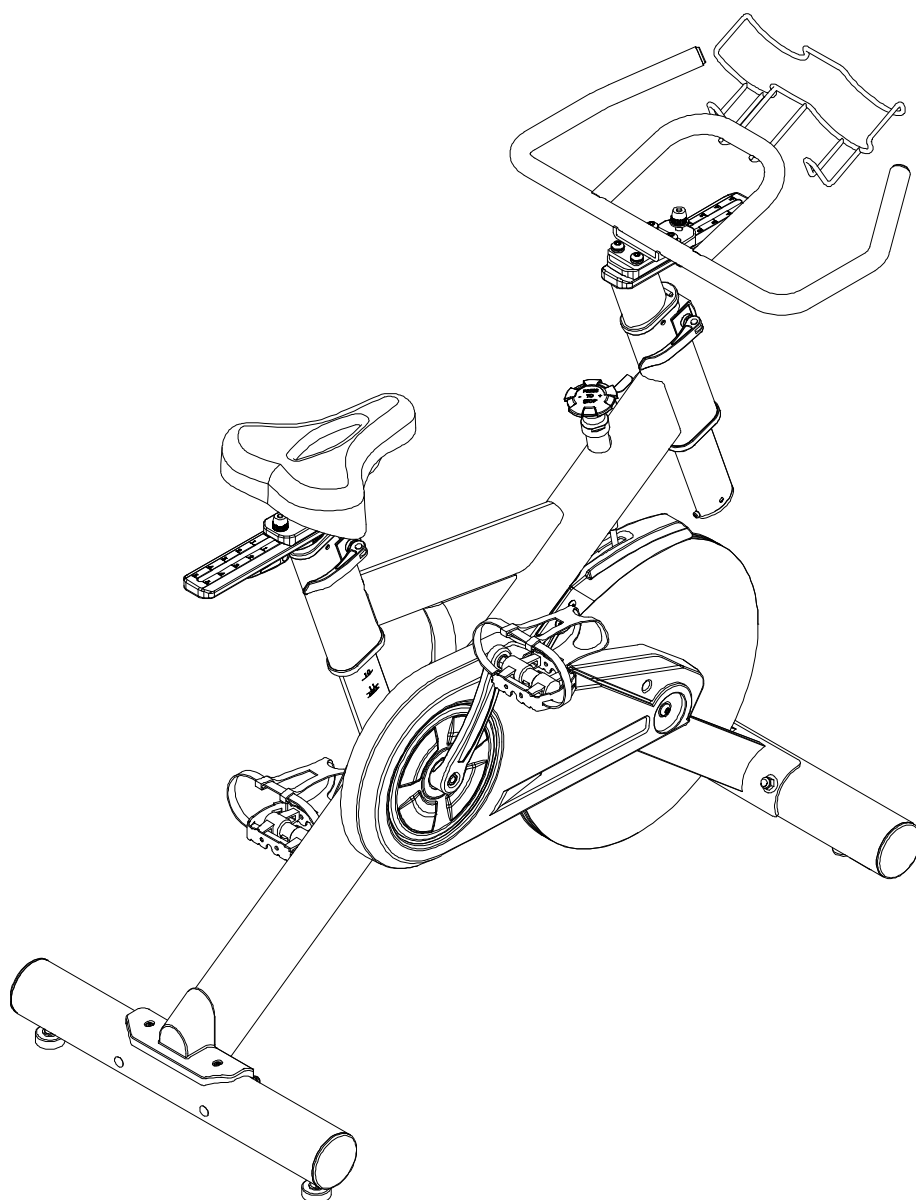


SOLE

FITNESS



OWNER'S MANUAL
GROUP EXERCISE BIKE

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IMPORTANT SAFETY INSTRUCTIONS

READ ALL INSTRUCTIONS BEFORE USING THIS EXERCISE EQUIPMENT

1. Use this equipment only for its intended use as described in this manual. Do not attempt to ride this bike at high pedal speeds until you have ridden the bike for some time and are comfortable riding at slower pedal speeds.
2. The bike is NOT equipped with a freewheel system which means that when the flywheel is in motion, the pedals will be in motion. Do not attempt to stop the unit by applying backward pressure to pedals while they are turning as knee injury may occur. Do not attempt to remove your feet from pedals while they are moving.
3. Wait for flywheel to coast to a stop before dismounting the bike. If you want to stop the flywheel, push down on the brake knob.
4. Serious injury or death may occur from over-training. Consult a medical doctor or qualified fitness instructor to determine an exercise program appropriate for your level of fitness.
5. Do not attempt to turn the pedal cranks by hand. Do not touch any driving mechanism while it is in motion as possible injury could occur.
6. In a home setting, keep children away from the bike when it is not in use. Keep children and pets away from the unit while it is in use.
7. Do not attempt to perform dip movements on handlebars.
8. Never drop or insert any object into any opening of the bike.
9. Only use the bike on a stable, level floor.
10. Follow instructions for safe use of the equipment including proper seat position, handlebar position, and use of foot positioning system of pedals. Do not attempt to pull up handlebar post and seat post over the 'MAX.' graduation.
11. For safe operation, allow for at least 1 foot (30cm) of free space to either side of the unit and 2 feet (60cm) of free space to the rear of the unit.
12. This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge.
13. Before beginning this or any exercise program, consult a physician. This is especially important for persons over the age of 35 or persons with pre-existing health conditions.
14. Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.

Regularly examine the bike for damage and wear. Inoperable components should be replaced immediately or the equipment should not be used until it is repaired.

