use a 5m/m Allen wrench to fasten screws firm.

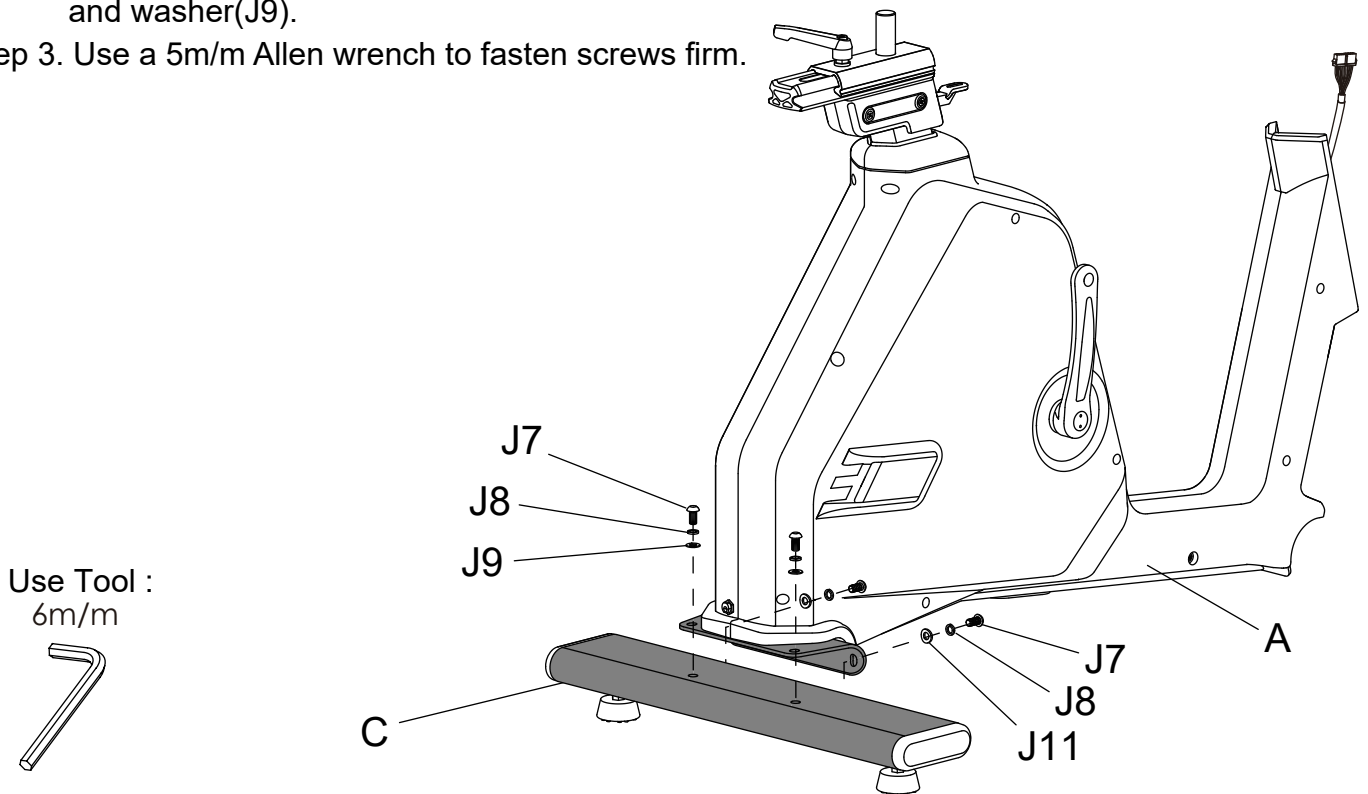Use Tool :
6m/m

J7
J8
J9

A

C

J7
J8
J11

FIGURE 2

FIGURE 2 : Front Stabilizer Assembly

Step 1. Loosen the screw (J1), spring washer (J2), washer (J3) from the paper strap and keep them. This paper strap is only used for package protection, so you can throw paper strap away after you disassemble it.

Step 2. Attach the front stabilizer (B) to the main frame (A) with screws (J1), spring washers (J2) and washers (J3).

Step 3. Adjust the stabilizer feet on the bottom rear stabilizer (C) to level the machine.

How to Keep the Machine Stable

After the stabilizers are attached in (Figure 1 & Figure 2), check to see if the machine is stable. If the machine is unstable, adjust the end caps to level the machine.

Paper Tube

J3
J2
J1

A

B

J3
J2
J1

Use Tool :
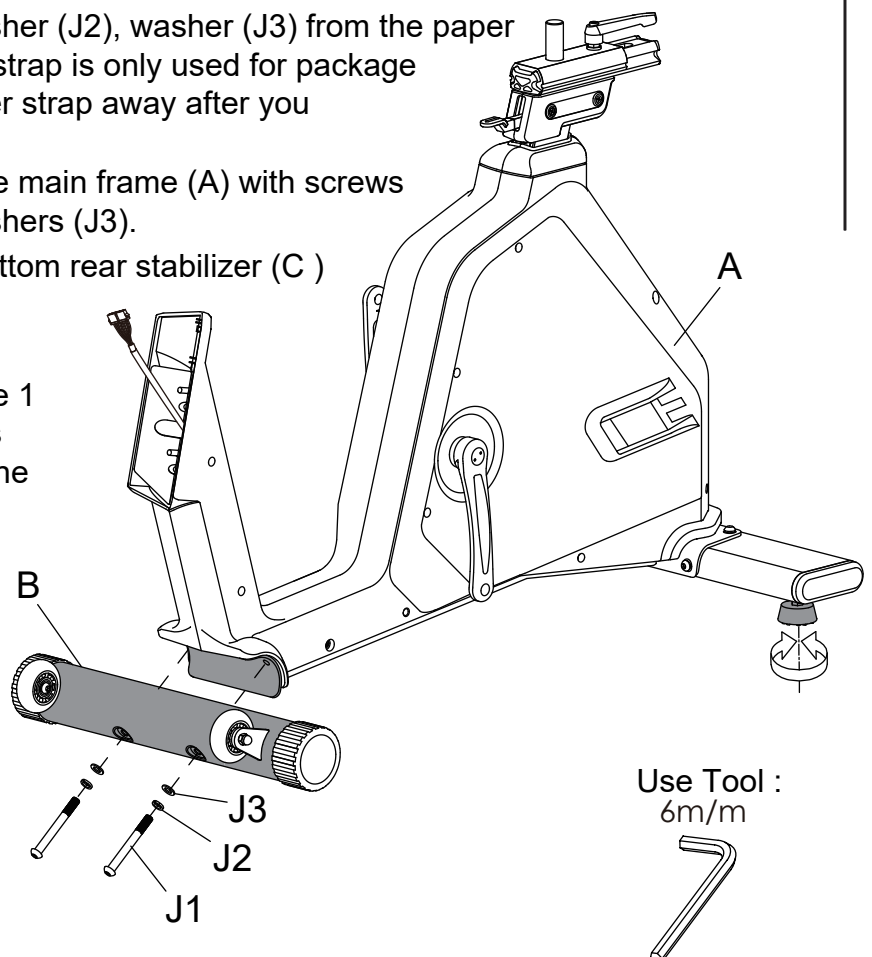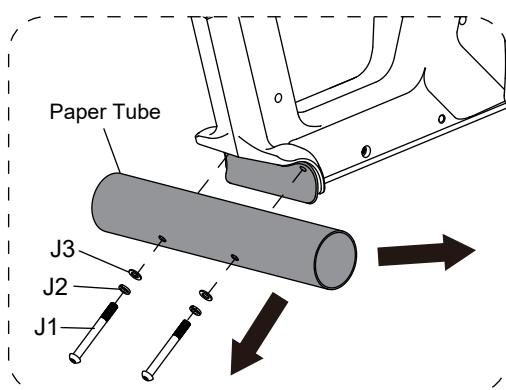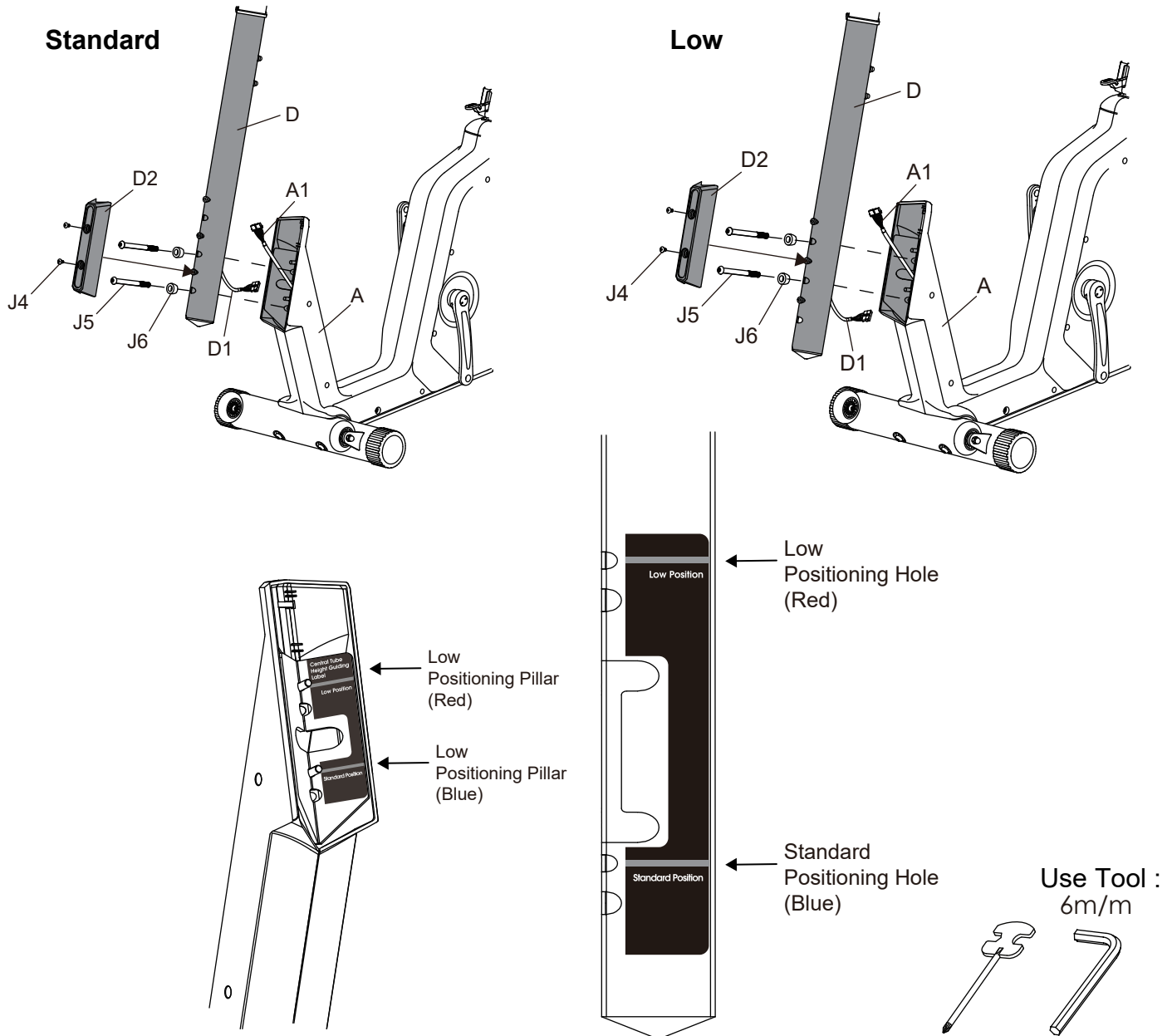6m/m

FIGURE 3

FIGURE 3 : <u>Central Tube Assembly</u>

Note: Additional assistance may be needed to help connect cables and to stabilize central tube (D).

Step 1. Locate and connect cable (A1) with cable (D1), make sure connections are joined properly.

Note: Be careful not to pinch wires while joining the central tube (D) to the main frame (A).

Step 2. Select the central tube height (High/Low). There are central tube height guiding labels on the central tube and the main frame.

Standard

Low

Low Positioning Hole (Red)

Low Positioning Pillar (Red)

Low Positioning Pillar (Blue)

Standard Positioning Hole (Blue)

Use Tool : 6m/m

a. Standard Height

Align the red line on the label of central tube to the red line on lable of the main frame. After aligning the two red line, you can penetrate the standard positioning pillar through the standard positioning hole.

b. Low Height

Align the blue line on the label of central tube to the blue line on lable of the main frame. After aligning the two blue lines, you can penetrate the low positioning pillar through the low positioning hole.

You can also check 3-a(P9) & 3-b(P10) for more detailed explanations about assembling the central tube.

Step 3. Use a 6m/m Allen wrench to tighten screws (J5) firm on the thread of mainframe (A).

Step 4. Place the plastic cover (D2) on the central tube (D) and join them with screws (J4) to tighten.

FIGURE 4

FIGURE 4 : Water Bottle Holder Assembly

Step 1. Remove the screws (J10) from the central tube (D).

