



## USER MANUAL

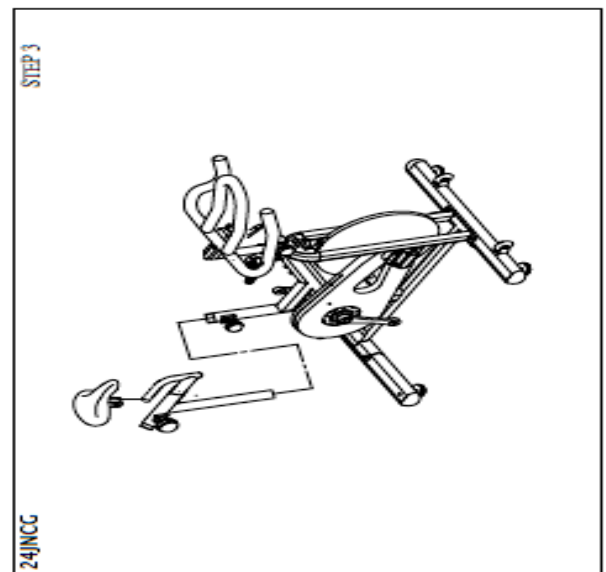
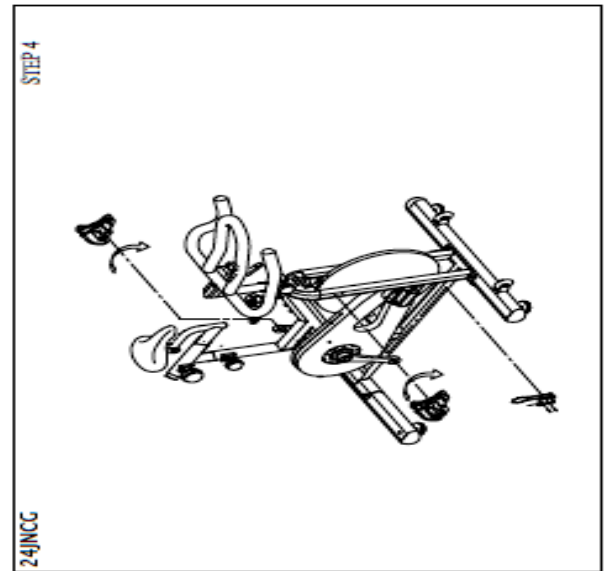
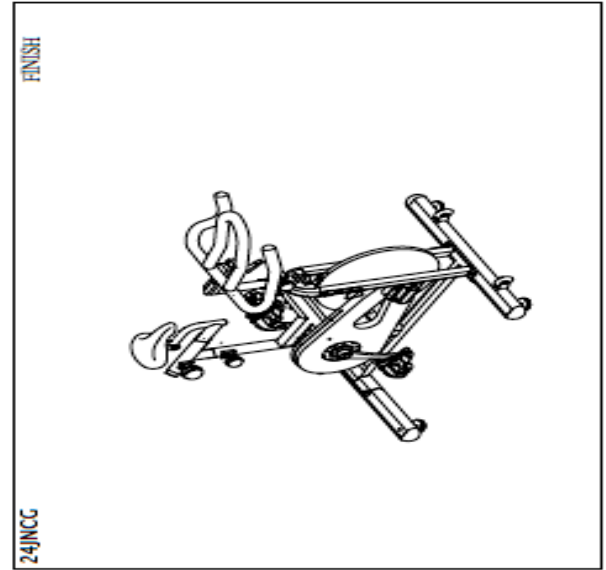
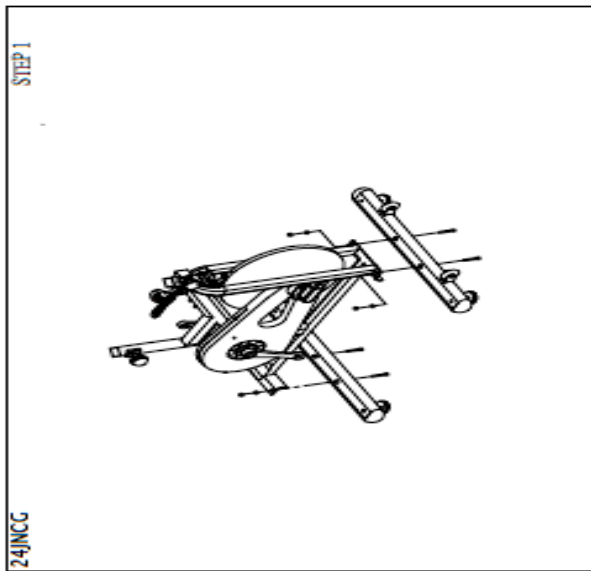
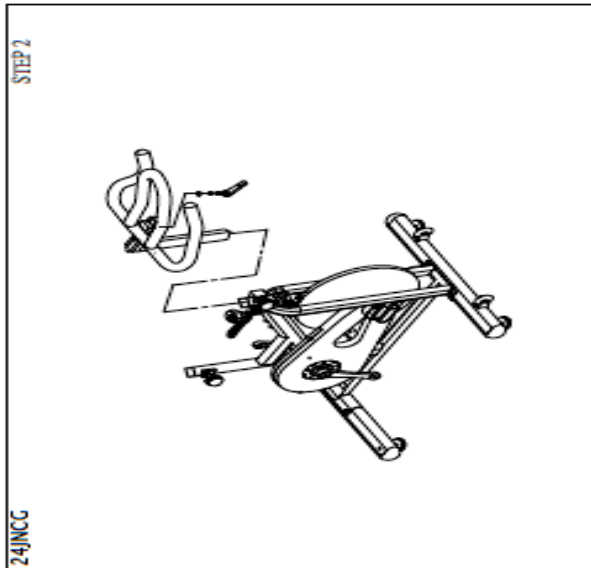
### IN 152 Bike trainer inSPORTline OMEGUS



