



With your inspiring rating, COSTWAY will be more consistent to offer you EASY SHOPPING EXPERIENCE, GOOD PRODUCTS and EFFICIENT SERVICE!

Mit Ihrer inspirierenden Bewertung wird COSTWAY konsistenter sein, um Ihnen EIN SCHÖNES EINKAUFSERLEBNIS, GUTE PRODUKTE und EFFIZIENTEN SERVICE zu bieten!

Avec votre évaluation inspirante, COSTWAY continuera à fournir une EXPÉRIENCE D'ACHAT PRATIQUE, des PRODUITS DE QUALITÉ et un SERVICE EFFICACE !

Con su calificación inspiradora, COSTWAY será más consistente para ofrecerle EXPERIENCIA DE COMPRA FÁCIL, BUENOS PRODUCTOS y SERVICIO EFICIENTE.

Con la tua valutazione incoraggiante, COSTWAY sarà più coerente per offrirti ESPERIENZA DI ACQUISTO FACILE, BUONI PRODOTTI e SERVIZIO EFFICIENTE!

Dzięki twojej opinii COSTWAY będzie mógł oferować jeszcze WYGODNIEJSZE ZAKUPY, LEPSZE PRODUKTY i SPRAWNIEJSZĄ OBSŁUGĘ KLIENTA.

US office: Fontana

UK office: Ipswich

DE office: FDS GmbH, Neuer Höltingbaum 36, 22143 Hamburg, Deutschland

FR office : 26 RUE DU VERTUQUET, 59960 NEUVILLE EN FERRAIN, FRANCE



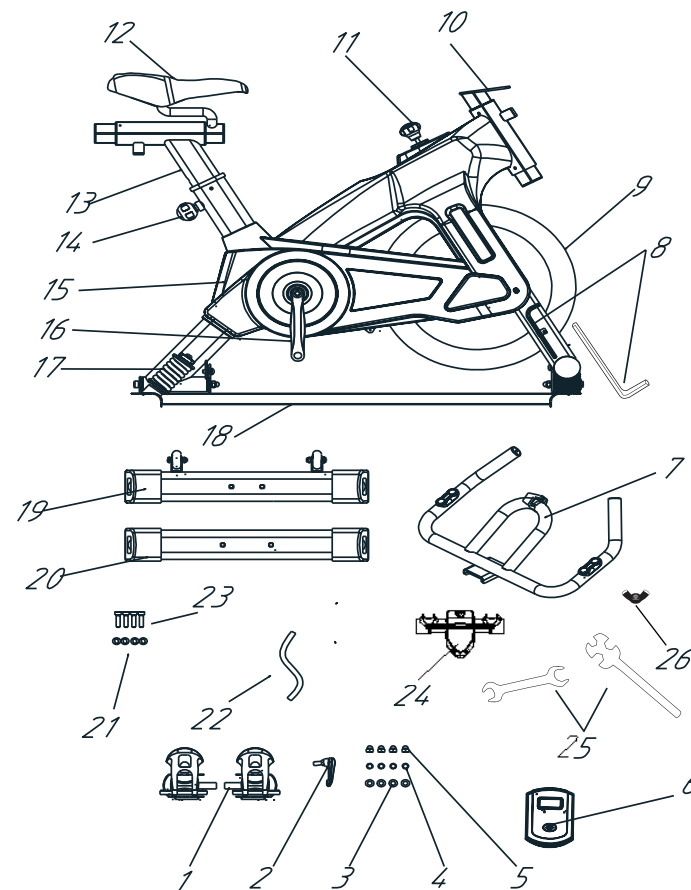
## USER'S MANUAL

Exercise Bike  
SP37673

# INDEX

1. Parts and components	/ 03
2. Safety instructions	/ 04
3. Before use	/ 05
4. Operation	/ 07
5. Cleaning and maintenance	/ 08
6. Technical specification	/ 09
7. Disposal of old electrical appliances	/09

