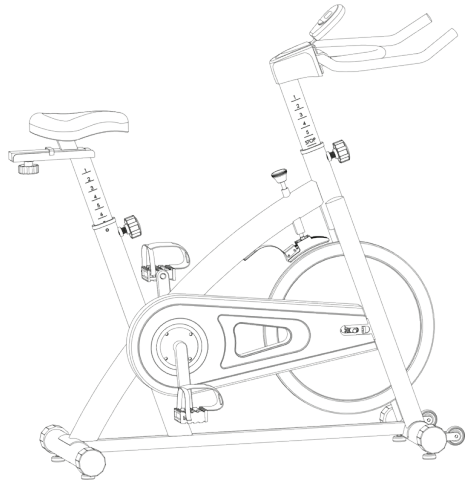


Instructions for SPIN BIKE

MSP1250



Contant

- | | |
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| 1. Warnings and Safety notes | 3.2 Exercise |
| 2. Getting to know your instrument | 3.3 Cool down |
| 2.1 Product description | 4. Use |
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1. Warnings and Safety notes



Dear Customer,
Please read this instruction very carefully before using this item.

Note: the following precautions before assembling or operating the machine.

- Keep children and pets away from the BIKE, do not leave unattached children in the same room with the machine.
- Handicapped or disabled persons should not use the Spin BIKE without the presence of a qualified health professional or physician.
- If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
- Before beginning training, remove all within a radius of 2 meters from the machine. DO NOT place any sharp objects around the Spin BIKE.
- Position the Spin BIKE on a clear, level surface away from water and moisture. Place mat under the unit to help keep the machine stable and to protect flooring.
- Use the Spin BIKE only for its intended use as described in this manual. DO NOT use any other accessories not recommended by the manufacturer.

- Assemble the machine exactly as the descriptions in the instruction manual.
- Check all bolts and other connections before using the machine for the first time and ensure that the trainer is in the safe condition
- Hold a routine inspection of the equipment. Pay special attention to components which are the most susceptible to wear off, i.e. connecting points and wheels. The defective components should be replaced immediately. The safety level of this equipment can only be maintained by doing so. Please don't use the Spin BIKE until it is repaired well.
- NEVER operate the Spin BIKE if it is not functioning properly.
- This machine can be used for only one person's training at a time.
- Do not use abrasive cleaning articles to clean the machine. Remove drops of sweat from the machine immediately after finishing training.
- Always wear appropriate workout clothing when exercising. Running or aerobic shoes are also required.
- Before exercising, always do stretching first.
- The power of the machine increases with increasing the speed, and the reverse. The machine is equipped with adjustable knob, which can adjust the resistance.

Warning

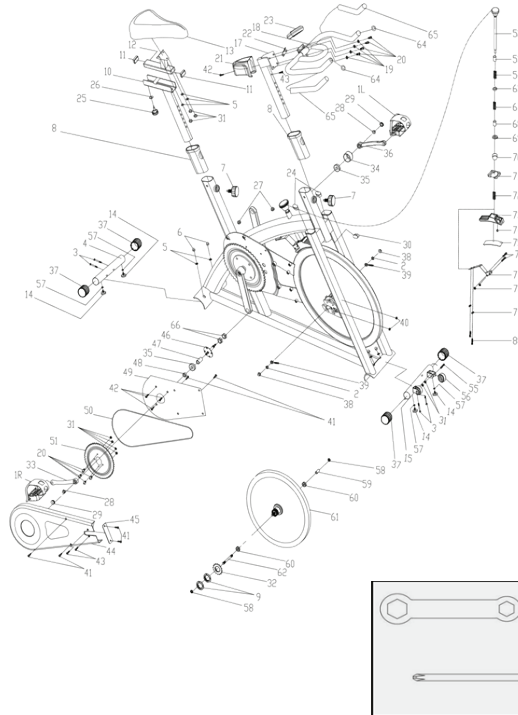
The device is only intended for the purpose described in these instructions for use. The manufacturer is not liable for damage resulting from improper or careless use.

