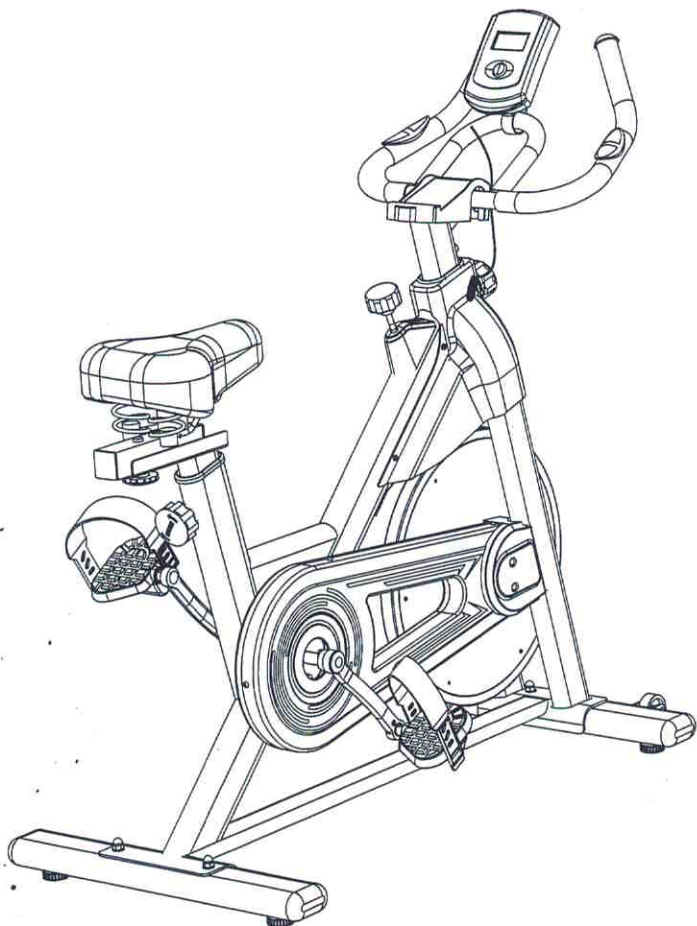


OWNER'S MANUAL

SPIN BIKE

TP1400/TP1401



Product may vary slightly from the item pictured due to model upgrades

Read all instructions carefully before using this product. Retain this owner's manual for future reference

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1. IMPORTANT SAFETY INSTRUCTIONS

WARNING - Read all instructions before using this machine.

It is important your machine receives regular maintenance to prolong its useful life. Failing to regularly maintain your machine may void your warranty.

Please keep this manual with you at all times

- a. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly.

Please note: It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

- b. Before starting any exercise program you should consult your doctor to determine if you have any medical or physical conditions that could put your health and safety at risk, 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.
- c. 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, and extreme shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these symptoms, you should consult your doctor before continuing with your exercise program.
- d. Keep children and pets away from the equipment. This equipment is designed for adult use only.
- e. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 0.6 meters of free space all around it.
- f. Before using the equipment, check that the nuts and bolts are securely tightened. If you hear any unusual noises coming from the equipment during use and assemble, stop immediately. Do not use the equipment until the problem has been rectified.

