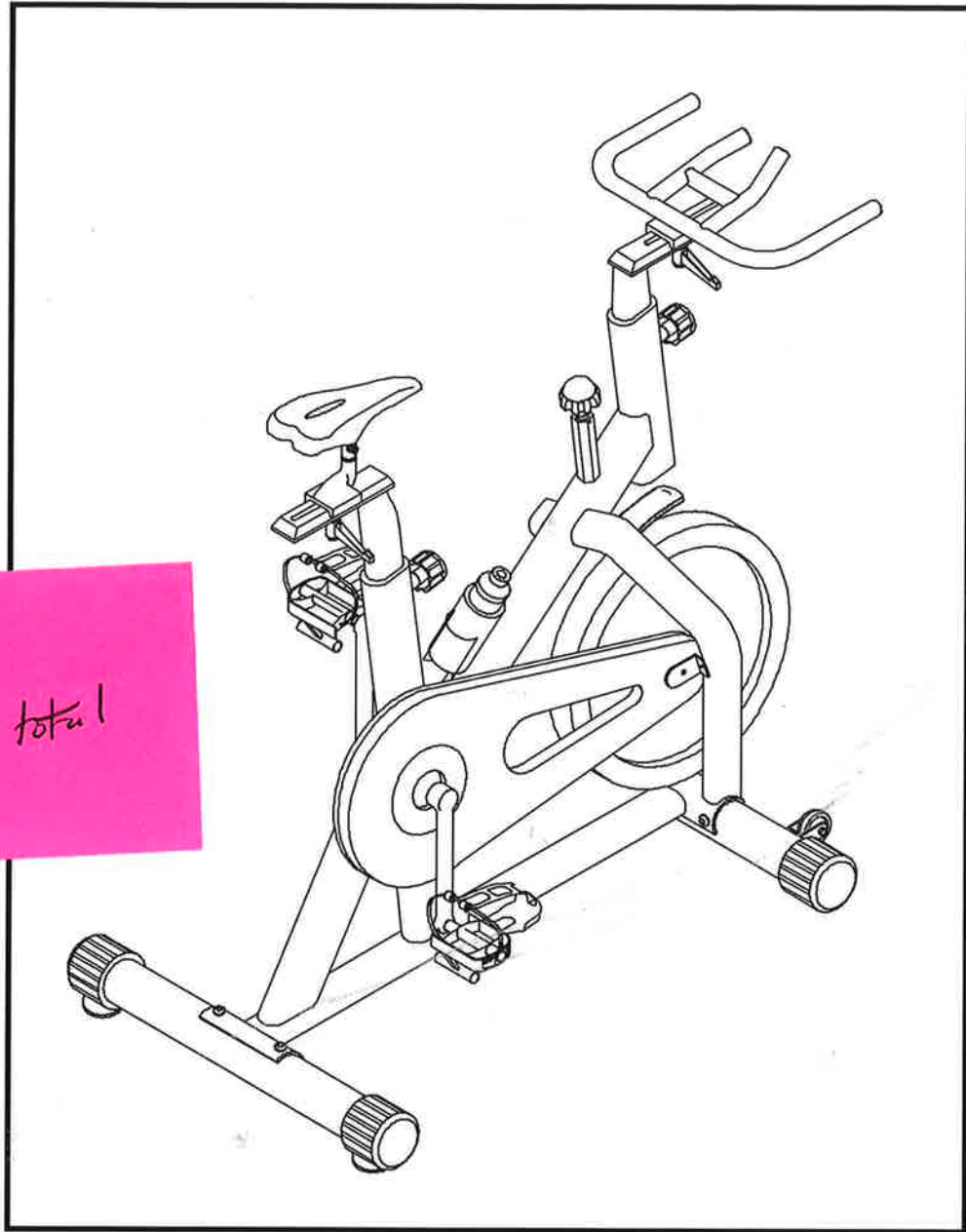


OWNER'S MANUAL



10 total

Dear customer,

We would like to thank you for buying our X-MOMENTUM SPIN BIKE and hope that it gives your satisfaction. Please note and follow the information and instructions for assembly and use. If you have any questions. Please contact at any time.

