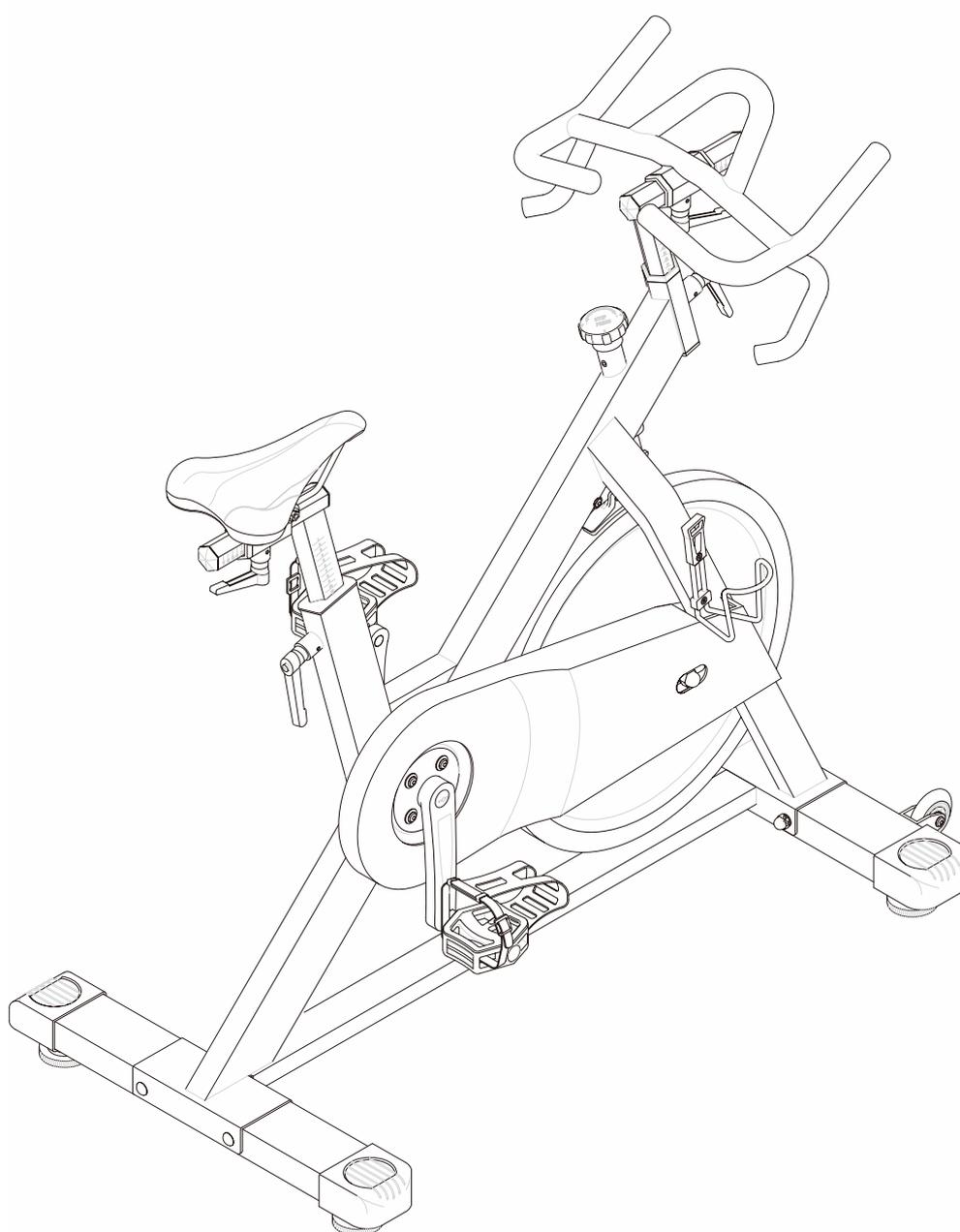


# 91014

## CASALL XTR700 INDOOR BIKE



### USER MANAUL

## INSTRUCTIONS FOR USE

- 1) The model V840B is designed to be used as a group cycle in fitness studios, health clubs or home use. It has a fixed wheel driven flywheel and should be used under professional supervision. or asking your supplier before using.
- 2) Installation – it is important that the V840B is correctly assembled and we recommend that installation and assembly be carried out by suitably qualified personnel.
- 3) Handlebar and seat adjustment. It is important that the handlebar and seat are set at the correct height for your body. Ask your instructor for assistance.  
Adjusting the handlebar height - Make sure it is securely tightened and that there is no lateral or vertical movement of the handlebar. Undo the Quick Release knob which is located in front of head tube. Slide the handlebar/stem up or down to the required height and then retighten.

