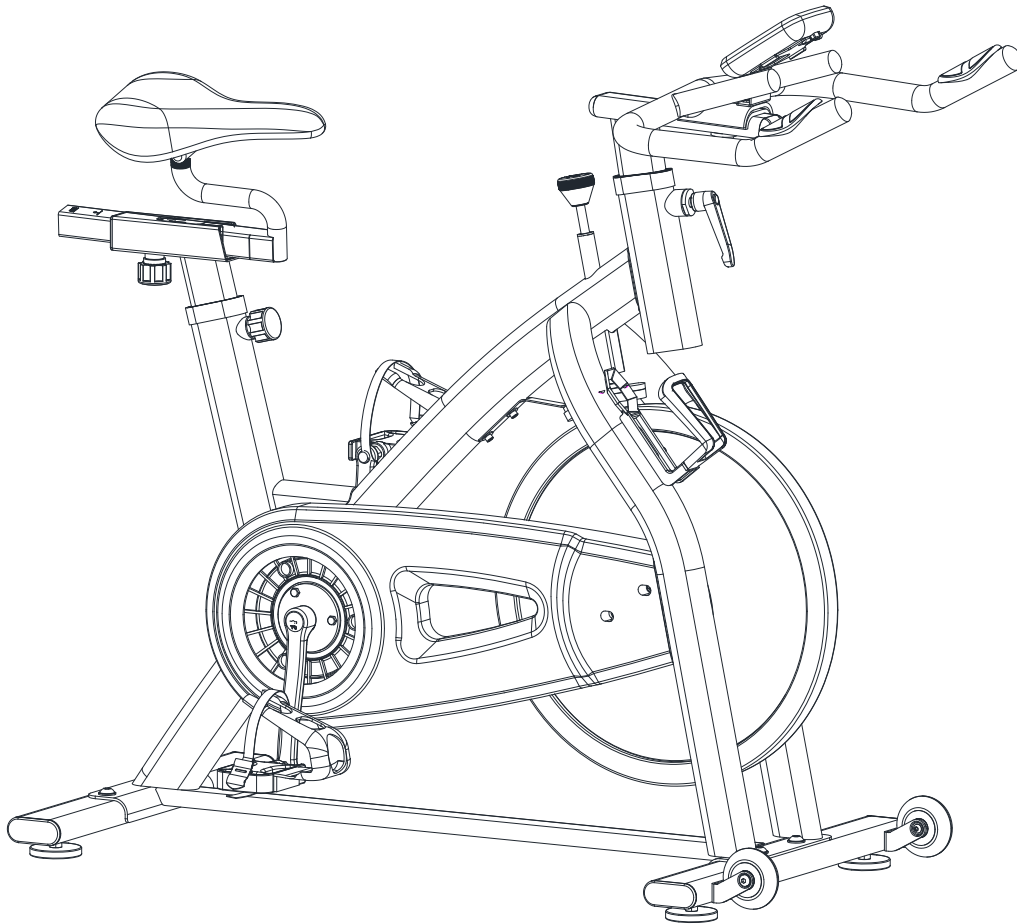


INDOOR CYCLING BIKE

USER MANUAL



PLEASE DO NOT RETURN TO STORE



**Please do not return this product to the retailer!!
We are able to assist you in ANY way**

If you find that you have any trouble with assembly or missing or damaged parts please contact us the seller.

CONTENTS

1. SAFETY GUIDELINE.....	4
2. UNIT GENERAL KNOWLEDGE	5
3. PARTS LIST.....	6
4. INSTALLATION.....	9
5. EXERCISE COMPUTER.....	13
6. NOTICE	15

