

SPIN BIKE

INSTRUCTIONS

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

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 being used still represents a danger to unsupervised children. In this instance the unit should be positioned so as to prevent access.

Do not wear loose clothing to avoid entangling in any moving parts.

Always wear shoes when using the machine.

BeFit recommends placing the bike on a level surface and mat to avoid damaging the floor.

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.

WARNING

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.

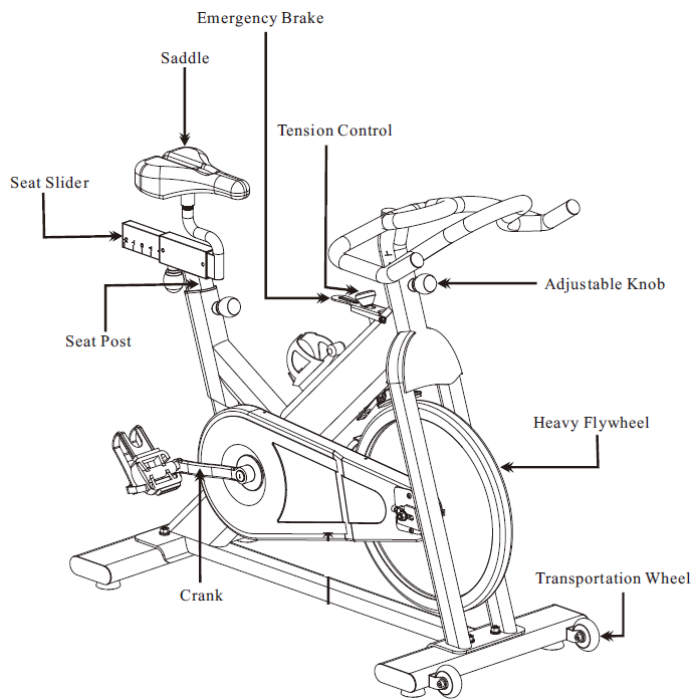
Do not dismount the bike until the pedals have stopped completely.

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:

The console will display TIME, SPEED, DISTANCE, RPM, and estimated CALORIES

Mode: Press the button to select Speed, Distance, Time and Clock Functions

Set: Hold the button for 3 seconds to do a total reset of all function values and confirm all values.

Stopping exercise for 4 seconds will stop all functions from continuing.

Computer automatically stops calculations after 4 minutes without any signal input

Computer automatically shuts down after 4 minutes without any signal input

Display will show the clock after it has shut down

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 exercising and using the bike, work at a level that you can maintain for at least 5-10mins. From there, try to increase duration to 20-30mins. Your progress from here is up to you. Using your heart rate is the most effective way to monitor exercise and achieve your goals. (see: Exercise to Your Heart Rate Range on product brochure)

Exercise at a level where you can maintain a normal conversation without constantly being out of breath.

If you want to work harder on the bike, but don't feel comfortable pedalling faster, use a higher resistance level to make it more difficult to pedal or use a harder program.

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.

Be sure to warm up for 5 min before exercise and cool down by stretching after exercise.