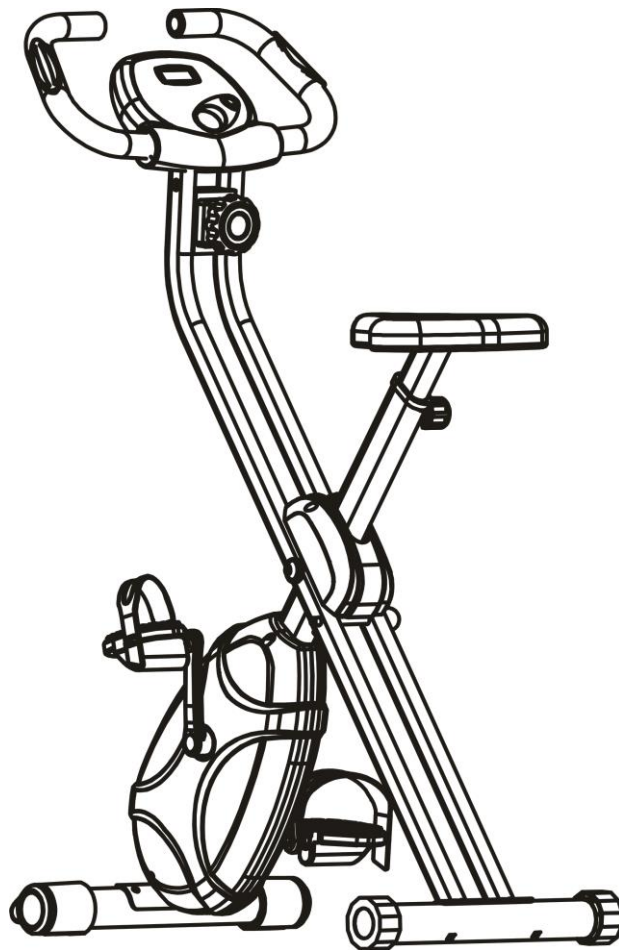




USER MANUAL - EN

IN 5729 Exercise Bike inSPORTline Xbike



CONTENT

IMPORTANT SAFETY PRECAUTIONS 3

CHECK LIST (CONTACT PACKAGE) 4

VIEW..... 6

ASSEMBLY INSTRUCTION..... 6

EXPLODED VIEW 10

PARTS LIST 10

METER MANUAL 13

WARM UP EXERCISE 14

CAUTION: Exercise of a strenuous nature, as is customarily done on this equipment, should not be undertaken without first consulting a physician. No specific health claims are made or implied as they relate to the equipment. Measurements made by the equipment are believed to be accurate, but only the measurement of your physician should be relied upon.

IMPORTANT : Read all instructions carefully before using this product . Keep this owner's manual for future reference. Product may vary slightly from picture.

CAUTION: Weight on this product should not exceed **100KGS**.

IMPORTANT SAFETY PRECAUTIONS

Thank you for purchasing our product. Even though we go to great efforts to ensure the quality of each product we produce, occasional errors and /or omissions do occur. In any event should you find this product to have either a defective or a missing part, please contact us for a replacement.

This product has been designed for home use only. Product liability and guarantee conditions will not be applicable to products being subjected to professional use or products being used in a gym center.

This exercise equipment was designed and built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before assembly and operation of this machine. Also, please note the following safety precautions:

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions.

1. Read all instruction in this manual before using this equipment.
2. Use the machine only for its intended use as described in this Manual.
3. Inspect and tighten all the loose parts before this equipment is used.
4. Keeps hands away from moving parts.
5. Keep children and pets away from the machine at all time. DO NOT leave children unattended in the same room with the machine.
6. Before using the machine to exercise, always do stretching exercise to properly warm up.
7. Inspect the machine before each use; make sure all of the connections are tightly secured.
8. Only one person at a time should use the machine.
9. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
10. Position the machine on a clear, levelled surface. DO NOT use the machine near water or outdoor.
11. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Sporting shoes are recommended when using the machine.
12. Do not place any sharp object around the machine.