SAFETY INSTRUCTIONS

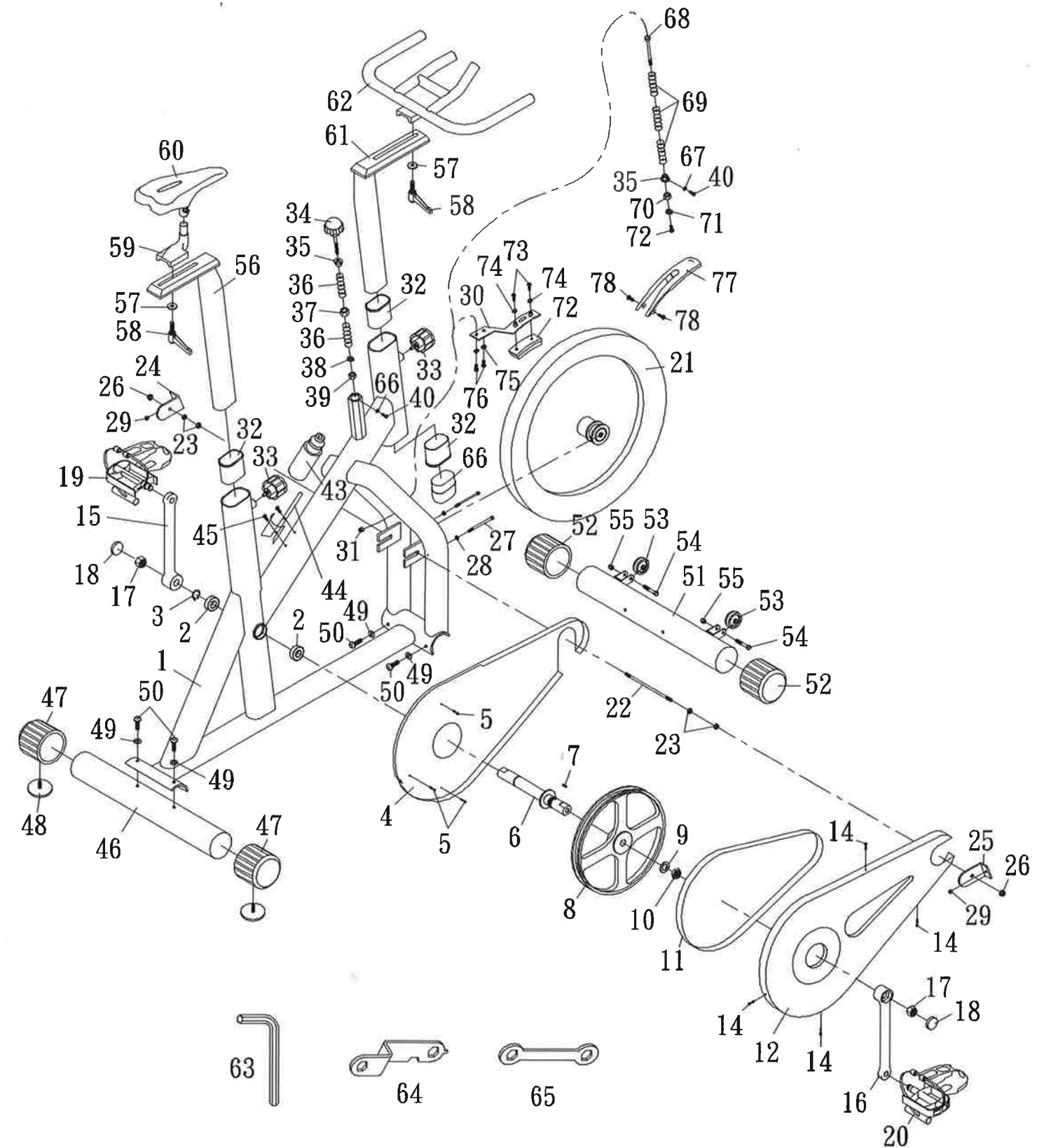
Before you start training on your SPIN BIKE, please read the instructions carefully. Be sure to keep the instructions and any other accompanying in case of repair and for spare parts delivery.

- Use only original parts as delivered.
- Check before the equipment is first used, and again at regular intervals, that all screws, bolts, nuts and other connections have been done up tightly, to ensure that your training equipment is in a safe operating condition at all items.
- Place the bike on an even, non-slippery surface. Because of possible corrosion, the usage of the bike in moist areas is not recommended.
- Check every 1-2 month that all connecting elements are tight fitting and are in the correct condition.
- Only carry out training work on the equipment when it is in perfect working order.
- One person for training may only use the equipment.
- The bike is designed for adult. Children are not allowed to use this bike.
- Always pay attention that you or any other persons never bring parts of the body in close proximity to any parts of the equipment that are still moving.
- Consult your physician before starting with any exercise program. He can advise which kind of training and impact is suitable.
- When making settings for any adjustable parts, check that they are in the right position and also check the marked maximum setting.
- Please follow the advice for correct training as detail in training instructions.
- This bike not suits for therapeutic use.
- The max. user weight is 120 KGS.