SAFETY GUIDELINE

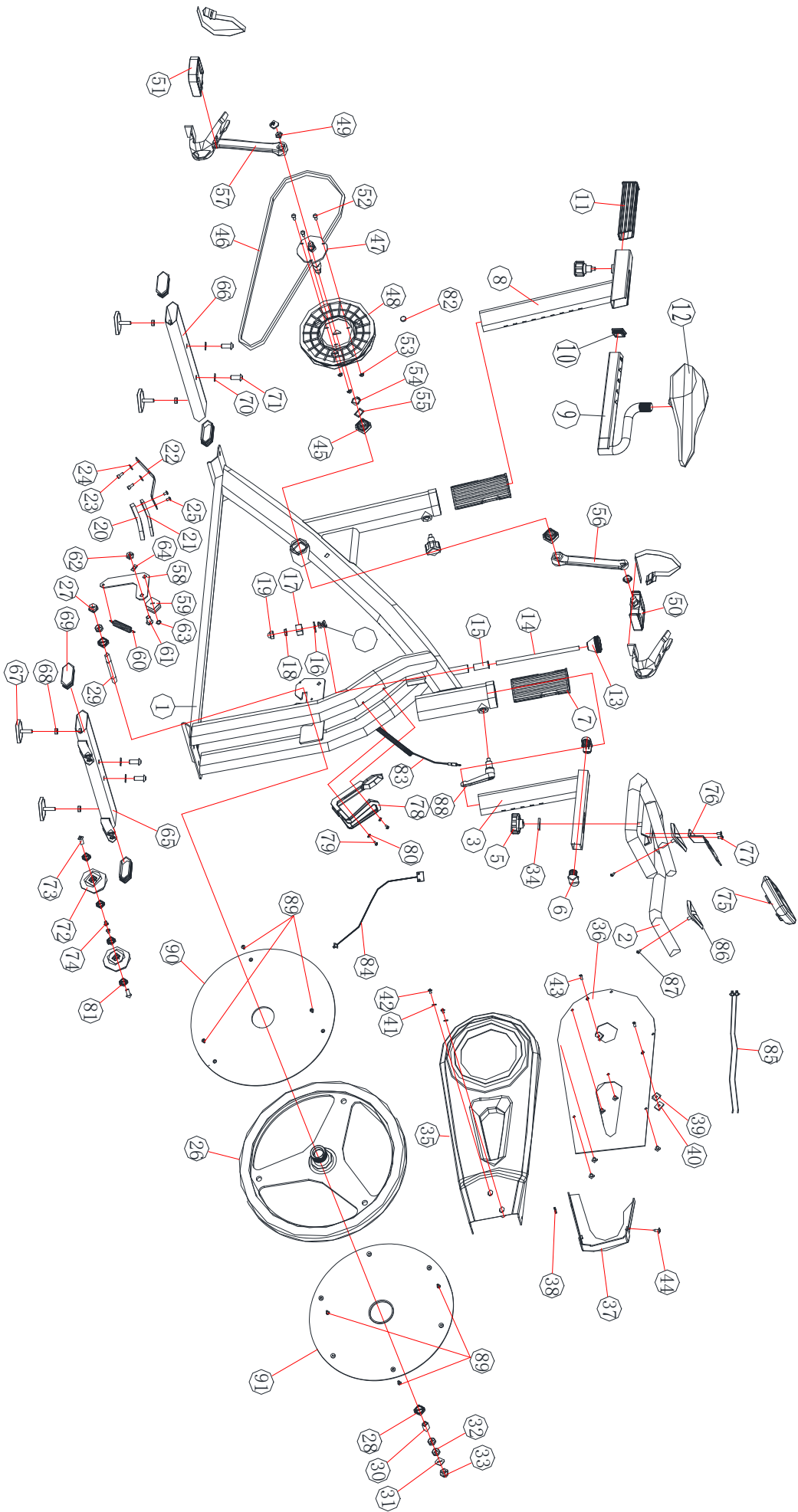
1. Once assembled fully, please inspect to make sure all hardware parts such as bolts, nuts and washers are positioned and in stability situation.
2. Always inspect the safety chain guard that protects the moving parts of the bike to be in safe and in good order.
3. Always inspect the seat post, seat 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.

UNIT GENERAL KNOWLEDGE

The unit belongs to Aerobic Exercise equipment. Its training objective is to increase oxygen inhaled and blood recycling through long time training (stamina exercise), active your heart blood cycling and lung breath system so that all the organs of your body can get plenty of oxygen and nutrition, thus whole body maintains a good fitness situation.

The unit is designed according to the drive theory of bicycle; the friction theory is adopted the resistance. Adjust the resistance by tuning the Tensioner Knob, and brake by the Brake Handle. The equipment is safety during the exercise. It is suitable for using at home, office and club.