13. Disabled persons should not use the machine without a qualified person or physician in attendance.
14. Never operate the machine if the machine is not functioning properly.
15. Only carry out training work on the equipment when it is in perfect working order. Only use original spare parts in the event of a repair.
16. Do not use strong solvents for cleaning, and only use the tools supplied, or suitable ones of your own, for any repairs that may be required.
17. Please dispose of the packaging and any parts that have to be replaced subsequently (all parts for the unit) at suitable collecting points or containers with a view to saving the environment.
18. DO NOT pull out the seat tube over the warning line "max" which showing on the tube, when you adjust the height of the seat.
19. Not for therapeutic use.

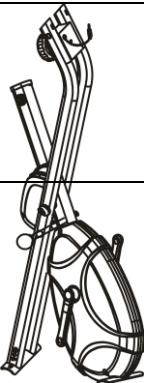

WARNING: Before beginning any exercise program, consult your physician. This is especially important for persons with pre-existing health problems. The seller assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

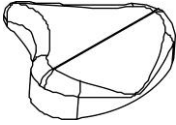
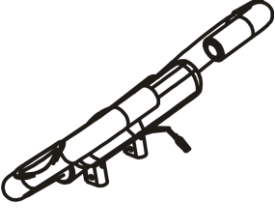
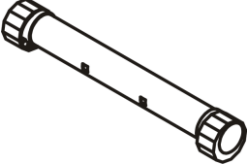
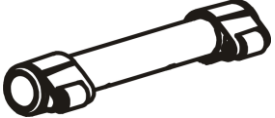









SERVICE HINTS: The high quality standard of this product only will be kept if you on a regular basis check all screw-connections and moving parts on proper fitting. Damaged parts have to be changed immediately. During the time of repair the product must not be used by anybody.

IMPORTANT HINTS:

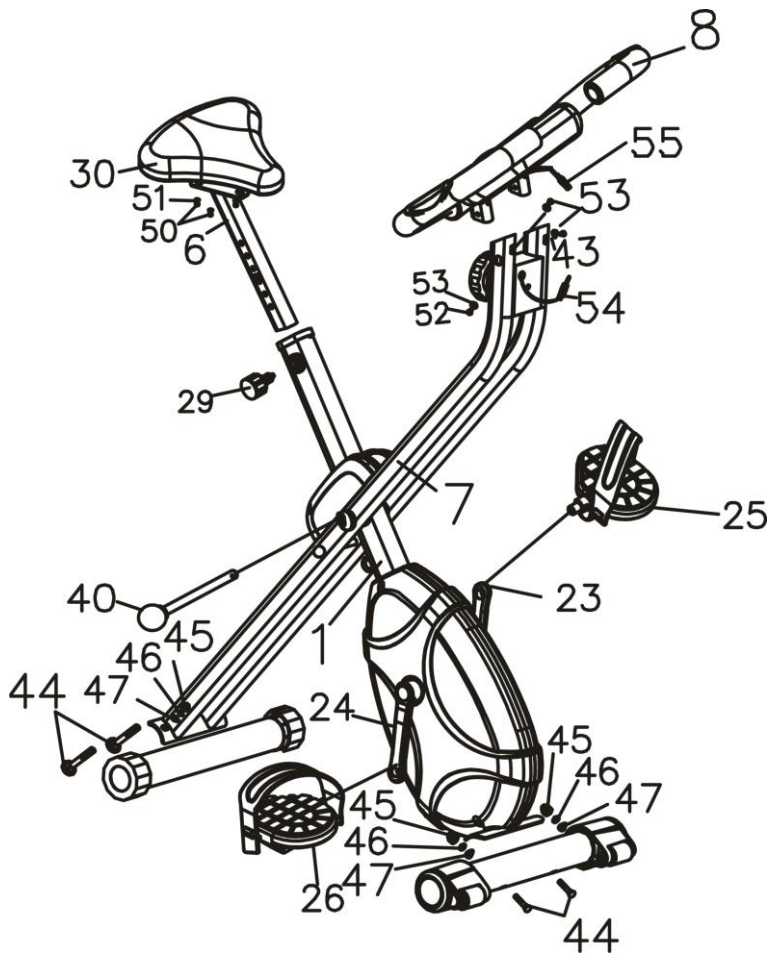
- A) This product has been tested in accordance with the requirements of **EN 957-1/A1, EN 957-5 , standard , Class HC (HOME USE)**. The maximum load is limited to 100KGS.
- B) Parents should be aware of their responsibility with respect to their children natural play instinct. This can cause situations in which the product can be used for other purpose than intended.
- C) If children are allowed to use the product, the mental and physical condition and the temper of the children should be taken in consideration. Make sure that the children are instructed properly in the use of the product and in the controlled execution of the different exercise. Point out especially that the product is not any kind of toy.

