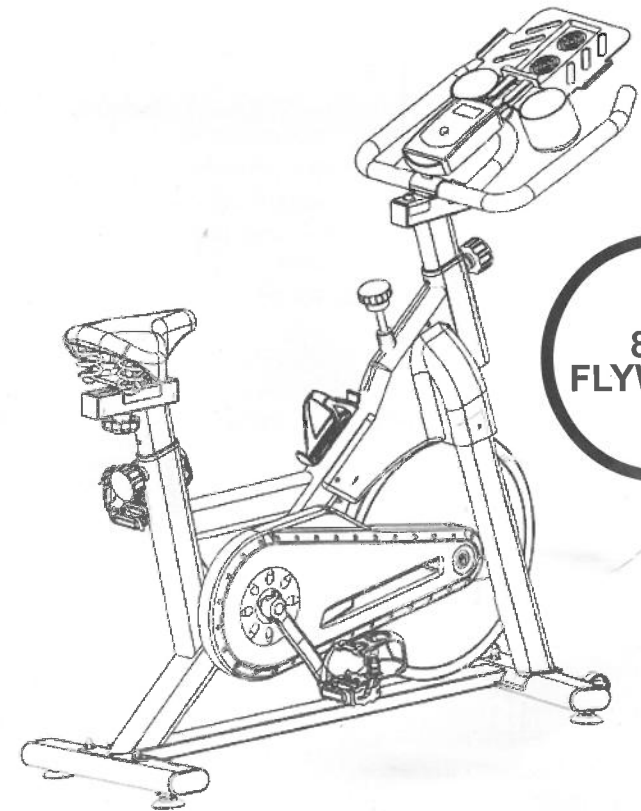


# SPINMAXX



**8KG  
FLYWHEEL**

Thank you for purchasing this unit. Please read these instructions carefully prior to usage. Please keep these instructions safe for future use.

# INSTRUCTION MANUAL


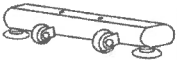

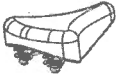
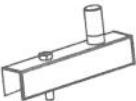







## IMPORTANT SAFETY INSTRUCTIONS AND WARNINGS

1. This spin bike is made for home use only and tested up to a maximum body weight of 120kg.
2. It is important to read this entire manual before assembling and using the equipment. Safe and efficient use can only be achieved if the equipment is assembled, maintained, and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
3. Before starting any exercise program you should consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
4. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: Pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, feeling lightheaded, dizzy or nauseous. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
5. Keep children and pets away from the equipment. The equipment is designed for adult use only.
6. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. For safety, the equipment should have at least 0.5 meters of free space all around it.
7. Before using the equipment, check the nuts and bolts are securely tightened.
8. Please ensure that you regularly examine your spin bike for damage and/or wear and tear before use.
9. Always use the equipment as indicated. If you find any defective components whilst assembling or checking the equipment, or if you hear any unusual noise coming from the equipment during use. Stop. Do not use the equipment until the problem has been rectified.
10. Wear suitable clothing whilst using the equipment. Avoid wearing loose clothing which may get caught in the equipment or that may restrict or prevent movement. Please run it slowly in the beginning. Please hold the handlebar tightly and do not let your body leave the seat when exercising.
11. The equipment is not suitable for therapeutic use.
12. Care must be taken when lifting or moving the equipment so as not to injure your back. Always use a proper lifting technique and/or use assistance.

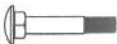










# SAFETY

- Stay hydrated. Drink water throughout your ride as needed.
- Ensure that the adjustment knobs (saddle height, saddle fore/aft and handlebar height) are properly secured and do not interfere with range of motion
- Pedal without resistance only during warm-up and cool-down.
- Always ride with proper footwear.
- If at any time you feel dizzy or have difficulty breathing, gradually stop pedaling and carefully dismount the bike.

## COMPONENTS

 1. Frame	 2. Front foot pipe	 3. Rear foot pipe	 4. Saddle	 5. Sliding bracket
 6. Saddle extension pipe	 7. Handlebar	 8. Handlebar extension pipe	 9. Monitor	 10. Pedals
 11. Ipad holder	 12. Bottle holder			