1. Make sure the equipment is steady before starting exercise. If the ground isn't flat, please adjust Base Levelers (67) for level.
2. Adjusting height of Seat Post (8) and slide the Seat Slider (9) in order that Seat (12) to a suitable position, and then please adjust height of Handlebar Post (2) in accordance with your body size. Set right resistance by Tensioner Knob (13).
3. You may exercise three times a week, it spends about one hour every time, the best working effect is HBF as 110-150 times/min.
4. The drive mode equipment is bi-directive drive. Please press Tensioner Knob (13) for braking if you want to stop the exercise.
5. Do not leave Seat (12) until all parts stop completely.

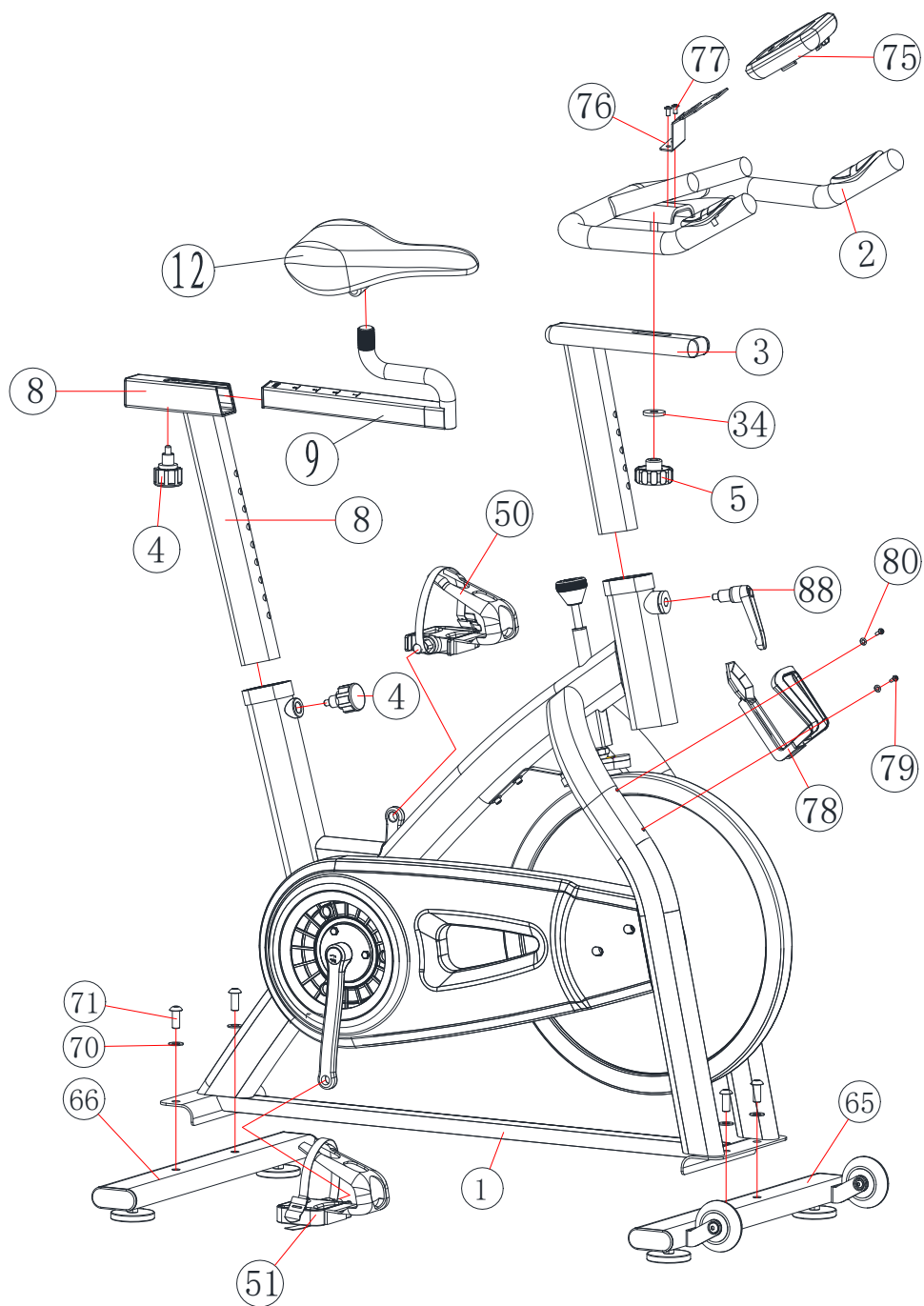


PARTS LIST

NO.	DESCRIPTION	SPECIFICATION	QTY.
1	Frame		1
2	Handlebar		1
3	Handlebar Post		1
4	Pop Pin	M16*P1.5	2
5	Adjusting Knob	M10	1
6	Cap of Handlebar Post	25*50*3T	2
7	Plastic sheath of inner pipe	30*70*1.5	2
8	Seat Post		1
9	Seat slider		1
10	Seat slider caps	□40*1.5-□30	1
11	Seat post sheath		1
12	Seat		1
13	Resistance Knob	M8	1
14	Brake Pole	M8*Φ10*220L	1
15	Plastic Sleeve tube	Φ19*Φ15.5*40L	1
16	Rubber washer	□20*2T	1
17	Braking adjusting Nut	□20*15L	1
18	Hex Nut	M10	1
19	Cap Nut	M10	1
20	Brake Pad	110*30*10T	1
21	Brake Pad Holder	6T	1
22	Brake bracket	1.5T	1
23	Inner Hexagon Column Bolt	M5*12	2
24	Waser	Φ15*Φ5.2*1.0T	2
25	Cross Umbrella Screw	M5*8	2
26	Flywheel	Φ450*28T	1
27	Flange Nut	M12*P1.0	1
28	Bearing 6001	6001	2
29	Flywheel Spindle	M12*P1.0*145L	1
30	Bushing	φ16*φ12*27.5	1
31	Flat washer	Φ12.1*Φ25*2T	1
