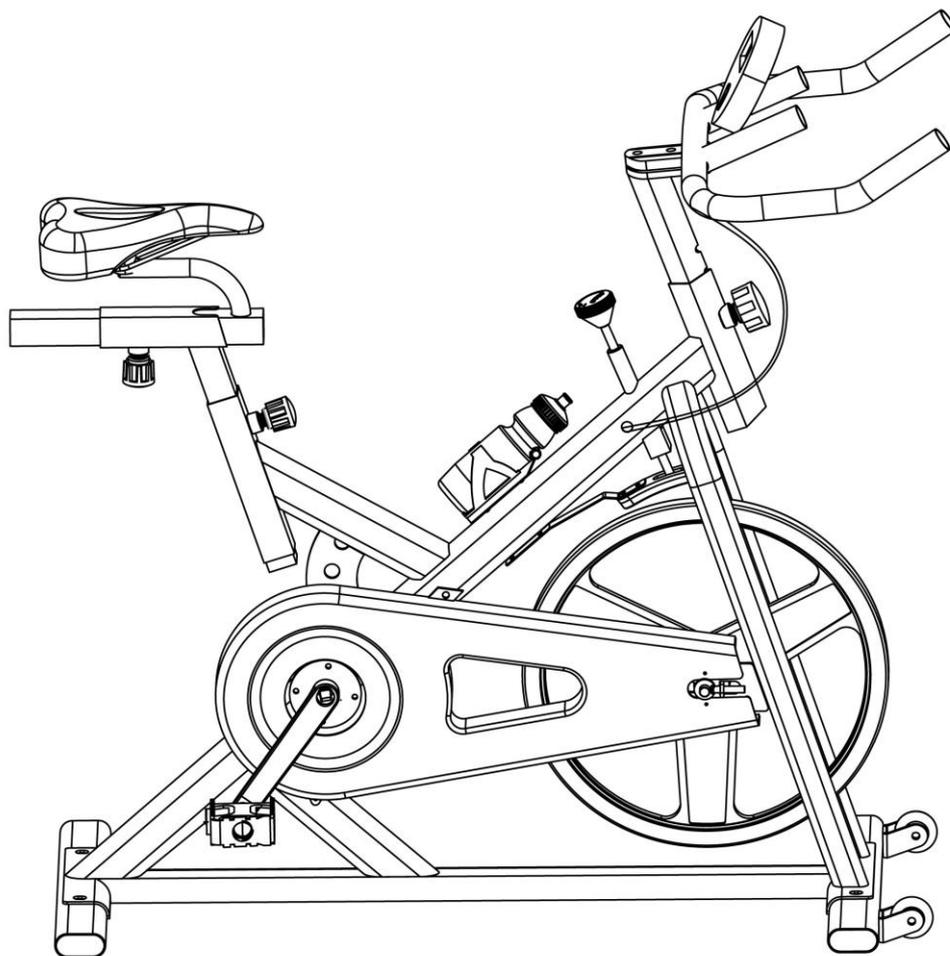


Exercise Bike – MODEL LZ100

INSTRUCTION MANUAL



WARNING: Cycle should always be placed on a level surface for use

**Please read these instructions carefully and keep for future reference
FOR DOMESTIC INDOOR USE ONLY**

Important Warnings

WARNING: Injuries may happen to young children if the exercise cycle is operated in their vicinity without properly fitted guards.

CAUTION:

- Exercise cycle, its guards and safety devices must be regularly maintained and the integrity of guards and safety devices must be inspected prior to each use of this machine.
- Before starting any exercise program you should consult your doctor to determine if you have any physical or health conditions which could create a risk to your health and safety, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
- Ensure you have tightened all of the bolts and nuts on this machine before beginning your workout.

IMPORTANT:

- Read all instructions carefully before using this product.
- Be aware of your body's signals incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: Pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, feeling light headed, dizzy or nauseous. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
- Keep children and pets away from the equipment. The equipment is designed for adult use only.
- Use the equipment on a solid flat level surface with a protective cover for your floor or carpet. For safety, the equipment should have at least 0.5 meters of free space all around it.
- Before using the equipment, check the nuts and bolts are securely tightened.
- Always use the equipment as indicated. If you find any defective components whilst assembling or checking the equipment, or if you hear any unusual noise coming from the equipment during use, stop. Do not use the equipment until the problem has been rectified.
- Wear suitable clothing whilst using the equipment. Avoid wearing loose clothing which may get caught in the equipment or that may restrict or prevent movement.
- Maximum weight of user is 120kg
- The equipment is not suitable for therapeutic use
- Pulse sensors are to be used for enjoyment purposes only and may not be accurate. Should you feel unwell whilst using this product, immediately stop using the product and seek medical assistance.
- Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and /or use assistance.

