

FITNESS360[®]

FT6023

Spinningscykel - Pro



CONTENTS



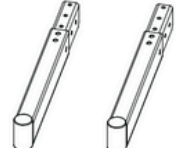
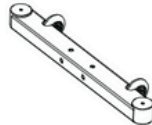


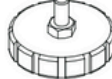













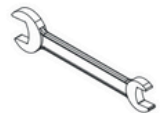
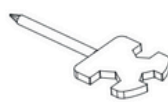

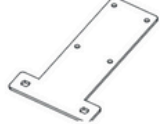
SAFETY USE ATTENTION-----	01
ASSEMBLY INSTRUCTION-----	02
OPERATION INSTRUCTION-----	08
WARM-UP EXERCISE-----	10
EXPLODED DRAWING-----	11
PART LIST-----	12
ZWIFT CONNECTION-----	15

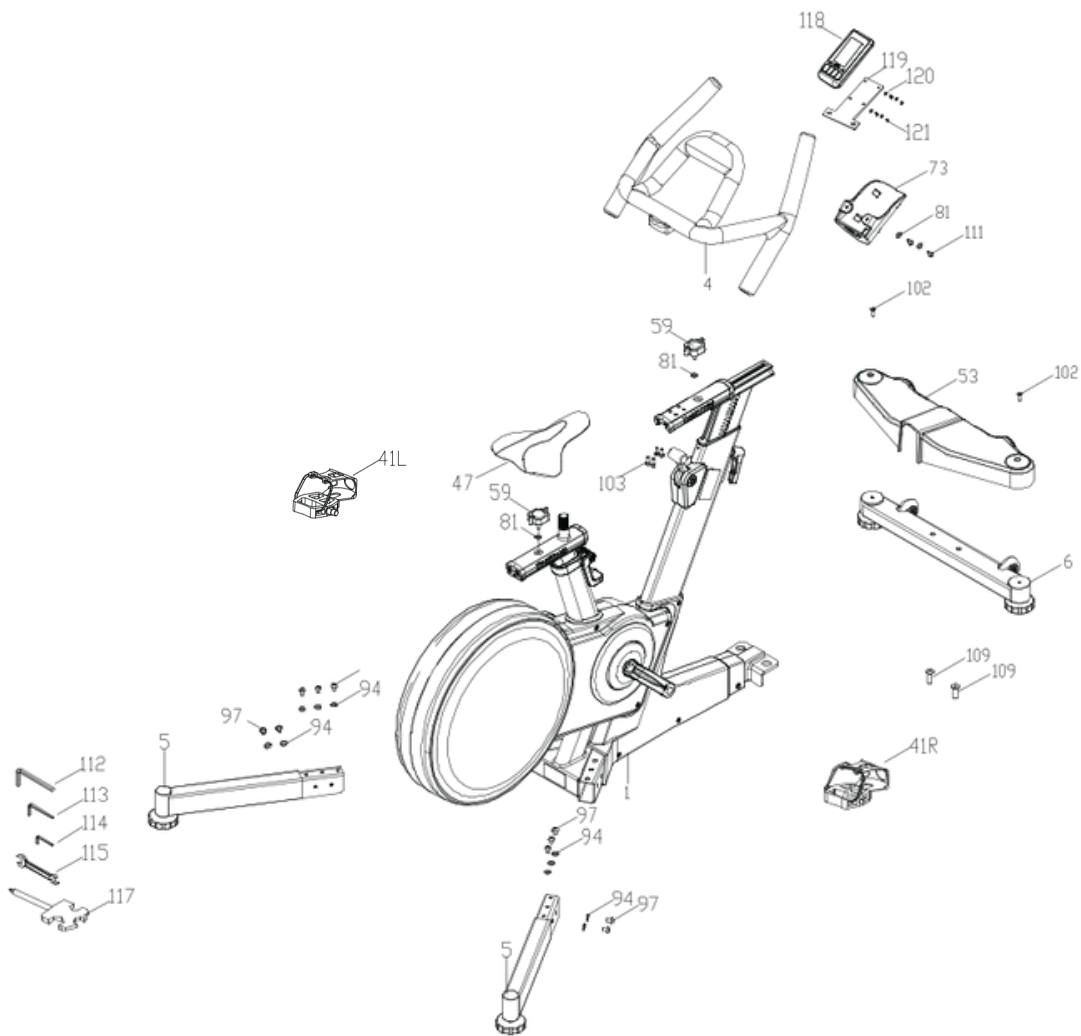
SAFETY USE ATTENTION

The design and structure of this bike have fully considered the safety issue, but still, requires the user to note below warnings during assembly and use. Please read this manual before assembly and use.

1. Please do not allow children and pets to get close to the bike alone, to avoid danger.
2. Please use the bike on flat and solid floor, adjust the bike base to balanced position.
3. During assembly and use, clear 1 meter space around the bike.
4. Before every use, please make sure the bike is undamaged and without loose parts, and tighten the adjusting parts.
5. This system is fixed flywheel system, when user comes to emergency or wants to stop, must press down the brake handle.
6. When feel dizzy or chest pain and other uncomfortable symptoms, please stop workout immediately and go to the hospital.
7. Please do not put hand to moving parts, to avoid danger.
8. When exercise, please wear appropriate clothes, do not wear loose clothes, so as not to get caught by the bike, and please wear sport shoes.
9. Please do not remodel this bike or use non-original parts.
10. People with mobility difficulties, please do not use this bike alone, need to be accompanied by professionals to use it.
11. Please warm up before exercise, to avoid strains.
12. When there is something wrong with the bike, please stop using immediately.
13. This bike is not medical recovery bike, only for home use, not commercial.
14. If need to repair, please contact customer service line.
15. The maximum user weight is 110KGS.
16. This bike can only be used by one person per time, do not allow two persons to use at the same time.
17. Please adjust the handle and seat heights according to personal height, when adjust, please do not surpass "max" line, after adjustment, please make sure the knobs are tightened.
18. The high speed rotating pedals might cause harm, please make sure the pedals speed under the control.
19. Before every use, please check and make sure the brake system is at effective status, and check every parts and make sure they are not loose or abnormal.
20. Please consult doctor before any exercise program, especially people with health problem or over 35 years old.
21. Before finishing exercise, must brake the brake handle, leave when moving completely stops.

