



10KG FLYWHEEL SPIN BIKE

FOTNKGFPBA

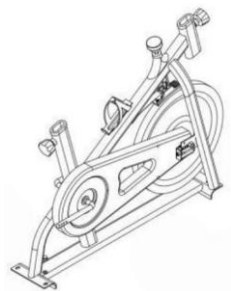
SAFETY & WARNINGS

- The spin bike, its chain guards and safety devices must be regularly maintained, and the integrity of the chain guards and safety devices must be inspected prior to each use.
- Before starting any exercise program, consult your doctor to determine if you have any health conditions which could create a risk to your health and safety or prevent you from using the spin bike properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
- Ensure you have tightened all the bolts and nuts on this spin bike before beginning your workout.
- Read all instructions carefully before use and retain this guide for future reference.
- Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising and consult your doctor if you experience any of the following symptoms:
 - Pain
 - Tightness in your chest
 - Irregular heartbeat
 - Shortness of breath
 - Feeling lightheaded, dizzy, or nauseous.
- Keep children and pets away from the spin bike. The spin bike is designed for adult use only.
- Ensure chain guards are fitted correctly to avoid injury.
- Place the spin bike on a solid, level surface with a protective cover over your floor. For safety, the spin bike should have at least 0.5 meters of free space around it.
- If you find any defective components whilst assembling or checking the spin bike, or if you hear any unusual noise coming from the spin bike, stop use immediately and contact **help.Kogan.com**. Do not use the spin bike until the problem has been rectified.
- Wear suitable clothing whilst using the spin bike. Avoid wearing loose clothing which may get caught or that may restrict or prevent movement.
- The maximum user weight is 120kg.
- The spin bike is not suitable for therapeutic use.
- Care must be taken when lifting or moving the spin bike so as not to injure your back. Always use proper lifting techniques and/or assistance.

COMPONENTS

Note:

Check all components listed below are included before assembling the spin bike. Small components might be pre-fitted to larger components for easy assembly.



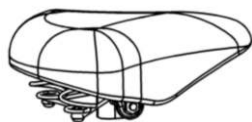
A Main Body



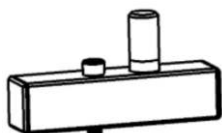
B Rear Stabiliser



C Front Stabiliser



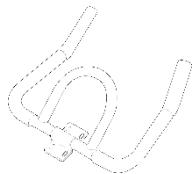
D Seat



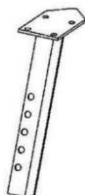
E Seat Adjustment Frame



F Seat Post



G Handlebars



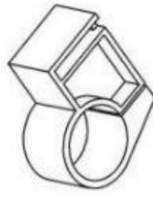
H Handlebar Post



I Pedal (L/R) Set



J Display Screen



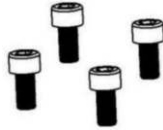
K Display Screen Holder



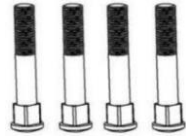
L M1 Lock Knob (x2)



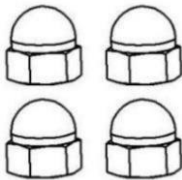
M N1 Lock Nut (x1)



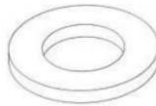
N S1 Bolt (x4)



O T1 Allen Bolt (x4)



P Nut (x4)



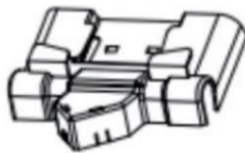
Q Washer (x8)



R Allen Wrench



S Open End Wrench

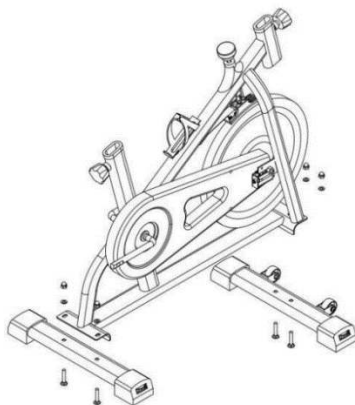


T Phone Holder

ASSEMBLY

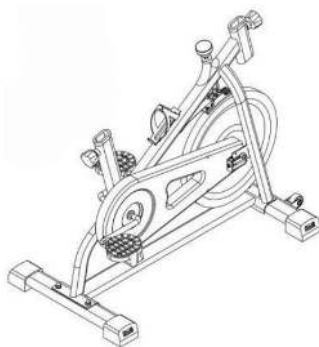
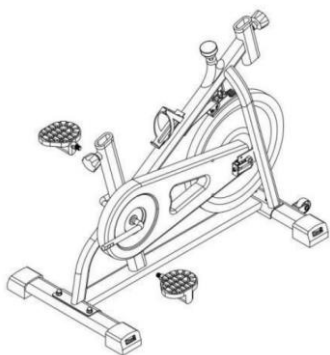
Step 1: Stabiliser Assembly

Secure the front stabiliser (**C**) and rear stabiliser (**B**) to the main body (**A**) using x4 T1 Allen bolts (**O**), x4 washers (**Q**), and x4 nuts (**P**).