FEATURES

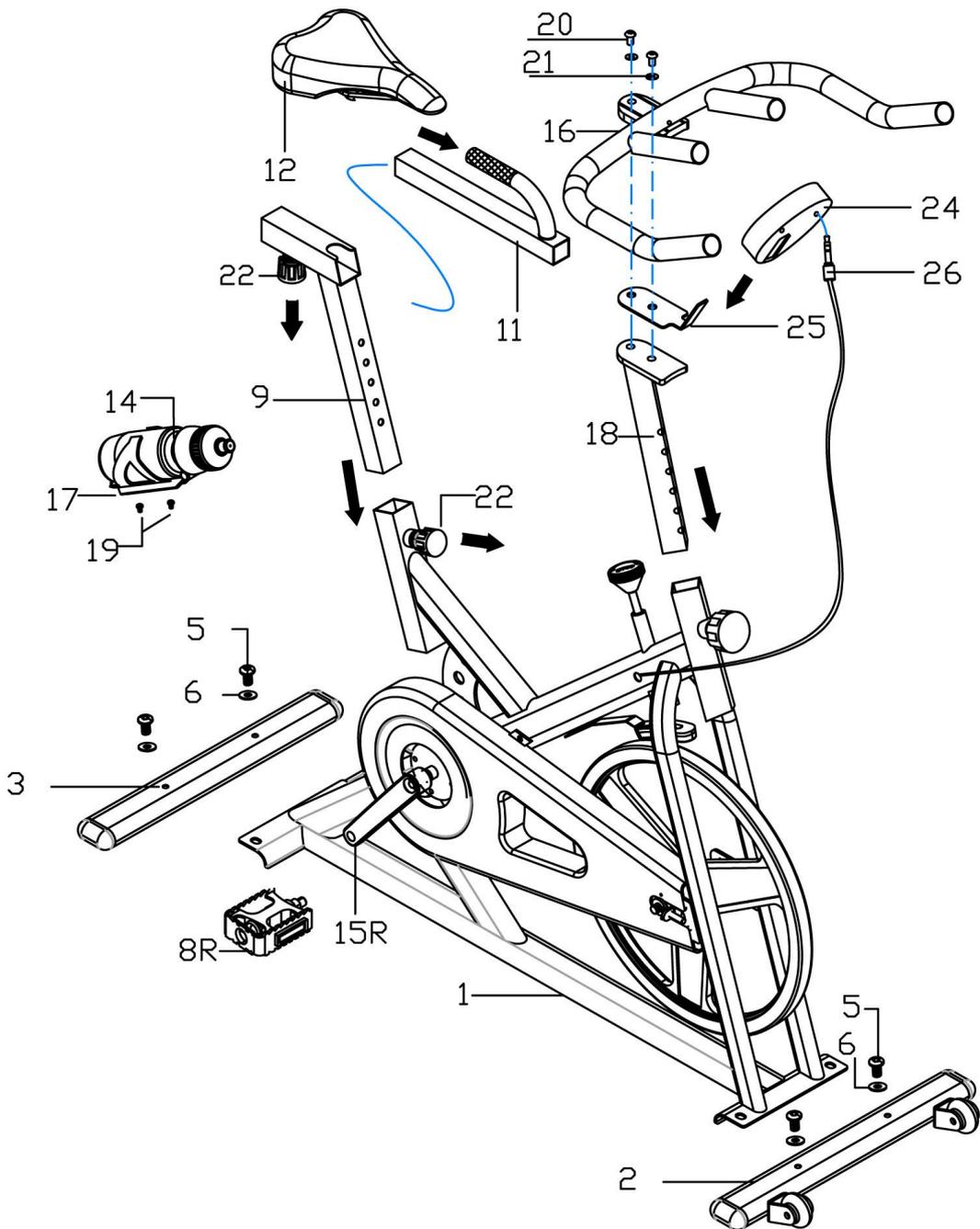


COMPONENTS -PARTS

Please check if you have all parts as listed below.

