

PS300

INDOOR GROUP CYCLE

OWNER'S MANUAL



! CAUTION

Read all precautions
and instructions in this manual
before using this equipment

11X Rev C

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Important Safety Instruction

Warning

The safety of the product can be maintained only if it is examined regularly for damage and wear. see preventive maintenance section for details.

Location

1. Keep the area around the product clear of any obstructions, Including walls and furniture. provide at lease three feet of clearance behind the unit.
2. Do not use the product outdoors, near swimming pools, or in areas of high humidity.
3. Do not allow other people to interfere in any way with the user or equipment during a workout.
4. Supervise closely any children or disabled persons using the product.

Operation

1. Always follow the console instructions for proper operation.
2. Do not reach into, or underneath, the unit; and do not tip the unit on its side during operation.
3. Never insert objects into any opening of Bike. if an object should drop inside, carefully retrieve it while the unit is not in use. if the object can't be reached, contact customer support services.
4. Never place containers filled with liquids directly on the unit, except in the accessory tray water bottle holder. containers should be covered with lids.
5. Wear shoes with rubber or high-traction soles. do not use shoes with heels, leather soles, cleats, or spikes. make sure no stones are embedded in the soles.
6. Do not use the bike with bare feet.
7. Keep all loose clothing, shoelaces, and towels always from moving parts.
8. Use caution when stepping on or off of the bike.
9. Never face backward while using the bike.

