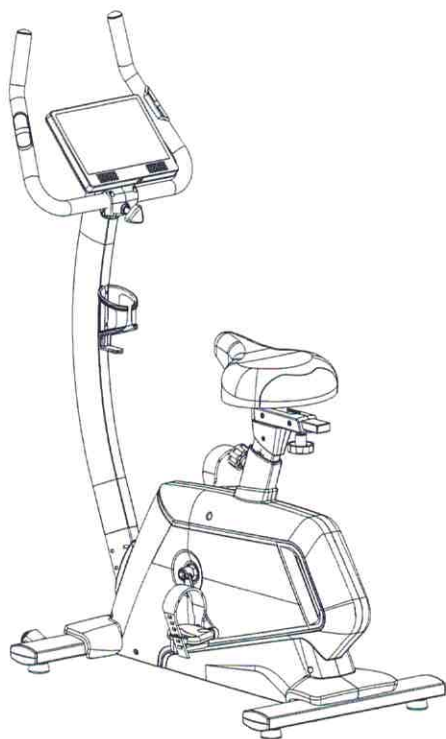


Owner's Manual



Retain this owner's manual for future reference
Read and follow all instructions in this owner's manual

Version 1

Thank you

Thanks for purchasing this product. The product will help you exercise your muscles in the correct way and to improve your fitness – and all this in a familiar environment.

Precautions

WARNING: This exercise bike has been designed and constructed to provide maximum safety. Nevertheless, certain precautions should be taken when using exercise equipment. Read the whole manual before assembling and using the exercise bike. The following safety precautions should also be observed:

- ◆ It is the responsibility of the owner to ensure that all users of the exercise bikes are adequately informed of all precautions. Use the exercise bike only as described in this manual.
- ◆ Keep children and pets away from this equipment at all times. DO NOT leave them unsupervised in the room where this exercise bike is kept.
- ◆ Inspect and assemble all parts regularly. Replace and worn parts immediately.
- ◆ Place the exercise bike on a level surface, with at least 1.0 m of clearance on each side of exercise bike. To protect the floor or carpet from damage, place a mat under the exercise bike.
- ◆ Over exercises, away from moisture and dust. Maintain the using place ventilation. DO NOT use it in the airless place.
- ◆ Don't put any sharp things around the exercise bike.
- ◆ Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise bike. Always wear athletic shoes for foot protection while exercising.
- ◆ Do not use this product if more than 120 kg of weights. Please choose our other series of exercise bikes.
- ◆ Do not put your hands on the moving parts to prevent injuries.
- ◆ Keep your pedaling speed in a controlled way.
- ◆ If you find your exercise bike works abnormal, do not use it immediately.
- ◆ No more than one person should operate the exercise bike at one time.
- ◆ If you feel pain or dizziness while exercising, stop exercising immediately and ask for a doctor.

Safety notice

When you are remedial or have below symptoms, after discussing with your doctor, then could use this exercise bike.

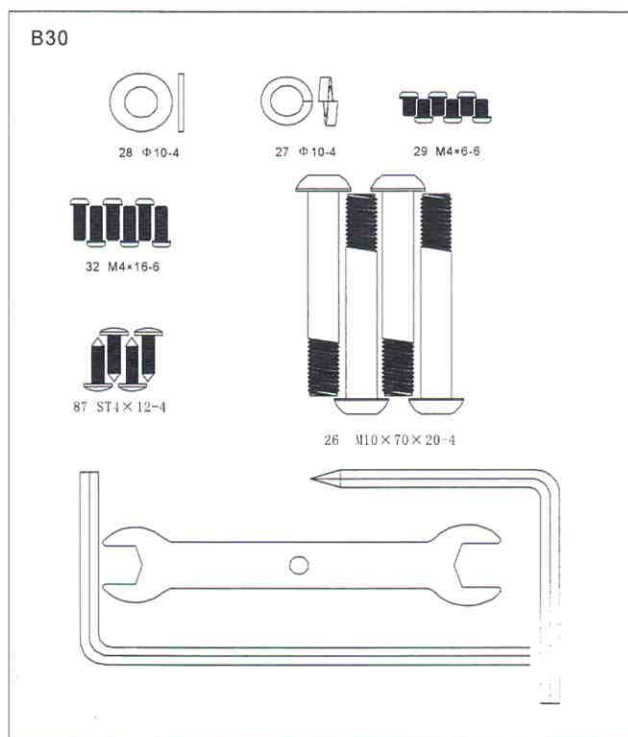
1. Waist pain now and leg, waist, neck hurt before, legs, waist, neck and hand numbly please do not use.
 2. Have anamorphic arthritis, rheumatic and gout.
 3. Have osteoporosis and other abnormality.
 4. Have perfunctory system obstacle (heart disease, blood obstacle, hypertension).
 5. Have breath obstacle.
 6. Using the manpower pulse adjust machine or insert into the body machine.
 7. Have sarcomata.
 8. Have thrombus or other symptoms.
 9. Have diabetes or be caused by diabetes feeling obstacle.
 10. Have skin trauma.
 11. Hyperpyrexia caused by sick(38°C or over 38°C).
 12. Abnormal back bone or back bone bending.
 13. Pregnant or catamenia.
 14. Feel physical abnormality, need convalesce.
 15. Body condition is not very well.
 16. The aim is to healing.
 17. Except the upper symptoms, feel other physical abnormality.
- Maybe cause the accident or the poor body condition.

Before beginning any exercise program, consult your physician. This is especially important for persons overage 35 or persons with pre - existing health problems. To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your exercise bike before using your exercise bike.

Pre-assembly Notes

Open the boxes:

Make sure to inventory all the parts that are included in the box. Check the hardware chart of a full count of the number of parts included for proper assembly. If any of the parts are missing, contact with the dealer.



NO.	NAME	SPECIFICATION	QUANTITY
26	Allen C.K.S. half thread screw	M10×70×20	4
27	Flat washer	Φ 10	4
28	Spring washer	Φ 10	4
29	Philips pan head full thread screw	M4×6	6
32	Philips pan head full thread screw	M4×16	6
87	Phillips C.K.S. self-tapping screw	ST4×12	4
	L-shaped wrench	5×80×80S	1
	L-shaped wrench	6×66×140	1
	Open-end wrench	t4.0×38×145	1

GATHER YOUR TOOLS

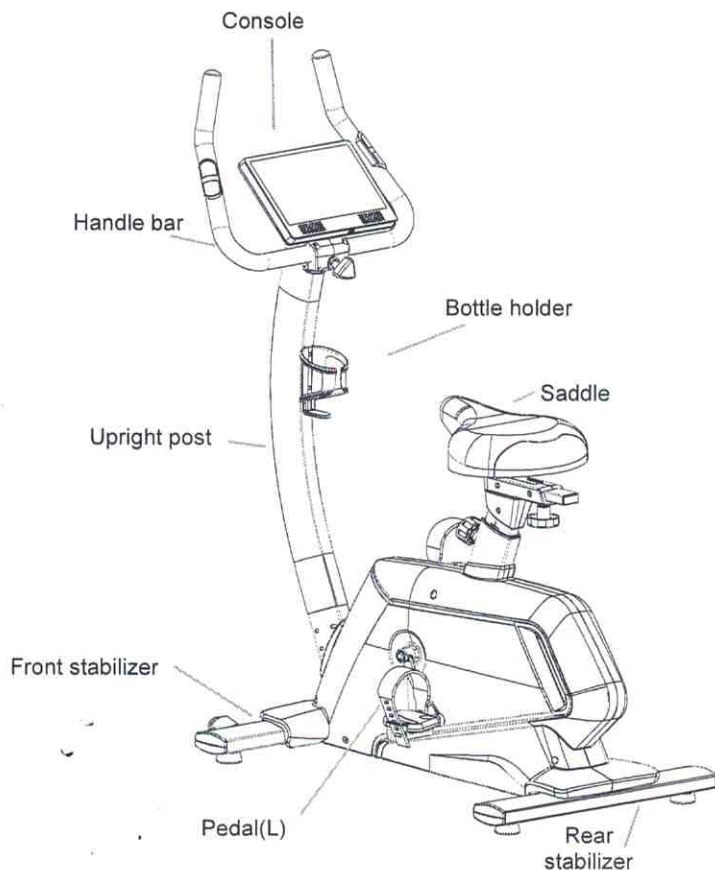
Before starting the assembly of your unit, gather the necessary tools. Having all of the equipment at hand will save time and make the assembly quick and hassle-free.

CLEAR YOUR WORK AREA

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure the space is free from anything that may cause injury during assembly. After the unit is fully assembled, Make sure there is a comfortable amount of free area around the unit for unobstructed operation.

NOTE: Each step number in the assembly instructions tells you what you will be doing. Read and understand all instructions thoroughly before assembling the treadmill.

Product instruction



Technical information

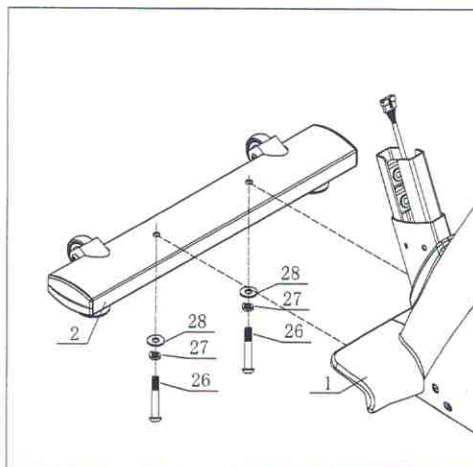
PRODUCT MODEL	B30-V6
DIMENSION	Unfold: 1090x560x1490mm
SPEED RATIO	10.3
FLYWHEEL	Outer magnet with one way: $\Phi 280/9\text{kg}$
SADDLE UP&DOWN	10 level ,270 distance
SADDLE FRONT&BACK	70 distance

*WE RESERVE THE RIGHT TO AMEND THE PRODUCT WITHOUT PRIOR NOTICE.

ASSEMBLY INSTRUCTIONS

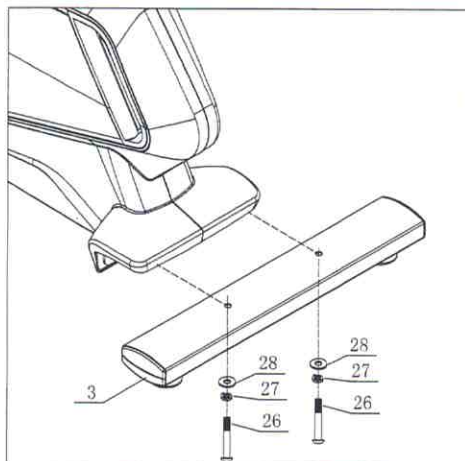
Step 1:

1. Attach the front stabilizer (2) to the main frame (1) with curved washer(28), spring washer(27) and Allen C.K.S. half thread screw(26).