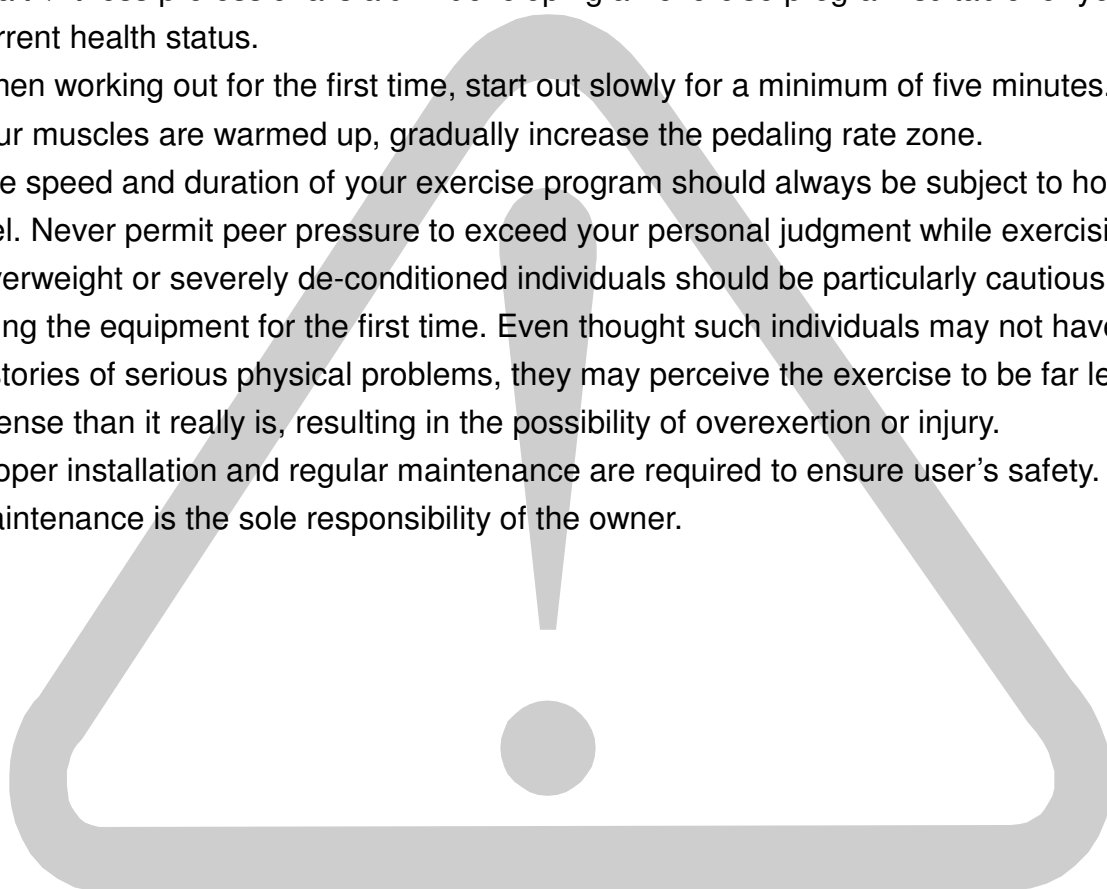
Failure to follow all guidelines may compromise the effectiveness of the exercise experience, expose yourself (and possibly others) to injury, and reduce the longevity of the equipment.

GUIDELINES FOR SAFE OPERATION

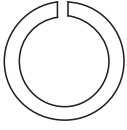
WARNING!

AS THE OWNER OF THIS EXERCISE EQUIPMENT, YOU SHOULD INSIST THAT ALL USERS FOLLOW THE SAME GUIDELINES: YOU SHOULD MAKE THIS MANUAL AVAILABLE TO ALL USERS.

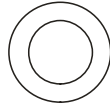
1. Obtain a complete physical examination from your medical doctor and enlist a health/fitness professional's aid in developing an exercise program suitable for your current health status.
2. When working out for the first time, start out slowly for a minimum of five minutes. After your muscles are warmed up, gradually increase the pedaling rate zone.
3. The speed and duration of your exercise program should always be subject to how you feel. Never permit peer pressure to exceed your personal judgment while exercising.
4. Overweight or severely de-conditioned individuals should be particularly cautious when using the equipment for the first time. Even though such individuals may not have histories of serious physical problems, they may perceive the exercise to be far less intense than it really is, resulting in the possibility of overexertion or injury.
5. Proper installation and regular maintenance are required to ensure user's safety. Maintenance is the sole responsibility of the owner.



Hardware Assembly Pack



#49. 5/16" x 1.5T_
Split Washer (4pcs)



#48. 5/16" x 16 x 1T_
Flat Washer (4pcs)



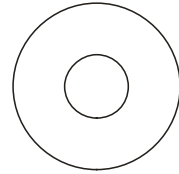
#82. 3/8"
Cap Nut (4pcs)



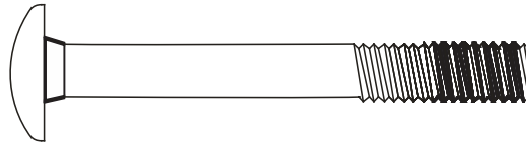
#88. 5/16" x 5/8"
Button Head Socket Bolt (4pcs)



#91. M5 x 10m/m_
Phillips Head Screw (2pcs)



