



Stay Young

Owner's Manual

Sp7B
Indoor Cycle

ATTENTION:

S831601-000-00 Sp7B 10807

Read instructions carefully, failure to do so may cause permanent damage to your bike.

Please verify that all parts associated with this product are in good condition and accounted for. During the assembly process please be sure to follow each step accordingly as it has been explained within the manual.

Safety Instructions

- ❖ Consult your physician before starting with any exercise program to receive advice on the optimal training.
- ❖ Warning: incorrect/ excessive training can cause health injuries. Stop using the bike when feeling uncomfortable.
- ❖ Please follow the advice for correct training as detailed in the training instructions.
- ❖ Ensure that training only starts after correct assembly, adjustment and inspection of the bike.
- ❖ Always start with a warm-up session.
- ❖ Only use original parts as delivered.
- ❖ Follow the steps of the assembly instruction carefully.
- ❖ Only use suitable tools for assembly and ask for assistance if necessary.
- ❖ Place the bike on an even, non-slippery surface.
- ❖ For all adjustable parts be aware of the maximum position to which they can be adjusted.
- ❖ Tighten all adjustable parts to prevent sudden movement while training.
- ❖ This product is designed for adults. Please ensure that children only use it under the supervision of an adult.
- ❖ Ensure that those present are aware of possible hazards, e.g. movable parts during training.
- ❖ The resistance level can be adjusted to your personal preference .
- ❖ Do not use the bike without shoes or loose shoes .
- ❖ Ensure that sufficient space is available to use the bike .
- ❖ Be aware of non-fixed or moving parts whilst mounting or dismounting the bike .

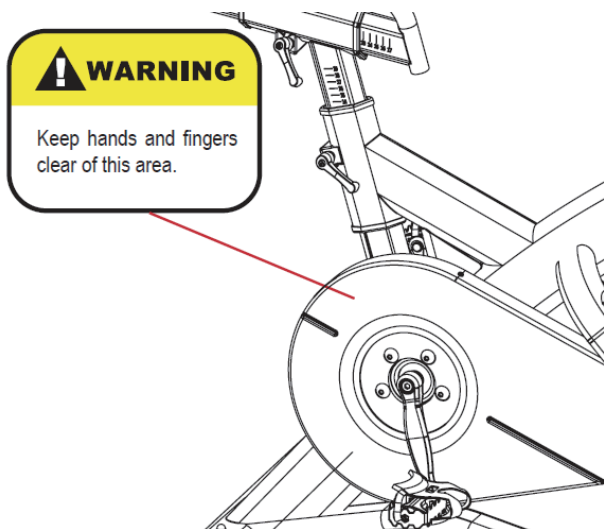
- To protect the floor or carpet from damage, place a mat under the exercise Bike.
- In case of emergency please place both feet at the same time on the side reins.
- Ensure that an area of 2000 x 1000 mm behind the exercise Bike is free from any obstacles.
- This product is tested up to a maximum body weight of 150 kilograms.
- We take no responsibility for personal injury or damage sustained by or through the use of this exercise Bike.

SAFETY INFORMATION:

1. Keep children and pets away from this equipment at all times. DO NOT leave them unsupervised in the room where the machine is kept.
2. If you experience dizziness, nausea, chest pains or any other symptom while using this machine STOP the exercise. SEEK IMMEDIATE MEDICAL ATTENTION!
3. Keep your hands away from any of the joints and moving parts.
4. Wear clothing suitable for doing exercise. Do not wear baggy clothing that might get caught in the machine. Always wear athletic shoes when using the machine and tie the laces securely.
5. This machine must only be used for the purposes described in this manual. DO NOT use accessories that are not recommended.
6. Do not place sharp objects near the machine.
7. Any person with physical or coordination limitations should not use the machine without the assistance of a qualified person or doctor.
9. Do not use the machine if it is not working correctly.
10. Before using the machine, thoroughly inspect the equipment for proper assembly.
11. Use only authorized and trained technicians if a repair is needed.
15. Use only the tools provided to assemble this machine.
16. This machine can only be used by one person at a time.
17. The moving pedals can cause injury.