Step 2. Using a screw driver, tighten water bottle holder (L) to central tube (D) using the same screws (J10).
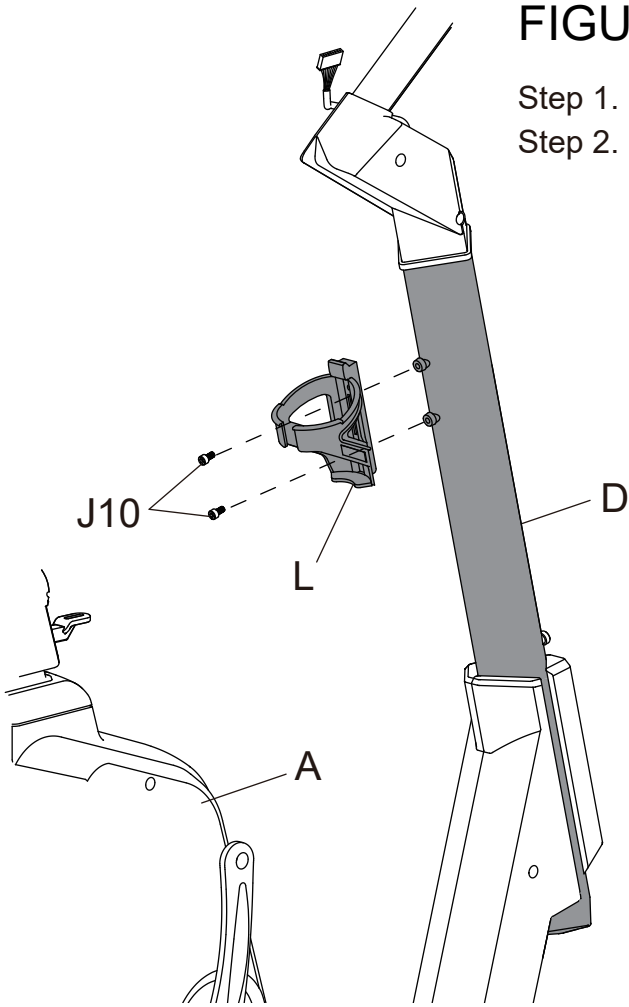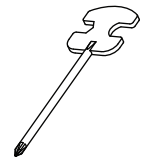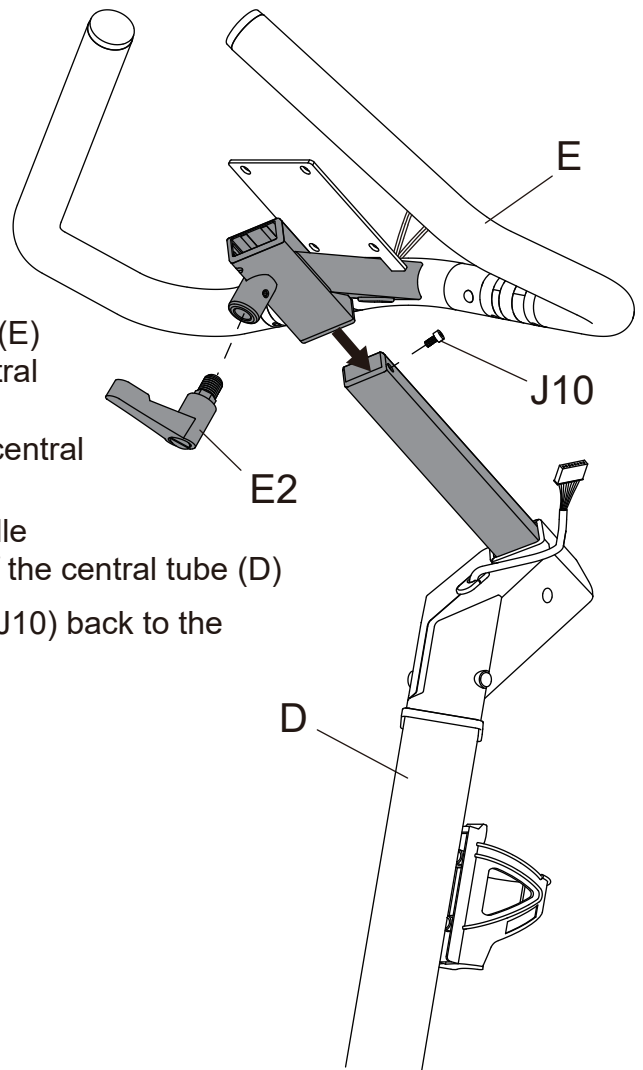
Use Tool :

FIGURE 5

FIGURE 5 : Handle Bar Assembly

Step 1. Use the 4 m/m Allen wrench to Remove screw (J10) from the central tube (D).

Step 2. Align the square hollow tube on the handle bar (E) to the square tube on the upper part of the central tube (D).

Step 3. Slide the handle bar (E) onto the upper part of central tube (D).

Step 4. Fasten the knob (E2) on the thread on the handle bar (E) to fix the handle bar (E) to upper part of the central tube (D)

Step 5. Use the 4 m/m Allen wrench to lock the screw (J10) back to the upper part of the central tube (D).

Use Tool :
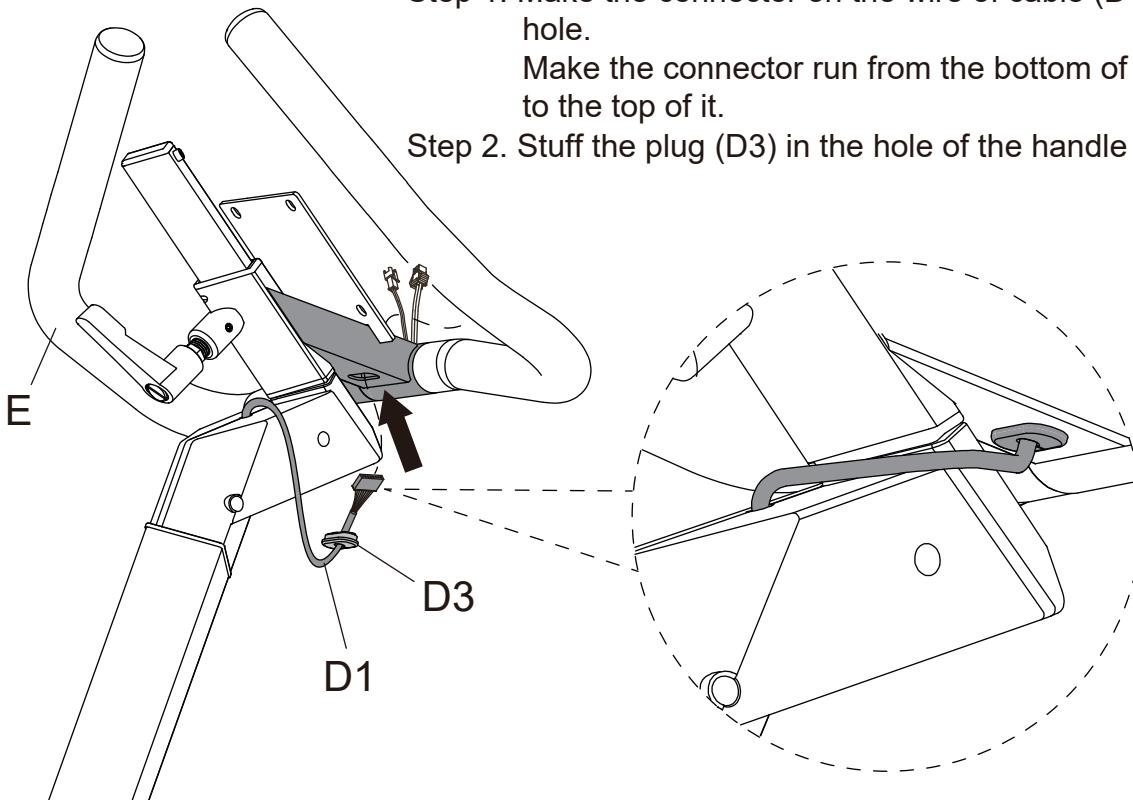4m/m

FIGURE 6

FIGURE 6 : <u>Connect the cable in Central Tube & the cable in Handle bar.</u>

Step 1. Make the connector on the wire of cable (D1) pass through the hole.
Make the connector run from the bottom of the handle bar (E) to the top of it.

Step 2. Stuff the plug (D3) in the hole of the handle bar (E).

E

D3

D1

FIGURE 7

FIGURE 7 : <u>Console Assembly</u>

Step 1. Remove four screws (G1) on the back of the console (G).

Step 2. Connect cable (D1 & E1) and the handle pulse sensor wires to the console. The handle pulse sensor wires can be interchangeable.

Step 3. Gently slide the console onto the console housing. Be aware of the wire location at all times to prevent any pinched wires.
Push any extra wires back into the mounting hole of the handle bar (E).Side the console down until it cannot be pushed any further.

Step 4. Using a screw driver, tighten the console (G) using the same screws (G1).

G

E1

D1

E

D

G1*4
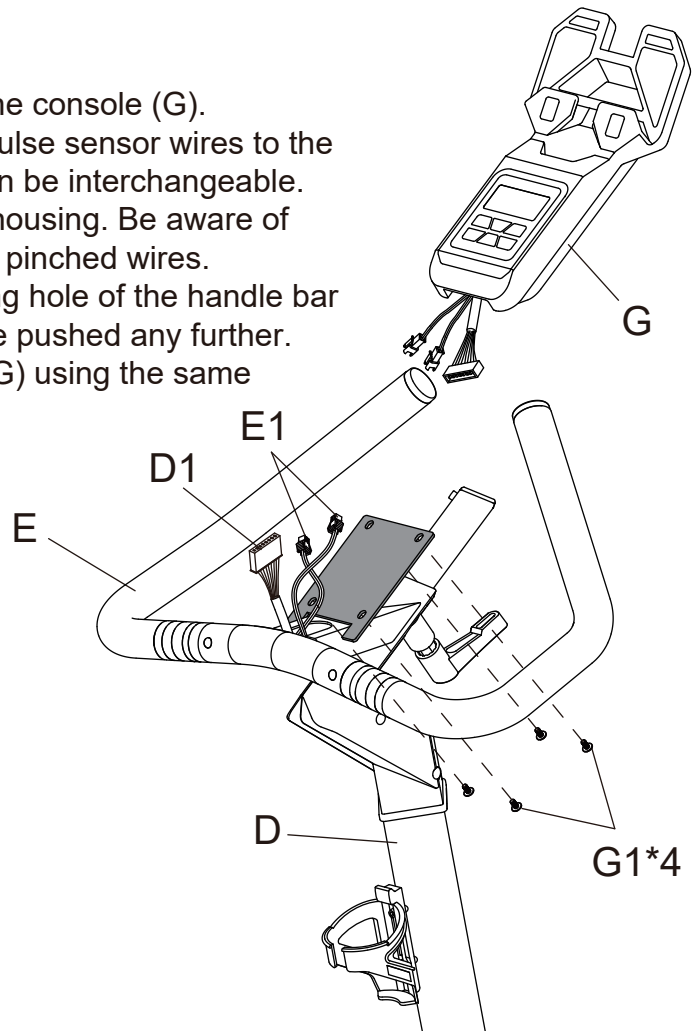
Use Tool :
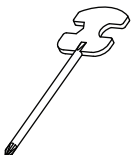
FIGURE 8

FIGURE 8 : <u>Seat Assmbly</u>

Position seat (H) onto the seat basement (H4) and tighten it using screw driver.

H

H4

A

Use Tool :
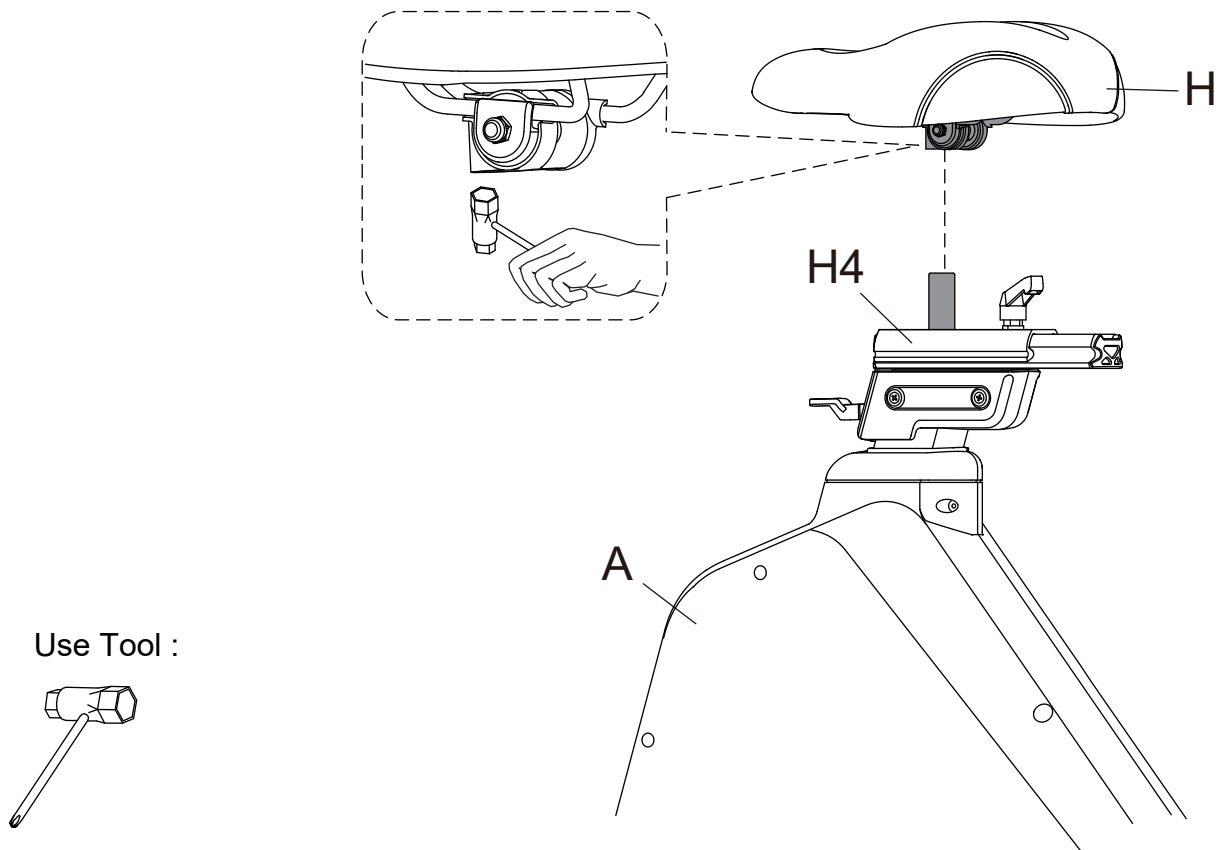
How to Adjust Seat Position

Adjust the seat upwardly by pulling up the seat along with the direction of the arrow A

Adjust the seat downwardly along with the direction of the arrow A by lifting up the wrench (F1).

Adjust the seat forwardly and backwardly along with the direction of
arrow B by loosening the knob (F2).

H

B

F1

F2

A

FIGURE 9

FIGURE 9 : Pedal Assembly

Note: Locate the left & right pedals. There is a Left and Right mark on each pedal and each pedal strap to distinguishing them.

