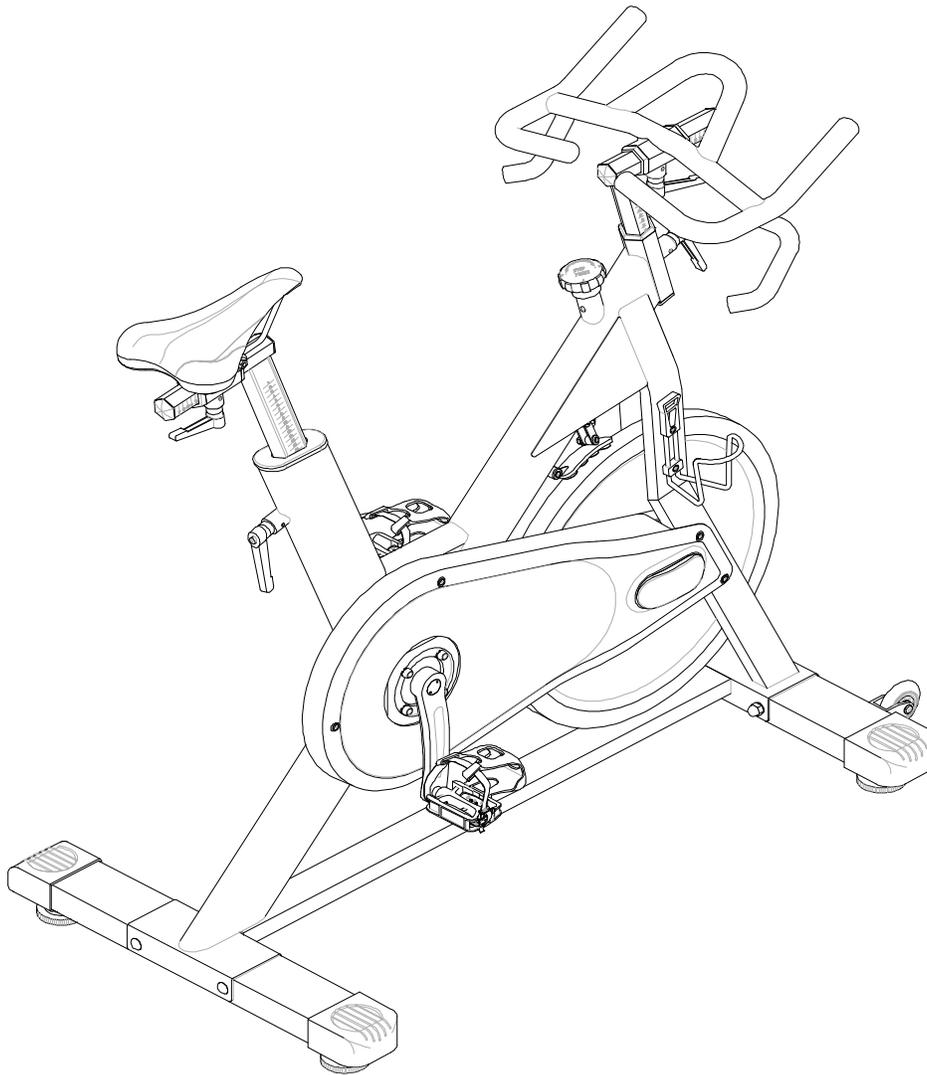


INDOOR BIKE 91022 MANUAL



91022 INSTRUCTIONS FOR USE

- 1) The model 91022 is designed to be used as light commercial use 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 91022 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.

