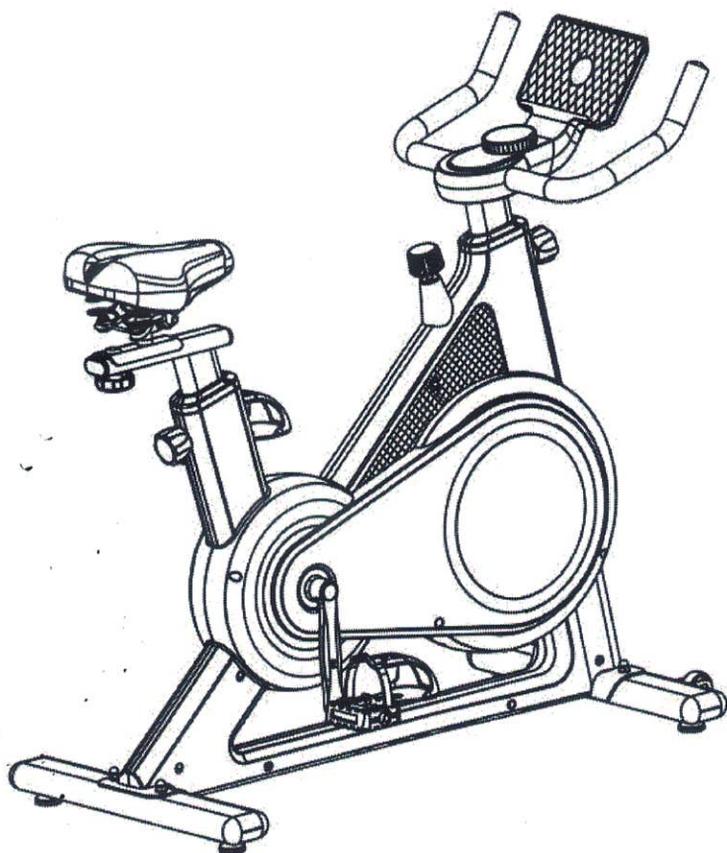


## Instructions for Exercise Bicycle - TP1600



## 1. Precautions for Use

Before you use the fitness bicycle, please read the Instructions carefully and guarantee that the information received is correct, including the spare parts we provide for you free of charge.

**Warning!** \* When the fitness bicycle is not in use, please turn the ball head of the brake clockwise so that the flywheel will not rotate.

\* Improper or excessive use of the fitness bicycle may cause injury. It is recommended to take notice of the time and resistance when using it for the first time. The user may adjust the resistance appropriately first, and then slowly increase it after training for a period of time.

1. The fitness bicycle is for household use with a maximum load bearing of 120kg.

2. Please operate the product strictly in accordance with the Instructions.

3. Please carefully check the fitness bicycle before the first use, and strictly check it in the principle of installation every one or two months after use. Please try to keep the fitness bicycle in normal use and use the accessories or the original factory.

4. Please contact the dealer if the product is not in normal use.

5. Please avoid contact between the fitness bicycle and corrosive cleaning agents, etc..

6. Please use the product after proper installation and inspection.

7. Please adjust all the adjustable parts to the maximum before installation.

8. The product is fitness equipment for adults. Children may use the product only under the supervision of guardians. Unsupervised children should be kept away from the equipment.

9. Please do not make dangerous actions with this product.

10. Please make use of this product with the guidance of doctors or fitness professionals, which will play a pretty good role.

11. Please work out a reasonable training plan before use and use this product strictly as required and planned.

12. The resistance of this product is adjustable. Please choose an appropriate resistance.

13. Please carefully check all knobs and screws before use so as to guarantee your safety.

14. The fitness bicycle can only be used by one person at a time, and others should keep a safe distance of more than 50cm when it is in use.

15. During use, please adjust the height of the handlebar and that of the saddle reasonably. The reference height of the saddle is when the user sits on the saddle with his feet straight and just completely touching the tread. It is recommended to adjust the height of the handlebar slightly higher than that of the saddle.

16. During use, check whether the pedal of the bicycle and the fixing sleeve are in good condition, put the feet in and fasten them tightly, and remember not to slide. In the meanwhile, the shoelaces must be well fastened to avoid winding on the bicycle. If the feet are not fixed properly, plus the inertia of the flywheel, it is quite easy to miss steps and cause danger as a result.

