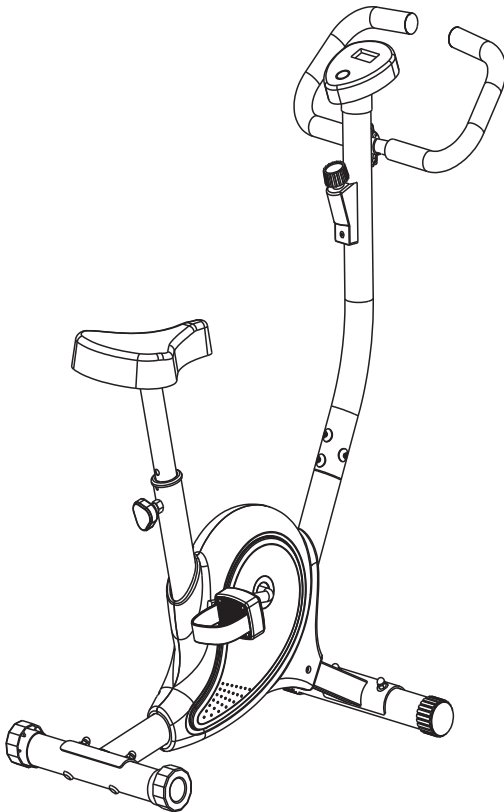


# Simply Brands

# USER MANUAL

## Exercise bike



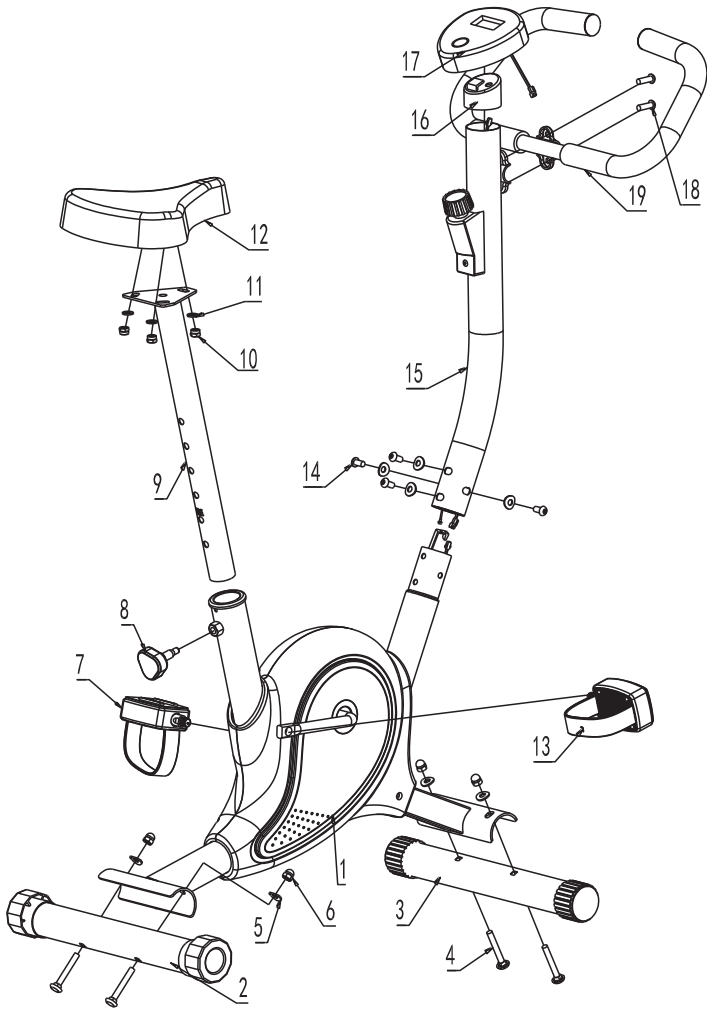
SCAN ME



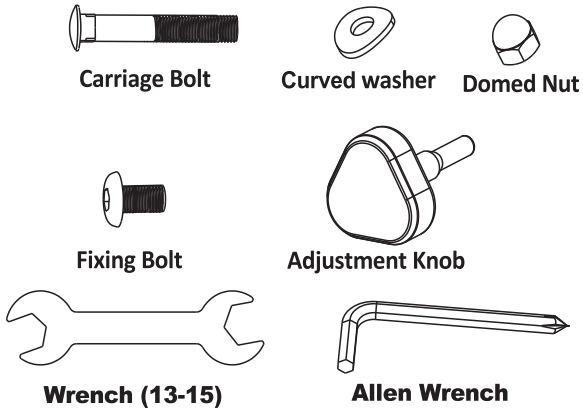
**View our handy  
Exercise Bike  
Assembly Video**  
for a visual  
demonstration in  
how to correctly  
put it together

**IMPORTANT!** Please read all instructions carefully before using this product. Retain this manual for future reference.

**EXPLODED-VIEW ASSEMBLY DRAWING**



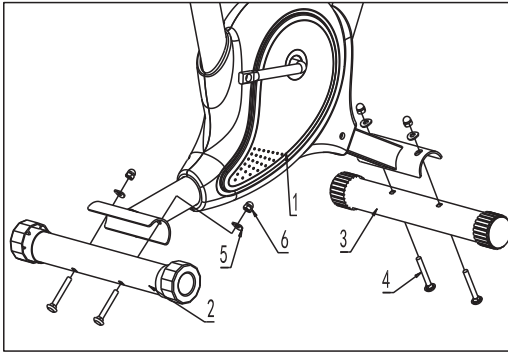
## Spare Parts Picture



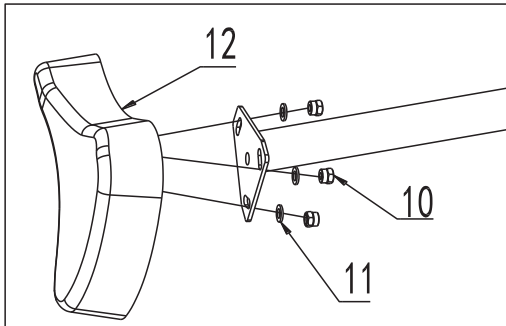
## Spare Parts List

Spare Parts List					
NO.	Description	QTY	NO.	Description	QTY
1	Main Frame	1	11	Flat washer	3
2	Rear Stabilizer	1	12	Seat	1
3	Front Stabilizer	1	13	Pedal(R)	1
4	Carriage Bolt	4	14	Fixing Bolt	4
5	Curved washer	8	15	Front Post	1
6	Domed Nut	4	16	Computer Hold	1
7	Pedal(L)	1	17	Computer	1
8	Adjustment Knob	1	18	Fixing Bolt	2
9	Seat post	1	19	Handlebar	1
10	M8 Nylock nut	3			