2. Getting to know your instrument

The device is only to be used for exercise. Do not use this bike other than intended use in this instruction.

2.1 Product description

Exploded View



Part List

No.	Name	QTY.	Description
1L	PEDAL L	1	JD-301 (9/16") L
1R	PEDAL R	1	JD-301 (9/16") R
2	FLAT WASHER	2	GB/T95-2002 12
3	CARRIAGE BOLT	4	GB/T 12-1988 M8*75
4	REAR STABILIZER	1	WELDING
5	FLAT WASHER	7	GB/T 95-2002 8
6	DOMED NUT	4	GB/T 802-1988 M8 (H=16mm)
7	SPRING ADJUSTMENT KNOB	2	Φ 57*62 (M16*1.5)
8	PLASTIC SLEEVE	2	50*25*1.5
9	LOCK NUT	2	M33*1*4
10	VERTICAL SEAT POST	1	WELDING
11	END CAP2	2	40*20*1.5
12	SEAT POST	1	WELDING
13	SEAT	1	PVC98-2
14	STOPPER	4	Φ 32*37/(M8X25)
15	FRONT STABILIZER	1	WELDING
16	MAIN FRAME	1	WELDING
17	HANDLEBAR POST	1	WELDING
18	HANDLE BAR	1	WELDING
19	SPRING WASHER	4	GB/T 859-1987 8
20	BOLT	8	GB/T 70.2-2000 M8*15
21	HANDLEBAR COVER	1	115*89*75 (60g)
22	COMPUTER HOLDER	1	Δ 2.5
23	COMPUTER	1	HS-6065
24	END CAP 3	2	50*25*1.5
25	LOCKING KNOB	1	PE+Q235/ Φ 52*47 (M8x15)
26	FLAT WASHER 1	1	Φ32*Φ8.2*2
27	LITTLE END CAP	2	Φ12
28	FIXING NUT 1	2	GB/T 6177.2-2000 M10*1.25

เลขกำกับ	ชื่อ	จำนวน	รายละเอียด
29	CRANK END CAP	2	Φ23*7.5
30	END CAP 2	1	60*30*1.5
31	LOCK NUT	9	GB/T 889.1-2000 M8
32	CHAIN WHEEL	1	A7K-16 1/2"*1/8" 16T(1.37")
33	RIGHT CRANK	1	170*27
34	CRANK COVER	1	Φ56*28
35	BEARING	2	6004ZZ
36	LEFT CRANK	1	170*27
37	END CAP5	4	Φ60*1.5
38	FIXING NUT 2	2	GB/T802-1988 M12X1.25 (H=16mm)
39	FIXING BOLT	2	M6*54
40	NUT	2	GB/T 889.1-2000 M6
41	SCREW 1	6	GB/T 845-1985 ST4.2*19
42	SCREW 2	4	GB/T 15856.1-2002 ST4.2X19
43	SCREW 3	3	GB/845-85 ST4.8X13
44	OUTER CHAIN COVER	1	654*263*49 (507g)
45	LITTLE CHAIN COVER	1	108*37*3 (7g)
46	AXIS	1	Φ20*162
47	LONG FIXING TUBE	1	Φ25*Φ20.5*41
48	SHORT FIXING TUBE	1	Φ25*Φ20.5*9
49	INNER CHAIN COVERCHAIN	1	451*260*2 (250g)
50	CHAIN	1	P=12.7, 106
51	CHAIN WHEEL	1	P=12.7,Z=52T
52	KNOB	1	Φ40*160 (Φ10)
53	BUSHING	1	Φ18*Φ10*10
54	SPRING 1	1	Δ1.8X40

