

PROFLEX



SPN700 Spin Bike

User Manual

[Revision 1.0 October 2017]

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 this equipment. 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 = 110 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.

Table of Contents

Safety.....	2
Parts Identification.....	4
Assembly	5
Operation	8
Console and Functions	8
Adjusting Effort.....	8
Adjusting the Handlebar.....	8
Adjusting the Seat.....	9
Maintenance and Troubleshooting	9
Cleaning and Storage	9
Troubleshooting	9
Warm-Up and Cool-Down Routine.....	10

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	Spin Bike (includes frame, crank etc)
2	1	Front Foot (includes wheels)
3	1	Rear Foot
4	2	Pedal (left and right)
5	1	Handlebar
6	1	Handlebar Post
7	1	Seat
8	1	Console
9	1	Seat Post

No.	Qty.	Description
10	1	Seat Mount (includes fasteners)
11	1	Handlebar Post Shroud
12		Parts / Fasteners / Tools: Console Mount and Screw M8 Acorn Nut (4) M8x40 Screw (4) M8 Washer (4) 13/15/17/19mm Spanner 6mm Allen Key / Screwdriver

Assembly

1. Take all parts out of the carton and place them on a firm, flat surface. Remove all packing materials.
2. Place the front foot (2) (with wheels facing outward) under the front of the frame (1). Secure the foot to the frame using 2 M8x40 screws (4), washers (5) and acorn nuts (6). Firmly tighten (rotate right) the nuts using the supplied spanner. Repeat for the rear foot (3) to the rear of the frame.



It is critical that you follow the pedal to crank arm 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. Starting with the right-hand crank arm (A), identify the right-hand pedal assembly (7), which is identified by having a right-hand thread (this is the usual type – rotate right / clockwise to tighten) and the nut (8) having a light coloured ring (B). The crank arm and pedal will also have a "R" sticker or stamped "R".
4. Very carefully begin screwing the pedal bolt into the crank arm (rotate right / clockwise). If the bolt does not "feel right" when being screwed in, STOP immediately and check that it is the correct bolt and that it is aligned properly with the crank arm. Screw the pedal bolt in fully and tighten firmly with the spanner.
5. Insert the nut (8) onto the end of the pedal bolt and screw on (rotate right / clockwise), then firmly tighten the nut using the spanner.

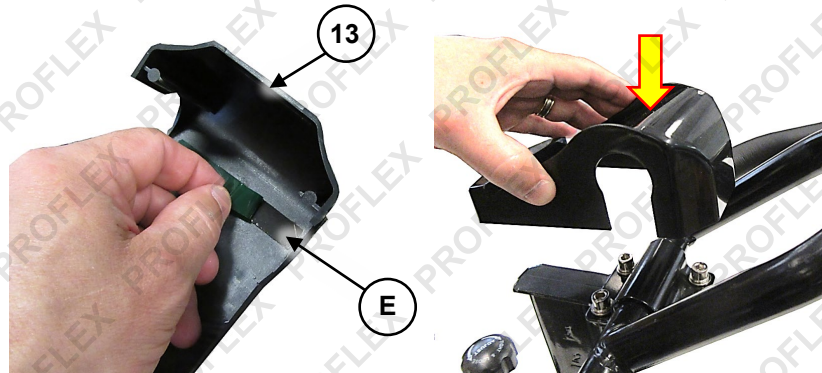


6. Repeat steps 4 to 5 for the left-hand crank arm, noting that the pedal bolt and crank arm thread is left-hand (rotate left / anti-clockwise to tighten) and that the pedal bolt nut has a blue identifying colour. The crank arm and pedal will also have a "L" sticker or stamped "L".

7. Insert the handlebar post (9), with height setting holes facing forward, into the tube (C) at the front of the frame. To drop the post into the frame, loosen (rotate left) the adjustment bolt (D), then pull and hold the knob while lowering the post. When the post is at a suitable height, release the knob, ensuring it enters one of the height setting holes, then firmly tighten (rotate right) the bolt by hand.
8. Locate the handlebar (10) on the top of the handlebar post (remove the bolts first). Secure it using 4 M8x20 screws (11) and washers (12), and firmly tighten (rotate right) using the Allen key. Ensure the pulse sensor wires are not trapped or pinched between the handlebar and post during assembly.



9. Remove the backing paper from the sticking tape (E) on the underside of the handlebar post shroud (13). Lower the shroud over the handlebar and press it firmly against the handlebar and hold for at least 30 seconds.



