

● INNOVATION

● QUALITY

● DURABILITY

● VALUE



SPINBIKE
USER MANUAL-V2

INTRODUCTION

Thank you very much for choosing **CS series(CSI / CS2) and X series(X5/X-velocity/X-momentum) spin bike**. To ensure your safety, please read the manual and all suggestions carefully before using this product. While you get everything ready, believe that you could enjoy the pleasure of exercise and healthy.

SAFETY GUIDELINE

- ▶ Before you start to operate the exercise bike, please read all details of the safety guideline and assembly manual carefully.
- ▶ Inspect the exercise bike for worn or loose components prior to use. Tighten/replace any loose or worn components prior to using.
- ▶ Please ensure to set up and operate the exercise bike on the solid level surface. Please adjust level to ensure the machine stand stably prior to using.
- ▶ Ensure that adjustment knobs (seat height, seat fore-and-aft, and handlebar) are properly secured and do not interfere with range of motion during exercise.
- ▶ Prior to operating the exercise bike, please remove all jewelries, such as rings, ear rings, and necklaces..etc.
- ▶ Do not wear loose or dangling clothing while using the exercise bike.

SAFETY GUIDELINE

- ▶ Warm up 5~10 minutes before exercise, and execute cool-down 5~10 minutes after using the bike in order to avoid any injury.
- ▶ User should take a break between each exercise cycle.
- ▶ The training requires a professional assistance. Inappropriate length of training time and position may cause injury.
- ▶ Maximum weight for individuals riding the exercise bike:
CSI/CS2/ X-Velocity: should not exceed 330 pounds.
X-Momentum: should not exceed 275 pounds.
X5: should not exceed 250 pounds.
- ▶ CSI, CS2, X-Velocity and X-Momentum have a weighted flywheel and a fixed gear. This means that in order to stop, user must gradually slow your pedal strokes rather than stopping abruptly. If you do need to stop immediately, push down on the resistance knob. Do not dismount the bike or remove your feet from the pedals until both the pedals and the flywheel have stopped completely. Failure to comply may lead to loss of control and serious injury.
- ▶ Do not insert any object, hands or feet into any openings, or expose hands, arms or feet to the drive mechanism or other potentially moving part of the bike. After exercising, turn the Push Brake System knob to increase resistance so the pedals will not rotate freely and potentially injure someone. If at any time you feel dizzy or have difficulty breathing, gradually stop pedaling and carefully dismount the bike. Listen to your body, ride at your own pace and set your bike's resistance at the level that feels right for you.
- ▶ Keep children and pets away from the bike whenever it's in use. CSI, CS2, X-Velocity and X-Momentum cycle mechanism and

SAFETY GUIDELINE

ergonomics are designed for adult use only. Children under the age of 14 should not operate this exercise bike. X5 cycle mechanism and ergonomics is designed for elementary school children.

- ▶ Never turn the pedal crank arms by hand.
- ▶ Stay hydrated. Drink water throughout your ride as needed.
- ▶ Stay in control by executing all core movements and hand positions at a slow pace before attempting to increase your speed. Do not attempt to ride the bike in a standing position at a high RPM until you have practiced at slower speeds.
- ▶ Focus on form, posture and making smooth transitions between movements.
- ▶ Do not use the bike without proper footwear. Never operate the bike with bare feet.
- ▶ Never remove your feet from the pedals while still in motion. Prevent your feet from coming out of the toe clip or shoe cage by keeping shoe laces tucked in and foot straps pulled snug around your shoe. If your foot does become disengaged, push down on the resistance knob to stop the flywheel's motion.
- ▶ Safety operation space:
 - 50cm fore and back of the bike
 - 30cm left and right side of the bike

Maintenance:

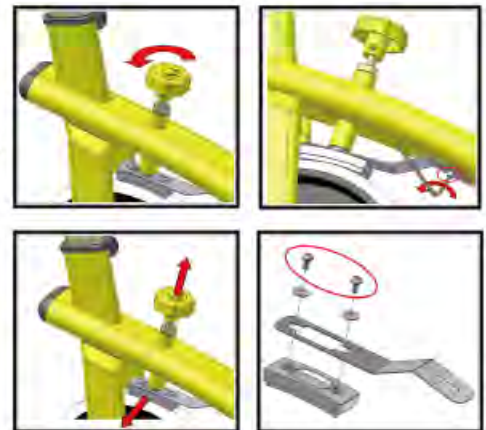
- **Change the Brake Pad for CSI, CS2, X-Velocity and X-Momentum**

- 1). Use the hex wrench to loosen holder's 2 hex screws, and remove the brake.
- 2). Use cross screwdriver to loose 4 screws, and remove the brake pad.
- 3). Install the brake pad on the brake, and then tighten 4 screws to fix the pad.
- 4). Install the brake back and secure by tightening 2 hex screws.



- **Change the Brake Pad for X5.**

- 1). Loosen resistance knob by turning counterclockwise to the end.
- 2). Use the hex wrench to loosen the hex screw which is circled.
- 3a). Pull the resistance knob up.
- 3b). Take off the resistance pad from side.
- 4). Loosen two screws of the brake by screwdriver, and remove the brake pad.
- 5). Install the brake pad on the brake, and then tighten two screws to fix the pad.
- 6). Install the brake back and secure by tightening the hex screw.



Note:

The brake pad is consumtable. Please check and replace the brake pad regularly to ensure safety.

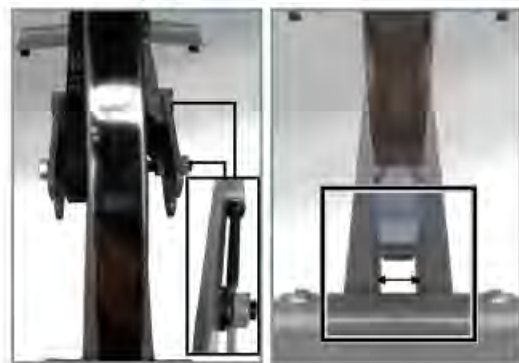
MAINTENANCE

• Adjusting Driving Belt for CSI/CS2.

- 1). Loosen both belt housing secured screws.
- 2). Use 19mm wrench to loose 3 bolts which are fixed the flywheel. (2 on the left side, and one on right side)
- 3). Use 12mm wrench to adjust tension of the driving belt. Turn clockwise to tighten the belt and counterclockwise to loosen the belt.

Note: Please adjust the belt on both side at the same time in order to make sure the flywheel will stay at the right position.

- 4). Reverse step 3~1 to install parts back.
- 5). Testing the bike to ensure the balance of the flywheel.



• Adjusting Driving Belt for X-Velocity:

- 1). Loosen front nut first by using spanner.
- 2). Loosen rear nut by using spanner.
- 3). Adjust driving belt tension by using spanner. Turn clockwise to tighten the belt and counterclockwise to loosen the belt.

Note: Please adjust the belt on both sides at the same time in order to make sure the flywheel will stay at the right position.

- 4). Reverse step 3~1 to install parts back.
- 5). Testing the bike to ensure the balance of the flywheel.



MAINTENANCE

Adjusting Driving Belt for X-Momentum:

- 1). Loosen nut by using spanner.
- 2). Adjust driving belt tension by using Allen wrench. Turn clockwise to tighten the belt and counterclockwise to loosen the belt.

Note: Please adjust the belt on both sides at the same time in order to make sure the flywheel will stay at the right position.

- 3). Reverse step 2~1 to install parts back.
- 4). Testing the bike to ensure the balance of the flywheel.



Adjusting Driving Belt for X5.

- 1). Adjusting two hex screws by hex wrench. Turning clockwise is for tightening the belt. Turning counterclockwise is for loosening the belt.

- 2). When adjusting, you may adjust one side first, and then adjust the other side.

Note: Both hex screws need to be adjusted in same direction and same range. Only adjust one side might cause the belt un-balance.



Resistance Control:

Pedaling resistance is controlled by the resistance brake system knob located below the handlebar. Resistance adjustments can be made while riding to vary the intensity of your workout. Proper resistance adjustment can help practice more efficiently.