32	Hexagon Thin Nut	M12*P1.0*6T	3
33	Cap Nut	M12*P1.0	1
34	Larger washer	Φ30*Φ10.5*4T	1
35	Chain Cover A		1
36	Chain Cover B		1
37	Front Cover		1
38	Bracket nut	Φ4.8*T0.8	1
39	Rubber washer	Φ25*Φ8*2T	2
40	Chain Cover Plastic washer	Φ25*Φ6.5*6T	2
41	washer	Φ10*Φ5.2*1.0T	2
42	Cross Umbrella Screw	M5*12	2
43	Cross Countersunk Bolt	M5*18	2
44	Self-tapping screw	ST4.8*15	8

45	Bearing 6004	6004	2
46	Belt	PJ6 51"	1
47	Axle	Ø20*155L	1
48	Belt Pully	φ200×20	1
49	Hexagon Flange Nut	M10*P1.25*8T	2
50	Left pedal	9/16"-20UNF-LH	1
51	Right pedal	9/16"-20UNF-RH	1
52	Hexagon Bolt	M6×16	3
53	Hexagon Flange Bolt	M6	3
54	C-Shaped Snap Ring	Φ20	2
55	Waved washer	φ27*φ20.5*0.3T	1
56	Left Crank	9/16"-20UNF-LH (170mm)	1
57	Right Crank	9/16"-20UNF-RH (170mm)	1
58	Tension Bracket welding		1
59	Pully Flywheel-Front Drive	φ37*φ30*20.5	1
60	Tension Spring	Ø2.5*17	1
61	Hex screw	M10*25	1
62	Nylon Nut	M10	1
63	C-Shaped Snap Ring	Φ10	1
64	Washer	Φ20*Φ10*1.5	1
65	Front stabilizer	Φ30*70*1.5T	1
66	Back stabilizer	Φ30*70*1.5T	1
67	Foot leveler	M8	4
68	Hex nut	M8	4
69	Stabilizer cap	30*70*1.5T	4
70	Washer	Φ20*Φ10.1*1.5	4
71	Hex screw	M10*16	4
72	Pulley		2
73	Hex bolt	Φ8*M6*30	2
74	Hex screw	M6*12	2
75	Computer	JP065	1
76	Computer bracket		1
77	Philips Screws	M5*10	2
78	Water Bottle Holder		1
79	Cross Umbrella Screw	M5*15	2
80	Washer	Φ10*Φ5.2*1.0T	2
81	Bearing 608	608	4
82	Magnet		1
83	Sensor Cable		1
84	Speed Sensor		1
85	Hands Line		1
86	Hands Ware		2
87	Phillips Self-Tapping Screw	ST4*20	2
88	Pop Pin		1
89	Phillips Self-Tapping Screw	M4*11	6
90	Flywheel Cover-R		1
91	Flywheel Cover-L		1
92	Brake Spring		1

