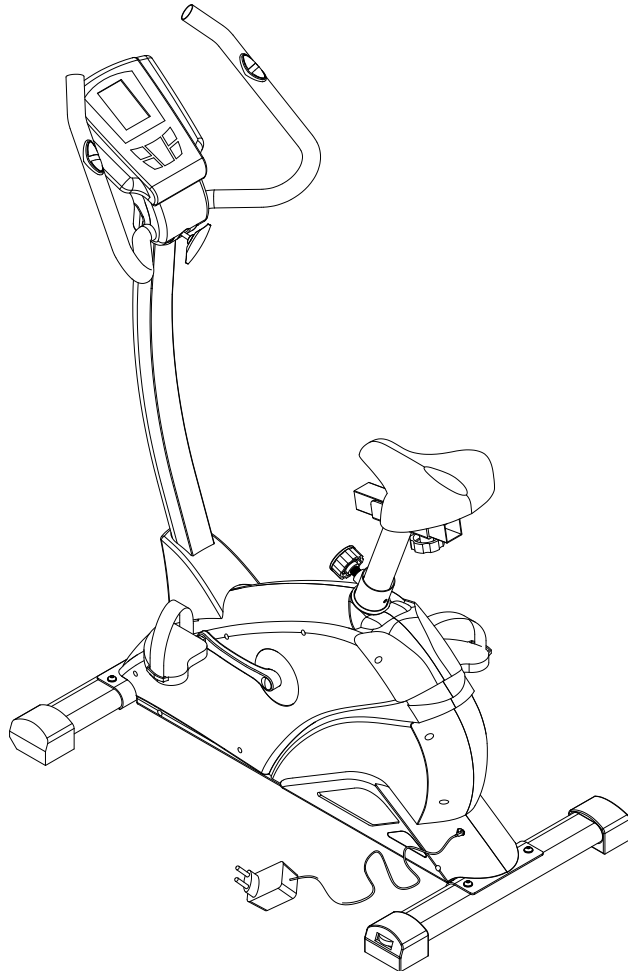


AUTO TENSION BIKE



IMPORTANT!

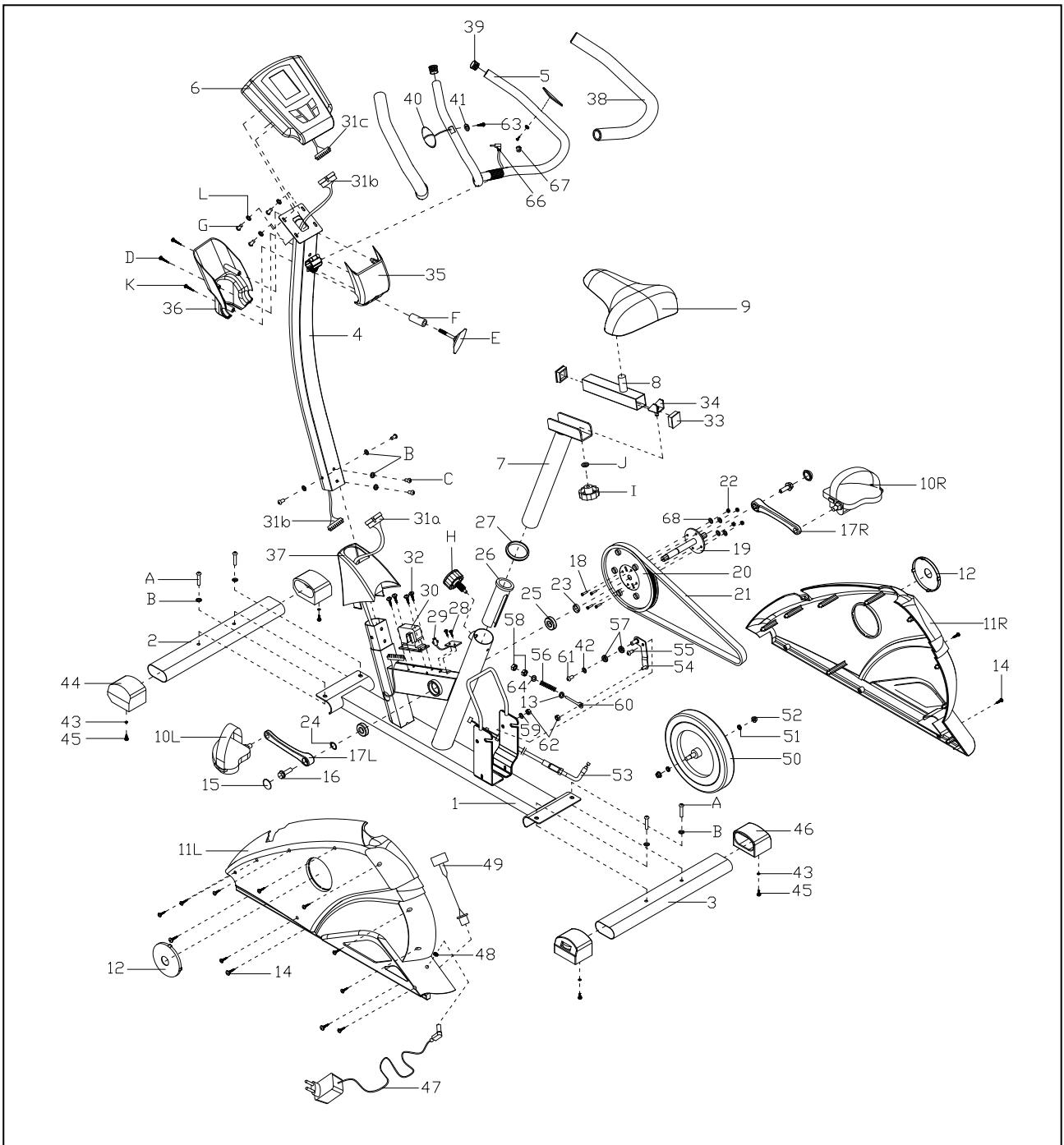
Please read all instructions carefully before using this *product*.
Retain this manual for future reference.