Caution: Consult your doctor before beginning to use the machine or any exercise program. Read all of the instructions before using any exercise equipment.

KEEP THESE INSTRUCTIONS SAFE FOR FUTURE USE.



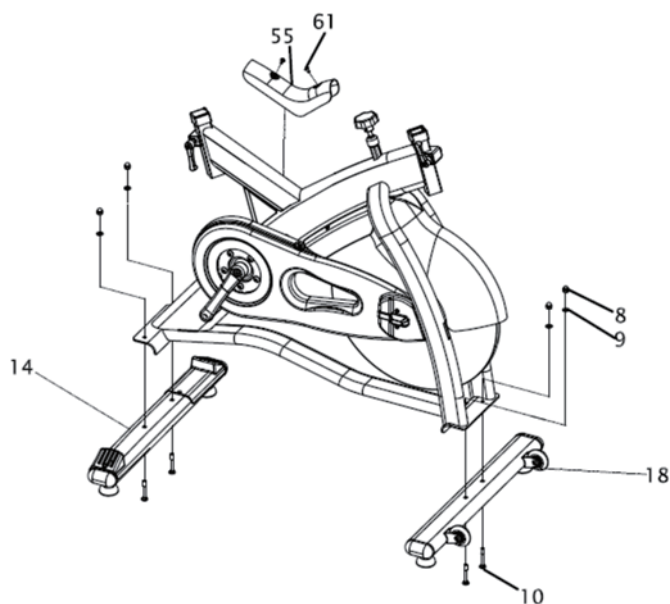
WARNING!

- * Misuse of this machine may result in serious injury.
- * Read User's Manual prior to use and follow all warnings and instructions.
- * Do not allow children on or around the machine.
- * This bike does not free-wheel. Pedals continue to spin when you stop pedaling.
- * Spinning pedals can cause injury.
- * Reduce pedal speed in the knob from brake system.
- * The user weight must not exceed 150 kgs.
- * This product should always be used on a level surface.
- * Replace label if damaged, illegible or removed.



CAUTION: During assembly it is recommended that all bolts be tightened by hand, upon completing assembly, bolts should then be properly secured using the wrench provided. To avoid injury, check bolts carefully before use.

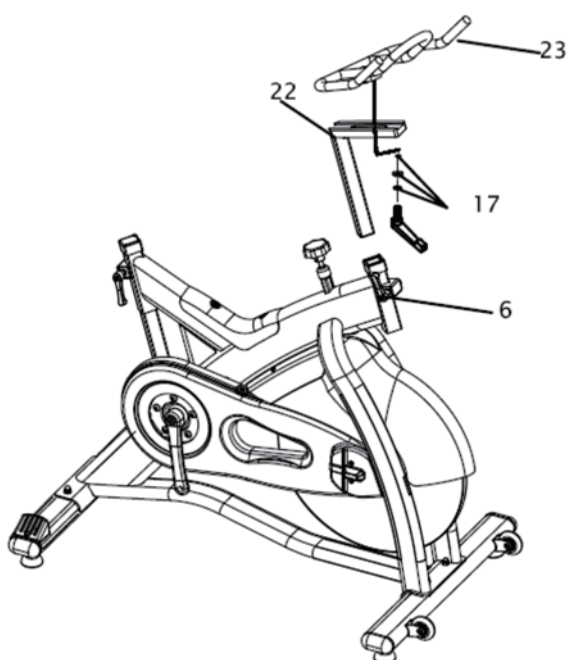
Assembly



Step one

Attach the rear foot tube (14) first by lifting up the rear of the frame and sliding the rear foot tube under the frame. Align the holes of the tube and frame then insert bolt (10) from below. Secure the bolt with washer (9) and nut (8) use the wrench. Use the same procedure to secure the front foot tube (18).