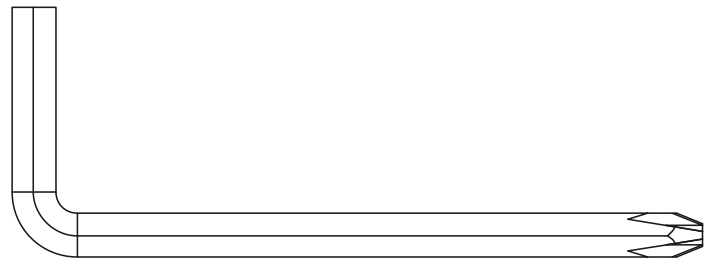
#83. 3/8" x 23 x 1.5T_
Curved Washer(4pcs)



#81. 3/8" x 3-1/2"
Carriage Bolt (4pcs)



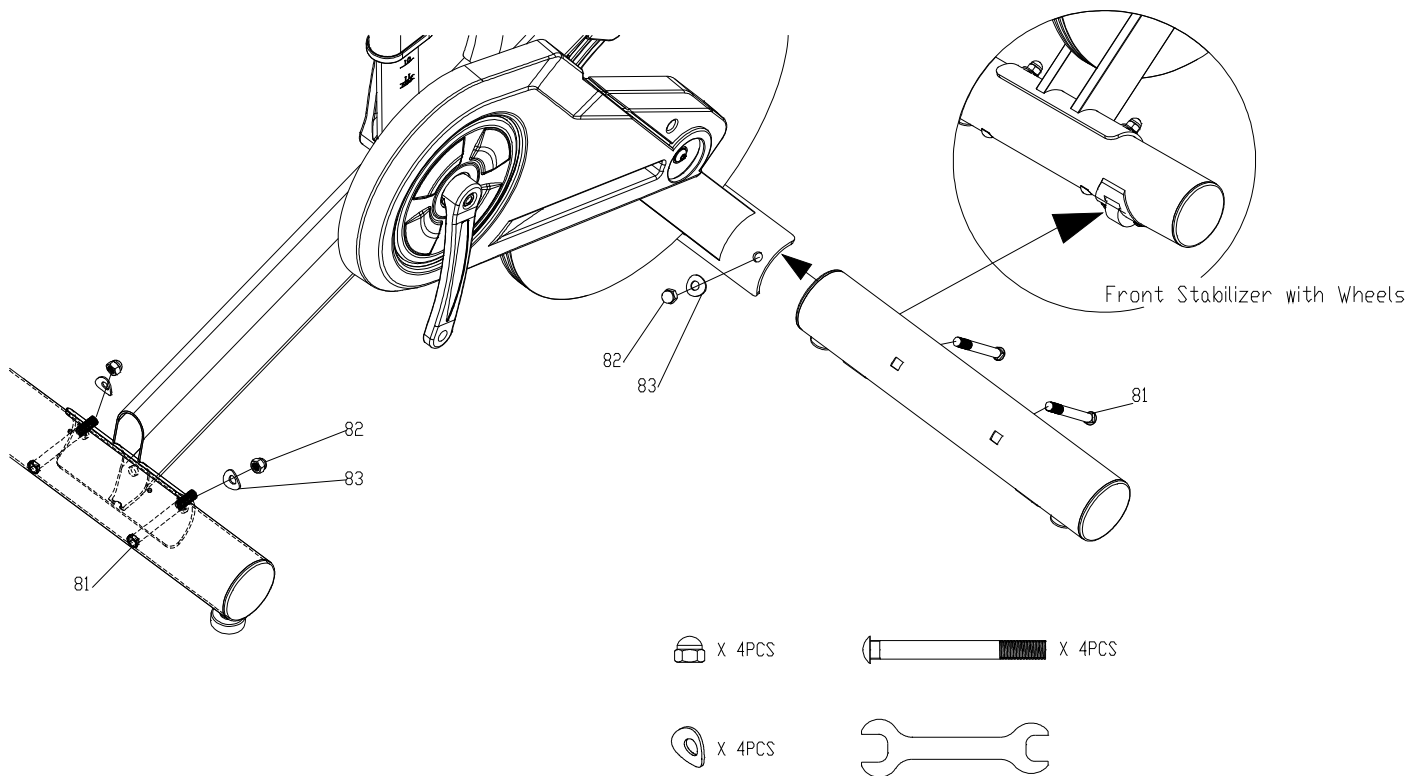
#85. 14/15m/m_ Wrench(1pc)



#86. M5_ Combination M5 Allen Wrench
& Phillips Head Screw Driver(1pc)

