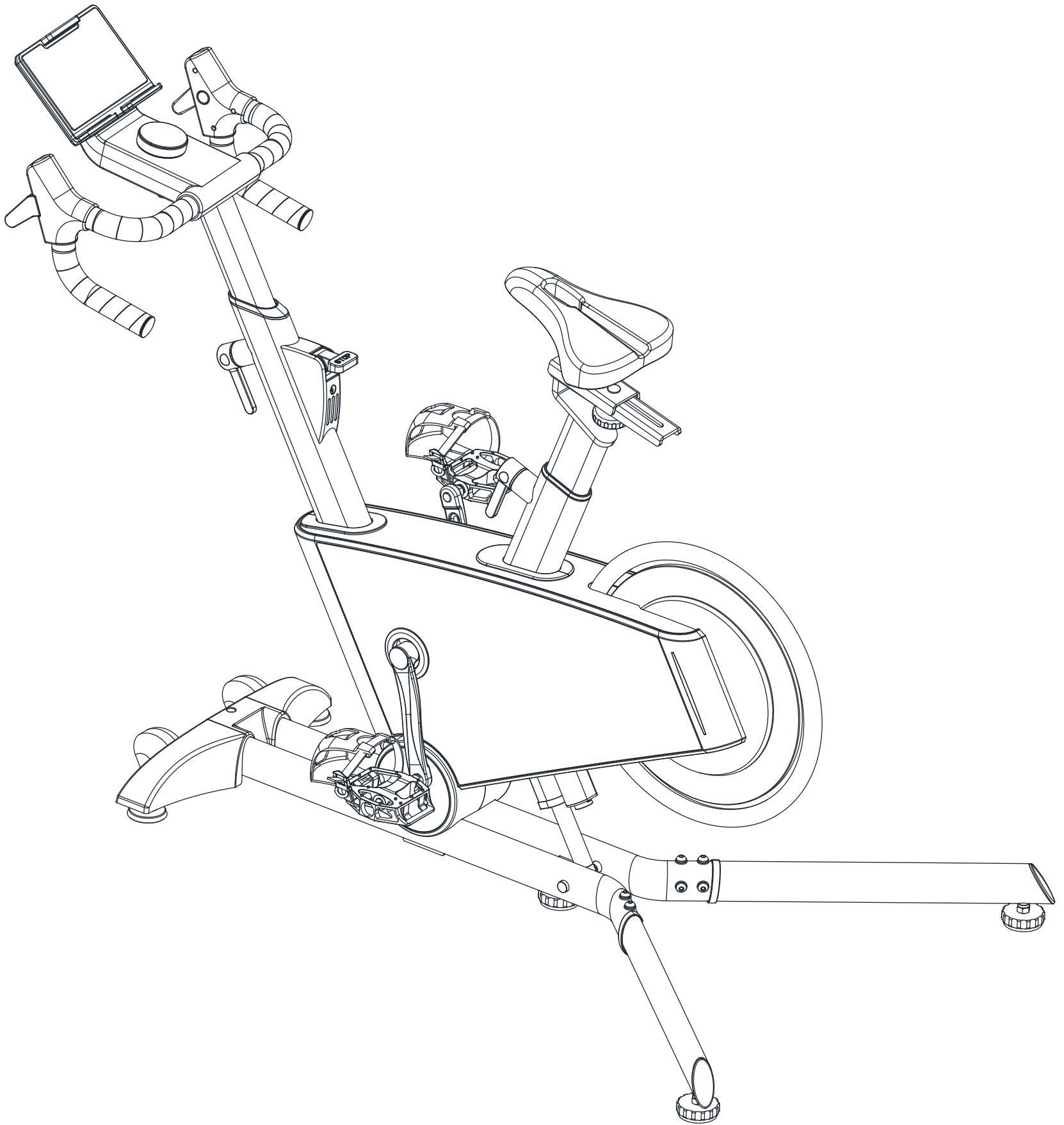


TWHEELS

USER MANUAL Indoor Spinning Bike



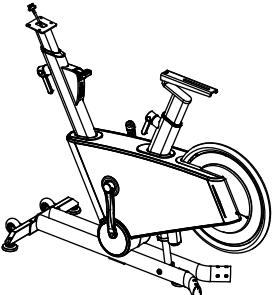
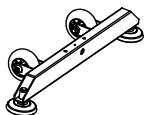
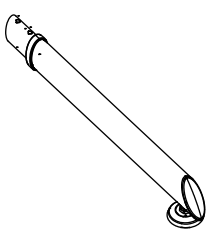
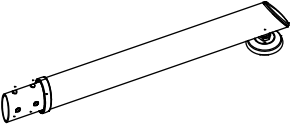
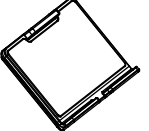
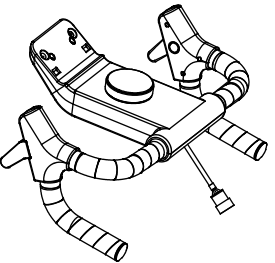
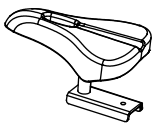
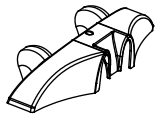

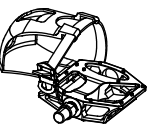
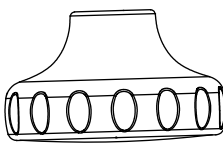
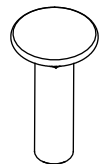
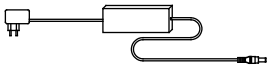
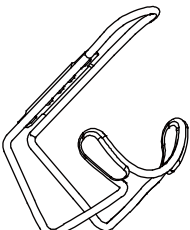
- IMPORTANT SAFETY INSTRUCTIONS 3
- ASSEMBLY STEPS 4-11
- ADJUSTMENT/MOVEMENT OF THE BICYCLE 12-15
- OPERATION 16-18