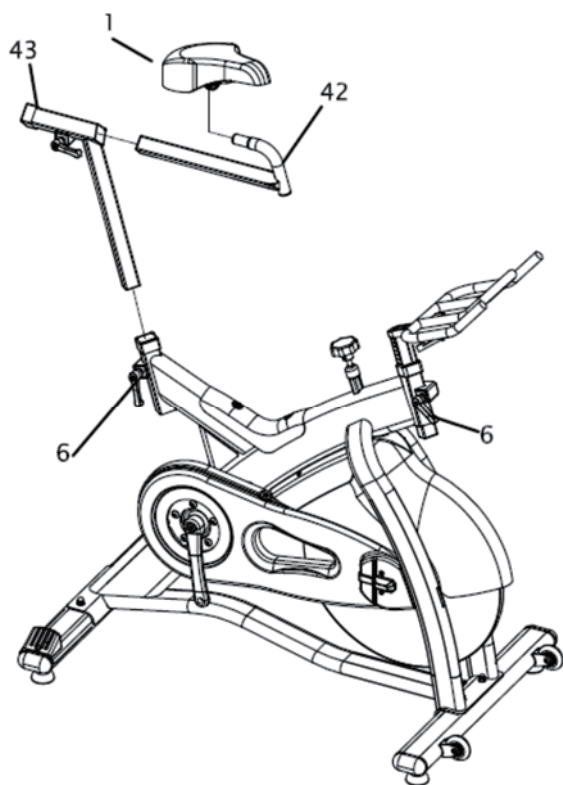
Attach the top protect cover (55) to the frame using the bolts (61) to fixed.



Step two

Attach the handlebar post (22) by inserting it into the head tube on the frame. Make sure the release lever (6) is loose enough so the handlebar post can slide down to the desired position. Tighten the release lever (6) to secure.

Attach the handlebar slider (23) on the top of handlebar post (22), make sure secure by tighten the release lever (17) from below.



Step three

Insert the seat post (43) into the seat tube on the frame to the desired height and secure with the release lever (6).

Attach the saddle (1) onto seat slider (42), and secure the saddle by tightening the nuts on both sides of the saddle clamp on the underside of the saddle, use wrench.

Slide the seat slider (42) into the seat post (43) adjust to desired position and secure with the release lever (6) on the bottom of the seat post (43).

Step four

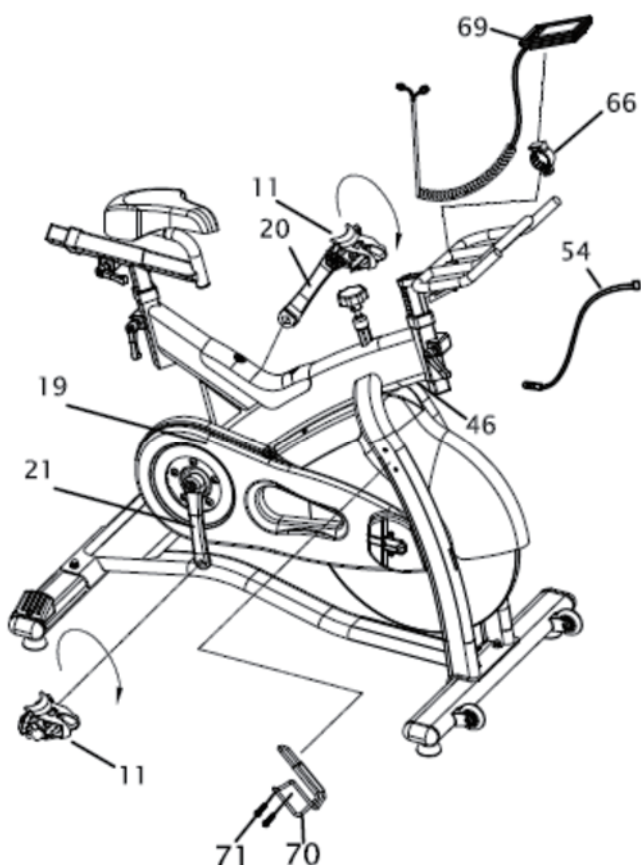
Attach the pedals (11) into the crank arms (20)(21), each pedal is marked with L (left) or R (right) to denote the side of the spinning bike they are on.