PARTS LIST

No.	Description	Quantity	No.	Description	Quantity
1	Mani Frame	1	41	Bolt	1
2	Bearing	2	42	Nylon Nut	1
3	Ring	1	43	Kettle	1
4	Inner Belt Cover	1	44	Bottle Rack	1
5	Screw	3	45	Screw	2
6	Rod	1	46	Rear Foot Bar	1
7	Pin	1	47	Rear End cap	2
8	Belt Wheel	1	48	Adjustable Pad	2
9	Washer	1	49	Washer	4
10	Nut	1	50	Bolt	4
11	Belt Wheel	1	51	Front Foot Bar	1
12	Outer Belt Cover	1	52	Round End Cap	2
13	Washer	1	53	Wheel	2
14	Tappind Screw	4	54	Bolt	2
15	Left Crank	1	55	Nylon Nut	2
16	Right Crank	1	56	Seat Post	1
17	Lock Nut	2	57	Washer	2
18	Cap	2	58	Lock Konb	2
19	Left Pedal	1	59	Seat Adjustable	1
20	Right Pedal	1	60	Seat	1
21	Flywheel	1	61	Handle Post	1
22	Selfty Rod	1	62	Handle Bar	1
23	Hex Head Nut	4	63	Allen Wrench	1
24	Left Bracket	1	64	Spanner	1
25	Right Bracket	1	65	Spanner	1
26	Lock Nut	2	66	End Cap	1
27	Screw	2	67	Flta Washer	2
28	Washer	2	68	Hex Head Bolt	1
29	Nylon Nut	2	69	Spring	3
30	Stopper Bracket	1	70	Washer	1
31	Nylon Nut	1	71	Nut	1
32	Plug	3	72	Screw	1
33	Knob	2	73	Screw	2
34	Adjustabel Knob	1	74	Washer	2
35	Steel Washer	1	75	Washer	2
36	Nylon Washer	1	76	Screw	2
37	Stooper Bar	1	77	Dashboard	1
38	Bracket	1	78	Screw	2
39	Nut	1			
40	Nylon Nut	1			

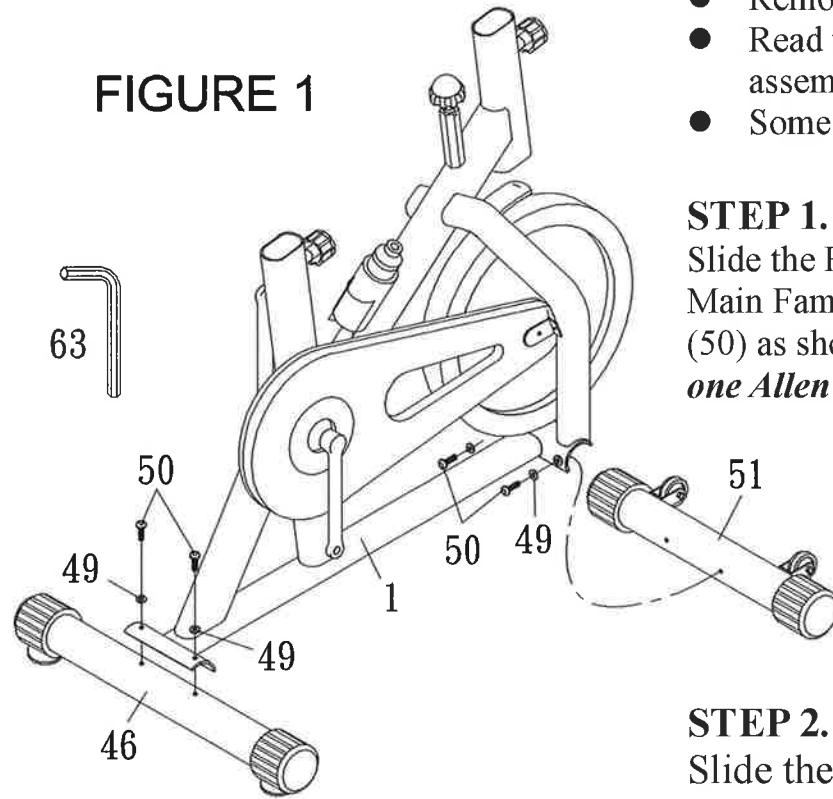
OVERVIEW CHART



ASSEMBLY INSTRUCTIONS

- Remove all parts and bags from box.
- Read the owner's entire manual before assembly.
- Some parts may be pre-assembled.