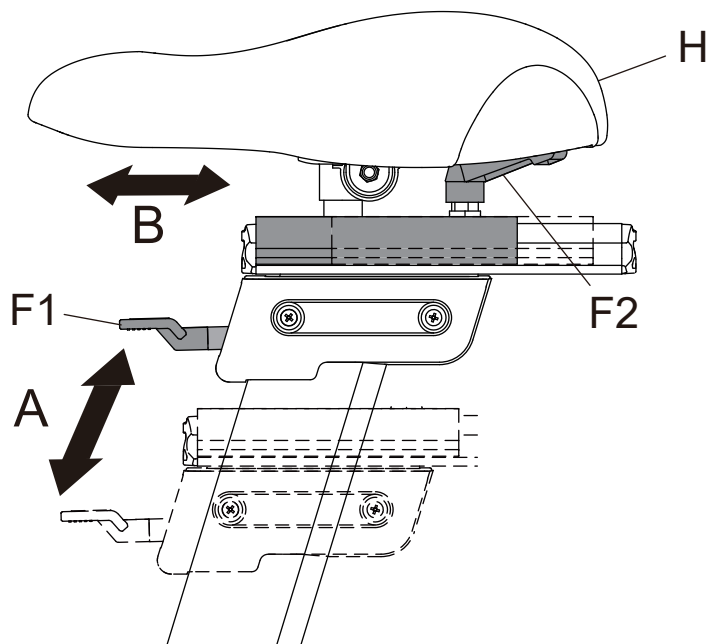Step 1. Tighten the left pedal (K1) counter-clockwise to left crank arm and the right pedal (K2) clockwise to right crank arm. Use a tool to tighten each pedal as tight as possible.

Step 2. Insert the pedal straps into each pedal. Adjust the straps according to the user's shoe size while on the bike.

K1

K2

Use Tool :
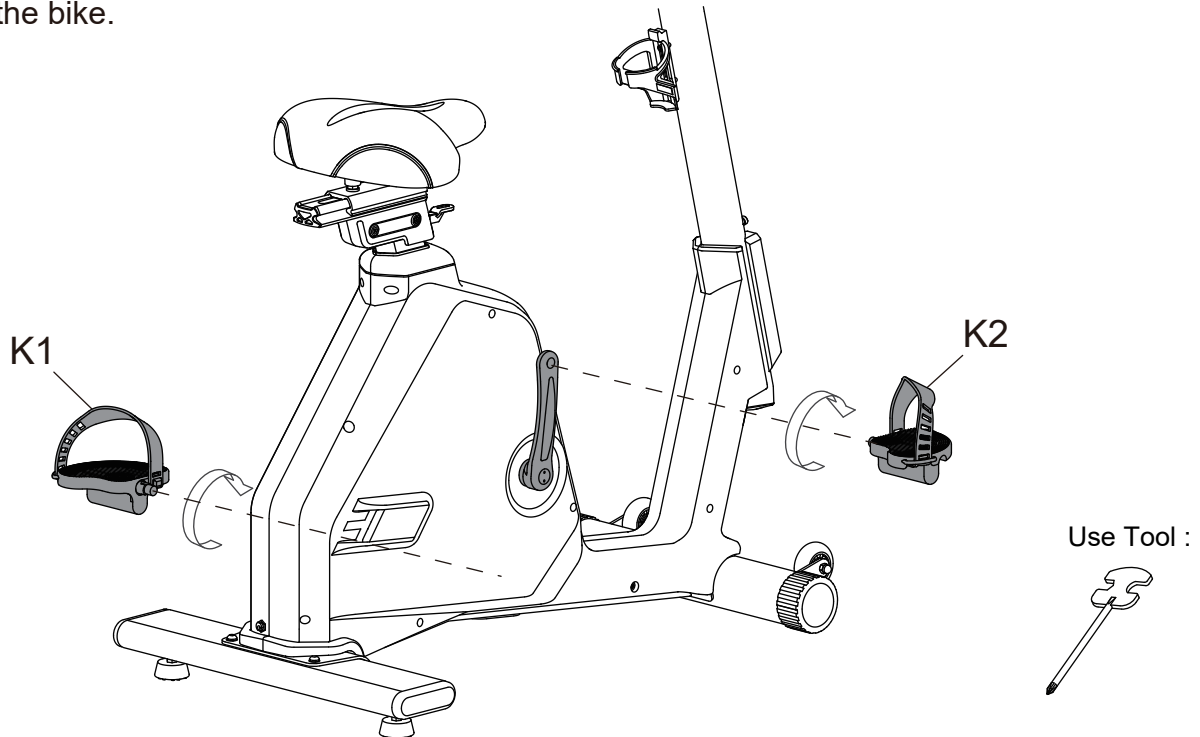
FIGURE 10

FIGURE 10 : How to Transport the Bike

If the machine needs to be transported to a different location, lift up the rear stabilizer until the front transport wheels are touching the ground. You may now move to the desired location. After the move, gently set the machine down at its new location and adjust the stabilizers' end caps to stabilize the machine if needed.

WARNING: Never attempt to lift the bike by yourself, ask for additional help if needed and never attempt to lift the machine if you have any medical issues.

TRANSPORTATION
WHEEL
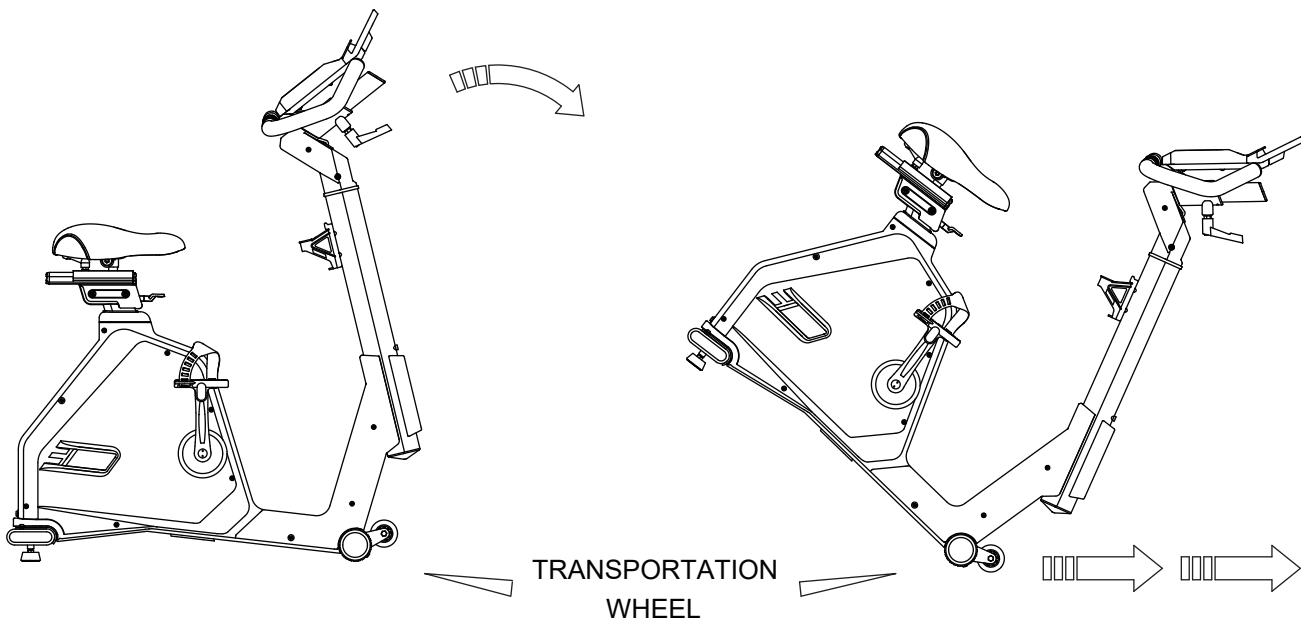
FIGURE 11

FIGURE 11 : <u>How to Use The Adaptor</u>

Using the adaptor(M), there is one adaptor hole located at the rear of the machine.

Adaptor(M)
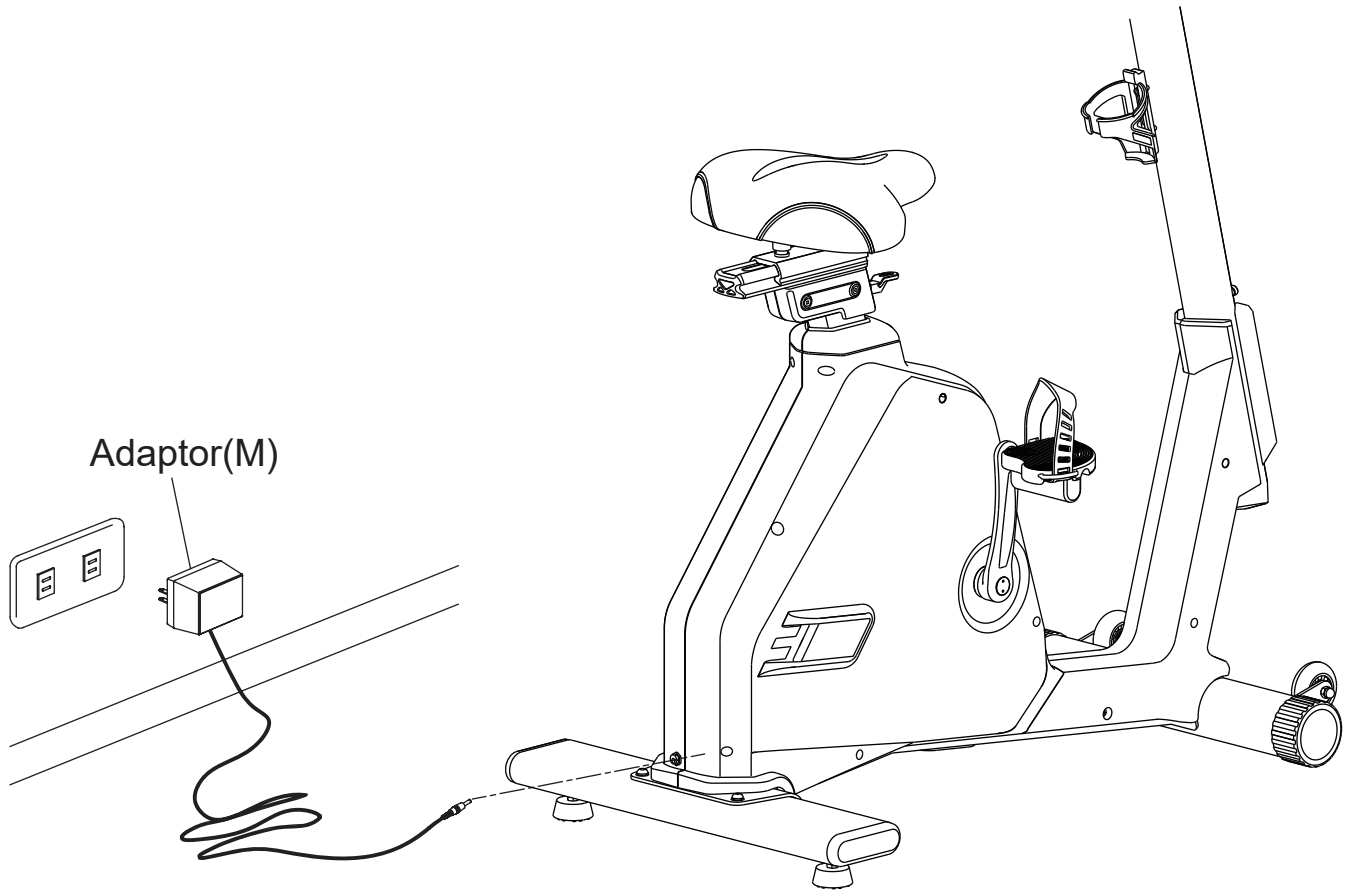
Standard(3-a)

Use the Standard Positioning Pillars on the main frame A to penetrate the Standard Screw Holes labeled in Fig. 3-a. Place the J6 on J5 first. Next, place the J5 (incl. J6) in the Standard Screw Holes labeled in Fig. 3-a.

D

D2

A1

J4

J5

J6

D1

A

Use Tool :
6m/m

View A

View A

View B

View A

View B

Standard(3-a)