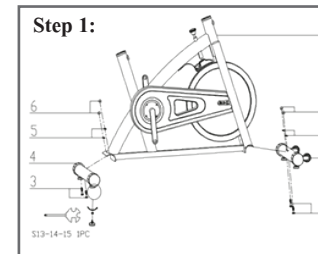
เลขกำกับ	ชื่อ	จำนวน	รายละเอียด
55	BOLT	2	GB/T 5780-2000 M8*40
56	WHEEL	2	Φ50*23
57	NUT	4	GB/T 41-2000 M8
58	FIXING NUT 2	2	M12X1.25 H=6
59	FIXING TUBE	1	Φ16*Φ12.1*35
60	BEARING	2	6001ZZ
61	FLYWHEEL	1	Φ450*72
62	FLYWHEEL SHAFT	1	Φ12*160
63	FIXING NUT 2	1	16X16X5 (M10)
64	END CAP	2	Φ25*1.5
65	FOAM GRIP	2	Φ23*Φ29*465
66	FIXING NUT	2	27*M20*1(5mm)
67	SPRING 2	1	Φ1.0X55
68	SHORT FIXING TUBE	1	Φ14*Φ10.2*8.5
69	FLAT WASHER 1	1	GB/T 95-2002 6
70	DOMED NUT 1	1	GB/T 802-1988 M6
71	SPRING COVER	1	32*23*2
72	SPRING 3	1	Φ2.2
73	PLASTIC FRAME	1	200*47*30
74	LITTLE PLASTIC	1	14*9*14
75	WOOLLY BLOCK	1	113*25*8
76	BOLT 1	2	GB/T 5780-2000 M5*30
77	SPRING BRAKE	1	Δ1.0
78	LOCK NUT	2	GB/T 889.1-2000 M5
79	SPRING WASHER 1	2	GB/T 859-1987 5
80	BOLT 2	2	GB/T 5780-2000 M5*10

ASSEMBLY INSTRUCTION:

1.PREPARATION:

- A. Before assembling make sure that you will have enough space around the item.
- B. Use the present tooling for assembling.
- C. Before assembling please check whether all needed parts are available (at the above of this instruction sheet you will find an explosion drawing with all single parts (marked with numbers) which this item consists of.

2.2 Assembly

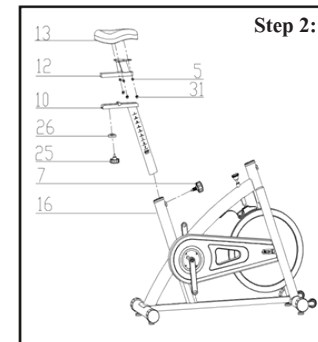


Step 1:

Attach the Front Stabilizer (pt.15) to the Main Frame (pt.16) using two sets of Ø8 Arc Washers (pt.5), M8 Domed Nut (pt.6) and M8*65 Carriage bolt (3).

Attach the Rear Stabilizer (pt.4) to the Main Frame (pt.16) using two sets of Ø8 Arc Washers (pt.5), M8 Domed Nut (pt.6) and M8*65 Carriage bolt (3).

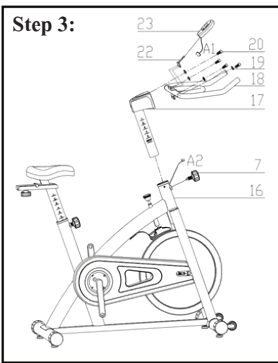
As the picture.



Step 2:

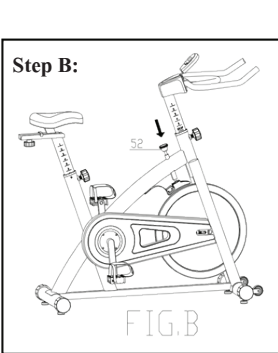
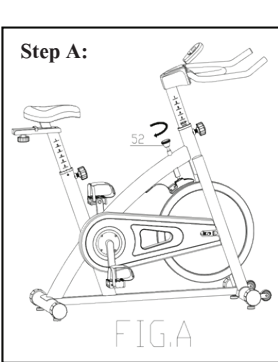
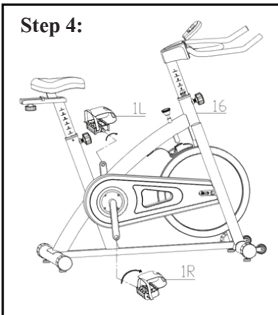
Slide the seat post (12) into the vertical Seat post (10) and, at the desired position, align holes and fix in place with the Locking Knob (25) and flat washer (26). Now fix the Seat (13) to the seat post (12) as shown, with the flat washer (5) and the nylon nut (31). Insert the vertical Seat Post (10) into the main frame (16) and line up the holes. Secure the saddle in position with the Adjustment Knob (7). The correct height for the seat can be adjusted after the bike is fully assembled.