IMPORTANT SAFETY INSTRUCTIONS

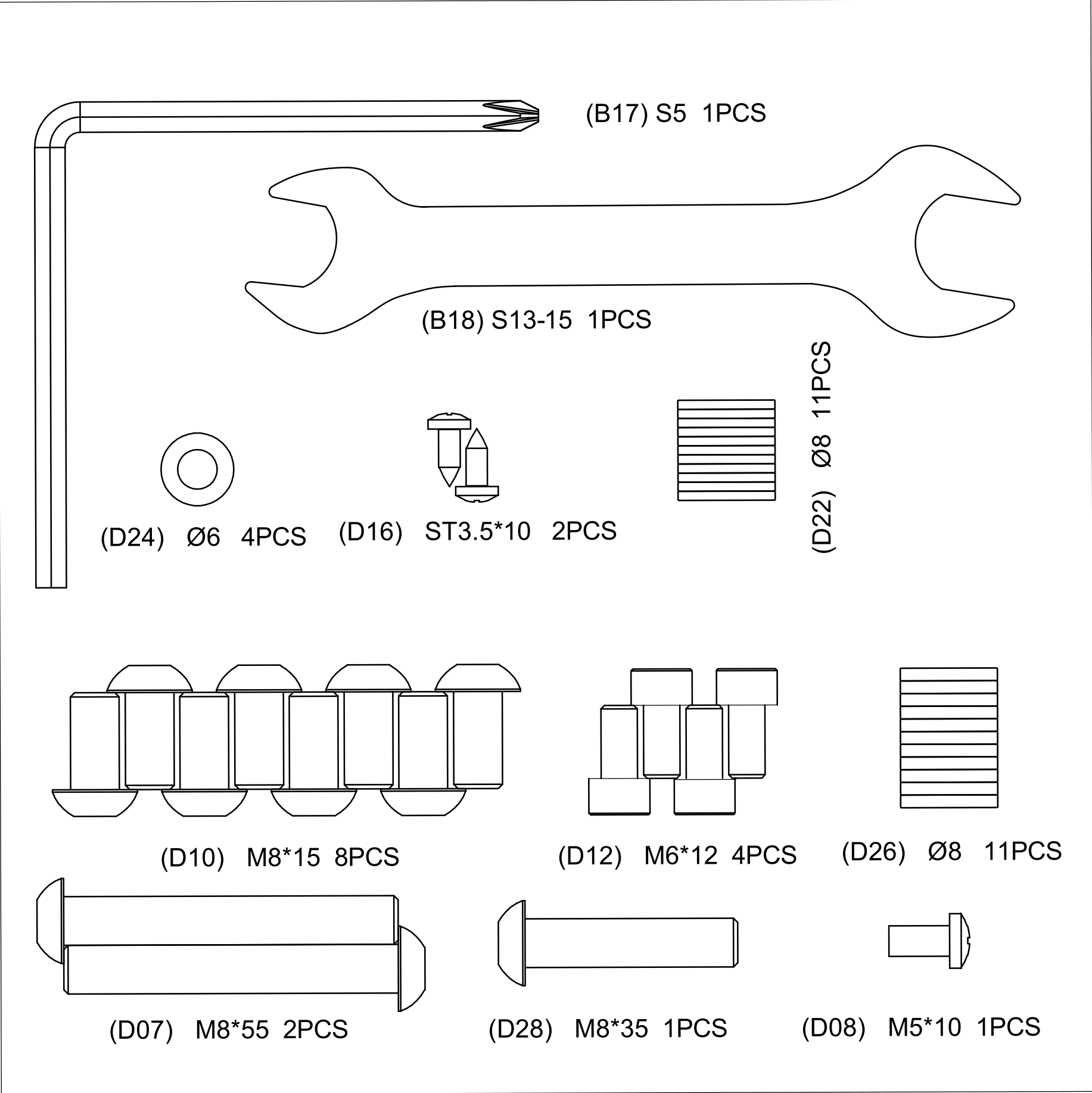
Thank you for purchasing one of our products. The proper use of this product is a guarantee of your safety and health. Please carefully read the following information before using this machine:

1. It is crucial to carefully read the operating instructions before installation and use! Proper installation, maintenance, and usage of this equipment ensure safe and effective training.
2. Before starting any exercise program, consult your physician to assess your current physical condition and determine any health risks associated with using this equipment, especially if you are undergoing treatment related to heart rate, blood pressure, and cholesterol. Your doctor's advice is essential.
3. Pay attention to your body's signals. Incorrect and excessive exercise can harm your health. If you experience symptoms such as pain, chest tightness, rapid heartbeat, shortness of breath, dizziness, or nausea, stop exercising immediately. Consult your doctor before continuing your exercise program.
4. Keep children and pets away from this machine, which is intended for use by adults.
Place a firm, flat mat under the device to protect your floor and carpet. For safety, ensure the product has sufficient space to move up and down during incline adjustments and maintain a distance of at least 0.6 meters around it to avoid collisions.
5. Ensure that bolts and nuts are securely fastened before use. Use the device with caution. If you detect defects or unusual noises during installation or use, stop exercising immediately and do not continue until the issue is resolved.
6. The electronic clock displays various functions corresponding to different levels of human movement. Please note that while it provides heart rate values, these may not always be accurate, serving as a reference only.
7. Wear well-fitting clothing during exercise to prevent loose clothing from getting caught on equipment or hindering movement. Incorrect and excessive exercise can cause bodily harm.
8. This device is suitable for indoor and household use only, with a maximum load capacity of 110 kg (242 lbs).
9. Exercise caution when moving this device to avoid injury.
10. Please keep this manual and the installation tools for future reference.
11. This product is not intended for use as a medical device.

PARTS LIST - OVERVIEW

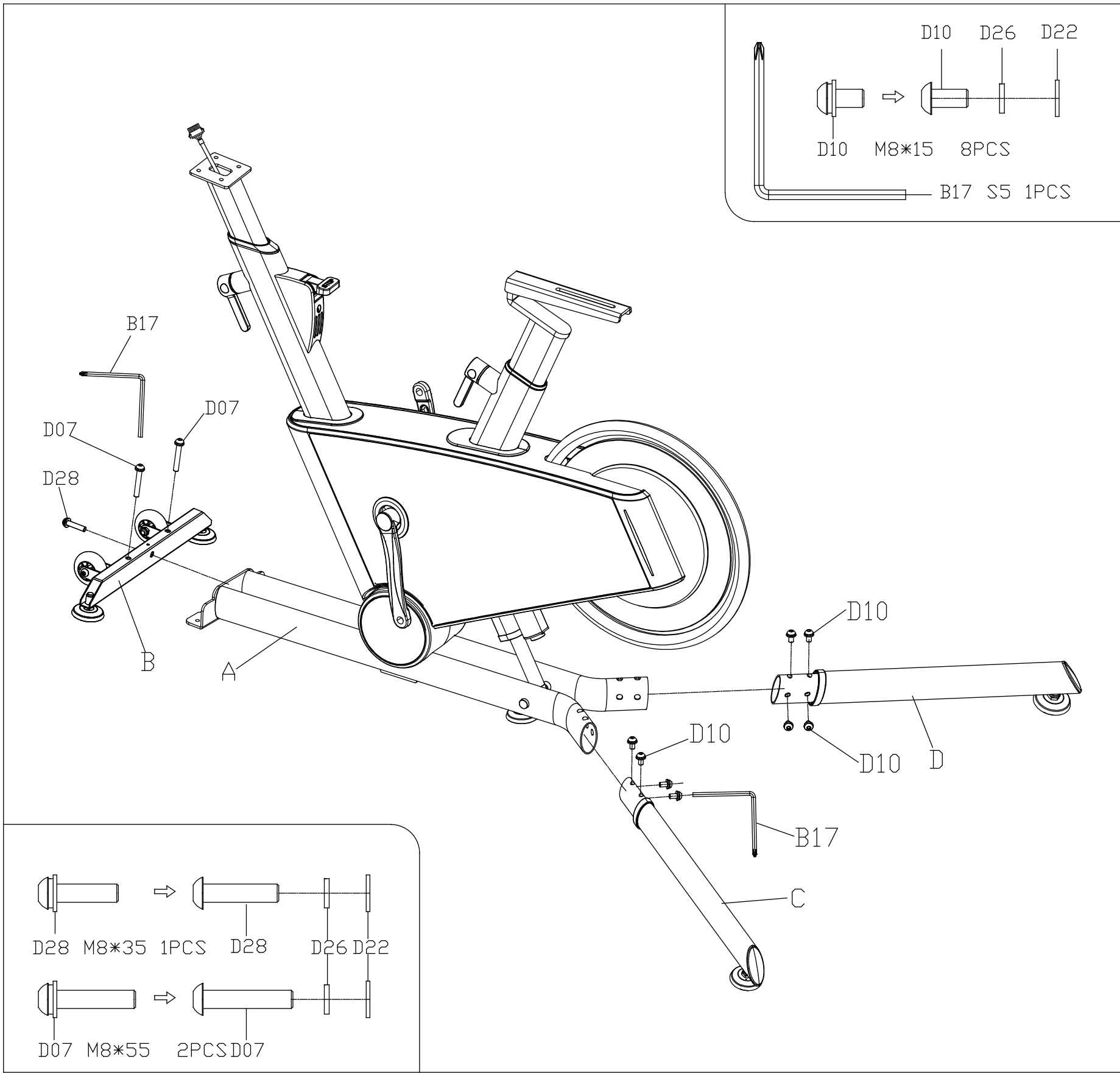
 A	 B	 C	 D	 E
 F	 G	 C28	 C45	 C46
 C21	 D02	 E14	 F05	