Important Safety Information

Please keep this manual in a safe place for easy reference.

1. It is important to read this entire manual before assembling and using the equipment. Safe and effective 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 medical or physical conditions that could put your health and safety at risk, 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, lightheadedness, dizziness or feelings of nausea. 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. To ensure safety, the equipment should have at least 0.5 metres of free space all around it.
6. Before using the equipment, check that the nuts and bolts are securely tightened.
7. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
8. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during use, stop immediately. Do not use the equipment until the problem has been rectified.
9. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.
10. The equipment has been tested under class H.C. Maximum weight of user: **120kg**.
Braking ability is independent of speed.
11. The equipment is not suitable for therapeutic use.
12. Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or seek assistance if necessary.

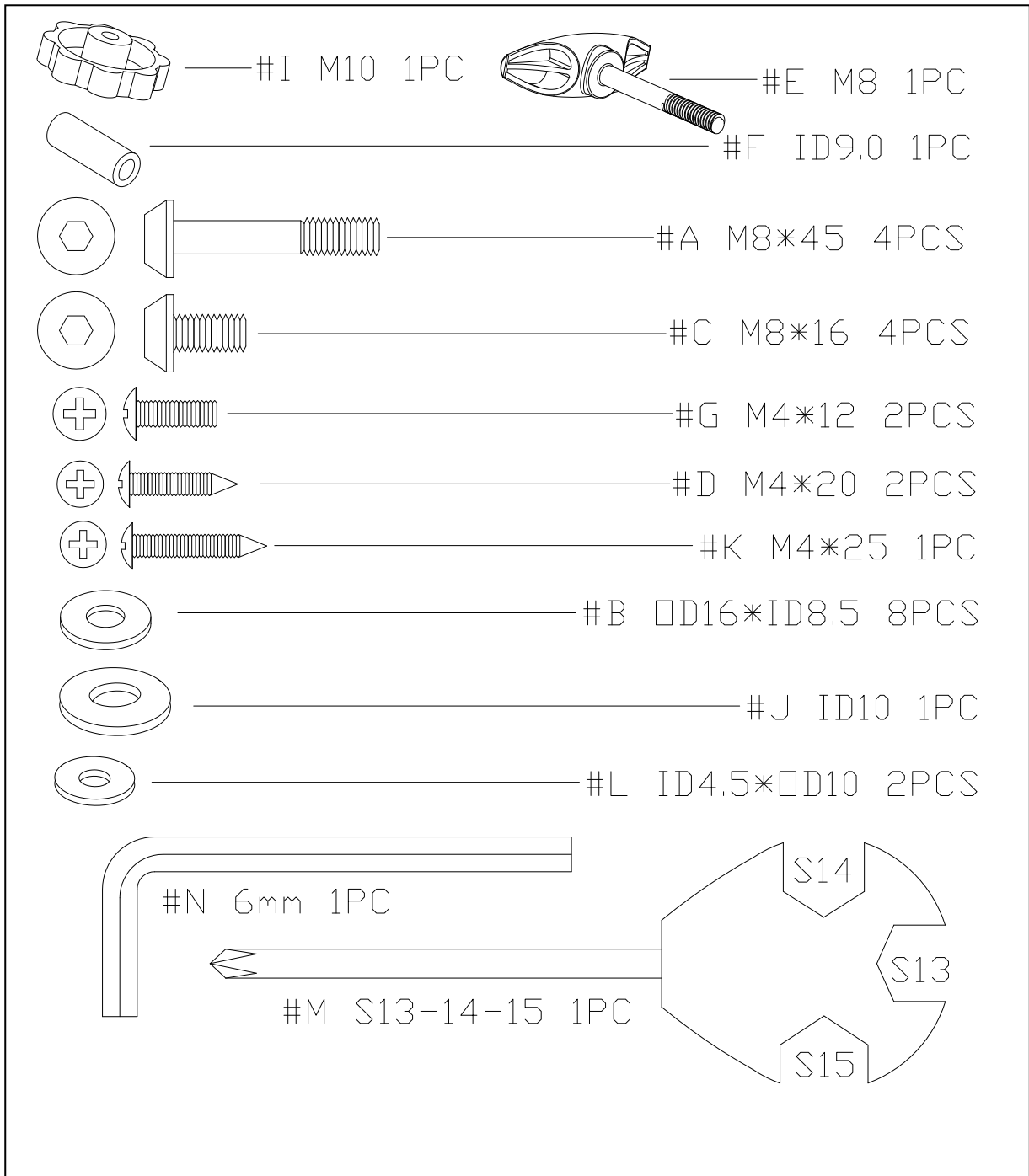
EXPLODE-VIEW:



PARTS LIST:

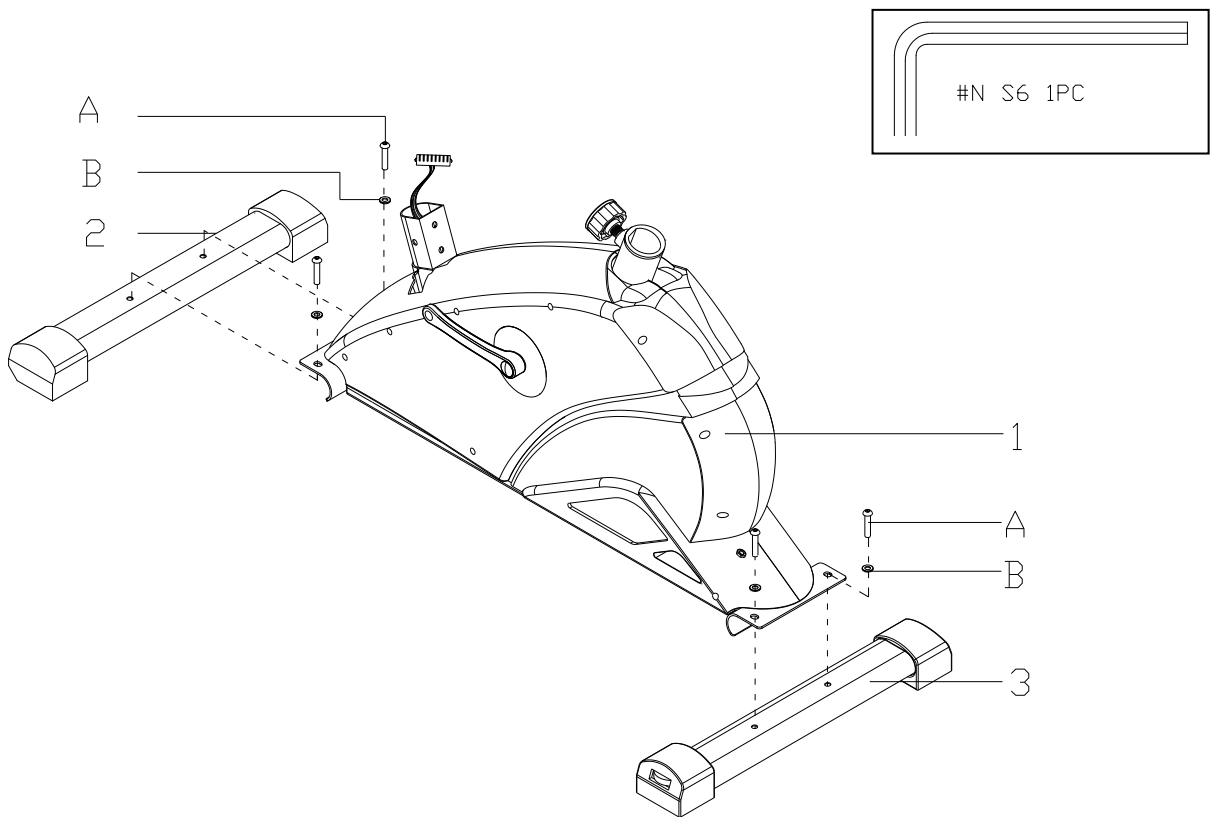
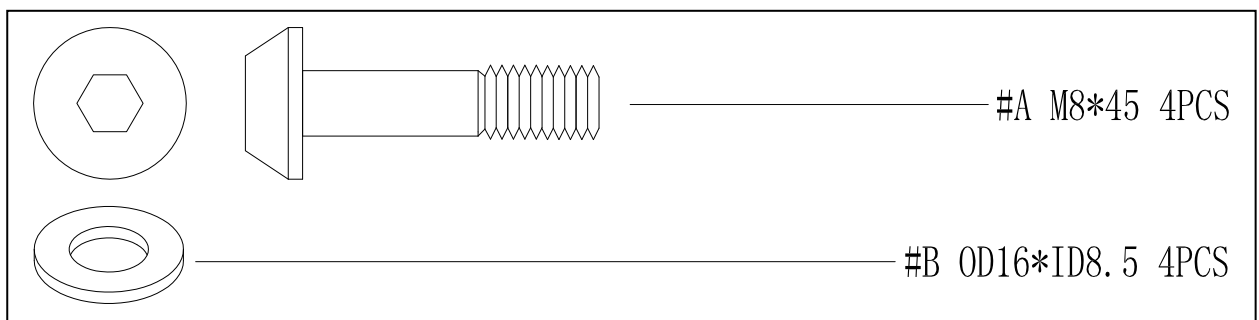
NO.	DESCRIPTION	Q'TY	NO.	DESCRIPTION	Q'TY
A	BOLT M8*45	4	30	MOTOR	1
B	WASHER ID8.5*OD16	8	31a,b,c	SENSOR WIRE OF COMPUTER	1set
C	BOLT M8*16	4	32	SCREW	4
D	SCREW M4*20	2	33	END CAP	2
E	KNOB M8	1	34	U STYPE BUSHING	1
F	SLEEVE	1	35	HANDLE COVER (FRONT)	1
G	SCREW M4*12	2	36	HANDLE COVER (REAR)	1
H	KNOB M16	1	37	COVER	1
I	KNOB M10	1	38	FOAM SPONGE	2
J	WASHER I.D10	1	39	END CAP	2
K	SCREW M4*25	1	40	STEEL PLATE OF HAND PULSE	2
L	WASHER ID4.5	2	41	WASHER ID4.2	2
1	MAIN FRAME	1	42	WASHER	1
2	FRONT STABILIZER	1	43	WASHER	4
3	REAR STABILIZER	1	44	END CAP WITH WHEEL	2
4	HANDLEBAR POST	1	45	SCREW	4
5	HANDLE BAR	1	46	END CAP	2
6	COMPUTER	1	47	ADAPTOR	1
7	SADDLE POST	1	48	NUT	1
8	SADDEL STAND	1	49	POWER CORD	1
9	SADDLE	1	50	FLY WHEEL	1
10R,L	PEDAL (RIGHT &LEFT)	2	51	NUT	2
11R,L	COVER (RIGHT &LEFT)	2	52	NUT	2
12	PLASTIC COVER	2	53	TENSION CABLE	1
13	WASHER ID8.5*OD25	1	54	BEARING SLICE	1
14	SCREW	15	55	BOLT	1
15	END CAP	2	56	SPRING	1
16	BOLT	2	57	PULLEY	2
17R,L	CRANK (RIGHT &LEFT)	2	58	NUT M8	2
18	BOLT M6*15	4	59	WASHER	1
19	SHAFT	1	60	BOLT	1
20	BELT TURNTABLE	1	61	BOLT	1
21	BELT	1	62	NUT M8	2
22	NUT M6	4	63	SCREW	2
23	SLEEVE	1	64	WASHER OD20*ID8.5	1
24	SPRING WASHER	1	65	SPRING WASHER ID6	4
25	PULLEY	2	66	SENSOR WIRE OF HAND PULSE	1
26	SEAT POST BUSHING	1	67	STRAIN RELIEF BUSHING	1
27	PLASTIC BUSHING	1	68	SENSOR WIRE OF COMPUTER	1set
28	SCREW M3*10	2	M	WRENCH S-13-14-15	1
29	SENSOR	1	N	WRENCH S6	1