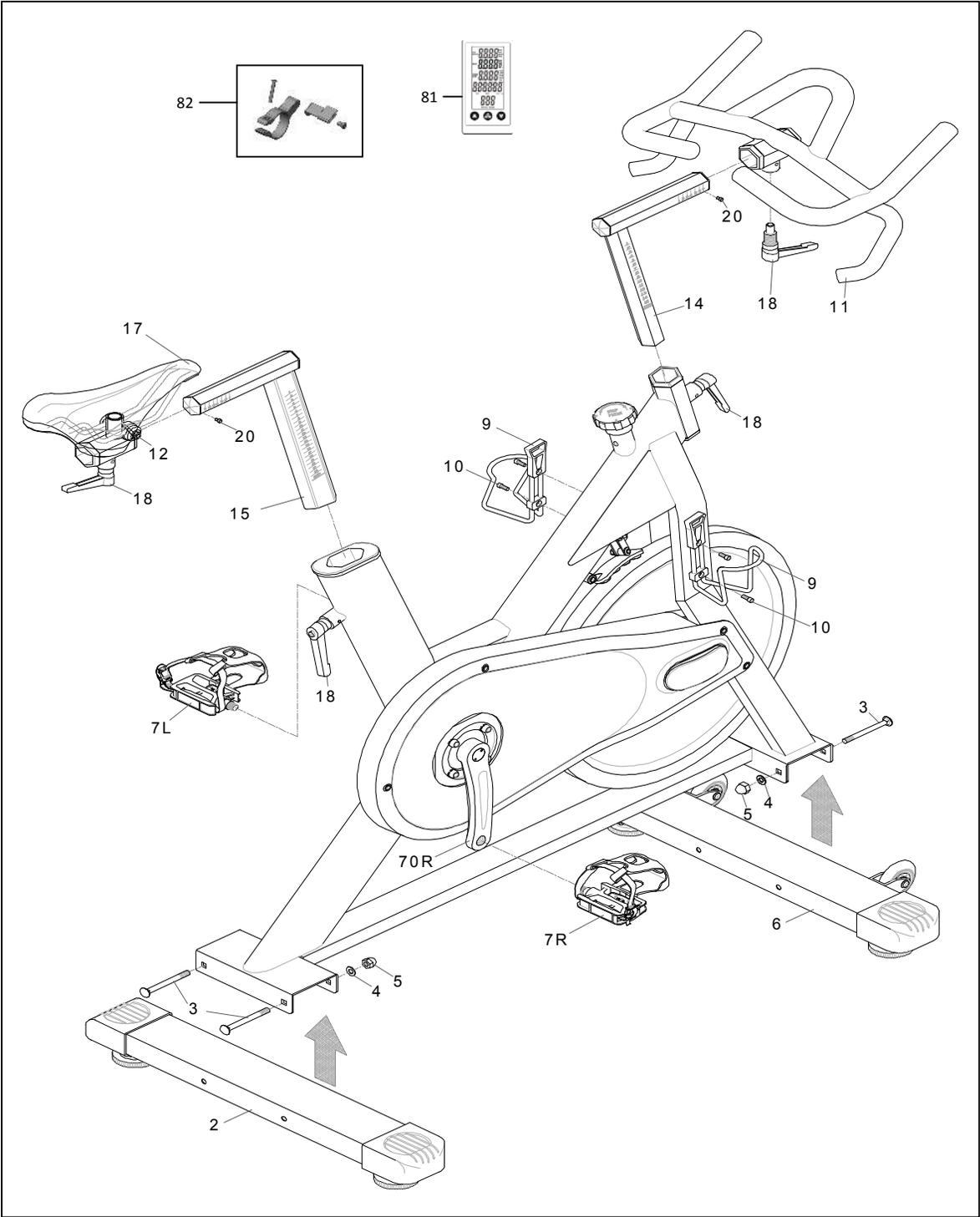
The handlebar/stem position can also be adjusted forwards or backwards. Undo the Quick Release lever located on below the slider. Slide the handlebar/stem assembly forwards or backwards until you reach the required position. Then securely re-tighten the Quick Release lever.

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- 91022 indoor bike is with durable belt direct drive transmission system, to adjust the exercising resistance on the completed indoor bike, undo the simply loosen or tighten using adjustment knob. Press down the brake lever for stopping the wheel.
- 6) The 91022 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 91022 should be regularly maintained. Ask your supplier for a detailed maintenance programme.