The handlebar/stem position can also be adjusted forwards or backwards. Undo the Quick Release lever located on below the slider. Slide the handlebar/stem assembly forwards or backwards until you reach the required position. Then securely re-tighten the Quick Release lever.

Adjusting the seat height – refer to above mention.

**NOTE: there is a safety line engraved on the seat post. On no account should the seat post ever be raised above this line.**

- 4) Pedals and toe straps – your feet should be securely positioned in the toe clips during the exercise. Put your foot as far forward as you can into the toe-clip and then pull the strap tight.
- 5) Resistance system- V840B bike is with durable chain direct drive transmission system, to adjust the exercising resistance on the completed bike, undo the simply loosen or tighten using adjustment knob. Press down the brake lever for stopping the wheel.
- 6) The V840B should operate on a level surface with no lateral movement. There are height adjuster pads located on either side underneath the rear foot. Turn these pads clockwise or anti-clockwise until the bike is totally stable on the ground.
- 7) Maintenance – like any other mechanical cycling device, the V840B should be regularly maintained. Ask your supplier for a detailed maintenance programme.



## Assembly

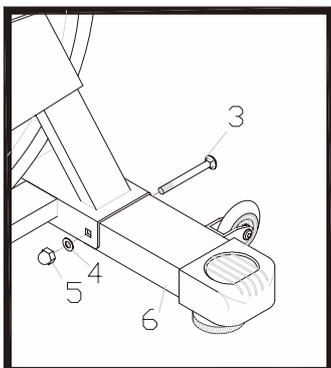
### Step 1 (foot)

Attach the front foot (6) to the frame using the bolt (3), washer (4) and nut (5).

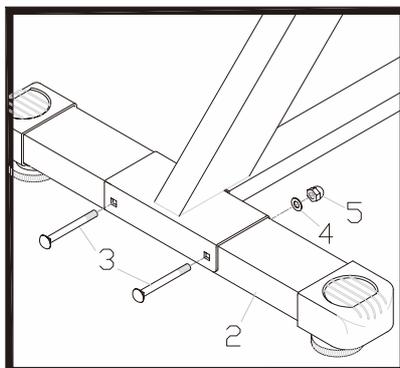
### Step 2 (foot)

Attach the rear foot (2) to the frame using the bolt (3), washer (4) and nut (5).

#### STEP 1



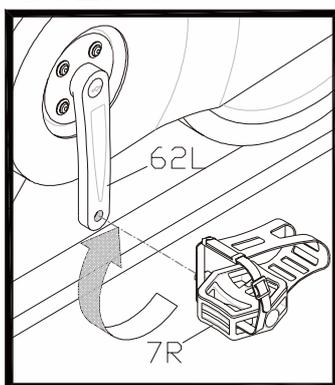
#### STEP 2



### Step 3. (pedals)

attach the pedals (7R/7L) into the crank arms (62R/62L), each pedal is marked with the letter R(right) or L(left) to denote the side of the bike they are on. NOTE: the right hand crank is on the same side as the chain cover (71). Be careful to align the threads correctly to avoid any damage. A little grease on the thread should help the pedals to screw in easily and correctly, tighten using a 15mm spanner, both pedals threads should tighten towards the front of the bike.

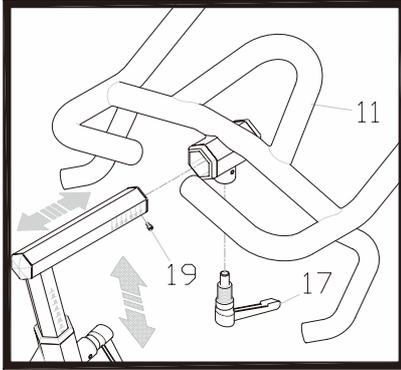
#### STEP 3



#### Step 4. (handlebar & stem)

Attach handlebar (11) onto handle bar stem (19), slide handlebar (11) until reach your required position. Using lock lever (17) for tightening. And then put the handlebar-stem set onto front tube, adjust to your ideal position., and then using lock lever to tighten. NOTE: Do not arise above safety line.

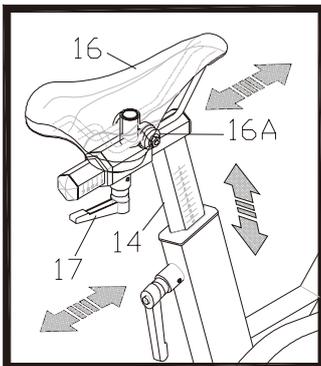
#### STEP 4



#### Step 5 (saddle & seat post)

Insert seat post (14) into frame's seat tube, assembly saddle (16) on saddle top slider (16A). Adjust slider using lock lever (17) for forwards or backwards. saddle top slider (16A). Adjust slider using lock lever (17) for forwards or backwards. and then tighten until reach the proper position. Using lock lever (17) adjust seat post (14) and tighten in proper position. NOTE: Do not arise above safety line.

