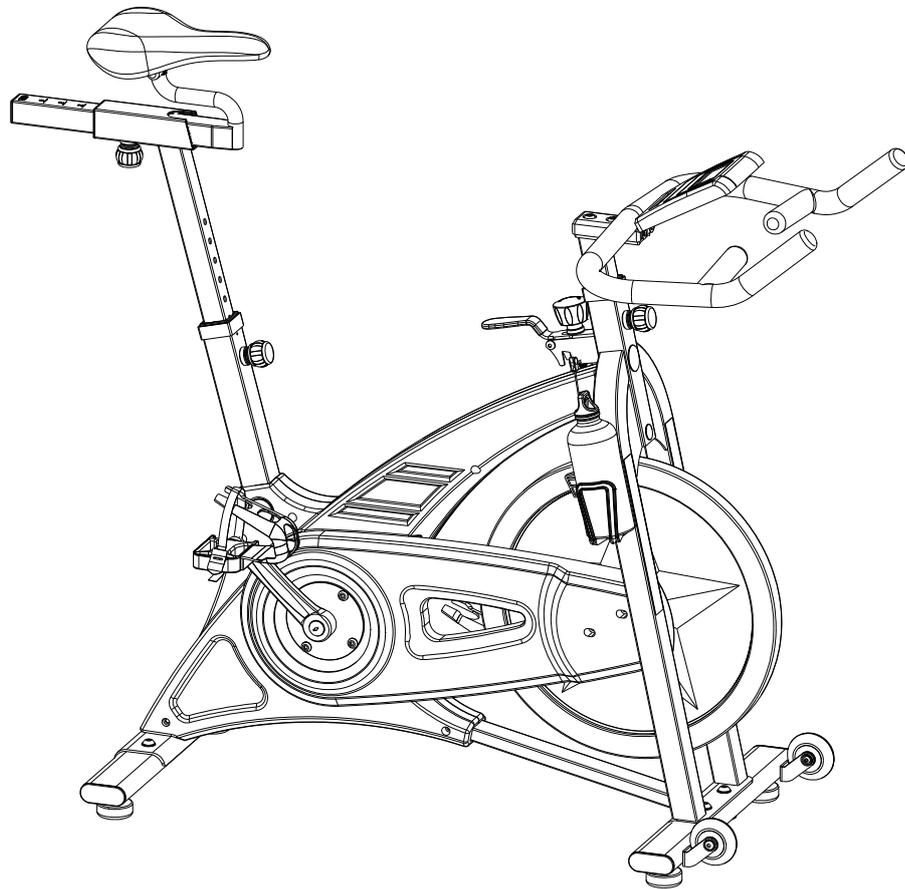




**IN 1823 Indoor exercise bike Signa**  
**Manual - EN**



## **SAFETY GUIDELINE**

1. Once assemble fully, please inspect to make sure all hardware parts such as bolts, nuts and washers are positioned and in stability situation.
2. Always inspect the safety chain guard that protects the moving parts of the bike to be in safe and in good order.
3. Always inspect the seat post, seat slider, pedals and handlebar to make sure they are in safe and stability situation before using the bike.
4. To lubricate all moving parts monthly is recommended.
5. Do not wear loose clothing to avoid entangling into any moving parts.
6. Do not remove feet from the pedals while they are in motion.
7. Running or aerobic shoes are required when using the bike.
8. Dry the bike after each use to remove sweat and moisture. Wipe your Hope bike regularly with a mild, non-abrasive cleaner and water solution. To avoid damaging the finish on the bike, never use a petroleum-based solvent when cleaning.
9. Please keep children away from the bike while it is in use. Do not allow children to use the bike. This bike is designed for adults, not children.
10. Do not dismount the bike until the pedals are at a completely STOP.
11. If you have any pain or tightness in your chest, an irregular heartbeat, shortness of breath, feel faint or have any discomfort while you exercise, STOP!
12. Do not place fingers or any other objects into moving parts of the exercise equipment.
13. Before starting any exercise program, consult with your physician first. He or she can help establish the exercise frequency, time and intensity appropriate for your particular age and condition.
14. After exercising, please turn the adjustment control knob clockwise (+) to increase tension so the pedals will not rotate freely and possibly hurt someone.
15. The bike is limited 120KG, please use within the weight regulated, do not overload.
16. Class - HC (according to EN ISO 20957) for home use.