CHECK LIST (CONTACT PACKAGE)

PART	DESCRIPTION	Q'TY	SKETCH	
1/7/39 /23/24	Main frame / chain cover / crank	1		

6	Seat tube	1		
30/51/50	Seat / flat washer / nylon nut	1		
9/8/52/ 43/53	Meter / handlebar / foam / hand pulse / bolt / flat washer / curved washer	1		
31/38	Rear stabilizer w / adjustable end cap	1		
32/44	Front stabilizer W / transport wheels	1		
25/26	Pedal	1		
29	KNOB	1		
44	M8 ALLEN HEAD SCREW	4		
47	M8*1.2mm CURVED WASHER	4		
46	M8 SPRING WASHER	4		
45	M8 CAP NUT	4		
	TOOL 1	1		
	TOOL 2	1		

VIEW



ASSEMBLY INSTRUCTION

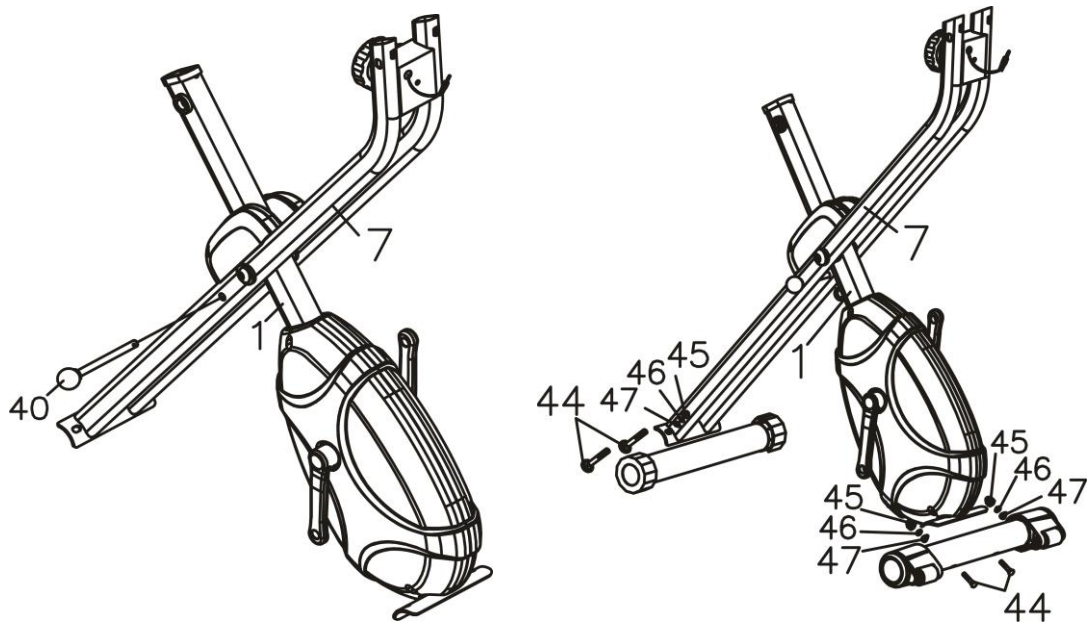
GENERAL:

Remove all the part of your cycle from the carton and place them to the floor carefully. Assembling your cycle is simple. Follow these instructions carefully and it should take you around 15-20 minutes.