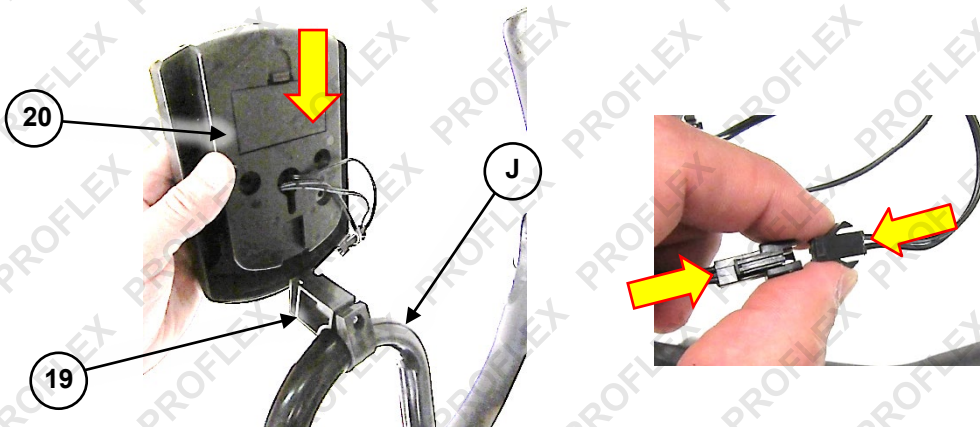
10. Insert the seat post (14), with height setting holes facing forward, into the tube (F) at the rear of the frame. To drop the post into the frame, loosen (rotate left) the adjustment bolt (G), then pull and hold the knob while lowering the post. When the post is at a suitable height, release the knob, ensuring it enters one of the height setting holes, then firmly tighten (rotate right) the bolt by hand.
11. Pass the bolt of the seat mount (15) through the slot in the seat post. Note that the seat mount can be mounted with the pillar (H) facing forward or backward (more seat to pedal / handlebar clearance). Secure it using the nut (16) and washer (17), and firmly tighten (rotate right) the nut by hand.



12. Place the seat (18) on to the seat pillar. Adjust the angle as required, then secure the seat to the pillar by firmly tightening the nuts (I) on either side of the seat using the spanner.



13. Clip the console mount (19) over the handlebar centre tube (J). Secure the clamp using the self-tapping screw. Tighten (rotate right) the screw using a screwdriver, however, do not over-tighten as it is screwing into plastic. Slide the console (20) onto the console mount.
14. Join the "pulse" sensor connectors (from the handlebar) and the bike "sensor" connector to the corresponding console cables. The pulse connectors are different to the sensor connector, so they cannot be mixed up.



The machine should resemble the image below and is ready for use.



Always set-up the equipment on a flat and level surface.

Moving

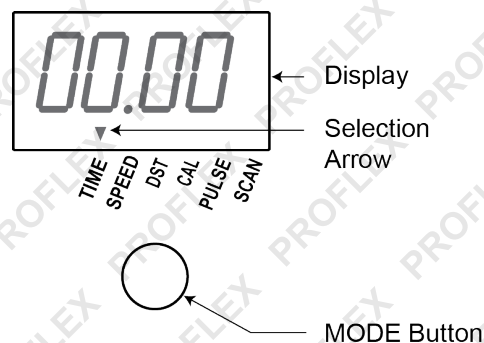
The unit can be tilted onto its wheels for easy moving. Firmly grasp the handlebar with both hands. Next, carefully tilt the equipment forward until it rolls freely on the transport wheels.



Operation

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 equipment 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.



Control	Description
Display	Shows current information, such as speed, time, pulse etc.
MODE	Press to switch between display modes. Press and hold for several seconds to reset all values to "0" (zero): Time – Current elapsed time of the session in minutes (limits 0 to 99.59). When in this mode, the selection arrow in the display aligns with "TIME". Speed – Current speed in km/h (limits 0 to 99.9). When in this mode, the selection arrow in the display aligns with "SPEED". Distance – Current distance travelled during the session (limits 0 to 999.9). The distance value increments every 100 meters travelled. When in this mode, the selection arrow in the display aligns with "DST". 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. When in this mode, the selection arrow in the display aligns with "CAL". 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. When in this mode, the selection arrow in the display aligns with "PULSE". Scan – Automatically switch between display modes approximately every 5 seconds. When in this mode, the selection arrow in the display aligns with "SCAN".

