

# Hire Instructions

## SPIN BIKE



### WARNING:

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

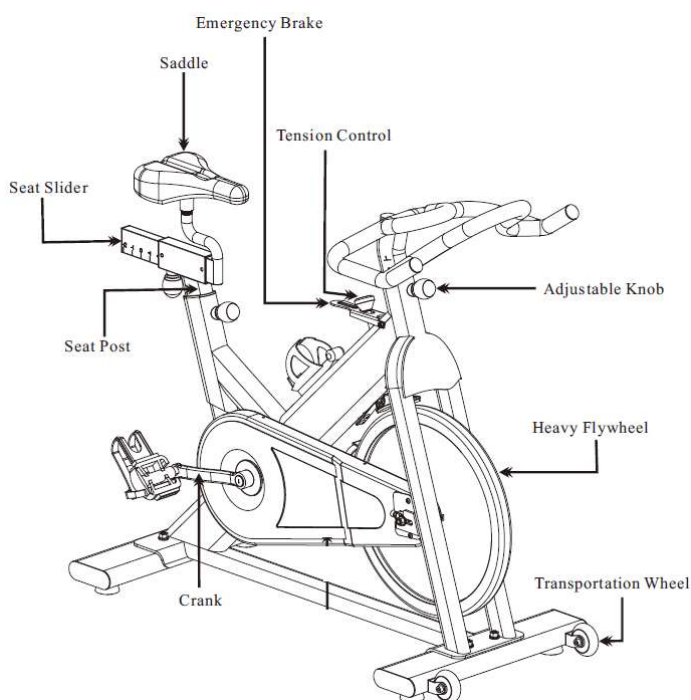
Mode:

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



### Target Heart Rate:

To exercise at a set intensity based on your heart rate, choose the Target H.R. option from the starting screen. Enter your age with the UP/DOWN arrows and MODE and then select either 55%, 75%, 90%, or THR. If a set percentage is chosen, press the START/STOP button to begin and pedal at a constant speed. The computer will then adjust the resistance up or down to keep you at the set heart rate. Choosing THR will allow you to set the heart rate that you wish to maintain.

### 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