## 1. PARTS AND COMPONENTS



- |                       |                               |                     |
|-----------------------|-------------------------------|---------------------|
| 1. Pedals             | 11. Variable resistance/brake | 21. Φ6 Washer       |
| 2. Locking bolt       | 12. Seat                      | 22. Corrugated pipe |
| 3. Φ10 washer         | 13. Seat support              | 23. Screw M6*12     |
| 4. Φ10 spring washer  | 14. Seat-adjusting knob       | 24. Handlebar trim  |
| 5. Cover screw N10    | 15. Main frame                | 25. Spanner x2      |
| 6. Monitor            | 16. Crank                     | 26. Wing nut        |
| 7. Handlebar          | 17. Spring                    |                     |
| 8. Allen key x2       | 18. Mat (not included)        |                     |
| 9. Flywheel           | 19. Front stabilizing bar     |                     |
| 10. Handlebar support | 20. Rear stabilizing bar      |                     |



**Read these instructions carefully before using the product. Keep this instruction manual for future reference or new users**

## 2. SAFETY INSTRUCTIONS

### ASSEMBLY

- Verify that you have all the components and tools listed on the next pages. Some components are pre-assembled.
- Keep children and animals away from the work area as small parts could cause a choking hazard if swallowed.
- Make sure you have enough space to layout the parts before starting.
- Assemble the equipment as close to its final workout location (in the same room) if possible.
- Please, dispose of all packaging carefully and responsibly.
- Use the equipment on a solid, even surface with a protective cover for your floor or carpet. For safety, the bike should have at least 0.5m(19.6") of free space around it.

### USE

- It is the sole responsibility of the owner to ensure that all users of this product are properly informed as to how to use this product safely.
- This appliance must not be used by children under the age of 8. This product can be used by children aged 8 or over, as long as they are given continuous supervision.
- This appliance can be used by persons with reduced physical, sensitive, or mental capabilities, or lack of experience or knowledge, as long as they have been given supervision or instruction concerning the use of the appliance in a safe way and understands the risks involved.
- Keep this appliance out of reach of children under the age of 8.
- Cleaning and maintenance tasks must not be carried out by children.
- You are purchasing this equipment to exercise at your own risk. If you have any health concerns or feel you may be at risk of any serious health condition, please consult with your physician or health care professional before starting any exercise programme.
- Before using the equipment to exercise, always follow recommended warm-up, and stretching exercises.
- If you experience dizziness, nausea, chest pain, or other abnormal symptoms, stop your workout and seek immediate medical attention.
- The bike is not suitable for therapeutic use.
- Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or assistance.
- Be aware of your body signals. Incorrect or excessive exercise can deteriorate your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your

chest, irregular heartbeat, extreme shortness of breath, light-headedness, dizziness or nausea. If you experience any of these conditions, you should consult your doctor before continuing with your exercise program.

- This product is intended for domestic use only. It is not suitable for commercial or industrial use. Do not use it outdoors.
- Only one person at a time should use the equipment.
- Keep hands and any loose clothing or objects away from all moving parts of the product.
- Always wear appropriate workout clothing when exercising. Do not wear loose or baggy clothing, since it may get caught in the equipment. Wear athletic shoes to protect your feet while exercising.
- Do not place any sharp objects around the equipment.
- This product is suitable for user's weight of up to 287 lbs.
- Always use the equipment as indicated in this instruction manual. If you find any defective component while assembling or checking the bike, or if you hear any unusual noise coming from the equipment during use, stop using the bike. Do not use the equipment until the problem has been rectified. Please contact our customer service.
- The safety level of the bike can only be maintained through regular examination for damage and/or wear and tear signals.
- Check that the bolts and nuts are securely fastened before using the equipment.
- No liability is accepted for any eventual damage or personal injuries derived from misuse or non-compliance with this instruction manual.

## 3. BEFORE USE



1. Attach the front stabilizer to the main frame using two  $\Phi 10$  spring washers, two  $\Phi 10$  washers, and two dome nuts. Install the rear stabilizer in the same way.



2. The pedals are marked "L" (left) or "R" (right). Insert the fixing screw of the right pedal into the crank on the right side of the product and fix it with the spanner. Then, screw the nut into the fixing screw on the other side of the crank. Proceed the same way to fix the left pedal to the crank on the left side of the product.



