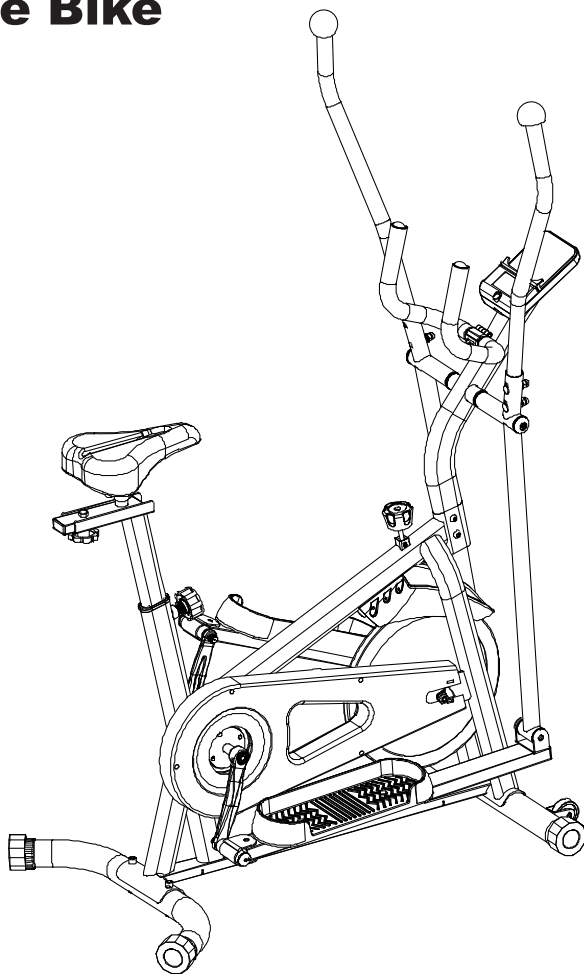


SPORTNOW

IN260600314V01_UK

A90-475V00

Exercise Bike



IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY.

INSTRUCTION MANUAL

Safe use instructions

1. Please keep this manual in a safe place for future reference.
2. Please read this manual thoroughly before assembling and using the equipment. Proper installation, maintenance, and correct usage are essential for safe and elective operation. Ensure that all users are aware of the safety warnings and important precautions.
3. For safe use of this product, please refer to the instructions in the "Usage Instructions" section.
4. This equipment has passed SGS standard testing and is suitable for home use. The maximum user weight is 120kg.
5. Please keep a close watch on your children and do not allow them to approach the equipment. This equipment is intended for adult use only.
6. Before starting any exercise program, please consult your doctor to ensure that you do not have any injuries or medical conditions that may pose a risk to your health and safety, or prevent you from using this equipment. If you are currently undergoing treatment for heart rate, blood pressure, or cholesterol levels, it is especially important to follow your doctor's advice.
7. Pay attention to the signals your body sends. Warning: Improper or excessive exercise can harm your health. If you experience pain, chest tightness, irregular heartbeat, shortness of breath, dizziness, lightheadedness, or any discomfort, stop exercising immediately and consult your doctor before resuming your workout plan.
8. For best results, it is recommended to use this product under the guidance of a fitness professional. This product is an indoor exercise bike (Category C) and should not be used as a medical device. Please be aware of this.
9. Warning! Incorrect exercise techniques and excessive use can harm your health! Our company is not responsible for any injuries caused by sudden illness or improper use.
10. This product is intended for adult use. Children should only use it under the supervision of a guardian.
11. Please develop a reasonable training plan before use and follow the plan strictly when using this product.
12. During exercise, wear properly fitting workout clothes. Avoid wearing loose clothing to prevent it from getting caught in any moving parts.
13. Place the equipment on a hard, level surface with a protective layer or carpet. For safety, ensure there is at least 20 inches of clear space around the equipment.
14. The product should be placed on a level surface. If the ground is uneven, adjust the equipment's base for balance to ensure stability.