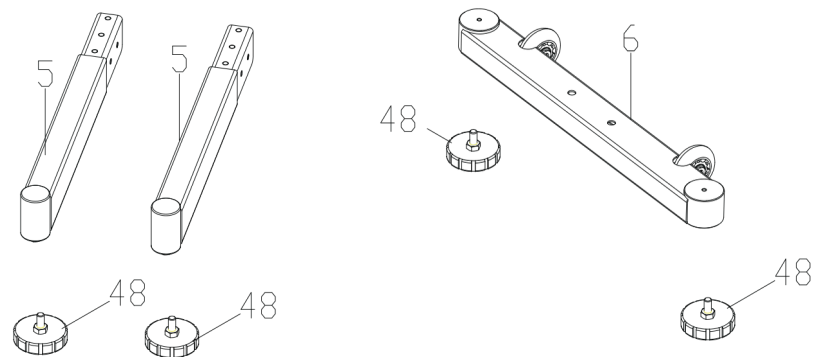
ASSEMBLY INSTRUCTION

			
1. Main frame	4. Handle	5. Rear floor tube 2PCS	6. Front floor tube
			
41L/R. Pedals	47. Seat	48. Adjusting foot pad 4PCS	53. Front floor tube cover
			
59. Knob 1PCS	73. Storage bracket	81. Washer $\phi 6 \times \phi 16 \times t1.6$ 3PCS	94. Washer $\phi 9 \times \phi 16 \times t1.6$ 10PCS
			
97. Screw M8*12 10PCS	102. Screw M6*20 10. 9grade 2PCS	103. Screw M6*12 10. 9grade 4PCS	109. Screw M10*30 10. 9grade 2PCS
			
111. Screw M6*20 2PCS	112. 6# Wrench	113. 5# Wrench	114. 4# Wrench
			
115. 13-15 Wrench	117. Wrench 13#14#17#	118. Meter	119. Meter fixing plate



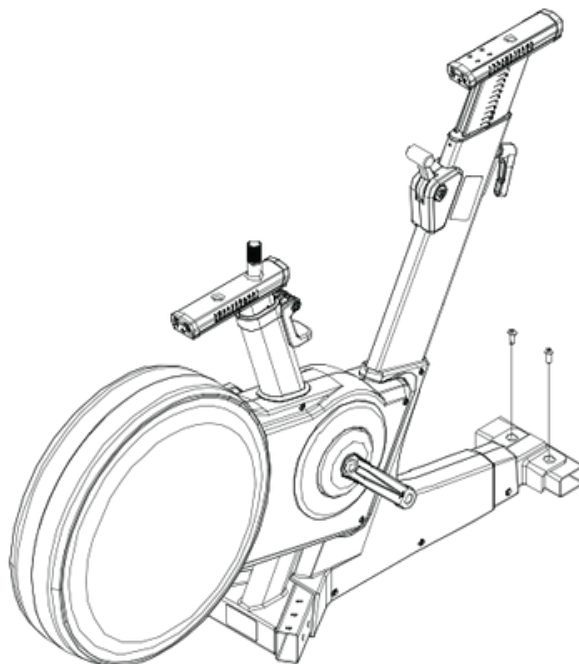
1st step:

Take out the front floor tube(6) and rear floor tube(5), then fasten the four adjusting foot pads(48) to the two tubes.



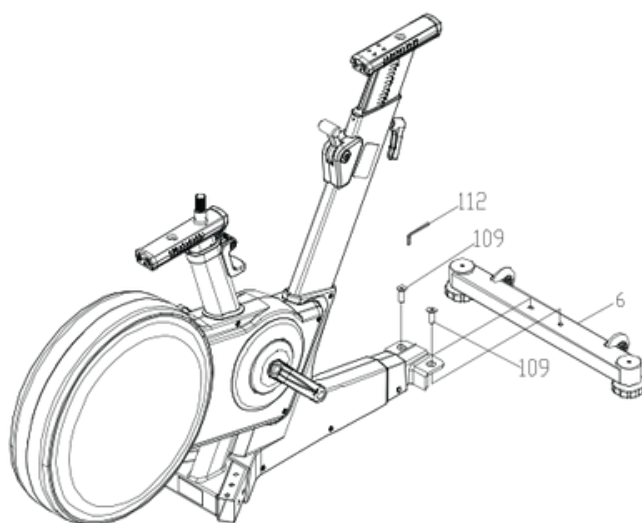
2nd step:

Remove M10*20 screws in the front floor reinforcing tube from the main frame with **6# wrench(112)**. the removed screws didn't need



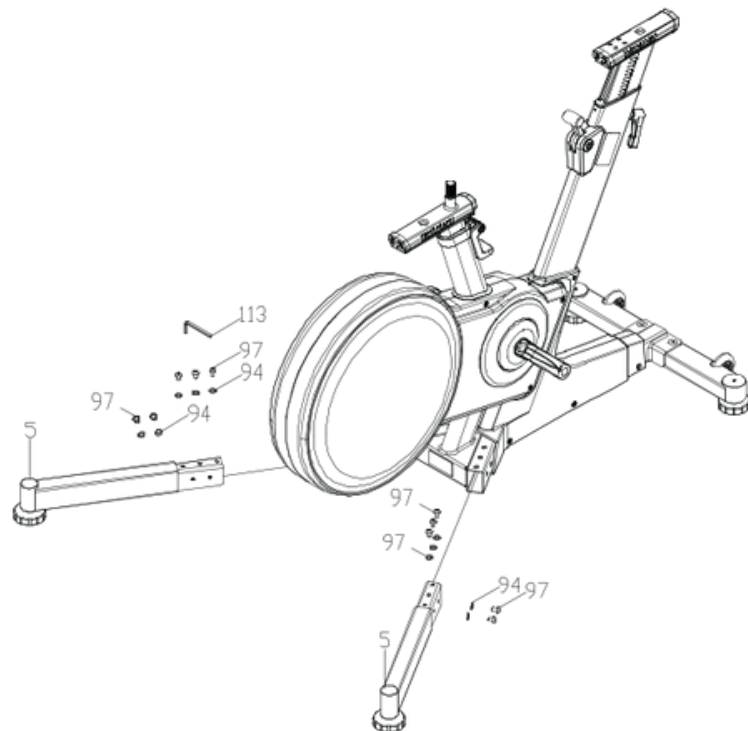
3rd step:

Fasten the front floor tube(6) from top to bottom on main frame with screws M10*30(109), tighten and no loose.