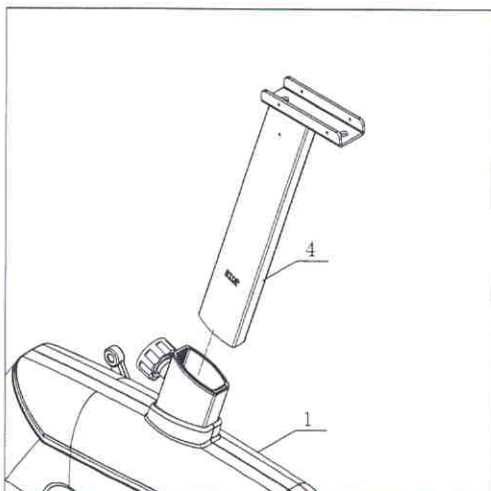
Step 2:

1. Attach the rear stabilizer (3) to the main frame (1) with curved washer(28), spring washer(27) and Allen C.K.S. half thread screw(26).



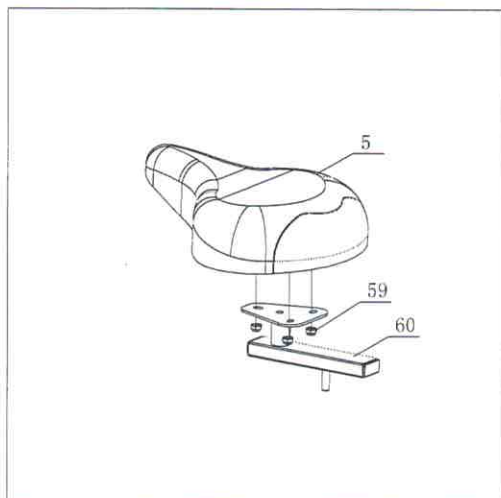
Step 3:

1. Attach saddle post(4)to the main frame(1) .



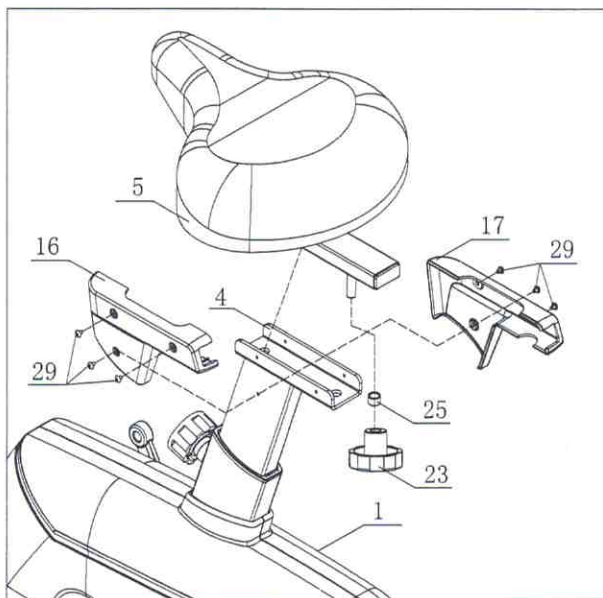
Step 4:

1. Assemble Saddle(5) on Saddle adjustment (60), lock with Hex locking nut (59)



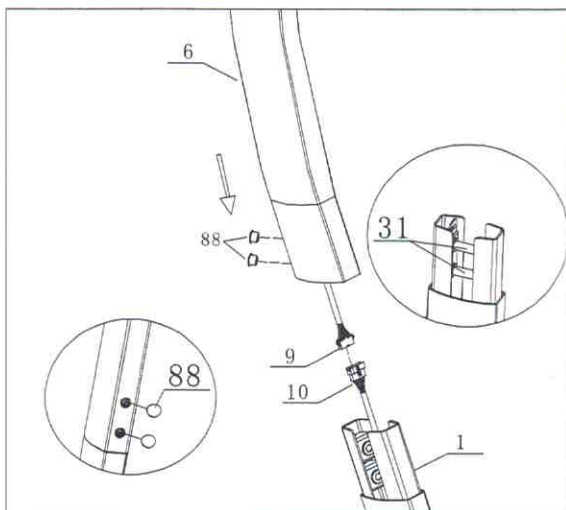
Step 5:

1. Attach saddles (5) to the saddle post (4) with bushing tube (25) and handle knobs (23).
2. Then attach saddle decoration cover (L) (16) and saddle decoration cover (R)(17) to saddle post(4) with Philips C.K.S. pan head full thread screw(29).



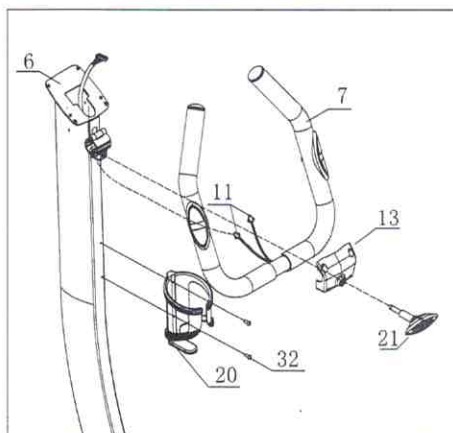
Step 6:

1. Connect motor communication wire (10) and console communication wire(9).
2. Attach the upright post (6) to the main frame(1). Lock the Allen flat end set bolt (31) installed on the main frame, and cover the hole with hole plug (88) after the riser is fixed.
(Notice: the two screws of the upright post should be locked in turn until the riser is firmly locked. When finished tightening one screw, then start on the other screw in turn until tightened the upright post)



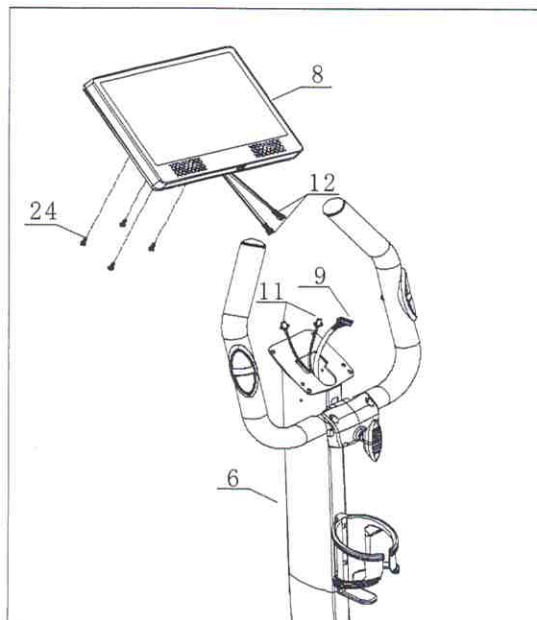
Step 7:

1. Fixed-the handlebar (7). Through handle pulse connection wire (11) out of the upright post (6). Then through the T shape knob (21) out of the handlebar front cover (13). Rotate inside. Notice: T shape knob don't rotate tightly.
2. Attach bottle holder(20) to upper upright post(6) with Philips pan head full thread screw(32)



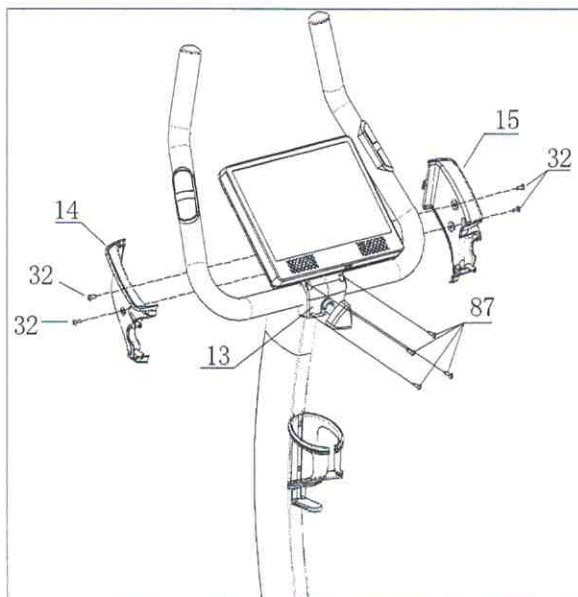
Step 8:

1. Connect console communication wire(9) with back hole of the console. Connect handle pulse connection wire (11) with console outlet(12).
2. Attach console(8) to upper upright post (6) with Philips C.K.S. full thread screw(24).



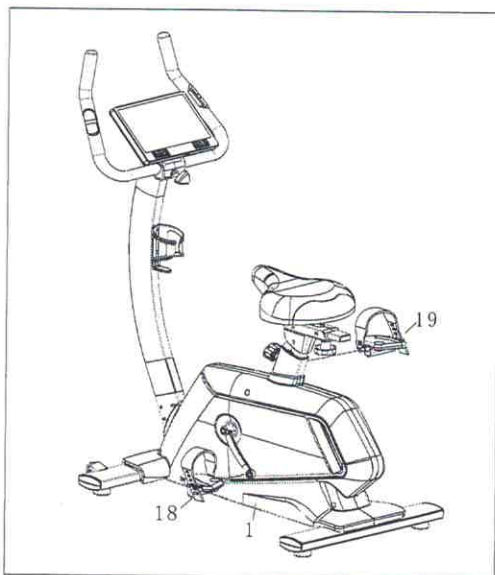
Step 9:

1. Attach the handlebar cover – left (14) and right (15) to the upper upright post (6) with Phillips pan head full thread screw(32)
2. Lock the handlebar front cover (13) with Phillips C.K.S. self-tapping screw(87).
3. Adjust the Pulse tube to the suitable position. Rotate T shape knob tightly.



