

## Hire Instructions

# REAR WHEEL

# SPIN BIKE



**HOME FITNESS HIRE**

### WARNING:

**BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT.**

- Keep children and pets away from the machine at all times.
- If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms,
- STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
- Position the machine on a clear, levelled surface. DO NOT use the machine near water
- or outdoors.
- Keep hands and clothes away from all moving parts

Home Fitness Hire recommend placing the bike on a level surface and on a mat or carpet offcut to avoid damage to your floor surface. Make sure that the seat is firmly fixed in position as to avoid any accidental injury. Any adult using exercise equipment should ensure that children are not in the vicinity when the unit is in use. Any children using equipment should be supervised by an adult at all times. The unit when not in use still represents a danger to unsupervised children, the unit should be moved so it cannot be accessed by them or the unit should be rendered inoperable.

Prior to any exercise, consult with your physician first to establish the exercise frequency, time and intensity appropriate for your particular age and condition. Stop exercise immediately in case of nausea, shortness of breath, faint, headache, pain, tightness in your chest or any discomfort. Do not place fingers or any other objects into the moving parts of the bike.

Do not wear loose clothing to avoid entangling in any moving parts. Always wear shoes when using the machine.



Check the seat post, seat slider, pedals and handlebar are secured firmly. To adjust the seat post vertically, turn the adjuster knob clockwise to loosen, then pull out and hold the pin whilst raising or lowering the seat post. Ensure the spring loaded pin has clicked into place and tighten the knob clockwise. Use the same procedure to adjust the handlebar post. Turn the tension control clockwise to increase the resistance, or anticlockwise to reduce resistance.

**\*\*The pedals will stay in motion as long as the flywheel is moving. Do not remove feet from the pedals while they are in motion. Do not dismount the bike until the pedals have stopped completely. Push the emergency brake to stop quickly.\*\***ASSEMBLY AND ADJUSTMENTS

The bike comes fully assembled with the option of removing the seat and handlebar posts to assist with transportation.

## CONSOLE NOTES:

**FUNCTION BUTTON MODE/RESET:** To confirm all settings. Press this button and hold for 2 seconds to reset all function figures. **SET:** To set up the value of TIME, DISTANCE, CALORIES, PULSE. You can hold the button to increase the value fast. (The computer has to be in stop condition.) **FUNCTION:** RPM: Displays the pedaling Rotation Per Minute. **SPEED:** Displays the user's exercise speed. **TIME:** You can press "SET" button to set target time between 0:00 to 99:00 for count down function. It can be set up by the user or accumulated automatically for count up function. **DISTANCE:** You can press "SET" button to set target distance between 0:00 to 99:50 for count down function. It can be set up by the user or accumulated automatically for count up function. **CALORIES:** You can press "SET" button to set target calories between 0 to 9990 for count down function. It can be set up by the user or accumulated automatically for count up function. **PULSE:** Displays the user's pulse. User may set the target pulse. When pulse value reaches the target heart rate, the console will "beep". (Chest strap not included for hygiene reasons.)



Get access to the set-up mode of TIME/DISTANCE/CALORIES/PULSE. When you are in each set-up mode, for example in the time set-up mode, time value is blinking, you can press "SET" button to adjust the value and press "MODE" for confirmation. The set-up of DISTANCE, CALORIES, PULSE is the same as TIME. 3. With any signal been transmitted into the monitor, the value of TIME, DISTANCE, CALORIES start to count up as Drawing C. When any function has been preset to target (TIME or DISTANCE or CALORIES), the function will be counting down from the preset to zero while the training starts. Once the target is achieved to zero, the monitor start to "beep" for 8 seconds, and the function will be counting up from zero directly if the training is going. Press "MODE" button for confirmation and skip to next set-up. Note: 1. Stop training for 4 minutes, the computer will enter to sleep mode. You may press any button to have the computer to restart working, the original value will retain.

## GENERAL EXERCISE GUIDELINES

Beginning an exercise program is dependent upon your current fitness level. If you are overweight or have been inactive for a period of time, start slowly and progress gradually. Initially, to become accustomed to the treadmill and exercising, work at comfortable level that you can maintain for at least 5-10mins. From here, try to increase duration to 20-30mins. Your progress from this stage is up to you, but using your heart rate is an effective way to monitor exercise and achieve your goals.

As a general rule when first starting, exercise at a level where you can still maintain a normal conversation without constantly being out of breath.

If you want to work harder on the treadmill, but don't feel comfortable going faster, use the incline adjustment to make it a steeper angle.

Try watching television or listening to music when exercising to help the time pass.

Wear comfortable clothing with supportive and cushioned footwear.

Drink plenty of fluids before, during and after exercise.

Stop exercising if you feel ill, faint or exhausted and seek medical advice.

Give your exercise program time to work. It may take up to four weeks before you notice any changes to your weight or fitness level, so be patient and persistent.

A balanced diet is also an important part of any exercise program.

**If any problems arise don't hesitate to contact your hiring agent**