Step 2: Pedal (L/R) Assembly

Attach the pedals (L/R) (**I**).

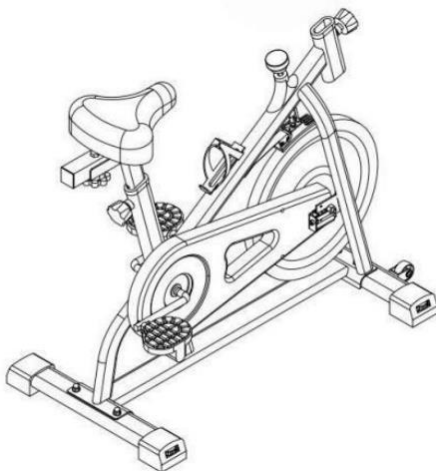
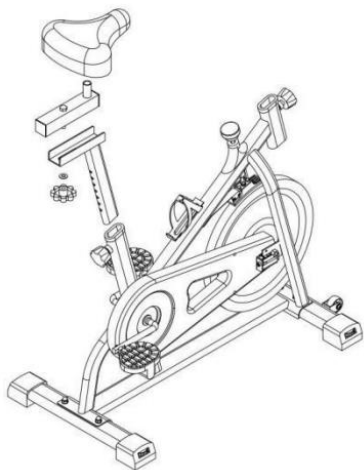


Note:

Ensure you attach the correct pedal to its respective crank.

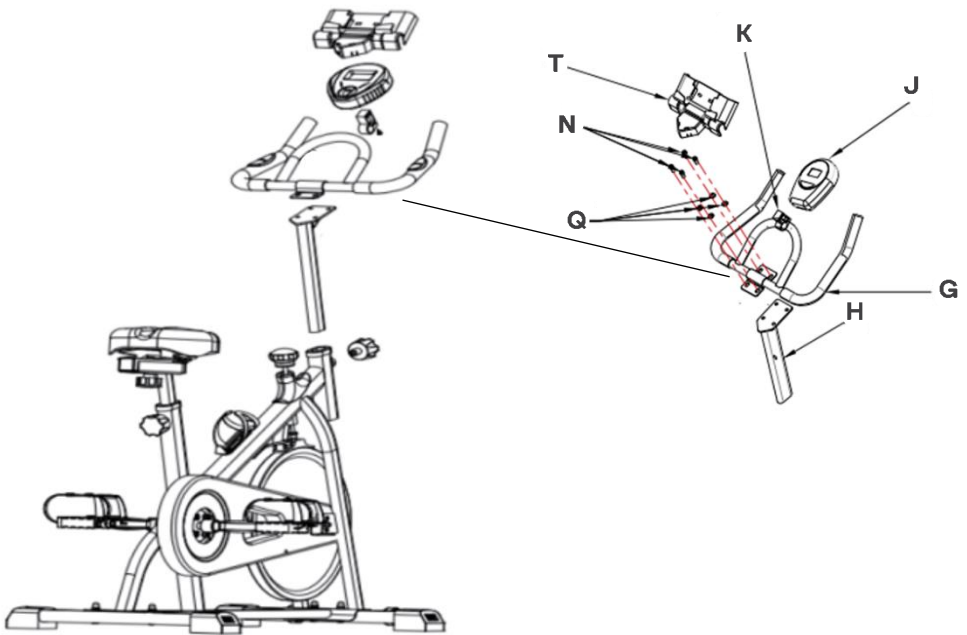
Step 3: Seat Assembly

- Loosen the M1 lock knob **(L)** and remove it.
- Insert the seat post assembly **(F)** into the rear tube opening on the main body **(A)** and then tighten the lock knob **(L)**.
- Loosen the M1 lock nut **(M)** to select the desired position and then tighten.
- Place the seat **(D)** on to the seat adjustment frame **(E)** and tighten the seat locking nuts.



Step 4: Handlebars & Display Screen Assembly

- Loosen the lock knob **(L)** and insert the handlebar post assembly **(H)** into the front tube of the main body **(A)**.
- Secure the handlebars **(G)** to the handlebar post **(H)** using x4 S1 bolts **(N)** and x4 washers **(Q)**.
- Tighten the lock knob **(L)** when the handlebars **(G)** are in the desired position.
- Attach the display screen holder **(K)** to the handlebars **(G)** and attach the display screen **(J)**.
- Connect the sensor wires to the display screen **(J)**.
- Place the phone holder **(T)** over the handlebars **(G)**.



Note:

Do not pinch the wires.

OPERATION

Display Screen

The display will automatically turn off after 4-5 minutes without user input. The display will turn on when there is user input.

Buttons

- **Mode:** Press to select a function.
- **Reset:** Press to reset the selected mode to 0.