save these instructions for future reference

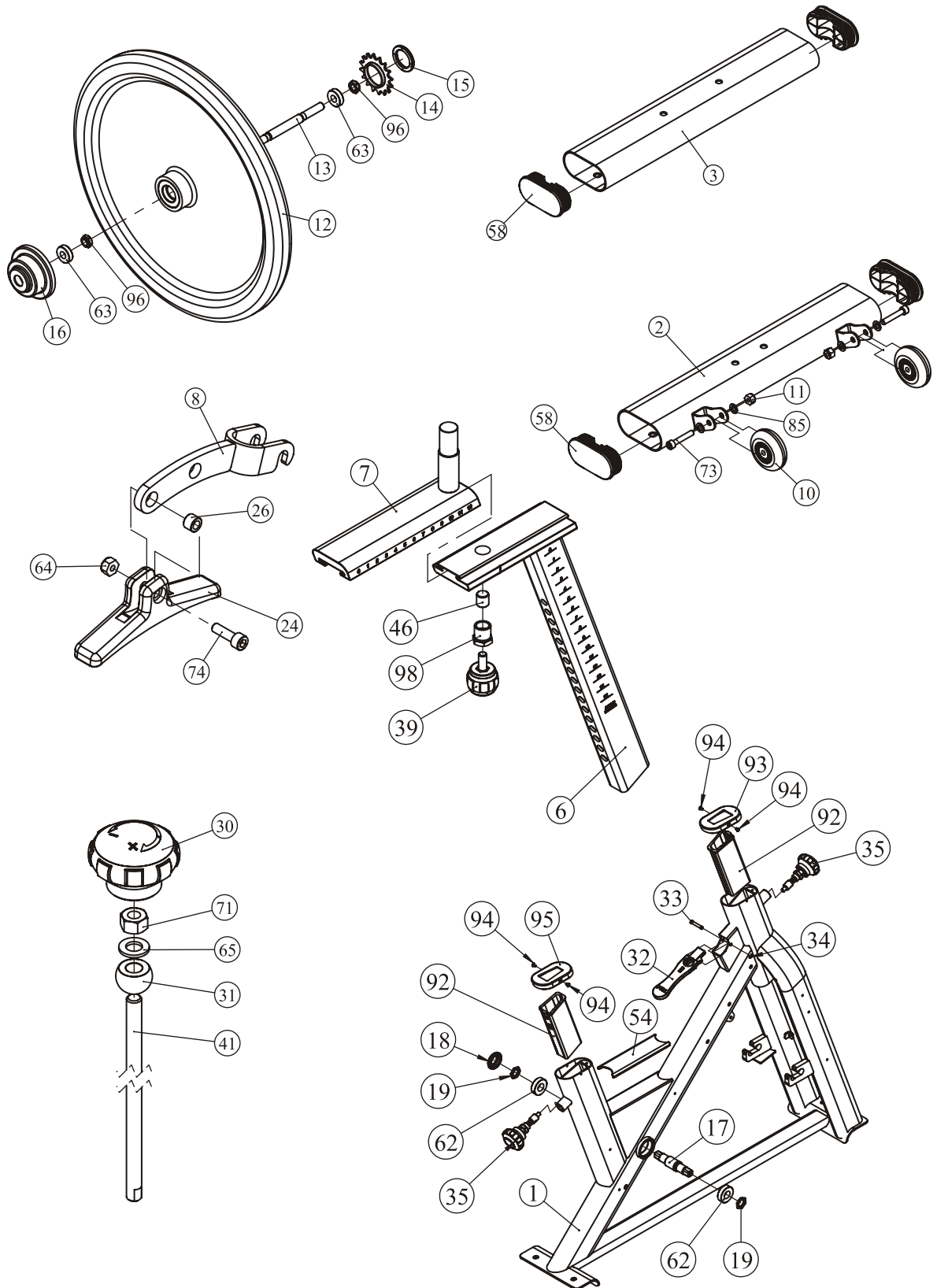
Parts List

Item No.	Description	Qty	Item No.	Description	Qty
1	Main frame	1	23	Plug, crankle	2
2	Front base	1	24	Brake pad	1
3	Rear base	1	26	Partition post	2
5	Handle	1	27	Brake adjust post	1
6	Seat support post	1	28	Spring, brake	1
7	Slide, seat	1	29	Partition post, Nylon	1
8	Brake root bracket	1	30	Function knob	1
9	Adjust feet	4	31	Ball partition post	1
10	Transportation wheel	2	32	Stopper bar	1
11	Lock nut M8	2	33	Rotate axle	1
12	Flywheel	1	34	Erings $\Phi 5$	1
13	Shaft, flywheel	1	35	Big knob	2
14	Chain wheel for flywheel	1	39	Small knob	1
15	Left screw thread nut	1	40	Seat	1
16	Flywheel cover	1	41	Brake handle	1
17	Shaft	1	42	Inner chain guard	1
18	Dustproof cover	1	43	Chain	1
19	Fix screw cap M20*1.0x6t, R	2	44	Outer chain guard	1
20	Bolt for crank M8*1.0	2	45	Outer cover	2
21	Crankle, right	1	46	Limit post	1
22	Crankle, left	1	47	Right cover	1