To increase resistance, turn the brake knob clockwise (+)

To decrease resistance, turn the brake knob counterclockwise (-)

To stop flywheel abruptly, push down the brake knob directly.

Warning :

The flywheel momentum of the cycle will keep the pedals turning even after the user stops pedaling, or in the event the user's feet slip off the pedals. **DO NOT DISMOUNT THE CYCLE OR REMOVE YOUR FEET FROM THE PEDALS UNTIL BOTH THE PEDALS AND THE FLYWHEEL HAVE STOPPED COMPLETELY.** Failure to comply may lead to loss of control and serious personal injury.

You may stop the cycle using any of the following methods:

- **Pedal** more slowly until the pedals come to a complete stop.
- **Increase** the resistance by turning the Push Brake System knob clockwise (+) until the pedals come to a complete stop.
- **Push down** on the Push Brake System knob until the pedals come to a complete stop.

MAINTENANCE

Assembly Bike:

Please refer to the separately enclosed manual for the assembly of your BIKE.

Leveling the Bike:

If you place your bike on an uneven surface, you may adjust how the bike sits by adjusting one or all of the four levelers located on the bottom of each corner of the bike.



Adjusting the Seat and Handle Bar:

Proper bike setup gives you more comfortable ride, ensure the best practice outcome, and reduce your risk of injury.



Note:

Please make sure all knobs are tightened after each time adjustment.

MAINTENANCE

Seat Height Adjustment:

Turn the knob counterclockwise direction to loose the pop-pin, and then pull the pop-pin. Raising and lowing the seat post until the best position where the pop-pin inserts into the adjusted hole. Turn the knob clockwise direction to tighten the seat post until the post is secured.



Note:

The post can not pull over the “STOP” mark or the lowest hole of the post.. It means the least contact area between the frame and the post.



Seat Adjustment:

Turn the L shape knob counterclockwise direction, and then move the seat fore or back to your most comfortable position. Turn L shape knob clockwise direction to tighten the seat.



Handle Bar Height Adjustment:

Turn the knob counterclockwise direction to loose the pop-pin, and then pull the pop-pin. Raising and lowing the handle bar post until the best position where the pop-pin inserts into the adjusted hole. Turn the knob clockwise direction to tighten the handle bar post until the post is secured.



MAINTENANCE

Note:

The post can not pull over the "STOP" mark or the lowest hole of the post. It means the least contact area between the frame and the post.



Handle Bar Adjustment for CSI, CS2, X-Velocity and X-Momentum:

Turn the L shape knob counterclockwise direction, and then move the handle bar fore or back to your most comfortable position. Turn L shape knob clockwise direction to tighten the handle bar.



Note:

No handle bar adjustment on X5.

Moving the Bike:

Step one foot on the front stabilizer. Grasp the handle bar and push down to tip the bike toward you until the transport wheels touch the surface.



Roll the bike to the designed location and lower the rear of the bike gently to the floor.

Clean the bike:

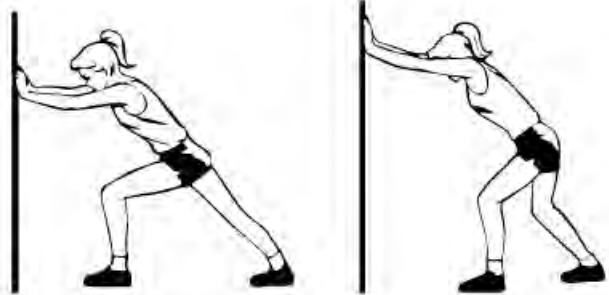
Wipe up sweat after exercising in order to maintain the best condition of the bike.

STRETCHING

STRETCHING

Calf (back of lower leg)

1. Straight knee start with the leg to be stretched approximately three feet from the wall and the opposite leg on step forward. Lean toward the wall, keeping your heels down and feet turned in slightly.
2. Bend knee start same as above, but move approximately one foot closer to the wall and bend the knee of the back leg to be stretched.
3. Repeat using the other leg.



