

318M2

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# 1. Assembly Instruction

Before you start to assemble and use the equipment, please read this manual book carefully. This book intends to give an important instruction in using and maintaining the equipment.

**Keep this manual book in a safe place for maintenance purposes or for ordering spare parts.**

## 1.1 For your safety

- Before beginning your program of exercise, consult your doctor to ensure that you are fit enough to use this equipment. **Base your program of exercise on the advice given by your doctor. Incorrect or excessive exercise may damage your health.**
- The equipment should be used only for its intended purpose, i.e. for physical exercise by adult persons. Any other use of the equipment is prohibited and may be dangerous. The manufacturer cannot be held liable for damage or injury caused by improper use of the equipment.
- Incorrect repairs and structural modifications (e.g. removal or replacement of original parts) may endanger the safety of the user.
- Damaged components may endanger your safety or reduce the lifetime of the equipment. For this reason, wrong or damaged parts should be replaced immediately and the equipment taken out of use until this has been done. Use only original spare parts.
- If the equipment is in regular use, check all its components thoroughly every 1 – 2 months. Pay particular attention to the tightness of bolts and nuts. This is particularly true for all attached parts. To ensure that the safety level is kept to the highest possible standard, determined by its construction, this product should be serviced regularly (once a year) by special retailers.
- Before using this equipment, please check the flywheel in case of any sudden injured.
- Instruct persons using the equipment (in particular children) on possible sources of danger during exercise.

- Any interference with parts of the product that are not described within the manual may cause damage or endanger the person who is using this machine. Extensive repair must only be carried out by special retailers or qualified personnel trained by manufacturer.
- If any problem, please consult the local retailer.

## 1.2 Handling the equipment

- Before using the equipment for exercise, check carefully to ensure that it has been correctly assembled.
- Before using the equipment for exercise, please read the manual book carefully and familiarize all the functions of the equipment.
- This machine is designed for using by adults and children should not be allowed to play with it. Children at play behave may occur unpredictably and dangerous situations for which the manufacturer cannot be held liable.
- **The maximum user weight is 130 kg. It doesn't allow two or more person exercise on the treadmill at the same time.**
- A slight noise of production on the belt or motor is due to the construction and has no negative effects upon operation.
- Do not use corrosive or abrasive materials to clean the equipment. Ensure that such materials are not allowed to pollute the environment.
- Before use, always check all screws and plug-in connections as well as respective safety devices fit correctly.
- The seat and handle are designed as step less adjustment, so please make sure the minimum insert depth is 55mm. and fasten up.
- The flywheel is designed as bi-direction running, so it can not be turned in a second. It needs to push the brake button, and then turn away.
- The resistance is adjusted by the applied force between the brake sheet and flywheel. You can rotate the brake button clockwise/anti-clockwise so as to increase/decrease the resistance.
- Always wear suitable shoes and clothes when using the equipment.
- Don't wear loose clothes in case to be engulfed into the exercise bike.

- Barefoot; wearing high-heel shoes; wearing shoe leather are not allowed in exercising.
- In case your foot slips from the foot plate, please insert your foot into the plate cover.
- To avoid injuries in case of emergencies, always make sure that you have enough space behind your exercise bike (min. 2000 mm x 1000 mm)
- Make certain that no other persons are in the area of your exercise bike, because they may be injured by the moving parts.

### 1.3 Instructions for assembly

- Ensure that you have received all the parts (see check list) and that they are undamaged. Should you have any cause for complaint, please contact your dealer.
- Unpack all individual parts and place them alongside each other on the floor. Be sure to place them on carton or a pad to prevent scratches either on the parts or on your floor.
- Make certain that you have adequate room for movement on all sides during assembly.
- Please place all the equipments and components on the floor smoothly.
- Before assembling the equipment, study the drawings carefully and carry out the operations in the order shown by the diagrams. The correct sequence is given in capital letters if necessary.
- The equipment must be assembled with due care by an adult person. If in doubt call upon help of a second person, if possible technically talented.
- Please note that there is always a danger of injury when working with tools or doing manual work. Therefore please be careful when assembling this equipment.
- Ensure that your working area is free of possible sources of danger, for example don't leave any tools lying around. Always dispose packing material in such a way that it may not cause any danger. There is always a **risk of suffocation** if children play with plastic bags!
- All the fasteners were marked in the procedure of assembly. Please use the fasteners base the marks. All the necessary tools were provided with the equipment.

- Tighten the locknuts by hand until resistance is felt, **then use spanner to finally tighten nuts completely against resistance (locking device)**. Then check that all screw connections have been tightened firmly.
- For technical reasons, we reserve the right to carry out preliminary assembly work (e.g. addition of tubing plugs)
- Please keep original packing of this article, so that it may be used for transport at a later date, if necessary.