Note: Small components/parts may be pre-fitted to larger components to make it easier for end users to assemble the bike. Please check carefully all the parts before contacting us regarding any missing components.

EXPLODED-VIEW ASSEMBLY

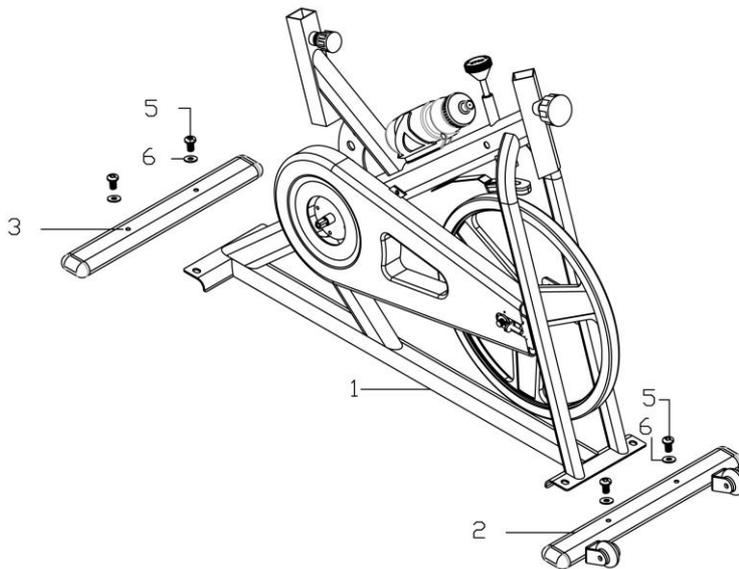


PARTS LIST

NO.	DESCRIPTION	SPECIFICATION	QTY
1	Main Frame		1PC
2	Front Stabilizer	30x60x500 (included wheel)	1PC
3	Rear Stabilizer	30x60x500	1PCS
5	Hexagon Screw	M8X16	4PCS
6	M8 Washer	Φ20*Φ8.2*1.5T	4PCS
8	Pedal	L+R	2PCS
9	Vertical Seat Post		1PC
10	Knob		1PC
11	Horizontal Seat Post		1PC
12	Saddle		1PC
13	Brake Knob		1PC
14	Bottle		1PC
15	Crank (R+L)		2PCS
16	Handle Bar		1PC
17	Bottle holder		1PC
18	Handle Bar Post		1PC
19	Screw	M5	2PCS
20	Inside Hexagonal Screw	M10x25	2PCS
21	M10 Washer	M10	2PCS
22	Knob	M16	1PC
24	Computer		1PC
25	Computer Holder		1PC
26	Computer Cable		1PC