Assembly pack check list with detailed images.



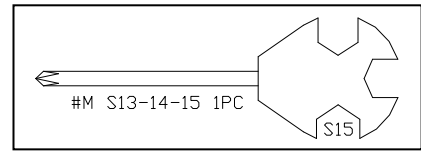
ASSEMBLY STEPS:

Step 1:



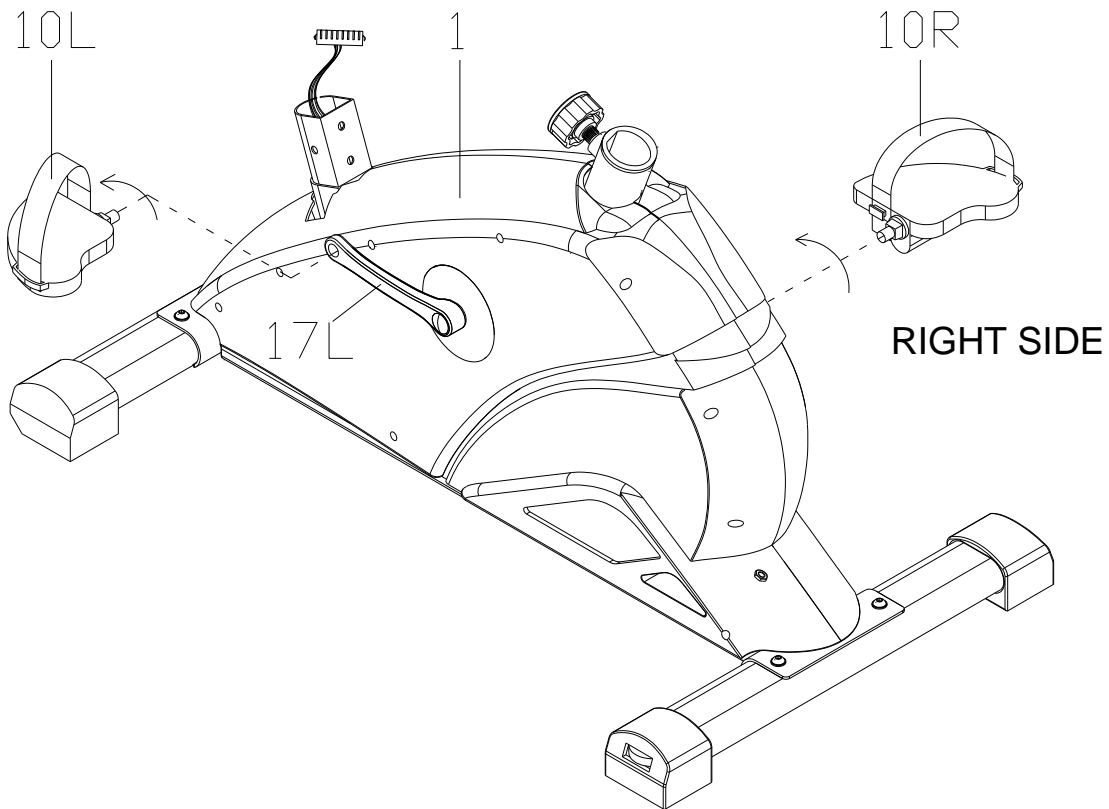
Assemble the front bottom tube and back bottom tube to the main frame, tighten the bottom tube with wrench (#L), bolt(#A) and washer(#B).