STEP 1 ATTACH STABILIZERS

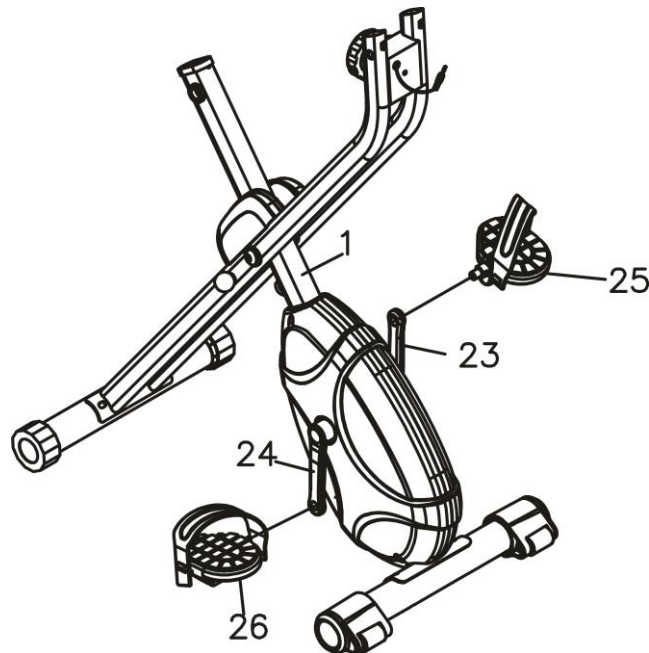
The pin (40) from the folded main frame (1) in the unplug, and then start open the machine, and attach pin(40) into the hole after the main frame(1) open.

- Attach rear stabilizer (31) with 2 adjustment end caps (38) to the welded cross bar bracket of main frame (1) and fasten with 2 curved washers(47) , spring washer(46) , 2 carriage bolts(44) and 2 cap nuts(45).
- Attach front stabilizer (32) with 2 transportation wheels (37) to the welded cross bar bracket of main frame (1) and fasten with 2 curved washers(47) , spring washer(46), 2 carriage bolts(44) and 2 cap nuts(45).
- And then fasten each one piece tightly.



STEP 2 ATTACH PEDALS

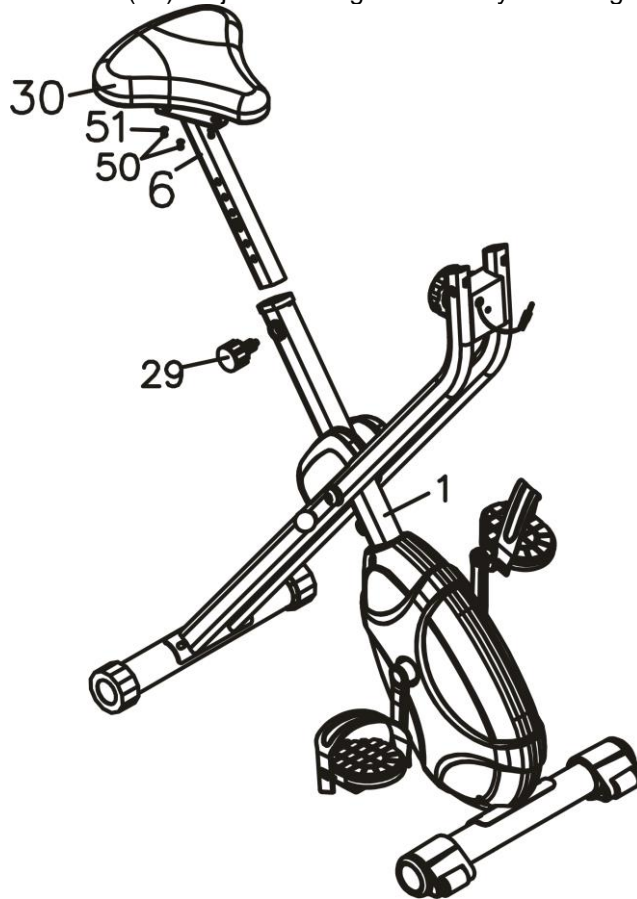
- Assemble each pedal (26R&25L) to the crank. Pedal "R" assemble with crank right side , Pedal "L" assemble with crank left side : See the mark "R" & "L"(right and left) on the pedals (26R&25L) and crank.
NOTE: The right pedal "R" should be threaded on clockwise. The left pedal "L" should be threaded on counter-clockwise.
- Attach the pedal straps to the pedals (26R&25L).
NOTE: Adjust the pedal straps to meet your foot/shoes size by 4 adjustable holes.



