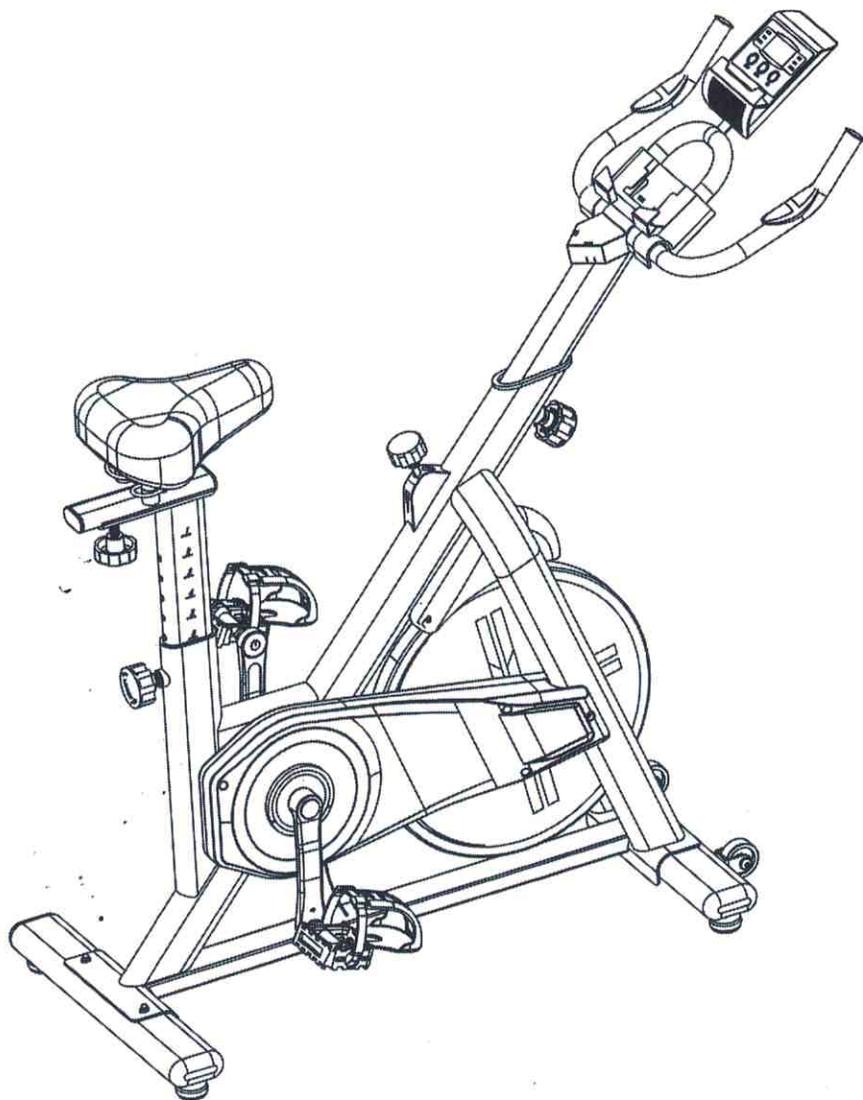


USER MANUAL

V Extreme - Spinning product specification to
Achieve the ultimate customer experience



Note: Please read the product instructions carefully before installing/using the spinning bike. 

TIPS

Thank you for choosing our products, the correct use of this equipment is your safety and health guarantee, please read the following content carefully before using this equipment.