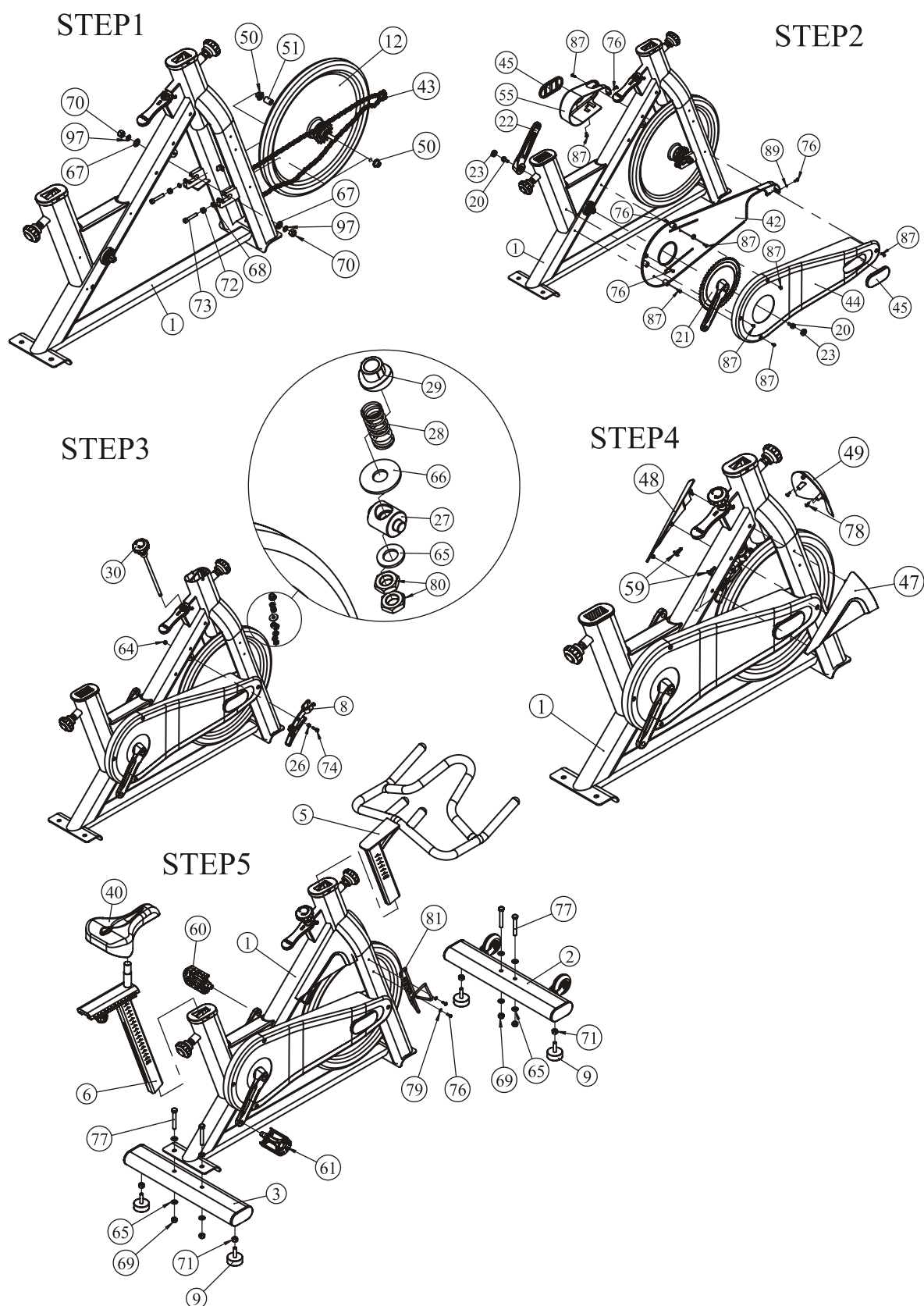
Parts List

Item No.	Description	Qty	Item No.	Description	Qty
48	Left cover	1	73	Shoulder bolt M8*45	4
49	Front cover	1	74	Shoulder bolt M6*20	2
50	Hex nut	2	76	Allen bolt M5*15	6
51	Left space	1	77	Hex bolt M10*70	4
54	Beam cover	1	78	Screw ST4.2*12	2
55	Left small chain cover	1	79	Washer $\Phi 5.3 \times \Phi 10 \times 1$	5
58	Ellipse stopper	4	80	Nut, M10*1.0*5	2
59	Buckle	2	81	Bottle rack	1
60	Left pedal	1	82	Wrench	2
61	Right pedal	1	83	Allen wrench	1
62	Bearing 6004-2Z	2	85	Washer $\Phi 9 \times \Phi 16 \times 1.6$	4
63	Bearing 6001-2Z	2	87	Allen bolt M5*10	8
64	Lock nut M6	2	88	Wrench	1
65	Washer $\Phi 11 \times \Phi 20 \times 2$	10	89	Locked washer $\Phi 5$	1
66	Washer $\Phi 11 \times \Phi 30 \times 2$	1	92	Plastic sleeve	2
67	Washer $\Phi 13 \times \Phi 24 \times 2.5$	2	93	Decoration cover	1
68	Spring washer $\Phi 8$	2	94	Screw M4*8	4
69	Nut, M10	4	95	Decoration cover	1
70	Nut, M12	2	96	Hex nut	2
71	Hex nut M10	5	97	Locked Washer	2
72	Hex nut M8	2	98	Hex nut	1