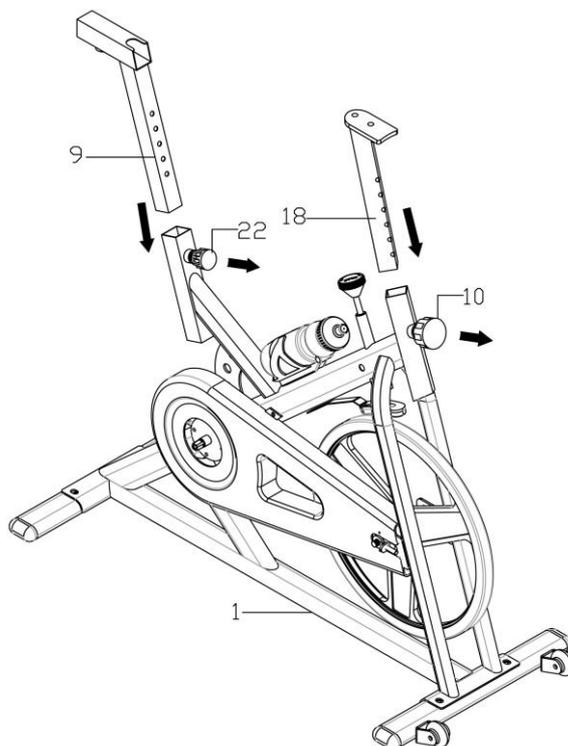
ASSEMBLY INSTRUCTIONS

Step 1



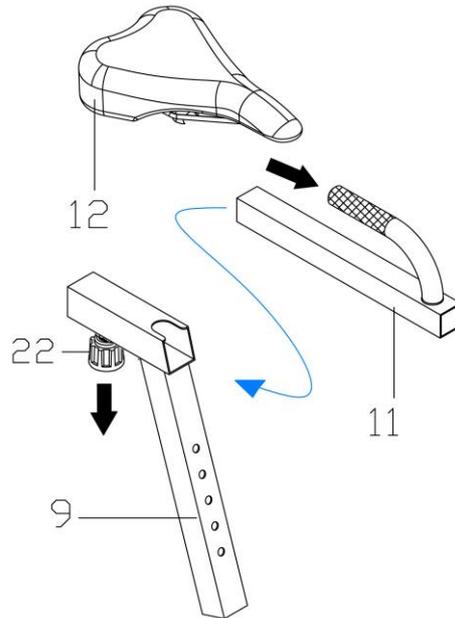
- Attach the rear stabilizer (3) to the main frame (1) using two sets of screws (5) and washers (6).
- Attach the front stabilizer (2) to the main frame (1) using two sets of screws (5) and washers (6).

Step 2



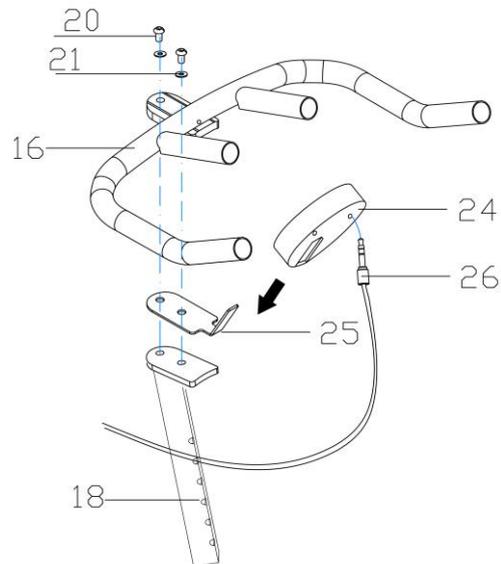
- Insert the Seat Post (9) and Handle Bar Post(18) to the main frame (1), tighten Knob (10) & (22).

Step 3



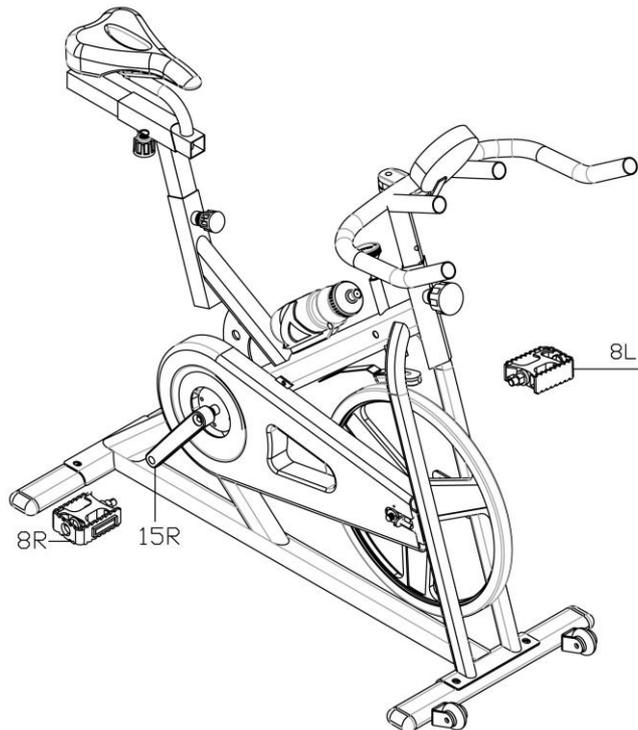
- Slide the Horizontal Seat Post(11) to the Post(9) and tighten Knob(22)
- Attach the Saddle(12) to the Horizontal Seat Post(11).

Step 4



- Attach the Handle Bar(16) & Computer Holder(25) to the Post Tube(18) use Screw(20) and Washer(21)
- Attach the Computer(24) to Holder(25) and connect Cable(26) to Computer.