- 1.It is very important to read the operation manual completely before installation and use. Only correct installation, maintenance and use of the equipment can make the training safe and effective
- 2.Before starting an exercise program, check with your doctor to see if there are any risks to your health if you are using this equipment. This advice is essential if you are taking care of your heart rate, blood pressure, and cholesterol
- 3.If you experience any discomfort: heartburn, chest tightness, rapid heart rate, shortness of breath, lightheadedness, dizziness, or nausea, stop exercising immediately. If you want to continue your training program, consult your doctor first
- 4.Make sure children and pets use this equipment, which is designed for adults only
- 5.Cover the bottom of the equipment with a fixed, flat material to protect your floor. For safety, make sure there is at least 0.5M of free movement space around the equipment
- 6.Please make sure that all screws and nuts are locked before use. Please use the equipment carefully
- 7.Wear well-fitting clothing when exercising to prevent loose clothing from getting caught on equipment or restricting movement. Be aware that improper and excessive exercise can cause physical injury
- 8.This equipment is only suitable for indoor and household use, the maximum load bearing is 100KGS, please do not overload movement
- 9.Please keep this manual and installation tools properly
- 10.This product cannot be used as a medical device
- 11.Do not exercise too much, when the instrument heart rate shows more than 120 times/min, please suspend exercise
- 12.Do not lean too much, no more than 45 degrees forward, no more than 15 degrees back
- 13.Do not brake in rapid motion, so as not to cause unnecessary consequences due to the action of inertia injury or shaft fracture

In accordance with the principle of sustainable development, the product may be modified when necessary without notice. If the product is inconsistent with the picture in the manual, the actual product shall prevail

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SAFETY PRECAUTIONS

Manufactured with many safety issues in mind, but please still operate according to the following instructions, in case we do not bear any consequences caused by abnormal operation

⚠ In order to ensure your safety and avoid accidents, please read the instructions carefully before use

1. Please warm up your muscles for 5-10 minutes before using the exercise bike to avoid injury
2. Please do not wash the bike with water, which is easy to cause rust, electricity leakage and other faults
3. Please do not expose the exercise bike to the sun, which may cause the machine malfunction
4. Keep away from children, children or pets when using the exercise bike, which may be dangerous
5. Do not use the exercise bike in the damp or wet place, easy to cause electric leakage and other faults of the electronic meter
6. Do not replace parts, disassemble or transform the structure of the machine, which may cause danger
7. Do not let the elderly, disabled or children use the exercise bike alone, which may be dangerous
8. Please make sure all parts are not damaged before use
9. Keep the exercise bike on a flat area. Keep the bike clean and free of debris within 2 meters of use
10. When using the bike, wear appropriate clothes and shoes, and remember to fasten the pedal straps
11. Please place the product indoors, do not place it outdoors. If the product is damaged or injured outdoors, the company will not take any responsibility
12. This machine is only suitable for ordinary household use, not for commercial use
13. Only one person can use the exercise bike at a time
14. Stop exercising immediately if you feel any chest pain, nausea, dizziness or difficulty in breathing warning: Please read all instructions carefully before using this product and keep this instruction manual for future use

Note:

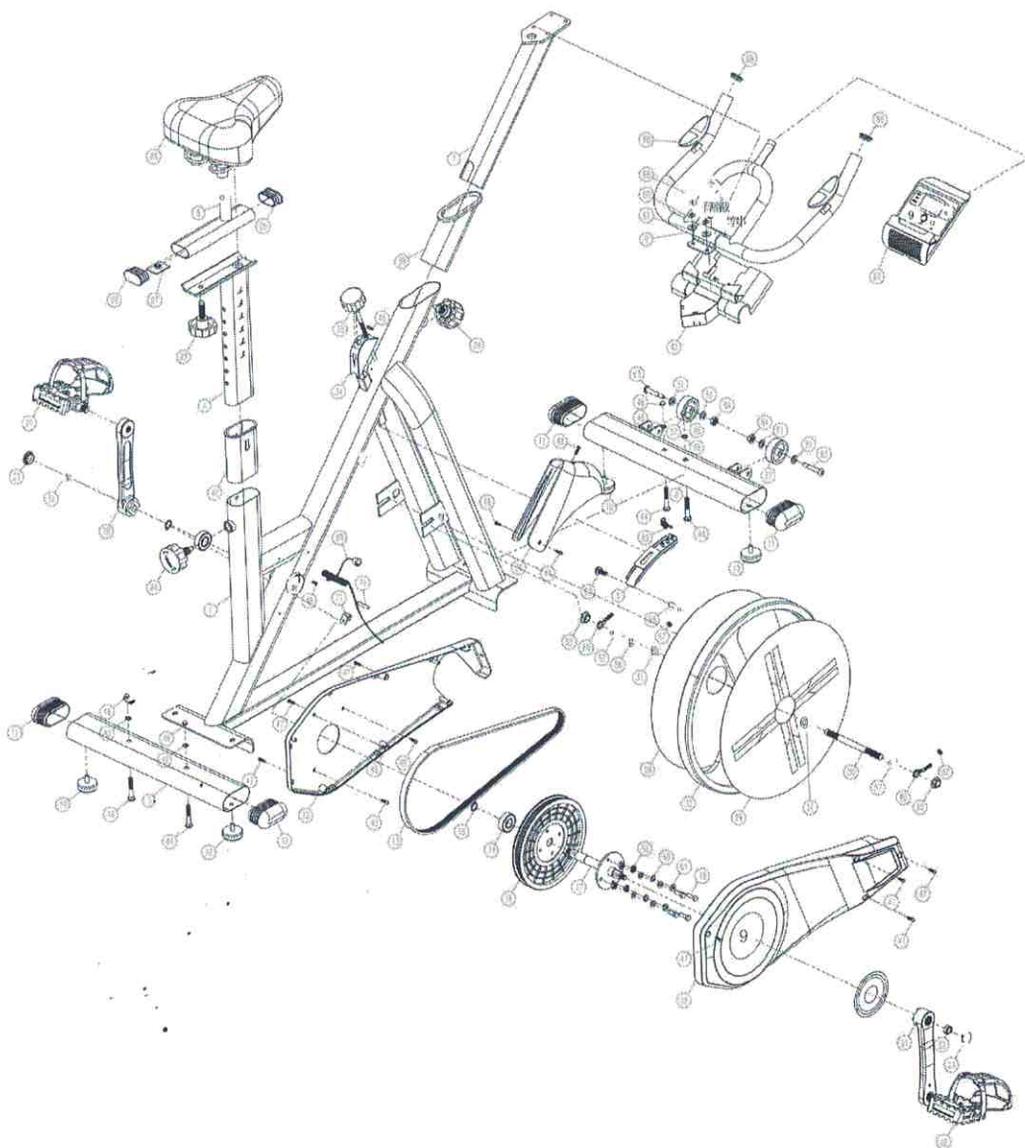
- When using the product, please wear proper clothes and sports shoes and do not go barefoot. Wear only socks or sandals to use the product, which may cause injury to users

Please wear sneakers to use the product

Note: When using the product, please wear proper clothes and sports shoes and do not go barefoot. Wear only socks or sandals to use the product, which may cause injury to users