Safe use instructions

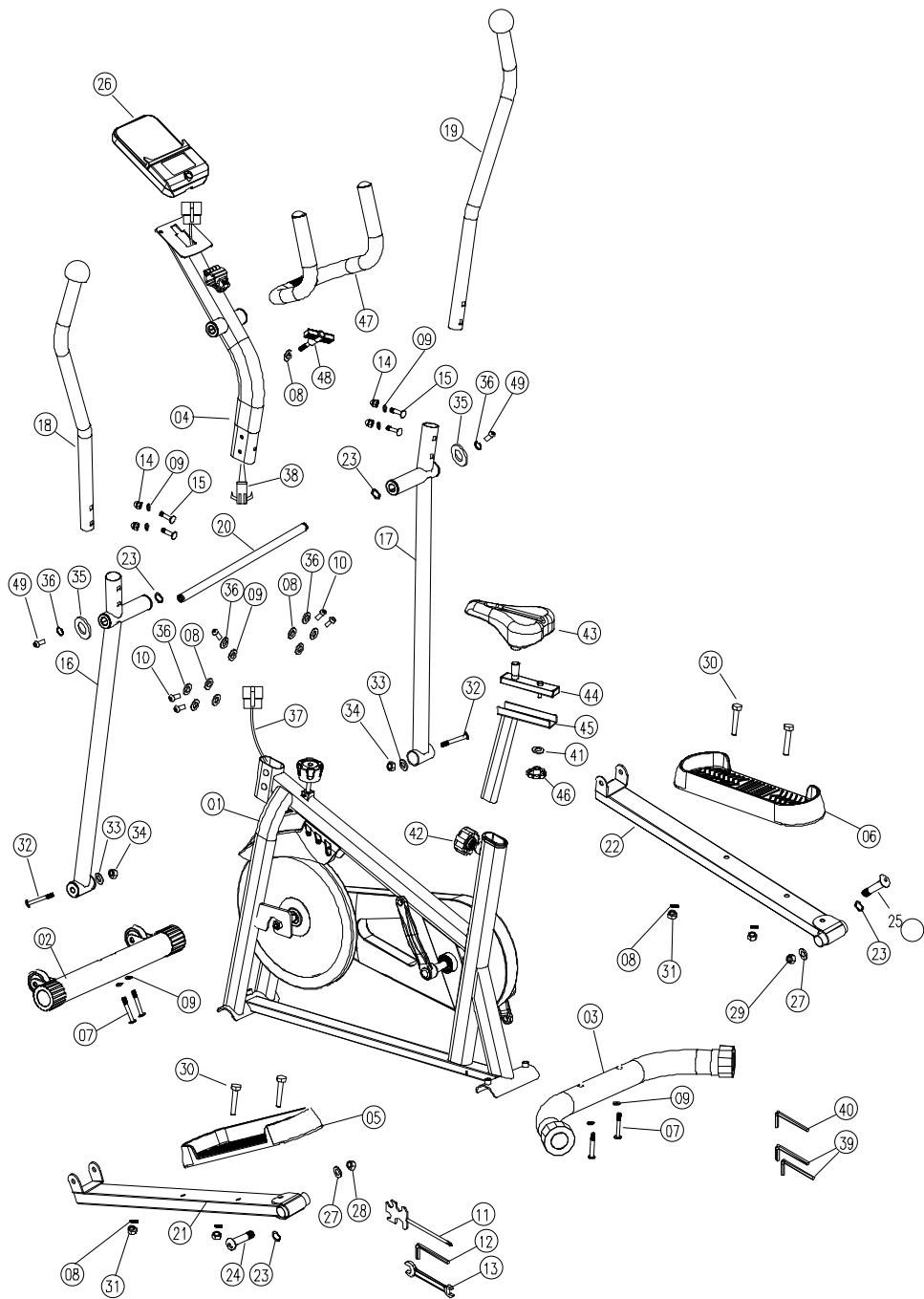
1. Please do not use this product to perform dangerous actions.
2. If this product is used under the guidance of fitness professionals, it will achieve better results. This product is a Class C indoor exercise bike and cannot be used as a medical auxiliary equipment. Please be aware of this.
3. Warning! Wrong exercise methods and excessive use will harm your health! Our company will not be held responsible for injuries caused by sudden illness or illegal operation.
4. Please make a reasonable training plan before use and use this product strictly according to the plan.
5. The resistance of this product is adjustable, please choose the appropriate resistance.
6. Please use this product safely, please refer to the instructions for use.
7. Please check all knobs and screws carefully before use to ensure your safety.
8. The base needs to be tightened during installation. After installation, except for the resistance adjustment and display adjustment, other adjustments must be made before using the product and fixed with screws. It can only be used after confirming that it will not loosen.
9. The product needs to be placed on a level surface. If the surface is uneven, the base of the equipment can be adjusted to balance the product.
10. After stopping use, the resistance must be increased to the maximum to prevent unsupervised children from accidentally using it. It is forbidden to use it without supervision.
11. When operating the exercise bike, ensure that there is at least 1 meter of safe operating space around the exercise bike.