Step 2:

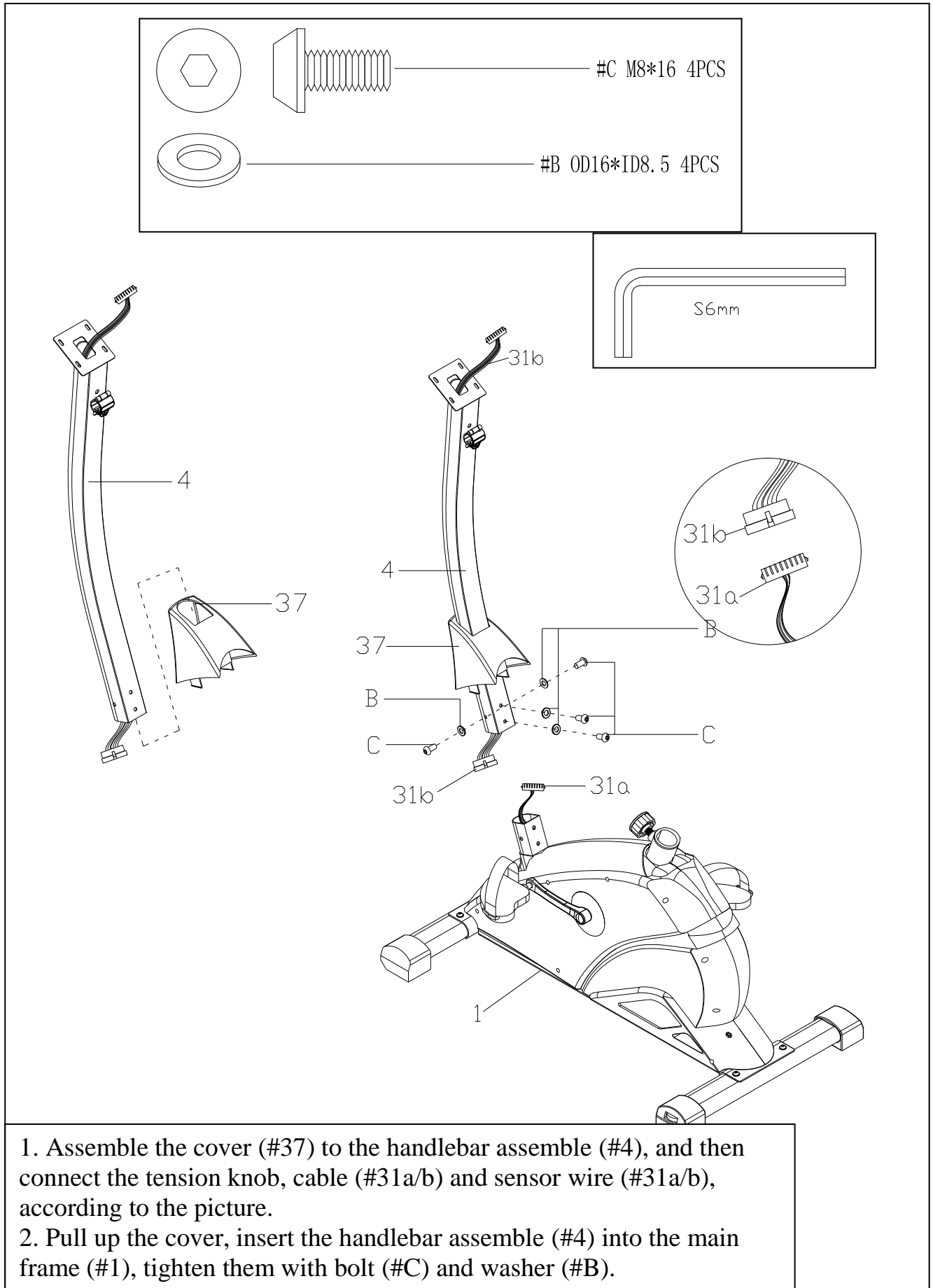


According the picture tighten the pedal (#10L/R) with wrench (#M).

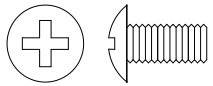
LEFT SIDE



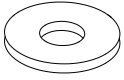
Step 3:



Step 4:

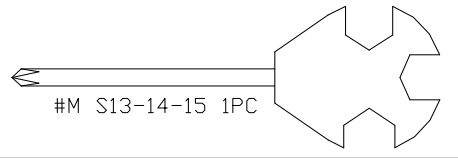


#G M4*12 2PCS

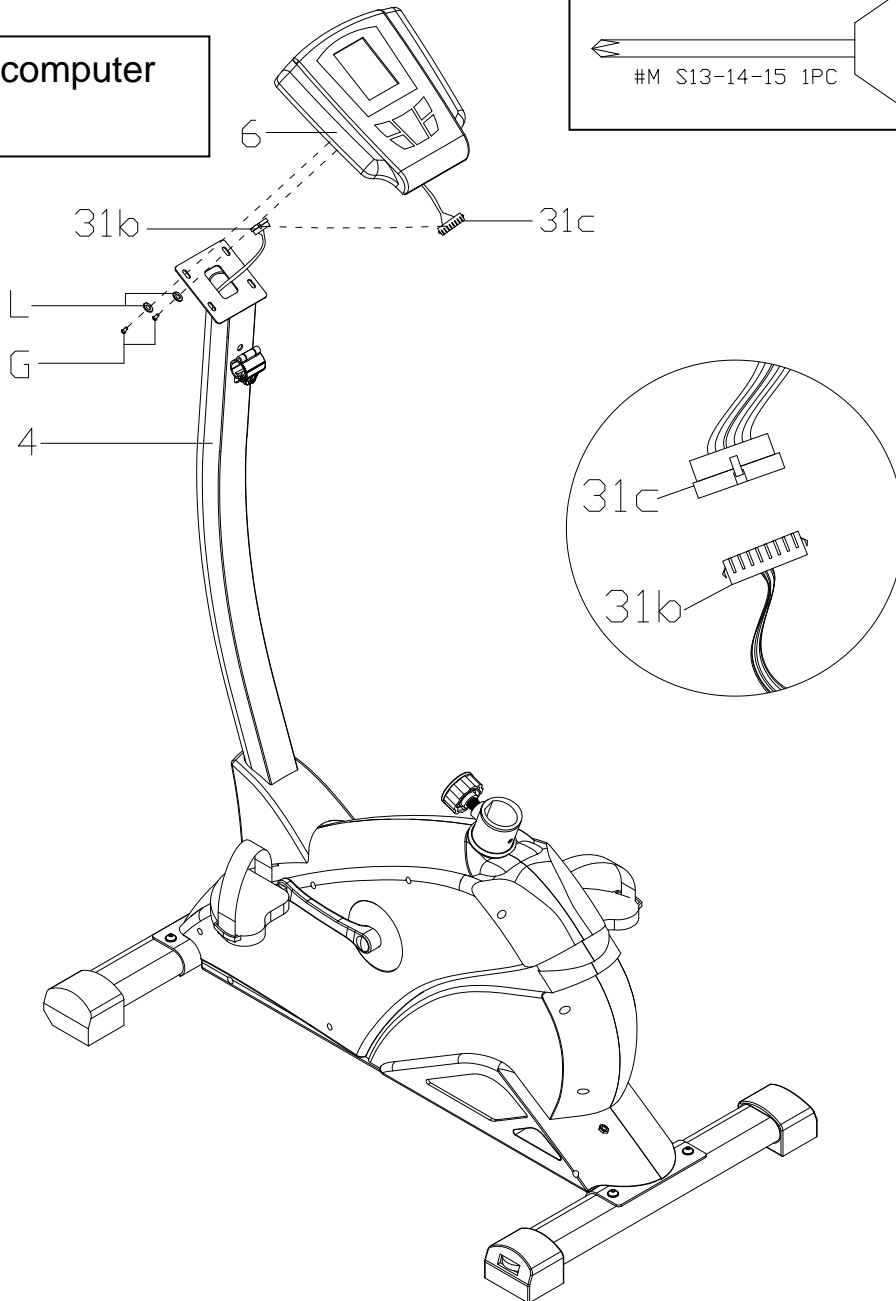


#L ID4.5*OD10 2PCS

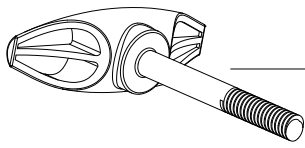
Attach the computer
with #G



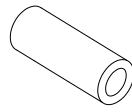
#M S13-14-15 1PC



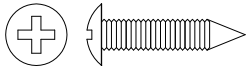
Step 5:



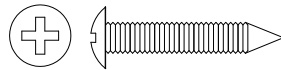
#E M8 1PC



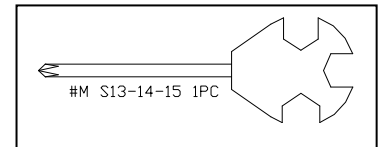
#F ID9.0 1PC



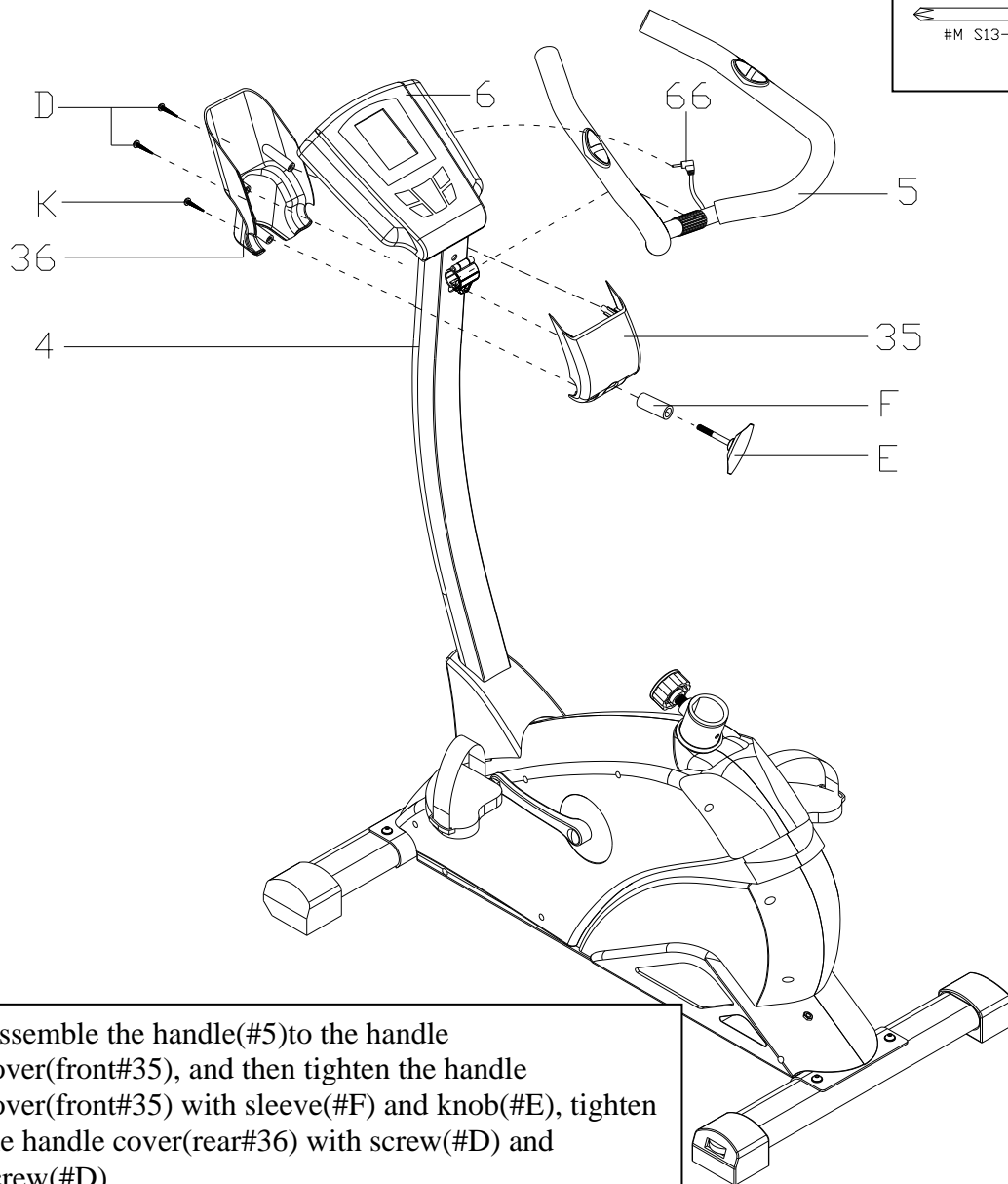
#D M4*20 2PCS



#K M4*25 1PC

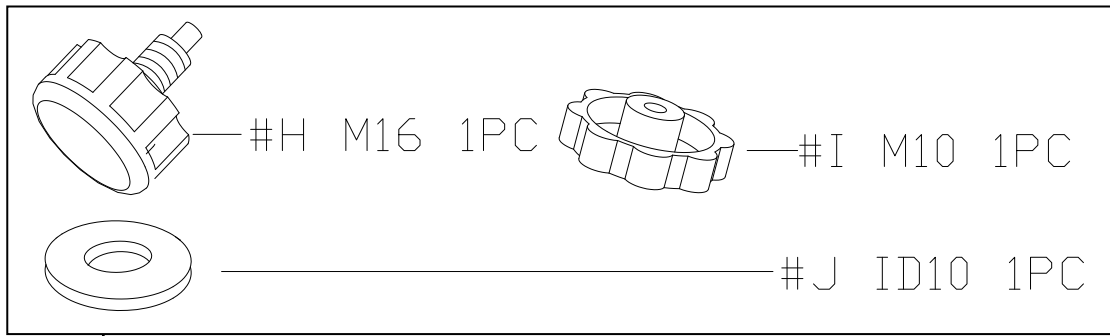


#M S13-14-15 1PC

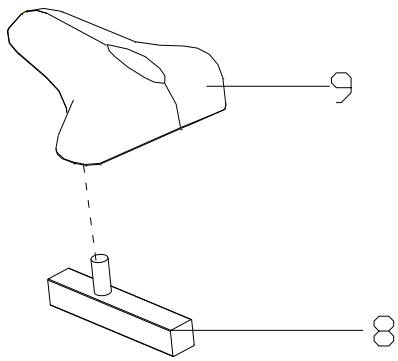
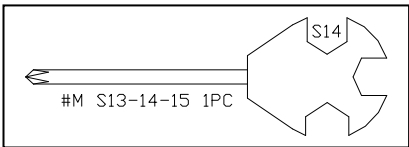


Assemble the handle(#5)to the handle cover(front#35), and then tighten the handle cover(front#35) with sleeve(#F) and knob(#E), tighten the handle cover(rear#36) with screw(#D) and screw(#D).

