

HPF®
PROFLEX



SPN750 Spin Bike
User Manual

[Revision 3.0 April 2017]
[Note: Colour and branding may vary from the image above]

READ THIS MANUAL CAREFULLY BEFORE USE – FAILURE TO DO SO MAY RESULT IN INJURY, PROPERTY DAMAGE AND MAY VOID WARRANTY. • KEEP THIS MANUAL FOR FUTURE REFERENCE • Products covered by this manual may vary in appearance, assembly, inclusions, specifications, description and packaging.

Safety

Basic precautions, including the following important safety instructions should always be followed when using the product. Read all instructions before use.



Before beginning any exercise program, consult your physician. This is especially important for people over 35 years of age or who have pre-existing health problems. Read all instructions before using any fitness equipment. Do not operate this exercise equipment without properly fitted guards, as the moving parts can present a risk of serious injury if exposed.

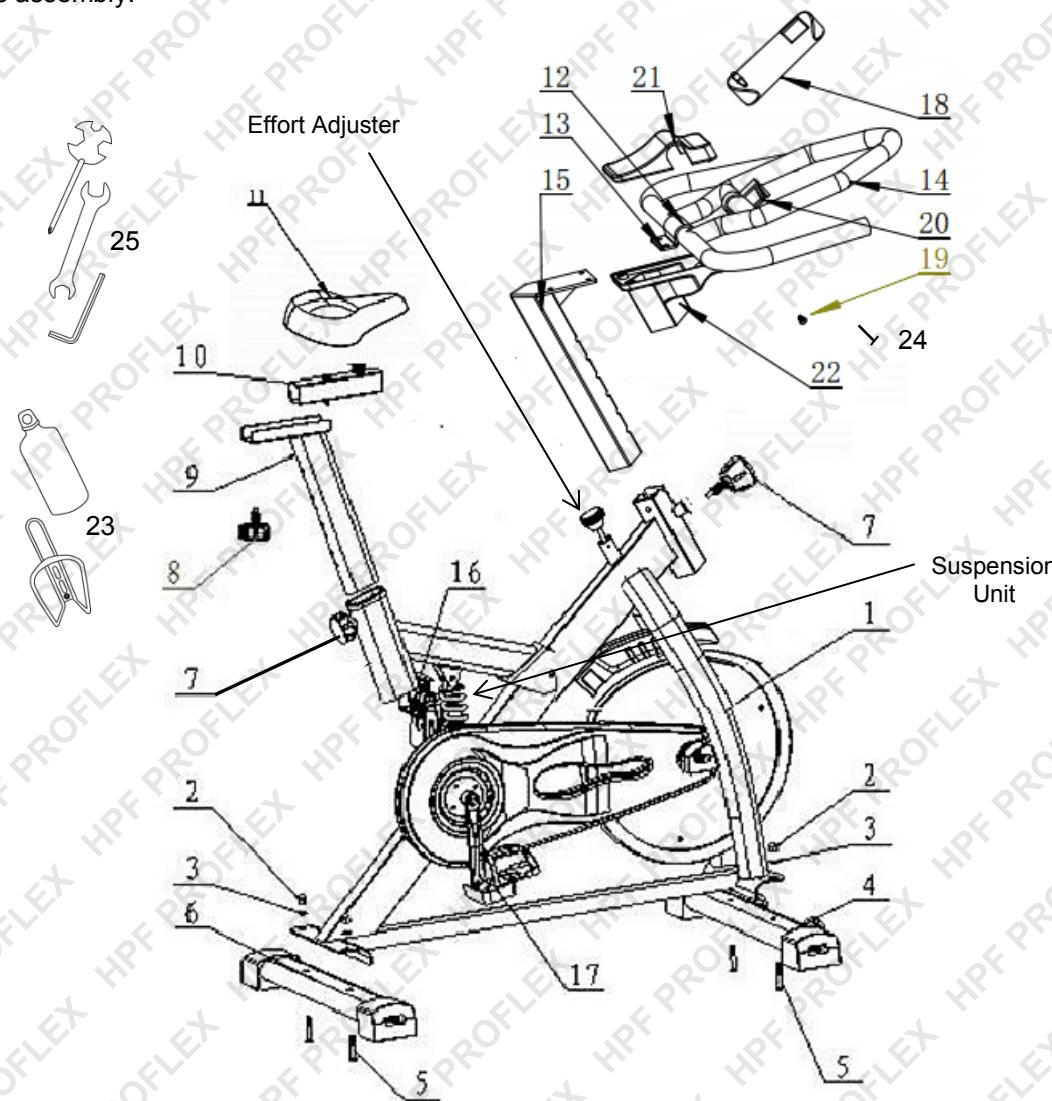
- **Maximum weight capacity = 120 kg.**
- Use this product for its intended use only as described in this user manual. Do not use attachments not recommended by the manufacturer.
- Do not attempt any maintenance or adjustments other than those described in this user manual. Should any problems arise, discontinue use and consult an authorized service centre or personnel.
- Do not use the equipment outdoors.
- Do not get on or get off the equipment if the pedals are moving – wait for the wheel is completely stopped before getting on/off.
- Keep children and pets away from the equipment while in use.
- Elderly or disabled users should only use the unit in the presence of an adult who can provide assistance if required.
- Do not operate where aerosol (spray) products are in use or where adequate oxygen is not available.
- Keep dry – do not operate in wet or moist conditions.
- Keep the equipment on a solid, level surface with a minimum safety area clearance of 2 meters around it. Be sure the area around the unit remains clear of any obstructions during use.
- The equipment is for domestic household use only.
- Only **one** person should use the equipment at a time.
- Wear comfortable and suitable clothing when using the equipment. Do not use the product barefoot or in socks. Always wear appropriate, enclosed athletic footwear. Never wear loose or baggy clothing as it can become caught on moving parts and create a hazard.
- Do not leave children unsupervised near or on the equipment.
- Children should not be allowed to play or operate the equipment at any time.
- This equipment is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Keep hands clear of all moving parts.
- Before using the equipment, check that all visible fasteners are sufficiently tightened and secure.