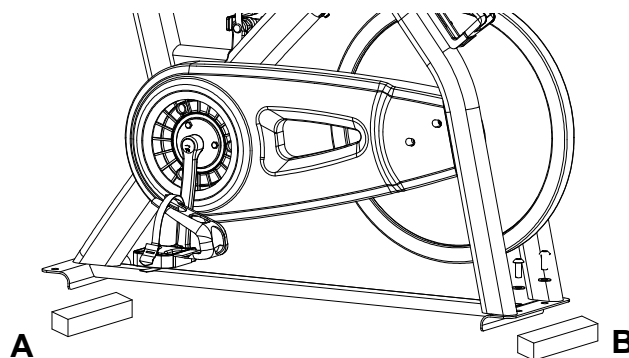
EXPLODED DRAWING



NOTE:

After taking out the frame, please remove the protection tubes and its screws from the frame (Part A & B).

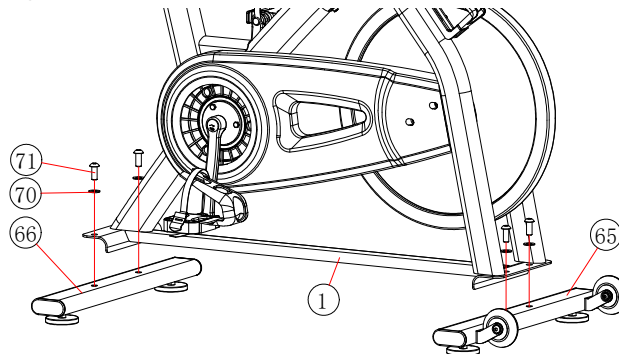
These parts will NOT be used in further assembly steps. Please dispose of them after removal.



STEPS OF INSTALLATION

Step 1: Assemble Front Base and Rear Base

According to the following figure, fix the Front Base (65) and Rear Base (66) under the Main Frame (1) with 4 pcs of Inner Hexagon Flat Round Head Screw M10*25L(71), 4 pcs of Flat WasherΦ20*Φ10*1.5(70) by Inner Hexagonal Wrench for fastening.



Step 2: Install Left Pedal and Right Pedal

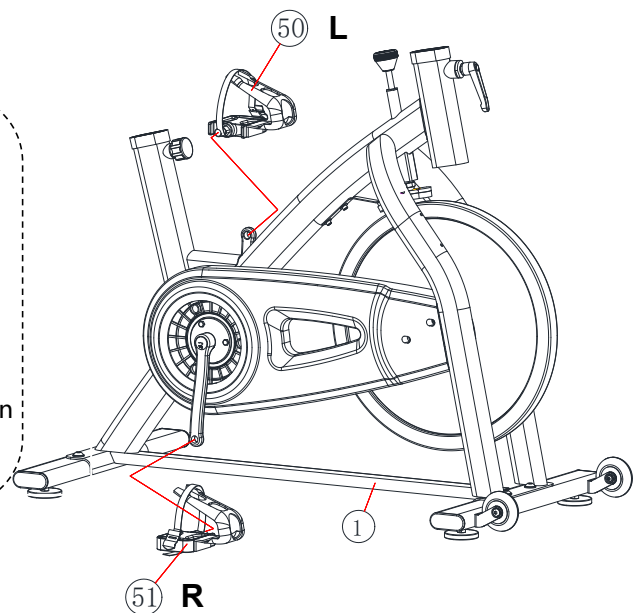
Refer to the figure as below, insert the Left Pedal (50) and Right Pedal (51) into the Cranks, fix them to the Main Frame (1) with Opening Wrench #15.



Label sticker **L** marked on the Left Pedal, **R** on the Right Pedal.

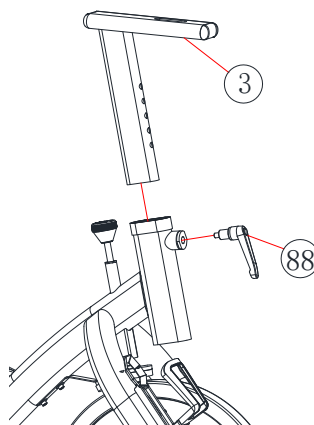


Fasten the **Left** pedal by turning in an **Anti-Clockwise** direction
Fasten the **Right** pedal by turning in a **Clockwise** direction