## **UNIT GENERAL KNOWLEDGE**

The unit belongs to Aerobic Exercise equipment. Its main objective is to increase oxygen inhaled and blood recycling, to make your heart (blood cycling system) and lung (breath system) be effective stimulus fully through exercise for a long time (stamina exercise) so that all body tissues and organs can be given a good supply of oxygen and nutrition to maintain optimal functional status and achieve the purpose of fitness finally.

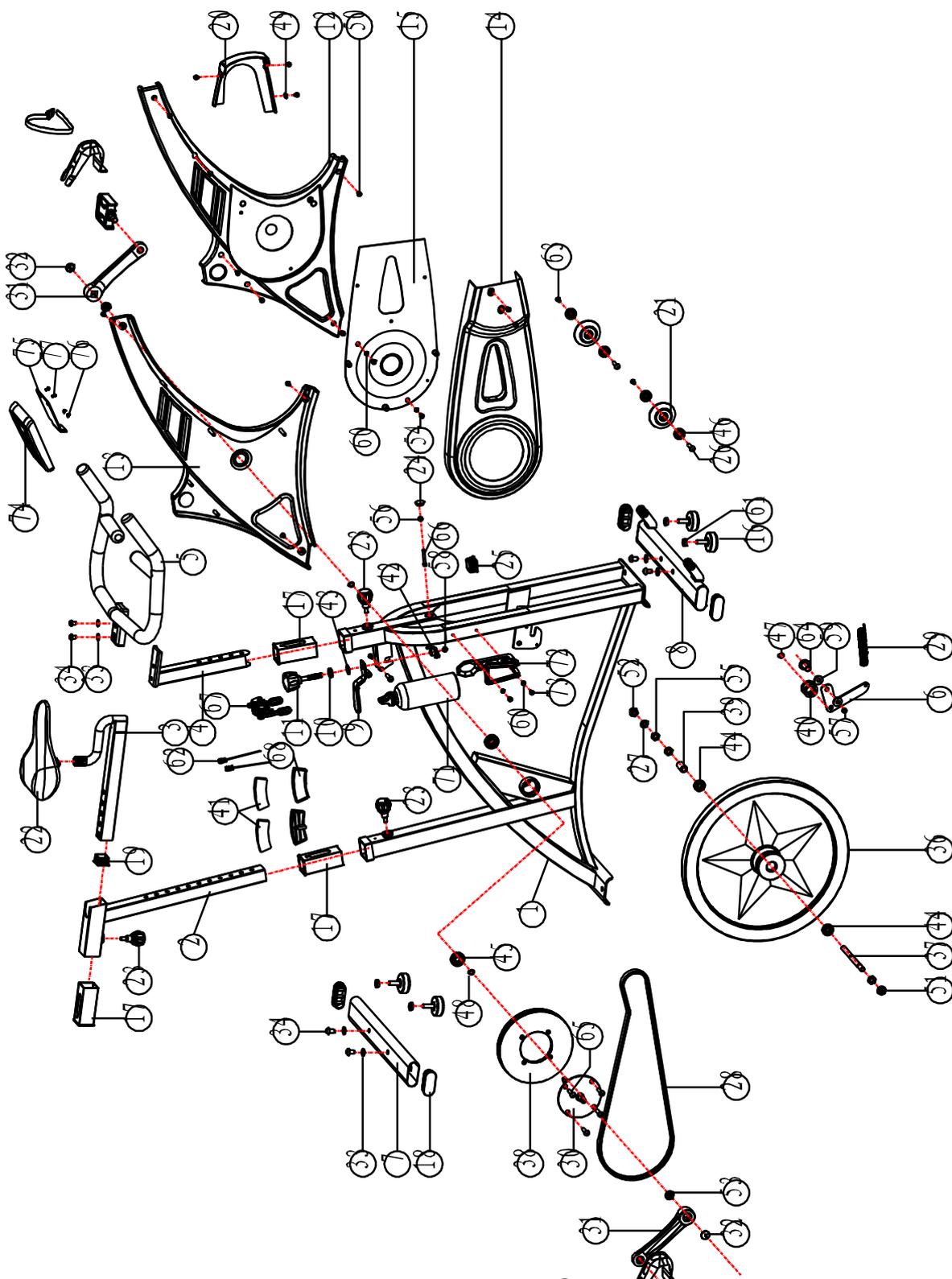
The unit is designed according to the drive theory of bicycle; friction theory is adopted the resistance. Adjust the resistance by turning the Adjusting Knob, and brake by the Brake Handle. The equipment is safe and reliable during exercise. It is suitable for using at home, in office or other small places of leisure fitness.