Exploded View



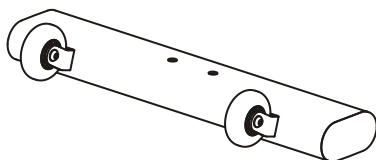
Exploded View



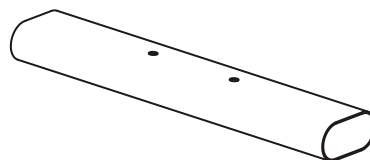
Subassembly Parts List



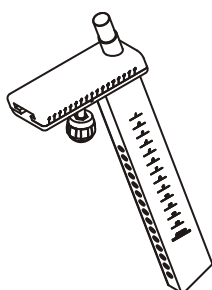
Left & Right Pedal



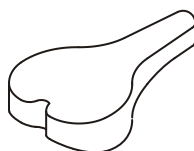
Front base



Rear base



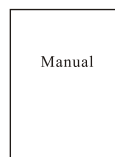
Seat support post



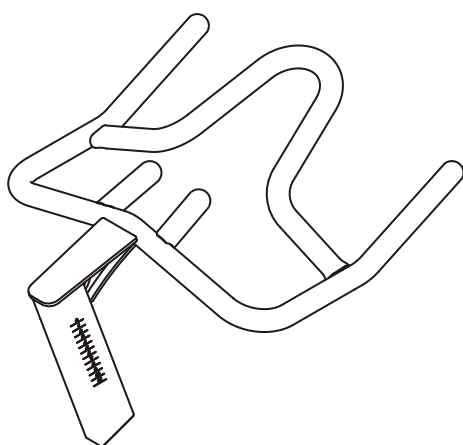
Seat



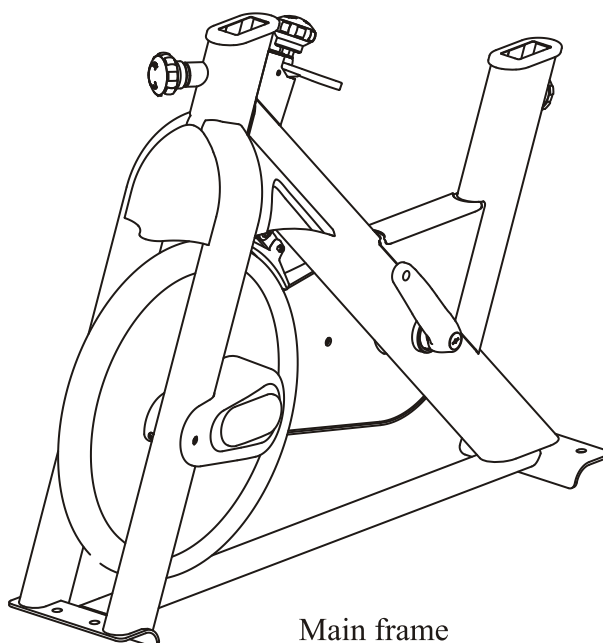
Bottle rack



Manual

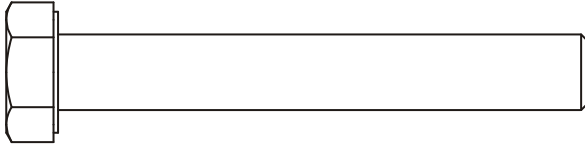


Handle



Main frame

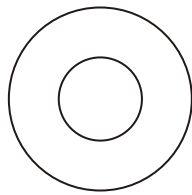
Hardware List



Hex bolt M10×70 (4PCS)



Lock nut M10 (4PCS)



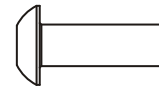
Washer $\Phi 11 \times \Phi 20 \times 2$ (8PCS)



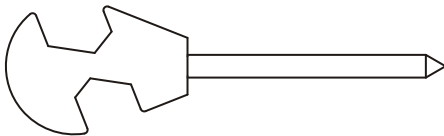
Washer $\Phi 5.5 \times \Phi 12 \times 1$ (2PCS)



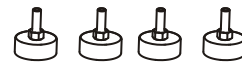
Allen wrench S=3 (1PC)



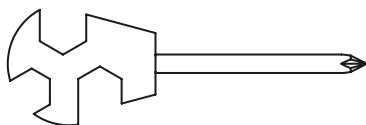
Allen bolt M5×15 (2PCS)



Wrench $\Phi 6 \times 117$ (15, 17) (2PCS)



Adjust feet (4PCS)