As the picture.



Step 3:
 ATTENTION: YOU SHOULD FIX THE HANDLEBAR TIGHTLY
 Slide the Computer (pt.23) onto the Computer Holder (pt.22) connect the plug (A1&A2), As the picture.

Step 3:
 Slide the Handlebar Post (pt.17) into the handlebar post housing on the main frame. You will have to slacken the knurled section of the Spring Adjustment Knob (pt.7) and pull the knob back and then select and align holes for the desired height. Release the knob and retighten the knurled portion. Remove the bolts and spring washer from the Handlebar Post (pt.17), then fix the Handlebar (pt.18) with 4pcs Ø8 the Spring Washer (pt.19) and M8*15 the Bolt(pt.20).



Step 4:
 The Pedals (pt.1 L & pt.1 R) are marked "L" and "R" - Left and Right. Connect them to their appropriate crank arms. The right crank arm is on the right-hand side of the cycle as you sit on it. Note that the Right pedal should be threaded on clockwise and the Left pedal anticlockwise.

Step A:
 Adjusting the Tension: Increasing or decreasing the tension allows you to add variety to your workout sessions by adjusting the resistance level of the bike. To increase tension and increase resistance (requiring more strength to pedal), turn the Emergency Brake & Tension Control Knob (#52) to the right. To decrease tension and Decrease resistance (requiring less strength to pedla), turn the Emergency Brake & Tension Control Knob (#52) to the left.B.) Using the Emergency Brake Function:
 As the picture.

Step B:
 The same knob that allows you to adjust the tension of the bike also doubles as the Emergency Brake. Use this safety feature in any situation where you would need to get off the bike and/or stop the bike's flywheel. To use the Emergency Brake function in any situation you would need it in, firmly press down on the Emergency Brake & Brake Control Knob (#52).
 As the picture.

Adjustment

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

3. How to exercise

Using your SPIN BIKE provides you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with calorie controlled diet help you lose weight.

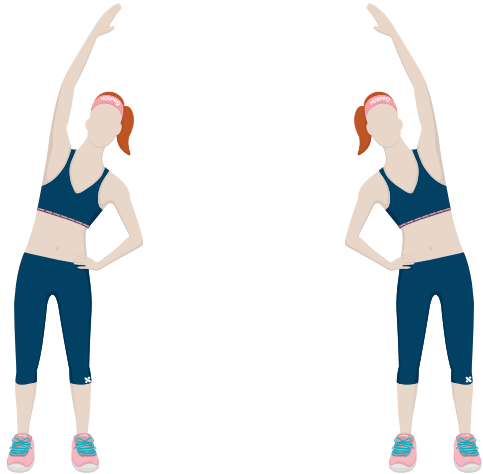
3.1 Stretch before exercise

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP.

1. Obliques Stretch

- Stand tall with your feet shoulder width apart. Place your right hand on your hip and raise the left arm.
- Incline your torso to the right until you feel a stretch in the obliques.
- Hold the stretch for 20 to 30 seconds and then repeat on the other side.

As the picture in next column.



2. Standing Forward Bend

- Stand up tall and bend forward by rotating your hip joints.
- Keep your knees straight and place your palms on the floor, beside your feet, or hold the back of your ankles.
- Hold the stretch for 20 to 30 seconds and then stand up slowly.

As the picture below.