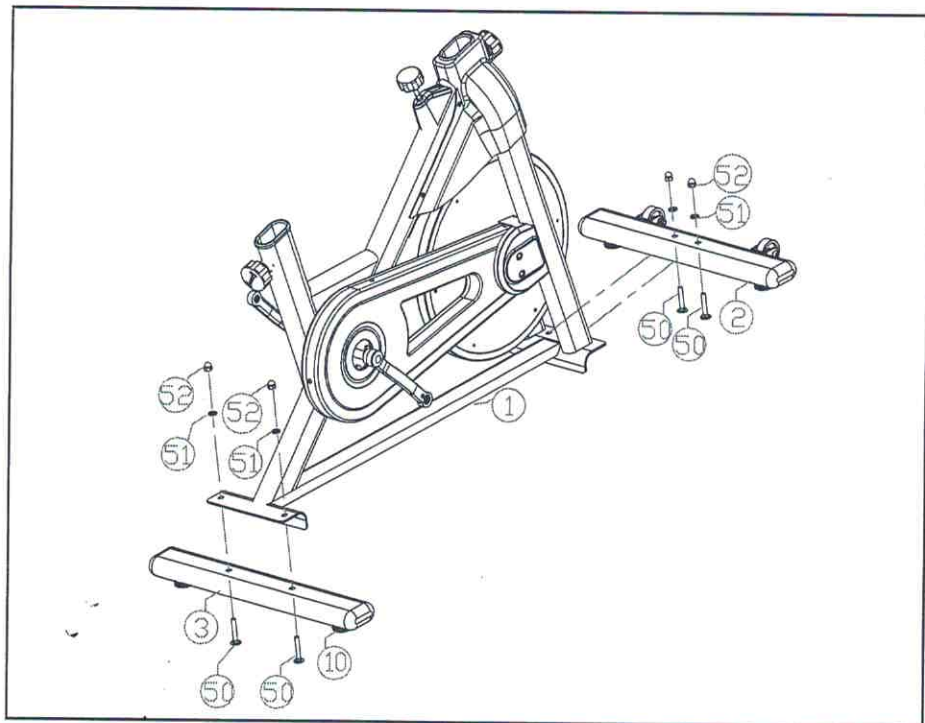
- g. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.
- h. This equipment is designed for indoor and family use only.
- i. Care must be taken when lifting or moving the equipment so as not to injure your back.
- j. Always keep this instruction manual and assembly tools at hand for quick reference.
- k. The equipment is not suitable for therapeutic use.
- l. There are many functions of the computer, which value will show when using the equipment according the amount of exercise, here warmly remind you that the value of heart pulse just give you some reference.
- m. This product is suitable for users weight of:100kgs.
- n. Please be aware the risk caused by the absence of a freewheel system. Please press the brake knob to stop exercising or slow down the speed in case of causing any injury on feet from the compulsory strength from the inertia of the flywheel.

3. PARTS LIST

NO.	PARTS	QTY	NO.	PARTS	QTY
1	MAIN FRAME	1	26	OVAL SLEEVE 40*80	2
2	FRONT STABILIZER	1	27	FLYWHEEL	1
3	REAR STABILIZER	1	28	RIGHT WHEEL COVER	1
4	SEAT POST	1	29	LEFT WHEEL COVER	1
5	HANDLEBAR POST	1	30	Cross recessed pan head screws	4
6	SEAT SLIDER	1	31	BRAKE COVER	1
7	HANDLEBAR	1	32	FRONT FORK COVER	1
8	BRAKE KNOB	1	33	HALF THREAD SCREW M8*50	2
9	END CAP 40*80*1.35	4	34	LOCK NUT M8	2
10	LEVEL FOOT Φ 38*M8	4	35	MOVING WHEEL	2
11	RIGHT PEDAL	1	36	PHONE HOLDER	1
12	LEFT PEDAL	1	37	MONITOR	1
13	RIGHT PEDAL STRAP	1	38	PULSE SENSOR	2
14	LEFT PEDAL STRAP	1	39	HANDLEBAR FOAM	2
15	RIGHT CRANK	1	40	MONITOR HOLDER	1
16	LEFT CRANK	1	41	ROUND PLUG Φ 25*1.5	2
17	OUTER CHAIN COVER	1	42	HEXAGON BOLT M8*16	5
18	INNER CHAIN COVER	1	43	BRAKE SHEET	1
19	BELT PULLY SUITES	1	44	OCTAGONAL KNOB M10	1
20	BELT 500PJ	1	45	SEAT	1
21	BEARING-1 6003	2	46	WASHER Φ 10	1
22	SENSOR WIRE HOLDER	1	47	FLAT END CAP 38*38	2
23	SENSOR WIRE	1	48	FLANGE BOLT M10*1.0	2
24	PHILIPS SCREW 4.2*16	7	49	CRANK PLUG	2
25	SPRING LOCK KNOB M16	2	50	CARRIAGE BOLT M8*53	4
			51	WASHER Φ 8	10
			52	DOMED NUT M8	4
			53	LOCK BOLT	1