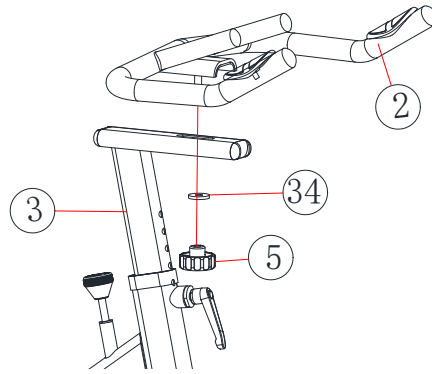
Step 3: Assemble the Handlebar Post

According the following figure, loose the Pop Pin (88), and slide the Handlebar Post (3) into the Handlebar Post Housing on the Main Frame (1), and re-tighten the Pin (88).



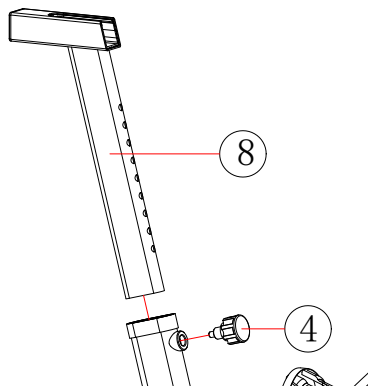
Step 4: Assemble the Handlebar

Fix the Handlebar (2) to the Handlebar Post(3) and tighten it with Adjusting Knob (5) and Larger washer (34).



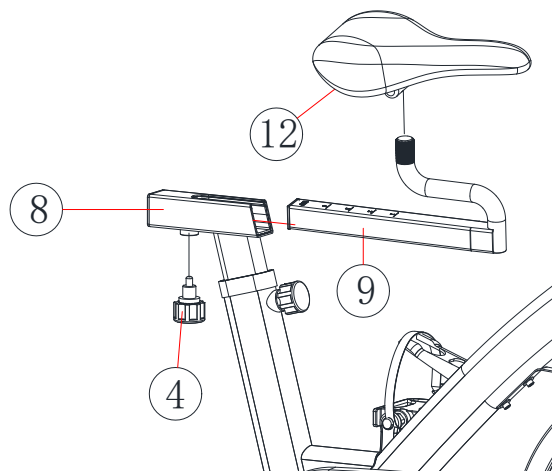
Step 5: Assemble the Seat Post

Loose the Pop Pin(4), and slide the Seat Post (8) to the Seat Post Housing on the Main Frame, then re-tighten the Pop Pin(4).



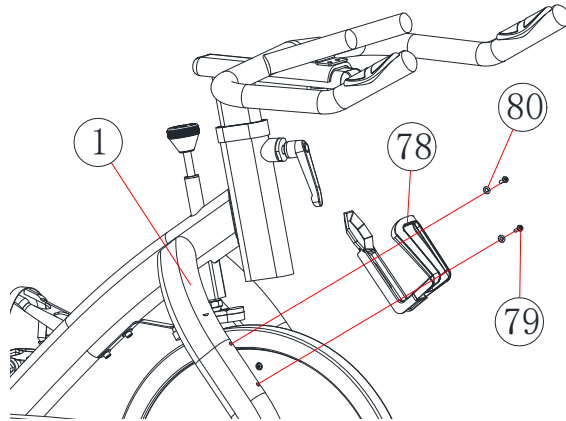
Step 6: Assemble the Seat

Loose the Pop Pin (4) and slide the Seat Slider (9) into the Seat Post (8), then re-tighten the Pop Pin (4) and fix the Seat (12) to the Seat Slider (9).



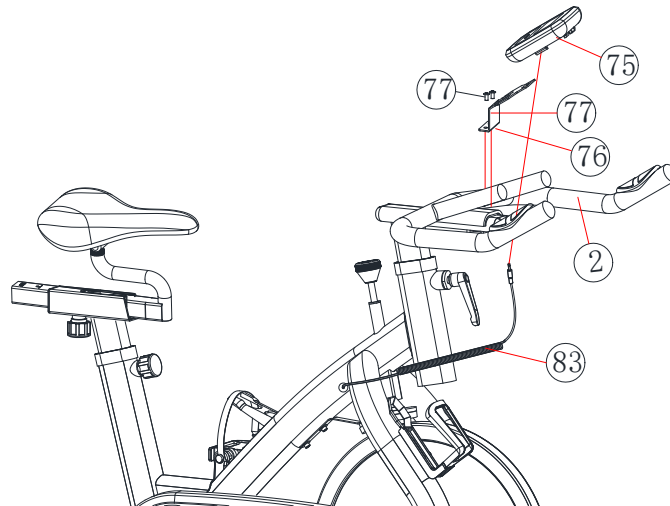
Step 7: Assemble the Bottle Holder

Use the tool to fit bottle holder (78) with Cross Umbrella Screw (79) and washer (80) into the frame.