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Parts Identification

The equipment comes partially assembled and includes the following parts. Ensure that all parts are included before assembly.



No.	Qty.	Description
1	1	Frame
2	4	M8 cap nut
3	4	M8 curved washer
4	1	Front foot (with transport wheels)
5	4	M8 coach screw
6	1	Rear foot
7	2	Post locking screw (M16)
8	1	Saddle base screw (M8)
9	1	Saddle post
10	1	Saddle base
11	1	Saddle
12	4	M8 socket head screw
13	4	M8 spring washer

No.	Qty.	Description
14	1	Handlebar
15	1	Handlebar post
16	1	Left-side pedal
17	1	Right-side pedal
18	1	Console
19	4	Cover screw
20	1	Console mounting clamp
21	1	Top cover
22	1	Bottom cover
23	1	Water bottle clamp and bottle
24	1	Console clamp screw
25	1	Tools

Assembly

1. Take all parts out of the carton and place them on a firm, flat surface. Remove all packing materials.
2. See *Fig. 1*. Attach the front foot (4) and rear foot (6) to the frame (1) using 4 coach screws (5), curved washers (3) and cap nuts (2). Ensure that the square holes are facing the ground and the front foot is at the front of the bike, with wheels facing forward. Ensure the washers follow the shape of the tube when installed. Tighten (rotate right) the nuts using the supplied spanner.



It is critical that you follow the pedal arm to crank attachment procedure carefully to ensure correct assembly.

• During assembly, do NOT use excessive force to screw the pedals into the crank arms – this may indicate misalignment of the pedals or mis-matched threads. If the pedal does not "feel right" when being screwed in, STOP immediately and check that it is the correct pedal and that it is aligned properly with the crank arm. **Failure to follow the instructions here or take due care may damage the equipment and void any product warranty.**

3. Attach the left-side pedal (16) and right-side pedal (17) to the respective crank arms. Tighten the pedal bolts using the supplied spanner.
4. See *Fig. 2*. Insert the saddle post (9) into the frame (1), with the height adjustment holes facing rearward. Secure it at the desired height with 1 post locking screw (7) – the pin on the end of the screw must enter a hole in the post to be able to secure properly. Firmly tighten (rotate right) the screw by hand.
5. Place the saddle (11) onto the pin on top of the saddle base (10). Tighten (rotate right) the saddle clamp with the supplied spanner.
6. Place the saddle assembly (10 and 11) onto the rail on the top of the saddle post (9) and secure it at the desired position with the saddle base screw (8). Firmly tighten (rotate right) the screw by hand.
7. Insert the handlebar post (15) into the frame (1), with the height adjustment holes facing forward. Secure it at the desired height with 1 post locking screw (7) – the pin on the end of the screw must enter a hole in the post to be able to secure properly. Firmly tighten (rotate right) the screw by hand.
8. See *Fig. 3*. Place the handlebar (14) onto the plate at the top of the handlebar post (15) and secure it using 4 screws (12) and washers (13). Tighten (rotate right) the screws using the supplied Allen key. When the handlebar is secure, place the top cover (21) and bottom cover (22) in position and secure with 4 screws (19). Tighten (rotate right) the screws using the supplied screwdriver. Be careful not to over-tighten.
9. Place the console mounting clamp (20) over the handlebar and secure with 1 screw (24). Tighten (rotate right) the screw using the supplied screwdriver. Be careful not to over-tighten.
10. Slide the console (18) onto the mounting clamp (20). Install the supplied batteries (2 required for pulse counting) into the console. Plug the bike and pulse electrical connectors into the sockets on the rear of the console.
11. Optionally, install the water bottle clamp (23) to the right front frame leg using the supplied screws.