### **Notice:**

1. Make sure the equipment is stably before starting exercise. It can be leveled to compensate for uneven surfaces through raising or lowering the four leveling bolts (16).

2. Adjust Seat (22) to a suitable position by adjusting Seat Sliders (3) and Seat Post (2). And please adjust height of Handlebar (4) according to your body size.
3. Set right resistance by Tension Knob (11), please set a right resistance according to your body condition. You may do exercise three times every week, about one hour every time. The best working effect is HBF as 110-150 times/min.
4. The drive mode of the equipment is bi-directive drive. Please press Brake Handle (9) for braking when aggressive exercise is performed, it will stop immediately.
5. Do not leave Seat (22) until all parts come to a stop completely.

## EXPLODED DRAWING

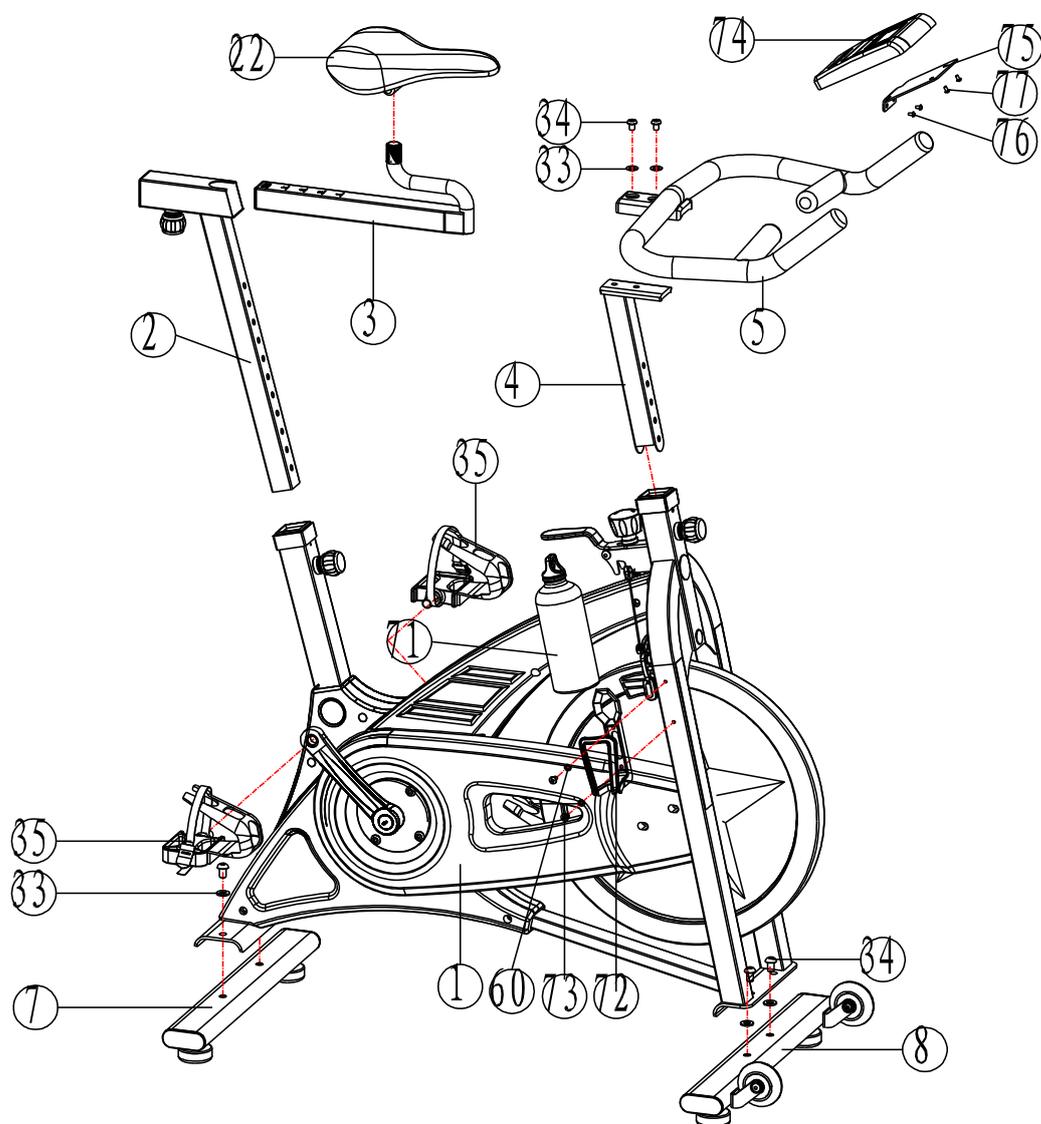


Part list				
Part No.	Series No.	DESCRIPTION	SPECIFICATION	QTY
1	HP-SP0708PK-01-00A	Main Frame		1
2	0708-03-06A	Seat Post	□38*460*t1.5	1
3	HP-SP0708-03-03A	Seat Slider	□38*270*t1.5	1
4	0708-05-10A	Handlebar Post	□38*270*1.5T	1
5	HP-SP0709-05-00A	Handlebar	Ø28*998*t1.5	1
6	HP-SP0708PK-06-09A	Tension Bracket		1
7	HP-SP0708-04-04A	Rear Base	Flat Oval 30*70*1.5T*498L	1
8	HP-SP0708-04-00A	Front Base	Flat Oval 30*70*1.5T*498L	1
9	SP0708PKS-09-00A	Brake-handle		1
10	HP-SP0708-02-03A	Washer	Ø10xØ25xT5	1
11	HP-SP0708PKS-10-01A	Tension Knob	M10*P1.25*60	1
12	HP-SP0708-07-01A	Cover (right)		1
13	HP-SP0708-07-02A	Cover (left)		1
14	HP-SP-0708PK-07-03A	Chain Cover A		1
15	HP-SP-0708PK-07-04A	Chain Cover B		1
16		Adjustable latch	M10	4
17	HP-SP0708-07-07A	Plastic Sheath-inner Pipe	Suitable for 45*45*1.5 Square Tube & 38x38 Square Tube	3