17. Possible dangers incurred by the flywheel. For instance, riding at high speed may drive or impact the legs to some extent; after reaching a certain rotation speed, do not try to stop the high-speed flywheel on the strength of your legs, but reasonably use the brakes instead, and press the handbrakes behind the handlebar with your hands to avoid any accidents. Do not get off the bicycle until the flywheel stops. When the flywheel rotates, it is forbidden to touch the bicycle with other parts of your body or other objects in a bid to avoid danger.

18. Part 5, handrail, fixing seat and 9 seat cushion tube are engraved with "stop". Please do not exceed this height during adjustment.

19. The fitness bicycle should be placed in a fixed and flat place rather than an inclined place to prevent it from tipping over.

## 2. Training Guide

Proper use of the fitness bicycle can make the hips and legs more strong and handsome, increase the oxygen in the blood volume and make us more spiritually relaxed. Then how can we use an appropriate fitness bicycle in a safe way?

### **First: do warm-up exercises in front of the fitness bicycle.**

Before doing sports, it is indispensable to do warm-up exercises, e.g. jogging, squatting, leg lifting, leg pressing, pronunciation, waist twisting, arm movement, etc., to make the body sweat slightly and heat up, generally for 5-10 minutes.

### **Second: adjust the height of the seat, the front and rear position and the height of the handle of the fitness bicycle.**

To make the best of exercise and ride the bicycle as efficiently as possible, please make sure that your seat has been adjusted in a correct manner. This will also make you feel more comfortable. 1. adjustment of the height of the seat: sit on the seat, put your feet on the pedal so that the toe ball is above the shaft of the pedal. When the pedal is at the lowest point, you will see that your knees are slightly bent at an angle of 25-30 degrees. The pedal force in this position is the greatest and will make you most comfortable. The seat may be too high if your hips swing back and forth on the seat, and it is necessary to lower the seat in this case.

2. Front and rear adjustment of the seat: When the two pedals are at the same distance from the ground, the front knee should not exceed the toe during your sitting on the seat, but you cannot sit too far back, and the angle between the calf and the instep of the front leg should not be greater than 90 degrees.

3. Adjustment of the height of the handle: After adjusting the seat, adjust the handle to a height slightly higher than the seat; keep your back as straight as

possible, particularly those who are obese and whose core force is relatively weak. If not used properly, it is likely to hurt the lumbar spine.

4. Be sure to tie your shoelaces, then put them into the fixing sleeve of the pedal and fasten the drawstrings, which can make you put more force on the pedal during exercise. The muscles in exercise play a more effective part in pedaling practice.

### **Third: correct postures on the fitness bicycle**

Wrong riding postures will influence the exercise effect and cause harm to the body. For instance, non-standard movements, such as bowing to the waist, legs curled outward and pedaling, are therefore incorrect postures during riding.

Correct sitting postures: lean forward, straighten your arms, tighten your abdomen, adopt abdominal breathing method, make your legs parallel to the beam of the bicycle, coordinate knees and hip joints, and pay attention to catch the rhythm of riding.

Correct pedaling postures: correct pedaling should cover four coherent movements: pedaling, pulling, lifting and pushing. Step your foot down first, then retract your calf backwards, then lift it up, and finally push it forward. In this way, a round is just completed. Good pedal rhythm can not merely saves physical output, but increases speed as well.

### **Fourth: ride the fitness bicycle by yourself at the right speed**

Frequency and intensity are the basic principles of exercise. At first, it is recommended that you can set the appropriate frequency and then increase the amount of exercise. Ordinary people pedal and rotate around 60 to 80 times per minute. When riding the bicycle each time, warm up at a low speed first, and then ride it for more than 20 minutes at medium and high frequencies, and your body may sweat slightly.