4. ASSEMBLY INSTRUCTIONS

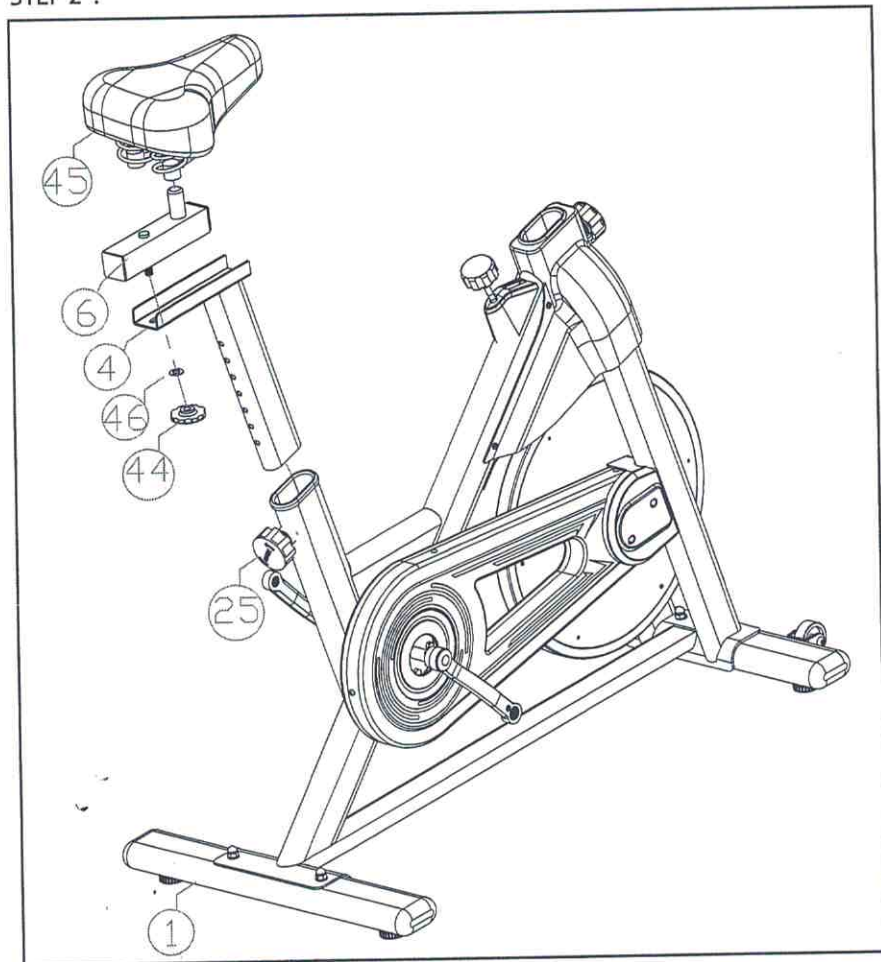
STEP 1



- a. Attach Front Stabilizer (2) to Main Frame (1) using 2pcs of CARRIAGE BOLT M8*53 (50), 2pcs of WASHER Φ 8.(51) and 2pcs of DOMED NUT M8 (52).
- b. Repeat step a to install Rear Stabilizer (3) to Main Frame (1).
- c. **Lever the machine**