18	HP-SP0708-07-08A	Cap of Bases	30*70*1.5 Elliptical Tube	4
19		Cap of Seat Slider	Suitable for 38*38*1.5T Square Tube	1
20	HP-SP0708PKS-10-09A	PS Front Cover	For Belt Transmission System	1
21		Transport Wheel	D8*D71.5*W223	2
22		Seat		1
23	HP-SP0708-07-10A	Pop Pin	M16*P1.5*35L	3
24	HP-SP0708-07-11A	Φ21 Mat		1
25		Cap of Inner Pipe	45*45*1.5T Square Tube	1
26		Hexagonal hollow bolt	Φ8*M6*30	3
27		Flat washer	Φ12*Φ25*1.5T	1
28		Belt	5PK54"	1
29	HP-SP0708PKS-11-01A	Tension Spring	Ø2.5*17 Ring	1
30	HP-SP0708PK- 06-06A	Spline Shaft		1
31		Right & Left Crank	170 9/16"-20UNF	1set

32		Crank Cover		2
33		Flat Washer	Φ20*Φ10*1.5	6
34		Inner Hexagon Flat Round Head Screw	M10x25	6
35		Right & Left Pedal	9/16"-20UNF-RH	1
36		Flywheel		1
37	HP-SP0708PK-06-02A	Flywheel Spindle	M12*P1.0*166	1
38	HP-SP0708PKS-11-06A	Belt Wheel	Ø205*19.8W	1
39	HP-SP0708PK- 06-04A	Sleeve	Ø18*Ø12*36L	1
40	HP-SP0810-2PJ-03-07A	Pulley, Flywheel (front drive)	φ37*φ30*24.5	1
41	HP-SP-0708-06-13A	Clamp Brake Assembly	Brake Pad and Brake String	1
42	HP-SP0708PKS-11-08A	Clamp Brake Holder	T4.0*M10*P1.25	1
43	HP-SP0708-02-04A	Flat Washer	Ø10.2-Ø25*T1.5	1
44		6001	6001 (黑色塑胶 壳) ABEC-5	2
45		6004	6004 (黑色塑胶 壳) ABEC-5	2
46		608	608	4
47		C-shape Axes Snap Spring	Φ10	1
48		C-shape Axes Snap Spring	Φ20	2
49		Nut	Φ4.8*T0.8	1
50		Tapping tcrew	ST4.8*15	17
51		Hexagon Flange Nut	M12x1.0	1
52		Cap Nut M12	M12*p1.0	1
53		Hexagon Flange Nut	M10*P1.25	2
54		Phillips-head screws	M5*12L	2
55		Hexagon Thin Nut M12	M12*1.0	3
56		Hexagon Flange Nut	M6	1
57		Nylon Nut	M10	1
58		Nylon Nut	M10*P1.25	1
59		Plochá podložka <b>GB/T97.2 10</b>	<b>Φ10*1.5</b>	<b>6</b>
60		Flat Washer GBT97.2 5	Φ5.2*1.0	4