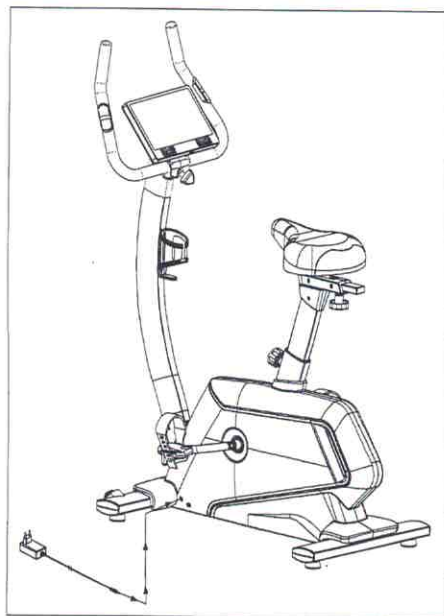
Step 10:

1. Attach the Pedal left (18) and right (19) to main frame(1). Lock them.



Step 11:

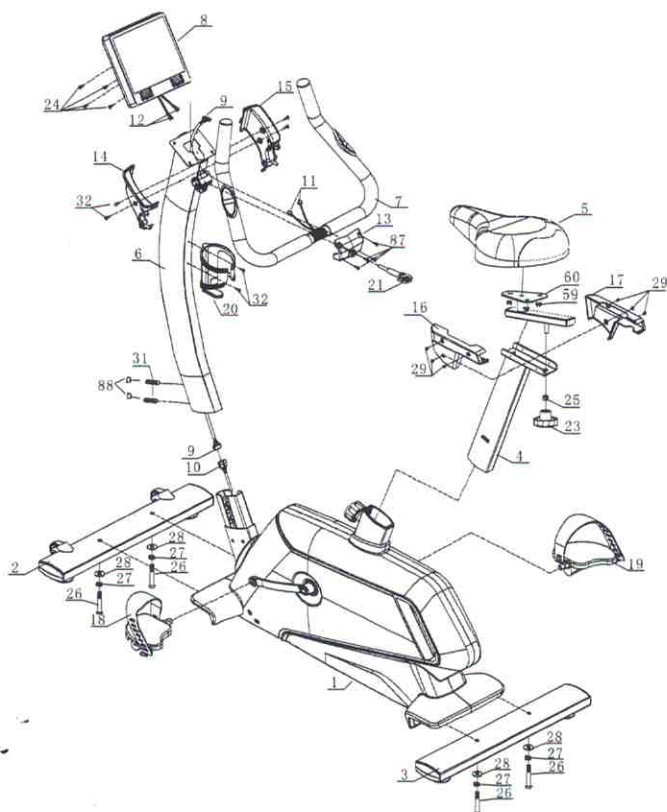
1. Insert the power pugs into power hole as shown below. Assembling finished.



Workout tips:

- 1, User need to put the feet completely inside the pedal, and to adjust the resistance of magnet control according to user.
- 2, Since the machine with double flywheels and it will have huge moment of inertia, when the user stop before high speed, the user should minimize the resistance and lower the speed, to avoid hurt the user's leg by the moment of inertia of left and right pedal
- 3, The machine should be put on flat floor and have enough space for workout

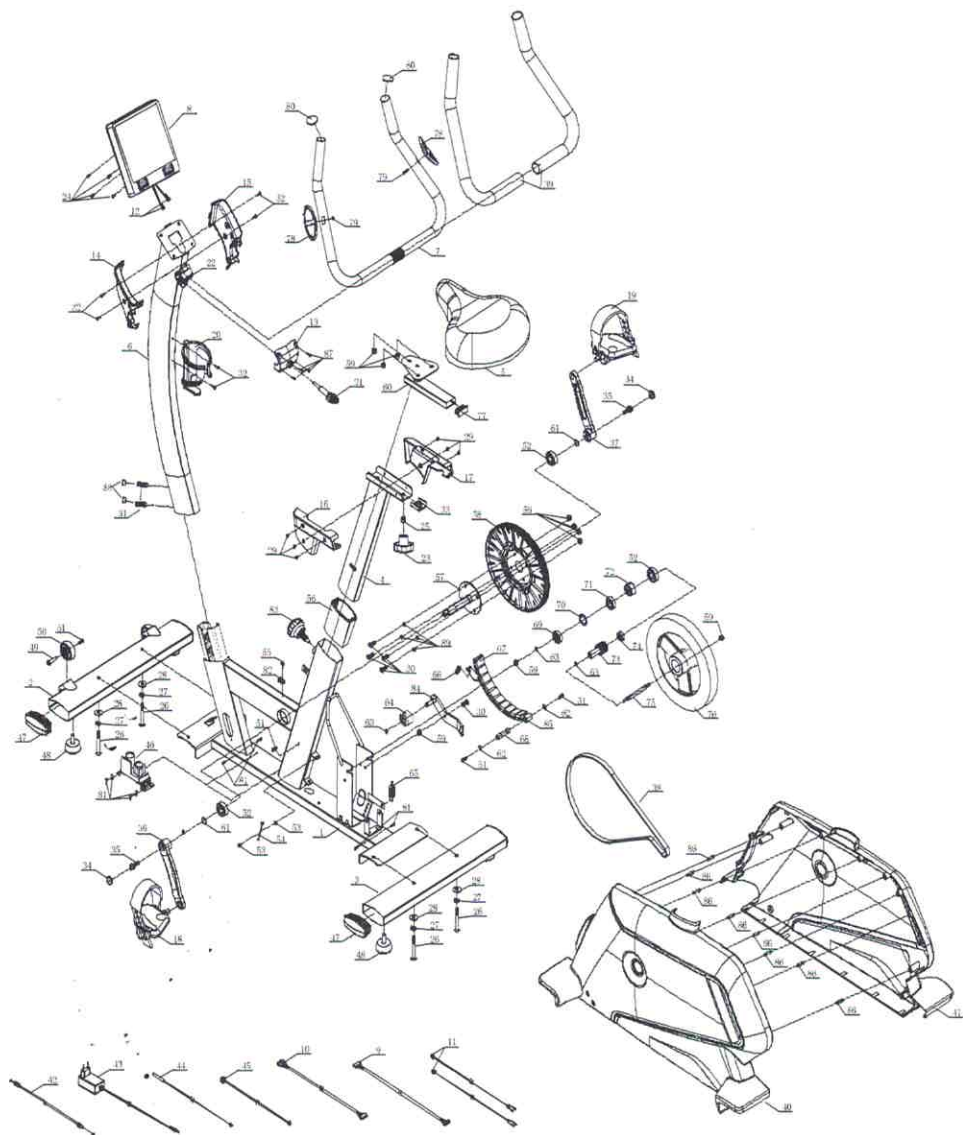
Half-drawing for assembly



Part list

NO.	NAME	DESCRIPTION	QTY
1	Main frame		1
2	Front stabilizer		1
3	Rear stabilizer		1
4	Saddle post		1
5	Saddle		1
6	Upper upright post		1
7	Handlebar post		1
8	B30-V6 Console	10.1" TFT	1
9	Console communication wire		1
10	Motor communication wire		1
11	Handle pulse connection wire		2
12	Console outlet		1
13	Handlebar front cover	89×73.5×35	1
14	Handlebar cover (L)	176.5×53.2×117.5	1
15	Handlebar cover (R)	176.5×53.2×117.5	1
16	Saddle cover(L)	195×28.5×111.8	1
17	Saddle cover(R)	195×31.5×111.8	1
18	Pedal(L)		1
19	Pedal(R)		1
20	Bottle holder	Φ93×150	1
21	T-shaped rotary knob	M8×30	1
23	Handlebar rotary knob		1
25	Bushing tube	Φ25×Φ19×60	1
26	Allen C.K.S. half thread screw	M10×70×20	4
27	Spring washer	Φ10	4
28	Curved washer	Φ10.5×R128×t1.5	4
29	Philips pan head full thread screw	M4×6	6
31	Allen flat end set bolt	M12×60	2
32	Philips pan head full thread screw	M4×16	6
59	Hex locking nut	M8	3
60	Saddle adjustment		1
87	Phillips C.K.S. self-tapping screw	ST4×12	4
88	Hole Plug	Φ15	2

Drawing for assembly



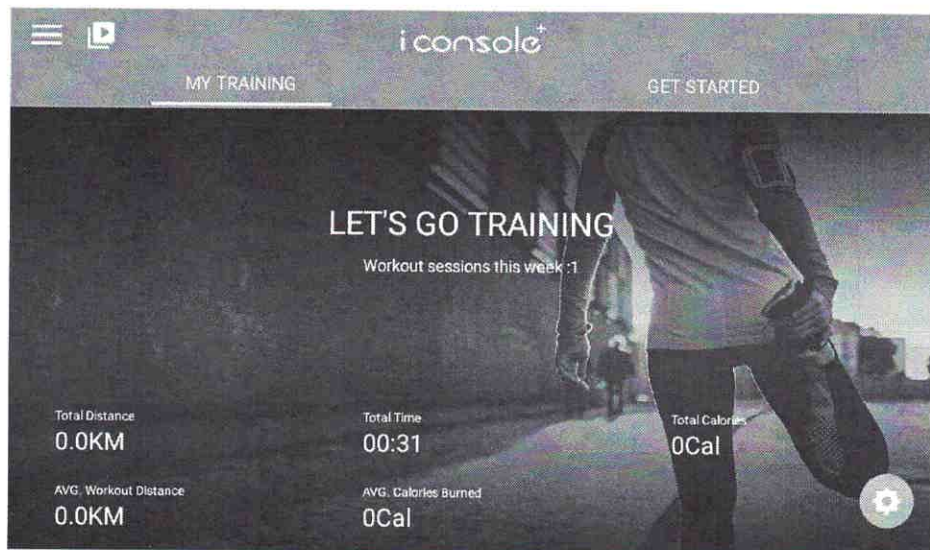
Part list

NO.	NAME	DESCRIPTION	QTY
1	Main frame		1
2	Front stabilizer		1
3	Rear stabilizer		1
4	Saddle post		1
5	Saddle		1
6	Upper Upright post		1
7	Handlebars		1
8	B30-V6 Console	10.1" TFT	1
9	Console communication wire		1
10	Motor communication wire		1
11	Handle pulse connection wire		2
12	Console outset		1
13	Handlebar front	89×73.5×35	1
14	Handlebar cover-Left	176.5×53.2×117.5	1
15	Handlebar cover-Right	176.5×53.2×117.5	1
16	Saddle cover(L)	195×28.5×111.8	1
17	Saddle cover(R)	195×31.5×111.8	1
18	Pedal(L)		1
19	Pedal(R)		1
20	Bottle holder	Φ93×150	1
21	T-shaped rotary knob	M8×30	1
22	Handlebar clamp ring		1
23	Handlebar rotary knob		1
24	Philips C.K.S. self-tapping screw	M5×10	4
25	Bushing tube	Φ25×Φ19×60	1
26	Allen C.K.S. half thread screw	M10×70×20	4
27	Spring washer	Φ10	4
28	Curved washer	Φ10.5×R128×t1.5	4
29	Philips pan head full thread screw	M4×6	6
30	Allen C.K.S. full thread screw	M8×20	5
31	Allen flat end set bolt	M12×60	2