INCLUDED HARDWARE



Assembly instructions

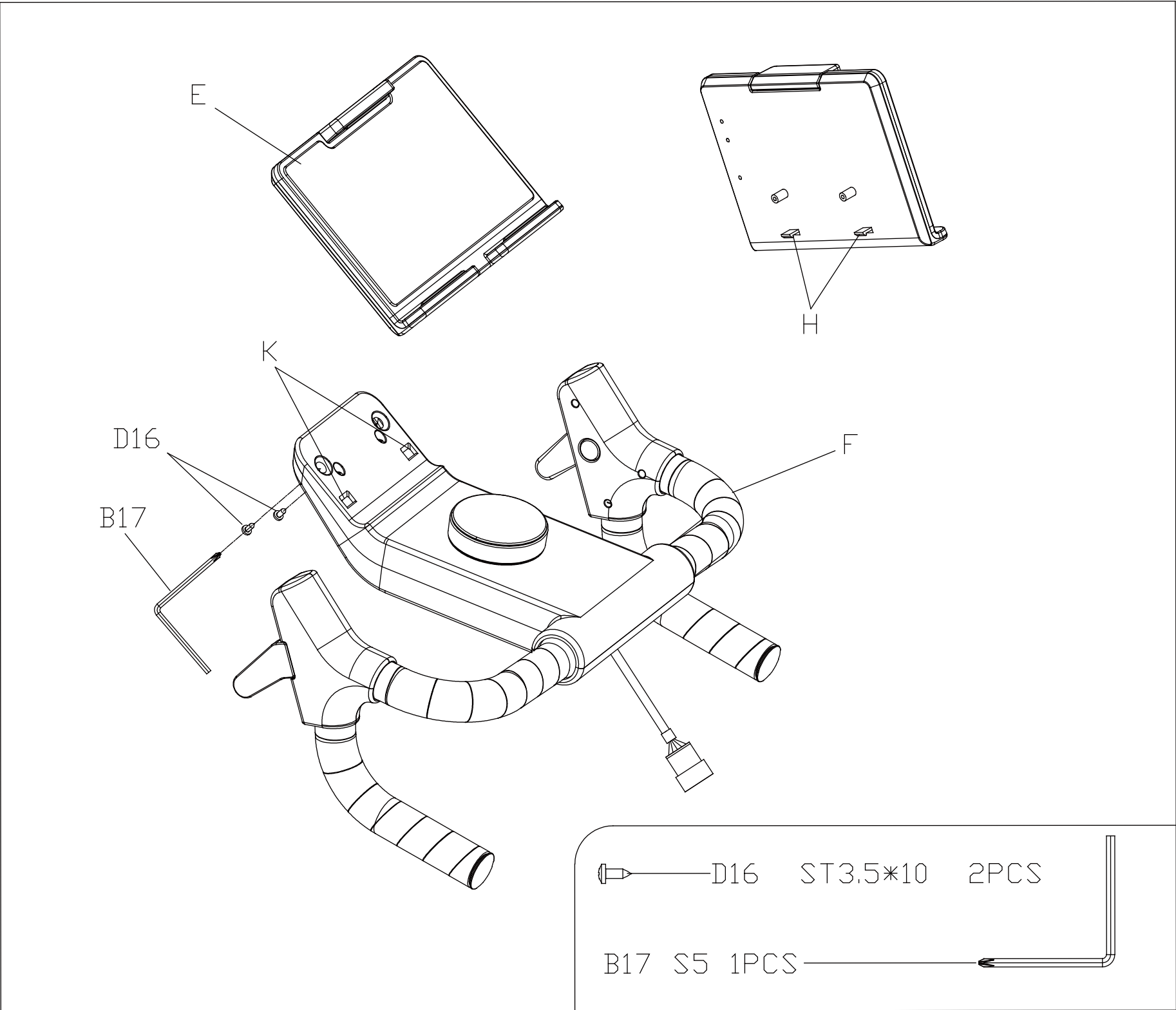
Step 1:



Mounting instructions:

1. Use an Allen wrench (B17) with 3-in-1 screws (D072) and 3-in-1 screws (D281) to attach the front joint assembly part (B) to the main frame assembly (A) and lock it firmly.
2. Attach the left rear part (C) / right rear part (D) to the main frame assembly (A) and secure it with an Allen key (B17) and a three-in-one screw (D10*8).

