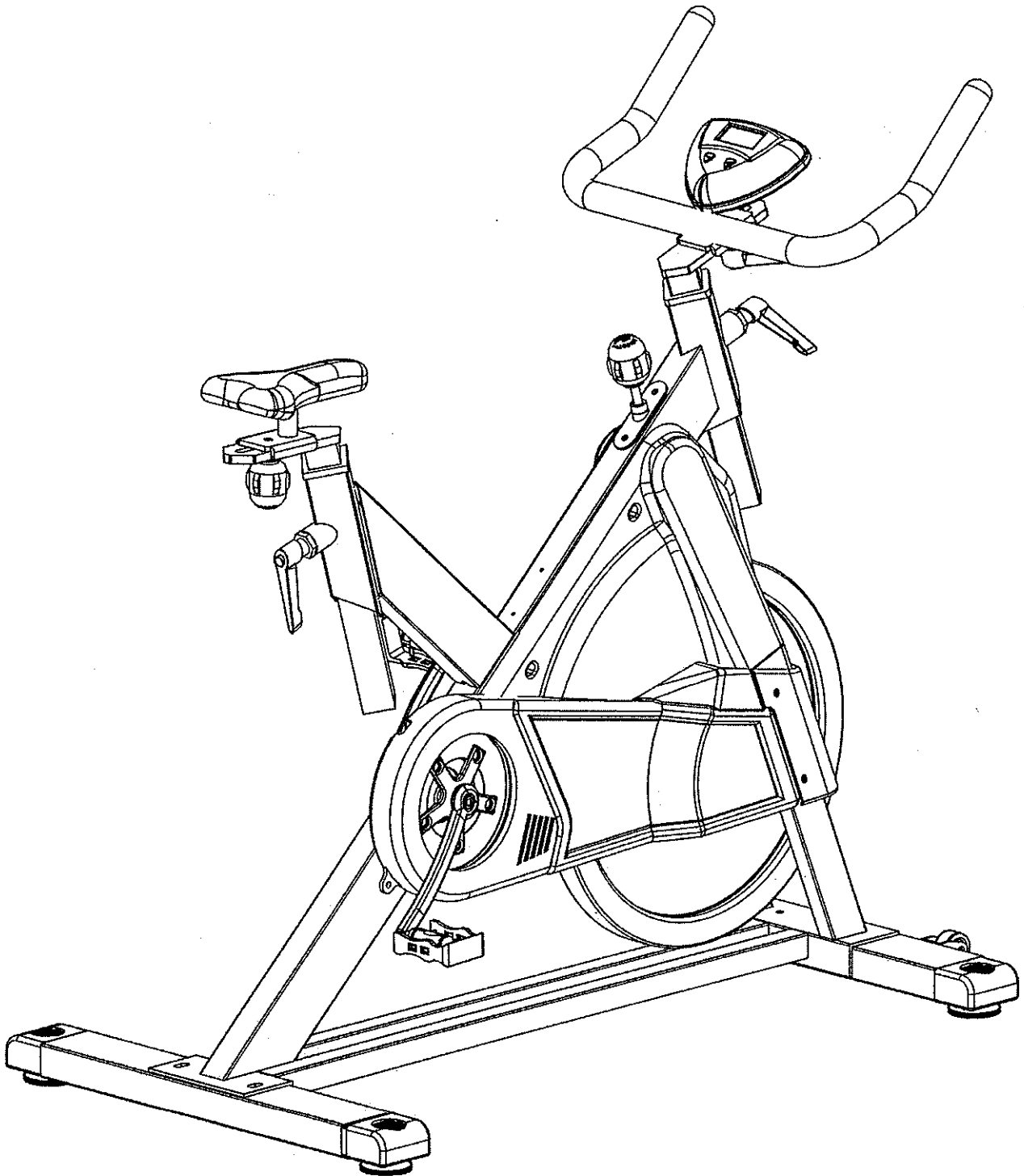


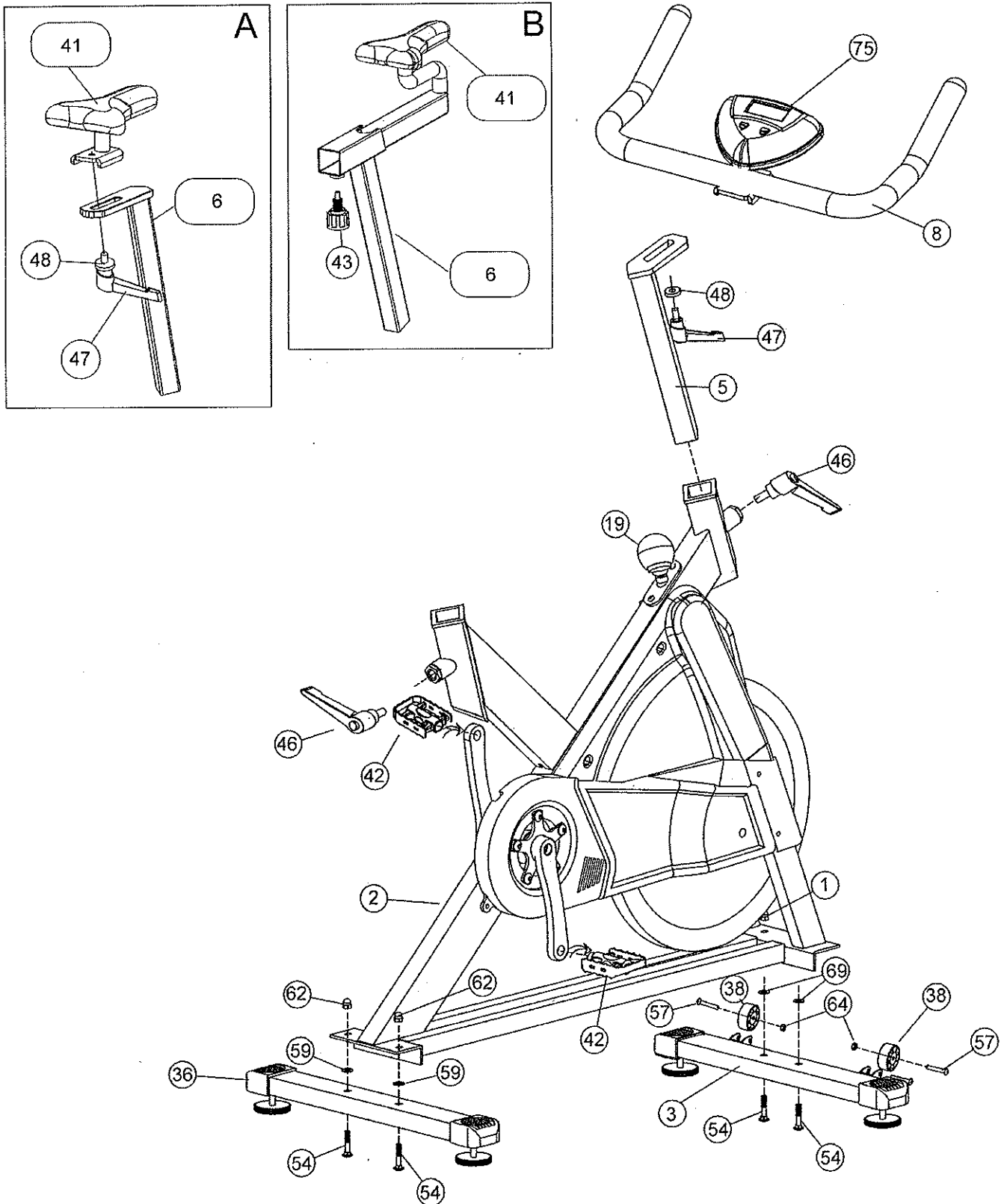
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SB250 Spin Bike Operation Manual












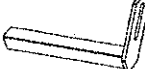
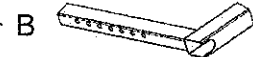


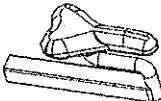

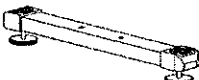
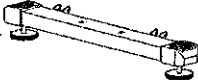
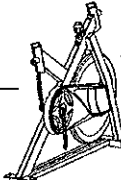




To completely read the manual before assembling and operating this product.
To conserve the manual for future references.