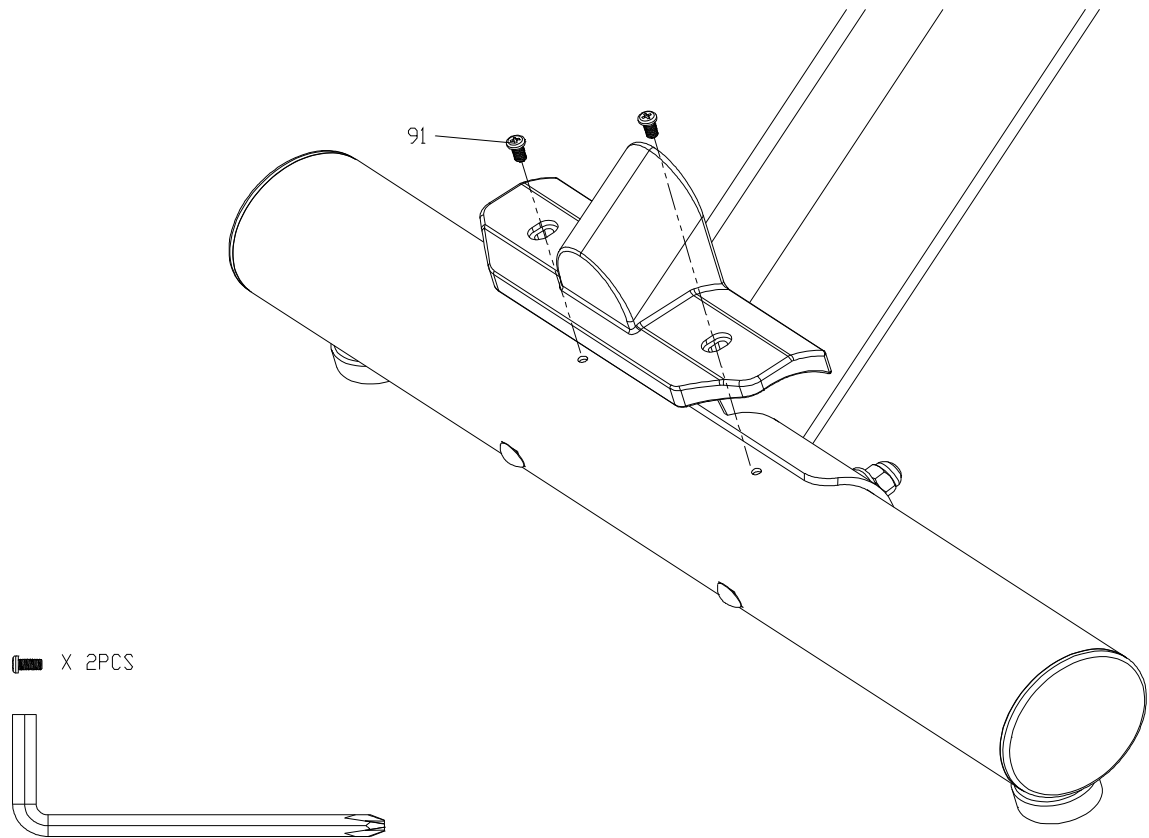
STEP 1 Stabilizer Assembly

- Install the front and rear stabilizers with four 3/8"×3-1/2" carriage bolts (81), four 3/8" curved washers(83) and four 3/8" cap nuts(82). The front and rear stabilizer are different. Be sure to assemble the stabilizer with the wheels onto the front of the bike.