standard
positioning
Pillar

Standard
Screw
Holes

Standard
Positioning Hole
(Blue Line)
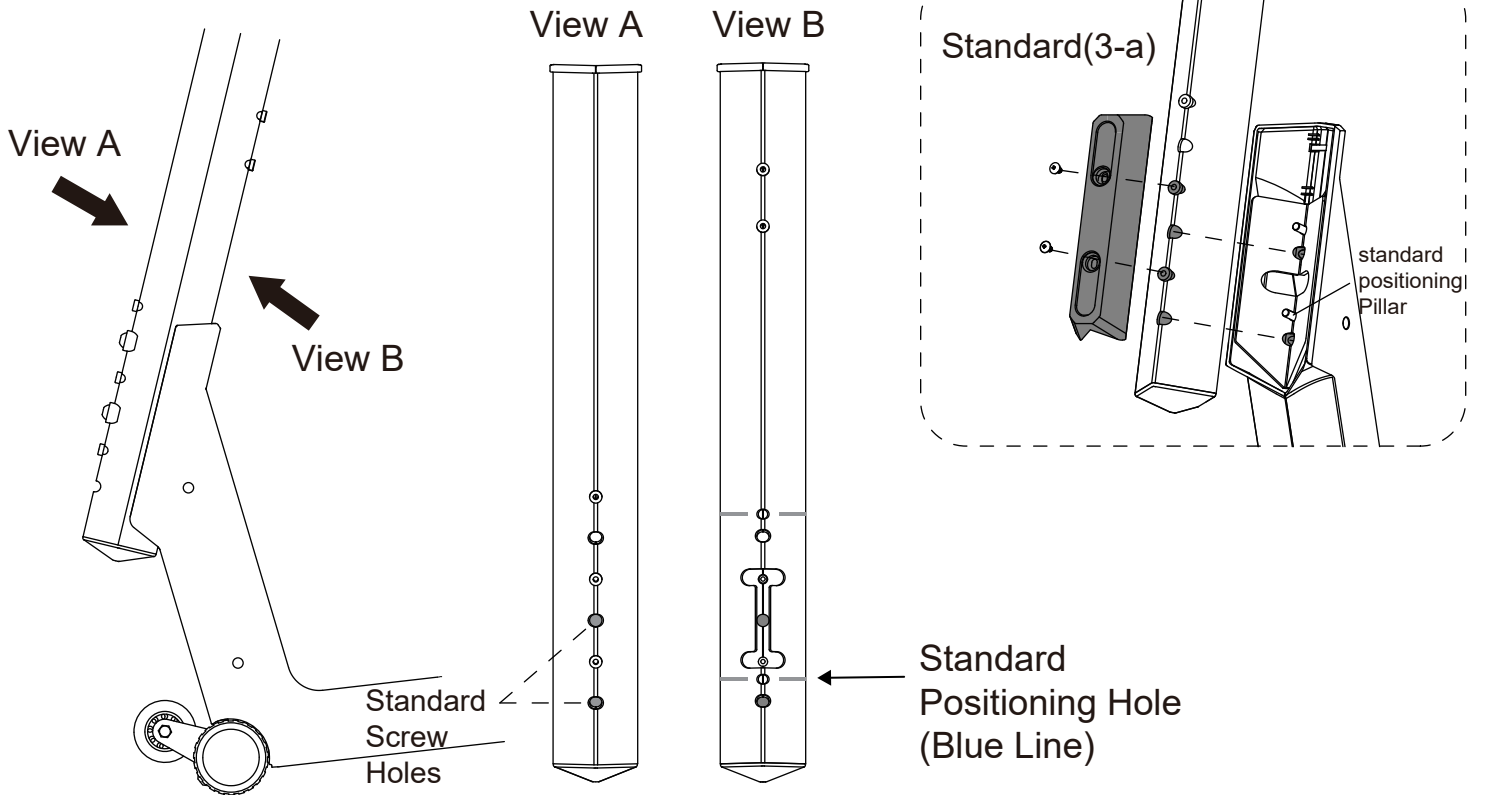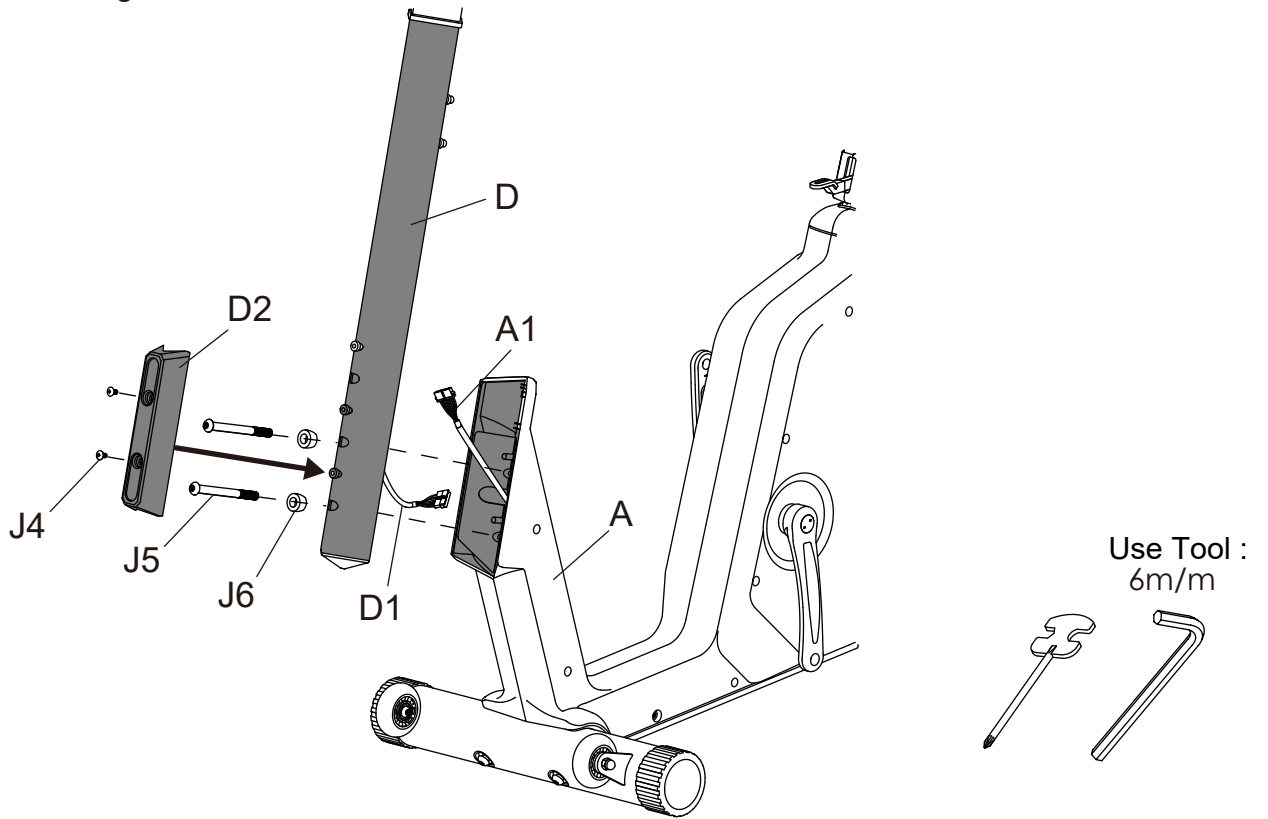
Low(3-b)

Use the Low Positioning Pillars on the main frame A to penetrate the Low Screw Holes labeled in Fig. 3-b. Place the J6 on J5 first. Next, place the J5 (incl. J6) in the Low Screw Holes labeled in Fig. 3-b.

D

D2

A1

J4

J5

J6

D1

A

View A

View A

View B

View B

View A

View B

Low
Screw
Holes

Low
Positioning Hole
(Red Line)

Low
positioning
Pillar

Low(3-b)

Maintenance instructions

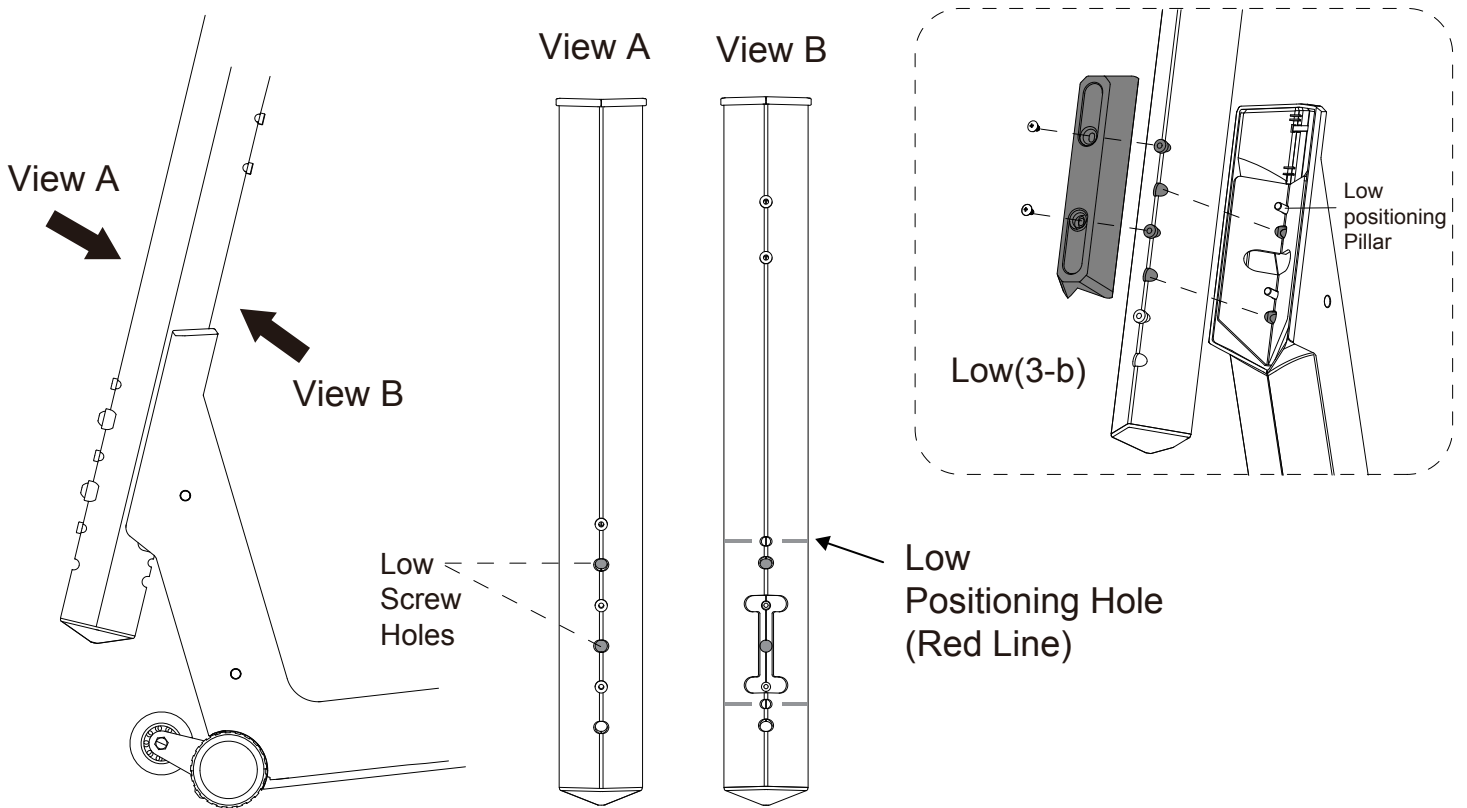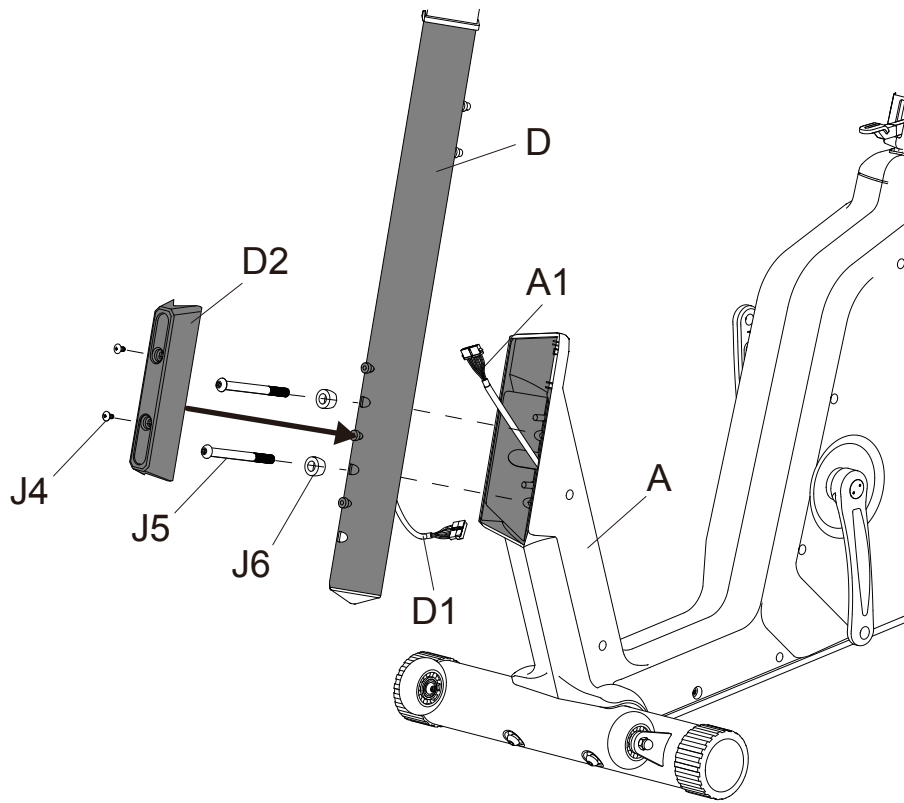Read all maintenance instructions fully before you start any repair work. In some conditions, an assistant is required to do the necessary tasks.

Equipment must be regularly examined for damage and repairs. The owner is responsible to make sure that regular maintenance is done. Worn or damaged components must be repaired or replaced immediately.

Only manufacturer supplied components can be used to maintain and repair the equipment.

Disconnect all power to the machine before you service it.

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.

Before each use

- Ensure seat is adjusted to the correct height and that the locking knob is secure.
- Ensure foot straps are set to the correct position for your show before starting exercise.

Weekly: Check pedals and fixed seat bolts and tighten as necessary.

- 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.

MAINTENANCE

- Maintenance Parts
- Adjustment Handlebar (E) , Knob (E2)
- Seat (Part H)
- Pedal w/Foot Restraint (Part K1 & K2 left, right)

TROUBLESHOOTING

Condition/Problem Things to Check Solution

- No display/partial display/ unit will not turn on
- Check Power pack adaptor (M) , replace if required, ensure connection to cycle is good.

- Connection should be secure and undamaged. Replace adapter or connection at unit if either are damaged.
- Check data cable integrity All wires in cable should be intact. If any are visibly crimped or cut, replace cable.
- Check console display for damage
- Check for visual sign that console display is cracked or otherwise damaged. Replace Console if damaged.
- Console Display If Console only has partial display and all connections are fine, replace the Console.
- If the above steps do not resolve the problem, contact Customer Service or your local distributor

Unit rocks/does not sit level

- Check level adjustment Levellers may be turned to level machine.
- Check surface under unit Adjustment may not be able to compensate for extremely uneven surfaces. Move machine to level area.

Pedals loose/unit difficult to pedal/ Pedals seem to skip or slip with a sudden increase in rpm

- Check pedal to crank connection
- Pedal should be tightened securely to crank arm. Be sure connection is not cross-threaded.
- Check crank arm to axle connection
- Crank arm should be tightened securely to axle.

Clicking sound when pedalling

- Check pedal to crank connection
- Remove pedals. Make sure there is no debris on threads, and reinstall the pedals.

Seat post movement

- Check locking pin (E2) Be sure adjustment pin is locked into one of the seat post adjustment holes.
- Check locking knob Be sure knob is securely tightened.

Console DIsplay

ANDROID
QR CODE

IOS
QR CO

B90 LCD

B90 LCD

LCD Display

Button's function

| Function	Function description
UP (+)	· Adjust value by increasing the value, e.g.: LOAD/WATT/TIME · Setting selection
DOWN(-)	· Adjust value by decreasing the value, e.g.: LOAD/WATT/TIME · Setting selection
MODE	· Confirm setting or selection.
RESET	· Press and hold for 2 seconds, console will reboot · Reverse to main menu during pause mode.
START/STOP	· Start or Stop workout.
RECOVERY	· Test heart rate recovery status.