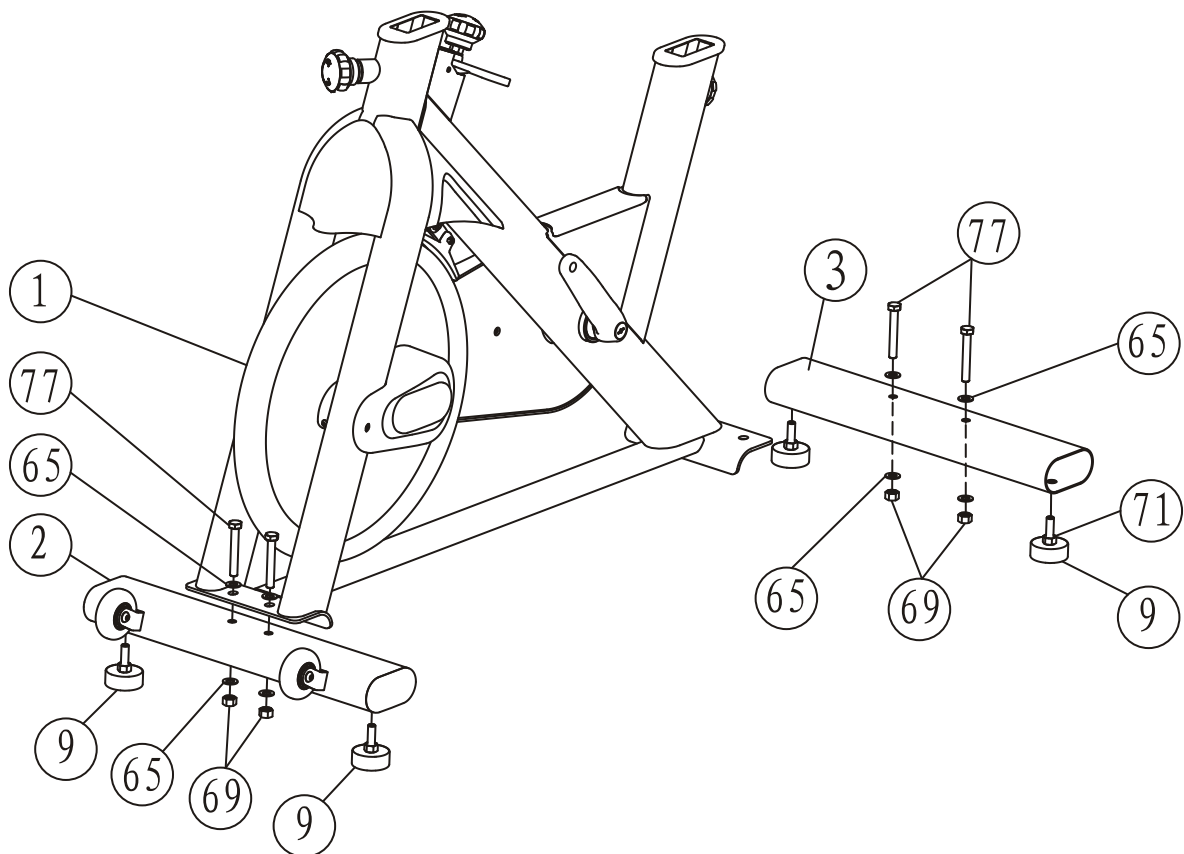


Wrench 13-14-15 (1PC)

Assembly

STEP 1

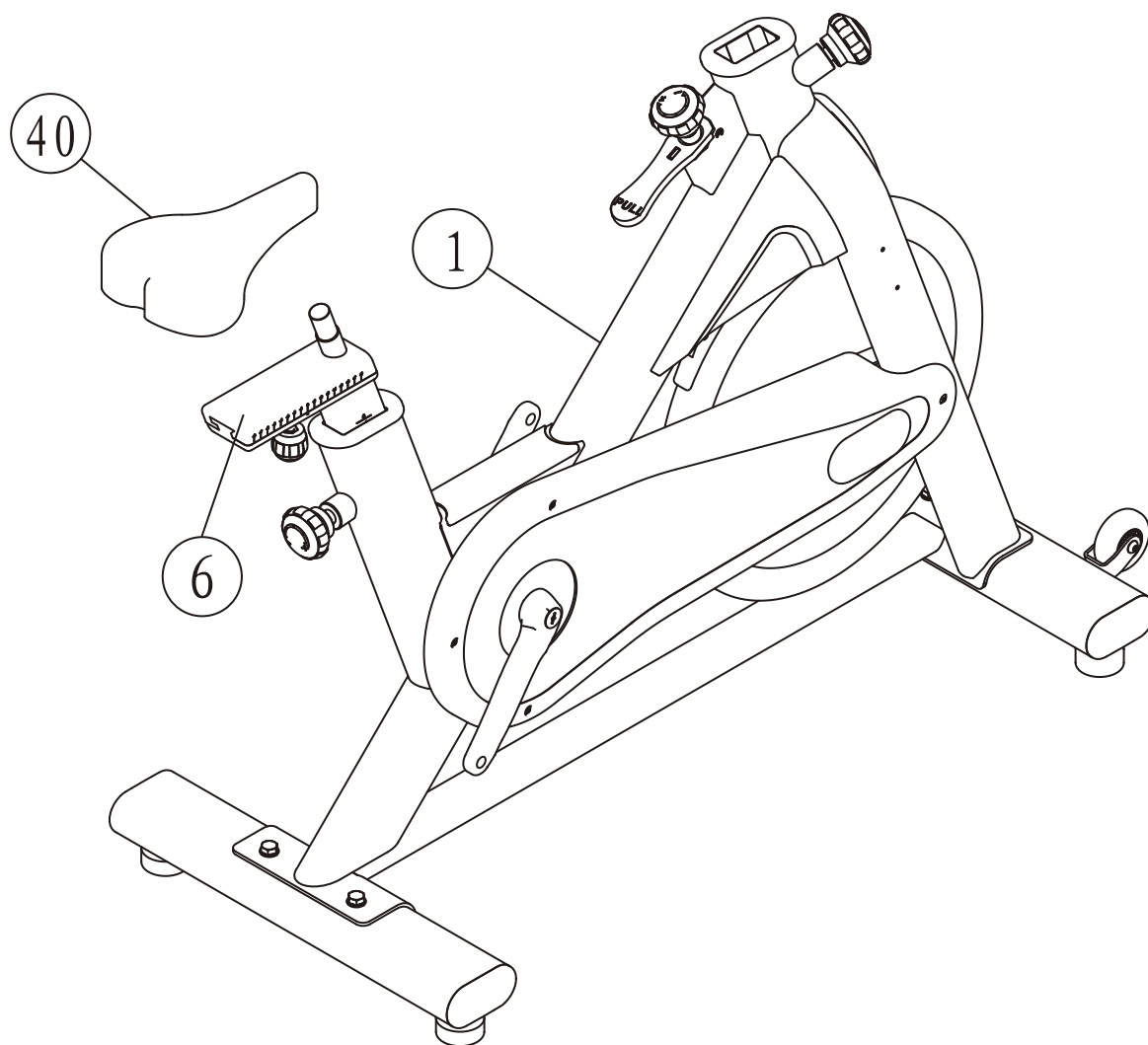
1. Fixing adjust feet (9#) to front base(2#) and rear base(3#).
2. Fixing front base (2#) and rear base (3#) to main frame (1#) using:
 - 77# Hex bolt M10×70 (4PCS)
 - 65# WasherΦ11×Φ20×2 (8PCS)
 - 69# Lock nut M10 (4PCS)
3. Adjust the adjust feet (9#) to keep the balance of the main frame.