3. Calf Stretch

- Stand holding onto a wall with your arms extended and your toes pointing forward.
- Extend your right leg back, keeping your right foot flat on the floor.
- Lean forward and slowly bend your left knee until you feel the stretch in your back calf.
- Hold the stretch for 20 to 30 seconds and then stand up slowly.
- Repeat on the other side.

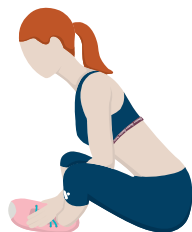
As the picture below.



4. Butterfly Stretch (Inner thighs)

- Sit down on the floor and bring both feet together.
- With the help of your arms, drive your knees down into the floor.
- Hold the stretch for 20 to 30 seconds and then slowly release.

As the picture below.



5. Quad Stretch

- Stand up tall and shift your weight to the right leg.
- Lift your left foot and grasp it with your left hand.
- Pull the left foot towards your butt until you feel the stretch in your quads.
- Hold the stretch for 20 to 30 seconds and then repeat on the other side.

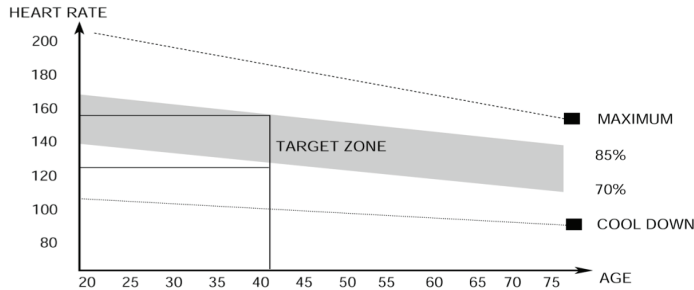
As the picture below.



3.2 Exercise

This is the stage where you put the effort in. After regular use, the muscles in your legs will become stronger. Work to your best but it is very important to maintain a steady tempo throughout.

The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes

3.3 Cool down

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

Muscle Toning

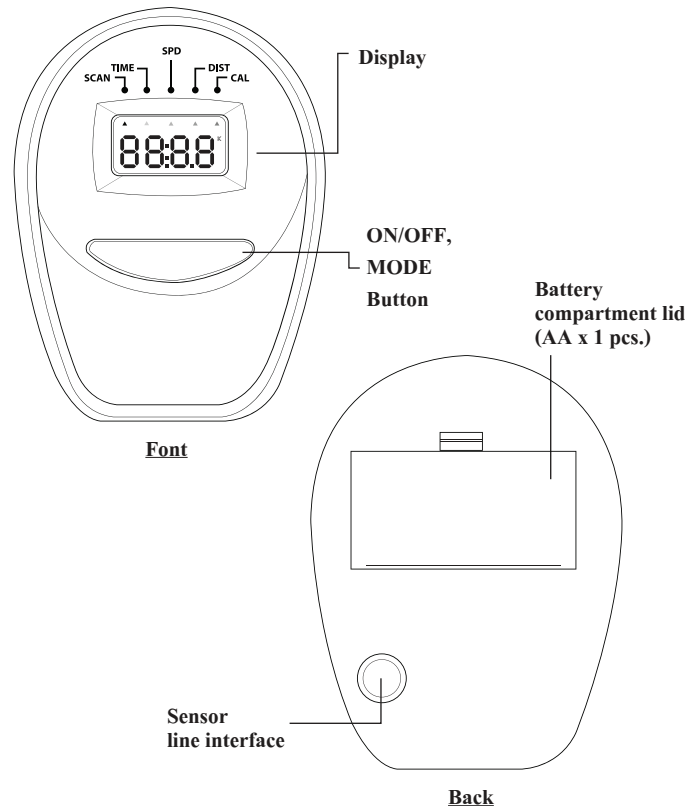
To tone muscle while on your Spin BIKE you will need to have the resistance set quite high. This will put more strain on our leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance, making your legs work harder than normal. You may have to reduce your speed to keep your heart rate in the target zone.