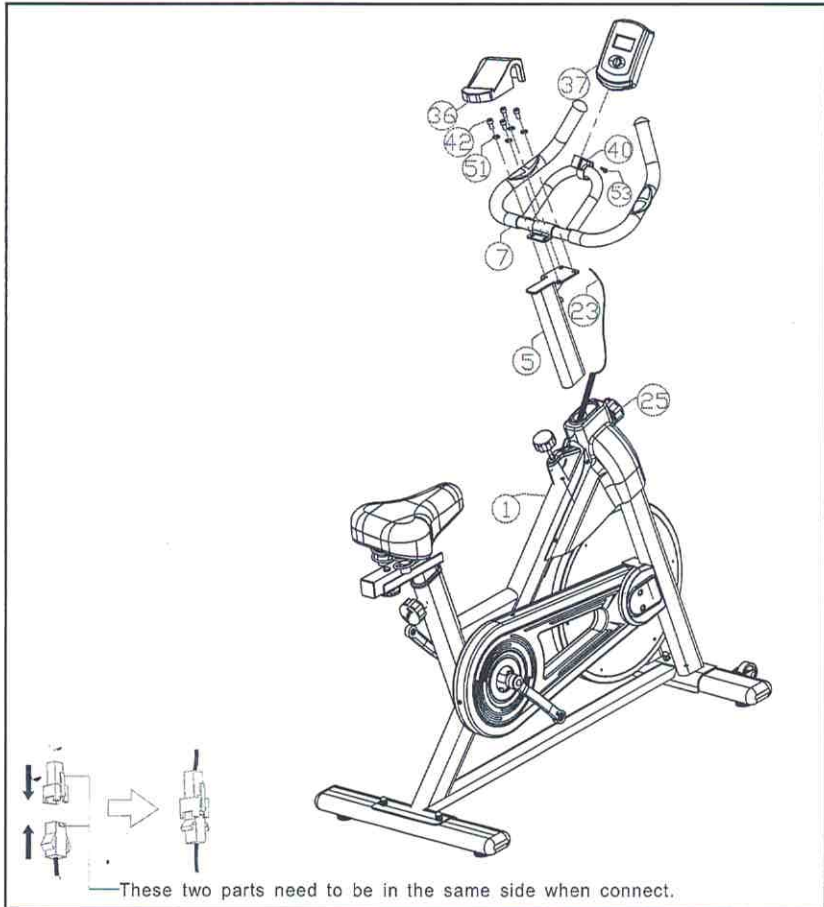
The user can tighten or loose 4 x LEVEL FOOT Φ 38*M8 (10) to level the machine if needed.
Tighten 4 x LEVEL FOOT Φ 38*M8 (10) to make the machine stable before starting workout.

STEP 2 :



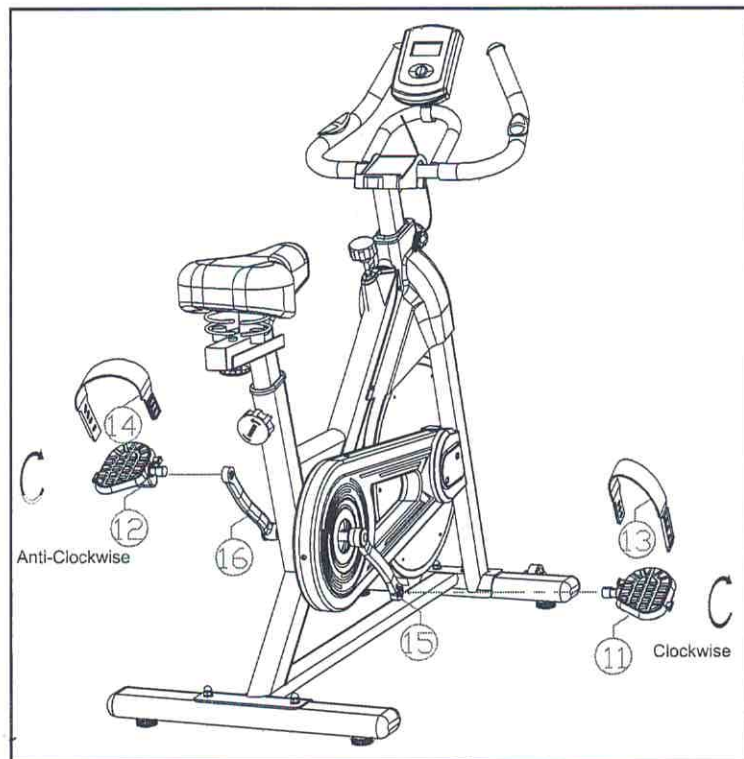
- a. Loosening SPRING LOCK KNOB (25) and pull out, insert Seat Post (4) into the rear opening tube of the Main Frame (1). Adjust the Seat Post (4) to your desired height, then tighten the SPRING LOCK KNOB (25).
- b. Place Seat Slider (6) onto Seat Post (4), then fixing them with WASHER $\phi 10$ (46) and OCTAGONAL KNOB M10(44).
- c. Place Seat (45) onto Seat Slider (6), secure seat by tightening the seat locking nuts (Pre-fitting on the Seat).