91022 Assembly Diagrams



91022 ASSEMBLY

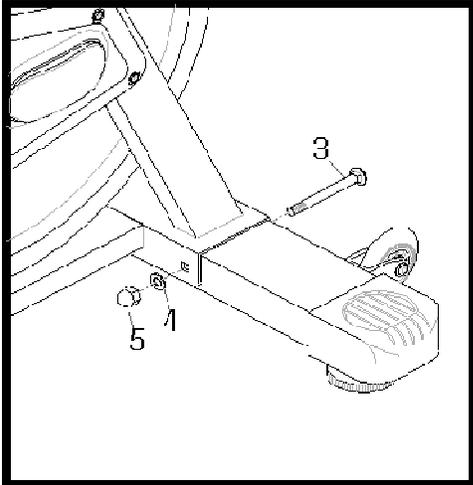
Step 1 (foot)

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

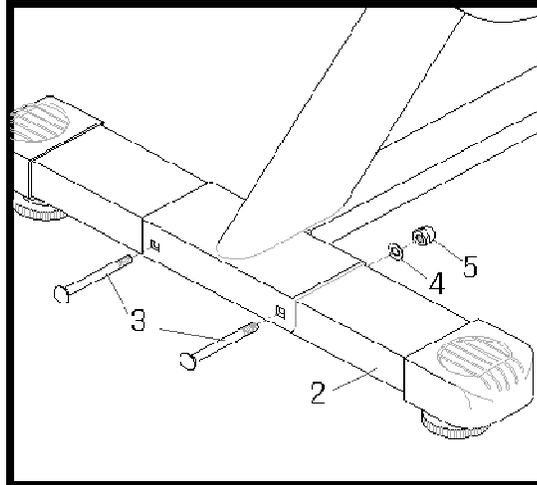
Step 2 (foot)

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

STEP 1



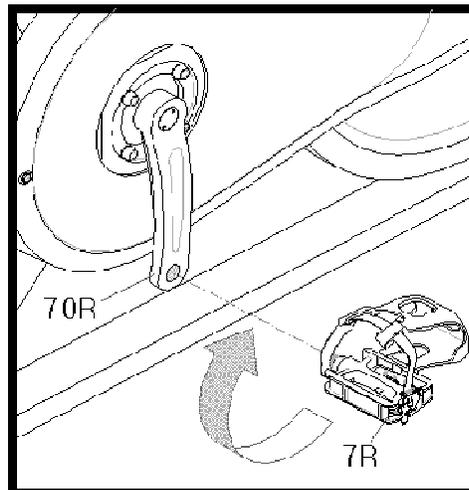
STEP 2



Step 3. (pedals)

attach the pedals (7R/7L) into the crank arms (70R/70L), 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 (61). 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.

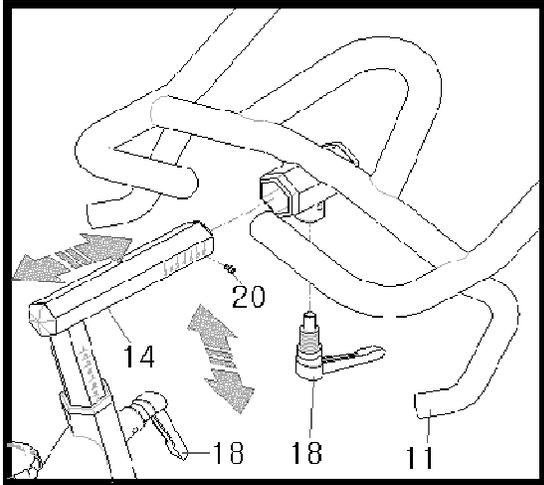
STEP 3



Step 4 (handlebar & stem)

Attach handlebar (11) onto handle bar stem (14), slide handlebar (11) until reach your required position. Using lock lever (18) 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.