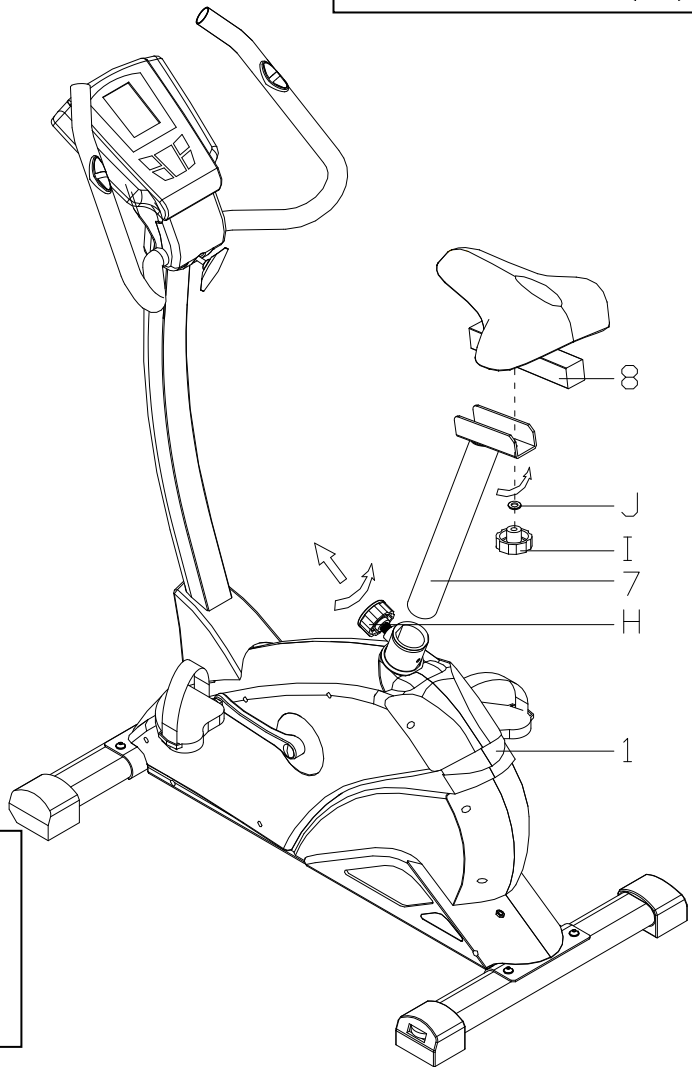
Step 6:



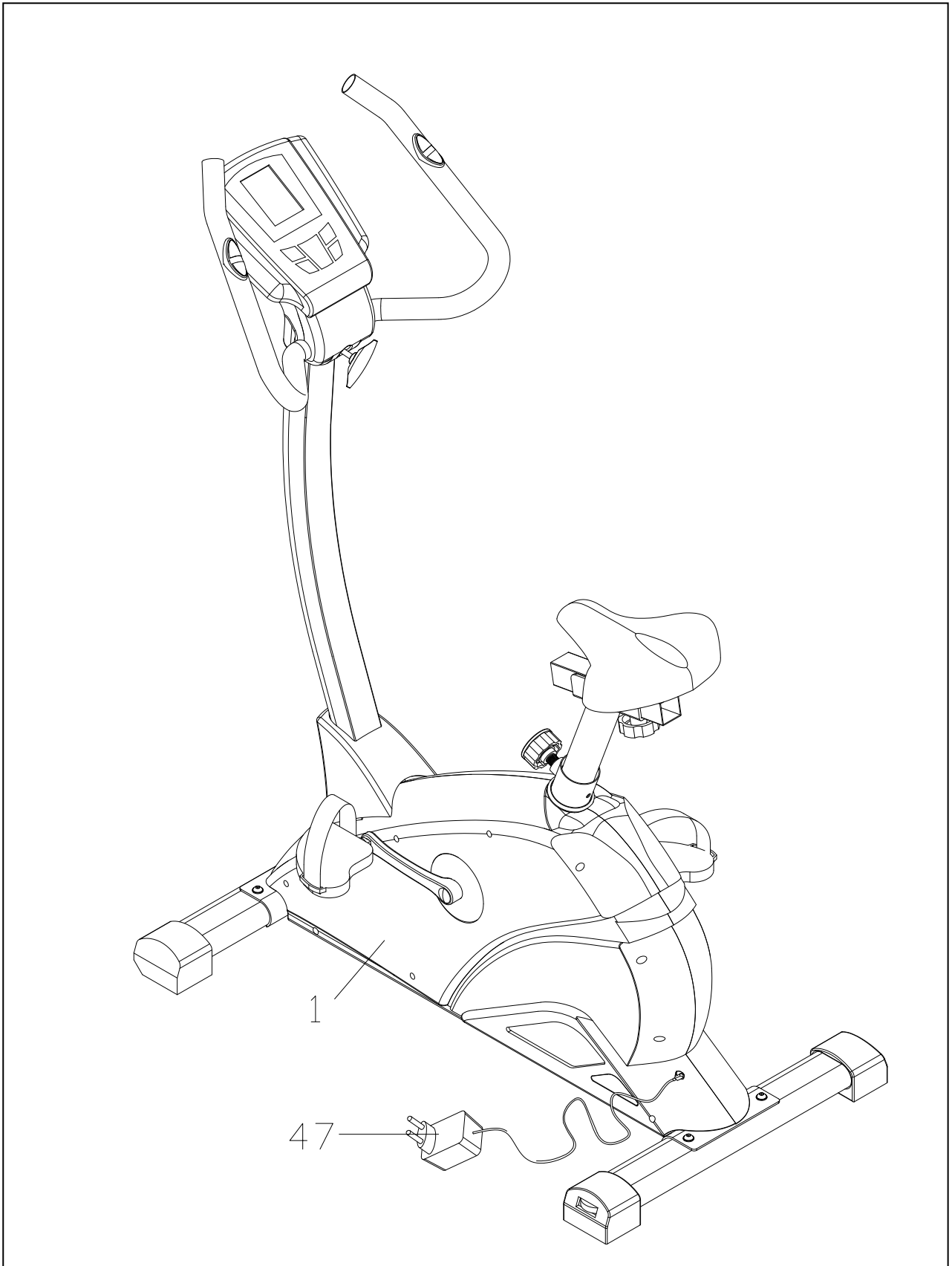
The knob (#H) is available in the main frame.



After attaching the saddle (#9) with the saddle tube (#8), please secure tightly by tool S14.



Step 7:



Please insert the adaptor (47) into the socket.