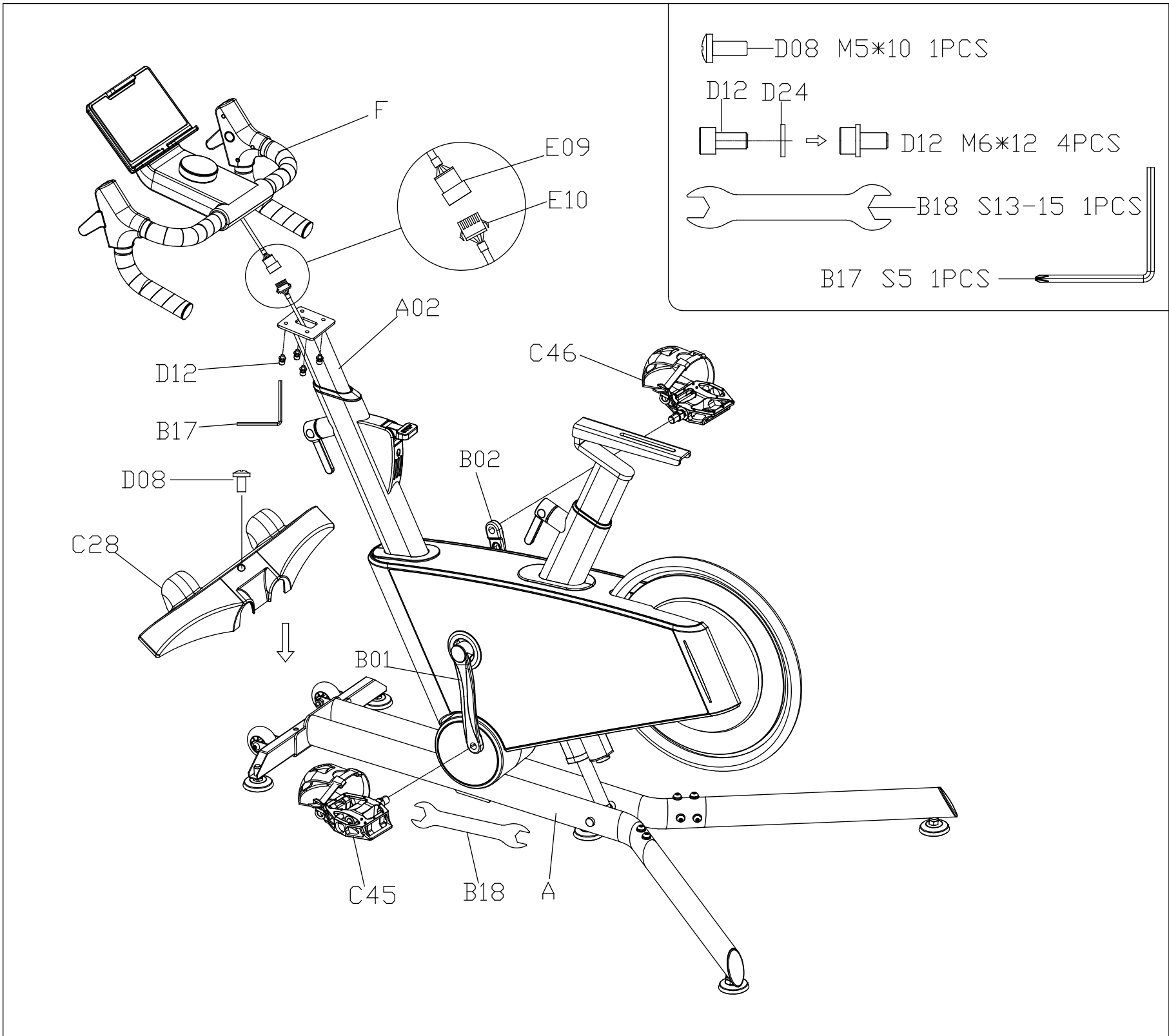
Step 2:



Step 2: Assembly Instructions:

1. Begin by attaching the clamp (H) to the square hole (K) on the IPAD holder bracket (E) located on the electronic clock (F). Then, secure the IPAD holder bracket (E) to the electronic clock (F) using the Phillips key (B17) and the self-tapping Phillips flat head screw (D16).

Step 3:



Assembly instructions:

1. Attach the upper segment cord (E09) and the lower segment cord (E10) as shown in the illustration and then secure the electronic counter to the instrument tube (402) using the Allen wrench (B17) and the 2-in-1 screw (D12*4) (F) and lock firmly.

▲ Be careful not to pinch the cord!

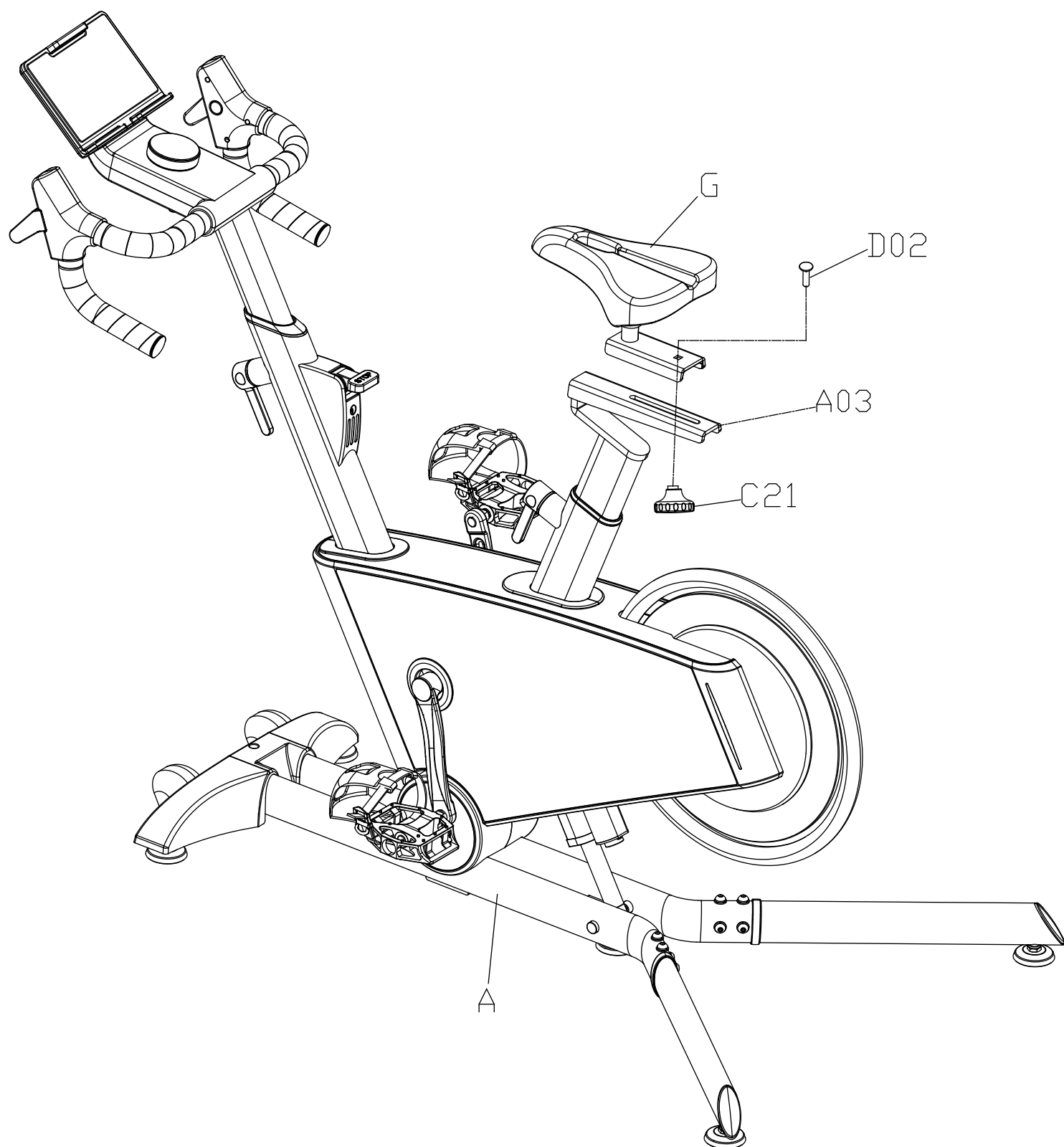
2. Attach the left pedal (C45) on the left lever (B01) using a Phillips screw (B18).