STEP 3 ATTACH THE SEAT AND SEAT POST

- Remove the pre-assembled nylon nuts (50) and flat washer (51) from back of the seat (30). Fix the seat (30) with the top seat tube (6) and fasten with nylon nut (50) and flat washer (51).
- Attach seat tube (6) into the main frame (1) and secure in right position with the seat post

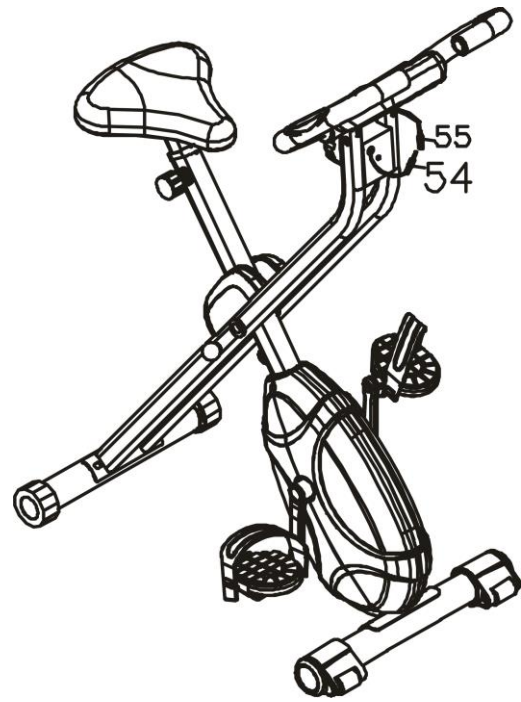
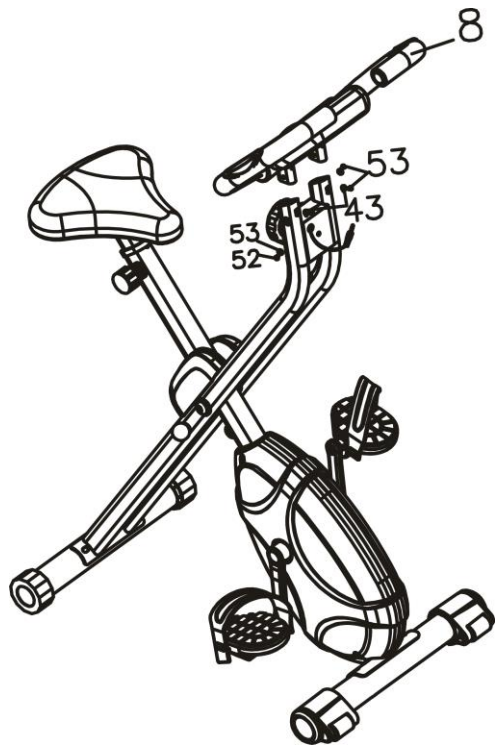
quick release knob (29). Adjust the height of seat by choosing the hole of seat tube.



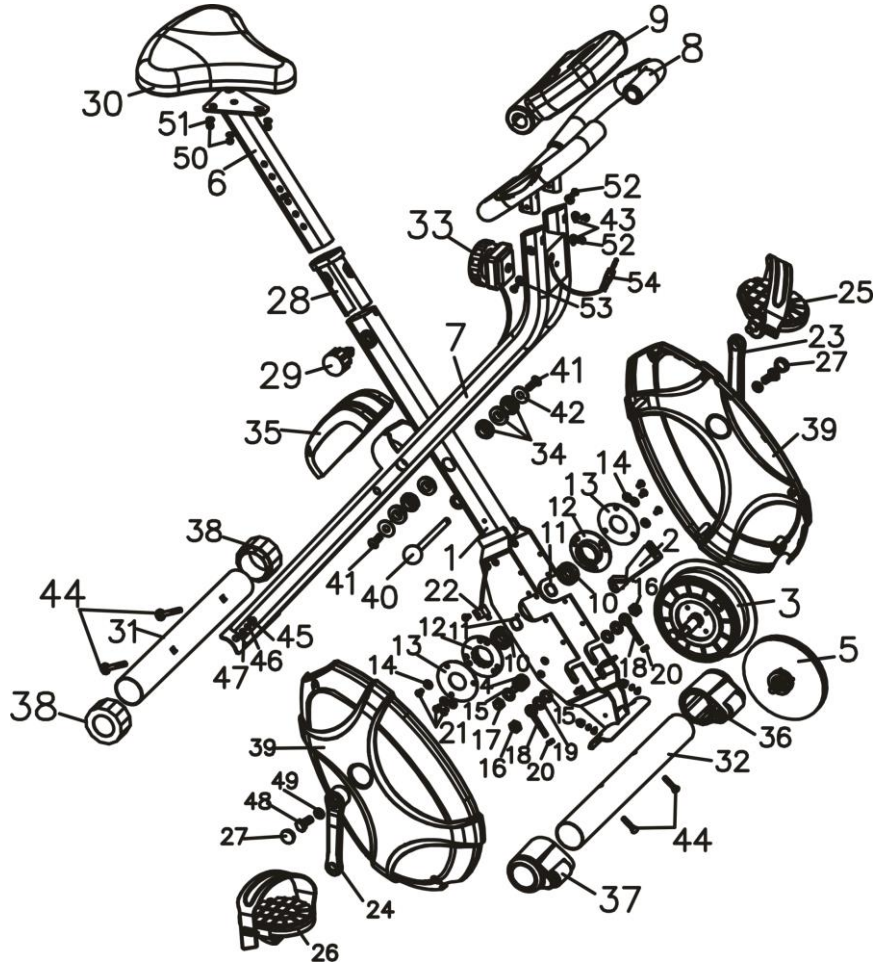
NOTE: DO NOT pull out the seat tube over the warning line “MAX” which showing on the tube. When you adjustable the height of seat.