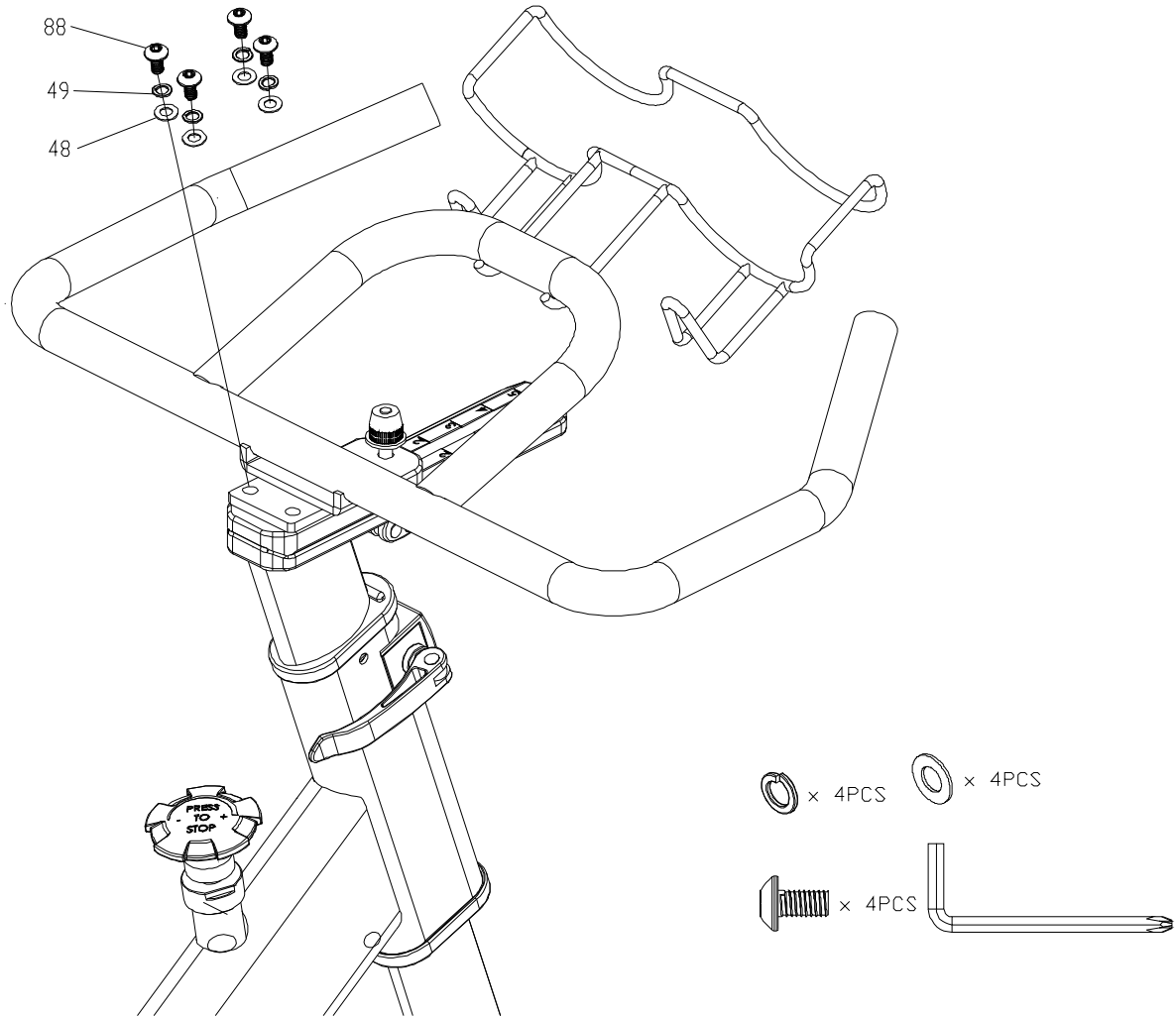
STEP 2 Rear Cover

- Install the rear stabilizer cover with two M5 x 10mm screws (91).



STEP 3 Handlebar and Drink Holder

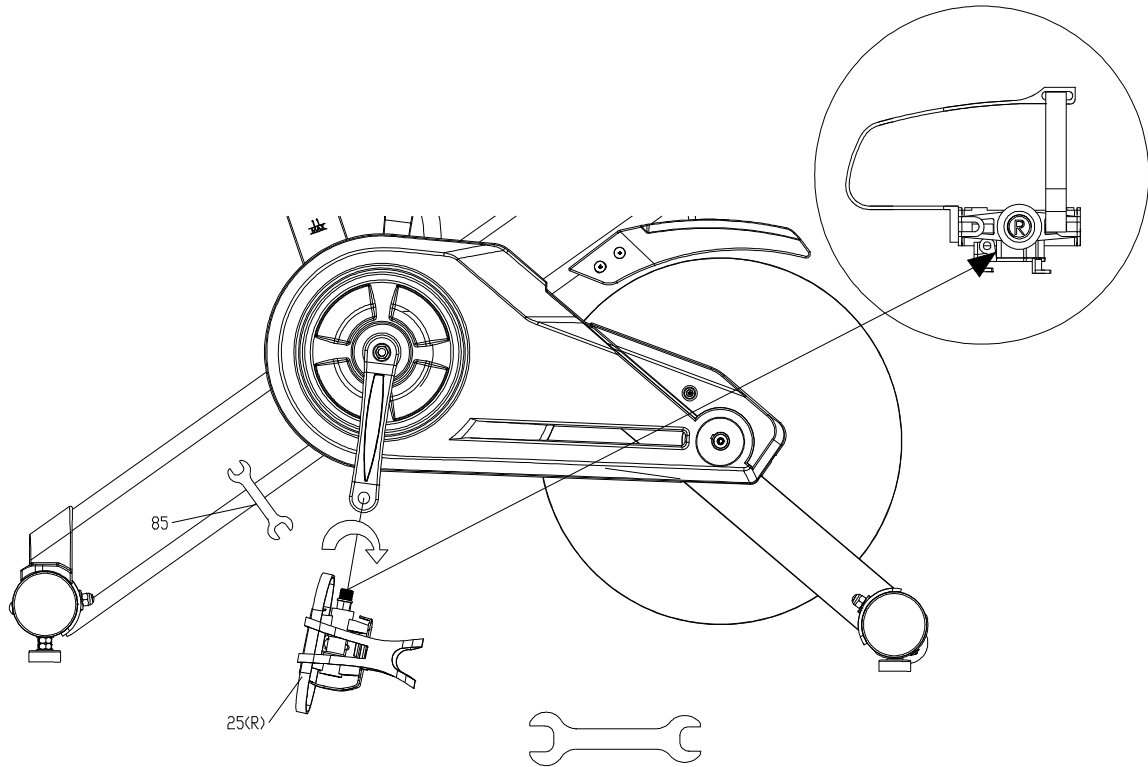
- Install the handlebars with four 5/16" x 15mm bolts (88), 5/16" split washers (49) and four 5/16" flat washers (48). Tighten the bolts securely.
- Install the drink holder to the handlebars by loosening the thumb screw, clamp to the handlebars and re-tighten the thumb screw.