3. Attach the right pedal (C46) on the right lever (B02) using a Phillips screw (B18).

▲ Make sure that L/R are clearly distinguishable!

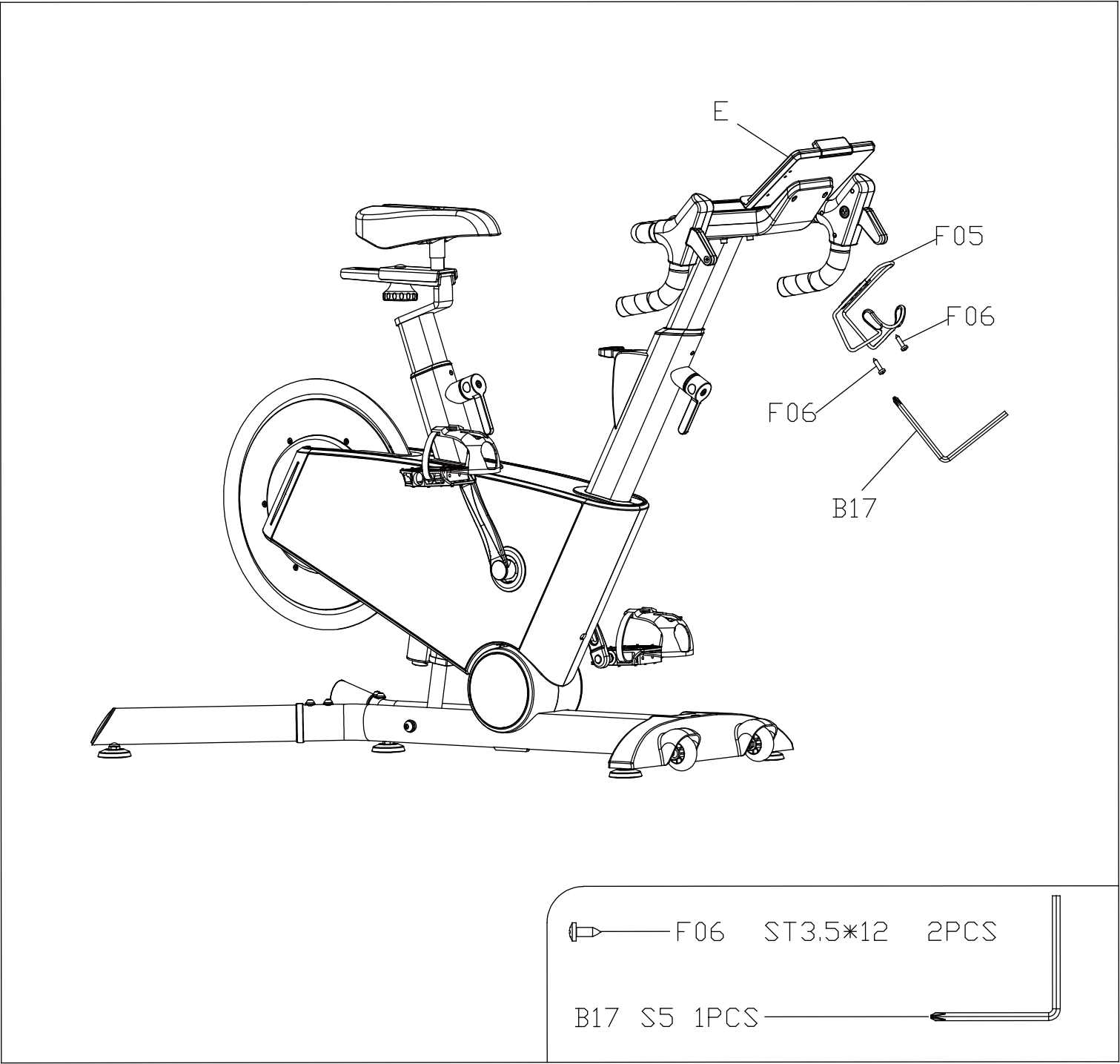
4. Attach the front wheel cover (C28) to the main frame (A) and secure it with the Phillips screw (D13) as shown in the illustration.

Step 4:



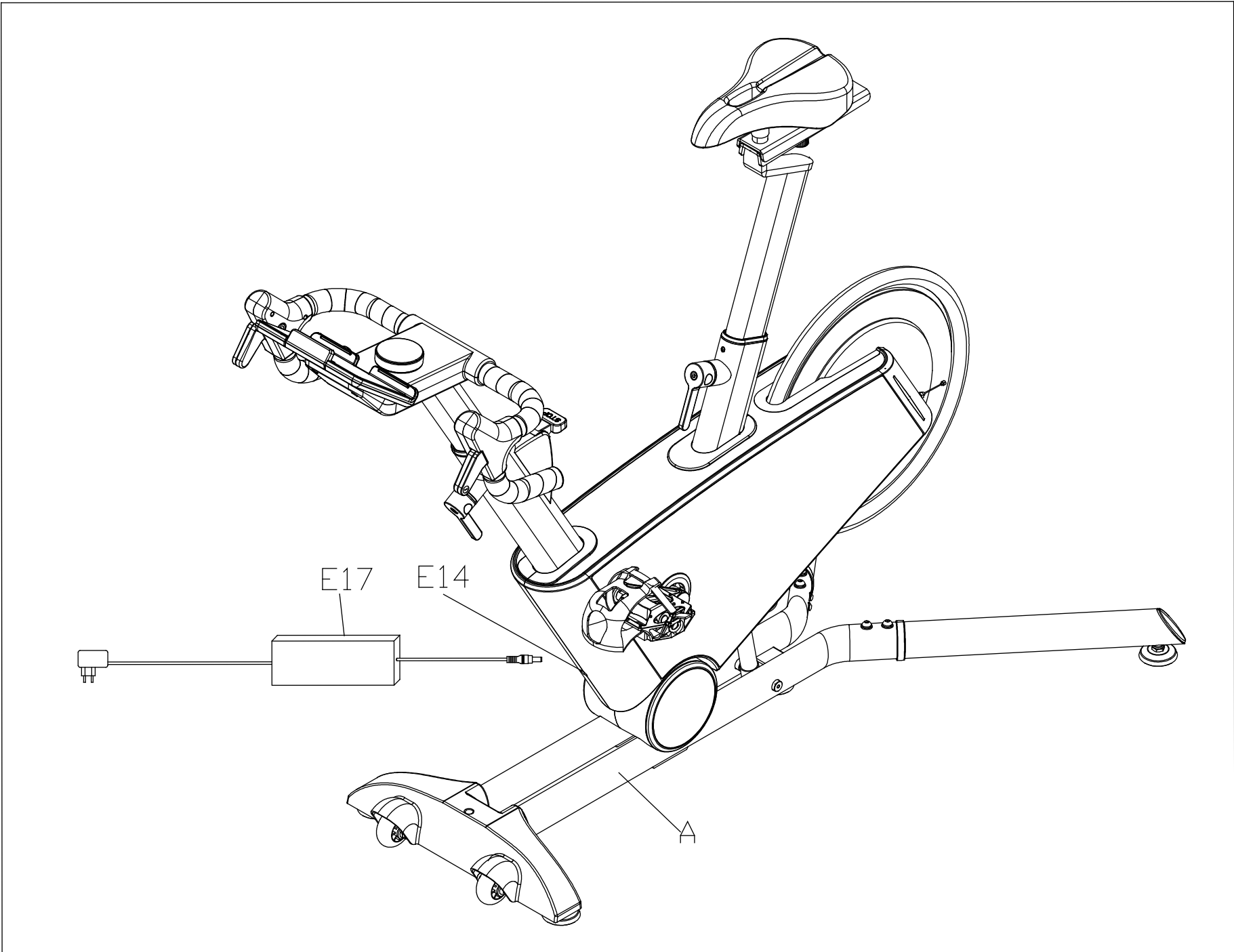
Assembly Instructions:
Mount the seat (G) onto the seat bracket (A03) and tighten it using the small rotary screw (C21). Then, secure the cylinder screw bolts (D02) onto the small rotary screw (C21) to prevent it from loosening.