STEP 4 ATTACH HANDLEBAR AND METER

- Remove the pre-assembled bolt (52) and flat washer (43), curved washer (53) from low of the handlebar (8).
- Put handlebar (8) with 2 hand pulse, grip to the front post tube (7) and fasten bolt (52), flat washer (43) and curve washer (53).
- And then fasten each one piece tightly.
- Connect the plug of sensor wire (54) to the sensor socket of meter (55)



EXPLODED VIEW



PARTS LIST

NO	DESCRIPTION	PCS
1	Main frame	1
2	Magnetic bracket	1
3	Flywheel	1
4	Press wheel set	1
5	Pulley set	1

6	Seat tube	1
7	Front post tube	1
8	Handlebar with foam grip and hand pulse	1
9	Meter	1
10	Bearing 6003RS	2
11	φ17 curved washer	2
12	Plastic bushing set	2
13	Big washer	2
14	φ14X5mm washer	6
15	φ10.5X20 flat washer	3
16	M10X5 nut	2
17	Nylon nut-M10	1
18	Adjust screw	2
19	φ10.5X20X2.0 flat washer	2
20	M6 nut	2
21	Screw M5X10	8
22	Sensor	1
23	Crank L-5	1
24	Crank R-5	1
25	E15 pedal left	1
26	E15 pedal right	1
27	Crank cover	2
28	PT30X60 25X50mm cup	1
29	Knob	1
30	Seat	1
31	Rear stabilizer	1
32	Front stabilizer	1
33	Tension	1
34	Plastic bushing	6

35	Cover	1
36	Left front transfer wheel	1
37	Right transfer wheel	1
38	Rear adjustable cap	2
39	Chain cover	2
40	Pin (10~70)	1
41	Nut M8X15	2
42	Flat washer $\varphi 8.5 \times 24 \times 2.0$	2
43	Curved washer $\varphi 6.5 \times 16 \times 1.2$	2
44	Carriage bolt M8X60	4
45	Head nut	4
46	Spring washer M8	4
47	Curved washer $\varphi 20 \times 8.5 \times 1.2$	4
48	Bolt M8X15	2
49	Flat washer $\varphi 14 \times 8.5 \times 1.2$	2
50	Stop nut M8	3
51	Flat washer $\varphi 16 \times 8.5 \times 1.5$	3
52	Screw M6X10	4
53	Flat washer $\varphi 14 \times 6.5 \times 1.2$	2
54	Middle sensor wire	1
55	Meter sensor wire	1

METER MANUAL



SPECIFICATIONS :

TIME(TMR).....00:00-99:00 ODOMETER(IF HAVE).....0.0-999.9KMorML

SPEED(SPD).....0.0-99.9KM/H PULSE*(IF HAVE).....40-240BPM

DISTANCE(DST)...0.00-999.9KM CALORIES(CAL).....0-9999KCAL

KEY FUNCTION :

MODE: This key lets you to select and lock on to a particular function you want. According to the above three seconds longer, except ODO numerical beyond, time and distance and the quantity of heat is cleared.