Adjusting Effort

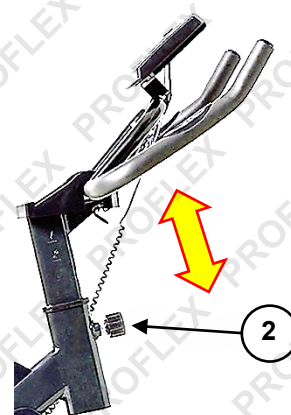
The equipment allows you to adjust the effort required to turn the wheel by "braking" the wheel. The greater the effort, the larger the amount of energy (calories) required to "ride". To adjust effort, rotate the adjuster (1) on the main frame tube as required to either increase (rotate right) or decrease (rotate left) effort.



The braking adjuster also acts as an emergency stop – press down firmly and hold to quickly stop the flywheel.

Adjusting the Handlebar

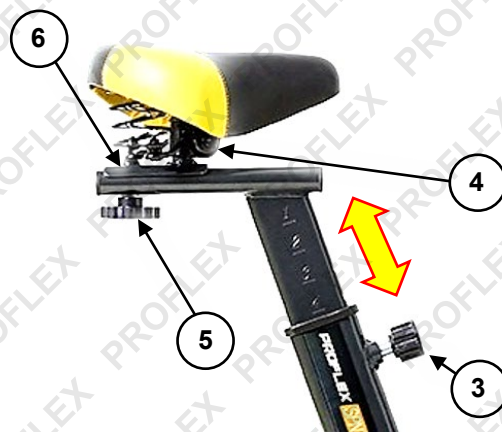
The equipment features a height adjustable handlebar post. To adjust height, loosen (rotate left) the handlebar post knob (2) (but not out completely), then pull it out so that the pin in the knob disengages from the locating hole in the post. Keep the knob pulled out then slide the post to the required position – do NOT extend past the "STOP" indicator. Release the knob and ensure the pin engages with a hole in the post (it may be necessary to slide the post somewhat until the pin "pops" into a hole). Firmly tighten the knob by hand.



Adjusting the Seat

For a more comfortable "ride" and to suit riders of different sizes, the equipment features multiple seat adjustments, including height, angle and distance from the handlebar.

- To adjust height, loosen (rotate left) the seat post knob (3) (but not out completely), then pull it out so that the pin in the knob disengages from the locating hole in the post. Keep the knob pulled out then slide the post to the required position – do NOT extend past the "STOP" indicator. Release the knob and ensure the pin engages with a hole in the post (it may be necessary to slide the post somewhat until the pin "pops" into a hole). Firmly tighten the knob by hand.
- To adjust angle, loosen (rotate left) the seat clamp nuts (4) until the front of the seat can be moved up/down. Set the angle as required, then tighten the nuts securely.
- To adjust distance to the handlebar, loosen (rotate left) the seat nut (5), then slide the seat mount (6) to the required position. For further adjustment, remove the seat mount from the seat post and rotate it 180° then re-install and adjust the seat position as required.



Maintenance and Troubleshooting

Cleaning and Storage

- 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.
- 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.

When to Call for Help

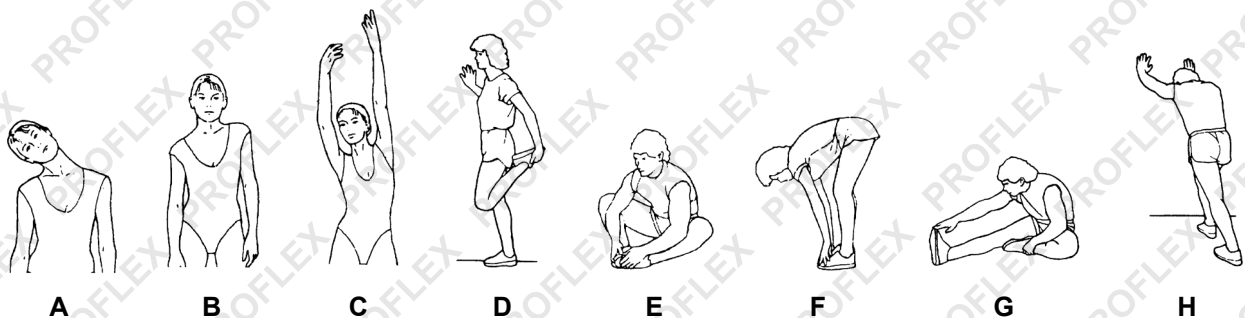
This equipment is designed with user safety as a priority. If after you check the equipment and possible adjustments that it is still not operational, call an authorized service centre or technician for servicing.

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.

- A. 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.
- B. 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.
- C. 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.
- D. Quadricep 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.
- E. 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.
- F. 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.
- G. 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.
- H. 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

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| <ul style="list-style-type: none"> • 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. | <ul style="list-style-type: none"> • 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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