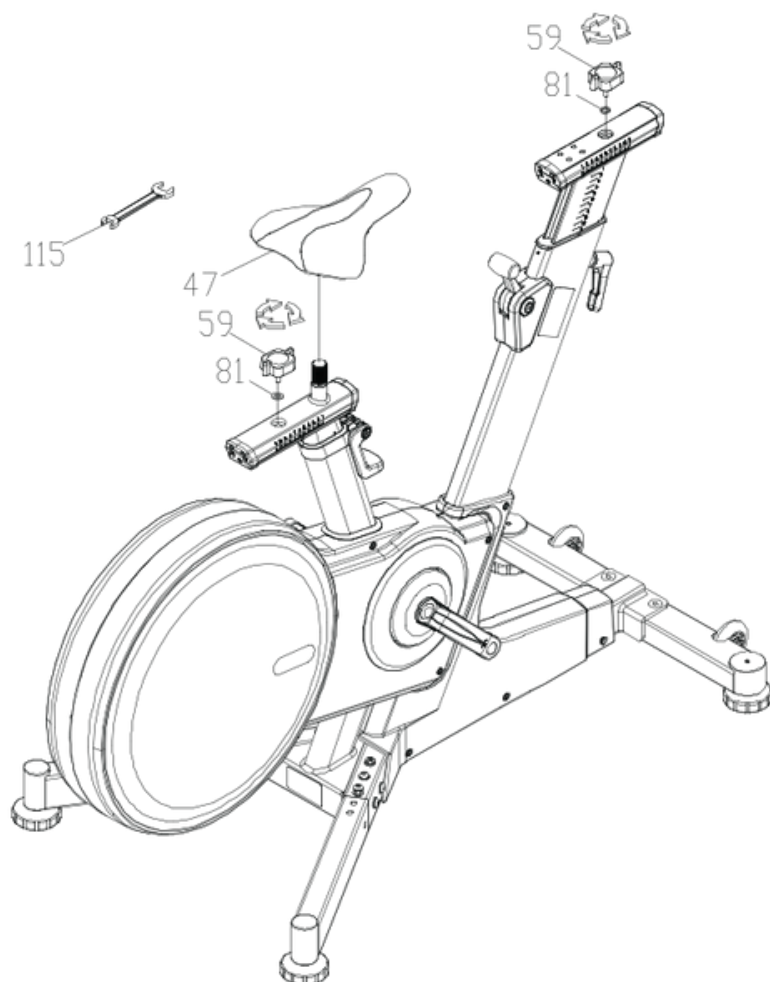
4th step:

Take out two rear floor tubes(5) ,fasten them at the back end of the main frame with screws M8*12(97) and washer $\phi 9^* \phi 16^*t1.6$ (94),tighten and no loose.



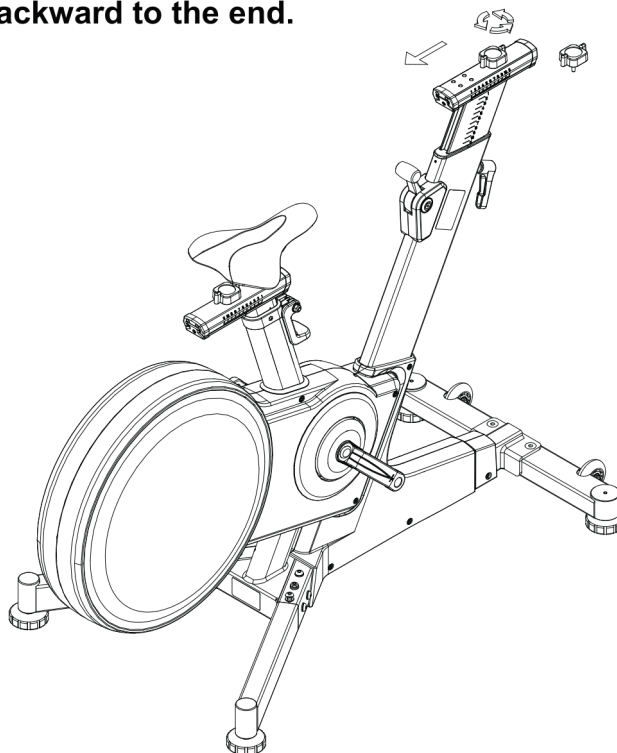
5th step:

Take out seat(47),adjust the seat(47) angle and height,then fasten it to the back sliding set of the main frame with 13-15 wrench(115).Take out knob(59) and washer(81), fasten them to the sliding set in clockwise direction.



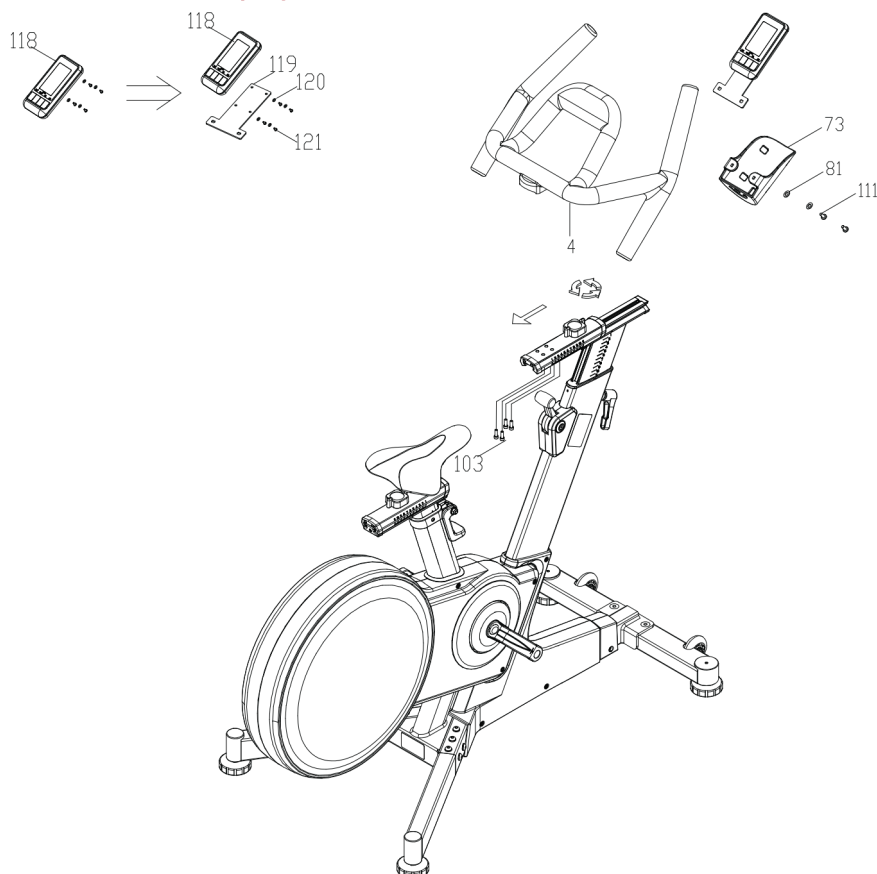
6th step:

First loosen the square knob on the main frame front sliding set in anticlockwise direction, move the sliding set backward to the end.