Component drawing

NO.	Part.	Spec.	Qty
01	Main Frame Assembly		1
02	Front Foot Tube Assembly		1
03	Rear Foot Tube Assembly		1
04	Front Upright Column		1
05	Left Pedal Plate		1
06	Right Pedal Plate		1
07	Hex Socket Button Head Screw	M8*60	4
08	Flat Washer	Ø9*Ø16	8
09	Curved Washer	Ø9*Ø16	9
10	Hex Socket Button Head Screw	M8*14	5
11	Open-end & cross screwdriver wrench	19*17*15*13	1
12	Hex Allen Key	6mm	1
13	Open-end Wrench	13*15	1
14	End Cap	M8	4
15	Carriage Bolt	M8*40	4
16	Left Swing Lever		1
17	Right Swing Lever		1
18	Left Handle Grip		1
19	Right Handle Grip		1
20	Swing Lever Central Shaft		1
21	Left Pedal Tube		1
22	Right Pedal Tube		1
23	Wave Washer	Φ20*Φ16*0.5T	4
24/25	Left Screw / Right Screw	Φ16*101-L/R	1/1

NO.	Part.	Spec.	Qty
26	Electronic Counter		1
27	Flat Washer	Φ25*Φ16.5*1T	2
28/29	Left Nut / Right Nut	M16	1/1
30	Hex Head Bolt	M8*40	4
31	Nylon Lock Nut	M8	4
32	Hex Socket Button Head Screw	M10*75	2
33	Flat Washer	Φ20*Φ11*2T	2
34	Plain Nut	M10	2
35	Flat Washer	Φ8.5*30*2T	2
36	Spring Washer	Φ8	7
37	Lower Wire Harness		1
38	Upper Wire Harness		1
39	Hex Allen Key	5mm	2
40	Hex Allen Key	8mm	1
41	Flat Washer	Φ25*Φ10.5*2T	1
42	Adjustment Knob	M16	1
43	Seat Cushion		1
44	Seat sliding tube assembly		1
45	Rear seat telescopic tube assembly		1
46	Hollow Star Knob	M10	1
47	Small Armrest		1
48	T-Handle Knob	M10	1
49	Hex socket button head screw	M8*20	2

Component drawing



Installation Procedure Instructions

1. Secure the Main Frame Assembly (Part 01) to the Front Foot Tube Assembly (Part 02) using two M8×60 hex socket button head screws (Part 07) and two $\Phi 9 \times \Phi 16$ curved washers (Part 09), as shown in Figure 1.

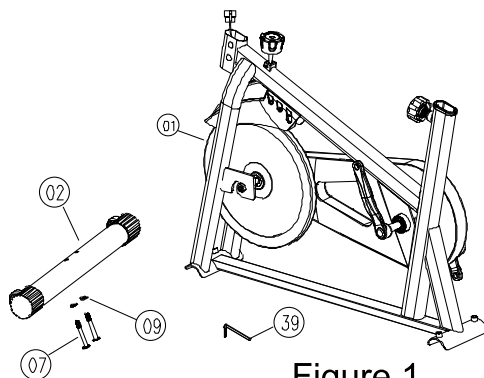


Figure 1

2. Secure the Main Frame Assembly (Part 01) to the Rear Foot Tube Assembly (Part 03) using two M8×60 hex socket button head screws (Part 07) and two $\Phi 9 \times \Phi 16$ curved washers (Part 09), as shown in Figure 2.