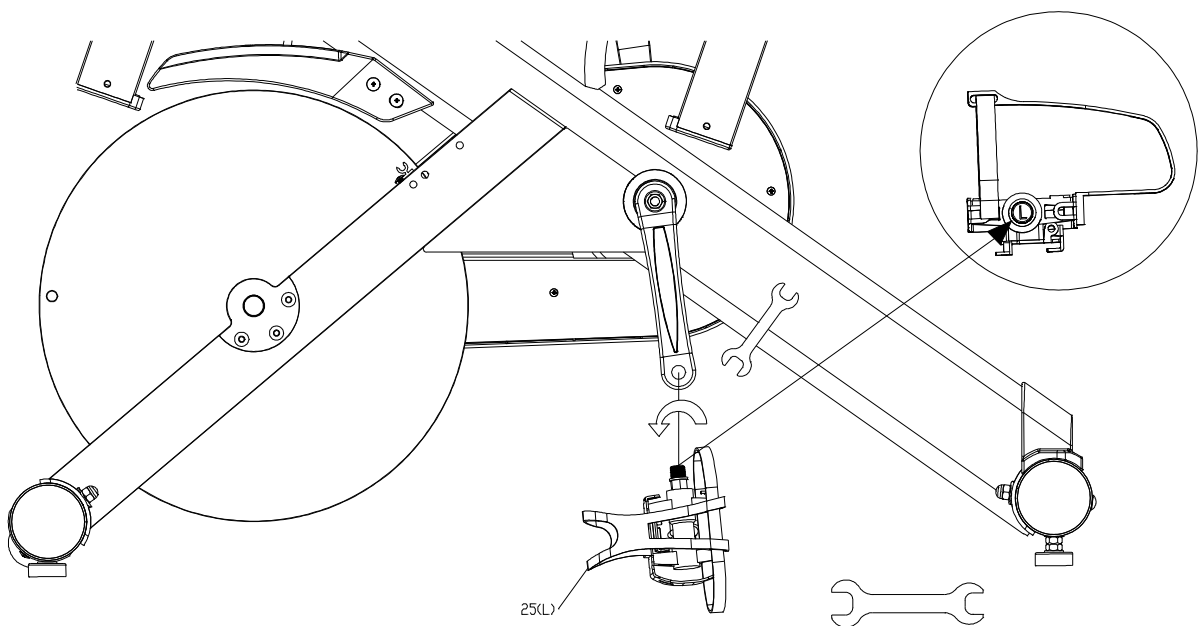
STEP 4 Pedal Assembly

- Install the Left (25L) and Right (25R) pedals to the crank arms. Please note that the Left pedal has a reverse threaded bolt and needs to be tightened in a counterclockwise direction. The pedals are identified by either an **R** or **L** stamped into the end of the bolt.

Right Pedal



Left Pedal



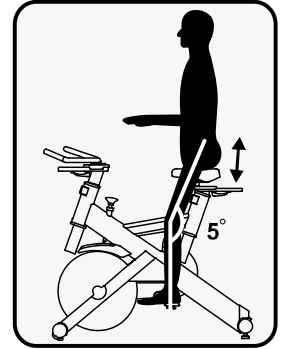
ADJUSTING THE BIKE FOR A PROPER FIT

Take some time to learn how to properly adjust the bike to your body; it will make your workouts more pleasant and a safer experience too. Riding the bike when it is incorrectly adjusted can result in discomfort and increase your risk of injury.

Adjustment of Seat Position:

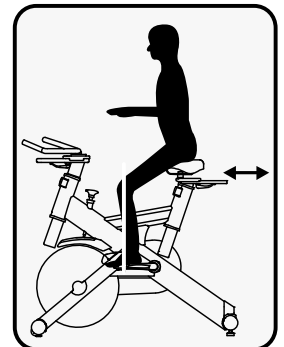
Seat Height Adjustment

1. Standing next to the bike, adjust seat until it is about hip height.
2. Rotate crank arms until the pedals are in the vertical position: 12 and 6 o'clock.
3. Place your foot in toe cage of pedal closest to the floor and mount the bike. Ensure that the ball of your foot is over the center of pedal. Your leg should be slightly bent at the knee, about 5 degrees.
4. If your leg is too straight or your foot cannot touch pedal you will need to lower seat height. If your leg is bent too much you will need to raise seat height.
5. Dismount the bike. Loosen the quick release lever on seat post and adjust up or down as necessary.
6. When seat is in the desired position, tighten the quick release to secure the seat post.
7. Note the final position mark on the seat post for future reference.



Seat Forward/Aft Adjustment

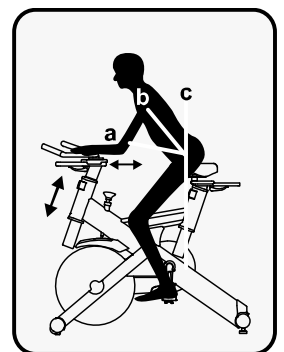
1. Sit on bike with crank arms in the 3 and 9 o'clock positions. For road bike training, a proper forward/aft position of the seat is achieved when small bump at the top of the shin is above pedal axle.
2. Dismount the bike. Loosen the quick release under the seat and slide the seat forward or backward as desired; then tighten the quick release.



Handlebar Adjustment:

Handlebar Height Adjustment

1. The Handlebar height is a matter of preference. Start with a handlebar height that is the same as the seat's height. Adjusting the handlebar higher will give the rider a more upright position; lower will result in a more crouched position.
2. Raise or lower the handlebar by loosening quick release on handlebar post and adjust by sliding the handlebar mount up or down as desired. Then tighten the quick release to secure the handlebar post. Note the final position mark on handlebar post for future reference.



Adjustment of Handlebar's Forward/Aft Position

1. Loosen the quick release under the handlebar and slide the handlebar forward or backward as desired. Suitable forward/aft position should allow the rider to comfortably grasp the handlebar with a slight bend at the elbow.
2. Tighten the quick release to secure the handlebar assembly.

Dual Function Pedals

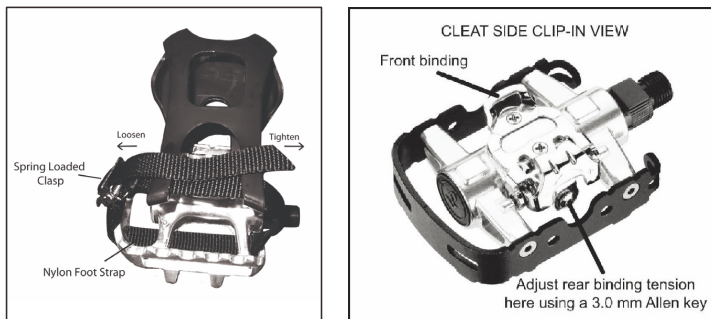
Adjusting The Pedal Straps

Place your feet in between the aluminum surface of the pedal and the nylon foot strap that wraps around it. If the opening is too narrow, depress the spring loaded clasp with one hand and pull on the nylon strap with the other to increase the opening area. If it is too loose or to tighten the strap, depress the spring loaded clasp, then pull on the open end of the nylon strap until the strap is snug around each foot.

