

PROFLEX



SPN800 Spin Bike

User Manual

[Revision 1.0 April 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	7
Console and Functions	7
Adjusting Effort.....	7
Adjusting the Handlebar.....	7
Adjusting the Saddle	8
Maintenance and Troubleshooting	8
Cleaning and Storage	8
Troubleshooting	8
Warm-Up and Cool-Down Routine	9

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, saddle, flywheel 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	Console
8	1	Handlebar Post Shroud

No.	Qty.	Description
9	1	Fasteners / Tools: 4 M8x90 Coach Screw 4 M6x20 Screw 4 M8 Acorn Nut 4 M8 Curved Washer 4 M8 Spring Washer 4 M6 Washer Spanner (2) 6mm Allen Key Cable Tubing

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), and place the rear foot (3) under the rear of the frame. Secure each foot to the frame by inserting 2 M10 coach screws (4) from the underside, then securing with curved washers (5), spring washers (6) and acorn nuts (7). Firmly tighten (rotate right) the nuts using the supplied spanner.



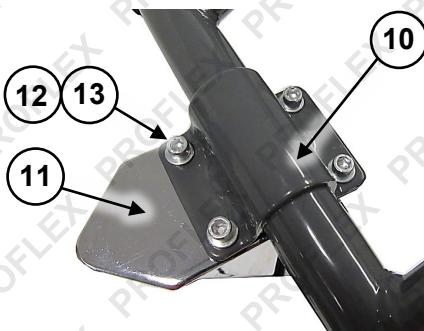
It is critical that you follow the pedal to crank arm attachment procedure carefully to ensure correct assembly. • During assembly, do NOT use excessive force to screw the pedals into the crank arms – this may indicate misalignment of the pedals or mis-matched threads. If the pedal does not "feel right" 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 (8), which is identified by having a right-hand thread (this is the usual type – rotate right / clockwise to tighten) and the nut (9) 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.
5. Insert the nut (9) onto the end of the pedal bolt. Hold the pedal bolt in position using the spanner so it does not rotate, then firmly tighten (rotate clockwise) the nut using the spanner.

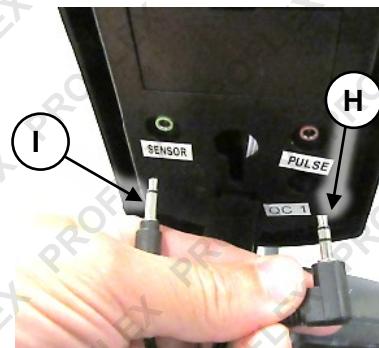


6. Repeat steps 4 to 5 for the left-hand crank arm, noting that the pedal bolt and crank arm thread is left-hand (rotate left / anti-clockwise to tighten) and that the pedal bolt nut has no particular identifying colour. The crank arm and pedal will also have a "L" sticker or stamped "L".

- Secure the handlebar (10) to the handlebar post (11) using 4 M6x20 screws (12) and washers (13), 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.
- Thread the pulse sensor wire (E) through the hole in the handlebar post shroud (14). Then, clip the shroud onto the top of the handlebar post.
- Slide the handlebar post down into the frame handlebar tube – ensure the handlebar is facing forward. Then, loosen (rotate left) the handlebar post knob (F) a little, then pull it out so that the pin in the knob retracts. Keep the knob pulled out then slide the handlebar post to the required position. Release the knob and ensure the pin engages with a hole in the handlebar post (it may be necessary to slide the post somewhat until the pin "pops" into a hole). Firmly tighten the knob by hand.



- Slide the console (15) onto the mounting tab (G) pre-assembled to the handlebar. Plug in the "pulse" sensor connector (H) (from the handlebar) and the bike "sensor" connector (I) into the PULSE and SENSOR connectors on the rear of the console, respectively. Use the cable tubing (16) to help tidy the wiring, if desired.



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



Always set-up the equipment on a flat and level surface. If the equipment "rocks", rotate the adjusters on the rear foot to lift or lower as needed so the equipment is steady.



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.

