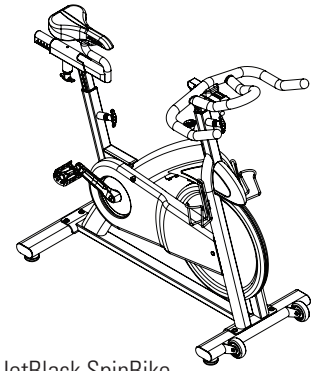




JETBLACK
cycling™

SpinBike

Code: JBT-SPIN



This manual will acquaint you with the assembly, operation and maintenance of your JetBlack SpinBike.

Be sure to read and follow the information and instructions for your specific model before assembly, using or servicing your indoor cycling bike.

WARNING

Your JetBlack SpinBike is designed for aerobic exercise. Please check with your physician before beginning any exercise program. Do not push yourself to excess. Stop if you feel faint, dizzy or exhausted. Use common sense when exercising on the bike.

SAFETY INSTRUCTIONS

The following fitness safeguards and operating precautions are directed to purchasers and users of JetBlack SpinBikes. Failure to follow these safeguards may result in injury or serious health risk.

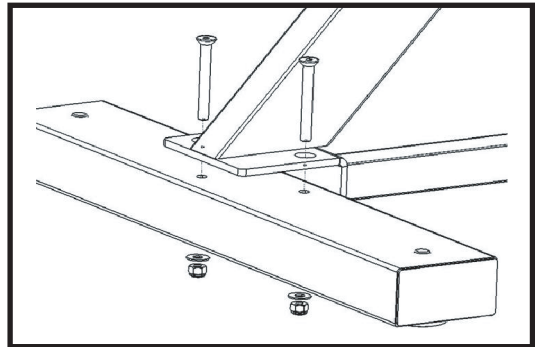
- Ensure that adjustment knobs (seat height, seat fore-and-aft, and handlebar) are properly secured and do not interfere with your range of motion during exercise.
- Children under the age of 16 should not ride the SpinBike. The bike mechanism and ergonomics are designed for adult use only.
- Do not insert any object, hands or feet into any openings, or expose hands, arms or feet to the drive mechanism or other potentially moving part of the bike.
- The maximum weight for individuals riding the SpinBike should not exceed 350 Pounds (159 Kgs).
- SpinBike bikes have a weighted flywheel and a fixed gear. This means that in order to stop, you must gradually slow your pedal strokes rather than stopping abruptly. If you do need to stop immediately, push down on the resistance knob. Do not dismount the SpinBike or remove your feet from the pedals until both the pedals and flywheel have stopped completely. Failure to comply may lead to loss of control and serious injury.
- After exercising, turn the resistance knob to increase resistance so the pedals will not rotate freely and potentially injure someone.
- If at any time you feel dizzy or have difficulty breathing, gradually stop pedalling and carefully dismount the SpinBike.
- Listen to your body, ride at your own pace and set your SpinBike's resistance at the level that feels right for you.
- Keep children and pets away from the SpinBike whenever it's in use.
- Never turn the pedal crank arms by hand. Stay hydrated. Drink water throughout your ride as needed.
- Always keep some resistance on the flywheel.
- Stay in control by executing all core movements and hand positions at a slow pace before attempting to increase your speed. Do not attempt to ride the bike in a standing position at a high RPM until you have practiced at slower speeds.
- Focus on form, posture and making smooth transitions between movements.
- Do not use the bike without proper footwear. Never operate the bike with bare feet.
- Never remove your feet from the pedals while still in motion. Prevent your feet from coming out of the toe clip or shoe cage by keeping shoelaces tucked in and foot straps pulled snug around your shoe. If your foot does become disengaged, push down on the resistance knob to stop the flywheel's motion.

ASSEMBLY

1. Install the Back Leg

Place the back leg in position at the rear of the bike, aligning the two holes in the leg with the mating holes in the frame bracket.

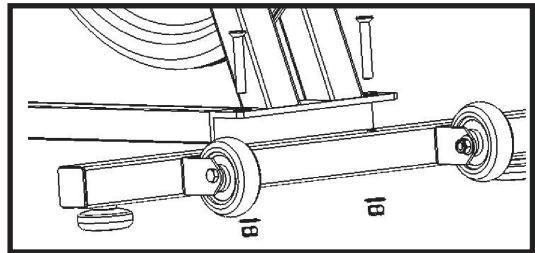
Insert the two 8mm x 70mm bolts through the frame bracket and back leg, and install a flat washer and nut on each bolt. Using the #5 Allen Wrench and Multi-Purpose Wrench, tighten the nuts securely.



2. Install the Front Leg

Place the front leg in position at the front of the bike, with the casters facing forward, aligning the two holes in the leg with the mating holes in the frame bracket.

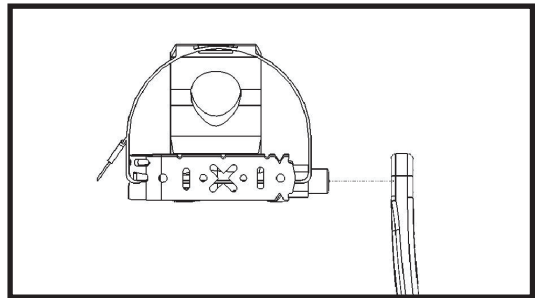
Insert the two 8mm x 60mm bolts through the frame bracket and back leg, and install a flat washer and nut on each bolt. Using the #5 Allen Wrench and Multi-Purpose Wrench, tighten the nuts securely.



3. Install the Pedals

Install the pedals on the pedal cranks using the Multi-Purpose Wrench. The closed end of the pedal cage must point forward, toward the front of the bike.

NOTE: Turn the left pedal spindle counter-clockwise when threading into the crank arm; turn the right pedal spindle clockwise when threading into the crank arm.

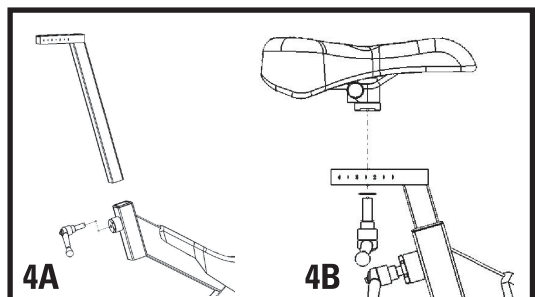


4. Install the Seat

A. Insert the seat post into the frame assembly and secure in place using a tension handle.

B. Position the seat on top of the seat post and secure in place using a tension handle and washer.

NOTE: Tighten the tension handles firmly.

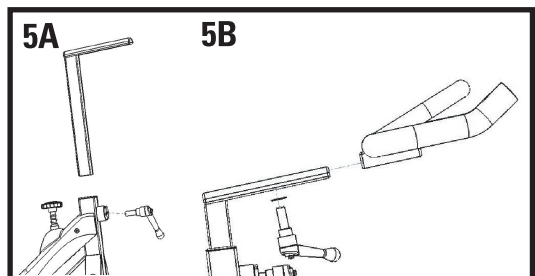


5. Install the Handlebar

A. Insert the handlebar post into the frame assembly and secure in place using a tension handle.

B. Position the handlebar on top of the handlebar post and secure in place using a tension handle and washer.

NOTE: Tighten the tension handles firmly.



6. Install the Water Bottle Holders

Using the Allen Wrench, remove the two screws from the right side fork of the frame assembly. Position a water bottle holder in place against the frame assembly, and re-install the two screws to secure.

Repeat to install the left-side water bottle holder.

You have now completed the assembly of your SpinBike.