FIGURE 1



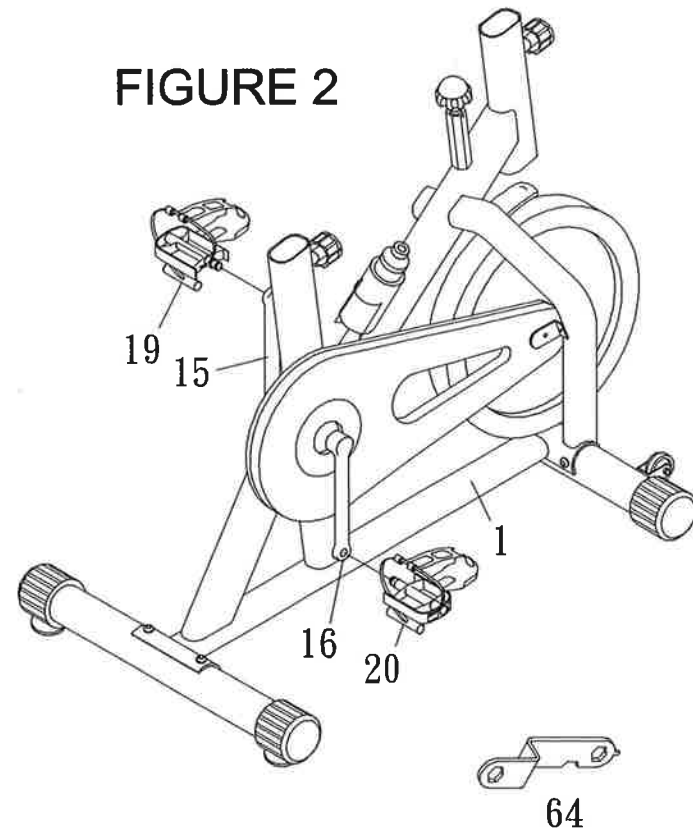
STEP 1.

Slide the Rear Foot Bar (46) to the bracket of the Main Frame (1) with two Washers (49) and Bolts (50) as shown in Figure 1. **Tighten the Bolts with one Allen Wrench (63) at this time.**

STEP 2.

Slide the Front Foot Bar (51) to the bracket of the Main Frame (1) with two Washers (49) and Bolts (50) as shown in Figure 1. **Tighten the Bolts with one Allen Wrench (63) at this time.**

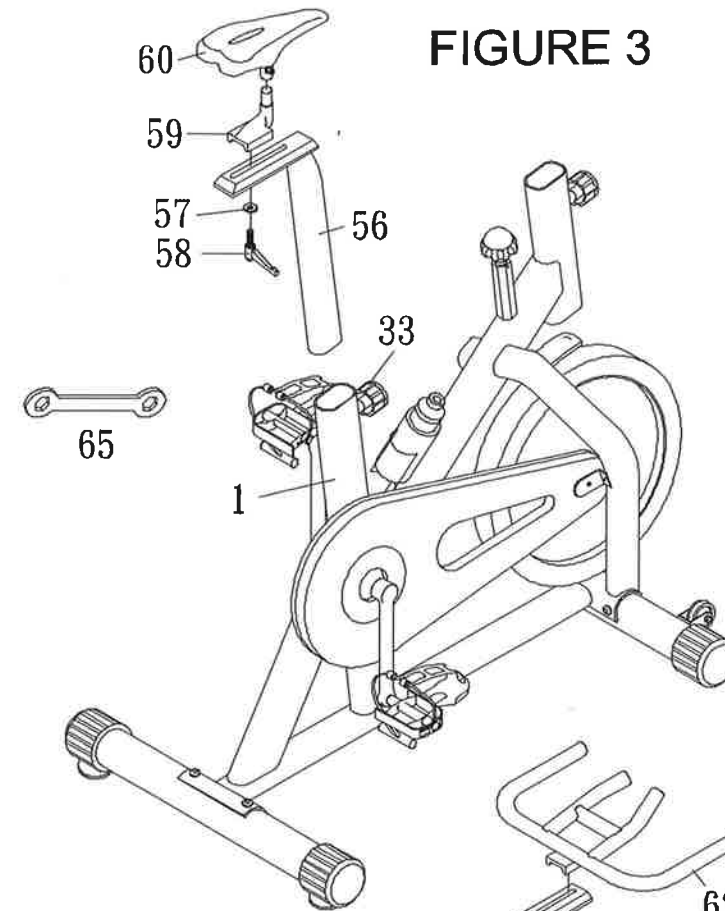
FIGURE 2



STEP 3.