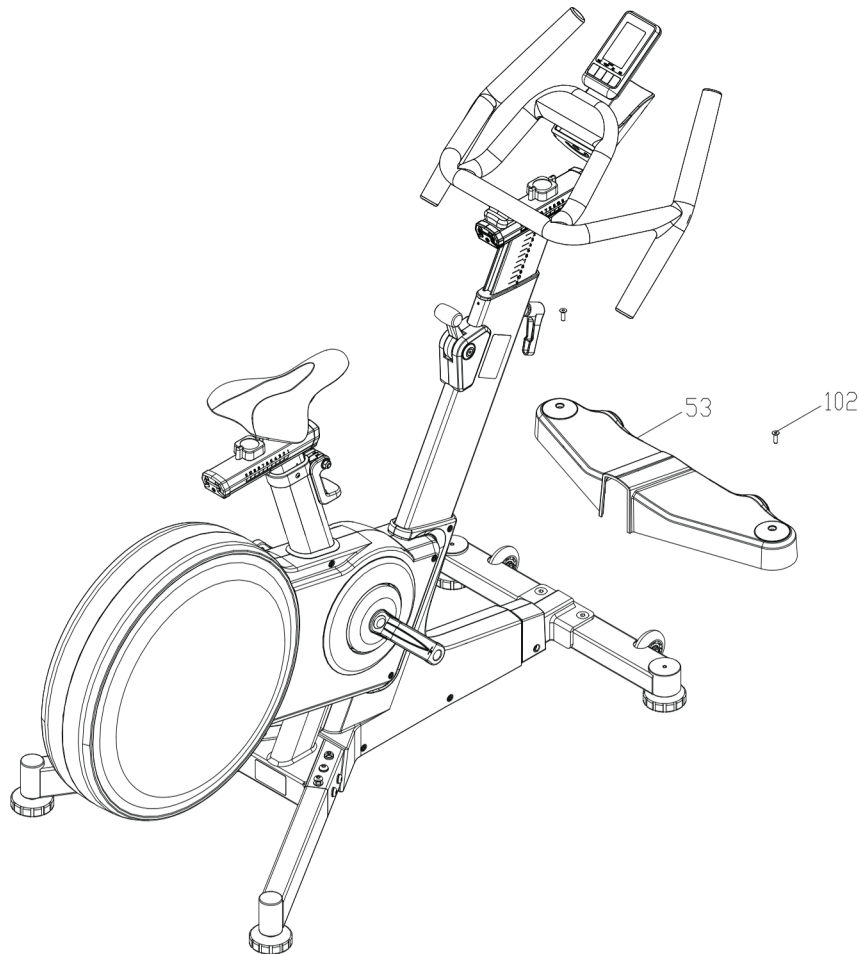
7th step:

Take out the handle(4), fasten it on the front sliding set with screw M6*15(103). Then take out the storage bracket(73) and meter(118), remove the meter back cover screw M4*12(121) and wash $\Phi 4.3 \times \Phi 12 \times T0.8$ (120) first, take out Meter fixing plate(119). Fasten the meter fixing plate(119) to the back of meter(118) with the removed screw M4*12(121) and wash $\Phi 4.3 \times \Phi 12 \times T0.8$ (120). At the end, fasten them on the handle(4) with screw M6*15(111) and washer $\Phi 6 \times \Phi 16 \times t1.6$ (81).



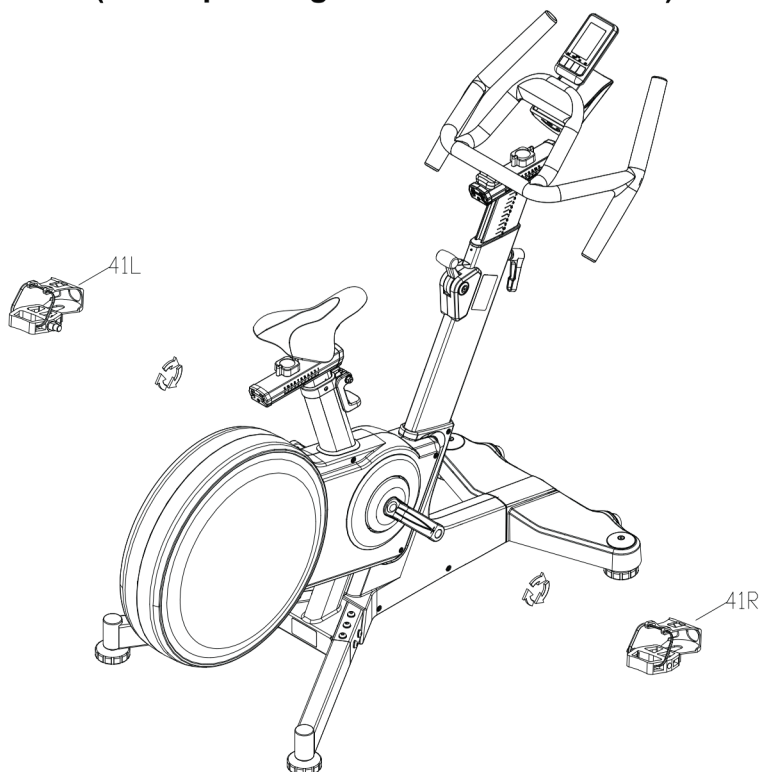
8th step:

Take out the front floor tube cover(53),fasten it on the front floor tube(6) with screws M6*20(102).



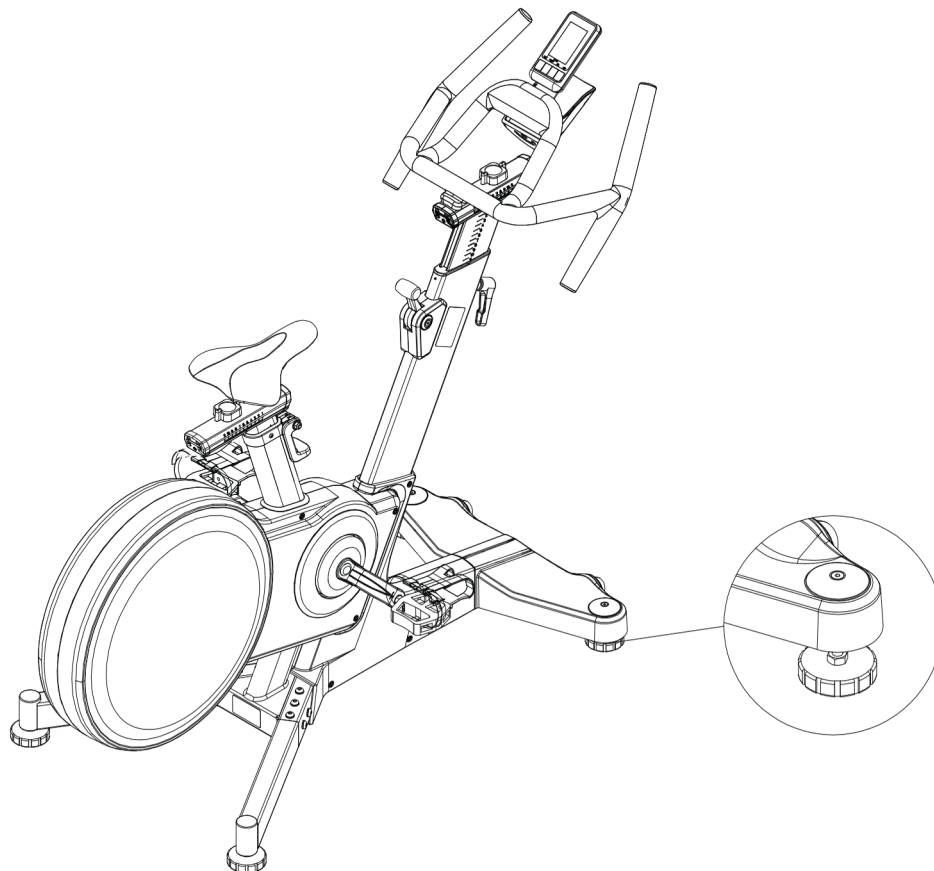
9th step:

Take out the pedals(41L/41R),fasten them to the frame crank shaft,with 13-15 wrench(115), according to the direction(corresponding to the crank shaft L/R) in the below image.