32	Phillips pan head full thread screw	M4×16	6
33	Saddle locking piece		1
34	Crank cover	Φ23×6×M22×P1.0	2
35	Hex flange full thread screw	5/16-18UNC-1"	2
36	Crank(L)		1
37	Crank(R)		1
38	Motor belt	440PJ6	1
39	Foam grip	Φ 32×t3.0×600	2
40	Motor cover - left	974.8×78.7×575.3	1
41	Motor cover - right	974.8×83.2×575.3	1
42	Brake line	L-450×Φ5×Φ1.5×M6	1
43	Power adapter	240V	1
44	Magnetic sensor		1
45	Power communication wire		1
46	Magnet motor		1
47	End cap	45×90×t1.5	4
48	Feet pad	Φ49×22×M10×26	4
49	Allen C.K.S. hollow screw	Φ8×33×M6×15	2
50	Wheels	Φ54.5×23.5	2
51	Allen C.K.S. full thread screw	M6×15	5
52	Deep groove ball bearing	6203-2RS	3
53	Hex nut	M5	2
54	Hex full head screw	M5×60	1
55	Phillips washer head end-cutting and self-tapping bolt	ST4×12	1
56	Saddle post bushing	115×90×45	1
57	Crank axis	Φ17×150	1
58	Belt pulley	Φ263×22	1
59	Hex locking nut	M8	10
60	Saddle adjustment		1
61	Circlip for shaft	Φ17	2
62	Circlip for shaft	Φ12	2
63	Circlip for shaft	Φ10	3

64	Tension wheel	Φ38×22	1
65	Tension spring	Φ18×Φ2.0×16	1
66	Brake tension spring	Φ11.5×Φ1.2×13	1
67	Square magnet	30×25×t12	10
68	Magnetic control axis	Φ12×50	1
69	Deep groove ball bearing	6300-2RS	1
70	Flat washer	Φ34×Φ25×t1.0	1
71	Deep groove ball bearing	6003-2RS	1
72	One-way kingpin ball bearing	Φ35×Φ17×16	1
73	Small belt pulley	Φ30×64	1
74	Deep groove ball bearing	6000-2RS	1
75	Flywheel axis	Φ10×114.5	1
76	Flywheel	Φ280	1
77	Square pipe plug	20×40×t1.5	1
78	Handle pulse		2
79	Philips C.K.S. self-tapping screw	ST4×20	2
80	Round pipe plug	Φ 28×t1.5	2
81	Philips C.K.S. self-tapping screw	ST4×16	8
82	Fixed magnet		1
83	Rotary hand bolt	Φ 9×M16×P1.5×83	1
84	Fixed tension wheel		1
85	Magnet		1
86	Plastic bolt	Φ 9×Φ 6.1×27	8
87	Philips C.K.S. self-tapping screw	ST4×12	4
88	Hole plug	Φ 15	2
89	Spring.washer	Φ 8	4
90	Allen C.K.S. full thread screw	M8×38	1

1. POWER ON (Home page):



A. MY TRAINING: Displays total motion data

B. GET STARTED:

QUICK START / INTERVAL / MAP YOUR ROUTE /Constant

Power/Program/Heart rate Control

Total six modes of exercise for choose

C. System Setting : This page can operate login account/home page/historical data/new linked account/Settings and other functions

D. Volume control: 

E. Brightness adjustment function: 

F. Time zone selection : 

G.WIFI setting function :



H. Bluetooth heartbeat matching function:



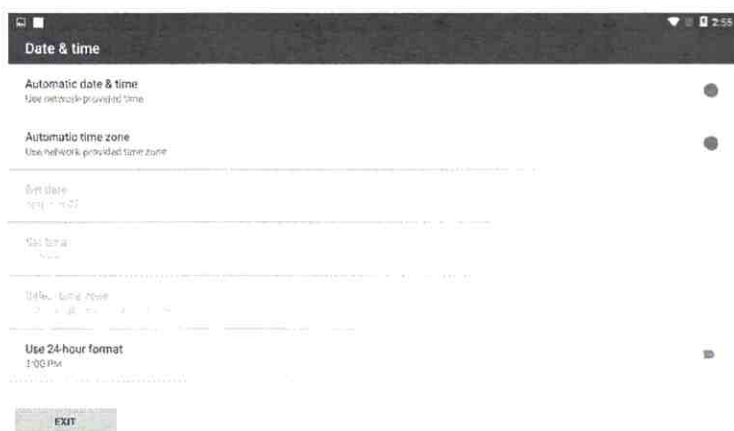
I. Multimedia mode : 

NETLIX、YOUTUBE、SPOTIFY、KINOMAP、CHROME、FACEBOOK、TWITTER、
INSTAGRAM、AMAZON PRIME VIDEO、CAST SCREEN

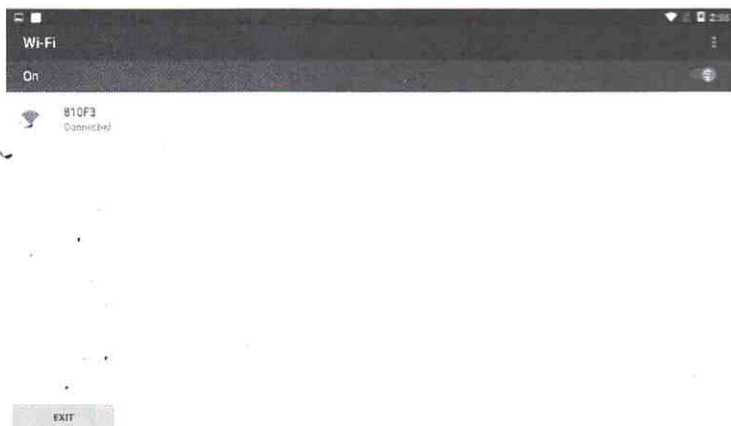
PS.Multimedia APP will be optimized for replacement according to availability.



Data&time setting



WIFI setting





BT PULSE



Device ON/OFF



3. Display Range :

4. Button Function :

ITEM	Description
DISTANCE	• Display the movement distance • Display value range 0.0 ~ 99.9 in Cycle
SPEED	• Display the movement speed • Display Value range 0.0 ~ 99.9
RPM	• Display RPM • Value range 0 ~ 999
TIME	• Display the movement time • Display value range 0:00 ~ 99:59 in Cycle
Heart Rate	• Display the movement heart rate. • Value range 0 ~ 230
HR Zone	• Display the movement HR Zone. • Value range 0% ~ 100%
BAI	• Display the consumption BAI value during the exercise. • Value range 0 ~ 999
WATT	• Display the movement power consumption • Display range 0~999

START/PAUSE: When in starting status press this key ,it will stop training, and when

in stopping mode press this key it will start to work .

STOP: Press this key stop training.

UP: Press this key to increase the load level

DOWN: Press this key to decrease the load level

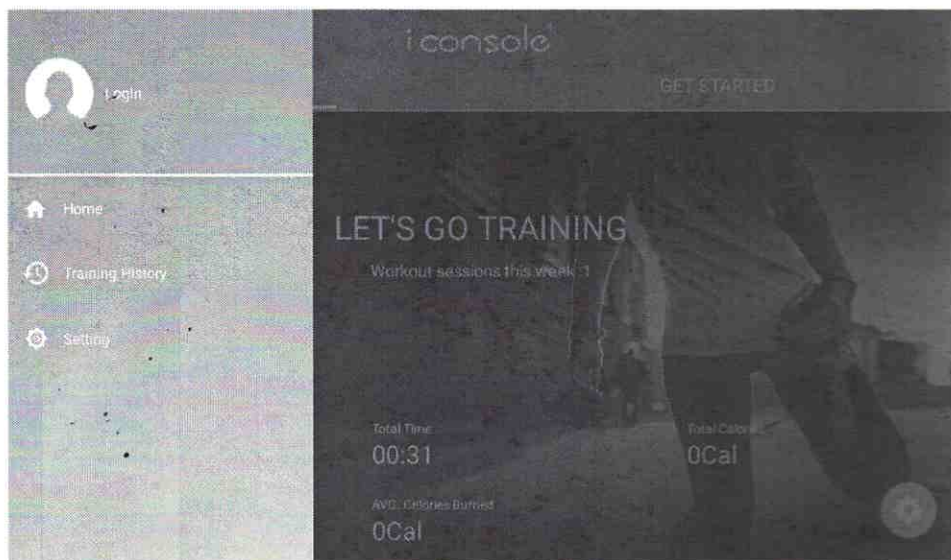
5. SYSTEM SETTING OPERATION :

A. LOGO IN: (photo) Personal information login and create, login account
(Email application)

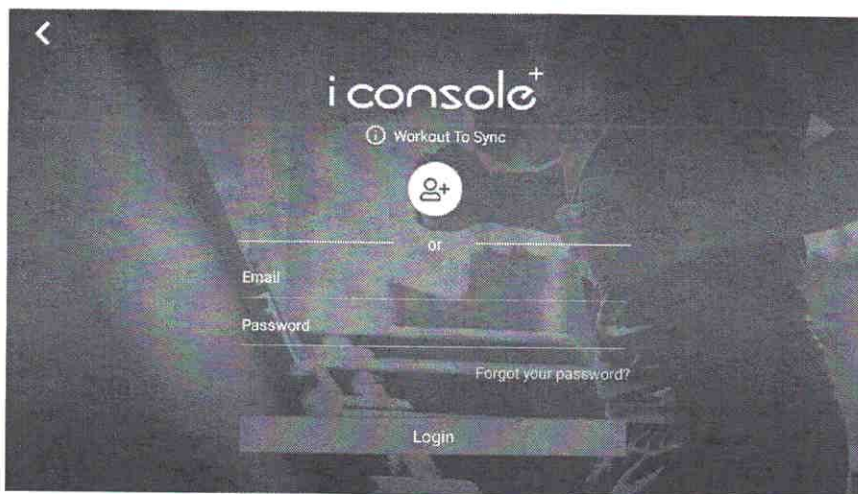
B . HOME: Back to home page

C.TRAINING HISTORY: Exercise information enquiry (login required)