Once assembled, use the height adjuster on the end of each foot to ensure the bike is sitting level and firmly on the floor so it does not rock when in use. Once done, the machine ready for use.

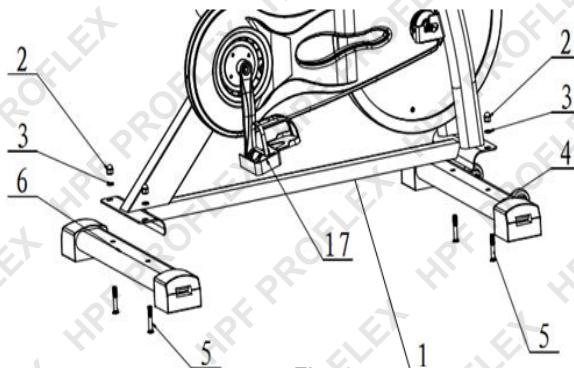


Fig. 1

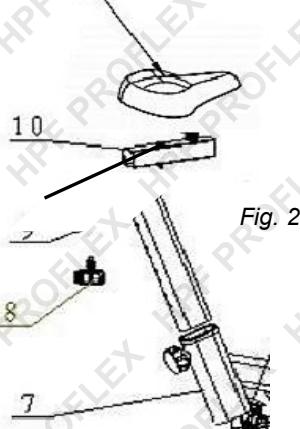


Fig. 2

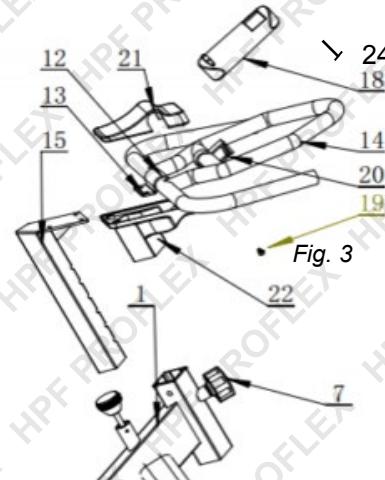


Fig. 3

Operation

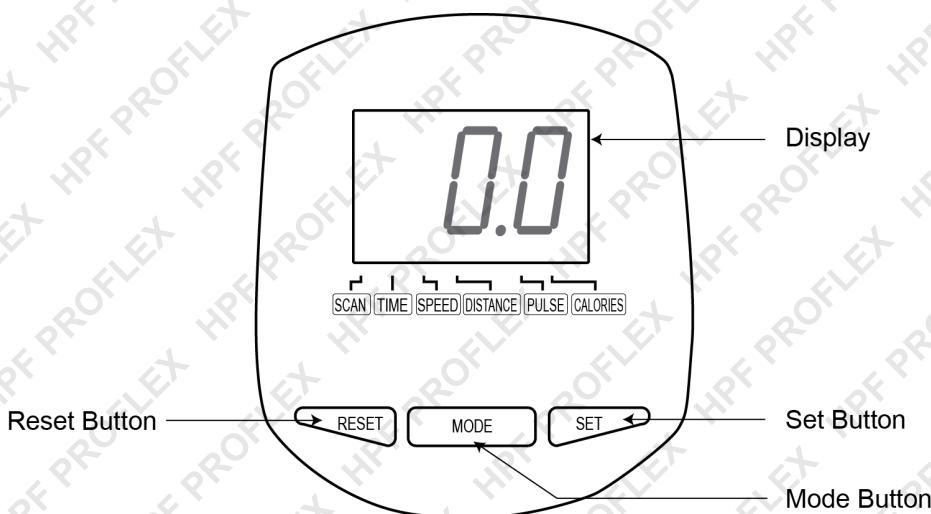
Program Mode

The equipment features two basic operating modes:

- **Non-Program Mode** – The equipment is being used, but not running a set target value program (see Program mode, below). To enter Non-Program mode, activate the console and start riding.
- **Program Mode** – The equipment can be set to indicate, by beeping, when a pre-defined value is reached during the session. A pre-defined value can be set for either duration, distance, pulse or calories.