Note - the right hand crank is on the same side as the belt guard (19). Be careful to align the threads correctly to avoid damaging them. Tighten using a 15mm spanner; both pedals should tighten towards the front of the spinning bike.

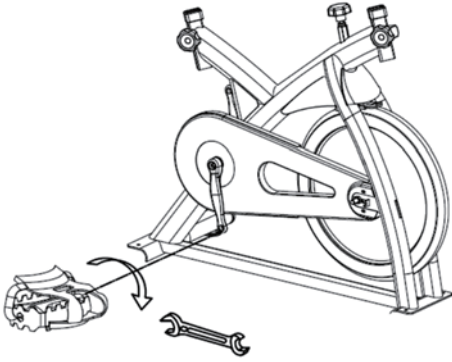
Screw the Clamp (66) on the Handlebar, and attach the Console (69) on it, then connect the sensor cable (54) which coming from main frame with console cables which coming from handle bar post bottom.

In addition, plug the connector back into the frame hole and make sure that the cable stopper (46) is plugged into the hole.

Unscrew the screw (71) on the right fork. Align the holes of the water bottle cage (70) with the holes on the fork and secure with two screws (71).



Right pedal

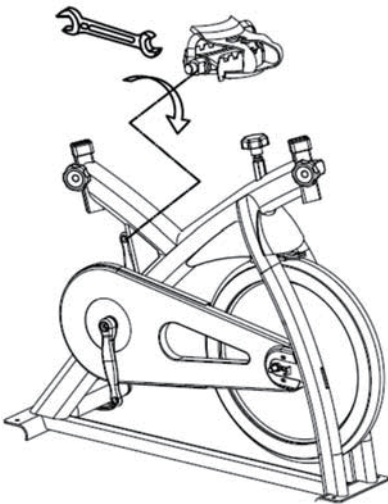


Right Pedal

Please make sure pedal in your hand is the right pedal before Installation. Turn the brake knob all the way to the right until the crank arms are immobilized. Please refer to the figure. Align the right pedal with right crank at 90 degree. Gently insert the pedal in the crank arm. Turn the pedals **clockwise** as tightly as you can with your hand. Use the wrench to ensure it is tightened securely.

Please always tighten by hand first, then finish by wrench.