### **Fifth: different riding methods correspond to different purposes, but you should ride within your capabilities. Please stop training if you feel unwell**

#### **1. To lose weight by training**

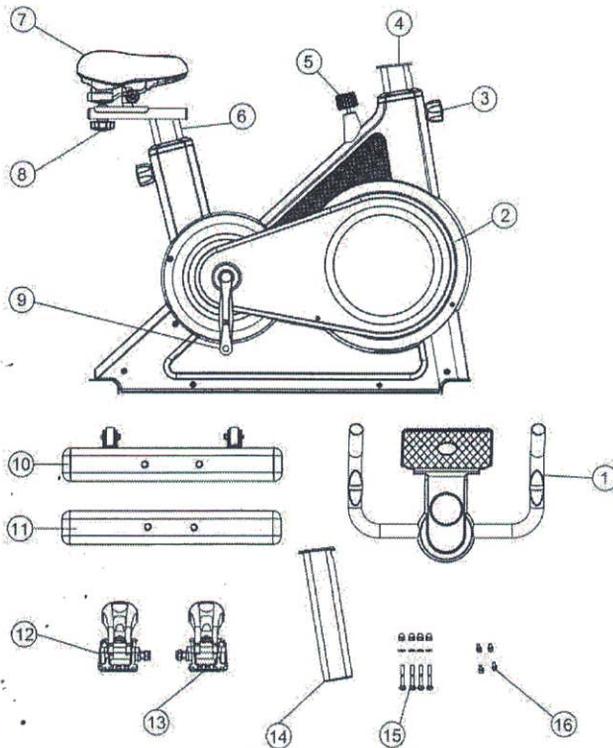
Aerobic exercise can be taken for those who wish to lose weight by cycling, that is, the feeling of resisting physical load should be adjusted without exertion. The intensity of this exercise mode should be moderate, generally more than 30 minutes, to decompose fat. Thus, it is most suitable to ride the

bicycle for 30 to 40 minutes, with a heart rate of 100-110 beats/min.

## 2. To build muscles by training

Exercise your muscles by riding the fitness bicycle. Choose to resist easily, warm up slowly for 5 minutes, then ride the bicycle at a high speed for around 5 minutes, with a heart rate of 170-180 beats/min, and then gradually slow down for 5-10 minutes, so that your heart rate can return to 100 beats/min or lower. In this way, you can even do several rounds and take a rest for 3-5 minutes in between.

## 3.Parts Drawing

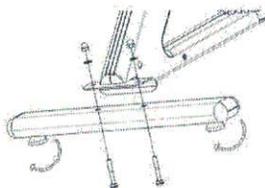
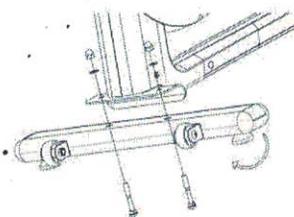


1. Armrest	2. Body	3. Pull pin ball	4. Armrest fixing base
5. Brake knob	6. Cushion fixing base	7. Seat	8. Torx nut
9. Crank	10. Front foot tube	11. Rear foot tube	12. Left pedal
13. Right pedal	14. Armrest fixing base	15. Foot tube fixing nut and gasket	16. Armrest fixing seat screw

## 4. Instructions for Installation Steps

Instructions for Assembly: before assembly, please check whether the accessories are complete based on the Parts Drawing. The gross weight of this product is 28kg, the net weight is 25kg, the base area is 64cm\*100cm, and the height of the whole bicycle is 120cm after installation. It is recommended that it should be installed in an open place by two or more people in collaboration.

1). Take out the rear foot tube and put it into the strip hole at the rear of the frame, put the flat pad 810 and the spring pad G10 on the bolt in turn, then put on the cap nut and lock it with our special open-ended wrench. (The installation method of the front foot tube is the same as above.) (Note: the product may touch the ground with three feet after the front and rear foot tubes are installed. At this time, the height of the black foot pad under the foot tube can be adjusted to balance the product.)