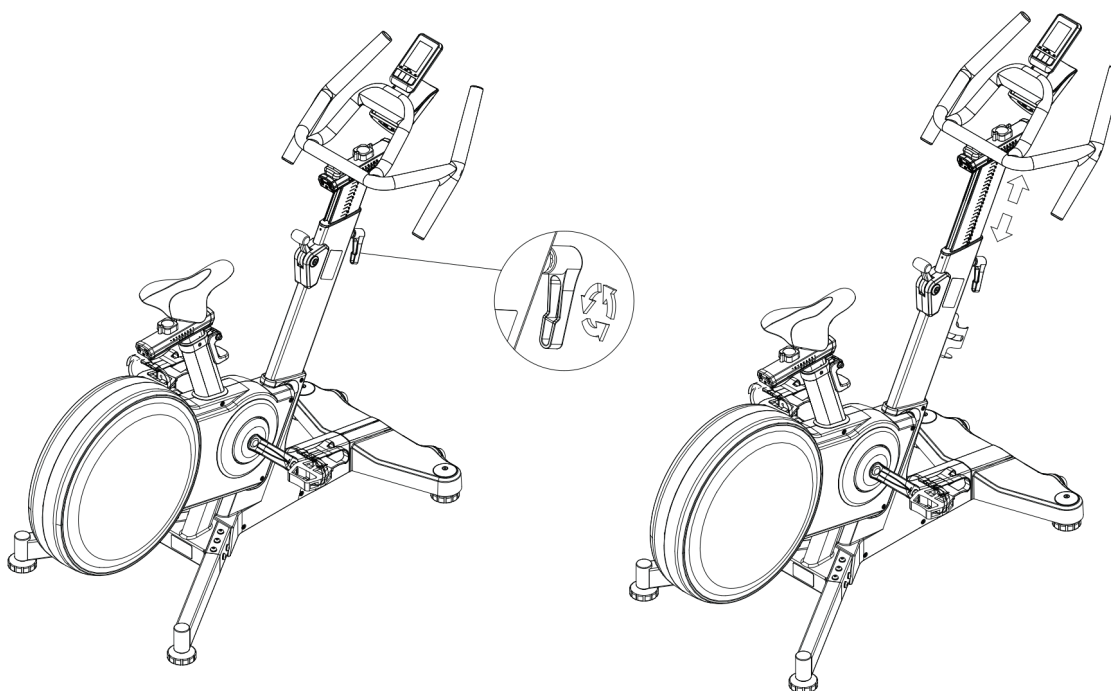


OPERATION INSTRUCTION

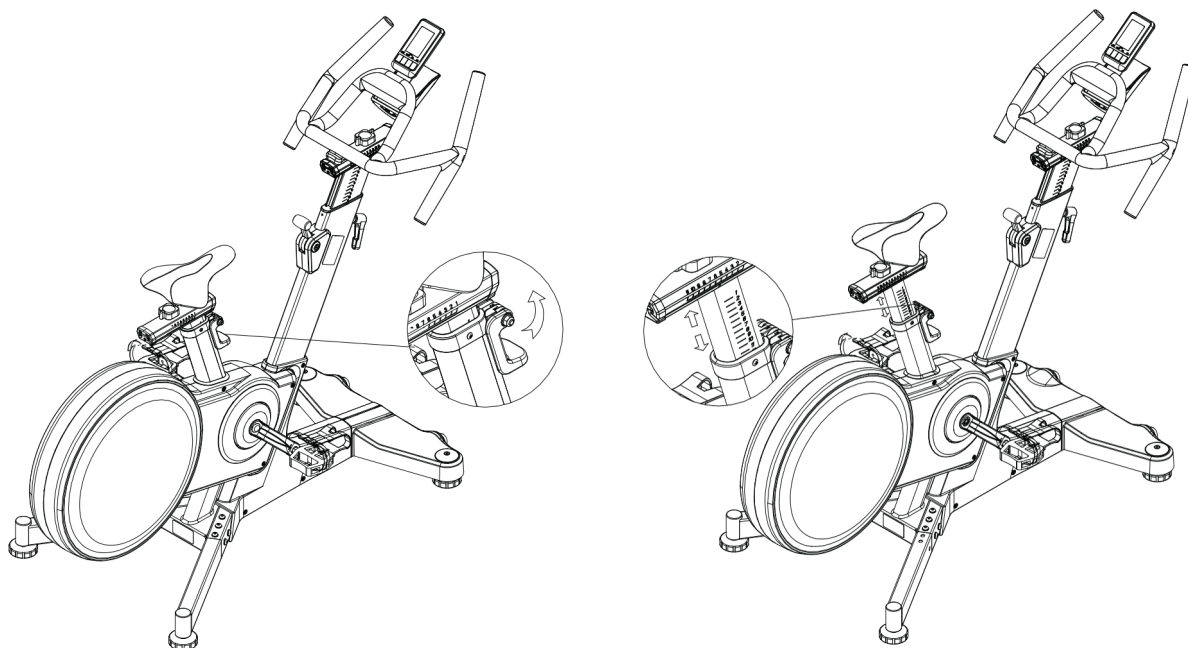
1.Can adjust the frame stability through adjusting the nut of the adjusting foot pad in the below image.