Using The Cleat Pedals

Engage cleated shoes in pedals by placing cleat between bindings while pushing down. Disengage by twisting heel outwards away from exercise bike.

Binding tension is adjustable and should be set so that cleat and shoe do not disengage when pedaling. Use an Allen key to turn tension adjusting screws, clockwise to increase binding tension, counterclockwise to decrease binding tension.



Basic Operation

Now that you have established a proper riding position, take a few minutes to ride the bike and determine that your position is comfortable. Start pedaling at a slow pace with your toes and knees pointed directly forward. Hold the handlebar lightly and in a position that allows your shoulders and upper body to relax. Pedal easily, at a low resistance until you feel confident that you could ride in that position for the duration of your workout.

WARNING!

IF AT ANY TIME DURING YOUR WORKOUT, YOU FEEL CHEST PAIN, EXPERIENCE SEVERE MUSCULAR DISCOMFORT, FEEL FAINT, OR ARE SHORT OF BREATH, STOP EXERCISING AT ONCE. IF THE CONDITION PERSISTS, YOU SHOULD CONSULT YOUR MEDICAL DOCTOR IMMEDIATELY.

1. Pedaling resistance is controlled by the tension knob. Resistance can be changed at any time by turning tension knob: clock-wise for more resistance; counterclockwise for less resistance.
2. To apply the brake, press down on the tension knob.
3. Before dismounting, apply the brake to stop flywheel, or increase resistance and let
4. flywheel come to a stop.

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MAINTENANCE GUIDELINES

MAINTENANCE SCHEDULE

PART	RECOMMENDED ACTION	FREQUENCY	CLEANER	LUBRICANT
Pedals	Ensure that pedals are tight in crank arms; that all screws on pedals are tight; and that the pedal straps are not frayed	Before each use	N/A	N/A
Frame	Wipe down by using a soft damp clean cloth	Daily	Water	N/A
Flywheel	Wipe down by spraying on a rag and applying a light coat to sides of the flywheel	Weekly	WD-40 spray.	N/A
Brake Pad	Inspect for excessive wear or a dry leather brake pad	Weekly	N/A	3-IN-ONE Oil or 10W oil. Do not use silicone-based lubricants

1. Do not service internal parts of pedals. If they are found to be worn internally, we recommend replacing the pedal.

2. Use of lubricants or cleaning solutions other than those so specified will result in diminished performance and a shorter life span for that part.