PRODUCT EXPLOSION CHART



Production Schedule

A list of explosive diagrams

NO.	MATERIAL NAME	SPRAYING	NUM.	SPRAYING	MATERIAL NAME	NUM.
1	Main frame	SPRAYING	1	36	Flywheel top cover	1
2	Front stabilizer tube	SPRAYING	1	37	Flywheel	φ 70* φ 8
3	Rear stabilizer tube weldment	SPRAYING	1	38	L drawing pin	M6* 1. 15P
4	Seat regulating pipe welds	SPRAYING	1	39	hollow cover	50*100*1.5T
5	Seat sliding rail weldment	SPRAYING	1	40	hollow cover	40*80*1.5T
6	Handlebar weld	SPRAYING	1	41	handlebar lower-cover	ABS
7	Handlebar adjust tube	SPRAYING	1	42	Foam handlebar	φ 25圆管
8	Magnet frame weld	SPRAYING	1	43	handlebar upper-cover	ABS
9	Flywheel fixed flat	27* 20* 2T	1	44	carriage bolts	M8* 55 半牙
10	Foot Pad	φ 50* M8	4	45	The curved gasket	φ 8
11	Elliptical pipe plug	40*80*1.5T elliptical	4	46	High cap nut	M8
12	Chain cover 1	ABS	1	47	Cross head tapping screw	ST4, 2* 16
13	belt	5PJ550	1	48	Storm the screw	ST4, 2* 16
14	bearing	6004	2	49	outer hexagon bolt	M8* 16
15	jump ring	φ 20	2	50	spring washer	φ 8
16	belt pulley	φ 280	1	51	flat gasket	φ 8
17	Belt plate axis	φ 20* 166	1	52	locknut	M10
18	Chain cover 2	ABS	1	53	Tighten the bolt set	孔φ 10
19	left crank	L- 165	1	54	Pressure belt wheel assembly	
20	left pedal	L	1	55	hex nut	M10* 8T
21	right crank	R 165	1	56	flat gasket	φ 10* φ 14
22	right pedal	R	1	57	hex nut	M10* 6T
23	crank cap	ABS	2	58	Hexagon socket bolts with half round head	M8* 36内牙M6
24	Drawing knob	M6* 1. 15P	1	59	Spring	φ 10* 线径1.5
25	The plum blossom knob	M8	1	60	Cross round head bolts	M5* 4
26	Elliptical pipe plug	25* 50* 1. 5T	2	61	Cross round head bolts	M8* 12
27	Seat sliding tube fixing welds		1	62	Hexagon socket bolts	M8* 40半牙
28	Seat		1	63	locknut	M8
29	Flywheel front trim cover	ABS	1	64	Hexagon socket bolts	M8* 16
30	Flywheel axis	127* φ 12* M10* 1. 0F	1	65	end cap	配φ 25圆管
31	bearing	6001	2	66	Sensor holder	ABS
32	flywheel	φ 420	1	67	Sensor wire	with sensor rods
33	spacer bush	φ 16* φ 13* 14	1	68	Console	with cellphone frame
34	Brake rod trim cover	ABS	1	69		
35	Brake lever assembly		1			

Product Parameter

LENGTH	WIDTH	HEIGHT	N.W	G.W	MAX USER WEIGHT
1190 mm	510 mm	1170 mm	30.7KG	35.5KG	120 KG

Product Feature

- 1.Streamlined appearance design that leads fashion and dynamic
- 2.Two-way inertia flywheel
- 3.Poleless resistance regulation system
- 4.Multi-groove belt transmission is smooth and noiseless
- 5.Multi-function electronic watch, can display speed, distance, heart rate, time, calories.
- 6.Front foot tube is installed with roller, easy to move
- 7.Suitable for home use

User Guide

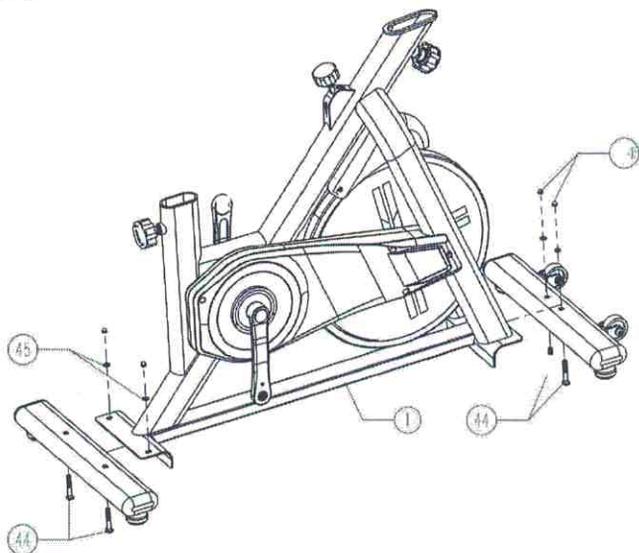
- 1.After you install the product according to the instructions, if there are three uneven feet, you can adjust the foot pad of the rear dropper until there are no three feet, keep it level and stable.
- 2.When you start to exercise after assembling the product, you can adjust the height of the seat tube and the height of the front and back seat as well as the height of the armrest according to your own height. When adjusting the height of cushion intubation and armrest teahouse, when the intubation shows the limit mark STOP, it reminds you that you have reached the limit position and can not be too high. After adjusting the position, you must carefully confirm whether the spring pin of the knob is inserted into the hole to lock and confirm whether the armrest adjustment type 7 knob is locked.
- 3.It is recommended that you exercise for more than 30 minutes every day to achieve your health effect more effectively. However, it is recommended that you control the speed and rhythm of movement in the process of exercise, so as not to bring harm to your body if you overspeed.