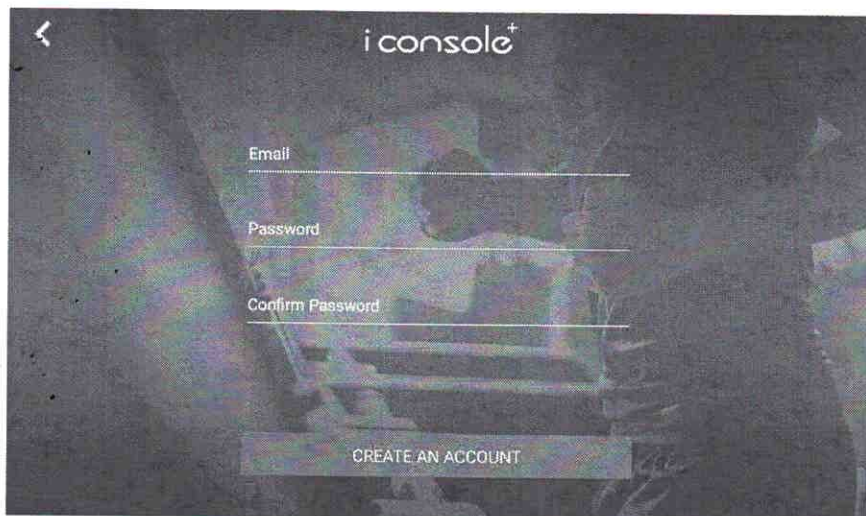
D. SETTING: Setting mode



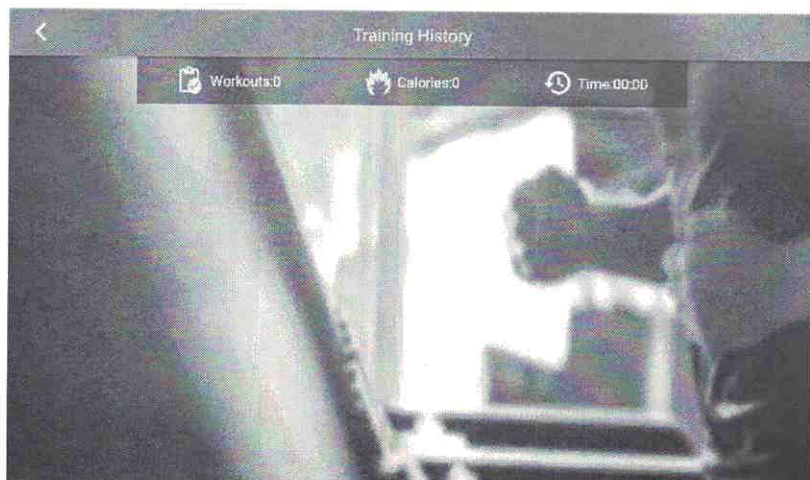
A. Click Logo in (photo) to login the account , enter the email password to log IN.



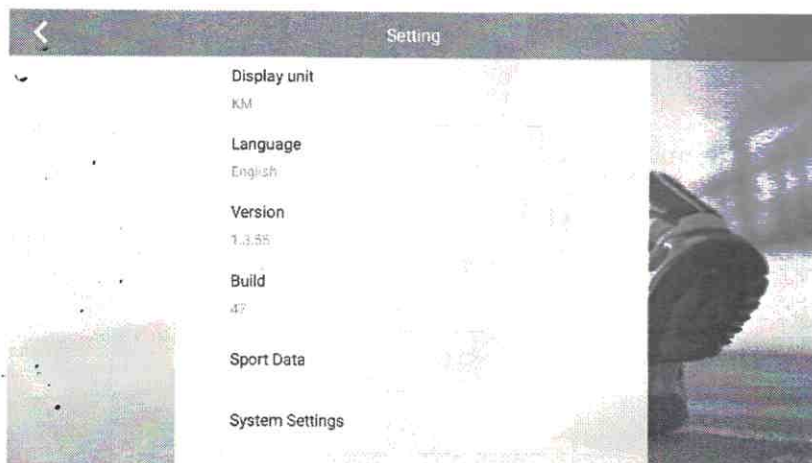
CREATE ACCOUNT

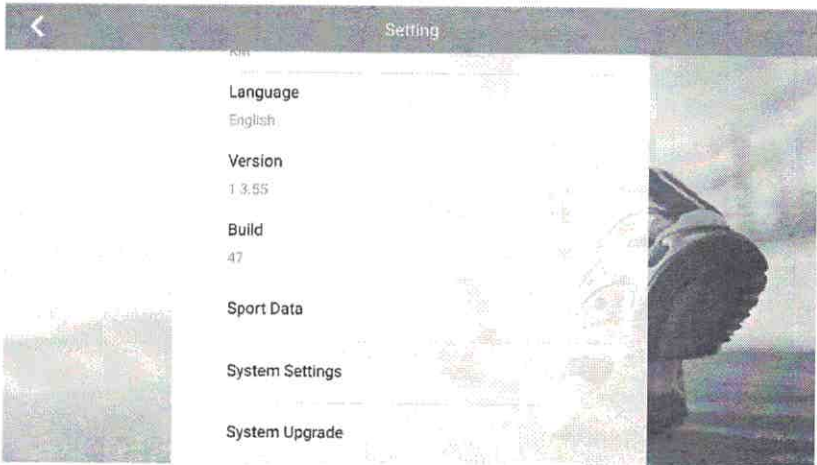


B. TRAINING HISTORY

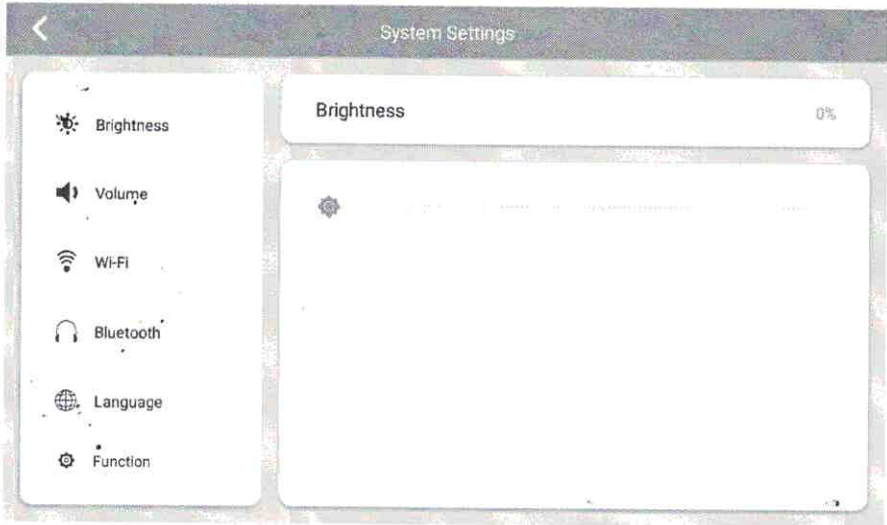


C.SETTING:

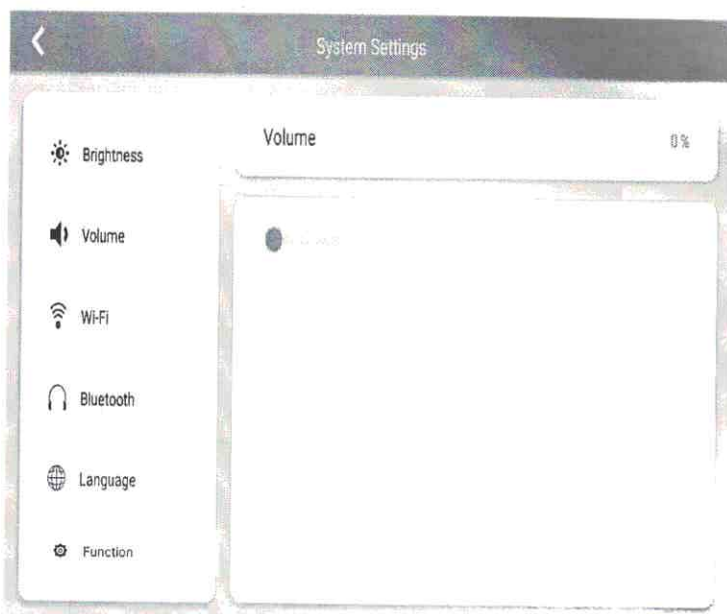




Click SYSTEM SETTINGS to enter into system setting (wifi brightness ,volume ,BT, Language ,KM/ML)
a.Brightness



b.Volume



c. WIFI



EXIT

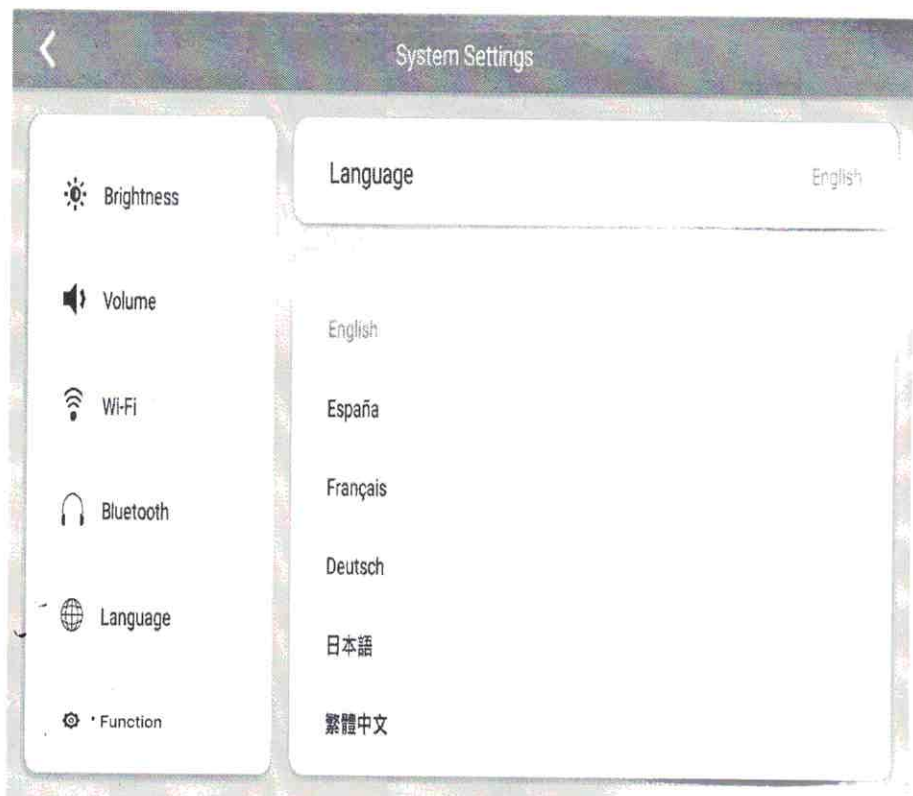
d. Bluetooth device



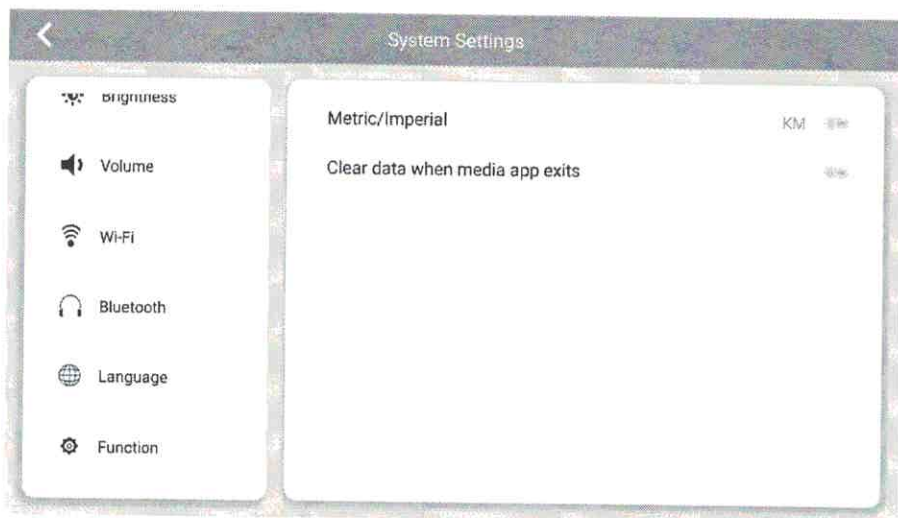
When Bluetooth is turned on, your device can communicate with other nearby Bluetooth devices.

