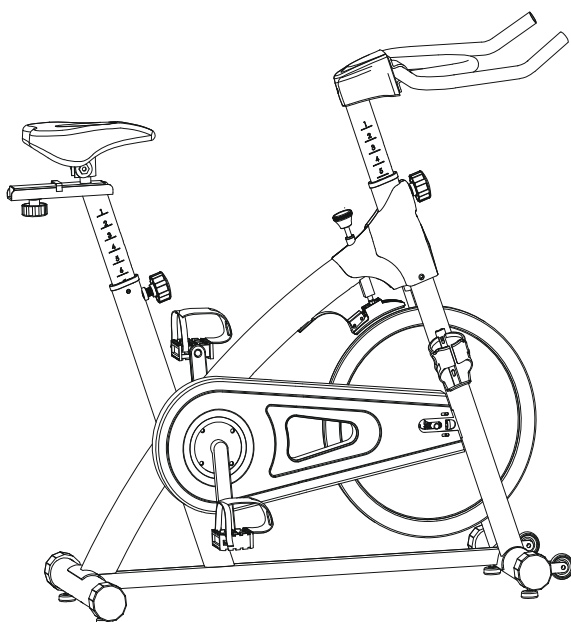


WNQ318 *Spin Cycle*



-  Warranty
-  Assembly
-  Parts

Owner's manual

CAUTION: 1. *Weight on this product should not exceed 125 Kg.*

2. *Exercise of a strenuous nature, as is customarily done on this equipment, should not be undertaken without first consulting a physician. No specific health claims are made or implied as they relate to the equipment. Measurements made by the equipment are believed to be accurate, but only the measurements of your physician should be relied upon.*

IMPORTANT: *Read all instruction carefully before using this product. Retain this product. Owner's manual for future reference.*

Dear Customer,

Please read this instruction very carefully before using this item. You will find important information regarding safety of your spinning bike.

IMPORTANT SAFETY NOTICE

Note the following precaution before assembling or operating the machine.

Carefully read and understand the Assembly instructions.

DO NOT leave unattended children in the same room with 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.

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

Moving parts and other features of this machine can be dangerous to children

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.
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.
3. Before beginning training, remove all within a radius of 2 meters from the machine. Do Not Place and Sharp objects around the Indoor cycle.
4. 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.
5. 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.
6. Assemble the machine exactly as the descriptions in the instruction manual.
7. Before each use hold a routine inspection of the equipment. Pay special attention to components which are the most susceptible to wear i.e. connecting points and wheels, monitor, seat, pedals and crank arms closely. Any defective components should be replaced immediately.
8. Never operate in the cycle if it is not functioning properly.
9. This machine can only be used for only one persons training at a time.
10. Do not use abrasive cleaning articles to clean the machine. Remove drops of sweat from the machine immediately after finishing training.
11. Always wear appropriate workout clothing when exercising. Running or aerobic shoes are also required.
12. Before exercising, always do stretching first.
13. 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.

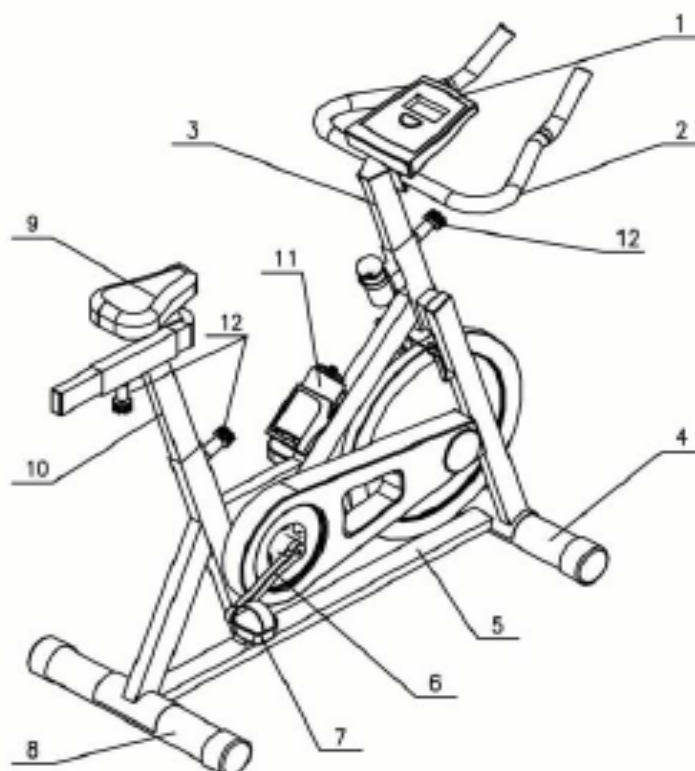
WARNING: BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN FIRST.