DIAGRAM OF ASSEMBLY



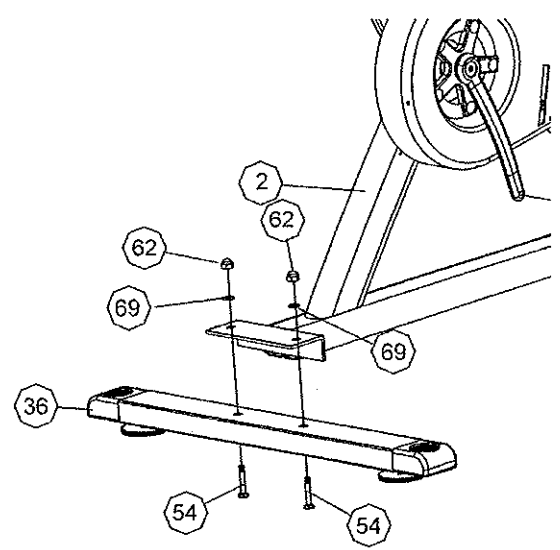
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LIST OF PARTS

1. Cap Nuts	4 pieces	
2. Washer	4 pieces	
3. Screw	4 pieces	
4. Washer	A-1 piece	
5. Safety Catches	A-2 pieces	
	B-1 piece	
6. Special Washer	1 piece	
7. Turning Knob	2 pieces	
8. Screw	B-1 piece	
9. Post of Handle-bar	1 piece	
10. Post of the Seat	1 piece	A  B 
11. Post of Handle-bar	1 piece	
12. Seat	1 piece	A  B 
13. Pedals	2 piece	
14. Rear Stabilizer	1 piece	
15. Front Stabilizer	1 piece	
16. Main Frame	1 piece	
17. Kettle	1 piece	
18. Computer	1 piece	
19. Multi-function Wrench	1 piece	
20. Key of Hexagonal Adjustment	1 piece	

STEP 1

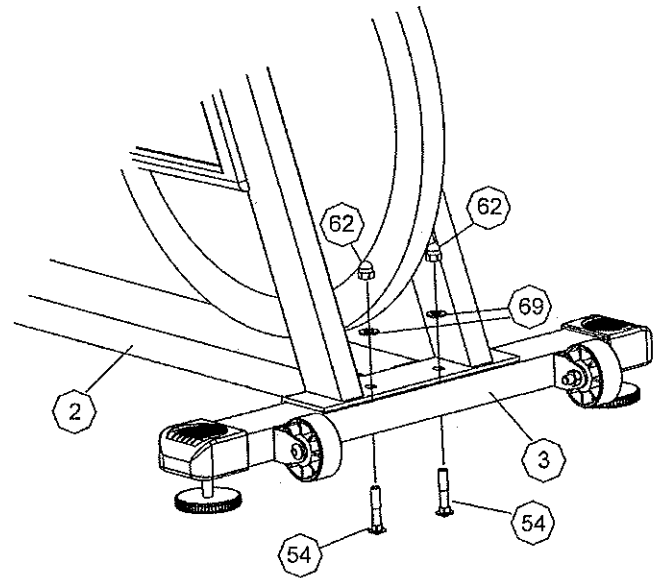
To unit the rear stabilizer (36) in the support of the inferior part of the main frame (2) being used two screws M8 x 50 mm, two flat washers(69) and two cap nuts(62).