Step 5



- Pedals (8) are marked “L” and “R”- (i.e. left and right).
- Connect them to their appropriate crank arms. For example, the right crank arm is on the right hand side of the cycle as you sit on it.
- **Note:** Right pedal should be threaded on clockwise and left pedal anti-clockwise. Threading the pedals in the wrong way is likely to damage them and will void the warranty.

Operating Instructions

Resistance Adjustment

- Pedalling resistance is controlled by the tension knob located under the handlebar. To increase resistance, turn the tension knob clockwise, whereas to decrease the resistance, turn the tension knob anti-clockwise.
- **PRESS THE TENSION KNOB TO USE AS AN EMERGENCY BRAKE**

Seat Adjustment

- Properly adjust the seat to ensure maximum exercise efficiency and comfort. The most appropriate seat position is for the rider to have one knee slightly bent when one pedal is at a 90 degree angle to the ground.
- To adjust the seat height, simply turn the adjustable knob loose, then move the seat up or down to the required height, then retighten the knob.
- To adjust the seat position, turn the adjustable knob loose, move the seat backward or forward to the appropriate position, then retighten the knob.

Handlebar Adjustment

To adjust the handlebar height, simply turn the adjustable knob loose, then adjust the bar to the required height and retighten the knob.

Chain Adjustment

- The chain on the bike has been pre-adjusted and should not require immediate attention.
- Continuous use of the bike may cause the chain to stretch or become loose, needing adjustment.
- To adjust the chain, loosen the nuts on both sides of the main axle, then tighten the bolts and nuts on the two sides of the axle.

EXERCISE COMPUTER

CAUTION: Computer readouts are to be used as a rough guide for exercise and is not to be regarded as medically accurate.

Button Functions:

- **Mode:** Press to selection function and hold for 4 seconds to reset.
- **Scan:** Automatically scan through each function
- **Time:** Total cycling time up to 99.59
- **Speed:** Total speed up to 999.9km/h or ML/H. Value will stay constantly on the monitor
- **Distance:** Total cycling distance up to 99.9km or mi from 0.
- **Calorie:** Calorie consumption of maximum value of 999.9 calories
- **Pulse** (if applicable): Displays the heart rate during exercise. Put the ear clip on your left earlobe before monitoring pulse. To obtain a more accurate pulse, rub your earlobe 15 times prior to clipping on.

Note:

- Once exercise has stopped, there will be a stop sign displayed in the upper-left corner.
- Display unit will shut off with inactivity longer than 4 minutes.
- Monitor can be turned on by pressing the button or pedalling
- If the monitor is not displaying correct information re-install the batteries to correct.
- Battery specifications: 1.5V UM-3 or AA (2pcs)

Troubleshooting

- Changing the computer battery - slide the computer from the computer holder, remove the battery cover on the back of the console and remove the batteries. Replace with 2xAA batteries. Replace the cover on the console, and slide the computer back on to the computer holder.
- Computer not working correctly - If your computer is not working correctly, please check whether the lower sensor wire is connected to the upper sensor wire, and make sure the upper sensor wire is plugged into the computer. When you have checked the above, and the computer still not working, then please make sure the batteries are installed correctly in the computer and the batteries are still working.
- No resistance - If there is no tension resistance on the bike, please make sure the upper tension cable is connected to the lower tension cable. Turn the tension knob anti-clockwise to its lowest level, then go to the tension strap-buckle which is situated on top of the flywheel cover at the base of the front post. Loosen the tension strap, pull it through the buckle until you can feel some

resistance on the strap then lock it back around the buckle. Now mount the cycle and turn the pedals, the tension control knob should now be able to be used with a finer degree of adjustment..

MAINTENANCE

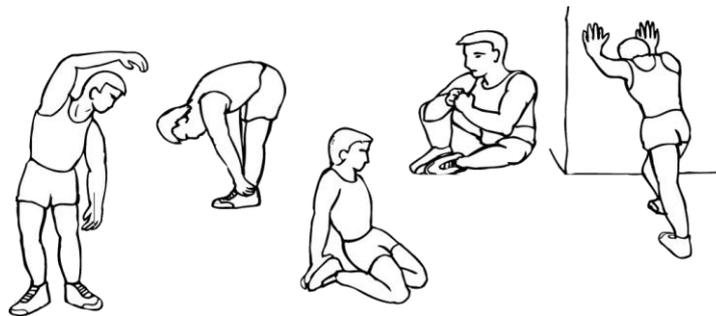
- Before using the bike, always make sure all bolts/nuts are fully tightened
- A spent battery is hazardous waste, please dispose of it correctly, and do not throw it in the trash.
- When eventually you want to scrap the machine, you should remove the batteries from the computer, and dispose separately as hazardous waste.

