

insportline

MANUAL - EN

IN 174 EXERCISE BIKE EPSILON



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INSTRUCTION

- 1) This product is designed to be used as an exercise bike 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 this exercise 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 release lever that is located where the H-bar post fits into the frame. Slide the handlebar post up or down to the required height and retighten the release lever. 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 release lever located where the seat post fits into the frame. Adjust the seat to the required height. Then retighten the release lever. Make sure it is tighten enough to prevent the seat from twisting side to side. The seat position can be adjusted forwards and backwards. Undo the release lever located directly side of the seat slider. Loosen the release lever then slide the seat to the required position. Then make sure the release lever 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 Epsilon should operate on a level surface with no lateral movement. There is height adjuster pad located on either side underneath of the foot tube. Turn these pads clockwise or anti-clockwise until the bike is totally stable on the ground.
- 6) **Emergency brake** – Press down brake system (24) for stop.
- 7) **Maintenance** – It may be unsafe when loosen bolt on the parts or noise on the flywheel, please contact your supplier. Like any other mechanical cycling device, the PRO-68 should be regularly maintained. Ask your supplier for a detailed maintenance program.
- 8) Class - SC (according to EN ISO 20957) for commercial use.
- 9) User weight should not exceed 150 kg.

ASSEMBLY

Step one

Attach the front (18) and rear feet (14) to the frame using the nuts (8), washer (9) and bolts (10).

Step two

Attach the handlebar post (22) inserting into the head tube on the frame. Using release lever to adjust and tightens the height in proper position. Then use release lever (17) to adjust and tighten the handlebar in proper position.

Step three

Insert the seat post (43) into the frame's seat tube. Attach the saddle (1) into saddle slider (42). Insert the saddle slider into the seat post and fix. Using release lever (6) adjusts and tightens the height in proper position.

Step four

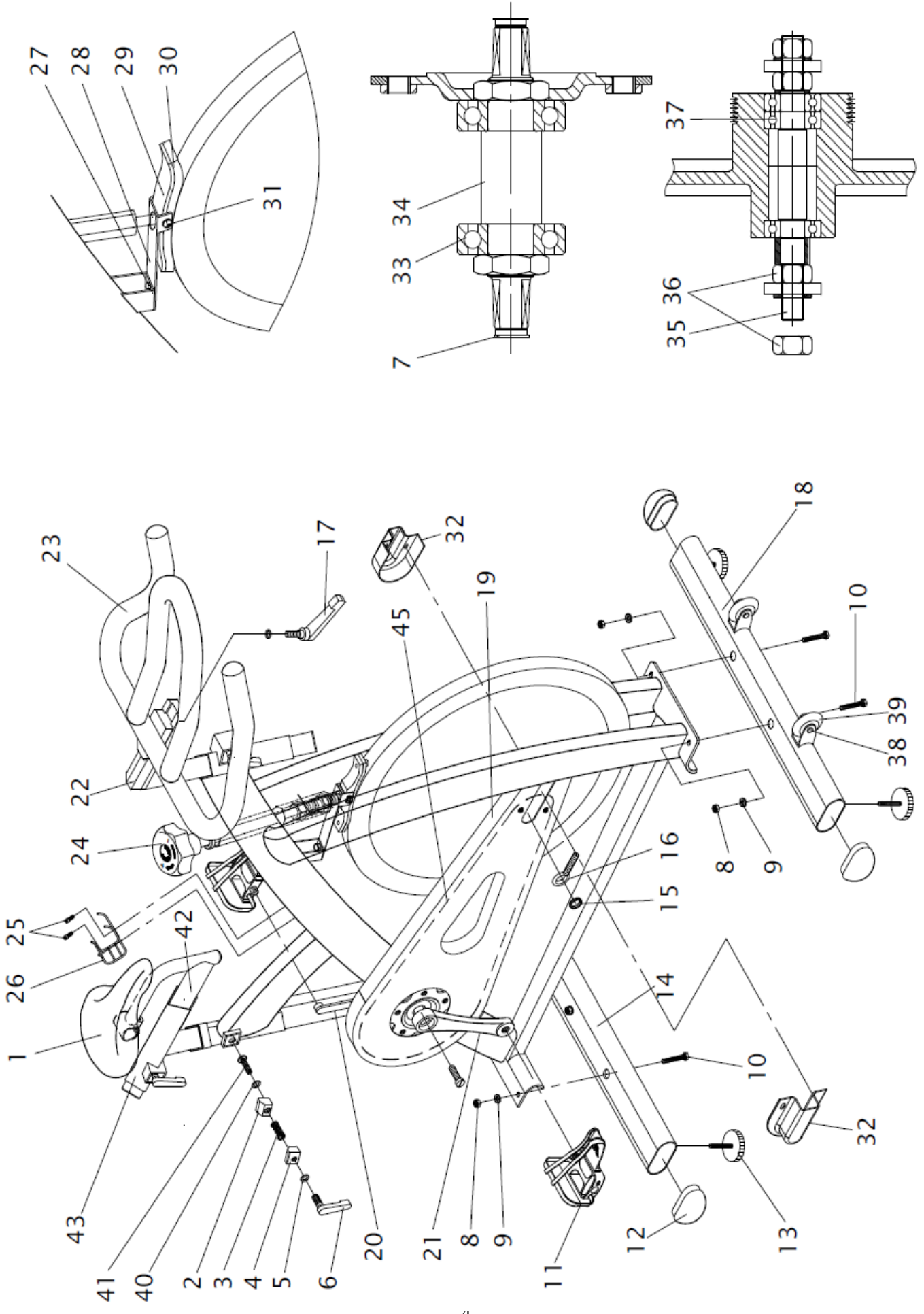
Attach the pedals (11) into the crank arms (20)(21), each pedal is marked with the L (left) or R (right) to denote the side of the exercise bike they are on, Note- the right hand crank is on the same side as the chain guard (19). Be careful to align the threads correctly to avoid any damage. A little 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 exercise bike.

