



**USER MANUAL – EN**

**IN 185 Indoor Cycling Bike inSPORTline Kapara**





## INSTRUCTION USE

- 1) This model is designed to be used as a “spin “ cycle in fitness studios and health clubs. It has a fixed wheel driven flywheel and should only be used under professional supervision.
- 2) Installation – it is important that the device is correctly assembled and we recommend that suitably qualified personnel carry out installation and assembly.
- 3) **Handlebar and seat adjustment.** It is important that the handlebar and seat are set at the correct height for your body. Ask your instructor for assistance. Adjusting the handlebar height-Undo the knob that is located where the handlebar post fits into the frame. Slide the handlebar post up or down to the required height and retighten the knob. Make sure it is securely tightened and that there is no lateral or vertical movement of the handlebar. The handlebar position can also be adjusted forwards or backwards. Undo the Release lever located below the handlebar slider. Slide the handlebar assembly forwards until you reach the required position. Then securely re-tighten the Release lever.  
**Adjusting the seat height-** undo the knob located where the seat post fits into the frame. Adjust the seat to the required height. Then retighten the knob. Make sure it is tight enough to prevent the seat from twisting side to side. The seat position can be adjusted forwards and backwards. Undo the knob located directly side of the seat slider. Loosen the knob then slide the seat to the required position. Then make sure the knob retighten.
- 4) **Pedals and toe straps-** your feet should be securely positioned in the toe clips during the exercise. Put your foot as far forwards as you can into the toe-clip and then pull the strap tight.
- 5) The device should operate on a level surface with no lateral movement. There is height adjuster caps located on either side underneath the rear foot. Turn these caps clockwise or anti-clockwise until the bike is totally stable on the ground.
- 6) **Emergency brake** – Press down brake system (31) for stop.
- 7) **Maintenance** – It may be unsafe when loosen bolt on the parts or noise on the flywheel, please contact your supplier. Like any other mechanical cycling device, this model should be regularly maintained. Ask your supplier for a detailed maintenance program.

## MAINTENANCE

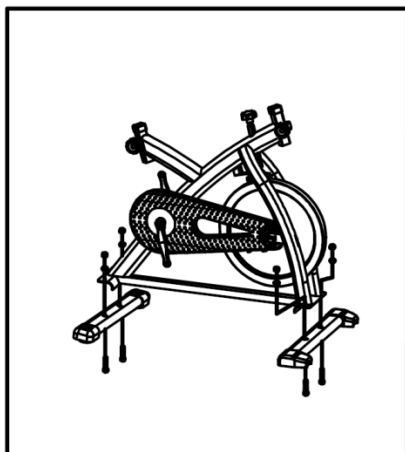
No	DESCRIPTION	Daily	Weekly	Monthly	Quarterly	Annually
1.	Wipe machine down	X				
2.	Spray with WD40 or similar	X				
3.	Visual check	X				
4.	Check security of handle bar post & seat post	X				
5.	Check security of saddle	X				
6.	Remove handlebar post and clean tube		X			

7.	Remove seat and clean tube		X			
8.	Check brake pads for wear-align		X			
9.	Check brake adjustment		X			
10.	Check security of all knobs & release lever		X			
11.	Check toe straps for signs of wear		X			
12.	Check crank bolts and re-tighten		X			
13.	Make sure pedals are screwed in		X			
14.	Check chain tension			X		
15.	Oil chain			X		
16.	<b>Wipe the anti-rust oil on the flywheel</b>			X		
17.	Check bottom bracket				X	
18.	Check flywheel bearings				X	
19.	Full service-frame inspection					X

## ASSEMBLY

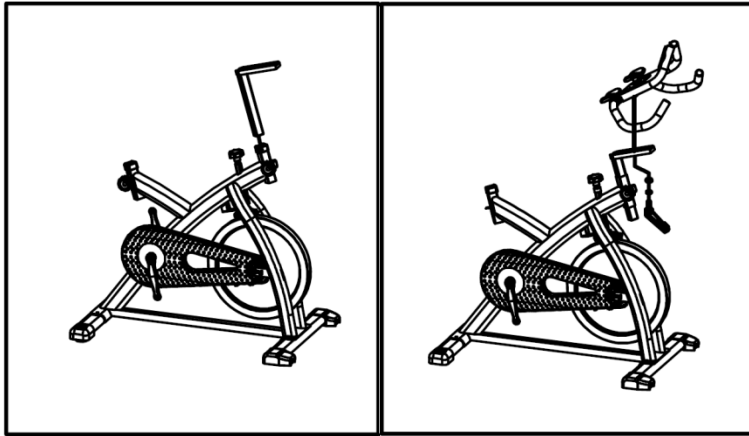
### Step one

Attach the front (13) and rear feet (12) to the frame using the nuts (8), washer (9) and bolts (10).