## **SAFETY INSTRUCTIONS**

- Consult your physician before starting with any exercise program to receive advice on the optimal training
- Warning: incorrect/ excessive training can cause health injuries. Stop using the bike when feeling uncomfortable
- Please follow the advice for correct training as detailed in the training instructions
- Ensure that training only starts after correct assembly, adjustment and inspection of the bike
- Always start with a warm-up session
- Only use original parts as delivered
- Follow the steps of the assembly instruction carefully
- Only use suitable tools for assembly and ask for assistance if necessary
- Place the bike on an even, non-slippery surface
- For all adjustable parts be aware of the maximum position to which they can be adjusted
- Tighten all adjustable parts to prevent sudden movement while training
- This product is designed for adults. Please ensure that children only use it under the supervision of an adult
- Ensure that those present are aware of possible hazards, e.g. movable parts during training
- The resistance level can adjusted to your personal preference
- Do not use the bike without shoes or loose shoes
- Ensure that sufficient space is available to use the bike
- Be aware f non-fixed or moving parts whilst mounting or dismounting the bike.
- To protect the floor or carpet from damage, place a mat under the exercise bike
- In case of emergency please place both feet at the same time on the side reins
- Ensure that an area of 2000 x 1000 mm behind the exercise bike is free from any obstacles
- This product is tested up to a maximum body weight of 150 kgs
- We take no responsibility for personal injury or damage sustained by or through the use of this exercise bike
- EN: Class - S (according to EN ISO 20957) for commercial use.

# ASSEMBLY DRAWING



## **ASSEMBLY**

### **Step one**

Attach the front (46) and rear feet (8) to the frame using the bolts (7), washer (6) and nuts (5).

### **Step two**

Attach the handlebar post (25) inserting into the head tube on the frame. Using knob to adjust and tighten the height in proper position. Then use release lever (26) to adjust and tighten the handlebar (24) in proper position.

### **Step three**

Insert the seat post (54) into the frame's seat tube. Attach the saddle (41) into saddle slider (53). Insert the saddle slider into the seat post and fix. Using knob (1) adjusts and tightens the height in proper position.

### **Step four**

Attach the pedals (31) into the crank arms (3), each pedal is marked with the left (L) or right (R) to denote the side of the spinning bike they are on. Note- the right hand crank is on the same side as the chain guard. Be careful to align the threads correctly to avoid any damage. A little grease on the threads 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 spinning bike.