Step 5:



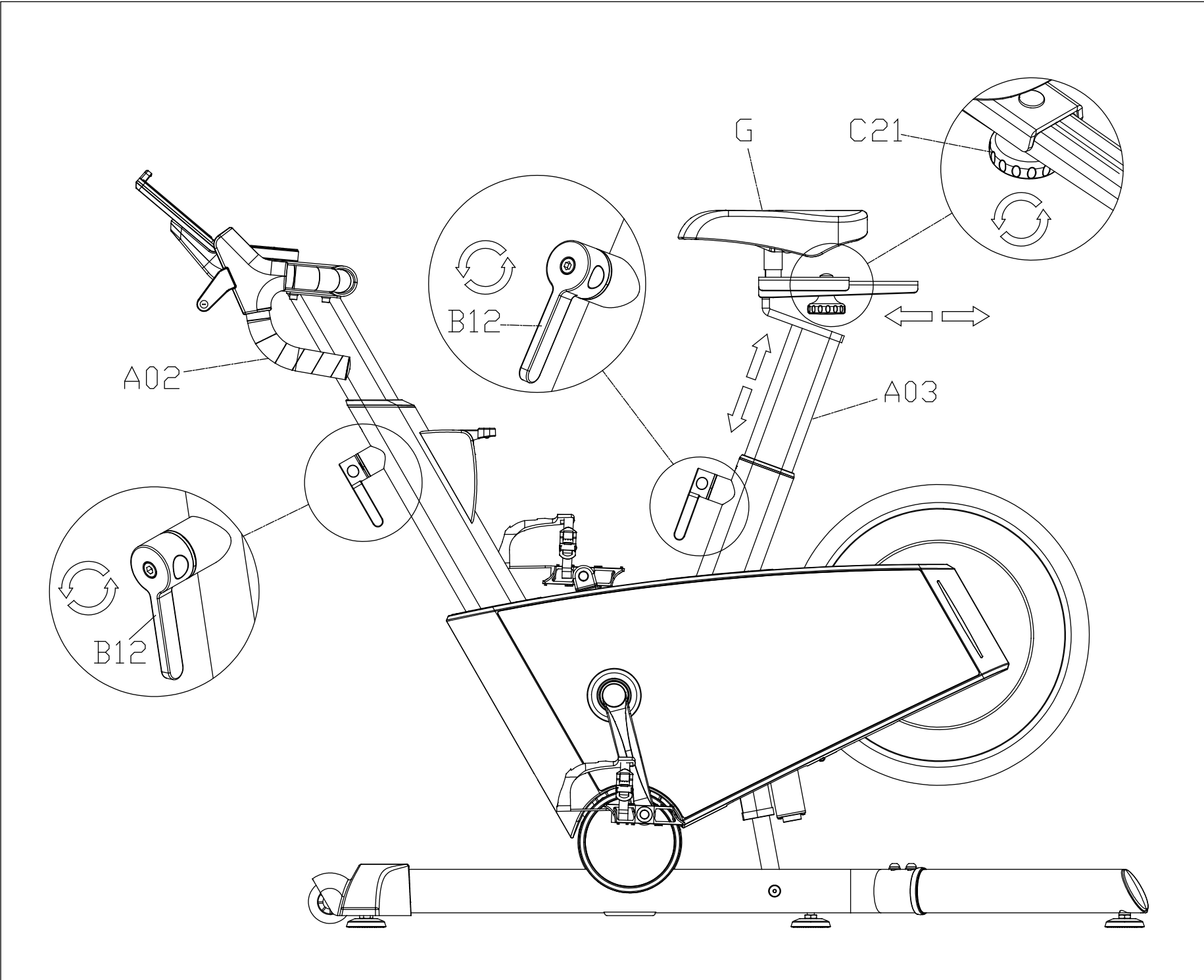
Align the water bottle holder (F05) with the hole in the IPAD bracket unit (E) and attach the bottle holder (F05) to the IPAD bracket unit (E) using the Phillips key (B17) and two Phillips screws (F06) and tighten them.

Step 6:



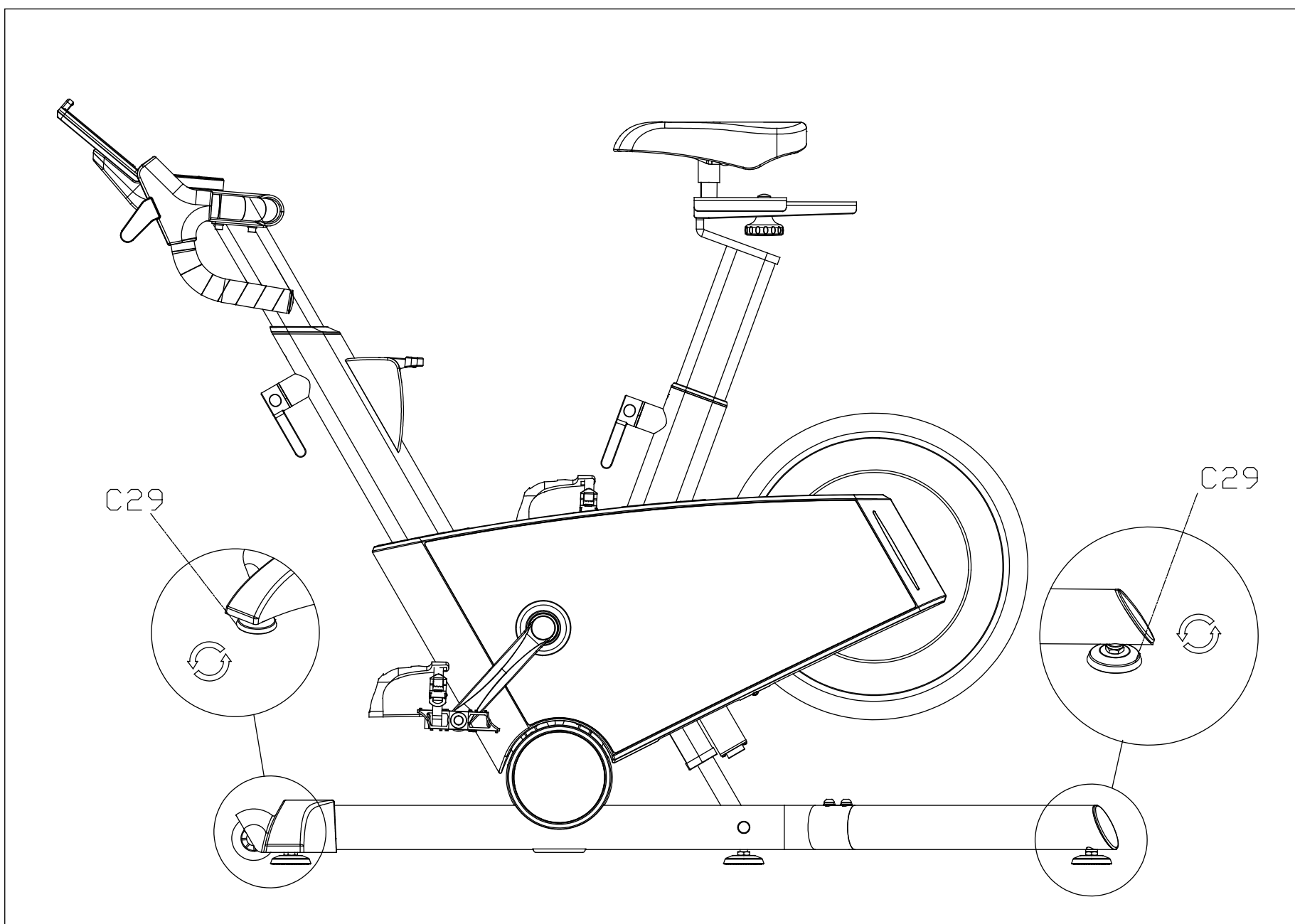
Installation instructions: Place the stationary bike in its power supply location, make sure there is sufficient clearance of at least 0.6 meters on all sides and then plug the power supply unit (E17) into the power interface (E14) as shown in the illustration. Please pay special attention to the power supply after the bike automatically swings back and forth to calibrate the incline!