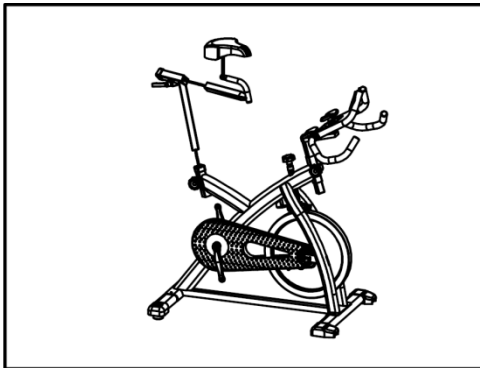
**Step two**

Attach the handlebar post inserting into the head tube on the frame. Using knob to adjust and tighten the height in proper position. Then attached handlebar slider (21) on the handlebar post (23), use release lever (22) to adjust and tighten the handlebar in proper position.



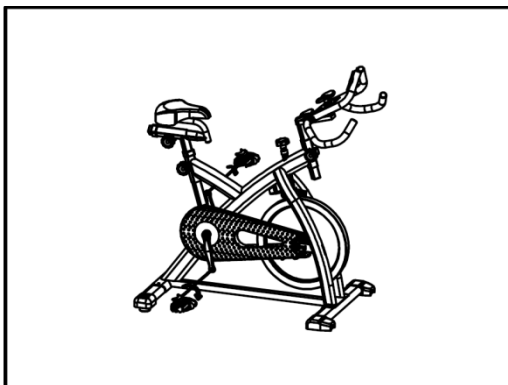
**Step three**

Insert the seat post into the frame's seat tube. Attach the saddle (1) into seat slider and tighten the screw of saddle. Insert the seat slider into the seat post and fix. Using knob (4) adjusts and tightens the height in proper position.



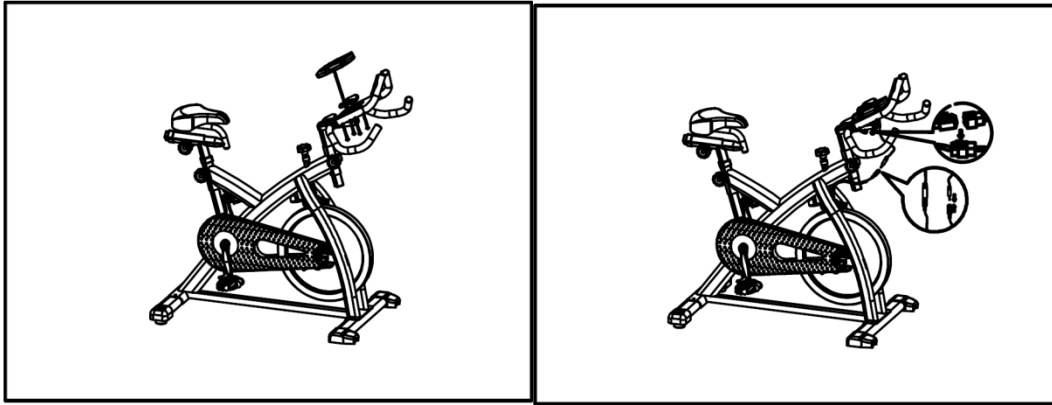
**Step four**

Attach the pedals (11) into the crank arms (7)(5), each pedal is marked with the L (left) or R (right) to denote the side of the spinning bike they are on, Note- the right hand crank is on the same side as the chain guard (24). Be careful to align the threads correctly to avoid any damage. A little grease on the threads should help the pedals to screw in easily and correctly, tighten using a 15mm spanner; both pedals threads should tighten towards the front of the spinning bike.



**Step five**

Attach the computer (41) to the handlebar plate using fixed bolt (42).



**Adjusting the resistance**

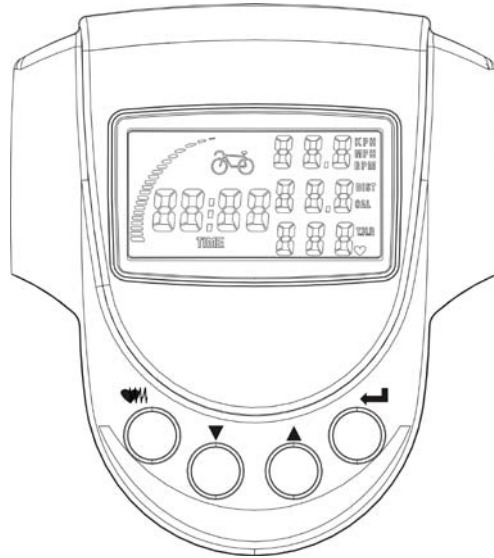
To adjust the exercising resistance on the complete spinning bike by the brake knob (31) of brake system, and then simply loosen (-) or tighten (+).

The flywheel should rotate freely without resistance when you loosen (-) the brake system totally.

More experienced riders may wish to increase the overall resistance by tighten (+) the brake system totally.

# EXERCISE MONITOR – INSTRUCTION MANUAL

## FRONT VIEW



## HOW TO REMOVE BATTERY:

1. Pull off the battery cover and place two of SIZE-AAA or UM-4 batteries into battery housing on back of monitor, please refer to below illustrations.
2. Insure batteries are correctly positioned and battery springs are in proper contact with batteries.
3. Replace battery cover and insure it is tightly closed.
4. Battery life is approx. 1 year under normal usage.
5. If the display is illegible or only partial segments appear, remove batteries and wait 15 seconds before reinstalling.
6. Removing the batteries will erase computer memory.