Additional notes:

- 1.Keep the flywheel running smoothly during training. If the flywheel is slipping or loose, stop training immediately and do not use it until the problem is solved.
- 2.Tighten the brake knob downward if you need to increase the resistance
- 3.When you want to stop the training, press the brake knob and the flywheel will stop quickly. When the flywheel stops, the next person can get off. If the flywheel makes noise when braking, please add oil to the flywheel
- 4.This product is designed for adults. If children or the elderly need training, they should be accompanied by their guardians.
- 5.Before exercise, strap on Hassan's foot to prevent accidental movement. The tightness depends on your own situation.
- 6.Lock the flywheel when you stop training.

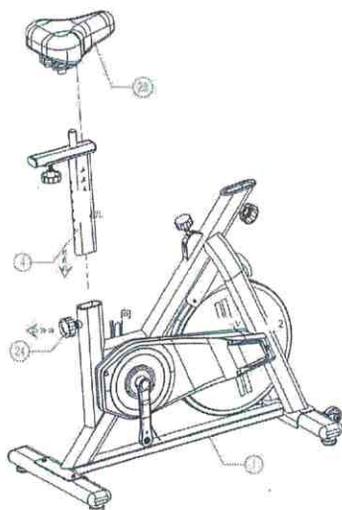
ASSEMBLE GUIDE

STEP 1



STEP 2

Note: forefoot tube sleeve with moving wheel, do not reverse with rear foot tube



Pull pull knob 24, insert cushion adjustment tube 4 into the corresponding tube of frame 1, release pull knob 24 to jam, then lock. 28 Fix the cushion on the corresponding drawing as shown in the figure above, and tighten the fastening nuts on both sides of the cushion with a tool wrench.

Assemble Guide

Step 3

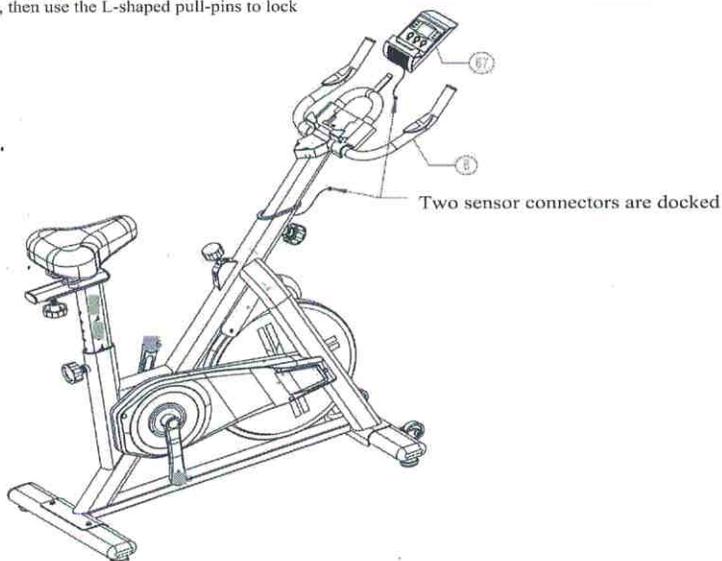


1. Take out the handrail welding piece 6, and the handrail adjusting tube 7 as shown in the picture above. Fix the handrail welding piece 6 and the handrail adjusting tube together with half round head hex socket bolt, 50 spring washer and 51 flat washer.

2. Place the upper shell of the handrail 43 on the welding of the handrail 6 and fix it with 47 2 cross round-head self-tapping screws, and then use the lower shell of the handrail 41 to pass through the adjustment tube of the handrail 7 and lock it together with the upper shell of the handrail 43 with 4 self-tapping screws 47.