### **Adjusting the resistance**

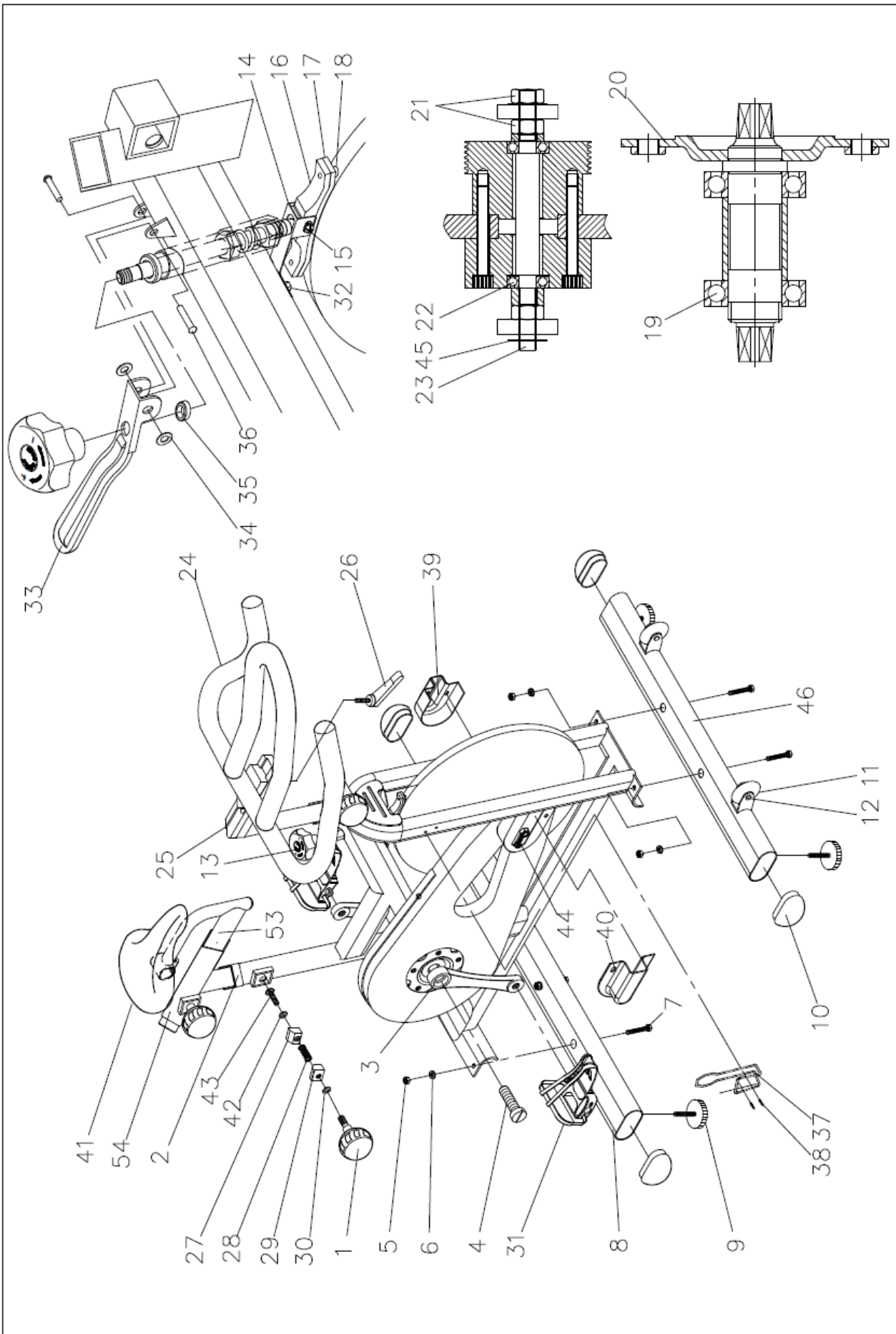
To adjust the exercising resistance on the complete spinning bike by the brake knob (13) of brake system, and then simply loosen (-) or tighten (+).

The flywheel should rotate freely without resistance when you loosen (-) the brake system totally.

More experienced riders may wish to increase the overall resistance by

Tighten (+) the brake system totally.