Left pedal



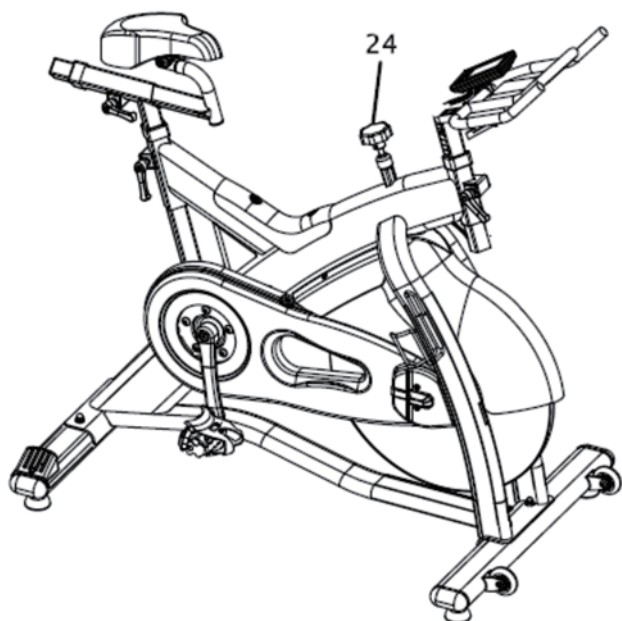
Left Pedal

Please make sure pedal in your hand is the left pedal before Installation. Turn the brake knob all the way to the right until the crank arms are immobilized. Please refer to the figure. Align the left pedal with left crank at 90 degree. Gently insert the pedal in the crank arm. Turn the pedals **counter- clockwise** as tightly as you can with your hand. Use the wrench to ensure it is tightened securely. **Please always tighten by hand first, then finish by**

wrench.

Remark:

Riding this bike backwards may loosen the pedals which will damage the threads. Please always check pedals to ensure that the pedals are tightened. If the pedals have become loose, tighten threads with the wrench supplied to ensure they are securely attached.



Adjusting the resistance

Adjust the exercise resistance on the spinning bike using the brake knob (24) to loosen (-) or tighten (+).

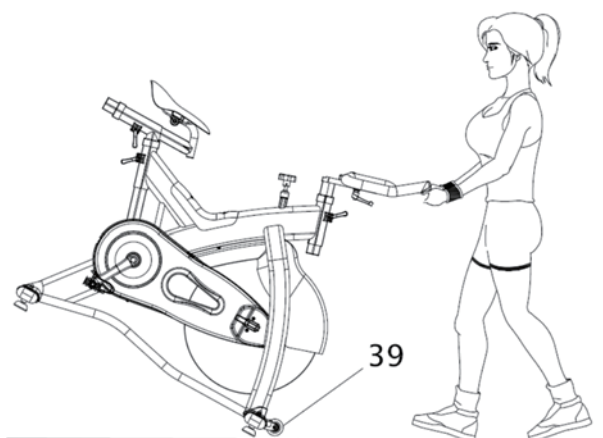
The flywheel should rotate freely without resistance when you loosen (-) the brake system fully.

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



Stability

If the floor is not even, you can adjust the height by foot tube adjuster pad (13) to make it firmly.



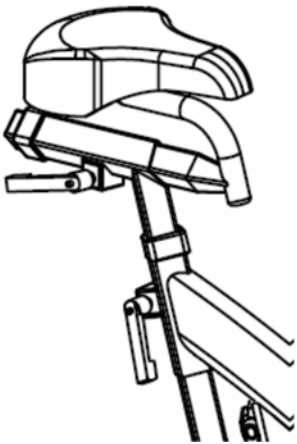
MOVING

There are moving wheel (39) located in front of foot tube for easy to moving the machine.

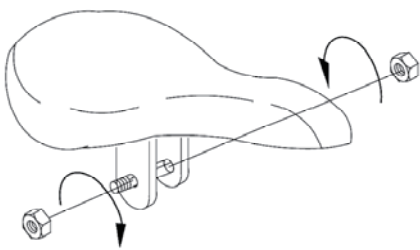
Instruction



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 release lever 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 release lever. 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 adjuster lever located below the handlebar slider. Slide the handlebar assembly forwards and backwards until you reach the required position. Then securely re-tighten the adjuster lever. Pay attention on "MIN INSERT" mark for safety adjustment.

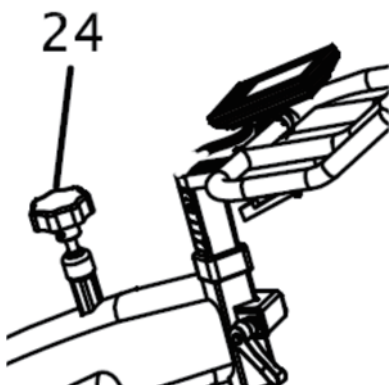


Adjusting the seat height- undo the adjuster lever located where the seat post fits into the frame. Adjust the seat to the required height. Then retighten the release lever. The seat position can be adjusted forwards and backwards. Undo the release lever located directly side of the seat slider. Loosen the release lever then slide the seat to the required position. Then make sure the release lever retighten. Pay attention on " MIN INSERT" mark for safety adjustment.