61		Hexagon Nut	M10	4
62		Brake cable		2
63		Inner Hexagon Flat Round Bolt M6x12	M6x12	3
64		Inner Hexagon Flat Round Bolt M10x25	M10x25	1
65		Inner Hexagon Flat Round Bolt M10x16	M10x16	4
66		Inner Hexagon Flat Round Bolt M6x40	M6x40	1
67		<b>Mounting the brake clamp</b>		1
68		<b>Brake pad</b>		2
69		<b>Pedal case</b>		2
70		<b>Pedal buckle</b>		2
71		<b>Water bottle</b>		1
72		<b>Holder water bottles</b>		1
73		<b>Phillips head screws</b>	M5x12L	2
74		<b>Meter</b>		1
75		<b>Control panel</b>	3T	1
76		<b>Phillips head screws</b>	M6x10L	2
77		<b>Phillips head screws</b>	M5x8L	2

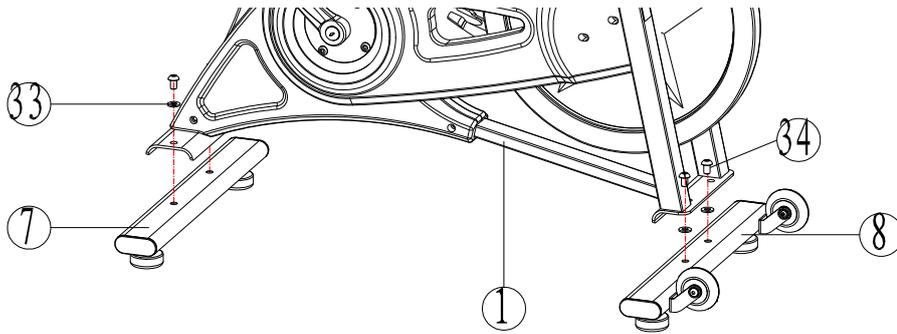
# INSTALLATION:



## Steps of Installation:

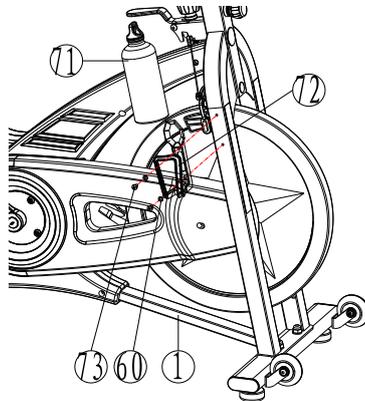
### Step 1: Assemble Front Base and Rear Base

According to the following figure, fix the Front Base (8) and Rear Base (7) to the Main Frame (1) respectively with 4pcs of **Hexagonal hollow bolt M10\*25L(34)**, Flat Washer $\phi 20*\phi 10*1.5T$  (33) by Opening Wrench #17 for fastening.



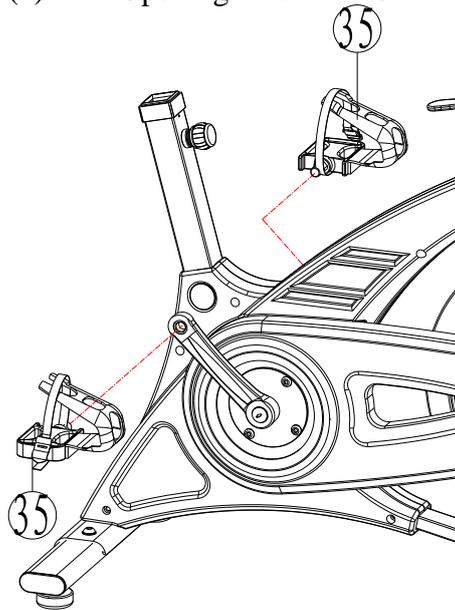
## Step 2: Assemble Water Bottle Holder and Water Bottle.