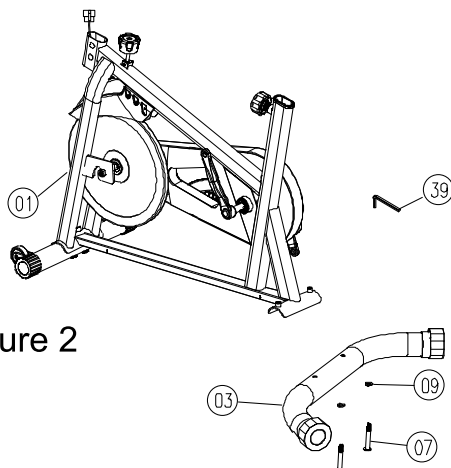


Figure 2

Installation Procedure Instructions

3. Join the sensor cables (Part 37 and Part 38), then assemble the front upright column (Part 04) to the Main Frame Assembly (Part 01). Fasten the assembly with five M8×14 hex socket button head screws (Part 10), five $\Phi 8$ spring washers (Part 36), four $\Phi 9 \times \Phi 16$ flat washers (Part 08) and one $\Phi 9 \times \Phi 16$ curved washer (Part 09), as shown in Figure 3.

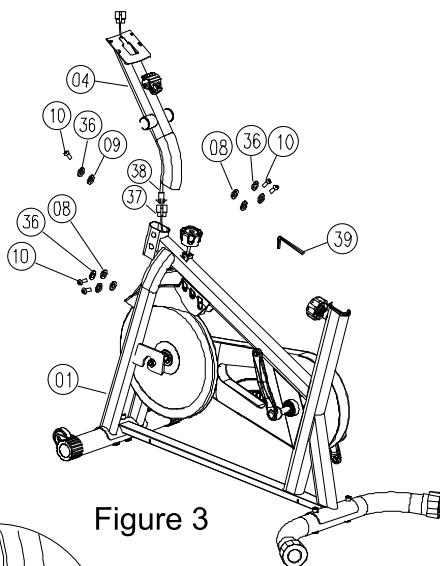


Figure 3

4. Insert the Swing Lever Central Shaft (Part 20) through the Front Upright Column (Part 04). Fit one $\Phi 20 \times \Phi 16 \times 0.5T$ wave washer (Part 23) to each side of the shaft, then mount the Left Swing Lever (Part 16) and Right Swing Lever (Part 17) onto the central shaft, as shown in Figure 4.

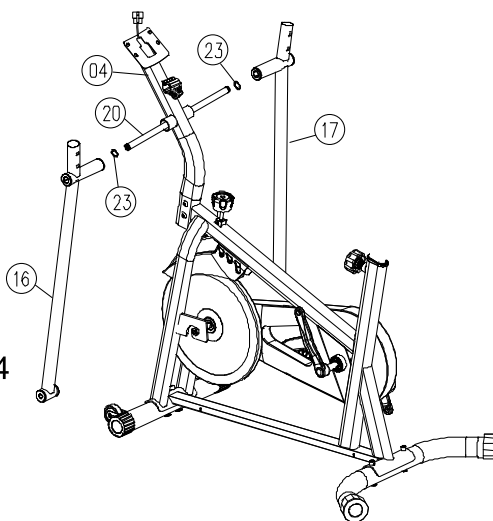


Figure 4

Installation Procedure Instructions

5. Fit one M8×20 patch-locking hex socket button head screw (Part 49) through one Φ8 spring washer (Part 36) and one Φ8.5×30×2T flat washer (Part 35), then tighten the screw clockwise, as shown in Figure 5.