Iliotibial Band (outside of hip)

1. Start with the leg to be stretched one step back and behind the opposite foot. Move your hips sideways toward the side of your body being stretched. Keep the upper body away from the wall and do not bend forward.
2. Repeat using the other leg.



Lower Back, Hips, Groin, and Hamstrings

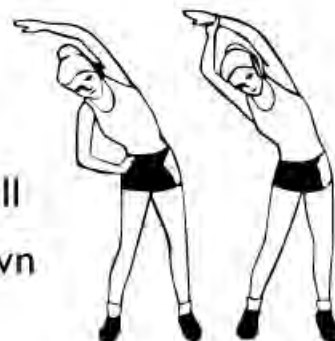
1. Stand with the feet about shoulder-width apart and pointed straight ahead. If you are pretty flexible and need more of a stretch, cross one leg in front of the other for a few stretches, then switch legs.
2. Slowly bend forward from the hips, always keeping your knees slightly bent.

STRETCHING

3. Stretch only to the point where you feel a tugging in the back of your legs.

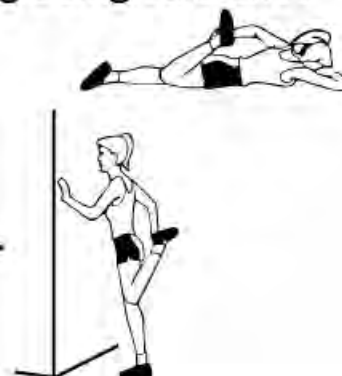
Side Bends

1. Stand with your feet about shoulder - width apart and toes pointed straight ahead. Keep your knees slightly bent, one hand on your hip; extend your other arm up and over your head. Slowly bend at your waist to one side, toward the hand on your hip.
2. Extend both arms overhead. Hold your right hand with your left hand and bend slowly to the left, using your left arm to pull the right arm gently over the head and down toward the ground.



Quadriceps (front of thigh)

1. Lying on our stomach, pull the heel toward your buttocks with the opposite hand. Keep the thigh of the leg being stretched close to the leg on the floor.
2. The same stretch can be done standing. Do not allow the thigh to come in front of you and so not bend forward at the waist.
3. Do this exercise twice - once on each leg.



Groin (inside of thigh)

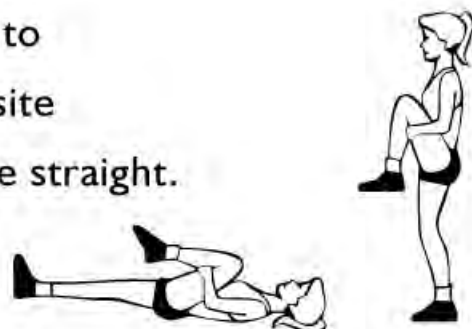
1. Sit on the floor with the soles of your feet together. Gently push knees down toward the floor with your elbows.
2. Stand with your feet three to four feet apart and turned out slightly.
3. Keep the knee of the leg to be stretched straight, and bend the opposite knee as you move your body toward the bent leg. Keep your toes pointed forward.
4. Repeat using the other leg.

**Hamstrings (back side of upper leg)**

1. Sit with one knee bent and the leg to be stretched out straight. Reach for the toes of the straight leg with the right hand and then the left hand.
2. Repeat with the other leg.

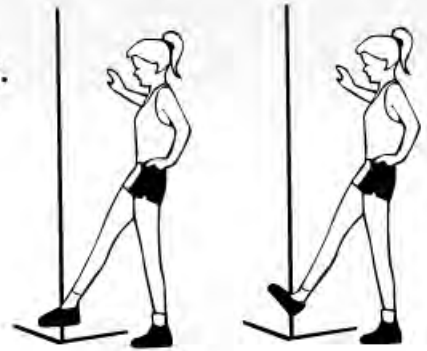
**Gluteus (back of hip)**

1. Lie on your back. Pull one knee up to your chest while keeping the opposite leg down on the floor with the knee straight.
2. The same may be done standing.
3. Repeat with the other leg.



Anterior Tibials (front of shin)

1. Stand with all of your weight on one leg. Extend the opposite leg forward and flex and point at the ankle.
2. Repeat with the other leg.





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