STEP 2

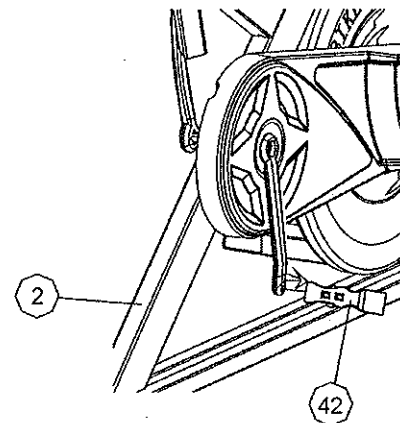
To unit the front stabilizer(3) in the support of the inferior part of the main frame(2) being used two screws M8 x 50 mm, two flat washers(69) and two cap nuts(62).

To tighten both the screws and the nuts by Steps 1 and 2.



STEP 3

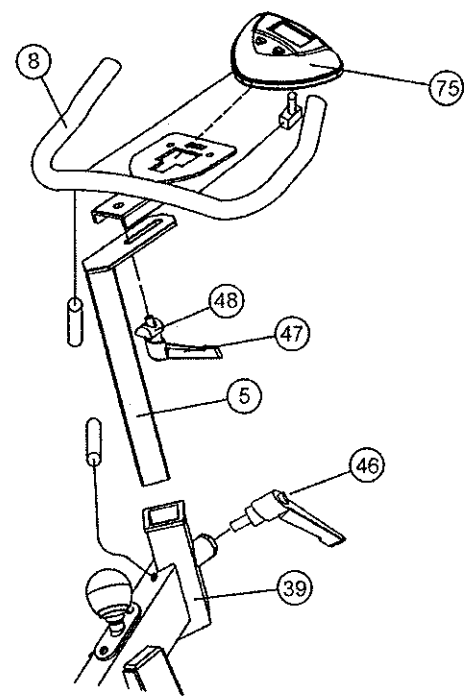
To slide to the left pedal (42) and the right pedal (42) on the left and right Crank.



STEP 4

To retire the turning knob (39). To insert the post of the handle-bar (5) in the superior part of the main frame (46). To return to place the turning knob (39) as it is observed.

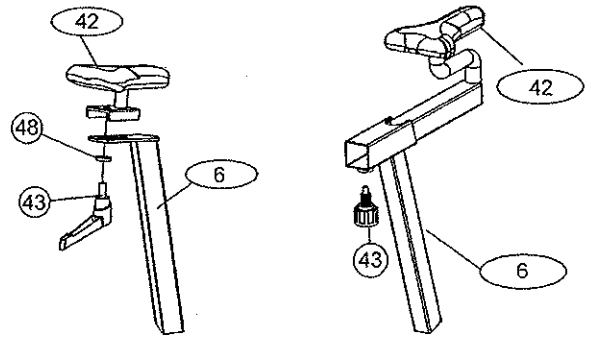
To retire the special washer (48) to insert the safety catch (47) within the post of the handle-bar (8).



STEP 5

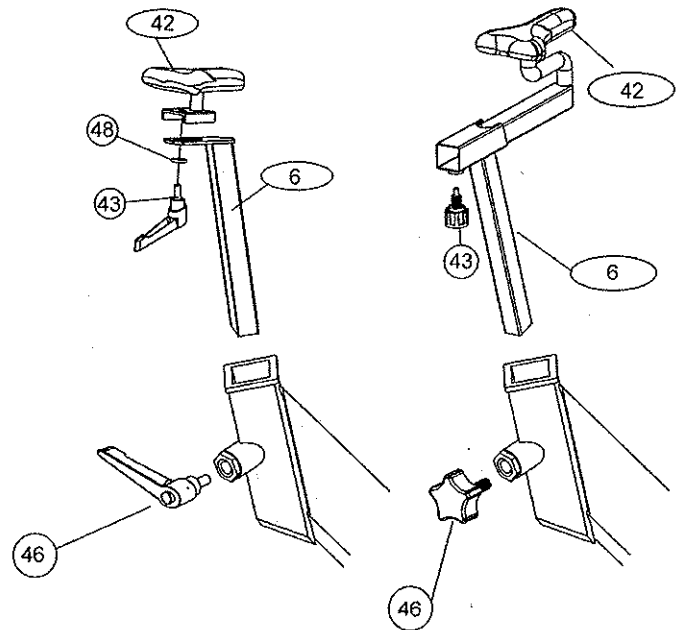
To retire the safety catch (42 or 43). To insert the tube of the post of the seat (42) in the superior part of the main frame (6).