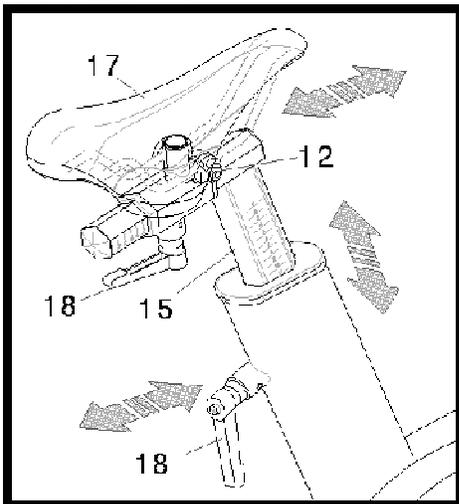
STEP 4



Step 5 (saddle & seat post)

Insert seat post (15) into frame's seat tube, assembly saddle(17) and saddle clamp(12) on saddle top slider (16). Adjust slider using lock lever (18) for forwards or backwards. and then tighten until reach the proper position. Using lock lever (80) adjust seat post (15) and tighten in proper position. NOTE: Do not arise above safety line.

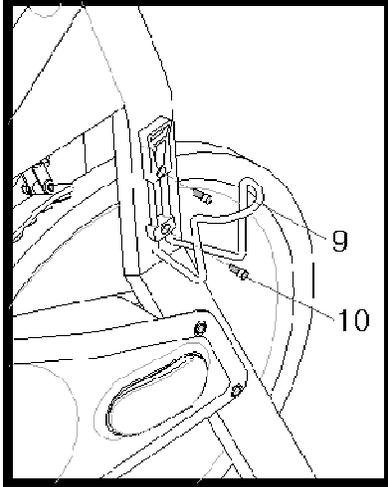
STEP 5



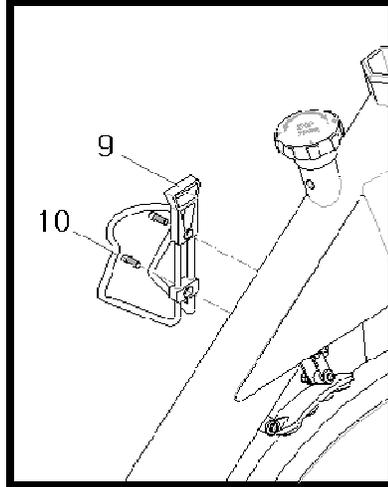
Step 6. 7. (bottle cage)