Adjusting the resistance

To adjust the exercising resistance on the complete exercise bike by the brake knob (24) 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.



PARTS LIST

No.	Name	Unit	No.	Name	Unit
1	Saddle	PC	25	Bolt for bottle cage	PC
2	Alloy bind clamp (L)	PC	26	Bottle cage	PC
3	Spring for release lever	PC	27	Bolt for spring plate	PC
4	Alloy bind clamp (R)	PR	28	Spring plate	PC
5	Washer for release lever	PC	29	Brake pad holder	PC
6	Release lever	PC	30	Brake pad	PC
7	Crank bolt	PC	31	Nut & Screw	PC
8	Foot tube nut	PC	32	Axle cover with bolt	PC
9	Foot tube washer	PC	33	BB bearing	PC
10	Foot fixing bolt	PC	34	BB Axle with plate	PC
11	Pedal	PR	35	Flywheel axle	SET
12	Foot tube end cap	PC	36	Flywheel security nut	
13	Foot tube adjuster pad	PC	37	Flywheel bearing	
14	Rear foot tube	PC	38	Axle bolt for moving wheel	PC
15	Flywheel security washer	PC	39	Moving wheel	PC
16	Flywheel adjuster bolt	PC	40	Plastic washer for release lever	PC
17	Handle bar release lever w/washer	PC	41	Fixed bolt for release lever	PC
18	Front foot tube	PC	42	Seat slider	SET
19	Outer chain guard	PC	43	Seat post	SET
20	Left crank arm	PR	45	Belt	PC
21	Right crank arm				
22	Handle bar post	PC			
23	Handle bar w/slider	PC			
24	Brake system	SET			

MAINTENANCE CHART

No	DESCRIPTION	Daily	Weekly	Monthly	Quarterly	Annually
1	Wipe machine down	X				
2	Spray with WD40 or similar	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	Wipe the anti-rust oil on the flywheel			X		
16	Check bottom bracket				X	
17	Check flywheel bearings				X	
18	Full service-frame inspection					X

**SEVEN SPORT s.r.o.**

Sídlo: Bořivojova 35/878, 130 00, Praha 3, ČR
Centrála: Dělnická 957, 749 01 Vítkov
Reklamace a servis: Čermenská 486, 749 01 Vítkov

IČO: 26847264
DIČ: CZ26847264
Telefon: +420 556 300 970
Mail: eshop@insportline.cz
reklamace@insportline.cz
servis@insportline.cz
Web: www.insportline.cz

SK**inSPORTline s.r.o.**

Centrála, reklamácie, servis: Električná 6471, 911 01 Trenčín, SK

IČO: 36311723
DIČ: SK2020177082
Telefón: +421(0)326 526 701
Mail: objednavky@insportline.sk
reklamacie@insportline.sk
servis@insportline.sk
Web: www.insportline.sk