Assembling Illumination

Parts list

Serial No.	Description	Quantity
1	Computer	1
2	Handlebar	1
3	Handlebar adjustor	1
4	Front base tube	1

5	Main frame	1
6	Brace component	1
7	Pedal	2
8	Back base tube	1
9	Cushion level adjusting tube component	1
10	Cushion height adjusting tube component	1
11	Water bottle	1
12	Adjustable pin	3
13	Operation manual	1
14	Quality certificate	1
15	Warranty card	1



ASSEMBLY INSTRUCTION:

1.PREPARATION:

- A. Before assembling, make sure that you will have enough space around the item.
- B. Use the present tooling for assembling.
- C. Before assembling, please check whether all needed parts are available (above of this instruction sheet, you will find an explosion drawing with all single parts (marked with numbers) which the item consists of.

2.ASSEMBLY INSTRUCTION:

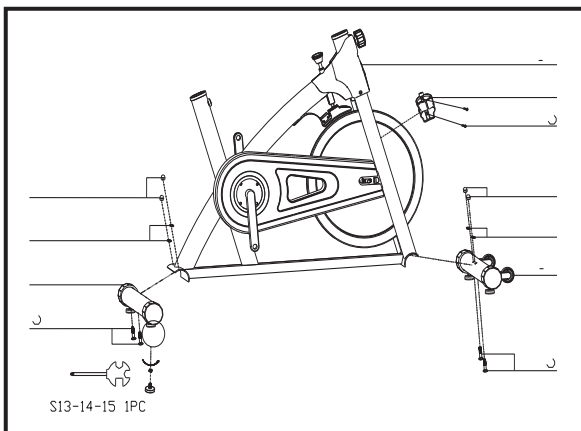


FIG.1

FIG.1:

Attach the Front Stabilizer to the Main Frame using two sets of Ø8 Arc Washers M8 Domed Nut (pt.6) and M8*75 Carriage bolt (3).

Attach the Rear Stabilizer to the Main Frame using two sets of Arc Washers M8 Domed Nut and M8*75 Carriage bolt. And the fixing the bottle holder with the screw

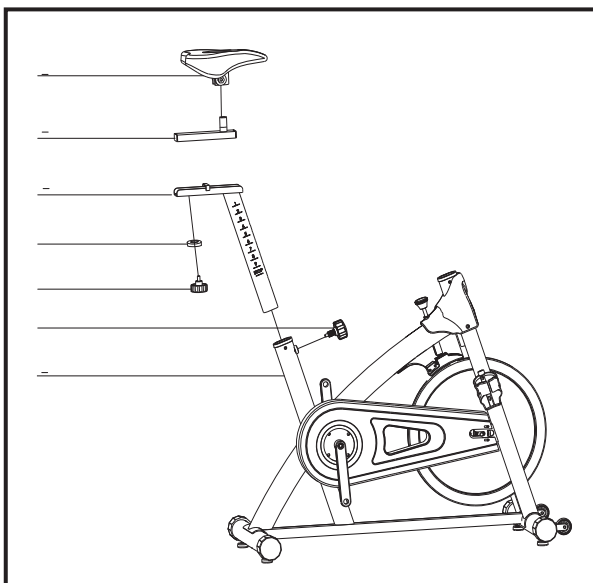


FIG.2

FIG.2:

Slide the Seat Post into the Vertical Seat Post and, at the desired position, align holes and fix in place with the Locking Knob and Flat Washer. Now fix the Seat to the Seat Post as shown. Insert the Vertical Seat Post into the Main Frame and line up the holes. Secure the saddle in position with the Adjustment Knob. The correct height for the seat can be adjusted after the bike is fully assembled.