Display Function

Function	Function description
· SPEED	· Display current training speed. · Display range 0.0 ~ 99.9.
· RPM	· Display the Rotation Per Minute. · Display range 0 ~ 999.
· TIME	· Display time. · Display range 0:00 ~ 99:59
· DISTANCE	· Display accumulates total distance · Display range 0.0 ~ 99.9
· CALORIES	· Display accumulates calories consumption during training · Display range 0 ~ 9999.
· WATT	· Display current workout watts. · Display range 0~999.
· PULSE	· Display user's pulse. · Display range0-30~230.
· U1~U4	· U1~U4 user profile setting： · Gender：male/female Age(A)：1~99 (default value 25) Height(H) 100~200 (default value 160(cm) Weight(W) ：20~150 (default value 50kg)
· MANUAL	· Manual mode workout.
· WATTS	· Watts mode, the resistance will change according to Target Watts/RPM.
· H.R.C	· Target HR training mode. The resistance will vary according to Target HR.
· USER	· User creates resistance level profile. Four in total.
· PROGRAM	· 12 PROGRAM selection.
· Resistance Display range	· 1~16.
· 🅱 Bluetooth	· Bluetooth Connection

OPERATION PROCEDURE

POWER ON

1. Plug in power supply(or press and hold RESET KEY for 2 seconds), console will power on and display all segments on LCD for 2 seconds (Drawing 1).

2. LCD will display Wheel diameter and Metric (KM or ML) for 1 second (Drawing 2), the resistance returns to LOAD=1.
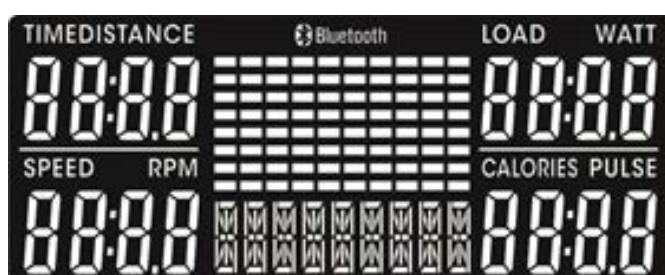
Drawing 1   Drawing 2

WORKOUT SELECTION

The console will then enter USER setting, the user can select from U1~U4(drawing 3), then select
SEX,AGE,HEIGHT,WEIGHT(drawing 4~7), then enter WORKOUT SELECTION (drawing 8).
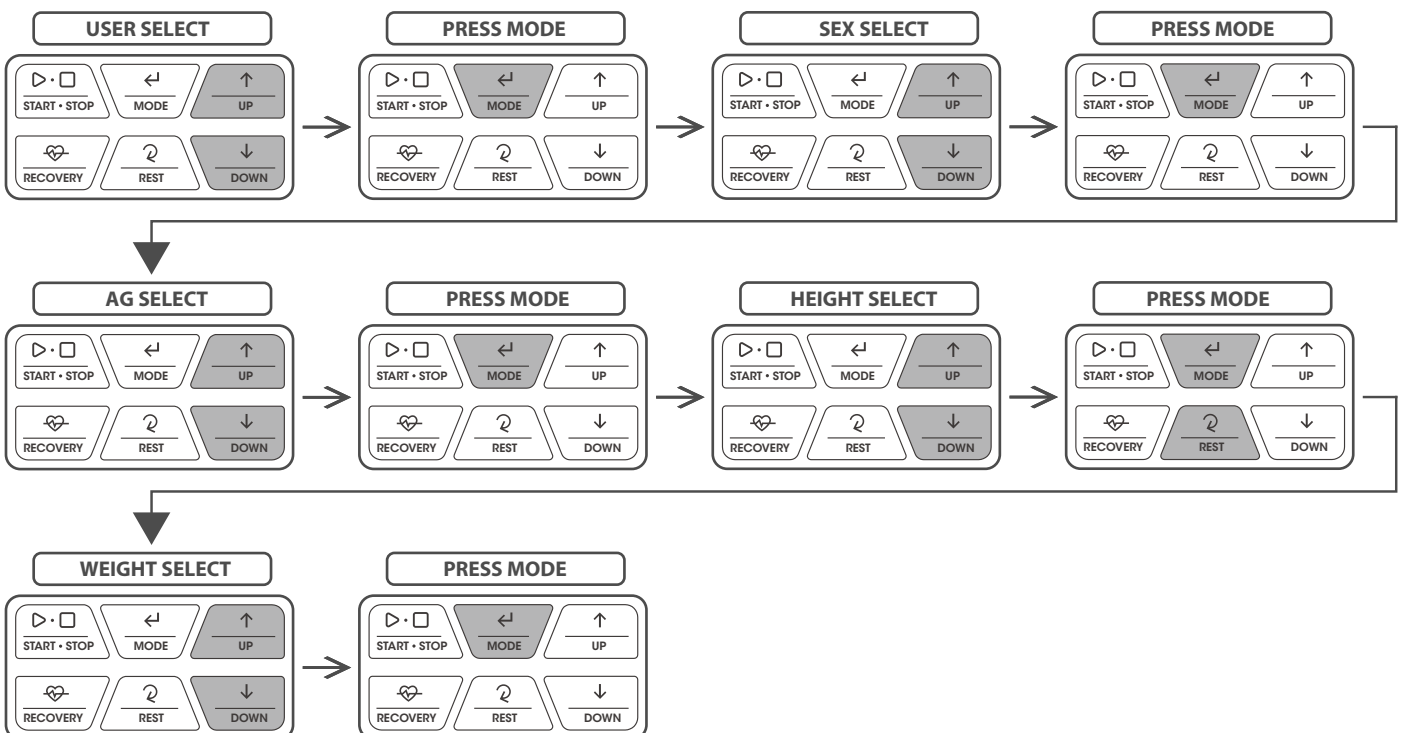

Drawing 3

Drawing 4

Drawing 5

Drawing 6

Drawing 7

LCD displays MANUAL Mode, the user can press UP(+) or DOWN(-). MANUAL(drawing8)→
WATT(drawing9)→H.R.C. (drawing10) →USER(User Program) (drawing11)→PROGRAM(drawing12)
→MANUAL will be displayed according to this order. Press MODE to select the work out program.

Drawing 8

Drawing 9

Drawing 10

Drawing 11

Drawing 12

Manual Mode

1. Press START/STOP to start workout in manual mode directly
2. Use UP or DOWN to select MANUAL, press MODE / ENTER to enter.
3. PressUP(+) or DOWN(-) to adjust LOAD(drawing13), LCD display the LOAD value. When adjusting the LOAD, the rotate display function will be turned off, press MODE to confirm and to enter the next setting.
4. Adjust value (e.g. TIME、DISTANCE、CALORIES、PULSE etc): When select TIME(drawing14)、DISTANCE(drawing15)、CALORIES(drawing16) 、PULSE(drawing17) , press UP(+) or DOWN(-) to adjust value of each function.
5. Press START/STOP KEY to start workout (drawing18 / 6S rotate display value), the user can adjust LOAD during START mode and LOAD value will be displayed. Press START/STOP KEY during workout to pause the workout, all the value will be kept on display (PULSE signal stays unaffected), press RESET KEY to get back to workout mode selection.
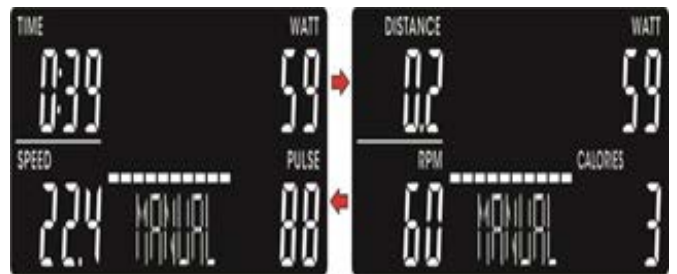
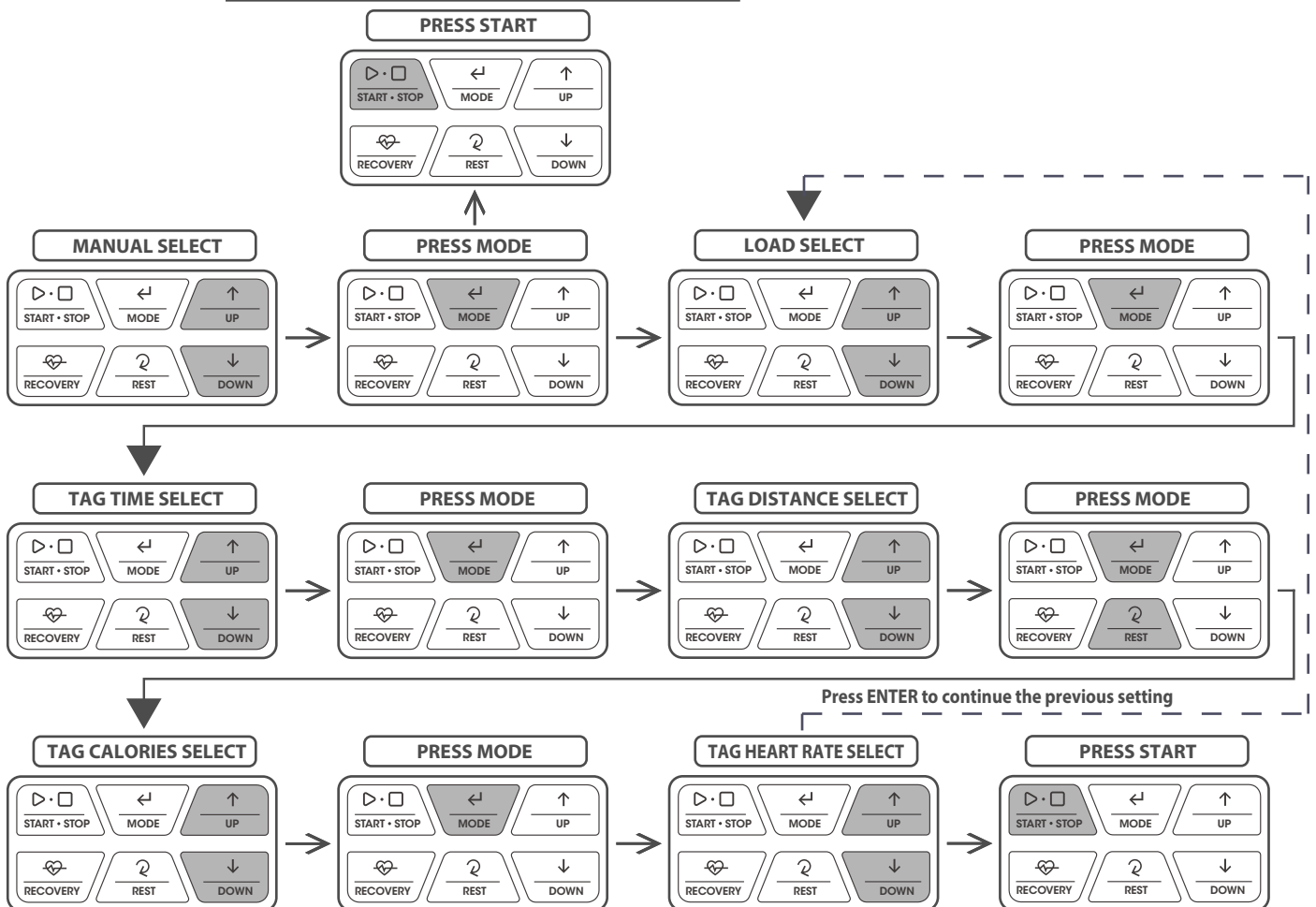Drawing 13

Drawing 14

Drawing 15

Drawing 16

Drawing 17

Drawing 18

Press START to get started, do not set up any target value.

PRESS START

MANUAL SELECT → PRESS MODE → LOAD SELECT → PRESS MODE

TAG TIME SELECT → PRESS MODE → TAG DISTANCE SELECT → PRESS MODE

Press ENTER to continue the previous setting

TAG CALORIES SELECT → PRESS MODE → TAG HEART RATE SELECT → PRESS START

Watt Mode

1. PressUP(+) or DOWN(-) to select WATT (W), Press MODE to enter (drawing9).

2. WATT value will flicker to wait for further setting. (Default value = 120)(drawing19), User can PressUP(+) or DOWN(-) to adjust WATT value. Press Mode key to confirm and to enter TIME setting.

3. PressUP(+) or DOWN(-) to set TIME, Press START/STOP KEY to start workout after setting.

4. After the workout starts, the program will adjust the WATT value according to user, LOAD will change according to WATT, the user can also PressUP(+) or DOWN(-) to set WATT；Press START/STOP KEY during workout to pause the workout, all the value will be kept on display (PULSE signal stays unaffected), press RESET KEY to get back to workout mode selection.
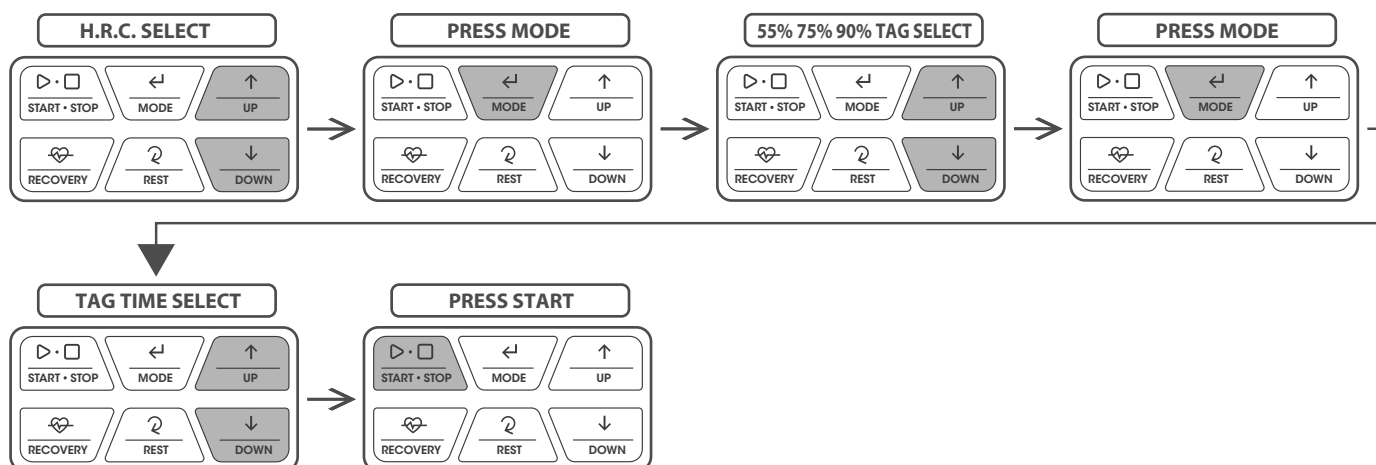

Drawing 19
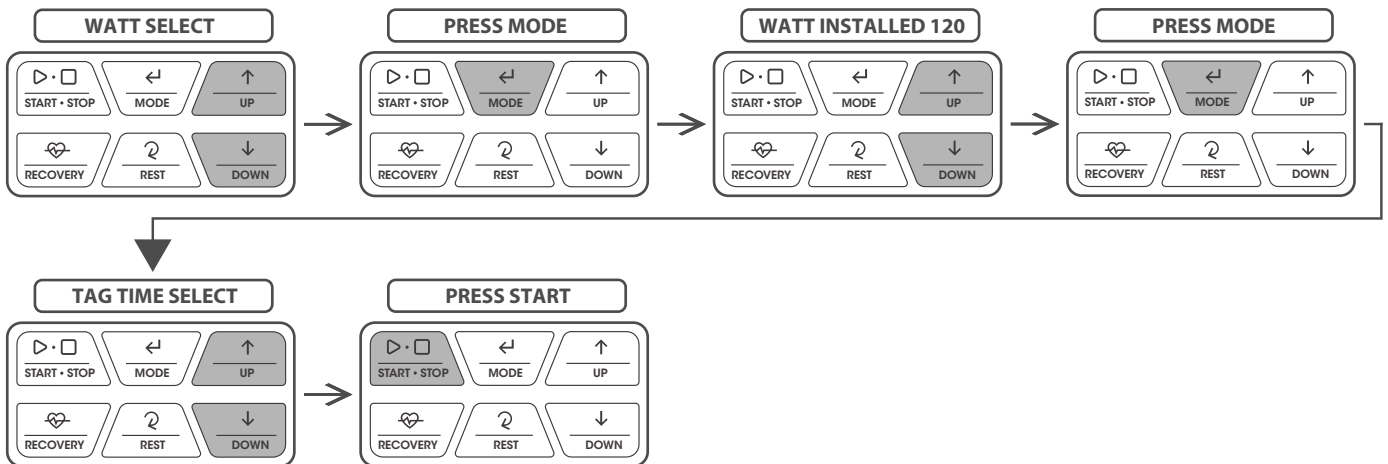
HRC Mode

1. PressUP(+) or DOWN(-) to select HRC, Press MODE to enter(drawing10).

2. PressUP (+) or DOWN(-) to select 55%、75%、90%、TARGET (drawing20~23) the LCD will flicker during the seclecting, and the display the default value calculated according to age on PULSE window.