PAUSE: Press to start or stop the operation of functions.*(IF HAVE)

SET: The key allows you to choose a target value for TIME, DISTANCE, CALORIES, PULSE

But SPEED and ODO cannot set

RESET: RESET KEY to set the target KEY specific cleared, long press RESET for KEY specific more than 3 seconds above, electronic watch RESET all numeration RESET

OPERATION PROCEDURES :

1. AUTO ON/OFF

- The system turns on when any key is pressed or when it receives an input from the speed sensor.
- The processor turns off automatically when the speed sensor has no signal input or no key is pressed for approximately 4 minutes.

2. RESET :

The unit can be reset by changing the batteries or pressing the RESET key for 3 seconds.

3. HOW TO PRESET TIME, DISTANCE, ODOMETER, PULSE&CALORIES:

Press the MODE key until the function brand which is going to be preset is flashing.

Press the MODE key once the function brand stop flashing.

Next, choose the value you want to exercise by the SET key.

When the speed sensor has any signal input, the monitor will begin to count down.

It will beep for 4 seconds to indicate the completion of workout which is preset, press any key to stop beeping. If data is not preset, any function date will count up.

4. FUNCTIONS:

TIME : The time of exercise will be displayed by pressing MODE key until brand TIME appear.

SPEED : Current speed will be shown by pressing MODE key until brand SP (SPD) appear.

DISTANCE : The distance of each workout will be displayed by pressing MODE key until brand DIST appear.

ODOMETER : Press the MODE key until the pointer advance to ODO the total accumulated

*(IF HAVE) distance will be shown.

PULSE : Users current heart rate is displayed in beats per minute (BPM)by pressing

*(IF HAVE) MODE key until brand PULSE appea,Place the palms of your hands on both of the contact beds and wait for30seconds for the most accurate reading.

CALORIES: The calories burned will be displayed by pressing MODE key until brand CAL appear.

SCAN: Automatic display of the following functions in the order shown:

TIME-SPEED-DISTANCE- -CALORIES- ODOMETER (if have) – PULSE (if have)

(OR) TIME-SPEED-DISTANCE-ODOMETER (if have) – PULSE (if have -CALORIES

BATTERY

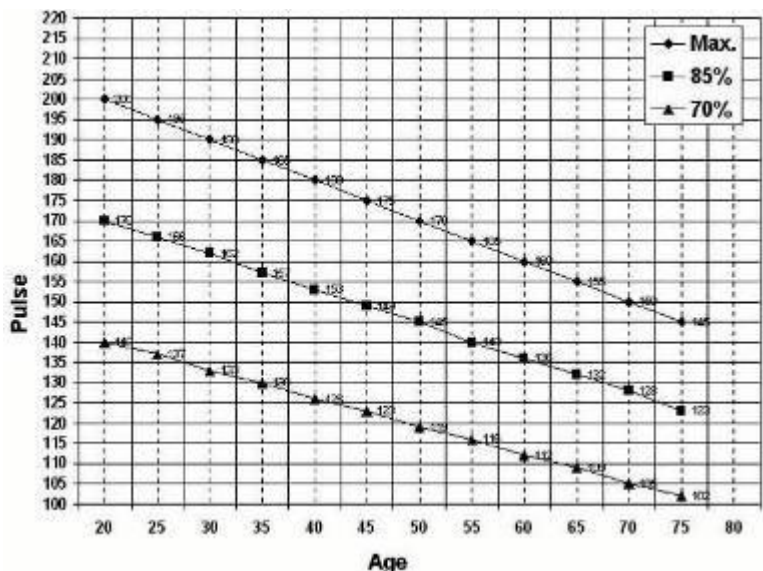
This monitor uses two batteries. If improper display on monitor,

Please re-install the batteries to have a good result.

TRAININ PULSE RATE

WARM UP EXERCISE

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to



four or five times per week. 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 out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your work out, repeat these exercises to reduce sore muscle problems. We suggest the following warm-up and cool-down exercises:

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.



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.



Head Roll

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



Shoulder Lift

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



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.



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.



Side Stretch

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.