STEP 3 :



- a. Insert Handlebar Post (5) into the front opening tube of the Main Frame (1). Tighten SPRING LOCK KNOB (25).
- b. Attach Handlebar (7) onto Handlebar Post (5) with 4 sets of HEXAGON BOLT (42) and WASHER $\Phi 8$ (51). Then place the Phone Holder (36) on Handlebar (7), and press it down.
- c. Attach the Monitor Holder (40) to Handlebar (7), fix using Lock Bolt (53).
Insert Monitor (37) into Monitor Holder (40). Then connect the Sensor Wire (23) from Monitor (37) to the Sensor Wire (23) from Main Frame (1) and Handlebar (7)

STEP 4 :



NOTE: The RIGHT PEDAL(11) has R stamped on the end of the pedal shaft. The RIGHT PEDAL(11) has right hand threads and is tightened by turning clockwise. The LEFT PEDAL(12) has L stamped on the end of the pedal shaft. The LEFT PEDAL(12) has left hand threads and is tightened by turning counterclockwise.

- a. Thread the RIGHT PEDAL(11) into the right side of the RIGHT CRANK(15) as shown. Tighten the pedal securely.
Select the RIGHT PEDAL STRAP(13) which has R marked on the bottom side of the strap. Snap the two hole end to the inside edge of the RIGHT PEDAL(11). Snap the other end to the outside edge of the RIGHT PEDAL(11) with the R mark on the bottom of the RIGHT PEDAL STRAP(13). Select adjustment holes which allow your foot to be easily removed from the pedals.
- b. Use the same procedure to attach the LEFT PEDAL(12) to the left side of the LEFT CRANK(16) and snap the LEFT PEDAL STRAP(14) to the LEFT PEDAL(12).

Please make sure that the nut of Pedals could be threaded through the hole on Crank well enough, or the thread on Pedals and Cranks will be smoothed by incorrect operation.

It is a good idea to apply grease to the threads before attaching them to the crank, this will assure that they can be removed in the future. Tighten both Pedals as firmly as possible. After using the Exercise Bike for one week, retighten the Pedals. For best performance, keep the Pedals tightened.

5. ADJUSTMENT INSTRUCTIONS

Vertical Seat Adjustment

To adjust the seat height, slacken the spring knob on the vertical post stem on the main frame and pullback the knob. Position the vertical seat post for the desired height so that holes are aligned, then releasethe knob and retighten it.

Horizontal Seat Adjustment

To move the seat forward in the direction of the handlebar or backwards away from it, loosen the adjusting knob and washer and pull the knob back. Slide horizontal seat post into desired position. Align holes and then retighten the adjusting knob.