# EXPLODED DRAWING



## PART LIST

No.	Item	Unit	No.	Item	Unit
1.	Knob	PC	29.	Alloy bind clip / R	PC
2.	Rubber sleeves	PC	30.	Knob washer	PC
3.	Crank set	SET	31.	Pedal	PC
4.	Crank bolt	PC	32.	Holding spring bracket bolt w/ washer	PC
5.	Foot tube nut	PC	33.	Brake handle	PC
6.	Foot tube washer	PC	34.	Stainless washer	PC
7.	Foot fixing bolt	PC	35.	Lock washer	PC
8.	Rear foot tube	SET	36.	Bolt	PC
9.	Foot tube adjuster pad	PC	37.	Bottle cage	PC
10.	Foot tube end cap	PC	38.	Screw for bottle cage	PC
11.	Front moving wheel	PC	39.	Axle cover / L	PR
12.	Axle bolt for moving wheel	PC	40.	Axle cover / R	
13.	Brake system	SET	41.	Saddle	PC
14.	Holding spring bracket	PC	42.	Knob plastic washer	PC
15.	Bolt w/nut	PC	43.	Knob fixed bolt	PC
16.	Brake pad holder	PC	44.	Flywheel adjuster bolt	PC
17.	Brake pad	PC	45.	Flywheel security washer	PC
18.	Brake pad bolt	PC	46.	Front foot tube	SET
19.	BB bearing	PC	53.	Seat slider	PC
20.	BB axle with plate	SET	54.	Seat post	PC
21.	Flywheel security nut	PC			
22.	Flywheel bearing	PC			
23.	Flywheel axle	PC			
24.	Handle bar	PC			
25.	Handle bar post	PC			
26.	Release lever w/washer& nut	PC			
27.	Alloy bind clip / L	PC			
28.	Knob spring	PC			

## INSTRUCTION USE

- 1) This model is designed to be used as a “spin “ cycle in fitness studios and health clubs. It has a fixed wheel driven flywheel and should only be used under professional supervision.
- 2) Installation – it is important that the bike is correctly assembled and we recommend that suitably qualified personnel carry out installation and assembly.
- 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-Undo the knob that is located where the H-bar fits into the frame. Slide the handlebar post up or down to the required height and retighten the knob. Make sure it is securely tightened and that there is no lateral or vertical movement of the handlebar.

The handlebar position can also be adjusted forwards or backwards. Undo the release lever located below the H-Bar slider. Slide the handlebar assembly forwards and backwards until you reach the required position. Then securely re-tighten the Release lever.

**Adjusting the seat height-** undo the knob located where the seat post fits into the frame. Adjust the seat to the required height. Then retighten the knob. Make sure it is tight enough to prevent the seat from twisting side to side.

The seat position can be adjusted forwards and backwards. Undo the knob located directly side of the seat slider. Loosen the knob then slide the seat to the required position. Then make sure the knob retighten.

- 4) **Pedals and toe straps-** your feet should be securely positioned in the toe clips during the exercise. Put your foot as far forwards as you can into the toe-clip and then pull the strap tight.
- 5) The bike should operate on a level surface with no lateral movement. There are height adjuster pads located on either side underneath the foot tube. Turn these pads clockwise or anti-clockwise until the bike is totally stable on the ground.
- 6) **Emergency brake** – by press down the brake handle (33).
- 7) **Maintenance** – It may be unsafe to loosen bolt on the parts or noise on the flywheel, please contact your supplier. Like any other mechanical cycling device, the bike should be regularly maintained. Ask your supplier for a detailed maintenance program.

## MAINTENANCE CHART

No	DESCRIPTION	Daily	Weekly	Monthly	Quarterly	Annually
1	Keep machine clean: Wipe machine down with clean & dry fabric to clear dirt & sweat.	X				
2	Spray with WD40 or similar on the seat post set, handlebar set (Don't spray on the main frame)	X				
3	Visual check	X				
4	Check security of handle bar post & seat post	X				
5	Check security of saddle	X				
6	Remove handlebar post and clean tube		X			
7	Remove seat and clean tube		X			
8	Check brake pads for wear-align		X			
9	Check brake adjustment		X			
10	Check security of all knobs & release lever		X			
11	Check toe straps for signs of wear		X			
12	Check crank bolts and re-tighten		X			
13	Make sure pedals are screwed in		X			
14	Check belt tension			X		
15	<b>Wipe the anti-rust oil on the flywheel</b>			<b>X</b>		
16	Check bottom bracket				X	
17	Check flywheel bearings				X	
18	Full service-frame inspection					X