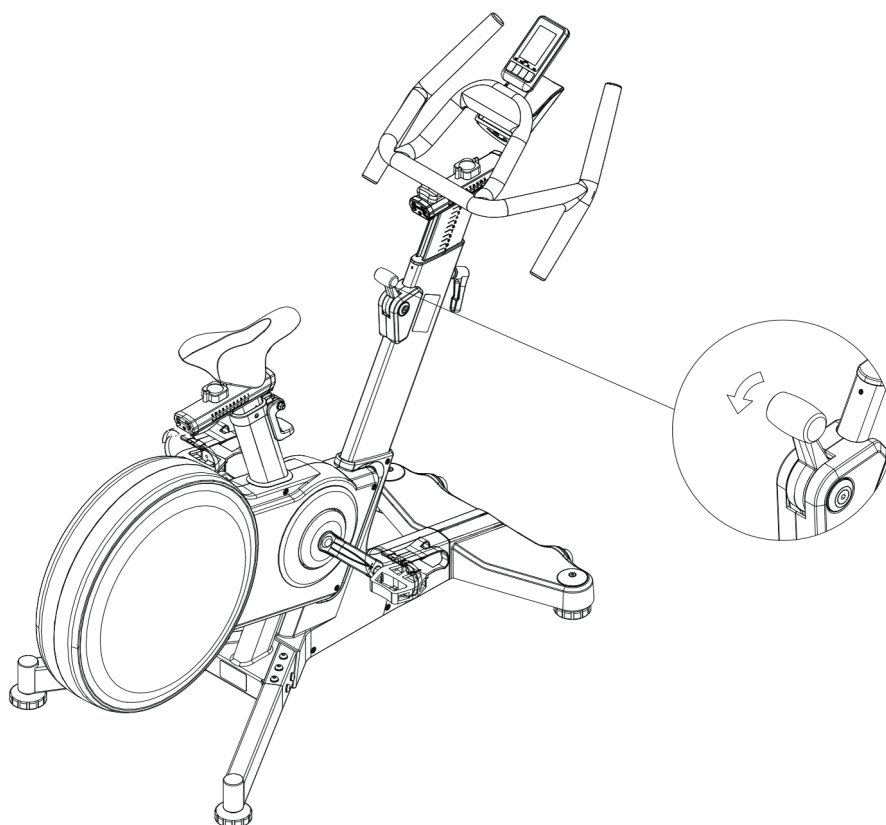
2.Loosen the knob in anticlockwise direction as the below image,can adjust the handle height up and down.



3. Open upward the seat handle below the seat as shown the image, can adjust the seat height.



4. As the image below, through moving the brake handle up and down, can adjust the bicycling resistance, upper position has bigger resistance, press the handle to the bottom can brake.



WARM-UP EXERCISE

Warm prompt:

It is better to do some warm-up exercise, however you do exercise. Warm muscle are easy to stretch, so use 5-10 minutes to warm-up. Then stop and to do stretch exercise for five times according to the below ways, and each leg do 10 seconds or more every time. After running, do those stretch exercises one more time.



Picture 1

Reach Down

Knees slightly bent and body slowly bent forward, relax back and shoulders, try to touch the toes. Keep it for 10-15 seconds, and relax. Repeat it 3 times (See picture 1).



Picture 2

Hamstrings Stretches

Sitting on a clean cushion, put one leg straight, put the other leg inward, put it close to the inside of the straight leg. Try your best to touch the toes, keep it for 10~15 seconds, then relax. Try your best to touch your toes by hand. Keeping it for 10~15 seconds, then relax. Each leg do it three times. (See picture 2)

Crus and Feet heel Tendon Stretches

Standing with two hands on the wall or a tree, one leg behind. Keeping your back leg straight and the heel on the ground, tilt to the wall or tree. Keep it for 10-15 seconds, and relax. Repeat 3 times for each leg (See picture 3)



Picture 3

Quadriceps Stretches

Keeping your balance with your left hand holding on the Wall or table, then stretch your right hand backwardly, hold your ankle, pull it toward your buttocks slowly, until you feel very tense in the front muscle of your thigh. Keep 10-15 seconds, and relax. Repeat 3 times for each leg (See picture 4).



Picture 4



Picture 5

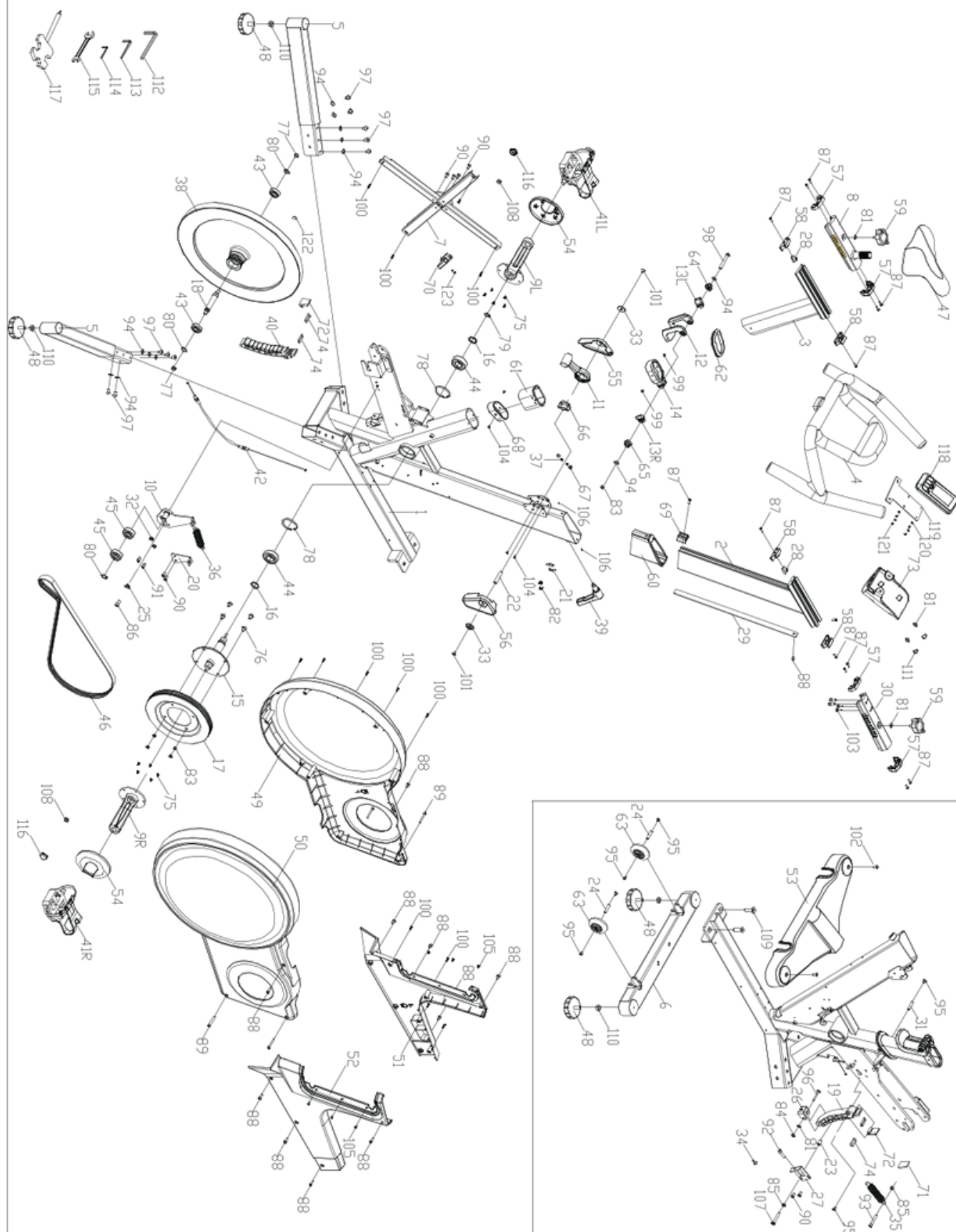
Sartorius (Inner Muscles of the Thigh) Muscle Stretches

Sitting down with your soles opposite and knees outward.