Saddle:

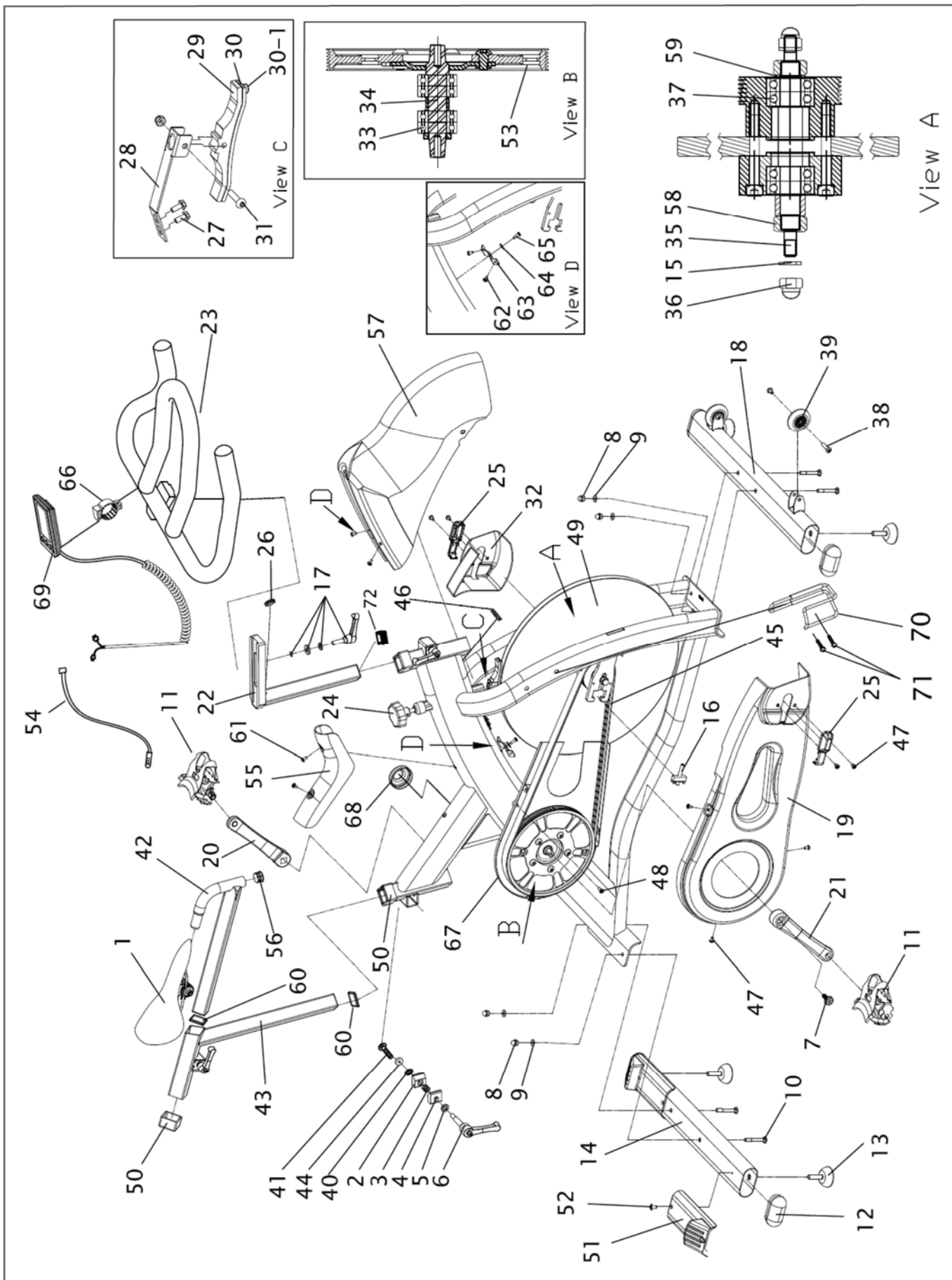
Make sure tighten enough for both side of nut after adjust the saddle position. To prevent the saddle from twisting side to side.