#### **1.4 Packing and disposal**

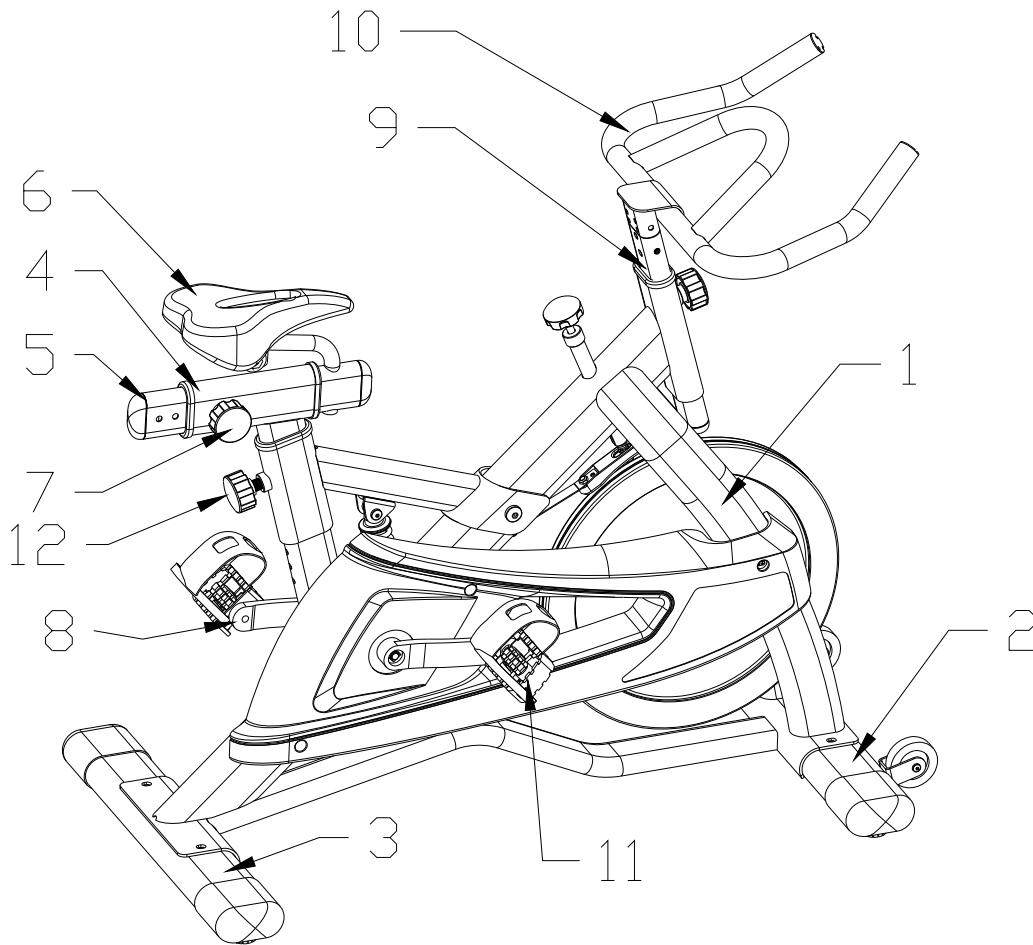
Please be sure to keep the packing for the event of repairs / warranty matters.

At the end of the life cycle of the item it should not be disposed of as the normal household rubbish, it must be delivered to a special place for the recycling of electric and electronic items. All the parts are recyclable according their markings. Please ask your municipal administration where to deliver in such case.

#### **1.5 Explanation of symbols**



#### **1.6 Assembly sketch**



**1.7 Assembly information.**

Diagram of component

No.	specification	quantity
1	frame	1
2	front tube component	1
3	back tube component	1
4	Up-down adjustment component for seat	1
5	Front-back adjustment component for seat	1
6	Seat cushion	1

7	Loose bolt M16*18	2
8	Crank component	1
9	Handrail adjustment component	1
10	Handrail component	1
11	Foot plate	2
12	Loose bolt M16*27	1
13	Manual of use	1
14	Certificate of Quality	1
15	warranty card	1

Attached list: specification of screw.

No.	Description	Standard	Quantity	Remark
1	half round head square neck bolt	M10*65	4	
2	Hexagon socket button head screws	M8*15	5	
3	female screw	M10 ( white zinc )	4	
4	Washer	φ 10	4	
5	Washer	φ 8	3	
6	Curve washer	φ 8	2	
7	Loose bolt	M16*18	1	
8	Loose bolt	M16*27	1	

## 1.8 Assembly steps

1、Combine component 2&3 with component 1, fasten with half round head square neck bolt(4 pcs) M10\*65, washer(4 pcs) φ 10 and female screw(4 pcs) M10;

2、 Install component 4 into component 1, adjust to the right height and then screwing by component 12, let the loose bolt insert component 4, fasten component 12.

3、 Install component 5 into component 4, adjust to the right place and then screw by component 7.

4、 install component 6 into component 5. Use the spanner to lock the screw and keep the seat cushion in balance.

5、 Install component 9 into component 1, adjust to the right height and then screw by component 12

6、 Install component 10 into component 9, adjust to the right height and then fasten with Hexagon socket button head screws(5 pcs) M8\*15; washer (3 pcs) φ 8; curve washer (2 pc) φ 8.

**Tips: If you exercise the flywheel and brake pads contacts with the sound, put some butter in the brake pads, can reduce the sound.**



## 2、 Warm up and cool down

Warming up is an important part of your workout and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

At the end of your workout, repeat these exercises to reduce sore Muscle problems. We suggest the following warm-up and cool-down Exercises:

### 1. Toe Touch

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.

### 2. Hamstring Stretch

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.

### 3. Calf-Achilles Stretch

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.

### 4. Quadriceps Stretch

Put your right hands on the wall, the left hand backward catch the left foot. Let your heel stretch toward to your buttocks as close as you can and hold for 15 counts. Relax and then repeat with right foot.

### 5. Inner Thigh Stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.

### Rule of stretch:

Start your stretch slowly, exhaling as you gently stretch the muscle.

Don't bounce when you stretch. Holding a stretch offers less chance of injury.. Don't strain or push a muscle too far. If it hurts, ease up.