3. TARGET MODE can PressUP(+) or DOWN(-), to adjust TARGET value(30~230), the rotate display function is on.

4. After Target HRC is selected, press MODE KEY to enter TIME setting, PressUP(+) or DOWN(-) to set TIME.

5. After finishing HRC mode setting, pressSTART/STOP KEY to start workout, LOAD will change according to HR change. Press START/STOP KEY during workout to pause the workout, all the value will be kept on display (PULSE signal stays unaffected), press RESET KEY to get back to workout mode selection.

Drawing 20

Drawing 21

Drawing 22

Drawing 23

H.R.C. SELECT → PRESS MODE → 55% 75% 90% TAG SELECT → PRESS MODE

TAG TIME SELECT → PRESS START

User Program Mode

1. Press UP(+) or DOWN(-), select User Program (USER, drawing11), Press MODE to enter(drawing24).

2. User can press UP(+) or DOWN(-) to select PROGRAM drawing. The chosen program drawing will flicker. (drawing25), it will stop flickering after the user Press MODE to confirm and the drawing will stay light up. There are 10 colums on the timeline to choose from for each PROGRAM drawing. Press Mode to get back to TIME setting after finishing Program mode setting. If the user doesn't set the Program mode setting, then the value will inherent the Program mode setting from your last workout.

3. TIME setting : User can press UP(+) or DOWN(-) to set TIME.

4. Press START/STOP KEY after completing setting to start the workout. During START mode the user can adjust LOAD. The LOAD value will be on displayed. During the workout, press START/STOP KEY to pause the workout, all the value will be kept on display (PULSE signal stays unaffected), press RESET KEY to get back to workout mode selection.
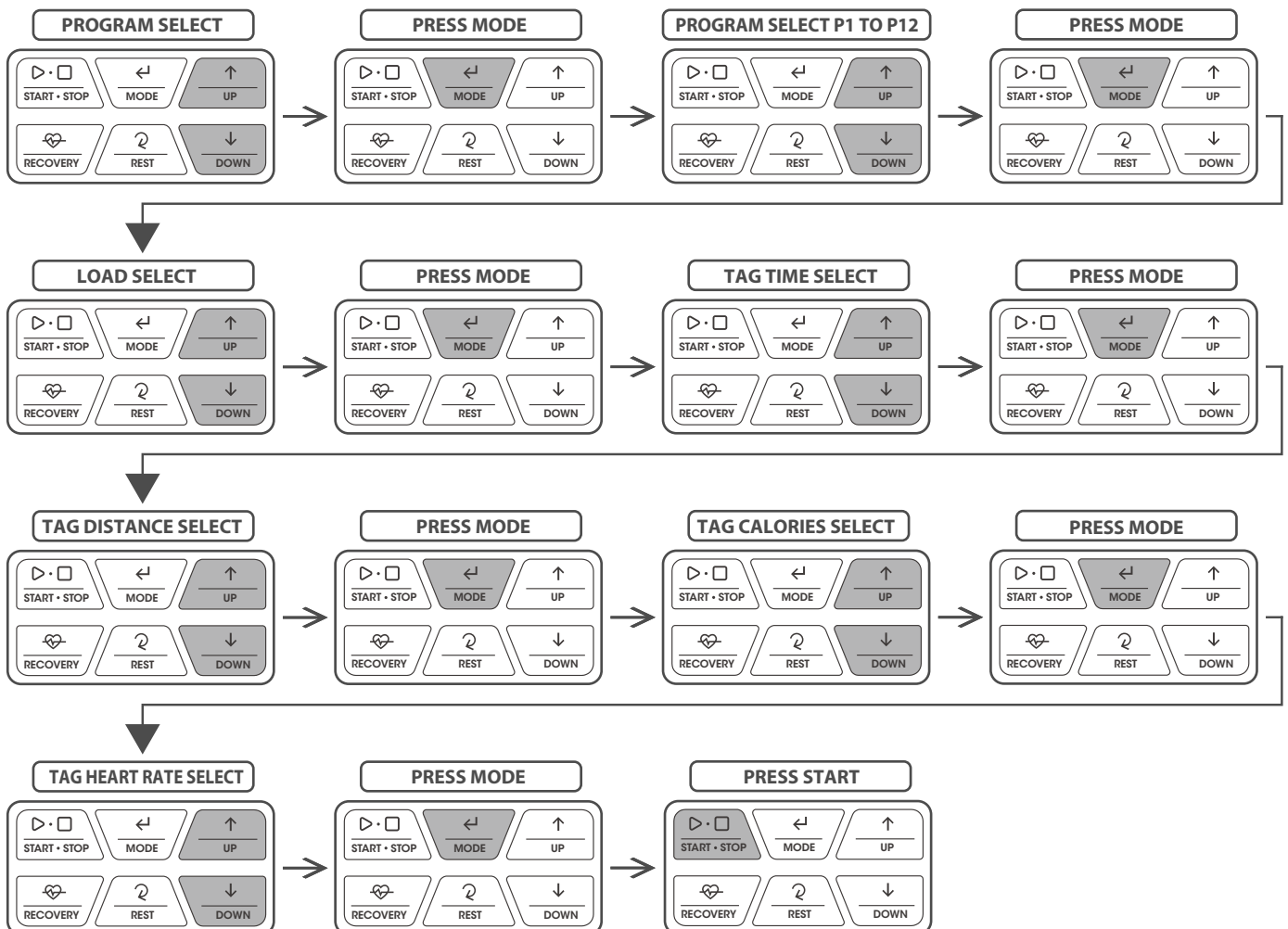

Drawing 24

Drawing 25
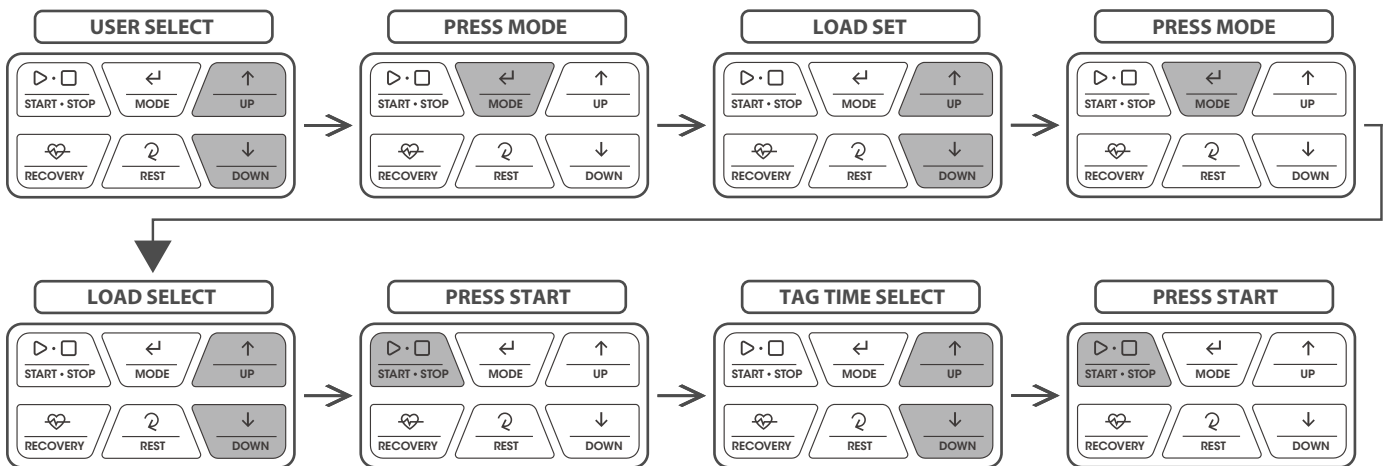
Program Mode

1. Press UP(+) or DOWN(-) to select PROGRAM (drawing12), Press MODE to enter.

2. PressUP(+) or DOWN(-) to select P01,P02,P03,P04……,P12 (12 drawings please refer to Note1.) The chosen program drawing will flicker (drawing26).

3. After selecting PROGRAM drawing, LOAD value will flicker until confirmed, the default setting is 1 (drawing27).

4. PressUP(+) or DOWN(-) to adjust PROGRAM LOAD, LCD will display the drawing accordingly. Press mode to enter next setting.

5. Adjust value (e.g. TIME、 DISTANCE、 CALORIES、 PULSE etc).

6. Press START/STOP KEY after completing setting to start the workout.

7. During START mode the user can adjust LOAD. The LOAD value will be on displayed. During the workout, press START/STOP KEY to pause the workout, all the value will be kept on display (PULSE signal stays unaffected), press RESET KEY to get back to workout mode selection.

Drawing 26   Drawing 27

PROGRAM SELECT → PRESS MODE → PROGRAM SELECT P1 TO P12 → PRESS MODE

LOAD SELECT → PRESS MODE → TAG TIME SELECT → PRESS MODE

TAG DISTANCE SELECT → PRESS MODE → TAG CALORIES SELECT → PRESS MODE

TAG HEART RATE SELECT → PRESS MODE → PRESS START

Recovery

After exercising for a period, keep holding on hand grips or wearing chest strap and press RECOVERY key. All function display will stop except "TIME" starts counting down from 00:60 to 00:00 (drawing28).

Screen will display your heart rate recovery status with the F1, F2…to F6(drawing29). F1 is the best, F6 is the worst. User may keep exercising to improve the heart rate recovery status. (Press the RECOVERY key again to return the main display.)

Drawing 28

Drawing 29

RECOVERY Grade comparison table

Result	Fitness level
F1	Very good
F2	Good
F3	Average
F4	Satisfactory
F5	Poor
F6	Very poor

Bluetooth Connection

Connection : NOT FTMS(drawing31)

Connection : FTMS(drawing32)

Others

Without button/pedal/pulse signal input for 4 minutes, the console will enter SLEEP Mode

If the console LCD goes dark, the user can wake the console with pedal or button signal input.

Program drawing
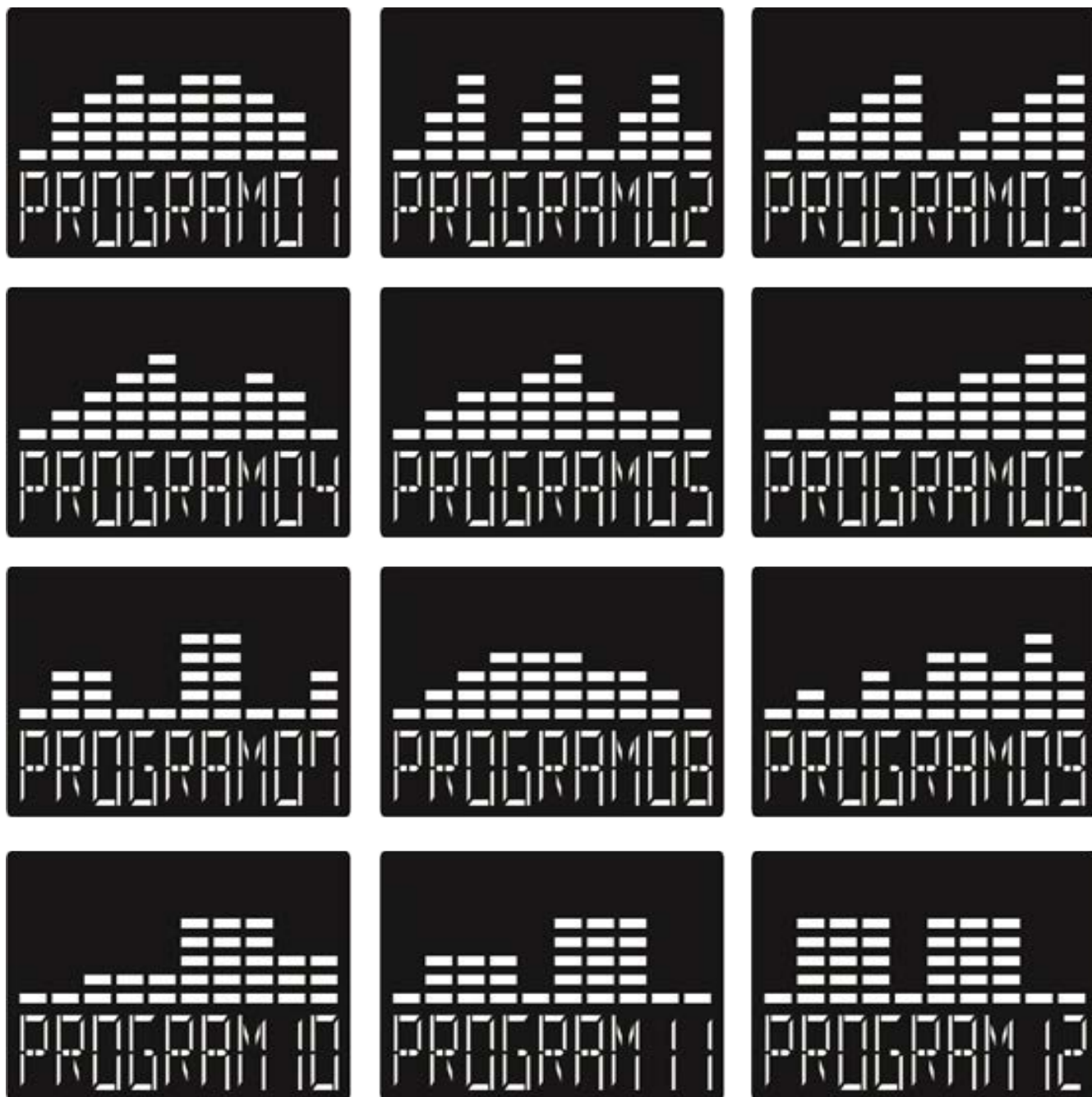
Get Start of the iCardio

1. Download iCardio in your smart device.
   If your smart device is an Apple device, please scan the right QR Code to download the App.
   If your smart device is an Android device, please scan the left QR Code to download the App.
   ** Notice that the iCardio is compatible with the system above Android 9/IOS 13.