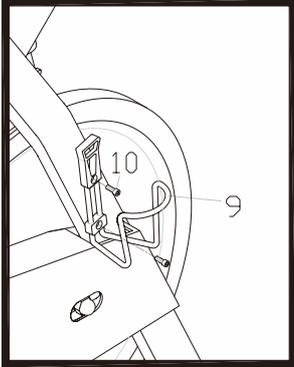
#### STEP 5



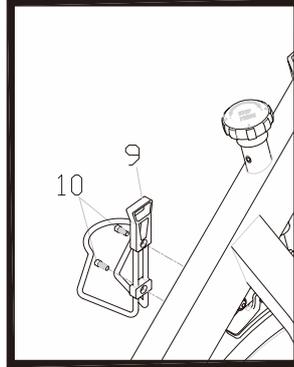
## Step 6. 7. (bottle cage)

Attach screws (10) into bottle cage (9) on front fork in required position using a 4mm allen key.

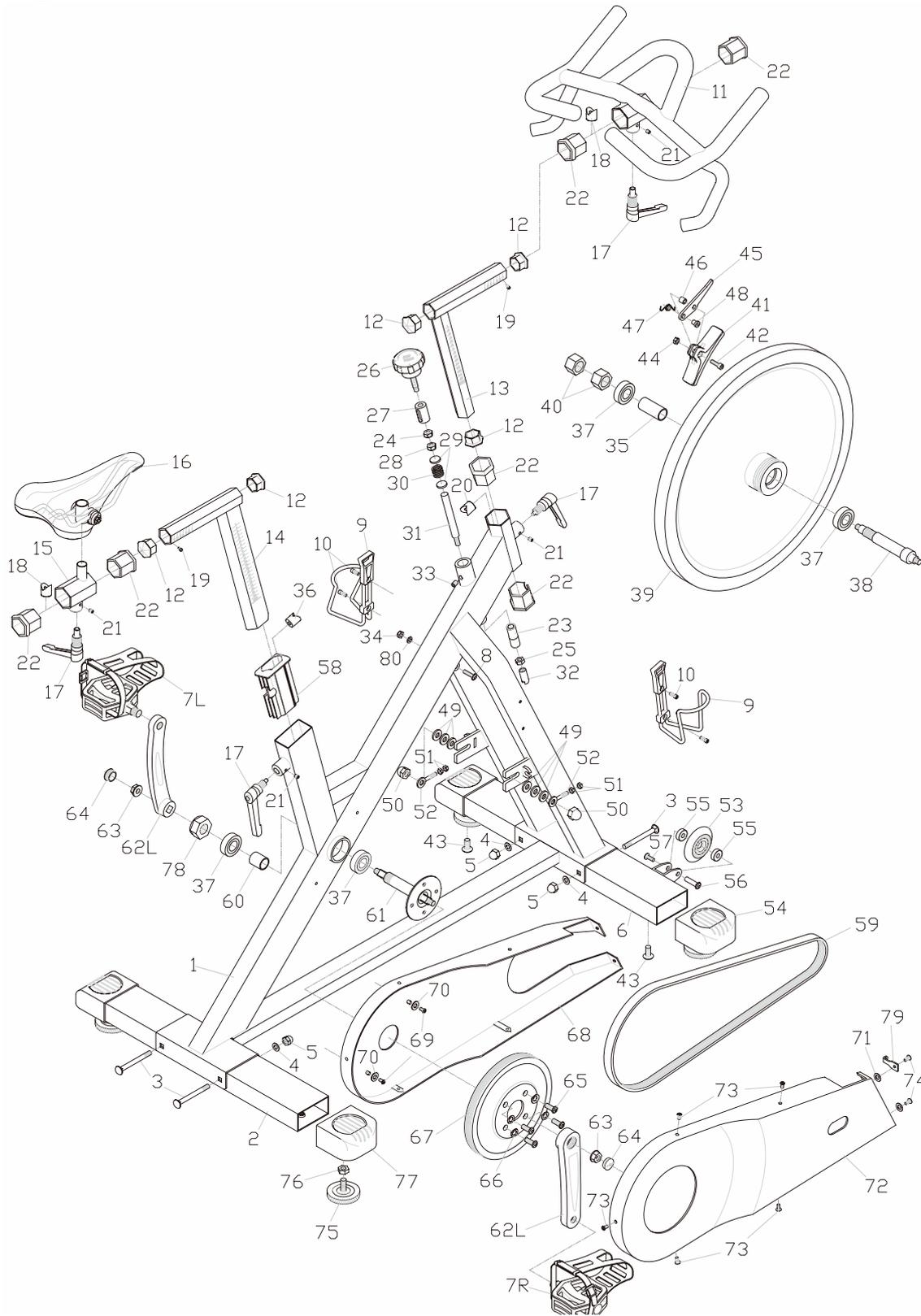
### STEP 6



### STEP 7



# Diagrams



## Parts List

Parts no.	Description	Unit	Parts no.	Description	Unit
1	Main Frame Painted	1	40	Fly Wheel Axles Fixed Nut	2
2	Rear Ground Tube 40 x 80 x 2T x 545L	1	41	Brake pad	1
3	M8 x P1.25 x 100L x 15L (Thread), CP	4	42	Screw M6 x P1.0 x 20L, UCP	1
4	Washer 16 x 8.5 x 1.5T, CP	4	43	Washer 13 x 6 x 1.5T UCP	1
5	Cap Nut M8 x P1.25, CP	4	44	Nut M6 x P1.0 UCP	1
6	Front Ground Tube 40 x 80 x 2T x 545L	1	45	Brake Arm Steel x 5T CP	1
7	Pedal 9/16" Cr-Mo Axle	1	46	Sleeve 10 OD x 6.2D x 6.2L	1
8	Bolt M6 x P1.0 x 30L	1	47	Spring 1.5D x 4.5L U Type	1
9	Bottle Cage	2	48	Sleeve 14D x 14.9L CP	1
10	Bottle Cage Set Screw	4	49	Washer 22 x 10 x 3T	6
11	Handle Bar, Steel Plastic Coating	1	50	Cap Nut 3/8" x 26T UCP	2
12	Silding tube end plug 38 mm plastic	5	51	Nut M6 x P1.0 UCP	4
13	Handle Bar Stem steel Sand blasted	1	52	Belts Tension Adjuster 6x35L	2
14	Seat Post Steel Sand Blasted, CP	1	53	PU Moving Wheel 65mm Black	2
15	Saddles Slider	1	54	F/Ground tubes end cap 40 x 80	2
16	Saddle	1	55	Bearing 608ZZ	4
16A	Saddle Clamp	1	56	Nut 8 x 30L W/M6 x P1.0	2