Please refer to the following figure, fix the Water Bottle Holder (72) to Main Frame (1) via using some tools, and put the Water Bottle (71) into the Water Bottle Holder (72).



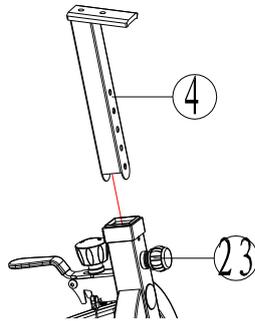
## Step 3: Install Left Pedal and Right one.

Refer to the figure as below, insert the Left Pedal and Right One (35) into the Crank (31). Furthermore, fix them to the Main Frame (1) with Opening Wrench #15.



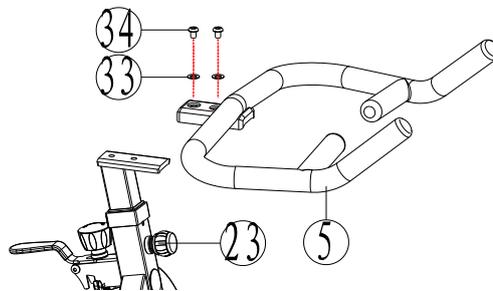
#### Step 4: Assemble the Handlebar Post.

According the following figure, slacken the Pop Pin (23), and slide the Handlebar Post (4) into the Handlebar Post Housing on the Main Frame (1), and re-tighten the Pop Pin (23).



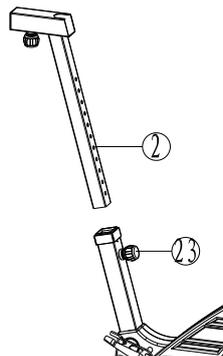
#### Step 5: Assemble the Handlebar.

Fix the Handlebar (5) to the Handlebar Post and tighten it with Flat Washer  $\Phi 10$  (33) and Hexagon Flat Round Head Screw M10\*25L (34).



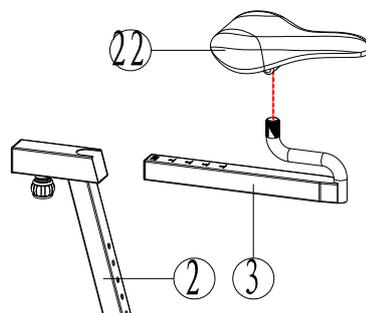
#### Step 6: Assemble the Seat Post

Slacken the Pop Pin (23), and slide the Seat Post (2) to the Seat Post Housing on the Main Frame, then retighten the Pop Pin (23).



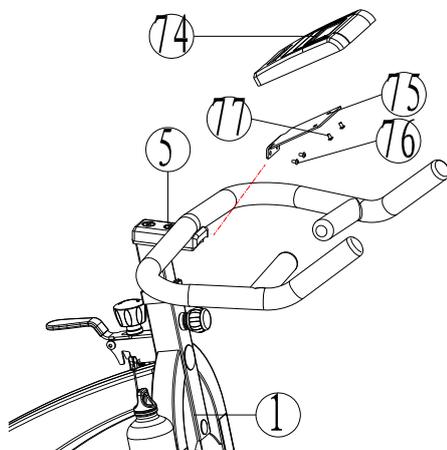
#### Step 7: Assemble the Seat.

Slacken the Pop Pin (23) and slide the Seat Slider (3) into the Seat Post (2), then re-tighten the Pop Pin (23) and fix the Seat (22) to the Seat Slider (3).



## Step 8: Fix Meter Board and Meter.

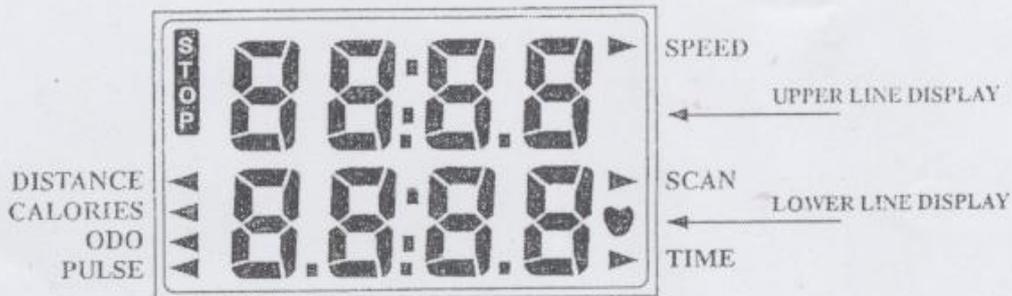
According to the figure as below, firstly, install the control panel (75) to the Handlebar (5) with Phillips screw (76), and then, fix meter (74) onto control panel (75) with Phillips screw (77) by Opening Wrench. Connect the Speed string to Meter finally.