Pull feet toward groin, Keep it for 10-15 seconds, and relax.

Repeat it for 3 times (See picture 5).

EXPLODED DRAWING



PART LIST

NO.	ITEM	DESCRIPTION	Q' TY	NO.	ITEM	DESCRIPTION	Q' TY
1	Main frame		1	25	Idler wall spacer sleeve	Ø17*8.1H	1
2	Upright extension tube		1	26	Cable connector fixed plate	T4.0*20*93L	1
3	Seat tube		1	27	Magnetic adjusting plate	T3.0*45*75L	1
4	Handle		1	28	Nut	Ø25*14H	2
5	Rear floor tube		2	29	Upright decorating bar		1
6	Front floor tube		1	30	Handle sliding set		1
7	Cross welding		1	31	Magnet seat rotating shaft	Ø8*50.4L 10.9 grade	1
8	Seat tube sliding set		1	32	Spacer sleeve	Ø13*7H	2
9L/9R	Crank shaft L/R		2	33	Moving wheel screw cover	Φ 28*5	2
10	Idler wheel shaft		1	34	Cable compression plate	T1.0	1
11	Brake handle		1	35	Spring	Ø 1.5*Ø 15*77.8L	1
12	Seat handle		1	36	Spring	Ø 3.0*Ø 18*77L	1
13L/13R	Seat gear seat L/R		1	37	Spring	Ø 0.6*Ø 4.6*6.6L	2
14	Seat tube outer bushing		1	38	Cast iron flywheel	φ 450*18KG	1
15	Belt pulley shaft	Ø25*159.6L	1	39	Linear shape knob	M16*P1.5	1
16	Intermediate shaft spacer sleeve	Ø25*Ø30*T4.0	2	40	Strong Magnetic	T8*15*25	9
17	Belt pulley	Ø235*21H	1	41L/41R	Pedal	JD-304V	2
18	Flywheel shaft	Ø17*111.5L	1	42	Brake cable		1
19	Magnetic seat		1	43	shaft	6003ZZ	2
20	Spring hanger	T3.0	1	44	shaft	6205ZZ	2
21	Gear disc presser		2	45	shaft	6203ZZ	2
22	Brake shaft	Ø10*48L	1	46	PK belt	PK-1345-J5 black	1
23	Magnetic seat limited sleeve	Ø10*18L	1	47	Seat		1
24	Moving wheel shaft	Ø8*31L	2	48	Adjusting foot pad		4

NO.	ITEM	DESCRIPTION	Q' TY		NO.	ITEM	DESCRIPTION	Q' TY
49	Chain cover L		1		73	Storage bracket		1
50	Chain cover R		1		74	O-ring	φ 22.5* φ 3.1	2
51	Upright front cover L		1		75	Screw	BTM4*8	10
52	Upright front cover R		1		76	Screw	M8*15 10.9grade	4
53	Front floor tube cover		1		77	Nut	M10*P1.25	2
54	Crank shaft cover	123.5*16	2		78	Inner card spring	φ 52	2
55	Brake cover L		1		79	C- card spring	φ 25	1
56	Brake cover R		1		80	C- card spring	φ 17	3
57	Sliding track upper cover	31.9*55.6*13	4		81	Washer	φ 6* φ 16*t1.6	7
58	Sliding track lower cover	23*49.6*13	4		82	Screw	BT3*8 10.9grade	4
59	Knob		2		83	Nut	M8	5
60	Upright bushing	45.6*112.4* 119	1		84	Nut	M6	1
61	Seat tube bushing	40*80*74.6	1		85	Nut	M6	2
62	Seat tube spacer ring		1		86	Screw	M8*20 10.9grade	1
63	Moving wheel	68*24H	2		87	Screw	M4*12 10.9grade	13
64	Seat gear set R	24.5*14.3L	1		88	Screw	M5*15 10.9grade	11
65	Seat gear set L	24.5*14.3L	1		89	Screw	M5*40 10.9grade	4
66	Gear set		1		90	Screw	M6*10 10.9grade	8
67	Gear	6.6*7*9.5L	2		91	Screw	M6*15 10.9grade	2
68	Seat tube guide sleeve	35.6*75.6*30 H	1		92	Screw	M6*20 10.9grade	1
69	Limit pipe plug	18.6*29*30	1		93	Screw	M6*25 10.9grade	1
70	Knob fixed shaft		1		94	Washer	φ 9* φ 16*t1.6	12
71	Brake pad	T3.5*20*44	1		95	Screw	M5*8 10.9grade	6
72	Brake set		1		96	Screw	M6*40 10.9grade	1

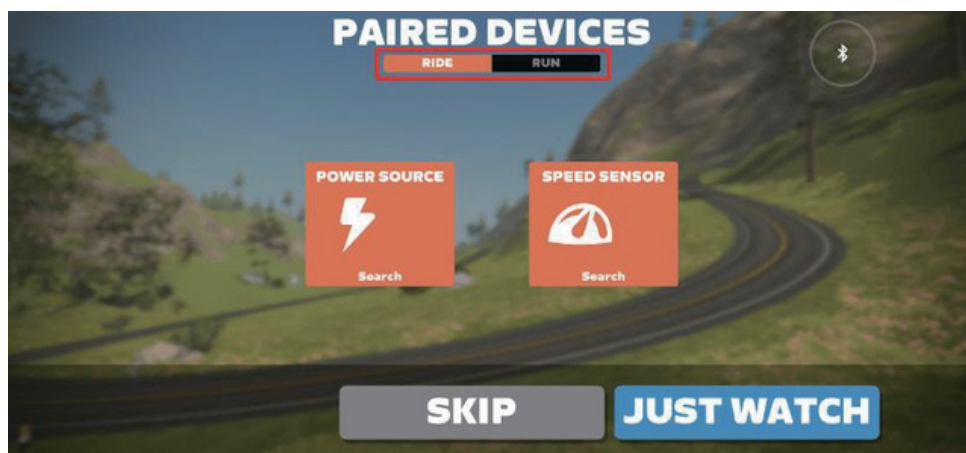
NO.	ITEM	DESCRIPTION	Q' TY		NO.	ITEM	DESCRIPTION	Q' TY
97	Screw	M8*12 10.9grade	10		111	Screw	M6*20	2
98	Screw	M8*75 10.9grade	1		112	Wrench	6#	1
99	Screw	M4*6 10.9grade	2		113	Wrench	5#	1
100	Screw	BT4*15 10.9grade	13		114	Wrench	4#	1
101	Screw	M6*15 10.9grade	4		115	Wrench	13-15	1
102	Screw	M6*20 10.9grade	2		116	Crank shaft cover		2
103	Screw	M6*15 10.9grade	4		117	Wrench	13#14#17#	1
104	Screw	M4*8 10.9grade	4		118	Meter		1
105	Screw	M4*8 10.9grade	6		119	Meter fixing plate		1
106	Screw	M4*5 10.9grade	2		120	Washer	Φ4.3*Φ 12*T0.8	4
107	Screw	M6*40	1		121	Screw	M4*12	4
108	Nut	M12*P1.25	2		122	Screw	ST2.5*15	1
109	Screw	M10*30 10.9 grade	2		123	Inductor	Match	1
110	Nut	M10*8H	4					