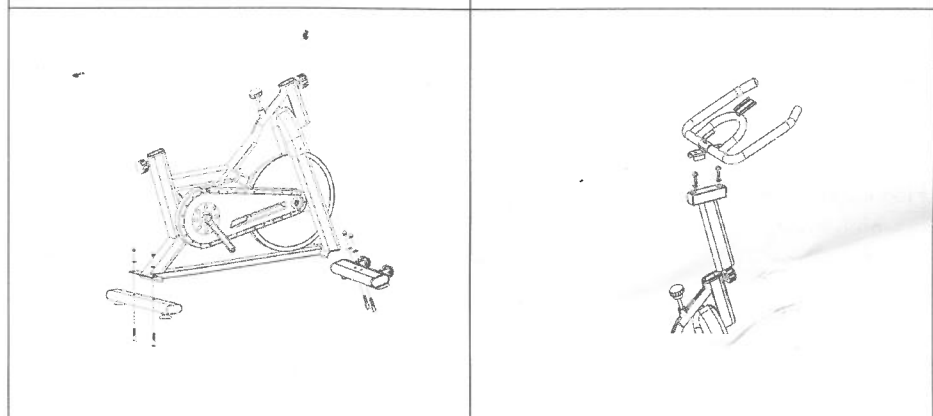
## Screw Accessories

 13. M8 carriage bolt x 4	 14. M8 acorn nut x 4	 15. M8 washer x 8	 16. M8 Allen bolt x 2	 17. M8 lock nut x 2
 18. Knob x 2	 19. Screw x 2 (Attached to the frame)	 20. Open end wrench	 21. Allen wrench	 22. M10 washer x 1
 23. Plum Bolt x 1				

## BIKE ASSEMBLY

**1.**Fasten the front stabilizer on the frame with bolts, washers and cap nuts with an open-end wrench; Follow this step for installing rear stabilizer on the frame. Please see the diagram below.

**2.**Fasten the handlebar post to the frame with pins, put the handle on the handlebar post. Fasten the handlebar with countersunk socket head screws and washers. Adjust the ball pins to the suitable place. Please see the diagram below.



**3.**Fasten the seat post to the frame, then attach the seat to the seat post. Tighten the screws on the seat by using a wrench. The distance between the front and back of the seat can be adjusted by the knob. Please see the diagram below.

**4.**The pedals are marked "L" and "R", when installing the pedals, take the thread of pedal L to direct vertically to crank L, then firmly fix the pedal marked L to the crank arm marked L in an **anti-clockwise** direction until tight. Pedal R in a **clockwise** direction.

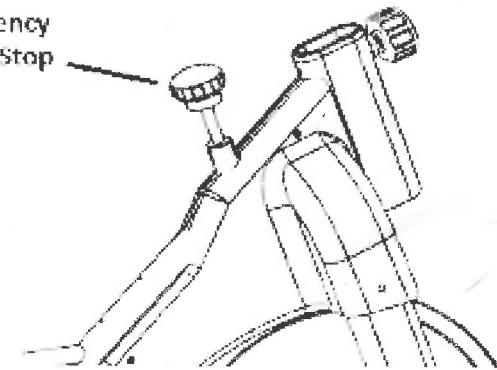
## CHANGING RESISTANCE

Start the exercise at slow rhythm and gradually speed up the exercise. To adjust the Cycle resistance. Adjust the knob marked + & - left and right to the desired resistance setting. (Turn the Emergency Knob left or right to change the resistance).

## EMERGENCY STOP

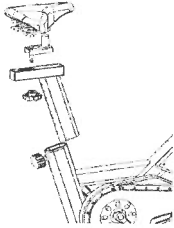
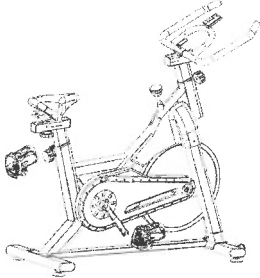
At any time, if you feel uncomfortable or have difficulty breathing, stop pedaling immediately and carefully press the Emergency Stop button for the brakes to operate and the bike to Stop.

Emergency  
Safety Stop



## WARNING

Momentum of the flywheel will keep the pedals turning even after you have stopped cycling or if your feet have slipped off. DO NOT dismount the bike or attempt to put your feet back on the pedals until the flywheel or the pedals have completely come to rest. Failure to comply may lead to personal injury.

	
<p>5. Screw out the screws fixed on the frame with an Allen wrench, place the bottle holder on the frame of the exercise bike, and tighten the screws (which is attached in the frame) with an Allen wrench.</p>	<p>6. Finally, attach the digital display monitor located on the base of the handle by sliding it in. Connect the wires from the handle to the Digital Monitor.</p> <p>Attach the phone holder by sliding the holder onto the bracket attached to the handle.</p> <p>Please see the diagram below.</p>