Step 8: Assemble the Meter

Fix the Meter Holder (76) with on Philips Screws (77) the Handlebar, then assemble the Meter (75) and connect with the sensor wire.



Step 9: Installation Completed

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

EXERCISE COMPUTER

SPECIFICATIONS:

TIME.....	00:00-99.59
SPEED.....	0:0-99.9 ML/H
DISTANCE.....	0:00-99.99 ML
PULSE	40-240BPM
CALORIES.....	0.0-999.9KCAL

KEY FUNCTIONS:

MODE: This key lets you to select and lock on to a particular function you want.

OPERATION PROCEDURES:

1. AUTO ON/OFF

◆The system turns on when any key is pressed or when it receives an signal input from the speed sensor.

◆The system turns off automatically when the sensor has no signal input or no key are pressed for approximately 4 minutes.

2. RESET

The unit can be reset by either changing battery or pressing the mode key for 3 seconds.

3. MODE

To choose SCAN between LOCK. If you do not want the scan mode, press the MODE key when the pointer on the function you want begins blinking.

4. FUNCTIONS

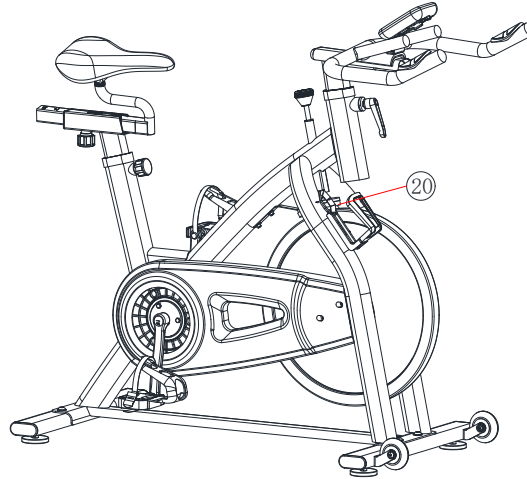
TIME	Press the MODE key until the pointer advance to TIME. The total working time will be shown.
SPEED	Press the MODE key until the pointer advance to SPEED. The total working time will be shown.
DISTANCE	Press the MODE key until the pointer advances to DISTANCE. The distance or each workout will be displayed.

- PULSE** Press the MODE key until the pointer advance to PULSE. User's current heart rate will be displayed in beats per minute.
Place the palms of your hands on both of the contact pads, and wait for 30 seconds for the most accurate reading.
- CALORIES** Press the MODE key until the pointer advance to CALORIES. The calories burned will be displayed.
- SCAN** Automatic display of the following functions in the order shown:
TIME-SPEED-DISTANCE-CALORIES-PULSE(repeat).
- BATTERY** This monitor uses two batteries. If the display fails to work, please reinstall the batteries to have a more accurate and better reading.

NOTICE

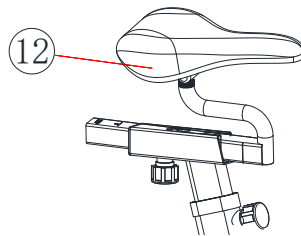
1. Inspect all the Nuts, Nut Caps and Pedals in safe situation regularly and inspect the Equipment periodically. While you find any defective parts, replace them immediately. Don't exercise until they are repaired well.

2. Pay more attention to easy damaged parts. As the following figure, please inspect the Brake pad cowhide (20) to see if it falls off or is not work before exercise. If it is, please replace it.



3. Before exercise, please inspect the Pedal to see it is loose or not, please repeat installation Step 2 if it is.

4. Please adjust the Hexagon Nut by using the Opening Spanner if the Seat(12) is loose.



5. If you need to move the bike, please grasp the Handlebar (2) at their very ends to make the Pulley (72) of Front Base stand on the floor, then the bike could be moved easily.