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

STEP 6

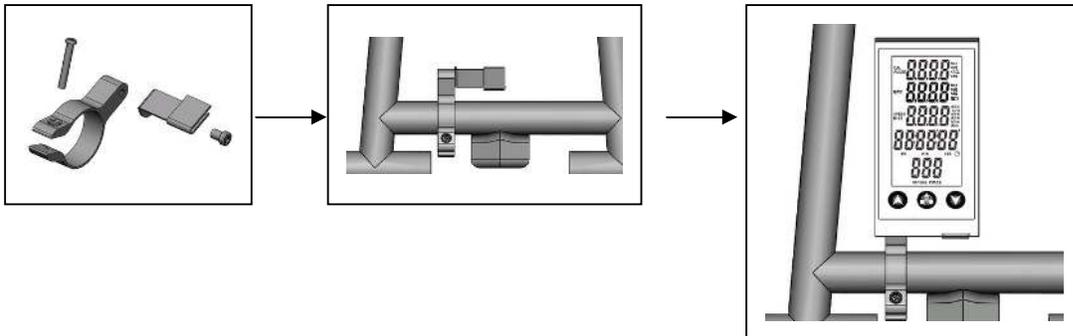


STEP 7

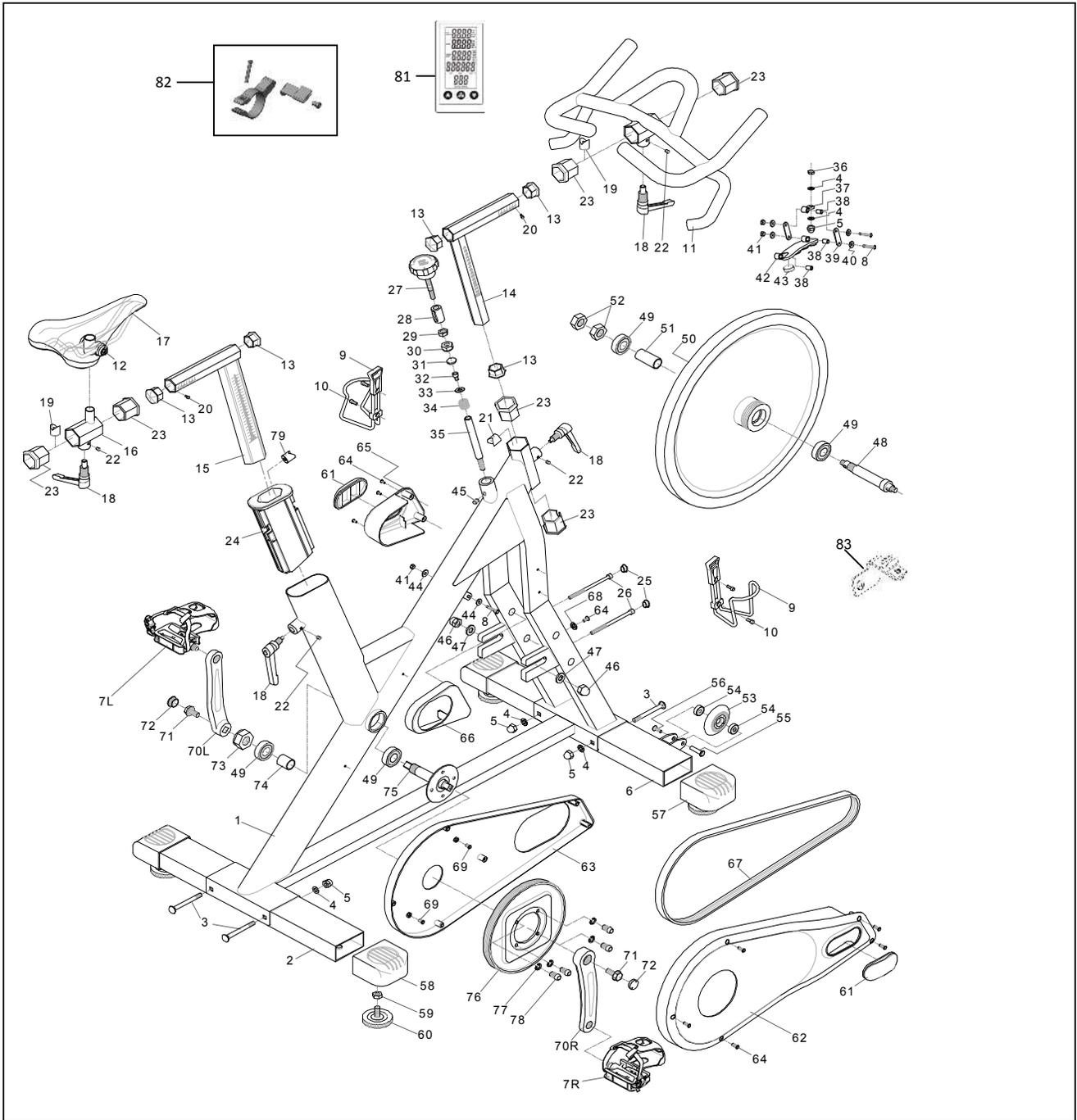


Step 8. (console holder)

Attach the console holder (81) on the handle bar and then attach the console.