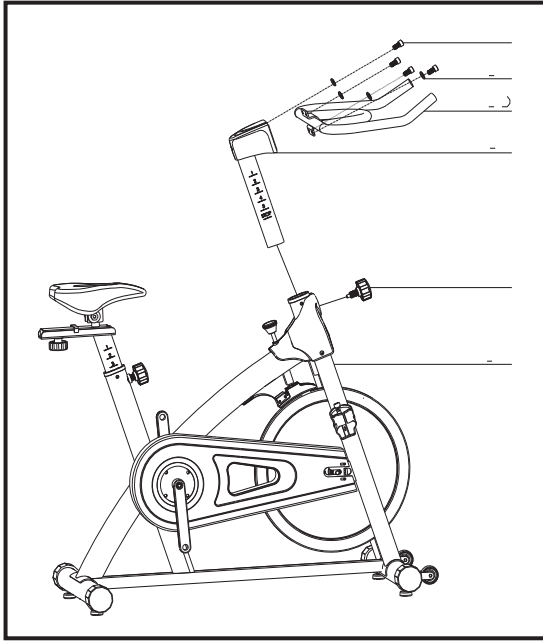


FIG.3:

Slide the Handlebar Post into the handlebar post housing on the main frame. You will have to slacken the knurled section of the Spring Adjustment Knob and pull the knob back and then select and align holes for the desired height. Release the knob and retighten the knurled portion.

Remove the bolts and spring washer from the Handlebar Post , then fix the Handlebar with 4pcs Ø8 the Spring Washer and M8*15 the Bolt .

ATTENTION: YOU SHOULD FIX THE HANDLEBAR TIGHTLY

FIG.3

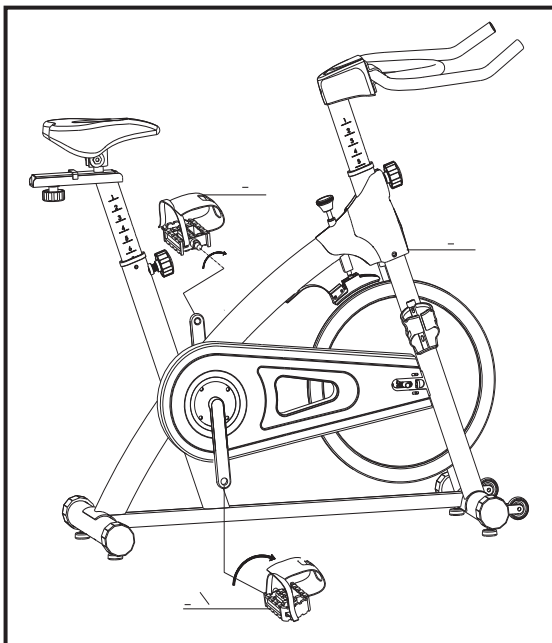
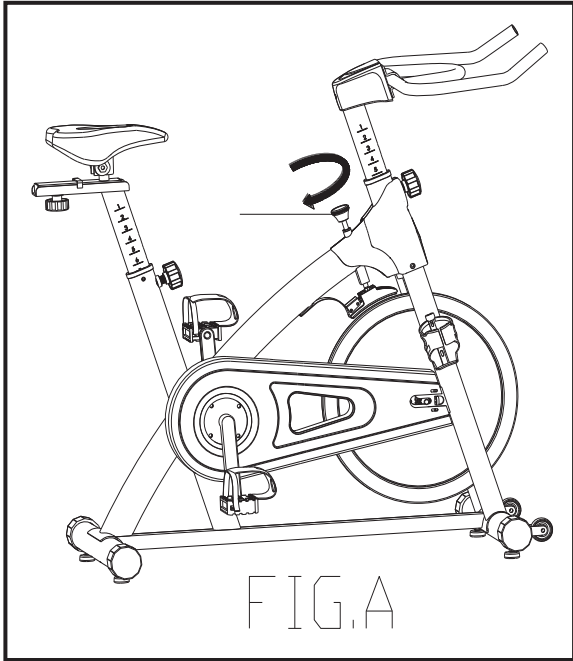


FIG.4:

The Pedals (6 and 7 L & R) are marked "L" and "R" - Left and Right. Connect them to their appropriate crank arms. The right crank arm is on the right- hand side of the cycle as you sit on it.

Note that the Right pedal should be threaded on clockwise and the Left pedal anticlockwise.