To return to place the safety catch (43).



STEP 6

Before fitting the height, it assured to relax the first knob of security (46). Then to fit the height of the post of the seat (42) and the seat (6) in the superior part.



EXERCISE METER

FUNCTION BUTTON

MODE:

1. Press "Mode" to select each function display on the main screen and the same one blinking on the bottom area.
2. Press "Mode" and hold on for 2 seconds to reset all function figures.

SET:

To set function of time, distance, calorie, pulse.

RESET:

The user may use reset key for single reset each function: Time, Distance, Calorie and Pulse, or hold on for 2 seconds to reset all function values while presetting.

(When the user replace batteries, all function values may also be reset to zero.)

RECOVERY:

Press the bottom to recover function setting after exercising for a while.

FUNCTIONS

SCAN:

Automatically scan through each mode in sequence every 6 seconds. The display loop is scan-speed-RPM (if have)-time-distance-calorie-pulse-scan on the main screen.

SPEED:

Displays current training speed, the maximum is 99.9KM/ML.

RPM(IF HAVE):

Displays current rotation per minute. RPM and speed will switch to another display every 6 seconds after exercise starts.

TIME:

Accumulates total working time from 00:00 up to 99:59. You may also preset the target time before training by pressing set button. Each setting is 1:00 minute. As soon as the target time is achieved, time starts to count up immediately and the monitor starts to beep for 8 seconds.

DISTANCE:

Accumulates training distance from 0.00 to the maximum 99.99KM/ML with each increment 0.01KM/ML. You may also preset the target distance before training by pressing set button. Each setting is 0.5KM/ML. As soon as the target distance is achieved, distance starts counting up immediately and the monitor starts to beep for 8 seconds.

CALORIE:

Accumulates calories consumption during training from 0 to the maximum 9999 CAL with each increment 1 CAL. You may also preset the target calorie before training by pressing set button. Each setting is 10 CAL. As soon as the target calorie is achieved, calorie starts counting up immediately and the monitor starts to beep for 8 seconds.

(This data is a rough guide for comparison of different exercise sessions which can not be used in medical treatment.)

PULSE:

The monitor will display the user's heart rate while exercising. Before training starts, please put the ear clip on the earlobe. To ensure the heart rate readout more precise, please rub your earlobe for several times before clipping on. You may set target heart rate by pressing set button before training. Once the heart rate figure is exceeded to the target, the monitor starts to beep to remind you slow down training.

RECOVERY:

After exercising for a period of time, keep clipping on the ear clip and press "RECOVERY" button, the monitor will stop all the function display except "TIME" which will keep counting from 00:60-00:59-00:58-. Down to 00:00. As soon as 00:00 is achieved, the bottom area of LCD will show your heart rate status grade F1, F2 to F6. F1 is the best, and F6 is the worst. The user may keep exercising to improve the heart rate status (recovery result) day by day from F6 up to F1.

**Press the "RECOVERY" button again to return to the main display.

NOTE

1. Not receiving any signal to monitor for 4 minutes, the LCD display will shut off automatically, and all function values will be kept. You may press mode or start pedaling to have the monitor power on again.
2. If improper display is on monitor, please re-install batteries to have a good readout.
3. Battery spec: 1.5V UM-3 or AA(2pcs).

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