ZWIFT

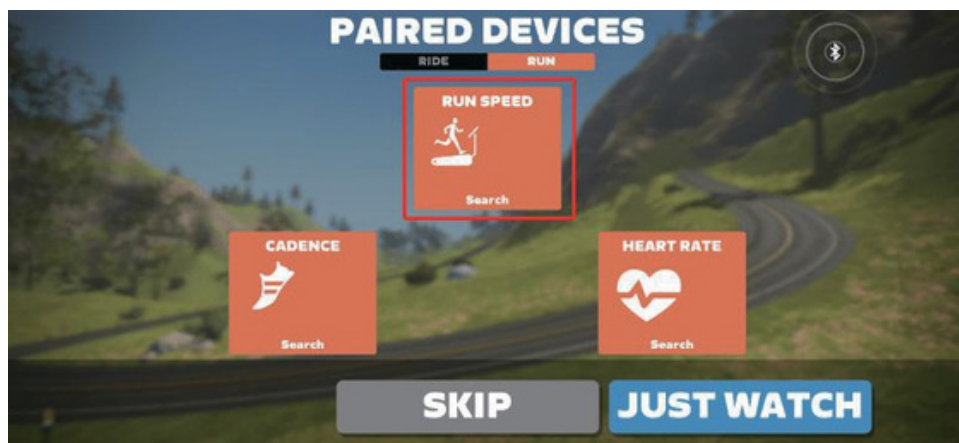
STEP1: Download ZWIFT app and create an account



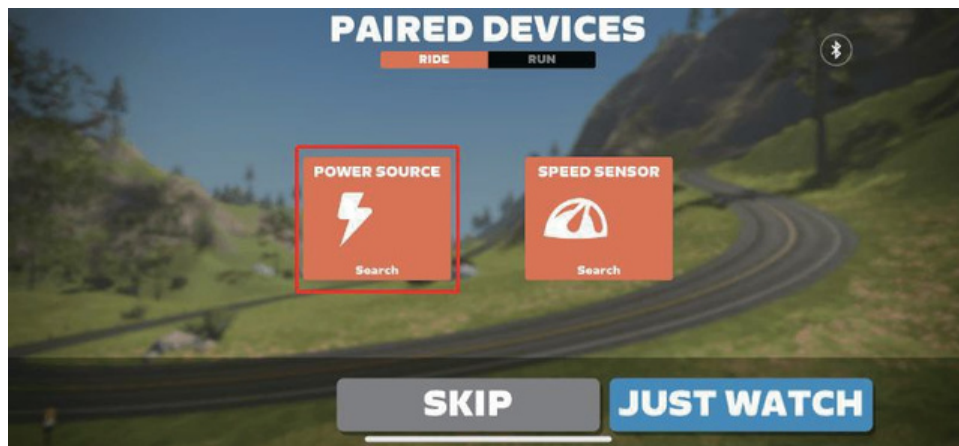
STEP2: Select "RIDE" or "RUN" mode



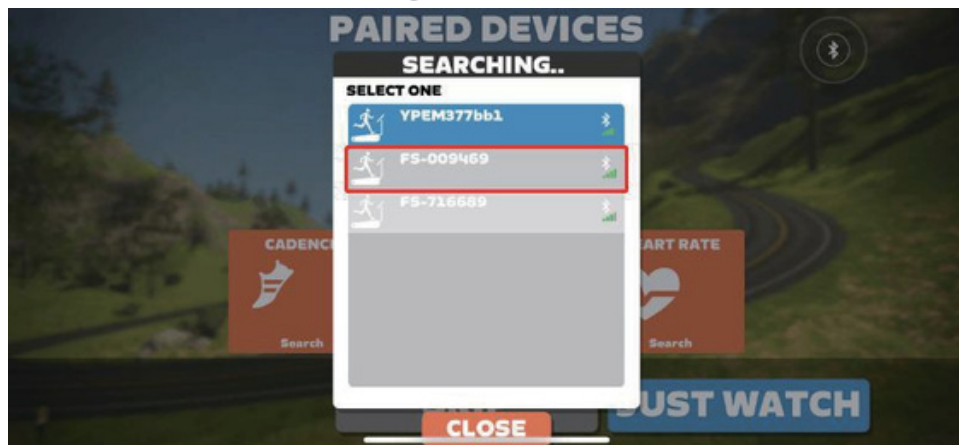
STEP3: If your equipment is a treadmill, click on the "RUN SPEED" button



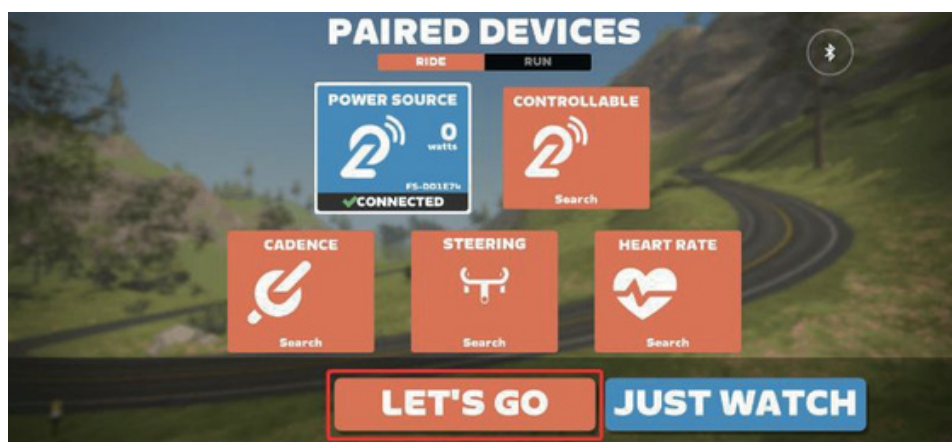
If your equipment is an indoor bike, click on the “POWER SOURCE” button



STEP4: Select the paired devices 'Fs-XXXX...' as our chip's name; (XXX... means random digit)



STEP5: Click on the “LET`S GO” button



STEP6: Find related map to start your favorite workout