Assembly

STEP 2

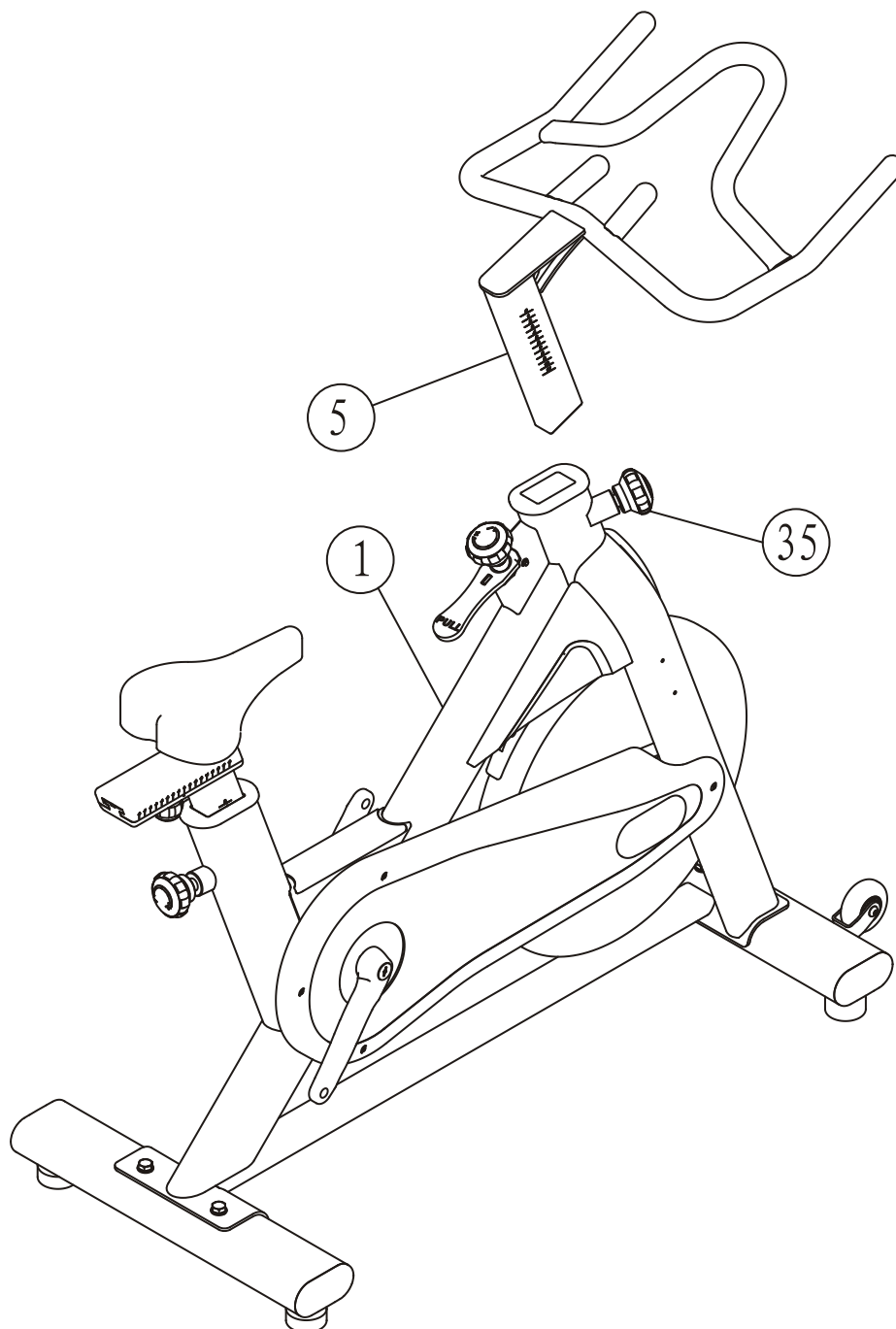
1. Attach seat support post (6#) to main frame(1#).
2. Attach seat (40#) to seat support post (6#).