3. Hold the 38 L-shaped pull-pins, insert the assembled handrail into the inside and release the L-shaped pull-pins to make them stuck, then use the L-shaped pull-pins to lock

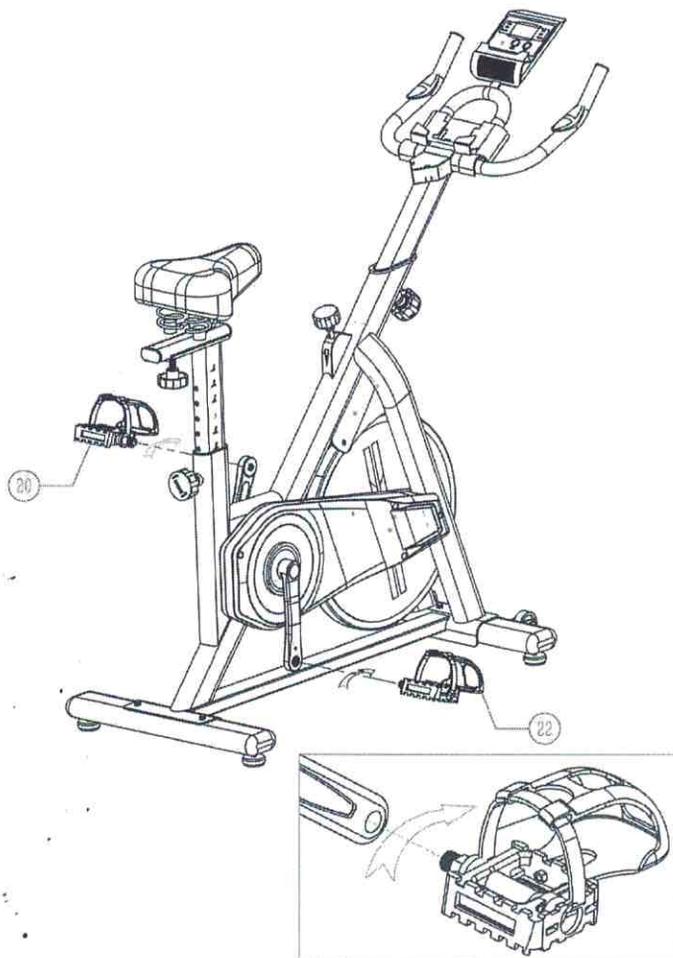
Step 4



Put the battery on the electronic watch 67 and insert it into the card above the handrail welding part 6, and then connect the electronic watch joint with the induction wire joint.

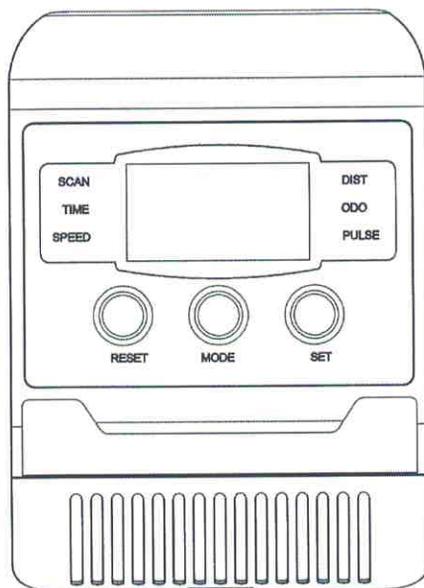
ASSEMBLE GUIDE

Step 5



Note: Tighten the left and right pedals to the handrail direction (lock them in the direction of the arrow)

Electronic watch function



Electronic table function parameters

TIME	-----	0.00~99.59 min seconds
SPEED	-----	0.00~999.9 kms/hr
DISTANCE	-----	0.00~999.9 kms
TOTALDIST	-----	0.00~999.9 kms
CALORIE	-----	0.0~999.9 kilocalorie

Electronic watch operation instructions

Button instruction

MODE: Press this key to switch the functions of time, distance, cumulative distance, calorie and heart rate. Hold this key for 4 seconds to SET all function values (except the cumulative distance function).

SET: Press this key to SET the values of time, distance, calorie and heart rate?

RESET: Press this button to RESET the current displayed time, distance traveled, calories, or heart rate

Functional operation

SCAN: Press the mode key, when the "SCAN" mark appears at the bottom of the screen, the electronic watch screen will show time, distance, accumulated distance, calories, heart rate every 4 seconds in turn.