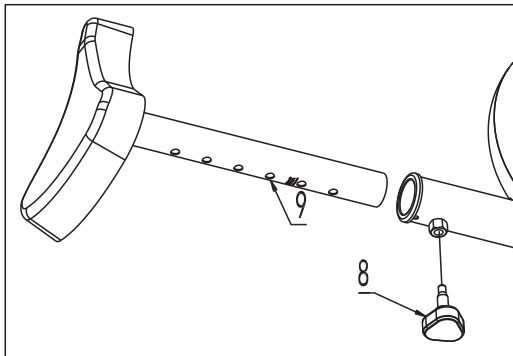
## ASSEMBLY INSTRUCTIONS



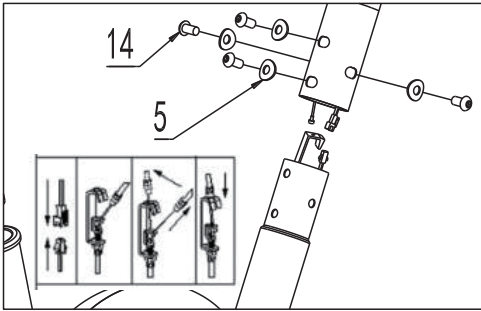
1. Attach the Front Stabilizers (pt. 2) to the Main Frame (pt. 1) using 2 sets of M8 Domed Nuts (pt. 6), Ø8 Curved Washers (pt.5) and M8x60mm Carriage Bolts (pt. 4). Slide the Rear Stabilizer (pt.3) into the Main Frame (pt. 1), making sure the open side of the bracket is facing up, as shown, then fix with 4pcs Ø8 Washer (pt. 5), 2pcs M8x60mm Carriage Bolts (pt. 4).and 2 sets of M8 Domed Nuts (pt. 6).



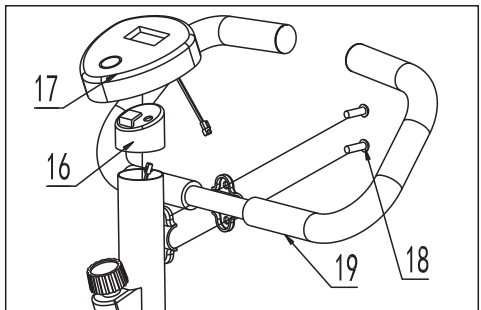
2. Fix the Seat (pt. 12) to the Seat post by using the three sets of Washers (pt. 11) and three Nylock Nuts (pt. 10) located under the seat.



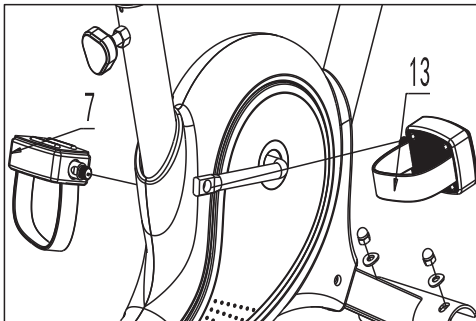
3. Insert the Seat Post (pt. 9) into the Seat Post housing and line up the holes (The correct height adjustment can be made when the bike is fully assembled) Secure the seat in position with the Adjustment Knob (pt. 8).



4. Take the Front Post and join the Upper Computer Wire with Lower Computer Wire .Then connect the Tension Cable to the Tension Hook.  
Slide the Front Post into the front post housing, then fix with 4 sets of M8 X 15mm fixing Bolts (pt. 14) and Ø8 Curved Washers (pt. 5).



5. Plug the upper computer Sensor Wire to the back of Computer (pt. 17), and then slide the Computer (pt. 15) onto the Computer Holder (pt.16).Fix Handlebar(pt.19) on the Front post by fixing Bolt ( pt.18).



6. Fix the pedal(L)( pt.7)on the main frame by crunch(13-15 ) in counterclockwise, Fix the pedal(R) ( pt.13)on the main frame by crunch in clockwise.

## MONITOR



**SCAN:** Automatic display of the following functions in the order shown  
TIME-SPEED-DISTANCE-PULSE-CALORIES (repeat)

**DST:** The distance of each workout will be displayed by pressing MODE key until  
brand DST appear

**SPD:** Current speed will be shown by pressing MODE key until brand DST appear

**TMR:** The time of exercise will be displayed by pressing MODE .Key until brand  
TMR appear

**CAL:** The calories burned will be displayed by pressing mode key until brand cal  
appear

## **SAFETY INSTRUCTIONS**

**Basic precautions should always be followed, including the following safety instructions when using this equipment: Read all instructions before using this equipment.**

1. It is important to read this entire manual before assembling and using the equipment. Safe and efficient use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
2. Before starting any exercise program you should consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
3. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: Pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, feeling light headed, dizzy or nauseous. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
4. Keep children and pets away from the equipment. The equipment is designed for adult use only.
5. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. For safety, the equipment should have at least 0.5 meter of free space all around it.
6. Please make sure all parts are not damaged and fixed well before use.
7. Always use the equipment as indicated. If you find any defective components whilst assembling or checking the equipment, or if you hear any unusual noise coming from the equipment while in use, please stop immediately. Do not use the equipment until the problem has been rectified.
8. Wear suitable clothing whilst using the equipment. Avoid wearing loose clothing which may get caught in the equipment or that may restrict or prevent movement.
9. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult an Authorized Service Representative.
10. Do not use the equipment outdoors.
11. This equipment is for household use only.
12. Only one person should be on the equipment while in use.
13. The maximum weight capacity for this product is 100kgs.