Exercise Instructions

Using your Spin Bike provides you with several benefits such improving your physical fitness, toning muscles and together with a calorie controlled diet may help you lose weight.

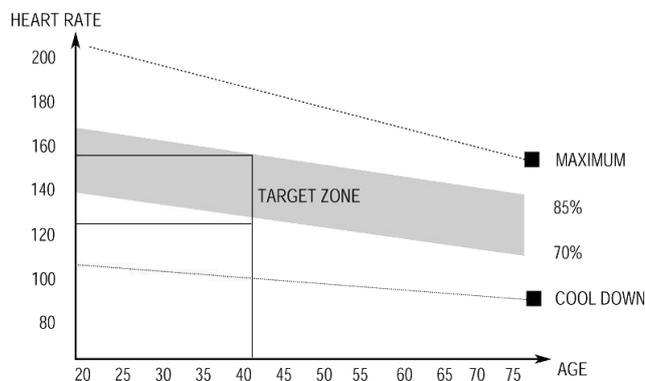
Warm-up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP.



Exercise Phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become stronger. Work to your own pace, but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes, although most people start at about 15-20 minutes.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

Muscle Toning

- To tone muscle while on your spin bike you will need to have the resistance set higher. This will put more strain on your leg muscles and may mean you cannot train for as long as you would like.
- If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance, making your legs work harder than normal.
- You may have to reduce your speed to keep your heart rate in the target zone.

Weight Loss

- The important factor here is the amount of effort you put in. The harder and longer you work, the more calories you will burn. Effectively, this is the same as if you were training to improve your fitness, the only difference is your goal.

Use

- The tension control knob allows you to alter the resistance of the pedals. A high resistance makes it more difficult to pedal, whereas a low resistance makes it easier.
- For the best results, set the tension while the bike is in use.

If you have any problems or concerns regarding this product, please contact the customer service team of the retail outlet where this product was purchased.

Warranty and Contact Details

Kmate Pty Ltd provides a 12 month warranty for this product when used for domestic purposes. This product is not intended for commercial use and any such use will void all warranty.

The benefits of this warranty are provided in addition to other rights and remedies you may have under a law in relation to the goods and services to which this warranty relates. Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

Before making a claim under warranty, please refer to your user/installation manual to ensure that you have followed correct operating procedures of your product, and refer to the trouble shooting section (if such exists) to assist solving any problems.

The warranty period begins from the day of purchase.
Your proof of purchase must be produced before assistance will be provided.

Where the Product is replaced pursuant to this Warranty, the replacement Product will be subject to the warranty terms and warranty commencement date of the original product.

This warranty is only valid if the product is operated and maintained in accordance with the manufacturer's instructions.

Damage to property including but not limited to furniture, carpets, walls, ceilings or any other event either directly or indirectly are excluded from warranty as well as any losses or expenses incurred by you in relation to the product or making a claim under this warranty including without limitation any costs associated with installation, reinstallation or transporting the product.

Light globes, remote controls, batteries, filters or similar perishable parts are not covered under this warranty.

A claim may be refused if the defective claim has arisen for reasons other than a manufacturer's fault or defective parts or workmanship. Circumstances in which a warranty claim may be declined include, but are not limited to the following:

- Normal wear and tear;
- Misuse or abuse, including failure to properly maintain or service;
- Damages caused by improper or incorrect installation, force-majeure, electrical surges, lightning, power grid fluctuations, water or by connection to alternative power supply sources (such as solar inverters etc), are not eligible for warranty repair;
- Insect or vermin infestation;
- Failure to clean or improper cleaning and/or operation of the product;
- If the product is modified without authorisation from Kmate Pty Ltd in writing;
- If you are unable to supply a certificate of compliance for installation of any type as required by State & Territory Laws

Contact Details

Kmate Pty Ltd

PO Box 234, Mount Waverley VIC 3149

Email: warranty@klika.com.au

Phone: 03 9790 0055