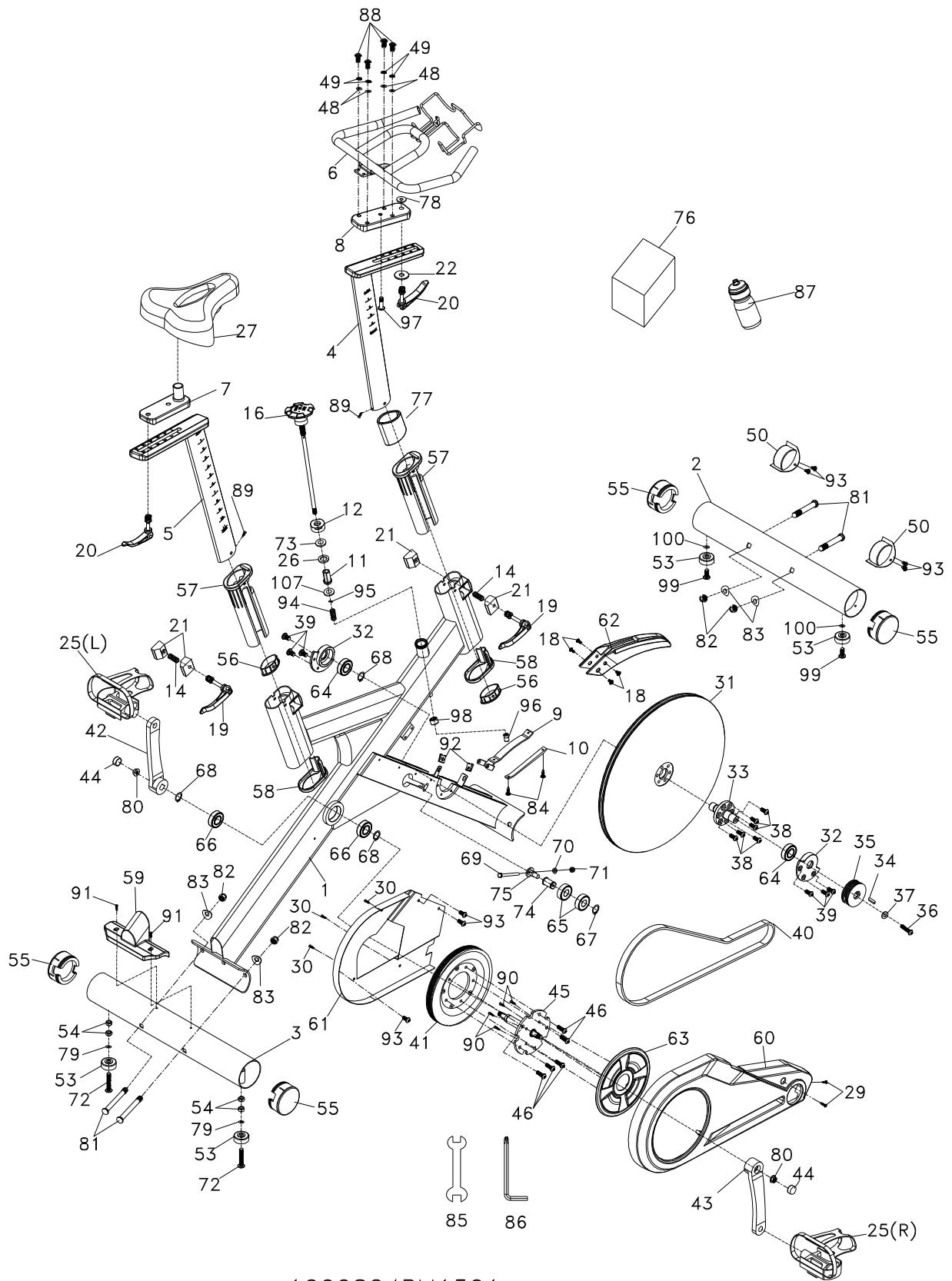
PARTS LIST

No.	Description	Qty
1	Main Frame	1
2	Front Stabilizer	1
3	Rear Stabilizer	1
4	Handlebar Post	1
5	Seat Post	1
6	Handlebar	1
7	Sliding Seat Mount	1
8	Sliding Handlebar Mount	1
9	Brake Pad Bracket	1
10	Brake Pad - Wool Felt	1
11	Bushing	1
12	Nut	1
14	Spring	2
16	Brake Tension Knob	1
18	M6 × 15mm_Phillips Head Screw	4
19	8 × 40m/m_Quick Release lever	2
20	8 × 25m/m_Quick Release Lever	2
21	Aluminum Locking V-Blocks	4
22	5/16" × 35 × 3.0T_Flat Washer	1
25	Pedal Set (25L.25R)	1
26	Anti-Rotation Washer	1
27	Seat	1
29	5 × 16m/m_Tapping Screw	2
30	3.5 × 12m/m_Sheet Metal Screw	3
31	Flywheel	1
32	Bearing Housing	2
33	Flywheel Axle	1
34	Woodruff Key	1
35	Flywheel Pulley	1
36	5/16" × 3/4"_Button Head Socket Bolt	1
37	5/16" × 20 × 3.0T_Flat Washer	1
38	5/16" × 3/4"_Button Head Socket Bolt	6
39	M6 × 10L_Flat Phillips Head Screw	6
40	Belt	1
41	Drive Pulley	1
42	Crank Arm (L)	1
43	Crank Arm (R)	1
44	Crank Arm Dust Cap	2

No.	Description	Qty
45	Crank Axle	1
46	5/16" × 1/2" _Button Head Socket Bolt	5
48	5/16" × 16 × 1T _Flat Washer	4
49	5/16" × 1.5T _Split Washer	4
50	Transportation Wheel	2
53	Rubber Foot	4
54	3/8" _Nut	4
55	Stabilizer End Cap	4
56	End Cap, Eye Tube	2
57	Plastic Slide Insert, Eye Tube	2
58	Bottom End Cap, Eye Tube	2
59	Rear Stabilizer Cover	1
60	Chain Cover (Outer)	1
61	Chain Cover (Inner)	1
62	Flywheel Fender	1
63	Pulley Cover	1
64	6004 _Bearing (NSK)	2
65	6203 _Bearing	2
66	6004 _Bearing (TMT)	2
67	Ø17 _C Ring	1
68	Ø20 _C Ring	3
69	1/4" × 3" _Hex Head Bolt	1
70	1/4" _Hex Head Bolt	1
71	1/4" × 5.5T _Nyloc Nut	1
72	3/8" × 2" _Flat Head Socket Bolt	2
73	25.5 × Ø16 _Star Washer	1
74	Idler Axle	1
75	Idler Adjustment Carriage Bolt	1
76	Console Assembly	1
77	Foam Stop, Handlebar Eye Tube	1
78	Ø5/16" × 23 × 2.0T _Flat Washer	1
79	3/8" × 19 × 1.5T _Flat Washer	2
80	M10 × P1.25 _Nut	2
81	3/8" × 3-1/2" _Carriage Bolt	4
82	3/8" _Cap Nut	4
83	3/8" × 23 × 1.5T _Curved Washer	4
84	M5 × 12m/m _Tapping Screw	2
85	14/15m/m _Wrench	1
86	M5 _Combination M5 Allen Wrench & Phillips Head Screw Driver	1

No.	Description	Qty
87	Drink Bottle(Optional)	1
88	5/16" × 5/8" _Button Head Socket Bolt	4
89	M5 × 10m/m _Socket Head Cap Screw	2
90	Ø5 × 10m/m _Tapping Screw	4
91	M5 × 10m/m _Phillips Head Screw	2
92	M5 _Speed Nut Clip	2
93	M5 × 10m/m _Tapping Screw	7
94	Spring	1
95	Fixing Pin	1
96	Safety Sleeve	1
97	5/16" × 1" _Button Head Socket Bolt	1
98	Sleeve Bushing	1
99	3/8" × 3/4" _Button Head Socket Bolt	2
100	3/8" × 21 × 2T _Flat Washer	2
107	Ø8 × Ø12 × 1.0T _Flat Washer	1

Exploded View Drawing



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