TIME: Press the mode key, when the "TMR" mark appears at the bottom of the screen, the electronic watch screen will display the TIME function.

SPEED: Press the mode key. When the "SPD" mark appears at the bottom of the screen, the digital watch screen will display the SPEED function.

Distance (DIST) : Press the mode key, when the "DIST" mark appears at the bottom of the screen, the electronic watch screen will display the distance function.

Cumulative distance (ODO) : Press the mode key, when the "ODO" mark appears at the bottom of the screen, the electronic watch screen will display the cumulative distance function, and the cumulative distance cannot be cleared when the power continues.

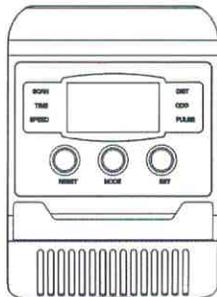
Calorie (CAL) : Press the mode key, when the "CAL" mark appears at the bottom of the screen, the electronic watch screen will display the calorie value.

PULSE: Press the mode button, when the "PULSE" symbol appears, the electronic watch will enter the heart rate function. If the heart rate sensor is an ear clip, clip the sensor to the earlobe to measure the current heart rate; If the heart rate sensor is hand-held, hold the sensor grip in the palm of both hands to measure the current heart rate.

(Note: this function may not exist, depending on the specific situation of the electronic watch)

Notes

- 1.If there is no signal input within 4 minutes, the electronic watch screen will automatically close. When you press any key or start moving again, the digital watch screen will wake up.
- 2.If any error is displayed, reinstall the battery.
- 3.Battery specifications: 15.VAA or 1.5VAAA.



Daily maintenance and maintenance

Daily cleaning and maintenance

Daily sanitation and hygiene management

Dust the bike lightly with a soft cloth. Do not rub the plastic parts with abrasive or solution and wipe off the sweat after each use.

Daily maintenance

Avoid direct sunlight, especially the electronic watch will be vulnerable to this please check every week properly all the screws assembled on the fitness car is loose, keep fastening and regularly add daily oil for the fitness bike to ensure that each exercise smoothly. Please keep the bike in a clean and dry environment away from children.

Trouble shooting

Shake removal during exercise bike use

Turn the plastic end plugs at both ends of the back foot assembly to level with the front foot assembly.

There is no display on the electronic watch screen

1. Verify that the cable connections between the armrest and the electronic meter are correct.
2. Check whether the battery is correctly installed.
3. Check whether the battery runs down. Replace it with a new one.

No heart rate display or abnormal discharge

1. Check whether the heartbeat cable connection of the armrest is correct.
2. Please make sure that both hands are on the armrest sensor.
3. Pay attention to hold the armrest heart rate sensor with both hands not too tight.

Solution of squeaky noise in use

Check that bolts are loose and tight.

Stretching Exercise

No matter what intensity you exercise at, it's best to stretch before you start. It makes it easier to stretch your muscles.

Stretch down

Bend your knees slightly forward, keeping your back and shoulders tight, and touch your toes as much as possible. Hold for 10-15 seconds, then seal. Repeat three times (see Figure 1)

Hamstring stretch

Sit on a clean cushion with one leg straight out. Draw the other leg in so it fits inside of the straight leg. Touch your toes as much as you can. Hold for 10-15 seconds, then seal. Repeat three times on each leg (see figure 2)

Stretch your calf and heel tendons

Stand with two hands against a wall or tree and one foot behind. Keep your hind legs erect and your heels on the ground, leaning toward a wall or tree. Hold for 10-15 seconds, then seal. Repeat three times on each leg (see figure 3)

Quadriceps stretch

Balance on a wall or table with your left hand, then reach back with your right hand, grab your right ankle and slowly stretch toward your hip until you feel the muscles in the front of your thigh tense. Hold for 10-15 seconds, then seal. Repeat three times on each leg (see Figure 4)

Sartorius muscles (muscles in the inner thighs) stretch

Sit with feet facing each other and knees facing out. Grab your feet with both hands and pull toward your groin. Hold for 10-15 seconds, then seal. Repeat three times (see Figure 5)