Handlebar Height

To adjust the handlebar height, slacken the spring knob and secondary knob and pull both knobs back. Slide the handlebar post along the housing on the main frame to the desired height and, with the holes aligned correctly, tighten the spring adjusting knob and then the secondary knob.

6. COMPUTER OPERATION



KEY GUIDE

MODE: Selects function to preset. Pressing this button will cycle through the below modes respectively:

TIME-SPEED-DISTANCE-CALORIE-PULSE

Holding this button down for 4 second will reset all function values to zero

FUNCTION

SCAN: when the symbol "▶" points to SCAN, The monitor will display the functions listed below. Each function will remain on the screen for 4 seconds. The following modes will automatically cycle through respectively:

TIME -DISTANCE-CALORIE-PULSE

TIME: when the symbol "▶" points to TIME. The monitor will display total workout time on the bottom of the screen.

SPEED: when the symbol "▶" points to SPEED, The monitor will display the current speed on the top area of the screen.

DISTANCE: when the symbol "◀" points to DIST. The monitor will accumulate the total workout distance on the bottom of the screen.

CALORIE: when the symbol "◀" points to CAL. The monitor will accumulate the caloric consumption, and display on the bottom area of the screen.

PULSE FUNCTION (if have)

Press MODE button to select the pulse function, the monitor will display your current heart rate in beats perminute.

NOTE

1. If the machine is idle for over 4 minutes, the LCD will turn off automatically. All function values will be saved. Simply press any key or start using the machine, the LCD will automatically turn back on.
2. If the monitor fails to display properly, please re-install the batteries
3. BATTERY SPEC: 1.5V AA(2PCS)

7. EXERCISE GUIDE

PLEASE NOTE: Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining heart rate trends in general.

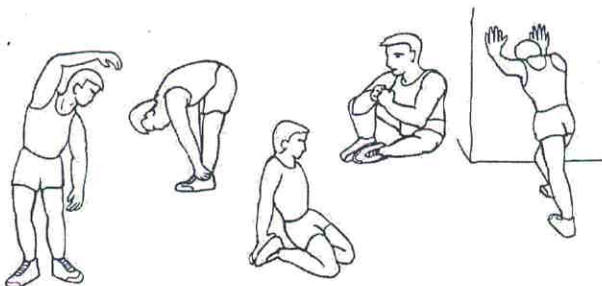
Exercising is great way to control your weight, improving your fitness and reduce the effect of aging and stress. The key to success is to make exercise a regular and enjoyable part of your everyday life.

The condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles is an important factor to your fitness. Your muscles use this oxygen to provide enough energy for daily activity. This is called aerobic activity. When you are fit, your heart will not have to work so hard. It will pump a lot fewer times per minute, reducing the wear and tear of your heart.

So as you can see, the fitter you are, the healthier and greater you will feel.

Warm-up

Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.



Training Zone Exercise

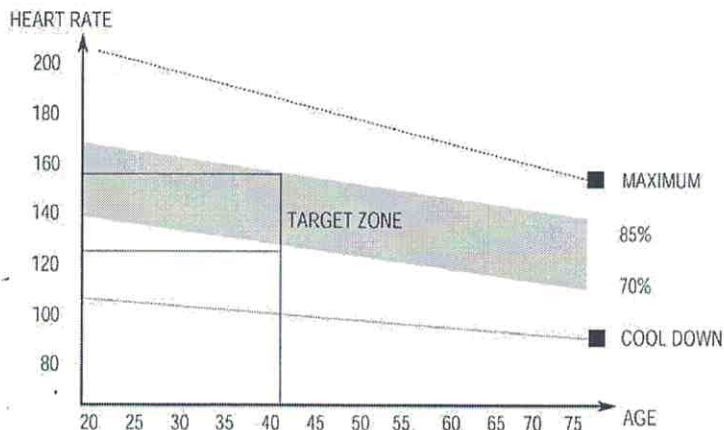
After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise-never hold your breath.