SETTINGS INSTRUCTIONS



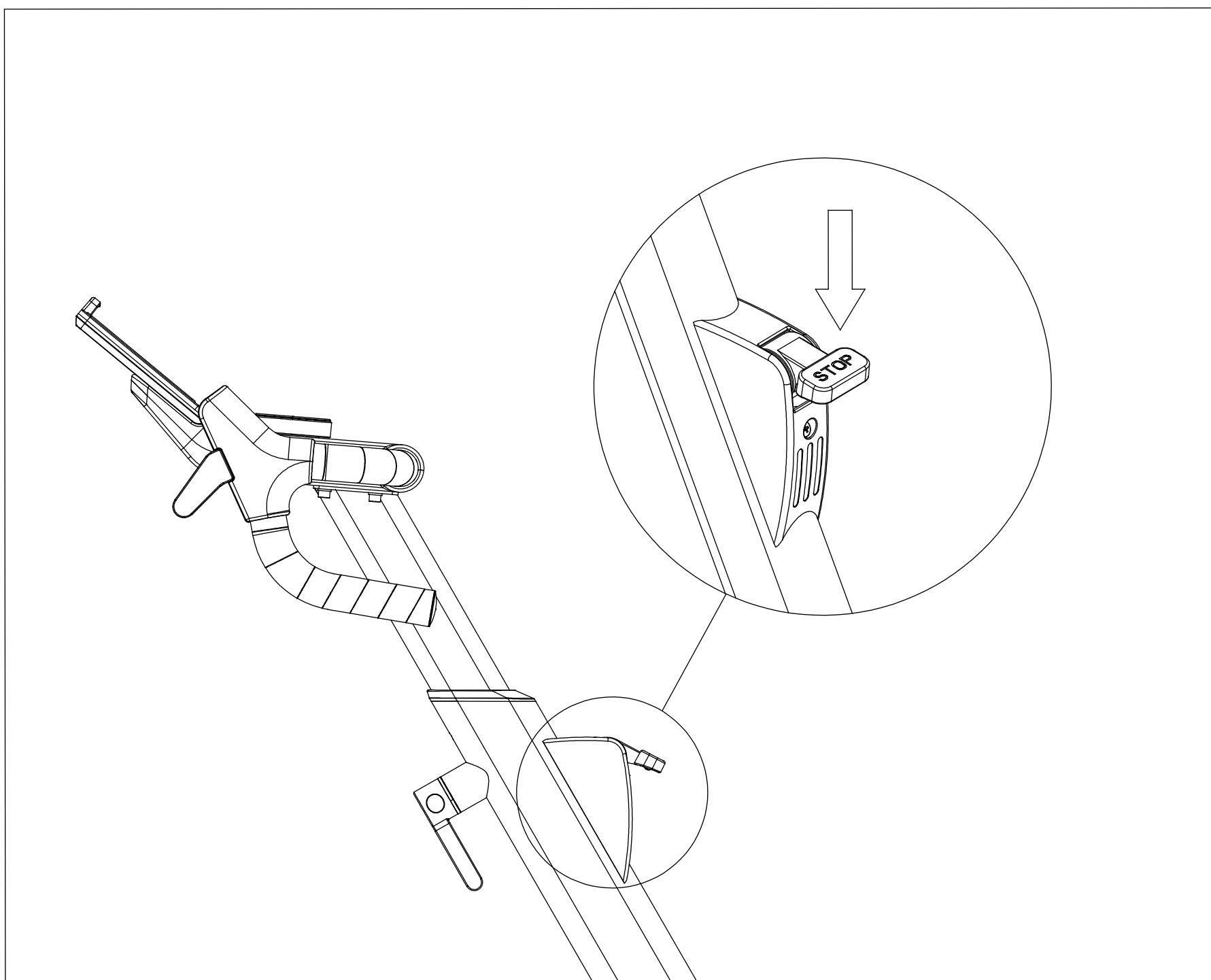
To adjust the height of the seat tube (A02)/seat cushion tube unit (A03), first loosen the L-shaped elastic pin assembly (B12) by turning it counterclockwise, and then turn it clockwise to lock it. When operating, pay close attention to the L-shaped elastic pin assembly (B12) to recognize the correct direction.

2. Turn the seat cushion counterclockwise with a small turn (C21) to release it first. Then adjust the seat cushion unit (G) to the appropriate position, rotate the seat cushion with a slight turn (C21) and then turn it to the right to lock it.