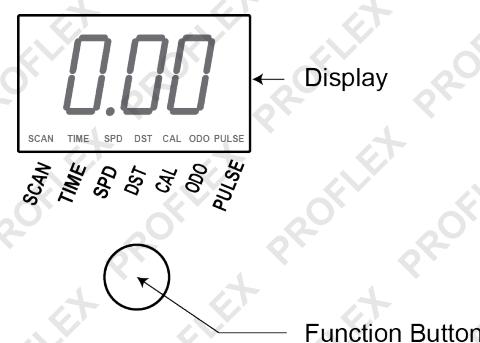


Operation

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.
Function Button	<p>Press to switch between display modes. Press and hold for several seconds to reset all values (except odometer) to "0" (zero):</p> <p>Scan – Automatically switch between display modes approximately every 5 seconds. When in this mode, "SCAN" shows along the bottom of the display.</p> <p>Time – Current elapsed time of the session in minutes (limits 0 to 99.59). When in this mode, "TIME" shows along the bottom of the display.</p> <p>Speed – Current speed in km/h (limits 0 to 99.9). When in this mode, "SPD" shows along the bottom of the display.</p> <p>Distance – Current distance travelled during the session (limits 0 to 999.9). The distance value increments every 100 meters travelled. When in this mode, "DST" shows along the bottom of the display.</p> <p>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, "CAL" shows along the bottom of the display.</p> <p>Odometer – The total distance travelled for the current and all previous sessions combined. This value cannot be reset, however, will return to "0" if the batteries are replaced. When in this mode, "ODO" shows along the bottom of the display.</p> <p>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, "PULSE" shows along the bottom of the display.</p>

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 (1) on the main frame tube as required to either increase (rotate right) or decrease (rotate left) effort.

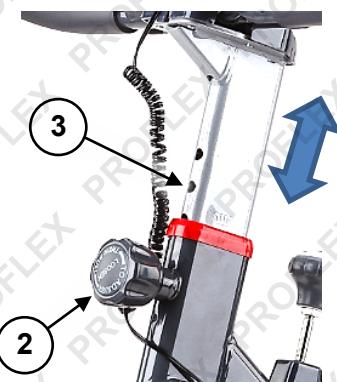


The braking adjuster also acts as an emergency stop – press down firmly and hold to quickly stop the flywheel.



Adjusting the Handlebar

The equipment features a height adjustable handlebar. Loosen (rotate left) the handlebar post knob (2) a little, then pull on so that the pin in the knob disengages from the locating hole (3) in the handlebar post. Keep the knob pulled out then slide the handlebar post to the required position. Release the knob and ensure the pin engages with a hole in the handlebar 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 Saddle

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

- To adjust height, loosen (rotate left) the seat post knob (4) a little, then pull on so that the pin in the knob disengages from the locating hole (5) in the seat post. Keep the knob pulled out then slide the seat post to the required position. Release the knob and ensure the pin engages with a hole in the seat 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 saddle clamp nuts (6) until the front of the saddle 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 saddle nut (7), then slide the saddle base (8) to the required position. For further adjustment, remove the saddle base from the seat post and rotate it 180° then re-install and adjust the saddle 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.
<i>Ride harsh.</i>	Suspension too hard.	Soften ride – rotate adjuster left.

When to Call for Help

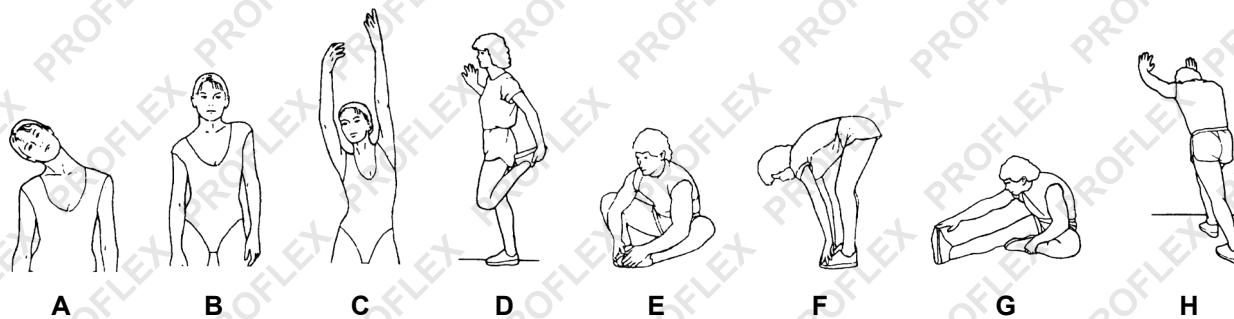
This equipment is designed with user safety as a priority. If after you check the equipment and possible adjustments that it is still not operational, call an authorized service centre or technician for servicing.

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.

- 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

<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.
--	--



©2017 Proflex. All rights reserved. No part of this document, including descriptive content, concepts, ideas, diagrams or images may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, scanning or recording, or any information storage and retrieval system, without express permission or consent from the publisher.