Weight Loss

The 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.

The tension control knob allows you to alter the resistance of the pedals. A high resistance makes it more difficult to pedal, a low resistance makes it easier. For the best results set the tension while the bike is in use.

5. Monitor use



MODE

SCAN : Automatically display of the following functions in the order shown: TIME, SPEED, DISTANCE, CALORIE.

Each display will be press mode.

TIME (TMR) : ----- 00:00 — 99:59 min.

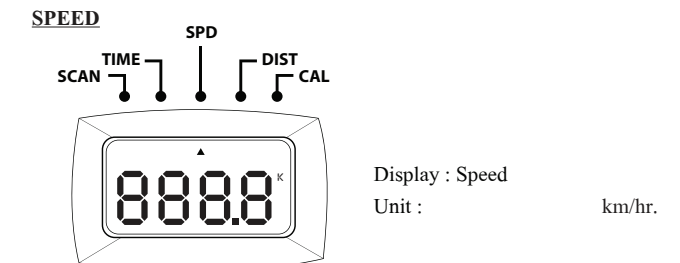
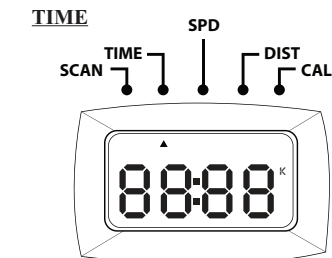
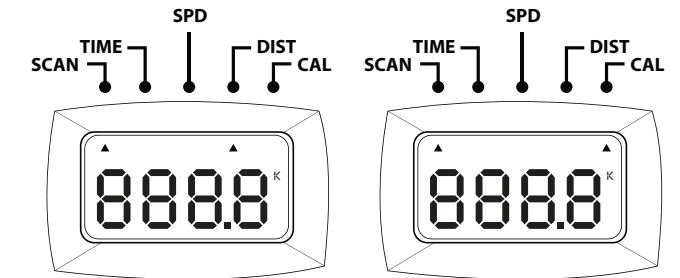
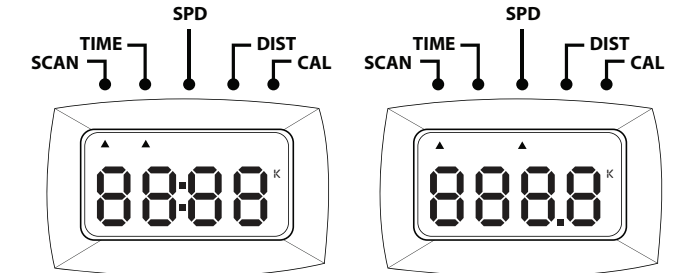
SPEED (SPD) : ----- 0.0 — 999.9 km/hr.

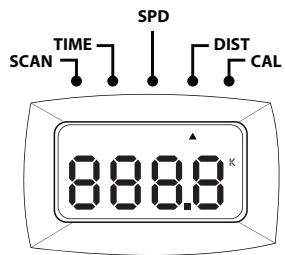
DISTANCE (DST) : ----- 0.00 — 999.9 km.

CALORIE (CAL) : ----- 0.00 — 999.9 KCal.

HOW TO PRESET TIME, SPEED, DISTANCE, CALORIES.

SCAN

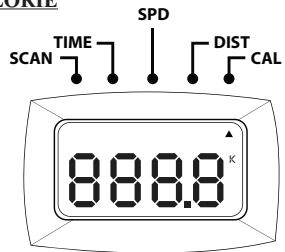




Display : Distance

Unit : km.

CALORIE



Display : Calorie

Unit : KCal.

NOTE

The device switches itself automatically.

Reset

Replace the batteries

6. Maintenance and cleaning

- Please Clean your BIKE after every use.
- Clean your BIKE carefully using a slightly damp cloth only.
- Do not use any cleaning agents or solvents.
- Under no circumstances should you hold the unit under water, as this can cause liquid to enter and damage the unit.
- Never place any heavy objects on the device.

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