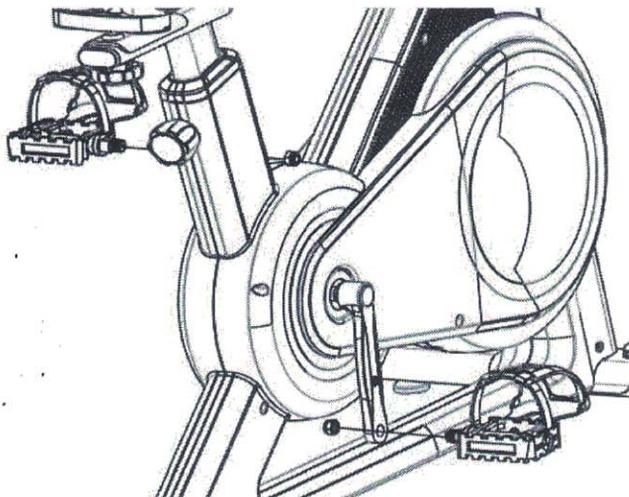


2). You will find that the pedal taken out is marked with "L" and "R". Take out the pedal marked with "R", take off the nut on the pedal, then insert it into the threaded hole of the right crank, turn a part clockwise until it stops, then lock it

with our special open-ended wrench, and finally screw the nut in a little by hand and tighten it with our open-ended wrench. Take out the pedal marked with "L", take off the nut, insert it into the threaded hole of the left crank, rotate a part counterclockwise until it stops, then lock it with our special open-ended wrench, and finally screw the nut in a little and tighten it with our open-ended wrench. (Note: the crank is also marked with "L" and "R", which correspond to the marks on the pedal. If it is installed backwards, the sliding wire of the crank may damage the product as a result.)

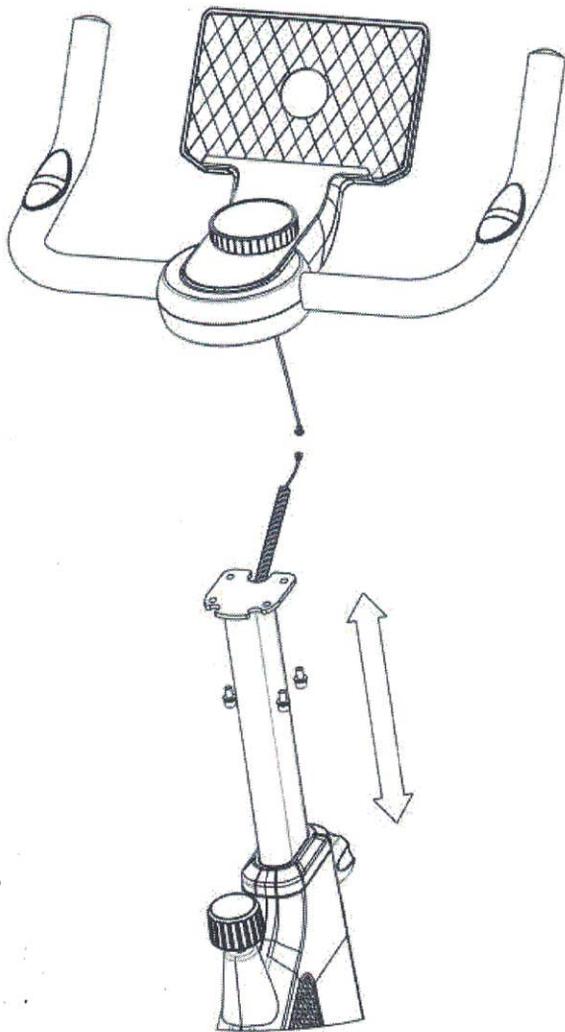
Moreover, the pedal must be locked, otherwise the pedal may fall off after being used for a long time. It is also necessary to distinguish between left and right. The pedal marked with "L" is provided with a blue anti-slip nut corresponding to the inner ring, and the pedal marked with "R" is provided with a white anti-slip nut corresponding to the inner ring).

Note: The pedal in the schematic diagram may be different from the goods in kind, and the picture is only used for illustration



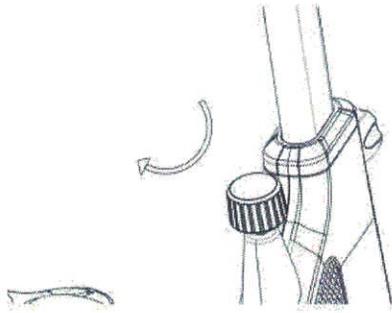
3).First install the armrest fixed seat into the head pipe,unscrew the pull pin ball and put it outward.then inset the armrest fixed seat to the appropriate depth,release the pull pin ball,and then move the armrest fixed seat up and down to insert the pin to the corresponding hole of the armrest fixed seat (there are many holes ,depending on the height need),Finally ,tight the full pin ball .