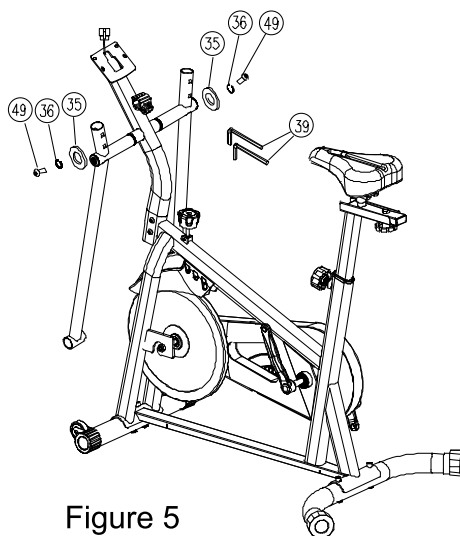


Figure 5

6. Left side: Feed the left Φ16×10I-L×9 screw (Part 24) through the Φ20×Φ16×0.5T wave washer (Part 23), left pedal tube (Part 21), Φ25×Φ16.5×1T flat washer (Part 27) and the left arm of the Main Frame Assembly (Part 01). Fasten the assembly using the M16 left nut (Part 28).
Right side: Repeat the above procedure with the right Φ16×10I-R×9 screw (Part 25) and M16 right nut (Part 29), as shown in Figure 6.

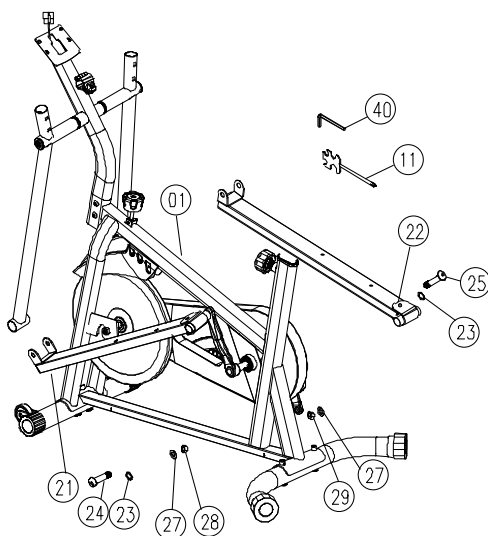


Figure 6

Installation Procedure Instructions

7. Mount the Left Pedal Tube (Part 21) onto the Left Swing Lever (Part 16), and the Right Pedal Tube (Part 22) onto the Right Swing Lever (Part 17). Insert one M10×75 hex socket button head screw (Part 32) through the assembled components, fit a $\Phi 20 \times \Phi 11 \times 2T$ flat washer (Part 33), then secure using the M10 plain nut (Part 34), as shown in Figure 7.

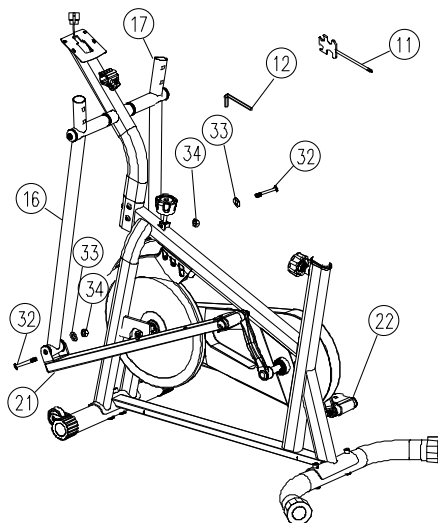


Figure 7

8. Align the Left Handle Grip (Part 18) and Right Handle Grip (Part 19) with the Left Swing Lever (Part 16) and Right Swing Lever (Part 17) respectively. Secure all parts with an M8×40 carriage bolt (Part 15), one $\Phi 9 \times \Phi 16$ curved washer (Part 09) and one M8 end cap (Part 14), as shown in Figure 8.

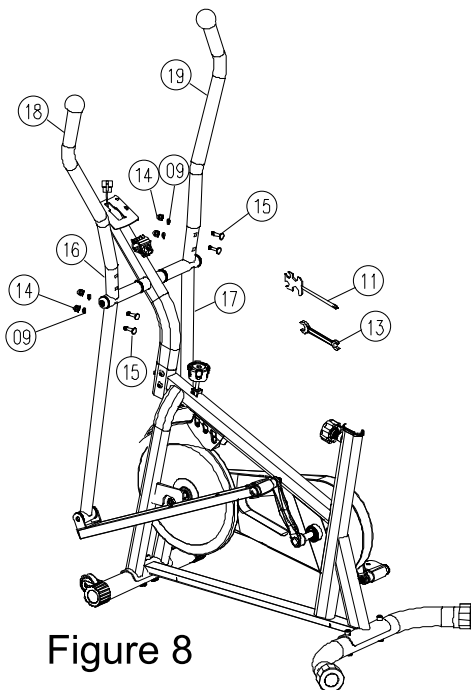


Figure 8

Installation Procedure Instructions

9. Mount the Left Pedal Plate (Part 05) to the Left Pedal Tube (Part 21) and the Right Pedal Plate (Part 06) to the Right Pedal Tube (Part 22). Fasten the assemblies using an M8×40 hex head bolt (Part 30), a $\Phi 9 \times \Phi 16$ flat washer (Part 08) and an M8 nylon lock nut (Part 31). Attach the electronic counter (Part 26) to the front upright column (Part 04) and secure it in place, as shown in Figure 9.