EXIT

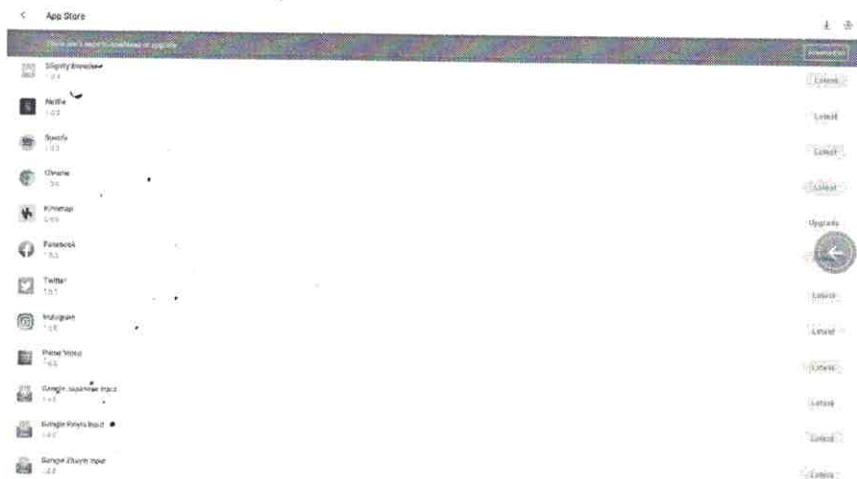
e. language

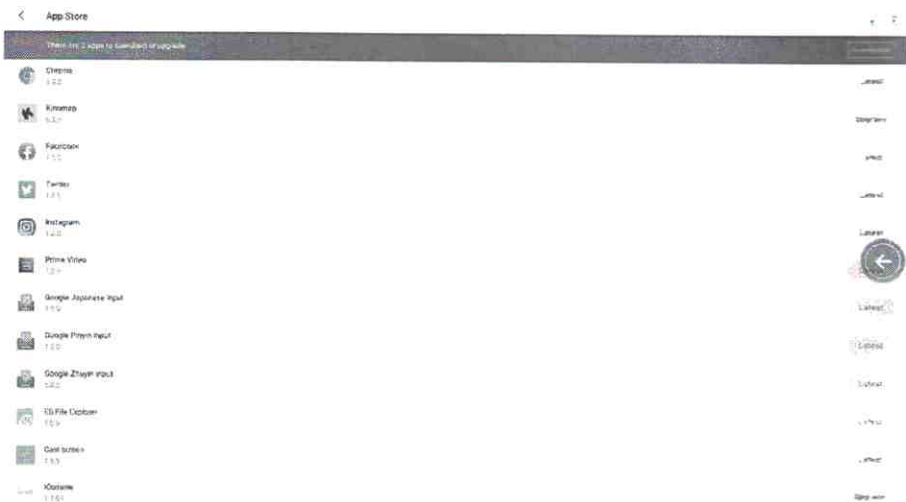


f.Distance Unit



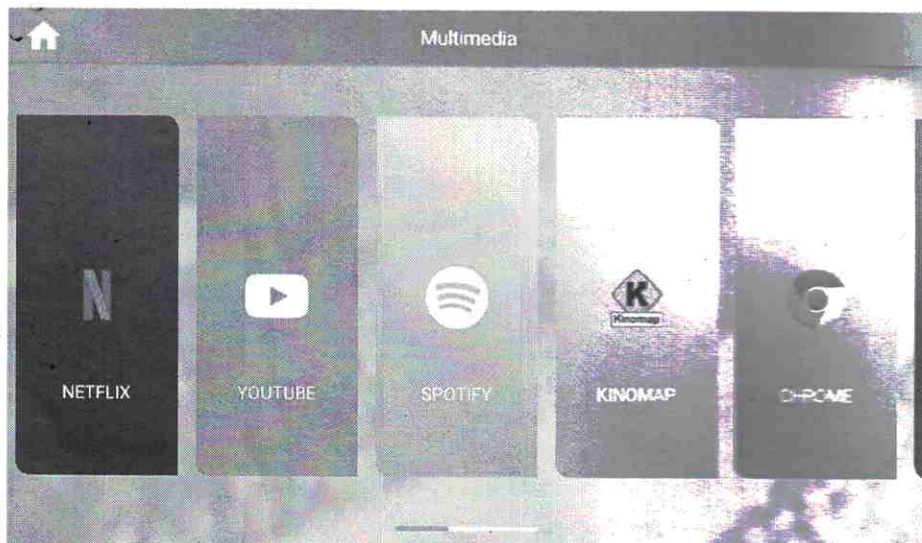
SYSTEM UPGRADE into APP update

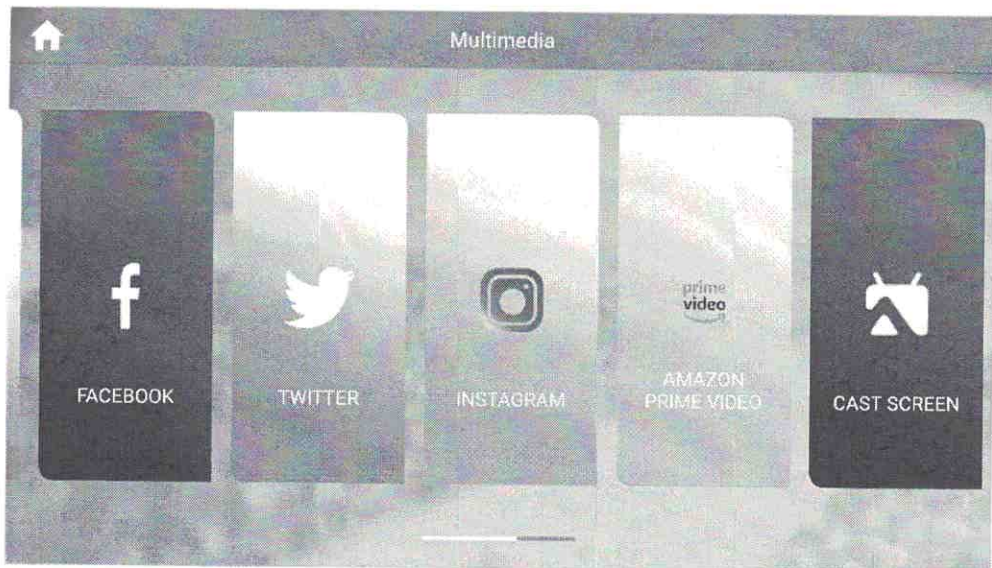




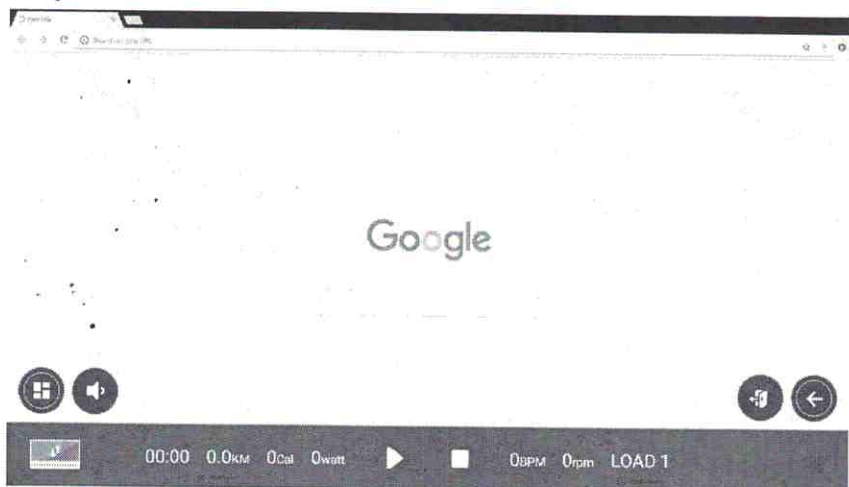
6. Multimedia mode (slide the page left and right to select the APP icon you want to use) :

- A. Select APP: NETFLIX, YOUTUBE, SPOTIFY, KINOMAP, CHROME, FACEBOOK, TWITTER, INSTAGRAM, AMAZON PRIME VIDEO, CAST SCREEN





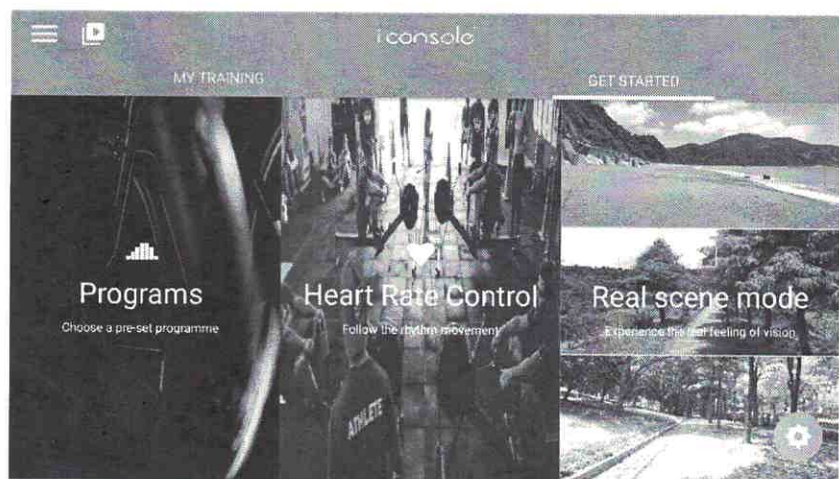
press "  " back to the last system function page., press "  " to the home page ,
 press "  " "to start training ,press"  " stop exercise.