IOS

Android

2. Please open the Bluetooth of your smart device.
3. Open the App and enter Password **iCARDIO** to start the iCardio.
   The password only has to be entered in the first time.
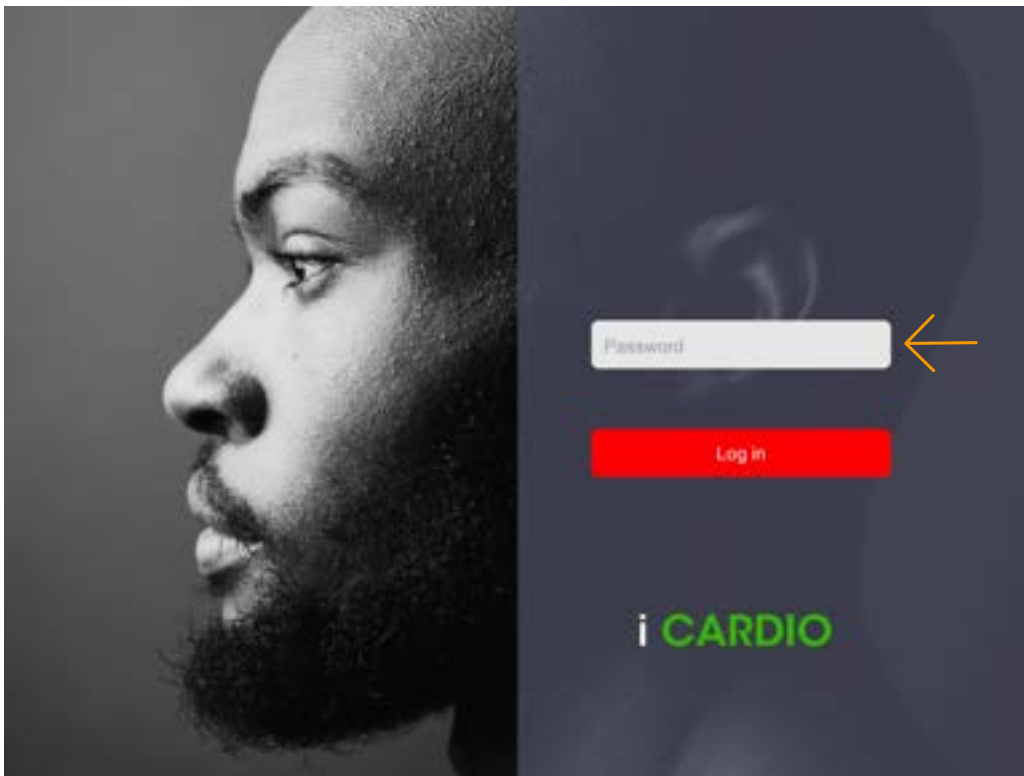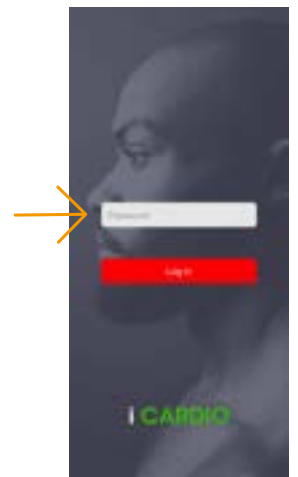
Pad   **Phone**

How to setup the Bluetooth connection between iCardio and the Console?

1. Press the icon at the left-bottom of the home page.

Pad   **Phone**
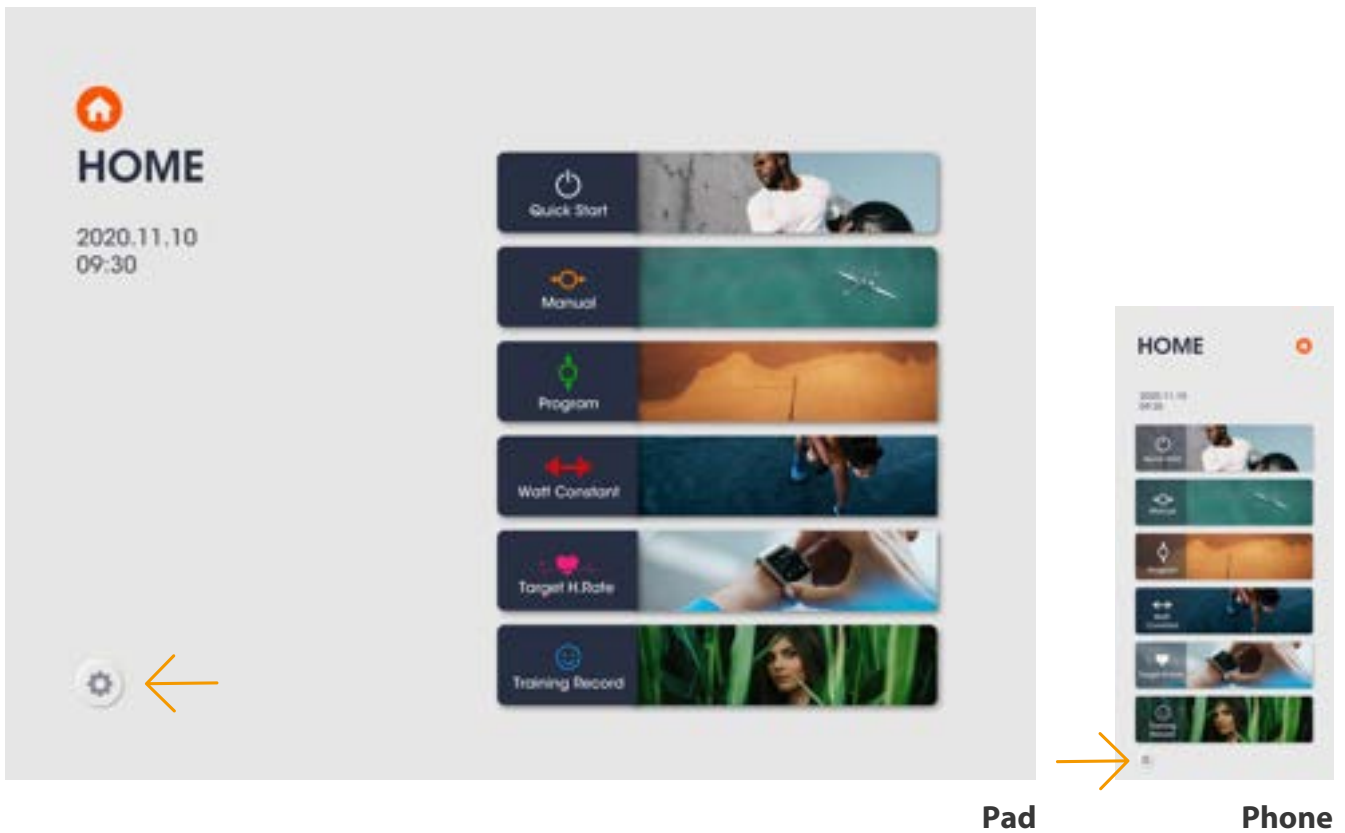
2. Press the Bluetooth icon.

Pad   **Phone**
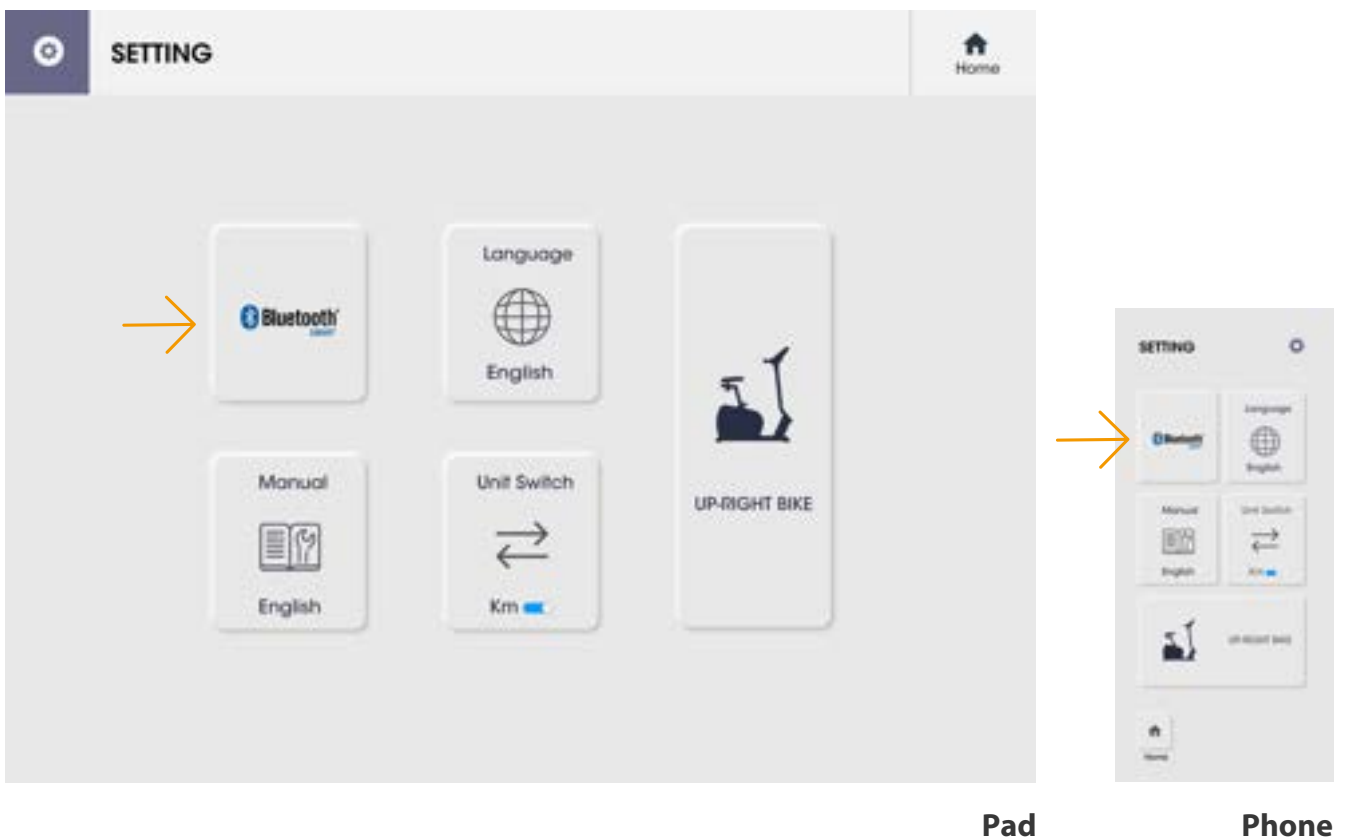
3. Check if the Bluetooth number of the console shown on the label at the back of the console is in the MY DEVICE list in 15 seconds. If yes, please press the Bluetooth number of the console in the MY DEVICE list to create the connection. If no, follow the below steps to solve the problem.
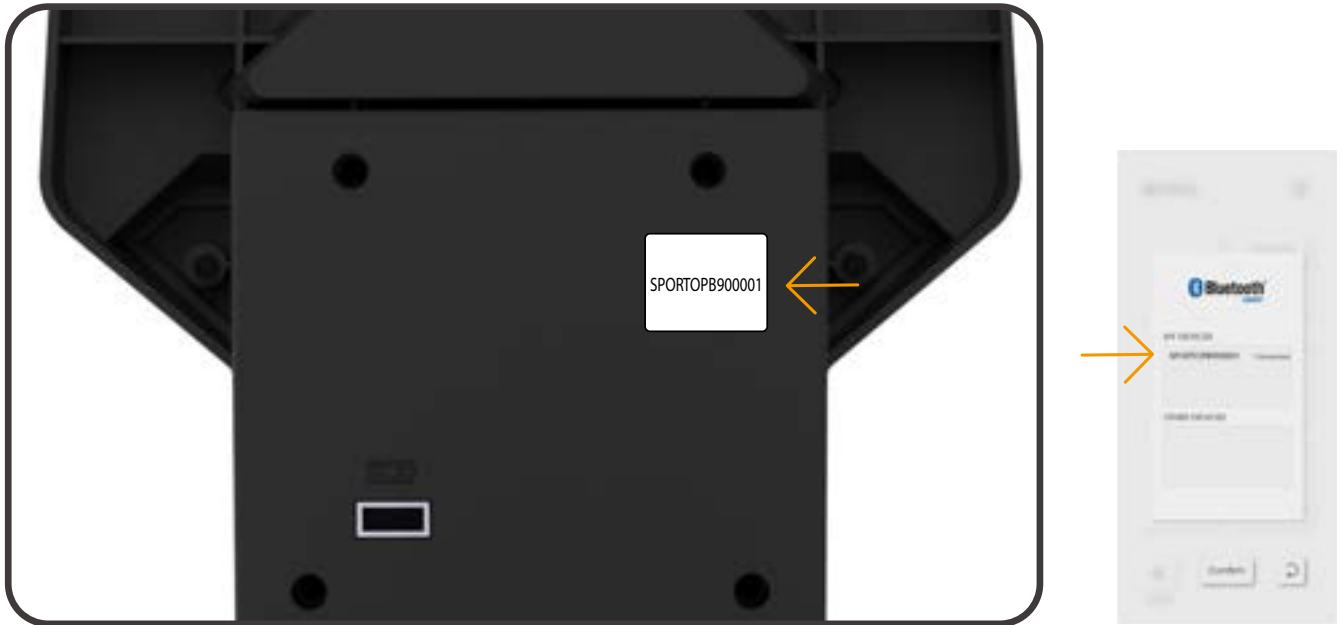
If there is no Bluetooth number of your console in the MY DEVICE list, please follow below three steps.

a. Press the arrow icon at the right bottom of the page.

b. If Step a doesn't work, please re-plug the adaptor to reopen the console.

c. If Step b doesn't work, please restart your smart device.