## KEY GUIDE



**PULSE RECOVERY:** Press this button going into pulse recovery detecting.



**ENTER:**

1. Press this button to enter setting mode. Normal→Time→DIST→CAL→T.H.R
2. Press this button to confirm the setting values
3. Hold 3 seconds to reset all of the values to zero.



**UP:** Increase the setting value of the following functions. Time→DIST→CAL→T.H.R



**DOWN:** Decrease the setting value of the following functions. Time→DIST→CAL→T.H.R

## FUNCTIONS AND OPERATIONS

### AUTO ON/OFF

The monitor will wake up automatically if the exercise machine is in motion. If stop exercising for over 4 minutes, monitor will turn off and reset all function values to zero.

### TIME:

Press the button of ENTER to TIME function and press the UP or DOWN button to enter the value you want.

Count up:

Without setting the time value, the monitor will count up the time from 00:00~99:59.

Count down:

Setting the exercise time from 1:00~99:00 minutes, the monitor will count down from your setting values. Once reach setting value, monitor will alarm.

### SPEED:

Displays your workout speed in M/KM per hour .The monitor will display the current speed from 0.00 ~ 99.9 Km or Mile per hour.

### RPM:

Displays your workout RPM. The monitor will display the current RPM from 15 ~ 999

### DISTANCE:

press the button of ENTER to DIS function and press the UP or DOWN button to enter the value you want.

Count up:

Without setting the distance value, the monitor will count up the distance from 0.1~999.9Km or Mile

Count down:

Setting the exercise time from 1.0~999 Km or Mile, the monitor will count down from your setting values. Once reach setting value, monitor will alarm.

### CALORIE:

press the button of ENTER to CAL function and press the UP or DOWN button to enter the value you want.

Count up:

Without setting the distance value, the monitor will count up the distance from 0.1~999.0.

Count down:

Setting the exercise calorie from 1.0~999, the monitor will count down from your setting values. Once reach setting value, monitor will alarm.

### PULSE (Target Heart Rate):

press the button of ENTER to T.H.R function and press the UP or DOWN button to enter the value you want

Pulse Limit:

Setting the value of pulse limit between 60 to 220, the monitor will measure your heartbeats. Once reach setting value, monitor will flash until your heartbeats under your setting value.

Place the palms of your hands on the both of the contact pads and the monitor will show up your heartbeat rate in beat per minute (BPM) on the LCD display.

NOTE:



If no pulse signal input within 16 seconds, the display will indicate “P”. It is a power saving device. Customer can press key to restart Pulse function.

**PULSE RECOVERY:**

When you stop to exercise and desire to test your pulse recovery. Press this button to proceed your pulse recovery and place the palms of your hands on the both of contact pads for one minute. The monitor will show your pulse recovery ratio on LCD. It is a function to check the condition of pulse recovery that is scaled from 1.0 to 6.0 while 1.0 means the best and 6.0 means the worst and the increment is 0.1.

**CAUTION:**

Operating temperature: 0°C - +50°C.

Storage temperature: -10°C - +60°C.

**PARTS LIST**

No.	Name	Unit	No.	Name	Unit
1	Saddle	PC	28	BB axle set	PC
2	Alloy bind clamp ( R/L )	PC	29	Bottle cage	PC
3	Knob spring	PC	30	Screw for bottle cage	PC
4	Knob	PC	31	Brake system	SET
5	Left crank arm	PC	32	Crank bolt	PC
6	Chain	PC	33	Flywheel security nut	PC
7	Right crank	PC	34	Outer chain guard bolt (M6)	PC
8	Foot tube nut	PC	35	Bolt and washer for spring bracket	PC
9	Foot tube washer	PC	36	Flywheel adjuster bolt	PC
10	Foot fixing bolt	PC	37	Knob washer	PC
11	Pedal	PR	38	Knob plastic washer	PC
12	Rear foot tube	PC	39	Knob fixed bolt	PC
13	Front foot tube	PC	40	Bottle	PC
14	Rear foot end cap	PR	41	Computer	PC
15	Rear foot adjuster wheel		42	Computer fixed bolt	PC
16	Front foot tube end cap	PC	43	Elbow pad w/holder clamp, bolt, nut	PR
17	Brake pad	PC	44	Hand pulse	PR
18	Brake pad holder	PC	45	Down cable w/sensor	PC

19	Screw & nut	PC	46	Magnet	PC
20	Spring bracket	PC	47	Flywheel	PC
21	Handlebar	PC	48	Inner chain guard	PC
22	Release lever w/washer	PC	49	Seat slider	PC
23	Handle bar post	PC	50	Seat post	PC
24	Outer chain guard	PC	51	Knob fixed washer	PC
25	Flywheel axle	PR	52	Washer for bottle cage	PC
26	Fixed wheel sprocket				
27	Flywheel bearing				

# EXPLODED DRAWING