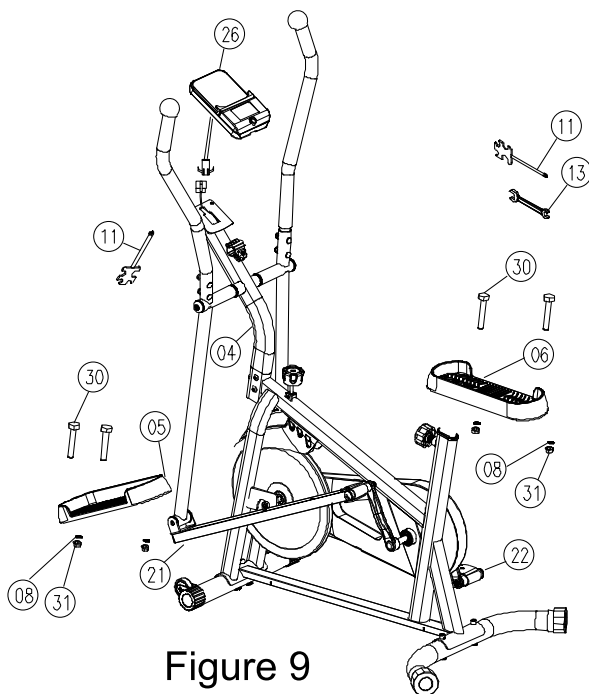
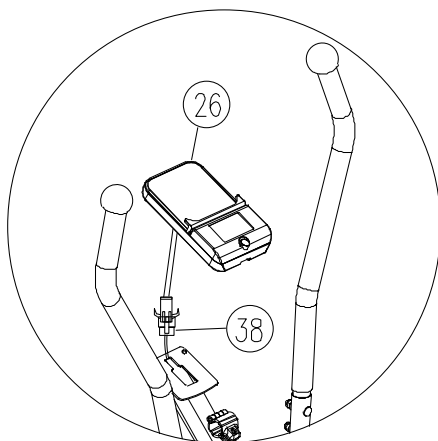


Figure 9

Installation Procedure Instructions

10. Fit the Rear Seat Telescopic Tube Assembly (Part 45), Seat Sliding Tube Assembly (Part 44) and Seat Cushion (Part 43) together using the M10 hollow star knob (Part 46). The seat can slide forwards and backwards to adjust the position. Tighten the Seat Cushion (Part 43) to the Seat Sliding Tube Assembly (Part 44) in a clockwise direction with the 13×15 open-end wrench (Part 13), as shown in Figure 10.

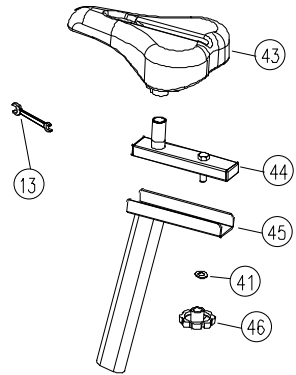


Figure 10

11. Adjust the seat cushion height by turning the adjustment knob (Part 42), which offers multiple height settings, as shown in Figure 11.

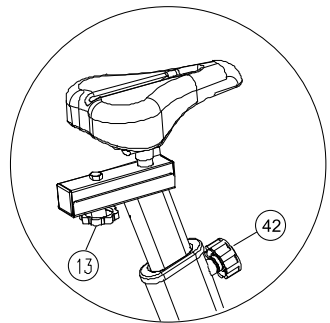


Figure 11

Installation Procedure Instructions

12. Mount the Small Armrest (Part 47) to the Front Upright Column (Part 04) using the M10 T-handle knob (Part 48) and one $\Phi 9 \times \Phi 16$ flat washer (Part 08), as shown in Figure 12.