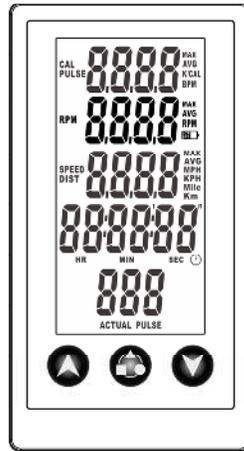
91022 EXPLODED DRAWING



91022 PARTS LIST

parts no.	description	q'ty	parts no.	description	q'ty
1	Main Frame	1	43	Magnet	4
2	Rear Ground Tube	1	44	Washer 16*6.2*1.5t	2
3	Ground Tube Fixed Bolt	4	45	Screw M8*P1.25*8L	1
4	Washer	4	46	Nut M10*P1.5	2
5	Nut	4	47	Washer 25*10*2t	2
6	Front Ground Tube	1	48	Fly wheel axle 25*20*151L	1
7R/L	Pedal	1	49	Bearing #6004ZZ	4
8	Screw M6*P1.0*30L	3	50	Fly wheel	1
9	Bottle Cage	2	51	BB sleeve	1
10	Bottle cages fixed screw	4	52	Lock nut M17*P1.0*8t	2
11	Handlebar	1	53	PU wheel	2
12	Saddel clamp	1	54	Bearing #608ZZ	4
13	End plug for stem/post	5	55	Nut 8*30L(M6*P1.0)	2
14	Stem	1	56	Screw M6*P1.0*12L	2
15	Seat Post	1	57	Ground tube's end cap	2
16	Saddles Slider	1	58	Ground tube's adjustable end cap	2
17	Saddle	1	59	Adjusting nut	2
18	Lock Lever	3	60	Nut 3/8"*16TPI*6t	2
19	"V" block 23*23L for slider	2	61	POP cover	2
20	Screw M5*P1.0*8L	2	62	Right outer cover	1
21	"V" block for stem & post 23*23L	1	63	Right inner cover	1
22	V Blocks Fixed Screw M6*P1.0*8L	4	64	Screw M5*P0.8*15L	9
23	Hexagon plastic Sleeve	6	65	Left outer cover	1
24	Nylon sleeve 40*97	1	66	Left inner cover	1
25	Plastic seal plug	2	67	Belt 8PJ* 1321	1
26	Bolt M6*120L*55t	2	68	Washer 16*5* 1.5t	1
27	Adjust Knob	1	69	Screw M5*P0.8*10L	2
28	Moving Part 20 OD*34L	1	70R/L	R/L crank *170L	1
29	Lock Nut 3/8"*16TPI	1	71	Bolt M8*P1.0*20L	2
30	Nut M8*P1.25	1	72	Dustv cover	2
31	Round plate 20*3t	1	73	Nylon nut M20*P1.0*12t	1
32	Bolt M8*P1.25*10L	1	74	BB sleeve 24*20.1*27L	1
33	Washer 20*8*2t	1	75	BB axle 25*20*128.5 w/disc plate	1
34	Spring 19*2.5*53L	1	76	Front pulley 255*8PJ*21t	1
35	Stud 12.7*112L	1	77	Spring washer 13*8.5*1.5t	4
36	Nut M8*P1.25	1	78	Screw M8*P1.25*15L	4
37	Connector	1	79	"V" block for stem & post 23*37.5L	1
38	"U" sleeve	3	80	Seat post lock lever	1
39	Linking plate	2	81	Console	1
40	Washer 13*6*1t	4	82	Console Holder	1
41	Nut M6*P1.0	3	83	Sensor Fixed Holder	1
42	Magnetic bass	1			

INSTRUCTIONAL MANUAL FOR 91022 CONSOLE



How to change battery :

1. Open battery cover and insert 2 AAA or 2 UM-4 batteries.
2. Properly put back battery cover.
3. Under regular condition, warranty of battery is one year.
4. If the LCD shows partial display, please take out batteries, wait for 15 seconds and insert again.
5. Previous exercise data will be removed after take out batteries.
6. Please follow local regulation when through batteries away.

Function Keys :

ENTER :

1. Press ENTER key to select the functions for setting exercise values of TIME and DISTANCE.
2. Press ENTER key to confirm the set exercise values.
3. Keep pressing ENTER key for 2 seconds to remove all previous exercise data.