3. Fix the handlebar to its support with the Allen screws and washers.



4. Place the handle cover onto the handle. Please press the handle cover gently to lock it into place.



5. Use the locking bolt to adjust the height of the handlebar as shown in the picture.



6. ①. Slide the monitor onto the grooves you can find on its support.  
②. Connect the cables to the sockets "sensor" and "pulse"  
③. Keep all the cables inside the corrugated pipe.



7. Pull from the seat-adjusting knob to adjust the height of the seat. Insert the knob again to fix the seat in the desired position.



8. Rotate the brake knob clockwise to increase the resistance and counterclockwise to decrease the resistance. Press down the brake knob for an emergency stop.



9. Fasten the screws on top of the front spring to block the swinging function. Loosen the screws to activate the swinging function.
10. Insert the Allen key in the opening of the tube to fasten the screw until it touches the domed nut. Fasten the screw with the wing nut.



## 4. OPERATION

### MONITOR OPERATION

- Time.....00-00—99:59 (Minute: Second)
- Speed .....00—99.9 km/h
- Distance.....0.00—99.99 km

- Odometer.....0.00—999.9 km
- Heart Rate.....40—240 BPM (Optional)
- Calories.....0.999.9 kcal
- MODE: this button lets you select the different functions of the monitor. Press once or several times to select the function you want to see in the monitor. “Scan” changes the function shown by the monitor every 4 seconds.
- AUTO ON/OFF: the monitor will switch on automatically when the exercise machine is in motion. The monitor will turn off automatically when the speed function has no input or the button is not pressed for approximately 4 minutes.
- RESET: the unit can be reset by either changing the battery or pressing the MODE button for 3 seconds.
- SPEED: the monitor will display the current speed.
- DISTANCE: the monitor will display the distance you have travelled in that session.
- TIME: the total working time will be shown while exercising.
- CALORIES: the monitor will display the total amount of burned calories.
- ODOMETER: the monitor will display the total accumulated distance.

#### EXERCISING INFORMATION

A proper workout should consist of the following three activities:

1. Warm-up: consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.
2. Training: consisting of 20 to 30 minutes of exercise. (Note: during the first few weeks of your exercise program, do not keep your heart rate in your training zone longer than 20 minutes).
3. Cool-down: 5 to 10 minutes of stretching exercises. This will increase the flexibility of your muscles and will help prevent injuries.

NOTE: to maintain or improve your physical condition, exercise three times per week, with at least one day of rest between workouts. After a few months of regular exercise, you may exercise up to five times per week, if desired. Remember, the key to success is making exercise a regular and enjoyable part of your every day life.

#### 5. CLEANING AND MAINTENANCE

1. Examine the equipment periodically in order to detect any issue, such as loose bolts.
2. Lubricate its moving parts periodically to prevent premature wear
3. Inspect and tighten all parts before using the equipment, replace any defective parts immediately, and do not use the equipment again until it is in perfect working condition.
4. The equipment can be cleaned using a damp cloth and mild non-abrasive detergents. Do not use solvents.
5. Do not attempt to repair this equipment by yourself. Should you have any difficulty with

its assembly or operation, or if you think there is any part missing, contact our customer service.

#### 6. TECHNICAL SPECIFICATIONS

Product reference: 07017

Maximum user weight: 287 lbs.

Batteries: 2 AAA batteries.

#### 7. DISPOSAL OF OLD ELECTRICAL APPLIANCES



The European directive 2012/19/EU on Waste Electrical and Electronic Equipment (WEEE), specifies that old household electrical appliances must not be disposed of with the normal unsorted municipal waste. Old appliances must be collected separately, in order to optimize the recovery and recycling of the materials they contain, and reduce the impact on human health and the environment.

The crossed out “wheeled bin” symbol on the product reminds you of your obligation to dispose of the appliance correctly. If the product has a built-in battery or uses batteries, they should be removed from the appliance and disposed of appropriately.

Consumers must contact their local authorities or retailer for information concerning the correct disposal of old appliances and/or their batteries.