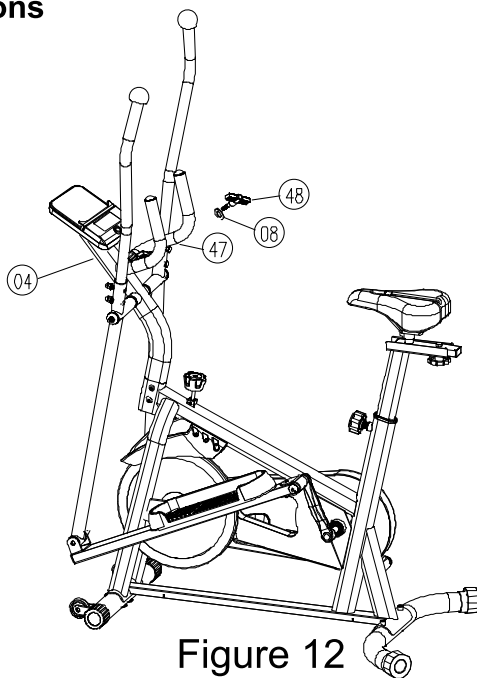
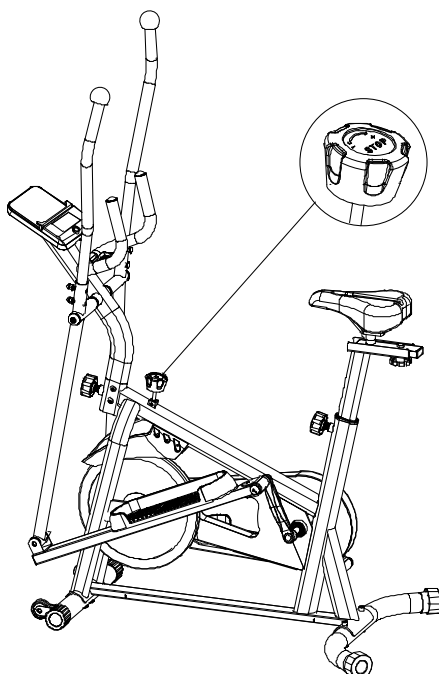


Figure 12

13. Turn the adjustment handle clockwise or anticlockwise to increase or reduce the resistance level. Depress the handle directly to activate the emergency brake function, as shown in Figure 13.



Installation Procedure Instructions

14. Raise the armrests and seat until they reach the marked STOP position, which denotes the maximum adjustment scale. Do not adjust the components any higher, as shown in Figure 14.

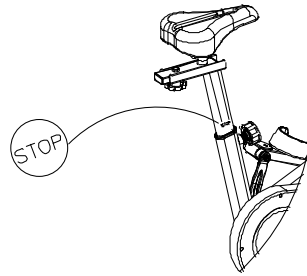


Figure 14

15. Battery Replacement:
Remove the rear cover of the Electronic Counter (Part 26) and install new batteries, as shown in Figure 15.

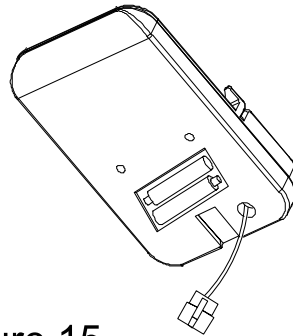


Figure 15

BATTERY WARNING:

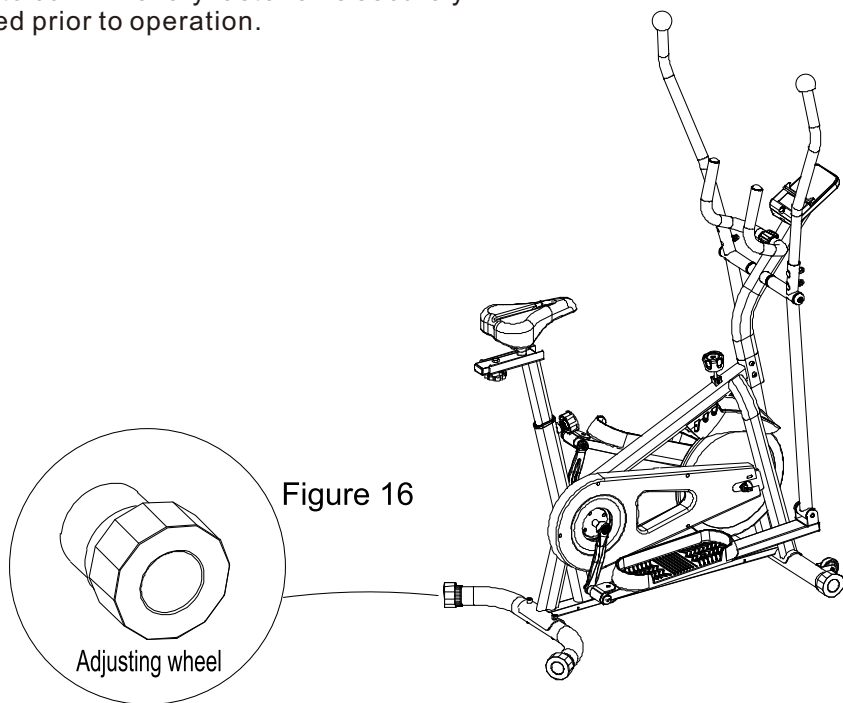
1. Do not mix alkaline, standard (carbon-zinc), or rechargeable (nickel-cadmium) batteries.
2. Never mix old and new batteries.
3. Batteries are to be inserted with the correct polarity.
4. Remove the batteries when the unit is not in use for long periods.
5. The supply terminals are not to be short-circuited.
6. Always comply with local laws and regulations.

Installation Procedure Instructions

16. If the assembled equipment wobbles, slightly rotate the levelling feet to stabilise the unit, as shown in Figure 16.

Post-Installation Inspection

Once assembly is complete, inspect all screws to confirm every fastener is securely tightened prior to operation.



Detailed Functions and Parameters

This instrument can collect and display the data of indoor cycling exercise.

This instrument can display "exercise time", "exercise speed", "exercise distance", "calories", "total distance", and "frequency".

This instrument features low power consumption, high-definition display, easy operation and strong compatibility.

1. Time (TIME): 00:00 - 99:59 minutes
2. Speed (SPD): 0.0 - 999.9 km/h
3. Distance (DST): 0.00 - 999.9 km
4. Calories (CAL): 0.0 - 999.9
5. Total Distance (ODO): 0.0 - 999.9 km
6. APP: Compatible with Kinomap, Zwift, etc.
7. Battery: Two 7-volt batteries

Operation steps

Power on: Press the bicycle pedal or press the "button". The "SCAN" indicator on the upper left corner of the LCD will light up. The LCD will display TIME (exercise time), SPD (speed), DST (distance), ODO (total distance), CAL (calories) at 5-second intervals alternately.

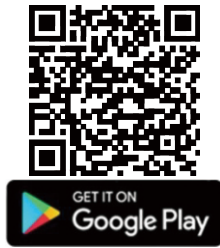
Button Function: At the corresponding display position, when you press the "button", the specified data will be fixedly displayed. During the DST display process, if you press the "button", the LCD will continuously display the "distance" data until you press the "button" again to switch to displaying the next motion data.

Data Reset: If you want to start a new movement to obtain your own motion data or start counting from zero, long press the "button" for 3 seconds. The TIME (movement time), SPD (speed), DST (distance), CAL (calories) data will be reset, but the ODO (total distance) data will be retained so that it can be accumulated for the next movement.

Bluetooth Function

This monitor can connect to various mobile Apps via Bluetooth.

Bluetooth / App-Function



To use the Kinomap app, switch on Bluetooth on the product and on your smart-phone or tablet. You may have to activate the location services on your smart phone or tablet to enable a connection via the app.

When you start the app for the first time, you will be asked to register. Registration is necessary to use the app. You will then be asked to add a device.

If you are not prompted to add a device, tap on "More", "Device Management" and then on "+" in the upper right corner. Tap the product icon.

Now follow the instructions in the app to add the product to the app. For more information on using the app, visit www.kinomap.com.

UK

If you have any questions, please contact our customer care center.

Our contact details are below:



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