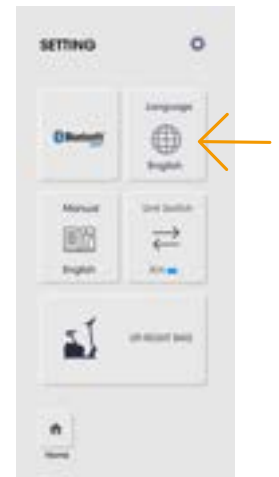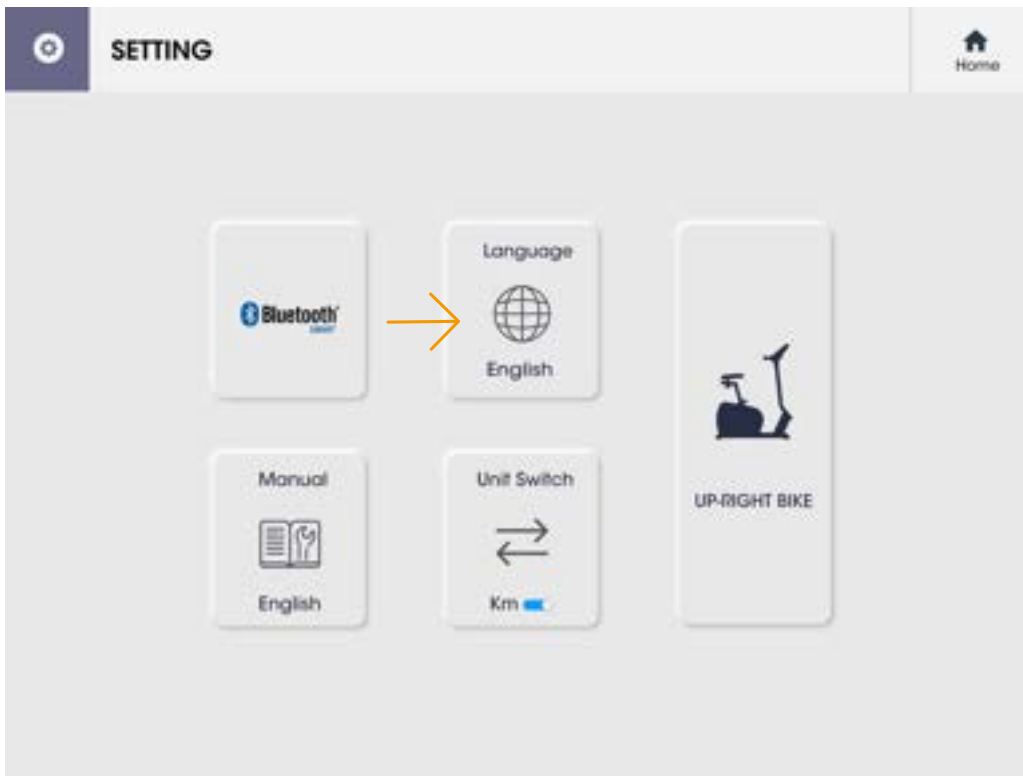** Please make sure the Bluetooth of your smart device is opened.

** If the above three solutions a, b, c don't work, please call the service center for help.

How to change the language?

1. Press the icon at the left-bottom of the home page.
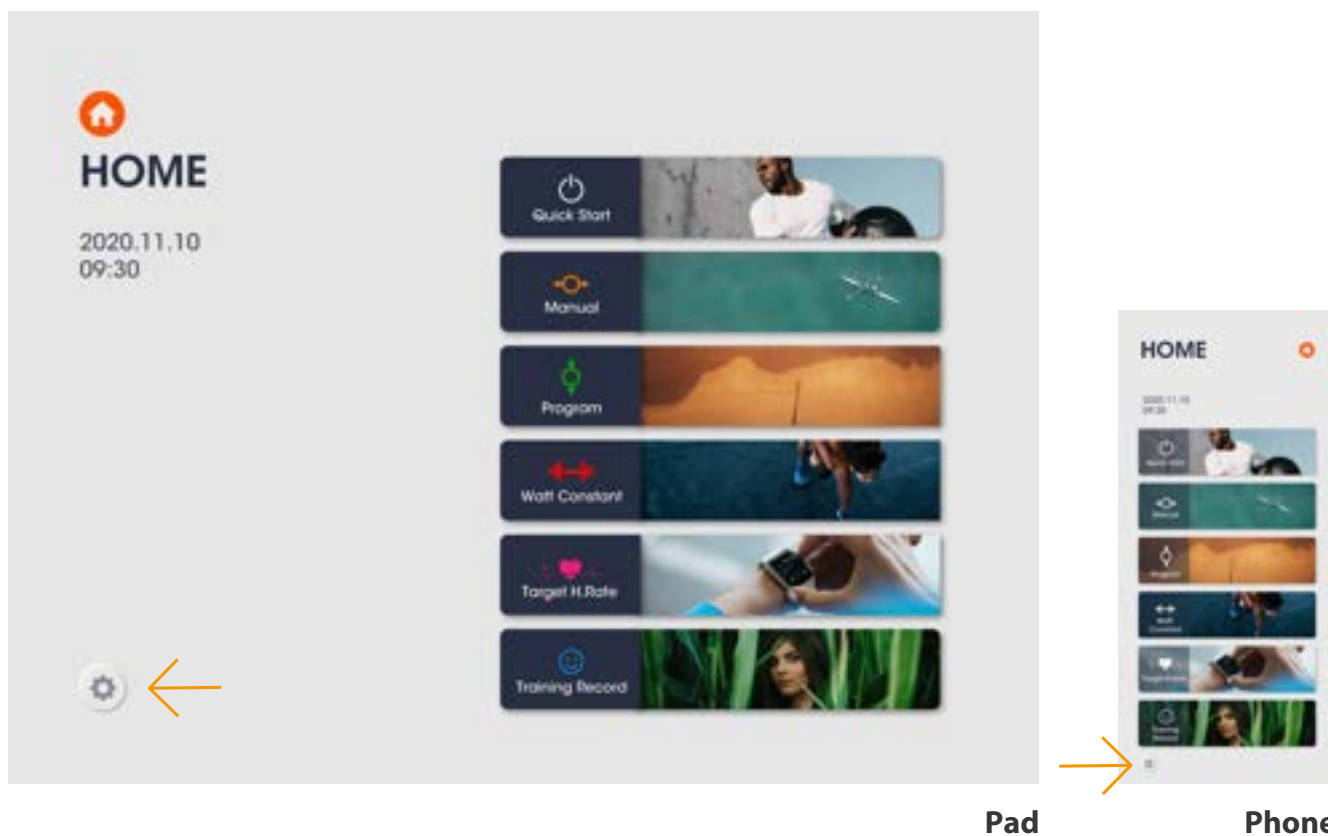
Pad   **Phone**

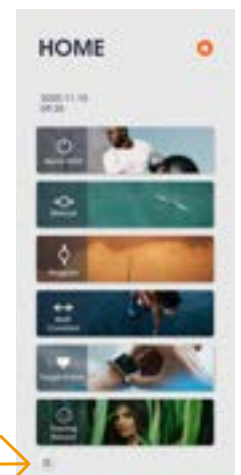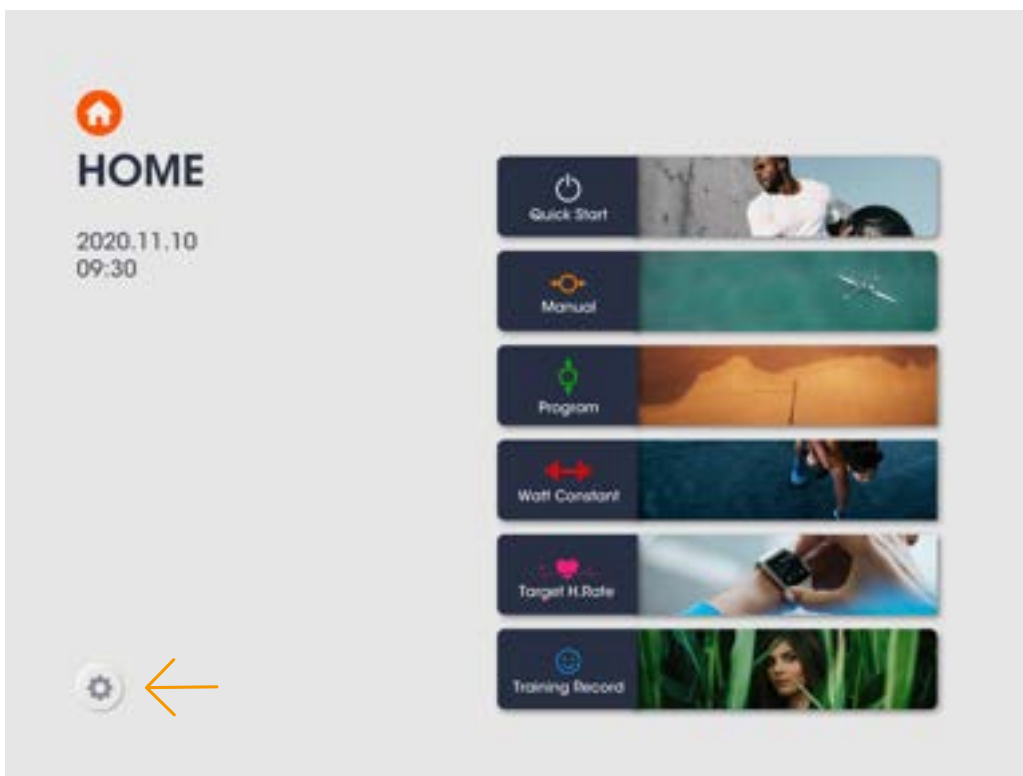2. Press the ⊕ and then choose the language you want to change.

3. Press Confirm to finish the langauge setting.

Where is the user manual of iCardio?
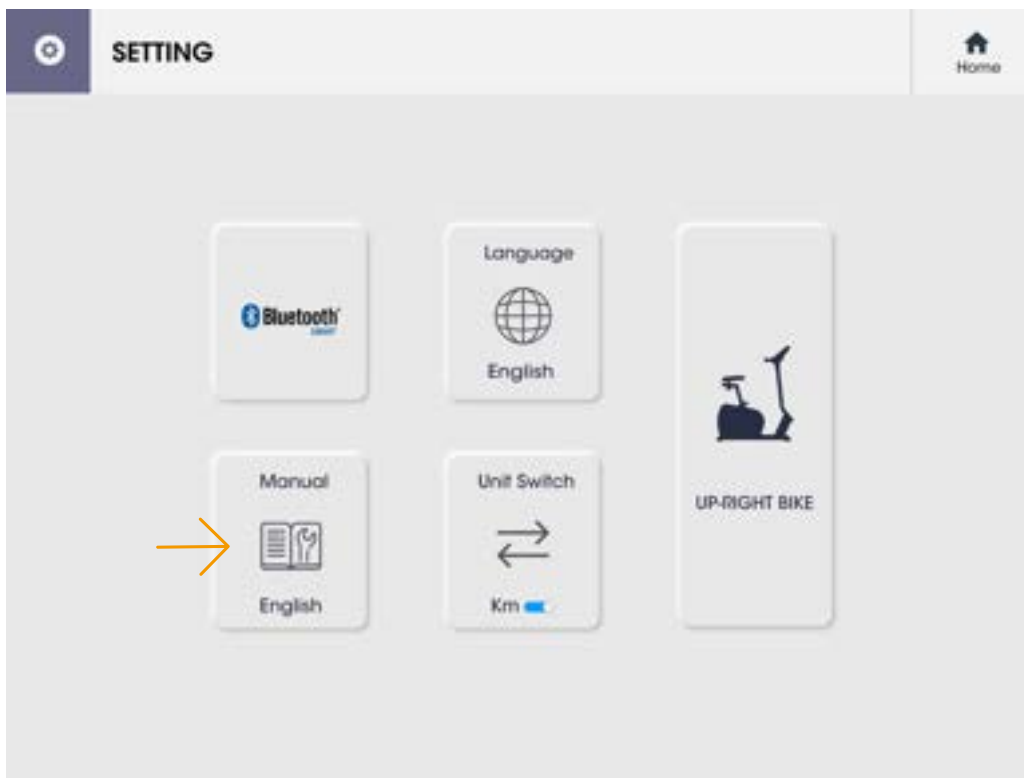
1. Press the icon at the left-bottom of the home page.

Pad   **Phone**

2. Press the   ⬚   to read the user manual.

Pad   **Phone**

** The language of the user manual will be changed along with the langauge setting.

Besides iCardio, other training Apps like KINOMAP & Zwift can also connect with this console by bluetooth.

You will find the fitness apps in the app stores of Google or Apple. There you will find the apps "Kinomap" or "Zwift". Please note that these apps are produced by an external manufacturer. Sport-Tiedje does not take any responsibility regarding the availability, functionality or contents of these programmes.
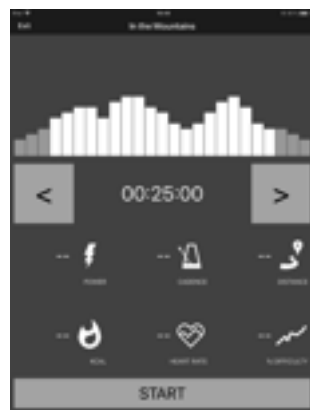
** While the Bluetooth connect with the App successfully, it will have two short sounds "Bi! Bi!"
** While the Bluetooth disconnet with the App, it will have one long sound "Bi~~~!".