Console and Functions

The equipment features a display that provides you with workout information, such as duration, speed, distance travelled etc. Whenever the console is activated, a new “session” starts, with all values at “zero”. If the bike is not being used and the console is not touched (buttons pressed), it will automatically switch off after approximately 4 minutes. To activate the console, press any button or start riding.



Console Button	Description
Display	Shows current information, such as speed, time, pulse etc.
Mode	Press to switch between display modes. For each mode, an indicator displays the type of information being displayed; for example, “DST” displays along the bottom of the display: Scan – Automatically switch between display modes approximately every 5 seconds. When in this mode, “SCAN” displays along the bottom of the display. Time – Current elapsed time of the session in minutes (limits 0 to 99.59). Speed – Current speed in km/h (limits 0 to 99.9). Distance – Current distance travelled during the session (limits 0 to 999.9). The distance value increments every 100 meters travelled. Pulse – Your current pulse (heart rate) (limits 40 to 240). When displaying pulse, you must have a hand on the metal sensors on each handle. The console must have the pulse sensor connected and have 2 batteries installed. Calories – The number of calories used during the current session (limits 0 to 9999). To approximately convert calories to kilojoules, multiply the number of calories by 4.
Reset	Press for at least 3 seconds to reset all current values to “zero”. When programming, press to reset the current value being programmed to “zero”.
Set	Used for setting target values when in Program mode. Press once to increment one step, press and hold to quickly increment.

Program Mode Training

The spin bike has a “program” mode of operation, which gives you the ability to set either a target duration, distance, pulse or calorie value for the session. If you reach the target, the console beeps for 10 seconds to indicate the target has been reached. Once set, begin riding. For duration, distance and calorie programs, the display starts counting down from the set value. When using Program mode, changing the display information (speed, distance etc) does not affect the program.

Programming Duration

1. Turn on the console.
2. Press **MODE** until “TMR” flashes on the display.
3. Press **MODE** – “TMR” stops flashing.
4. Press **SET** as required to set the duration (range is 1 to 99 minutes). Hold **SET** to quickly step through values. Press **RESET** at any time to reset the value to “zero”.

Programming Distance

1. Turn on the console.
2. Press **MODE** until “DST” flashes on the display.
3. Press **MODE** – “DST” stops flashing.
4. Press **SET** as required to set the distance (range is 0.1 to 999.9 kilometers). Hold **SET** to quickly step through values. Press **RESET** at any time to reset the value to “zero”.

Programming Pulse

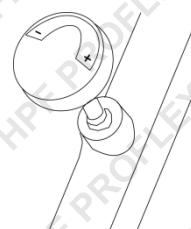
1. Turn on the console.
2. Press **MODE** until “PULSE” flashes on the display.
3. Press **MODE** – “PULSE” stops flashing.
4. Press **SET** as required to set the distance (range is 40 to 240 beats per minute). Hold **SET** to quickly step through values. Press **RESET** at any time to reset the value to “zero”.

Programming Calories

1. Turn on the console.
2. Press **MODE** until “CAL” flashes on the display.
3. Press **MODE** – “CAL” stops flashing.
4. Press **SET** as required to set the distance (range is 0 to 9999 calories). Hold **SET** to quickly step through values. Press **RESET** at any time to reset the value to “zero”.

Adjusting Effort

The equipment allows you to adjust the effort required to turn the wheel by “braking” the wheel. The greater the effort, the larger the amount of energy (calories) required to “ride”. To adjust the effort, turn the adjuster on the main frame tube as required to either increase (rotate right) or decrease (rotate left) effort.



Adjusting Suspension

For a more comfortable “ride”, the equipment features adjustable rear suspension. Rotate the nut at the top of the suspension unit as required. Rotate right to harden the suspension (for heavier riders), rotate left to soften.



Maintenance and Troubleshooting

Cleaning

- The equipment can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents. Be careful not to get excessive moisture on the console as this may damage it.
- After each use, wipe the unit of any sweat, dirt or liquids.
- Keep the equipment, especially the console, out of direct sunlight to prevent damage.

Storage

Store the equipment in a clean and dry indoor environment. Never leave or use the unit outdoors.