Cool Down

Finish each workout with a light jog or walk for at least 1 minute. Then complete 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

Workout Guidelines

TARGET ZONE



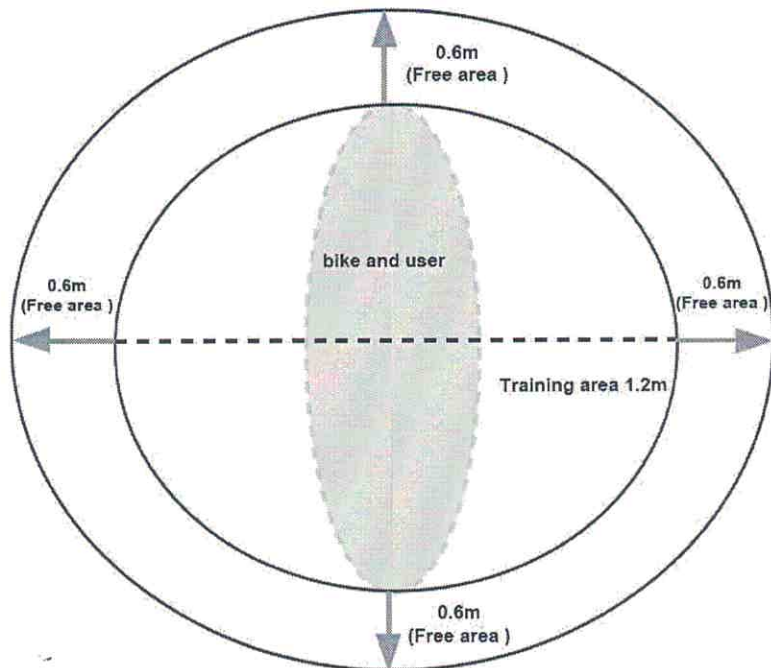
THIS IS HOW YOUR PULSE SHOULD BEHAVE DURING GENERAL FITNESS EXERCISE.

REMEMBER TO WARM UP AND COOL DOWN FOR A FEW MINUTES.

The most important factor here is the amount of effort you put in. The harder and longer you work, the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

Workout Area

The free area must be at least 0.6m greater than the training area. This is a space where you can safely dismount, without obstruction, in case of an emergency. Where two pieces of equipment are positioned adjacent to each other the free area may be shared.



Care and Maintenance

1. Examine the equipment periodically in order to detect any damage or wear which may have been produced. The safety level of the equipment can be maintained only if it is examined regularly for damage and wear, e.g. ropes, pulleys, connection points

2. Lubricate moving parts with light oil periodically to prevent premature wear. Special attention to components most susceptible to wear.

3. Inspect and tighten all parts before using the equipment, replace any defective parts immediately, and do not use the equipment again until it is in perfect working order.

4. The equipment can be cleaned using a damp cloth and mild non-abrasive detergent. **Do not** use solvents.

5. **Do not** attempt to repair this equipment yourself. Should you have any difficulty with assembly, operation or use of your exercise product or if you think that you may have parts missing, contact the manufacturer, their approved service agent.

GARANTIA

Nós damos 6 meses de garantia no equipamento, e consideramos 03 meses para peças de desgaste. Podemos fornecer as peças sobressalentes GRATUITAS para o seu reparo, se danificado ou quebrado em uso normal, e dentro do prazo de garantia.

Se for constatado utilização incorreta, não somos responsáveis pela garantia. Após o período de garantia, nós também podemos fornecer-lhe as peças e acessórios com preço favorável para o seu reparo no caso.

Se causada por montagem incorreta, uso incorreto ou troca de peças paralelas, não nos responsabilizamos. Será necessário o envio de imagens ou informações relativas ao problema antes de obter a garantia.

Este equipamento é apenas para uso residencial. Se problemas ocorrerem por utilização em estabelecimentos comerciais, nossa empresa não se responsabiliza.