Emergency Brake:

Push down the knob from brake system (24) for emergency brake.

Exploded Drawing



Part list

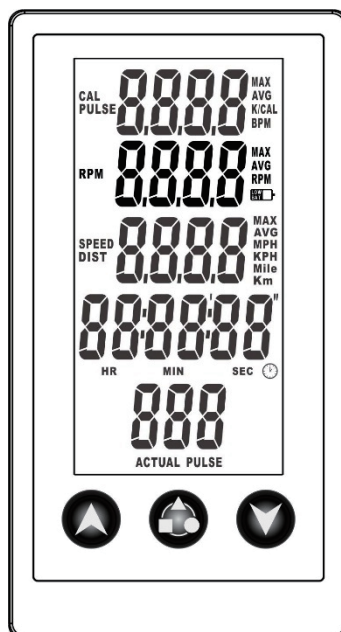
No.	Name	Unit	No.	Name	Unit
1	Saddle	PC	35	Flywheel axle	SET
2	Alloy bind clamp (L)	PC	36	Flywheel Security nut	
3	Spring for release lever	PC	37	Flywheel bearing	
4	Alloy bind clamp (R)	PC	15	Flywheel washer	
5	Washer for release lever	PC	58	Flywheel nut	
6	Release lever	PC	59	Flywheel washer	
7	Crank bolt	PC	38	Axle bolt for moving wheel	PC
8	Foot tube nut	PC	39	Moving wheel	PC
9	Foot tube washer	PC	40	Plastic washer for release lever	PC
10	Foot fixing bolt	PC	41	Fixed bolt for release lever	PC
11	Pedal	PR	42,56,60	Seat slider w/end plug, end cap	PC
12	Foot tube end cap	PC	43,50,60	Seat post w/ rubber sleeve, end cap	PC
13	Foot tube adjuster pad	PC	44	Washer for release lever	PC
14	Rear foot tube complete	SET	45	Belt	PC
15	Flywheel washer	PC	46	Cable stopper	PC
16	Flywheel adjuster plate & screw	PC	47	Outer belt guard bolt	PC
17	Handle bar release lever w/washer	PC	48	Inner belt guard bolt	PC
18	Front foot tube complete	SET	49	Flywheel complete	SET
19	Outer belt guard	PC	50	Rubber sleeves	PC
20	Left crank arm	PC	51	Stretch board	PC
21	Right crank arm	PC	52	Screw for stretch board	PC
22,26,72	Handle bar post w/ rubber clip ,end cap	PC	53	Belt pulley w/ screws, magnet	PC
23	Handle bar w/slider	PC	54	Sensor cable	PC
24	Brake system	SET	55	Top protect cover	PC
25	Rubber cover	PC	56	End plug for seat slider	PC
26	Rubber clip	PC	57	Fender	PC
27	Bolt for spring plate	PC	60	End cap	PC
28	Spring plate	PC	61	Bolt for top protection cover	PC
29	Brake pad holder	PC	62	Screw for fixed plate	PC
30	Brake pad	PC	63	Fixed plate for fender	PC
30-1	Bolt for brake pad	PC	64	Washer for fixed plate	PC
31	Nut & Screw	PC	65	Bolt for fixed plate	PC
32	Left axle cover	PC	66	Clamp for Console	PC

33	BB bearing	PC	67	Inner belt guard	PC
34	BB Axle with plate	PC	68	Left axle rubber cover	PC
69	Console	PC	70	Bottle cage	PC
71	Screw for bottle cage	PC	72	End cap for handlebar post	PC

Maintenance Chart

Like any other mechanical cycling device, the bike should be regularly maintained.