7、Function Introduction

Quick Start / Interval /Map Your Route/Constant Power/Program/Heart rate Control/Real scene mode





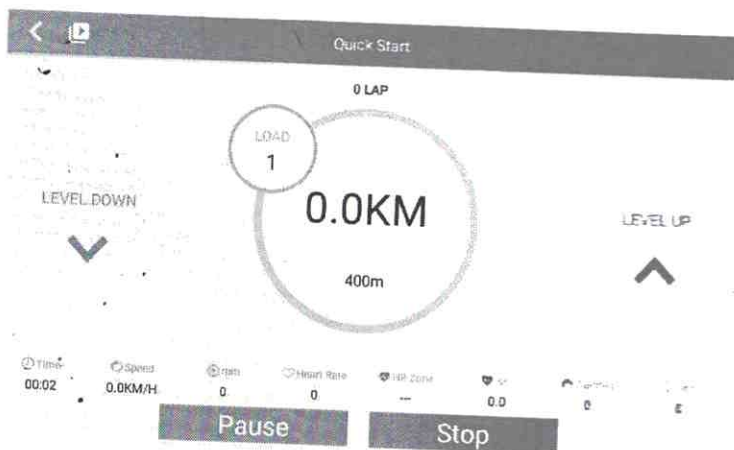
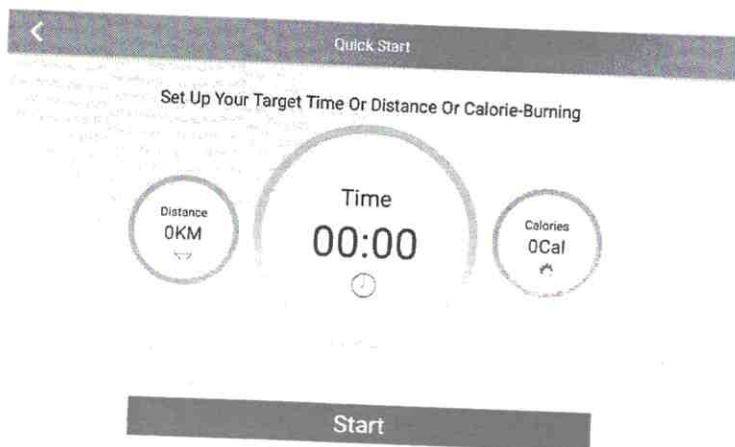
A. QUICK START MODE:

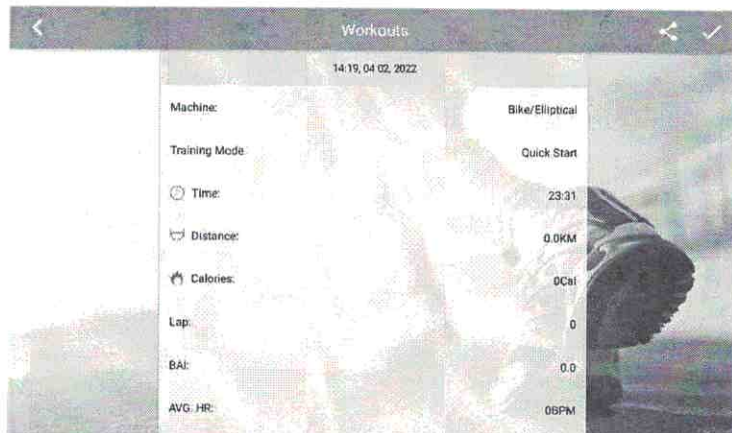
1. Setting the exercise value (DIST/TIME/CAL). Press "START" go to training, data

start to counting .

2. When start training can adjust the LEVEL UP&DOWN , press "PAUSE" enter into break mode, press "STOP" to exit this mode.

C. When finished, the SUMMARY displays .





B. INTERVAL MODE:

A. Can set the functions value of CYCLE /TIME /LEVEL /TARGET RPM separately, press "START" go to training.

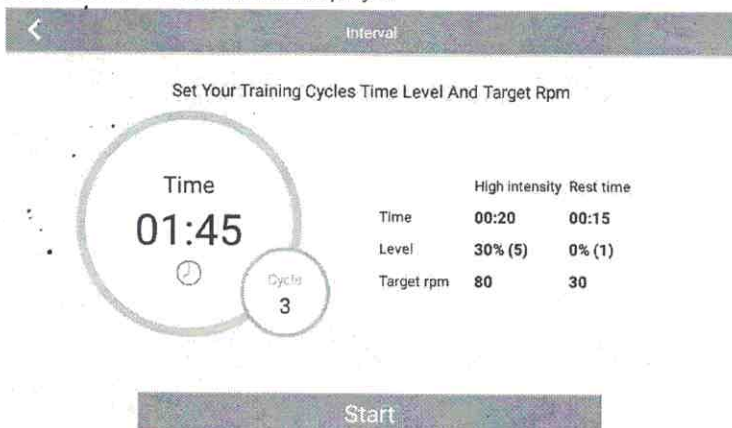
B. Warm up first, then start INTERVAL mode

C. In high intensity time can adjust the load level (display the level as set)

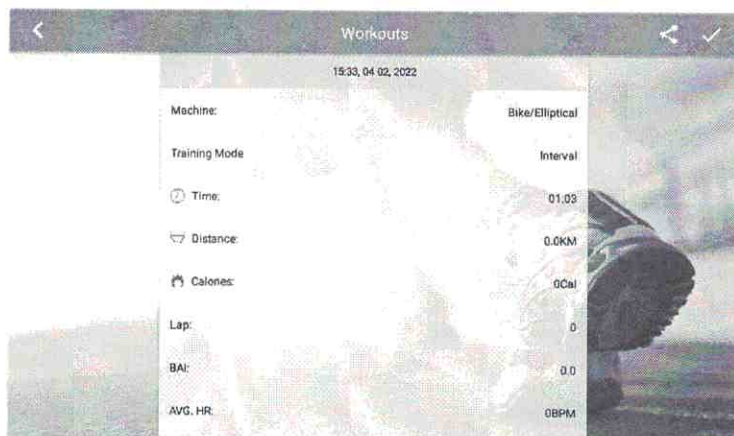
When in rest time adjust the load level, keep display the level as set.

D. Press " PAUSE" enter into break mode, press "STOP" leave this mode.

E. When finished, the SUMMARY displays.





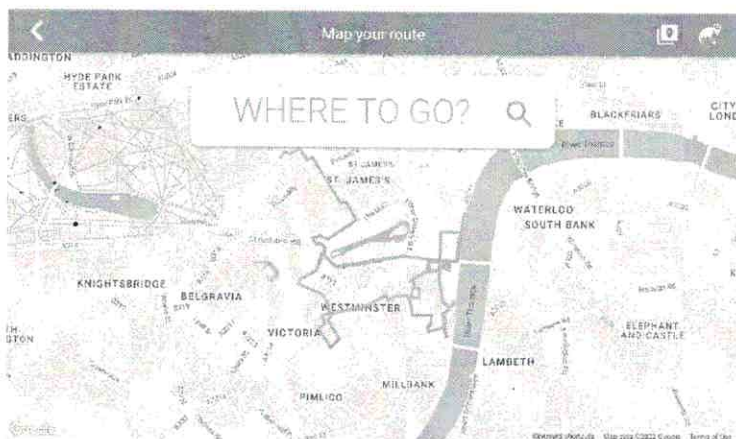


C.MAP YOUR ROUTE MODE:

1. After entering this mode, it will detect the current region, click "📍" load the preset link, distinguish

Chinese and non-Chinese region.; click "🌐" can switch to the world map(GOOGLE MAP) or China Map.

preset "🇨🇳" as the map of China, and "🌐" as the World map.



2. Planning the map road, long press one time will display the start position "📍". long press two times will display the final position "📍", press three times display the turning point "📍" (with the max qty) .

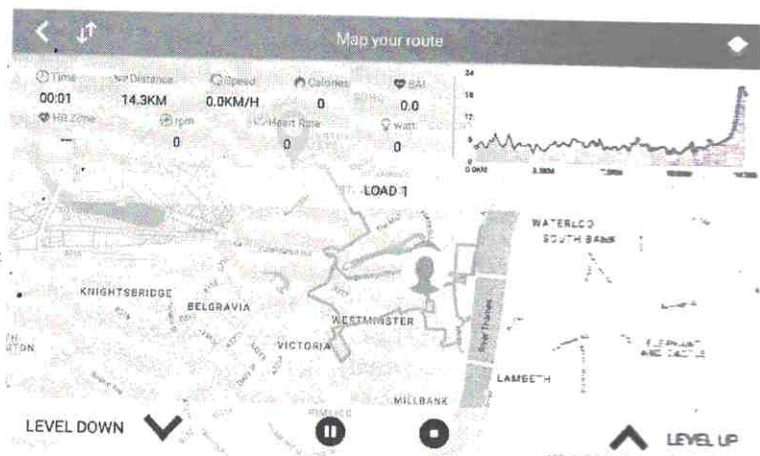


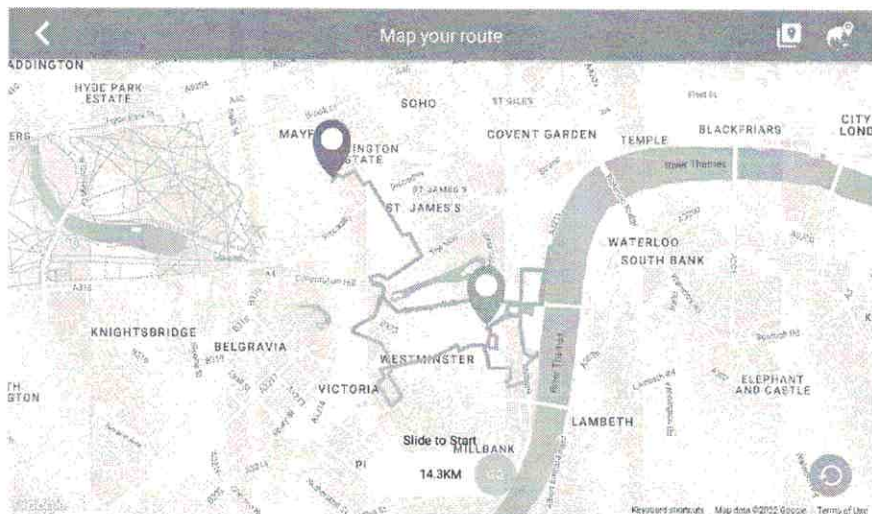
Slide and start training ,press "🔄" can reset the map.

3. Press "📶" display or hide the exercise value, press "🗺️" switch the map/ Google street / satellite mode, and display the map/ Google street / satellite per 3s in cycle. Also user can adjust the LEVEL/INCLINE/FAN. LEVEL will be adjusted according to the slope map .