**WARNING: Before beginning any exercise program consult your physician. This is especially**

important for the persons who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment.

**CAUTION:** Read all instructions carefully before operating this product. Retain this manual for future reference.

## **SAFE STORAGE INSTRUCTIONS**

Store your exercise bike in a dry area away from children and high traffic areas. Be sure it is secure and cannot fall forward onto small animals or children.

### **Manual**

TIME(TMR).....00:00-99:59 MIN

SPEED(SPD).....0.0-99.9KM/H

DISTANCE(DST).....0.00-999.9KM

CALORIES(CAL).....0-9999KCAL

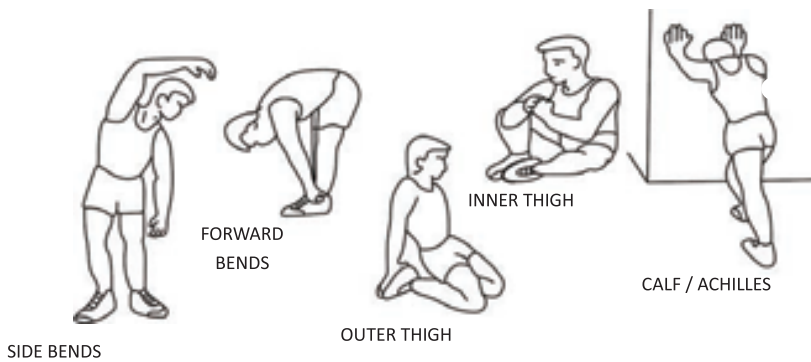
## **EXERCISE INSTRUCTIONS**

Using your EXERCISE CYCLE will provide you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with calorie controlled diet help you lose weight.

### **1. The Warm UP Phase**

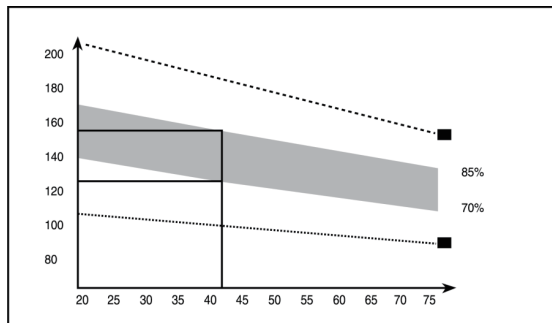
This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, please STOP immediately.





## 2. The Exercise Phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work to your own pace but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes though most people start at about 15-20minutes

## 3. The Relax Phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch. As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

## 4. Fault Find

If you do not receive numbers appearing on your computer, please ensure all connections are correct.

### MUSCLE TONING

To tone muscle while on your EXERCISE CYCLE you will need to have the resistance set quite high. This will put more strain on your leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance making your legs work harder. You will have to reduce your speed to keep your heart rate in the target zone.

### USE

The seat height can be adjusted by removing the adjustment knob and raising or lowering the seat. There are 7 holes in the seat post allowing for a range of heights. Once the correct height has been chosen, refit the adjustment knob and tighten. The tension control knob allows you to alter the resistance of the pedals. A high resistance makes it more difficult to pedal; a low resistance makes it easier. For the best results set the tension while the bike is in use.



This exercise device is designed only for use at home. EXERCISE DEVICES CLASS HC ARE NOT SUITABLE FOR THERAPEUTIC PURPOSES! Your physician should perform a general health examination prior to starting your exercise program and discuss any possible hurt, circulatory or orthopaedic issues.

# Simply Brands

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