Fix the Left Pedal (19) to the Left Crank (15) and fix the Right Pedal (20) to the Right Crank (16) as shown in Figure 2. **Tighten the Pedals (19 & 20) with one Spanner (64) at this time.**

FIGURE 3



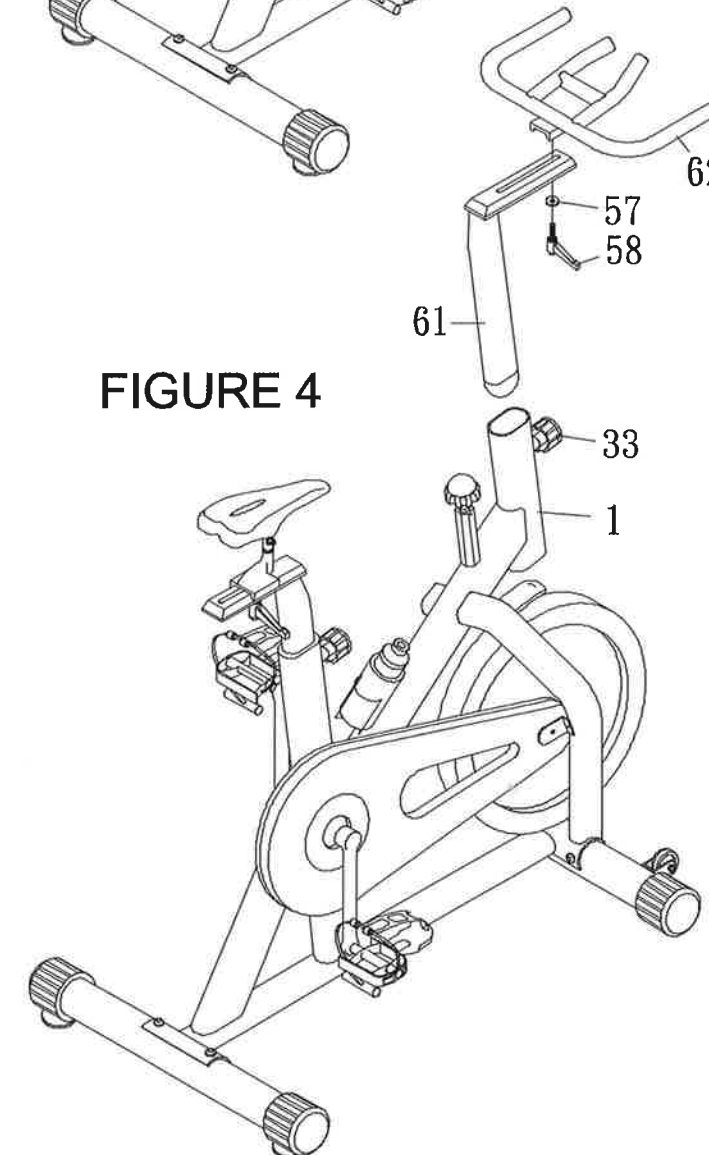
STEP 4.

Insert the Seat Post (56) into the tube of the Main Frame (1) with Knob (33) as shown in Figure 3. **Hands tighten only at this time.**

STEP 5.

Slide the Seat (60) on the bar of the Seat Adjustable (59) to tighten fist, then slide this set onto the Seat Post (56) with Washer (57) and Lock Knob (58) as shown in Figure 3. **Tighten the Seat (60) with one Spanner (65) at this time.**

FIGURE 4



STEP 6.

Insert the Handle Post (61) into the front for the Main Frame (1) with Knob (33) as shown in Figure 4. **Hands tighten only at this time.**

STEP 7.

Slide the Handle Bar (62) to the Handle Post (61) top with Washer (57) and Lock Knob (58) as shown in Figure 4. **Hands tighten only at this time.**

Now, you can tighten all bolts and nuts to make a complete set.