4).Take out the armrest ,connect the line on the armrest fixing base with the line on the armrest ,align the four strip holes on the armrest with the threaded holes on the armrest fixing base ,put a flat pad on the armrest and insert the cheese head screw and then lock it with an Allen key .

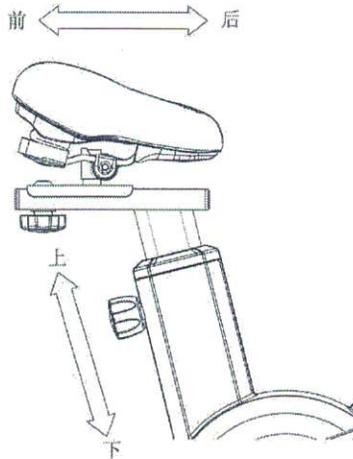


5). Put the connected wire into the hole of the armrest fixing base to prevent the internal wire from falling off and damaging

6). As demonstrated in the figure, turn the ball head of the brake clockwise, which will become small as the resistance of the fitness bicycle increases. In case of an emergency, please press the ball head of the break hard by hand, and the fitness bicycle will stop quickly so as to prevent injury.



7). Pull open the pull pin of the ball head, lift the fixing seat of the seat cushion until it is at a proper height, loosen the pull pin of the ball head, and lock the pull pin of the ball head after making the pin penetrate into the small hole of the fixing seat of the seat cushion. (Loosen the locking bolt, move the seat cushion back and forth, and lock the bolt after adjusting the seat cushion to a comfortable position.)



## 5. Daily Maintenance and Troubleshooting

### Daily Maintenance

1. Regularly check this product to see whether there are any damaged or loose parts.
2. Regularly lubricate and maintain the connecting parts of all rotating components and main components.
3. Before each use, please check whether the handrails, seat cushions and other parts are fastened properly, and whether the pedal part is loose, etc. If it is loose, please lock it tightly and replace the defective parts in a prompt manner.
4. Clean the fitness bicycle on a regular basis, use soft cloth and neutral detergent rather than any solvent or corrosive detergent.
5. Do not repair the bicycle by yourself for any problems associated with the main bicycle body, bearings, belts and rotating wearing parts, and feed it back to the dealer and the after-sales agency in a prompt manner.
6. The brake seat inside the bicycle body are wearing parts. If abnormal noise is heard or the resistance is abnormal during the movement, the shell should be removed to check whether the internal brake seat is worn or not (it will be deemed worn if the thickness of the middle part of the brake cotton is less than 2mm). The brake seat should be replaced immediately if it is worn.
7. Avoid direct sunlight, particularly the electronic watch will be easily damaged as a result. Please put the fitness bicycle in a clean and dry environment and keep it away from children.

Note: Where there is any problem with the above contents, please be sure to leave the fitness bicycle idle until it is repaired.

### Troubleshooting

1. Troubleshooting of the shaking of the fitness bicycle during its use: turn the knob at the foot tube as appropriate until the fitness bicycle becomes stable.

2. If the handrail shakes, the pull pin of the ball head in front of the head pipe can be adjusted.

3. Troubleshooting of squeaking noise of the fitness bicycle during its use: Please check whether the bolts are loose and guarantee that the bolts are well tightened.

#### Product Parameters

Brand Name: 700

Product Name: Fitness Bicycle

Product Dimensions: 1100 (length) \*530 (width) \*970 (height) mm

Packing Dimensions: 960\*230\*860mm

Net Weight: 30.75KG

Maximum Load Bearing: 120KG

Transmission Mode: belt transmission

Execution Standard: GB17498.1-2008GB17498.10-2008HC household grade

## 6.Performance Monitor instruction

### Please read the following before operating the product

#### a) Click to press :

1) When there is no movement,switch the interface display interface,time countdown setting interface,calorie countdown setting interface ,mileage countdown setting interface,heart rate setting interface

2) When exercising ,turn off the scanning mode,and the interface will display in sequence :time ,mileage,Time, DIST or calories and heart rate (and display CAL AND PULSE)(heart rate will not be displayed when there is no heart rate signal )

b) **Long press:**Long press for 5s to reset the data.