4. Can adjust the LEVEL UP OR DOWN. press "⏸" go to break mode. press "⏹" leave this mode.

5. When finished, the SUMMARY displays .

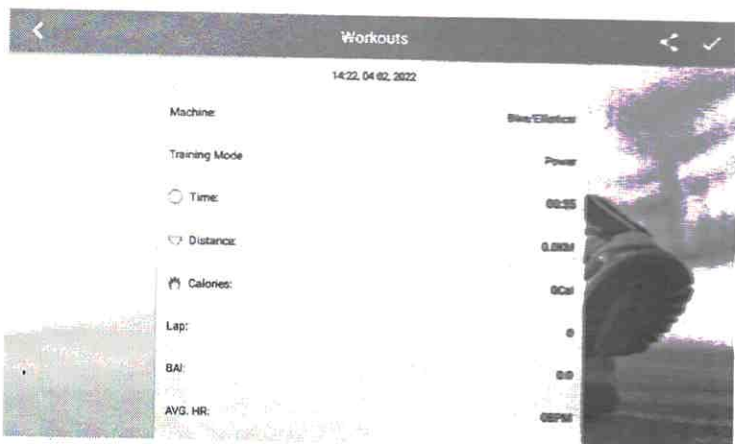
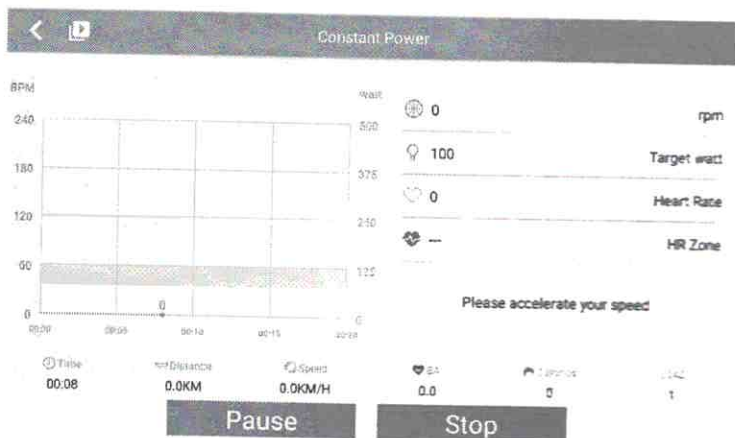




D、Constant Power MODE:

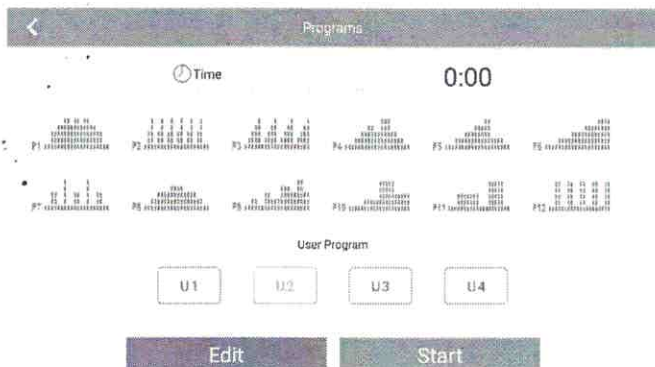
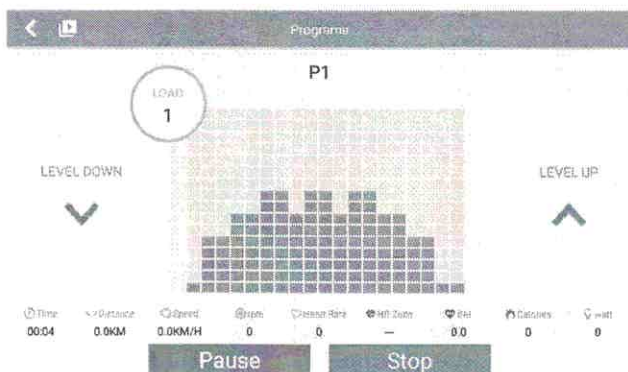
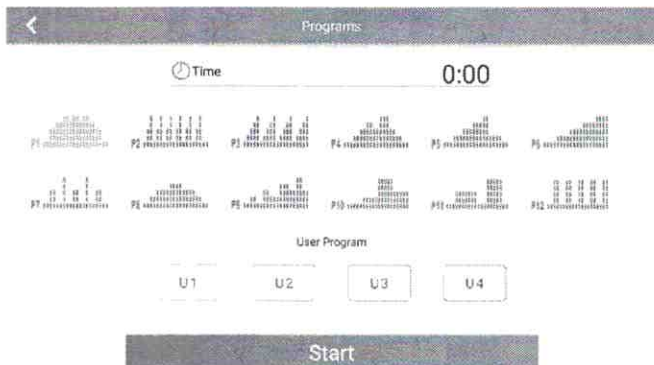
1. User can set TIME/TARGET POWER/TARGET CADENCE , then press "START" go to training.
2. LEVEL will be adjusted according to the value of WATT.
3. Press " Pause " go to break mode, press " Stop " leave this mode.
4. When finished, the SUMMARY displays .





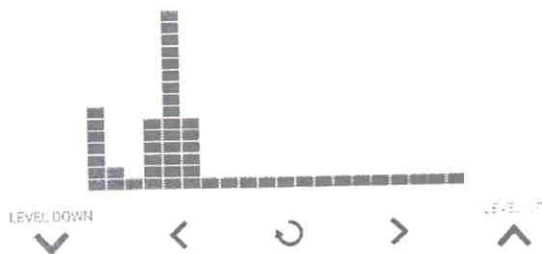
E.PROGRAM MODE:

1. Set the TIME and select P1~P12 PROGRAM&U1~U4 User program setting. press "START" go to training.
And press EDIT into user program setting mode
2. When start user can adjust the LEVEL UP&DOWN , level will be adjusted according to the PROGRAM.
3. Press "PAUSE" enter into break mode, press " STOP" leave this mode.
4. When finished, the SUMMARY displays .



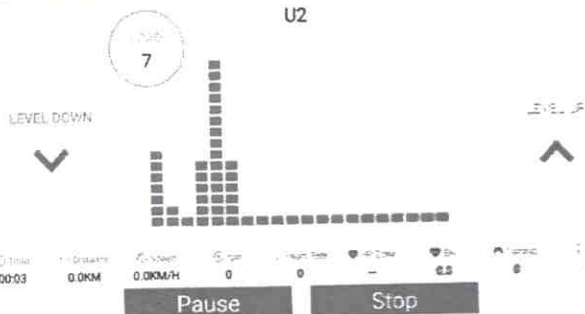
< Program Edit

U2



< Programs

U2



Time 00:03 Distance 0.0KM Speed 0.0KM/H Power 0 Heart Rate 0 Cadence 0.0

Pause

Stop

< Workouts 14:23 04/02/2022

Machine: Bike/Electrical

Training Mode: Program

Time: 00:30

Distance: 0.00KM

Calories: 0Cal

Lap: 0

BAR: 0.0

AVG. HR: 000%

F. HEART RATE CONTROL MODE:

1. User can set the AGE/ TIME/ TARGET 55% 75% 90% TAG PULSE, press "START" go to training.
2. LEVEL will be adjusted according the goal value of heart rate, if not reached the goal value, the load level will increase, if over the goal value level will decrease automatically.
3. If without heart rate input about 40s, it will exit this mode automatically.
4. Press "PAUSE" enter into break mode, press "STOP" leave this mode.
- E. When finished, the SUMMARY displays.



Keep your heartrate in between the heartrate zone you set during the training

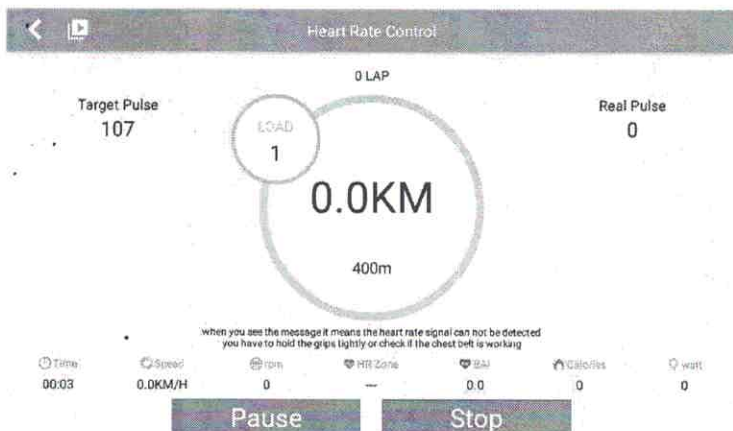
Age 25

Time 0:00

Target Pulse 107 bpm

55% 75% 90% TAG

Start





General fitness tips

1. Warm-up

Do not hold your breath before warming up for 5-10 minutes **before each warm-up.**

2. Breathe

Usually when you are preparing to restore your breath, **inhale with your nose** and spit out your breath with your mouth. The breathing and movement **should be** coordinated, such as breathing too fast. The movement **should be stopped** immediately

3. Frequency

The same part of the muscle should have a rest of 48 hours. **that is, the same part** can only be trained every other day.

4. Load

According to the individual physical condition determine the amount of training, then according to the principle of asymptotic load to practice, the initial training of muscle soreness is a normal phenomenon, as long as continue to practice, soreness can be eliminated.

5. Relax

Do 5 minutes of exercise after each exercise, especially the stretching and relaxation of the muscles of the foot, to avoid long-term muscle condensation, maintain a muscle flexible diet

6. Diet

In order to protect the digestive system, one hour after meals before exercise, training should be at least half an hour before eating, exercise less water, especially drinking water, so as not to increase the heart, kidney burden

Stretching exercises

No matter how fast you walk, it's best to do stretching exercises first. Warm muscles are easier to stretch, so take a 5-10 minute warm-up. Then stop and do the stretching as follows: 5 times, each step for 10 seconds or more; do it again after the workout.

1. Stretch down

The knees are slightly curved, the body slowly bends forward, let the back and shoulders relax, and the hands try to touch the toes. Keep it for 10~15 seconds, then relax. Repeat 3 times (As picture 1 shown).

2. Tendon stretching

Sit on a clean seat cushion and straighten one leg. Put the other leg inward so that it fits snugly against the inside of the straight leg. Try to touch the toes with your hands. Keep it for 10~15 seconds, then relax. Repeat 3 times for each leg (As picture 2 shown).

3. Calf and heel stretch

Hold the wall or tree with both hands and one foot behind. Keep your hind legs upright and your heels on the ground, leaning in the direction of the wall or tree. Keep it for 10~15 seconds, then relax. Repeat 3 times for each leg (As picture 3 shown).

4. Quadriceps stretching

Grasp the balance with your left hand or the table, then extend your right hand backwards and grab your right ankle and slowly pull it toward your hips until you feel the muscles in front of your thighs are tense. Keep it for 10~15 seconds, then relax. Repeat 3 times for each leg (As picture 4 shown).

5. The sartorius muscle (muscle inside the thigh) stretches

The soles of the feet are opposite and the knees sit down. Grasp your feet with both hands and pull them in the direction of the groin. Keep it for 10~15 seconds, then relax. Repeat 3 times. (As picture 5 shown).