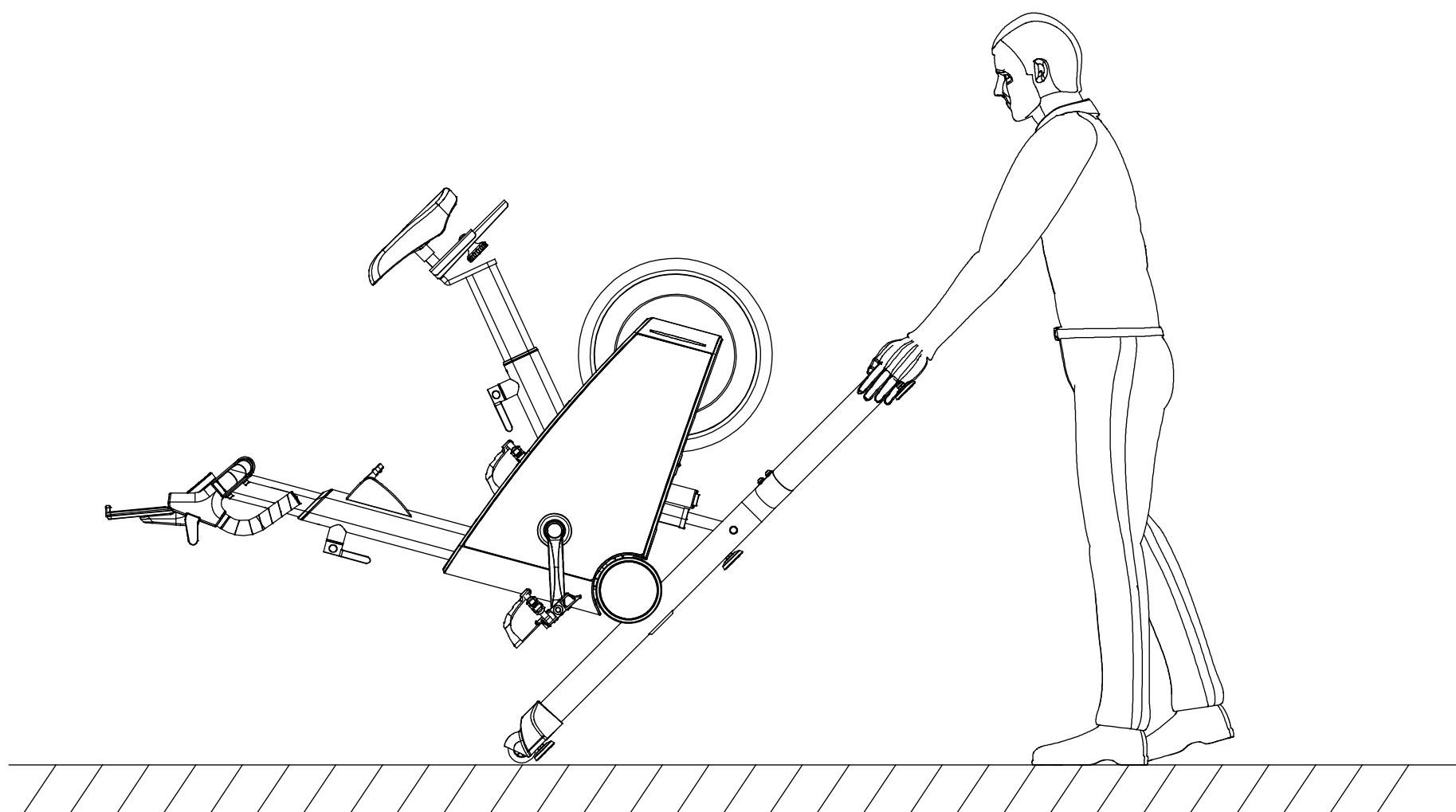
1. If the machine is wobbling due to an uneven surface, rotate the height-adjustable pads (C29) counterclockwise or clockwise according to the actual ground conditions, as shown in the illustration.

USING THE BRAKE



Push the brake button down to perform an emergency stop.

HOW TO MOVE YOUR MACHINE










Hold the left and right rear support tube with two hands and lift the machine at an angle of about 45 degrees to ensure that the two front wheels are on the ground and that the machine is not only capable of being pushed forward or back.

CONSOLE OPERATION



Window and button description:

1. The LED window displays the following functions: LED multiplex display, in operation status 5 seconds alternately display, operating button, prioritized resistance gear, current incline.

-  A. Time screen: Display of exercise time, timing from 0:00-99:59, time up to 99:59 after zero, continuous operation.
-  B. Distance screen: displays the movement distance, counts positively from 0.00-99.9, resets to zero after an overrun to start over.
-  C. Resistance screen: Displays the current resistance value, gear display range: 1-32 in segments.
-  D. RPM screen: Displays the current speed value. Display range: 0-200 rpm
-  E. Watt window: Displays the current watt value of the training bike.
-  F. Bluetooth symbol: The number lights up when Bluetooth is being connected.
-  G. Incline symbol: Display incline value, display range -8 to 8.

2: Function button: The center of the button functions as the start and stop button, the button rotates clockwise as the plus button and counterclockwise as the minus button.

Description of the function button:

- A. Start-stop button: Press the button when stopped to start the machine and the clock.
- B. Start and stop button: When in operation, the instrument will stop and count. If paused, press for 1 second to resume movement and press and hold for 3 seconds to clear the data.
- C. Turn the botton clockwise: While in operation , to increase the resistance value. In the standby mode, select the integrated programs P1-P2-P3.
- D. Turning the botton counterclockwise: While in operation to reduce the resistance value. In standby mode, select the integrated programs P1-P2-P3.
- E. Button increase or decrease the gears: The current gear value can be adjusted while in operation.
- F. External plus or minus button for the incline level: While in operation, the current incline value can be adjusted.

Programs: The system changes the segment every 10 seconds.

Time Inclination		Running time: 10 seconds															
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P1	Resistance	10	12	16	8	2	10	16	10	2	18	10	4	12	8	12	6
	Inclination	0	6	8	-2	-8	0	8	0	-8	8	0	-6	6	-2	6	0
P2	Resistance	10	14	16	10	5	10	20	6	16	12	5	20	12	8	14	6
	Inclination	0	6	8	2	-8	0	6	-6	6	0	-8	8	2	-3	4	0
P3	Resistance	10	18	6	18	3	16	3	10	22	6	18	6	20	6	16	6
	Inclination	0	8	-8	6	-8	4	-8	0	6	-6	4	-6	6	-2	4	0

Value Range

	Start	Set initial value	Set range	Display area
Time (min:seconds)	0:00	00:00	N/A	0:00 - 99:59
Speed (k/h)	0.0	0.0	N/A	0.0 - 72.0
Gear	0	0	N/A	1 - 32
Distance (km)	0.0	0.00	N/A	0.00 - 99.9
Watts	0	0	N/A	0 - 9999
Inclination	0	0	N/A	-8-8

Algorithm list:

Set initial value, Set range, Set display value

If there is no speed indicator, the distance will not be counted.

Sleep Mode and Automatic Stop Function: If there is no speed indicator signal within one minute of operation, the system will automatically switch to sleep mode. In the stopped or paused mode, the system will enter sleep mode for 10 minutes without any operation. You can restart the system by simply pressing the button.

Switching Off: The system can be turned off at any time by switching off the power switch without causing damage to the system.

Notice:

1. Ensure that the power supply is connected before starting.
2. If there are any issues with the machine, please contact the dealer. Do not attempt to disassemble or repair the machine to avoid damaging it.

Motorisches Lernen

In standby mode, press and hold the plus or minus button for external inclination simultaneously for 3 seconds, and the system switches to automatic inclination learning mode. When the learning process is complete, the system will automatically stop. If E04 is reported during the programming process, check the motor, the motor supply cable, or replace the controller.

CONTACT US

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