UP :

1. Press UP key to switch the functions of speed, average speed, maximum speed, heart rate, maximum heart rate, RPM, average RPM and maximum RPM.
2. Press UP key to add the setting exercise values of TIME and DISTANCE. The minimum setting value of TIME is 5 minutes. Pressing one time will add 5 minutes, for example: 0, 10, 15, 20,

DOWN :

1. Press DOWN key to switch SPEED ← DISTANCE, CAL PULSE
2. Press DOWN key to decrease the setting exercise values of TIME and DISTANCE. The minimum setting value of DISTANCE is 1 km or mile. Pressing one time will decrease 1 km or mile, for example : 7, 6, 5, 4, 3, 2, 1...

UP+DOWN :

1. Press UP key and DOWN key at the same time for 3 seconds to start “AUTO SCAN” function.
2. Under the condition of setting exercise values, Press UP key and DOWN key at the same time for 1 second to remove the values.

Function and Operation

Auto ON/OFF

The monitor automatically starts working once the user starts to do the exercise on the machine. It will automatically turn off after the machine is not used for 4 minutes, and all exercise value will be removed.

TIME

1. Press ENTER key to select TIME, and press UP/DOWN keys to set the exercise TIME.。
2. If users do not set TIME, time will be automatically count up 00:00:00~99:59:59
3. Setting value of Count Down is from 5:00~99:59:00. The monitor will beep when count down to 0:00.

SPEED

1. SPEED display range is 0.00 ~ 99.9 kmh / mph
2. 3 SPEED display: current speed, average speed and maximum speed.

RPM

1. RPM display range is 15 ~ 9999.
2. 3 RPM display: current RPM, average RPM and maximum RPM.

DISTANCE

1. Press ENTER key to select DISTANCE (TIME value is 0), and press UP/DOWN keys to set the exercise value.
2. If users do not set DISTANCE, distance will be automatically count up 0.0~999.9 km/mile
3. Setting value of Count Down is from 1.0~999.0 km/mile. The monitor will beep when count down to 0:00.

CALORIE

1. Calorie displays K/Cal on the LCD.
2. Calorie will be automatically count up 0.0~9999

PULSE

1. Pulse display range is 40 ~ 200. The Pulse value will display “P”, after user stops measuring heart rate for 16 seconds.
2. PULSE display “BPM” on the LCD.
3. 3 PULSE display: current heart rate, average heart rate and maximum heart rate.

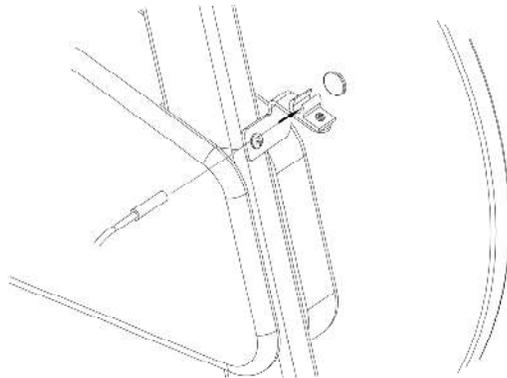
Attention :

Working Temperature : 0 ~ 50

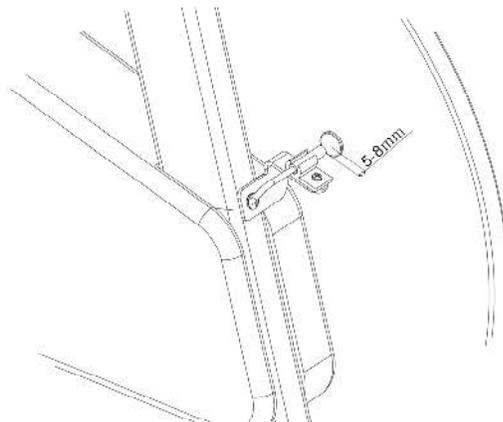
Storage Temperature. : -10 ~ 60

Speed sensor Installation

Insert speed sensor into holder.



Adjust the position of sensor, ensure the distance between sensor's end and magnet is 5~8 mm.



The way to switch km/mile as below steps:



First step

take out the battery from console

Second step

press the button B and C in simultaneously

Third step

put back the battery into console in speedy way (it's better to go this action quickly with second step)