Functions

- **Time:** Total exercise time.
- **Speed:** Current speed.
- **Distance:** Total distance of the workout.
- **Calories:** Total calories burned.
- **Scan:** The display changes according to the following sequence every 4 seconds: TIME--SPEED--DISTANCE--CALORIES--SCAN.

Replacing the Batteries

If the display does not illuminate when you start exercising, the batteries need to be replaced. To do so:

1. Remove the display screen from the holder.
2. Open the battery cover at the back of the display and remove the batteries.
3. Insert x2 AA batteries in accordance with the polarity markings in the battery compartment.
4. Replace the battery cover and slide the display screen back into the holder.

Resistance Adjustment

- Pedalling resistance is controlled by the tension knob located under the handlebar. To increase resistance, turn the tension knob clockwise. To reduce the resistance, turn the tension knob anti-clockwise.
- Press the tension knob to use as an emergency brake.

Seat Adjustment

- Properly adjust the seat to ensure maximum exercise efficiency and comfort. The most appropriate seat position is for the rider to have one knee slightly bent when one pedal is at a 90-degree angle to the ground.
- To adjust the seat height, simply turn the adjustable knob loose, then move the seat up or down to the required height and tighten the knob.
- To adjust the seat position, turn the adjustable knob loose, move the seat backward or forward to the appropriate position and then tighten the knob.

Handlebar Adjustment

To adjust the handlebar height, simply turn the adjustable knob loose, then adjust the bar to the required height and tighten the knob.

Chain Adjustment

- The chain on the bike has been pre-adjusted and should not require immediate attention.
- Continuous use of the bike may cause the chain to stretch or become loose requiring adjustment.
- To adjust the chain, loosen the nuts on both sides of the main axle. Adjust the chain and then re-tighten the bolts and nuts on the two sides of the axle.

Exercise Instructions

Using your spin bike provides you with several benefits such as improving your physical fitness, toning muscles and together with a calorie-controlled diet may help you lose weight.

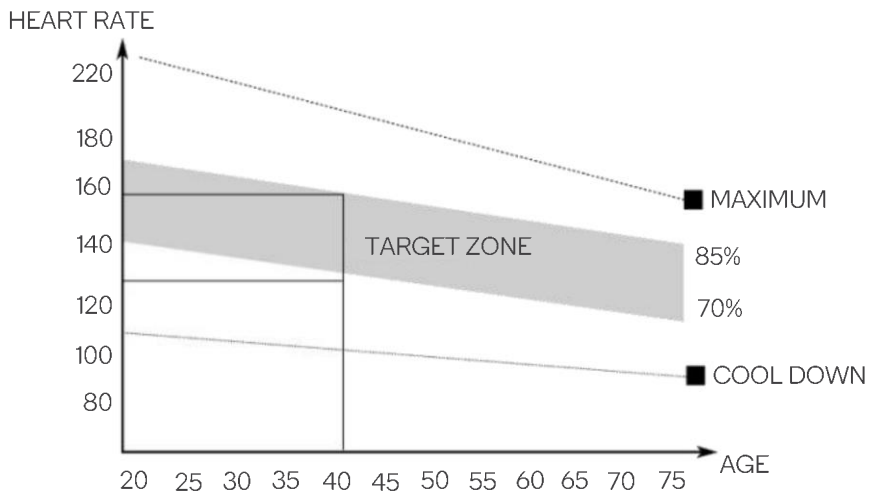
Warm-up Phase

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, stop.



Exercise Phase

This is the stage where you put the effort in. After regular use, the muscles in your legs may become stronger. 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 rate into the target zone shown on the graph below.



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

Muscle Toning

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

Weight Loss

- The important factor here is the amount of effort you put in. The harder and longer you work, the more calories you will burn. Effectively, this is the same as if you were training to improve your fitness, the only difference is your goal.

CLEANING & CARE

Maintenance

- Before using the bike, always make sure all bolts/nuts are fully tightened.
- A used battery is hazardous waste, dispose of it correctly and do not throw it in the trash.
- When eventually you want to dispose of the spin bike, remove the batteries from the monitor and dispose of them separately as hazardous waste.

TROUBLESHOOTING

Problem	Solution
Display not working correctly.	Check that the lower sensor wire is connected to the upper sensor wire and the upper sensor wire is plugged into the display.
	Ensure the batteries are installed correctly and do not need to be replaced.
No resistance.	<ol style="list-style-type: none">1. Inspect the upper tension cable to ensure it is connected to the lower tension cable.2. Turn the tension knob anti-clockwise to its lowest level.3. Loosen the tension strap located on top of the flywheel cover, at the base of the front post. Pull it through the buckle until you can feel some resistance on the strap, then lock it back around the buckle.4. Mount the spin bike and turn the pedals. The tension control knob should now be able to be used with a finer degree of adjustment.



Need more information?

We hope that this user guide has given you the assistance needed for a simple set-up.

For the most up-to-date guide for your product, as well as any additional assistance you may require, head online to **help.kogan.com**

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