## Step 9: Installation completed.

After finishing installation, please inspect all the screws and nuts carefully to make sure all of them tightened.

# EXERCISE COMPUTER OPERATION MANUAL



## FUNCTION:

- 1.SPEED:Display exercise speed
- 2.TIME:Display exercise time by counting up or down(if target value set for exercise).
- 3.DISTANCE: Display exercise distance by counting up or down(if target value set for exercise)
- 4.CALORIES:Display exercise calories dy counting up or down (if target value set for exercise)
- 5.PULSE(OPTION):Display current heart rate during exercise.High limit could be set as warning with beeper alarm.
- 6.SCAN:Press MODE button until SCAN pointer shows up,then all function values on lower line display will show up for 6 seconds in sequence.
- 7.ODO:Display total distance from different workout sessions,and the value can only be reset by replace batteries.
- 8.STOP:Show on upper left corner when stop exercise.

## BUTTON:

- 1.MODE:Press to select function and display selected function value on main display.Hold this button for 2 seconds to reset.
- 2.SET(OPTION):Press to set function value as exercise target.
- 3.RESET(OPTION):Press to reset function value respectively,and hold the button for 2 seconds to reset all computer function values except ODO.

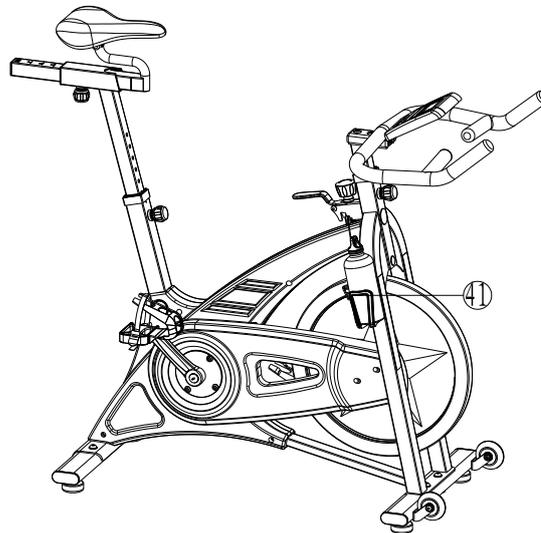
## NOTE:

- 1.Monitor shut off automatically if no exercise or button signal coming in for more than 4 minutes.
- 2.Wake up monitor by simply excrise or press buttons.
- 3.Please remove the batteries and install again in case of an improper display.
- 4.Once start exercise and see no function from the display,please connect the wire again.
- 5.Once apply pulse sensor and see no pulse value on the dispay,please check if the sensor applied appropriately.

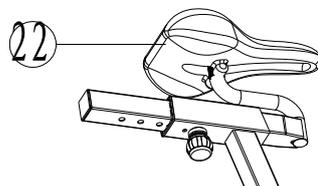
**!!The system for monitoring heart rate may not be accurate. Overloading during training can to cause a serious injury or death. If you feel unwell, stop exercising!!!**

## **NOTICE**

1. Inspect all the Nuts, Nut Caps and Pedals in safe situation regularly and inspect the Equipment periodically. While you find any defective parts, replace them immediately. Don't exercise until they are repaired well.
2. Pay more attention to easy damage parts. As the following figure, please inspect the Clamp Brake Assembly (41) if it falls off or is not work before exercise. If it is, please replace it.



3. Please inspect the Pedal before exercise if it loose or not, please repeat Installation Step 3 if it is.
4. Please adjust the Hexagon Nut by using the Opening Spanner if the Seat (22) is loose.



5. If you need to move the bike, please grasp the Handlebar (5) at their very ends to make the Pulley (21) of Front Base stand on floor, then the bike could be moved easily.



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