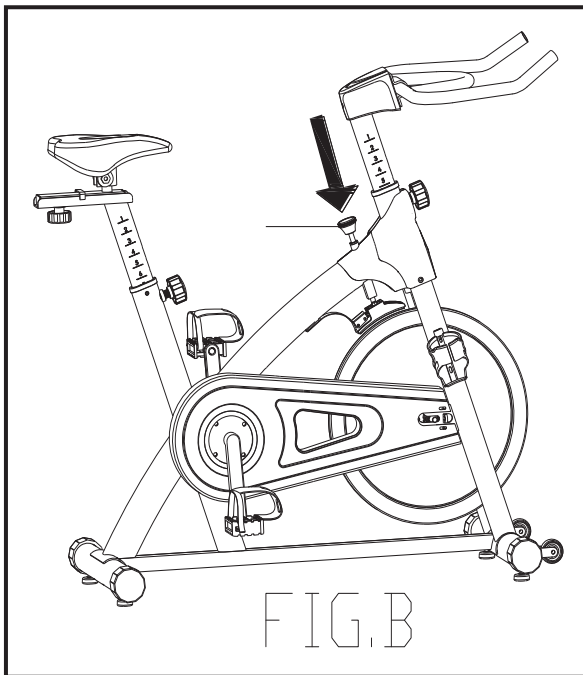
FIG.4



A.) Adjusting the tension:
Increasing or decreasing the tension allows you to add variety to your workout sessions by adjusting the resistance level of the bike.

To increase tension and increase resistance (requiring more strength to pedal), turn the *Emergency Brake & Tension Control Knob (#)* to the *right*.

To decrease tension and decrease resistance (requiring less strength to pedal), turn the *Emergency Brake & Tension Control Knob (#)* to the *left*.



B.) Using the Emergency Brake Function:

The same knob that allows you to adjust the tension of the bike also doubles as the Emergency Brake. Use this safety feature in any situation where you would need to get off the bike and/or stop the bike's flywheel.

To use the Emergency Brake function in any situation you would need it in, firmly press down on the *Emergency Brake & Brake Control Knob (#)*.

ADJUSTMENT

*To adjust the seat height, slacken the spring knob on the vertical post stem on the main frame and pull back the knob. Position the vertical seat post for the desired height so that holes are aligned, then release the knob and retighten it.

*To move the seat forward in the direction of the handlebar or backward away from it, loosen the adjusting knob and washer and pull the knob back. Slide horizontal seat post into desired position. Align holes and then re-tighten the adjusting knob.

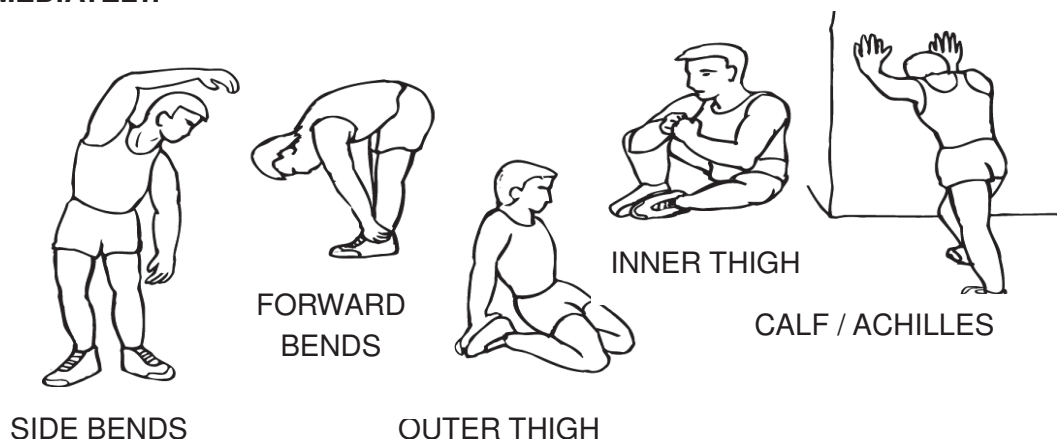
*To adjust the handlebar height, slacken the spring knob and secondary knob and pull both knobs back. Slide the handlebar post along the housing on the main frame to the desired height and, with the holes aligned correctly, tighten the spring adjusting knob and then the secondary knob.

EXERCISE INSTRUCTIONS

Using your **SPINNING BIKE** provides you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with calorie controlled diet help you lose weight.