#### c) Rotation:

1) Select the time countdown,mile countdown or calorie countdown mode ,and if the current data is flashing ,turn the knob to set the countdown value in this mode

2) When you start to exercise ,it will automatically enter the scan and the time and mileage value or the calories ,heart rate value(the heart rate not be displayed when there is no heart rate signal ) will automatically switch the display every 8 seconds .

d) After the countdown is over,the buzzer will prompt "Didi",and stop the prompt after five seconds or click the button to stop the prompt.

- e) Power by 4xAA battery (not included).
- f) Bluetooth inside of the bike ,apply App : ZWIFT , Kinomap ,Z-sport

## Z-Sport instruction manual

### 1.Z-Sport Overview

#### 1.1 Operating environment

This APP supports Android version and Apple version.

Android phones: support Android 5.0 and above system versions .

IPhone: Support iOS 9.0 and above system version.

#### 1.2 Software download

Android mobile phone users need to open Google play app store and search "z-sport" to download;

Apple users need to open the app store and search for "z-sport" to download.

If Huawei or Android phones cannot download through that QR code, you can scan the spare code for download



(download code)



(Spare code)

### 2. Email login

#### 2.1 permission allowed

After entering the APP , you need to allow the relevant necessary permissions:

Allow camera permissions: in order to take personalized avatars.

Allow access to photos on the device: Personalize avatar settings in order to access photos taken by the camera.

#### 2.2 Agree to the user agreement and privacy policy

Click " Agree " to enter the login interface.

## 2.3 Email login

1 Enter the correct mailbox (for example: many users write com as con ).

2 Click here to " the Send code ": verification code is sent to the mailbox (if sent more than once, the mailbox still have not received the verification code, replace the mailbox, is likely to be some of your mailbox is set up, resulting in mail is bouncing, verification The code cannot be sent. Or it is because the mailbox has been entered incorrectly).

3 here enter the verification code received mail.

4 The user authority and privacy operation have been agreed, and the user must agree to log in and use.

5 After the above steps 1 , 2 , 3 , and 4 are completed, you can click to enter the software.

6If you don't want to register or use this software, you can click here to exit.

## 3. Equipment Management

### 3.1 Select equipment

Enter this page and select the corresponding equipment, such as spinning, rowing machine, elliptical machine, stepper, walking machine.

As shown in the figure below, click

1 Click here to enter the device management page, you can bind and delete the device.

2 When the device has been bound, click the button " START " to go to the corresponding sports page (only when you enter the software for the first time, you need to bind the Bluetooth device, and the system will enter the home page of the selected device by default. ).

### 3.2 Bind device

To enter this page, you need to allow the necessary permissions:

Allow geographic location permissions: Bluetooth devices need to open secondary permissions to be searched.

Allow opening of location information: The software will automatically obtain the location information when entering the page, and the user needs to manually open the secondary location information.

Regarding the operations on this page, we list them one by one, as shown in the figure below, click

1 Return to the previous interface.

2 Click the area on the left to switch to different devices and manage the corresponding devices.

3 After making sure that the Bluetooth device is working, click here to search for Bluetooth.

4 After the searched device, click here to bind the device. At this point, click Back to return to the Select Device page, and click Start to start the exercise.

### **3.3 Delete device**

After the bound device, after the user replaces the Bluetooth device, or when the software needs to bind other hardware devices, the device needs to be deleted first, and the device can be deleted by clicking the " Delete " button in the figure below .

If you need to bind the device again, perform the binding device process in 3.2 .

### **4. Sports homepage**

1 Click to enter the basic riding.

2 Click to enter 3D multiplayer sports.

3 Click to enter the 3D global online battle.

4 Click to enter 3D teaching riding.

5 Click to enter the settings of the avatar and nickname.

6 Click to enter the device management, you can bind and delete the device.

7 Click to enter the history record, you can query the exercise data summary of the day, the exercise data of this week, and the exercise data of this month according to different devices.

8 Click to enter the sports ranking, and query daily, weekly, and monthly rankings according to different devices.

9 Click to enter the help instructions to solve the problems in the use process.

10 Click to enter the system settings, log out, etc.

11 Click to exit the software.