Troubleshooting

Problem	Potential Reason	Correction
<i>Riding difficult.</i>	Effort brake over-adjusted.	Reduce effort – rotate adjuster left.
<i>No console display.</i>	No connection.	Check batteries are serviceable and electrical cables are in good condition and properly connected.
<i>Ride harsh.</i>	Suspension too hard.	Soften ride – rotate adjuster left.

When to Call for Help

This equipment is designed with user safety as a priority. If after you check the equipment and possible adjustments that it is still not operational, call an authorized service centre or technician for servicing.

Warm-Up and Cool-Down Routine

The *warm-up* routine is an important part of any workout. The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before aerobic exercising. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

Always perform a *cool-down* routine after your workout, repeat these exercises to reduce soreness in tired muscles. The purpose of cooling down is to return the body to its resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.

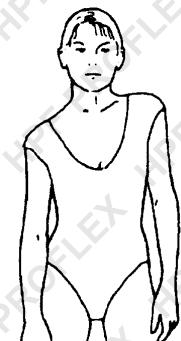
Head Roll

Rotate your head to the right for one second, you should feel a stretching sensation up the left side of your neck. Then rotate your head back for one second, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one second, then drop your head to your chest for one second.



Shoulder Lift

Lift your right shoulder toward your ear for one second. Then lift your left shoulder up for one second as you lower your right shoulder.



Side Stretch

Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one second. Repeat this action with your left arm.



Quadriceps Stretch

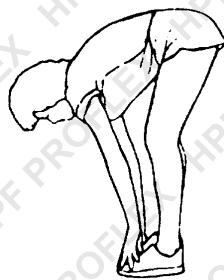
With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 seconds and repeat with left foot.

**Inner Thigh Stretch**

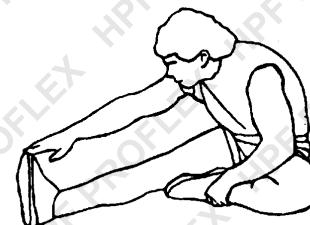
Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible, then gently push your knees toward the floor. Hold for 15 seconds.

**Toe Touch**

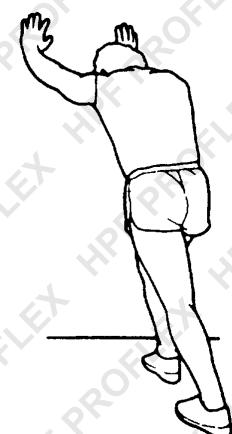
Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 seconds.

**Hamstring Stretch**

Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 seconds. Relax and then repeat with left leg.

**Calf/Achilles Stretch**

Lean against a wall with your right leg in front of the left and your arms forward. Keep your left leg straight and the right foot on the floor; then bend the right leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 seconds.





Some experts believe the incorrect or prolonged use of almost any product could cause serious injury or death. For information that may reduce your risk of serious injury or death, consult the points below and additionally, the information available at www.datastreamserver.com/safety

- Consult all documentation, packaging and product labelling before use. Note that some products feature online documentation which should be printed and kept with the product.
- Check product for loose / broken / damaged / missing parts, wear or leaks (if applicable) before each use. Never use a product with loose / broken / damaged / missing parts, wear or leaks (if applicable).
- Products must be inspected and serviced (if applicable) by a qualified specialist every 6 months assuming average residential use by a person of average weight and strength, above average technical aptitude, on a property matching average metropolitan specification. Intended use outside these guidelines could indicate the product is not suitable for intended use or may require more regular inspection or servicing.
- Ensure all possible users of the product have completed an industry recognized training course before being given access to the product.
- The product has been supplied by a general merchandise retailer that may not be familiar with your specific application or your description of the application. Be sure to attain third-party approval for your application from a qualified specialist before use regardless of prior assurances by the retailer or its representatives.
- This product is not intended for use where fail-safe operation is required. As with any product (take an automobile, aircraft, computer or ball point pen for example), there is always a small chance of technical issues that needs to be repaired or may require replacement of the product or a part. If the possibility of such failure and the associated time it takes to rectify could in any situation inconvenience the user, business or employee then the product is not suitable for your requirements. This product is not for use where incorrect operation or a failure of any kind, including but not limited to a condition requiring product return, replacement, service by a technician or replacement of parts could cause a financial loss, loss of employee time or an inconvenience requiring compensation.
- If this item has been purchased in error after considering the points above, simply contact the retailer directly for details of their returns policy, if required.



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