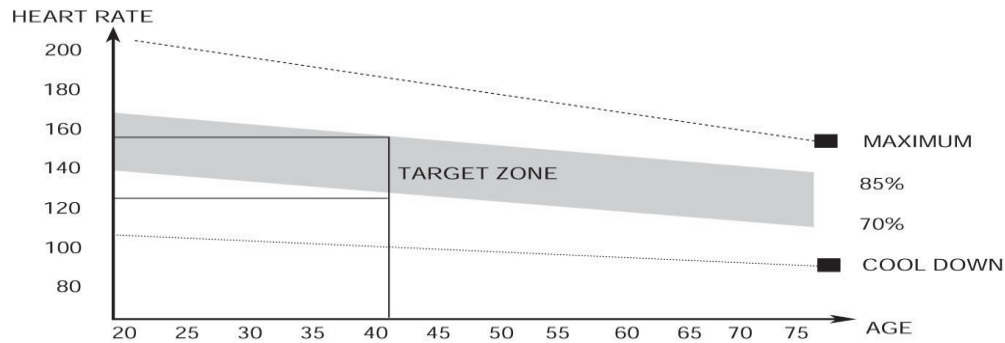
1.The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds; do not force or jerk your muscles into a stretch. If it hurts, **STOP IMMEDIATELY.**



2.The Exercise Phase

This is the stage where you put the effort in. After regular training, the muscles in your legs will become stronger, but it is very important to maintain a steady tempo throughout. The rate of training should be sufficient to raise your heart beat into the target zone as shown on the graph below.



This stage should last for 12 minutes at least for most people

This stage is to let your Cardio-vascular System and muscles wind down. This is a repetitive warm up exercise, e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, (remember again not to force or jerk your muscles into the stretch.)

As you get used to the amount of training, you may need to train longer and harder. It is advisable to train at least three times a week, and if possible, arrange your workouts evenly throughout the week.

MUSCLE TONING

To tone muscle while on your **SPINNING BIKE**, you will need to have the resistance set quite high. This will put more strain on our leg muscles, and it means you cannot train for as long as you would like. If you are trying to improve your fitness also, you need to adjust your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance, making your legs work harder than normal. You may have to reduce your speed to keep your heart rate in the target zone.

WEIGHT LOSS

The important factor here is the amount of effort you put in. The harder and longer you work, the more calories it will burn.

USE

The tension control knob allows you to adjust the resistance of the pedals. A high of resistance makes it more difficult to run, a low resistance makes it easier. To reach the best results, setting the tension while the bike is in use.

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.

Weekly: Check pedals 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.

Monthly or after 20 hours:

- Check crank arms and tighten as necessary. Make sure all bolts and screws are tight. Tighten as necessary.
- Check the drive belt tension and adjust if necessary.
- Checking the Drive Belt Tension
- To check the Drive Belt tension, the bike needs to be operated. Get the pedals rotating at about 20 RPM. Then suddenly increase the RPM to your maximum ability. If the pedals move normally with no slipping, the tension is correct. If the Pedals slip, the belt needs to be adjusted.

Adjusting the Drive Belt Tension

1. To change the tension of the Drive Belt, loosen the Axle Nuts. Use a 15mm open end wrench to hold the Axle Nut on one side steady, and loosen the Axle Nut on the opposite side with a 15mm socket and wrench.
2. If the Drive Belt is too loose and slipping, use a 10mm wrench to turn each Flywheel

Retainer Nut a 1/4 turn to the right (clockwise).

3. Re-test the tension of the Drive Belt, and adjust if still necessary.

A detailed "Adjust the Belt Tension" procedure can be found in the Service Manual.

MAINTENANCE

- Maintenance Parts
- Adjustment Handle, Seat Slider M Adjustment Handle, Handlebar Post
- Seat (Part 9) N Brake Assembly Y Crank Arm
- Seat Post (Part 10)
- Pedal w/Foot Restraint (Part 7 left, right)

TROUBLESHOOTING

Condition/Problem Things to Check Solution

- No display/partial display/ unit will not turn on
- Check batteries in Console, replace if required, ensure connection to speed sensor 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

Speed displayed is not accurate

- Check Speed Sensor
- Magnet position
- Speed Sensor Magnet should be in place on Flywheel.
- Speed displayed is always
- "0"/stuck in Pause mode
- Data cable Make sure the data cable is connected to the Console and the main frame assembly.
- Speed Sensor Make sure the RPM Sensor Magnet and the RPM Sensor are in place.

No Speed/RPM reading Check data cable integrity

- All wires in cable should be intact. If any are cut or crimped, replace cable.
- Check data cable connections/orientation
- Be sure cable is connected securely and oriented properly.
- Small latch on connector should line up and snap into place.
- Check Speed Sensor Magnet Position Speed Sensor Magnet should be in place on Flywheel.
- Check Speed Sensor Assembly Speed Sensor Assembly should be aligned with magnet and

- connected to data cable. Realign sensor if necessary. Replace if there is any damage to the sensor or the connecting wire.

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