No	DESCRIPTION	Daily	Weekly	Monthly	Quarterly	Annually
1	Keep machine clean: Wipe machine down with clean & dry fabric to clear dirt & sweat.	X				
2	Wipe Anti-rusty cream or similar on the seat post set, handlebar set	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 belt tension, retighten when loose			X		
15	Wipe the anti-rust oil on the upper edge of flywheel which is the contact surface of the brake pad. (avoid stickers)			X		
16	Check bottom bracket				X	
17	Check flywheel bearings				X	
18	Full service-frame inspection					X



How to change battery :

1. Open battery cover and insert 2 AAA or 2 UM-4 batteries.
2. Properly put back battery cover.
3. Under regular condition, warranty of battery is one year.
4. If the LCD shows partial display, please take out batteries, wait for 15 seconds and insert again.
5. Previous exercise data will be removed after take out batteries.
6. Please follow local regulation when through batteries away.

Function Keys :

ENTER :

1. Press ENTER key to select the functions for setting exercise values of TIME and DISTANCE.
2. Press ENTER key to confirm the set exercise values.
3. Keep pressing ENTER key for 2 seconds to remove all previous exercise data.

UP :

1. Press UP key to switch the functions of speed, average speed, maximum speed, heart rate, maximum heart rate, RPM, average RPM and maximum RPM.
2. Press UP key to add the setting exercise values of TIME and DISTANCE. The minimum setting value of TIME is 5 minutes. Pressing one time will add 5 minutes, for example: 0, 10, 15, 20,

DOWN :

1. Press DOWN key to switch SPEED → DISTANCE, CAL → PULSE
2. Press DOWN key to decrease the setting exercise values of TIME and DISTANCE. The minimum setting value of DISTANCE is 1 km or mile. Pressing one time will decrease 1 km or mile, for example : 7, 6, 5, 4, 3, 2, 1...

UP+DOWN :

1. Press UP key and DOWN key at the same time for 3 seconds to start "AUTO SCAN" function.
2. Under the condition of setting exercise values, Press UP key and DOWN key at the same time for 1 second to remove the values.

Function and Operation

Auto ON/OFF

The monitor automatically starts working once the user starts to do the exercise on the machine. It will automatically turn off after the machine is not used for 4 minutes, and all exercise value will be removed.

TIME

1. Press ENTER key to select TIME, and press UP/DOWN keys to set the exercise TIME. °
2. If users do not set TIME, time will be automatically count up 00:00:00~99:59:59
3. Setting value of Count Down is from 5:00~99:59:00. The monitor will beep when countdown to 0:00.

SPEED

1. SPEED display range is 0.00 ~ 99.9 kmh / mph
2. 3 SPEED display: current speed, average speed and maximum speed.

RPM

1. RPM display range is 15 ~ 9999.
2. 3 RPM display: current RPM, average RPM and maximum RPM.

DISTANCE

1. Press ENTER key to select DISTANCE (TIME value is 0), and press UP/DOWN keys to set the exercise value.
2. If users do not set DISTANCE, distance will be automatically count up 0.0~999.9 km/mile
3. Setting value of Count Down is from 1.0~999.0 km/mile. The monitor will beep when countdown to 0:00.

CALORIE

1. Calorie displays K/Cal on the LCD.
2. Calorie will be automatically count up 0.0~9999

PULSE

1. Pulse display range is 40~200. The Pulse value will display "P", after user stops measuring heart rate for 16 seconds.
2. PULSE display "BPM" on the LCD.
3. 3 PULSE display: current heart rate, average heart rate and maximum heart rate.

Attention :

Working Temperature : 0°C~ 50°C

Storage Temperature. : — 10°C~ 60°C

circle
FITNESS

Stay Young



Sp7B Indoor Cycle