17	Lock Lever M16 x P1.75 x 815 L	4	57	Bolt M6 x P1.0 x 12L	2
18	Sliders "V" Locking Block 23 x 23L	2	58	Seat Tube Sleeve 40x80/30x60	1
19	Sliders safety stop screw, CP	2	59	Belt 8PJ x 1220L	1
20	Stem Sliders "V" Locking block	1	60	BB Sleeve 24OD x 20.1ID x 27L	1
21	V Blocks Set Screw M6 x P1.0 x 8L	4	61	B.B Axle 25mm x 20mm x 116L	1
22	Plastic Sleeve 50mm x 38mm, black	6	62R	HA 130 Right Crank x 170L	1
23	Plastic stop plug	1	62L	HA 130 Left Crank x 170L	1
24	Nut 3/8" x 16TPI, UCP	1	63	Flange Nut	2
25	Fixed Nut	1	64	Dusty Cover	2
26	Adjust Knob	1	65	Bolt M8 x P1.25 x 15L	4
27	Moving Part 20 mm x 34L, Steel UCP	1	66	Spring Washer 13x8.5x1.5T, CP	4
28	Nut M8 x P1.25, UCP	1	67	Pulley 195 D x 8 PJ, ED Black	1
29	Round Plate 20mm x 3T UCP	2	68	Inner Chain Cover Plastic Black	1
30	Spring 19mm x 2.3mm x 20LL	1	69	Screw M5 x P0.8 x 10L	2
31	Upper Stud 12.7D x 92L, CP	1	70	Washer 10 x 5 x 1T	2
32	Bottem Stud 12.7D x 28L, CP	1	71	Washer 16 x 6 x 2T	2
33	Guide Screw M8 x P1.25 x 8L	1	72	Out Chain Cover Plastic Black	1
34	Nut M6 x 1.0 steel UCP	1	73	Screw M5 x P0.8 x 10L	5
35	Spacer 24 OD x 20.1 ID x 51L UCP	1	74	Screw M5 x P0.8 x 15L	2
36	"V" Locking Block 23-37.5L, CP	1	75	Ground Tube Height adjuster	2
37	BB Axles Bearing #6004	2	76	Lock Nut	2
38	Fly Wheels Axle 25 x 20 x 151 L	1	77	R/Ground Tubes End Cap	2
39	Fly Wheel, Casting Iron x 450D	1	78	B.B axle Fixed Nut	1