Assembly

STEP 3

Fixing handle (5#) to the main frame (1#) using:
35# Big knob (1PC)



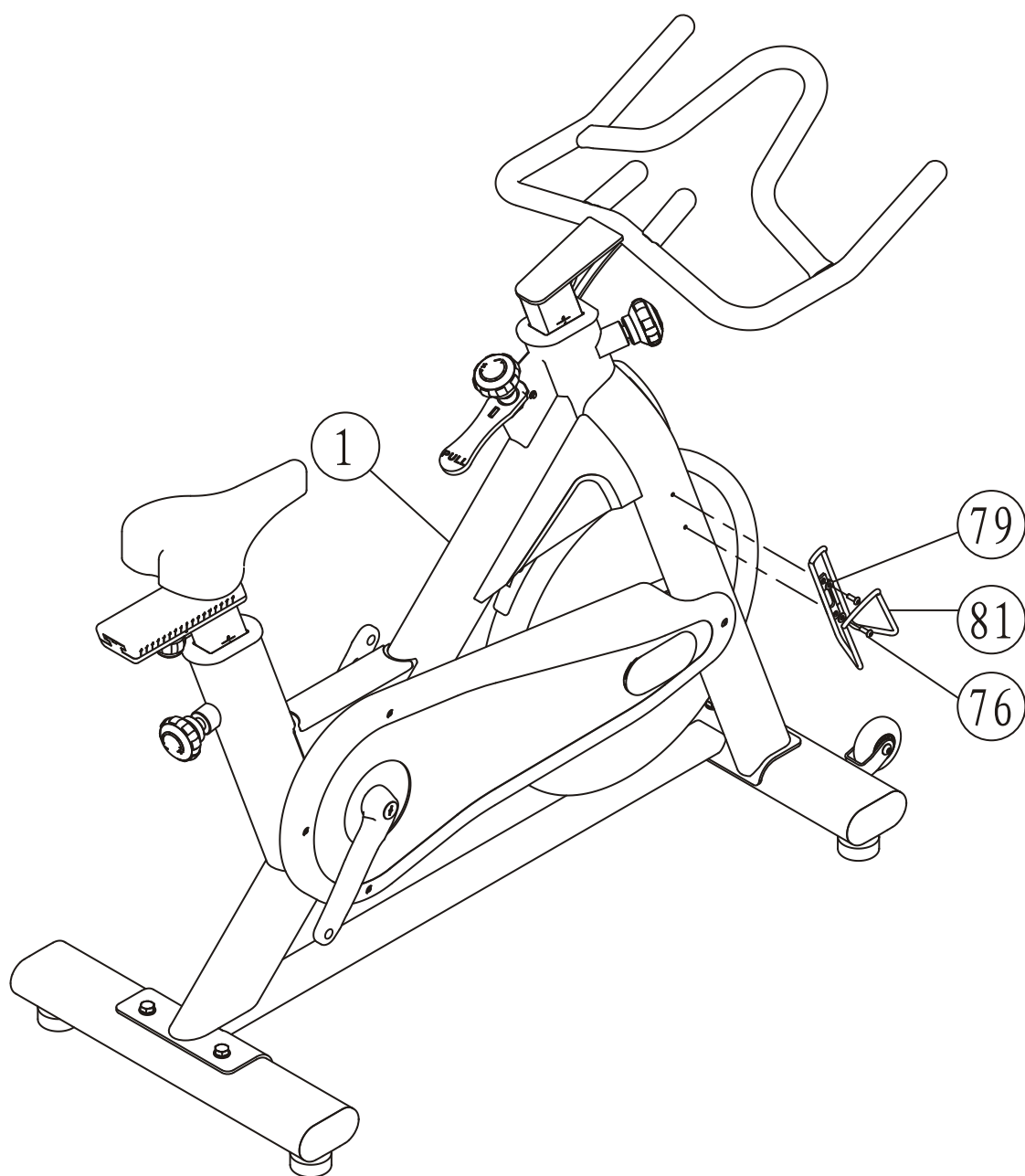
Assembly

STEP 4

Fixing bottle rack (81#) to the main frame (1#) using:

79# Washer (2PCS)

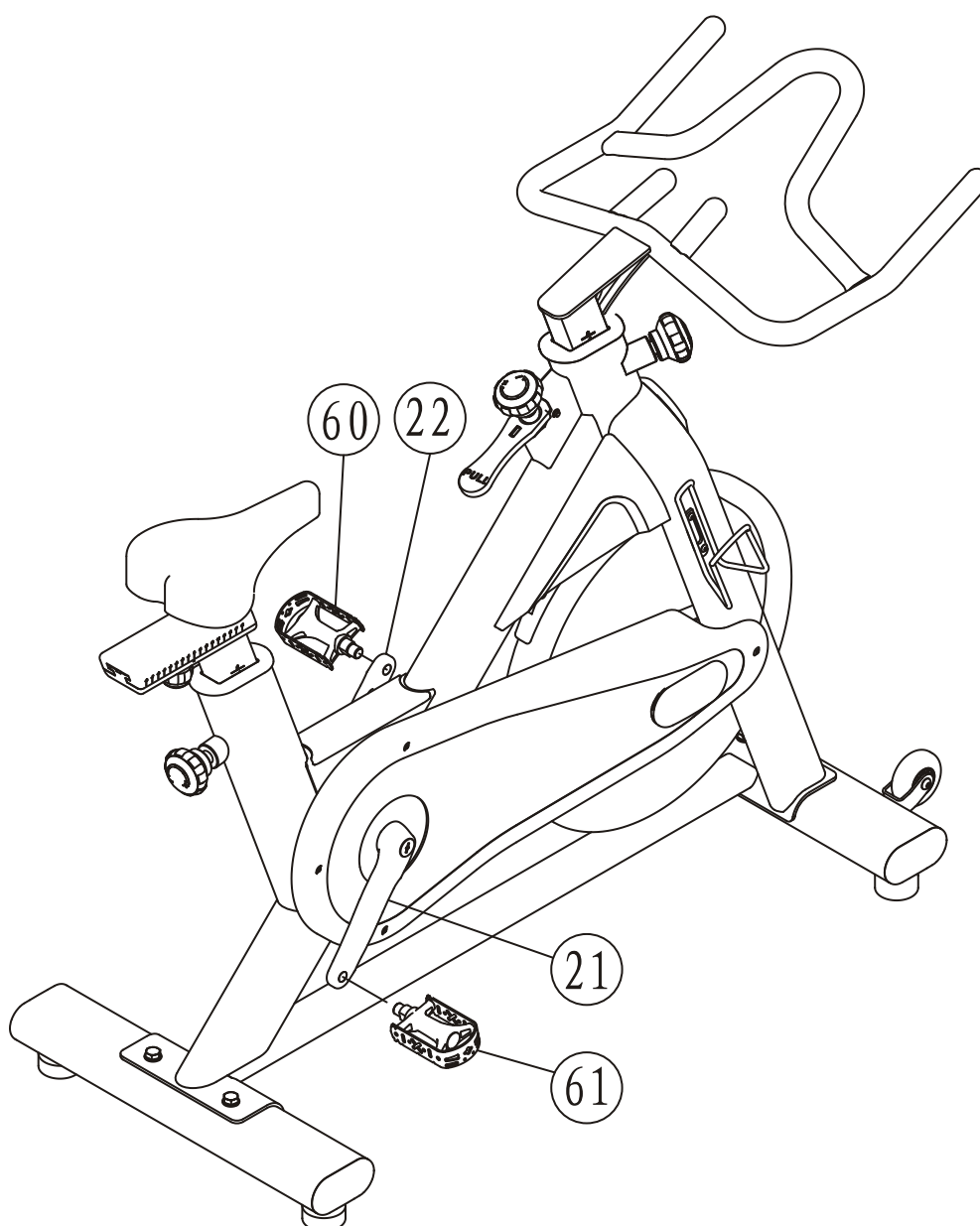
76# Allen bolt (2PCS)



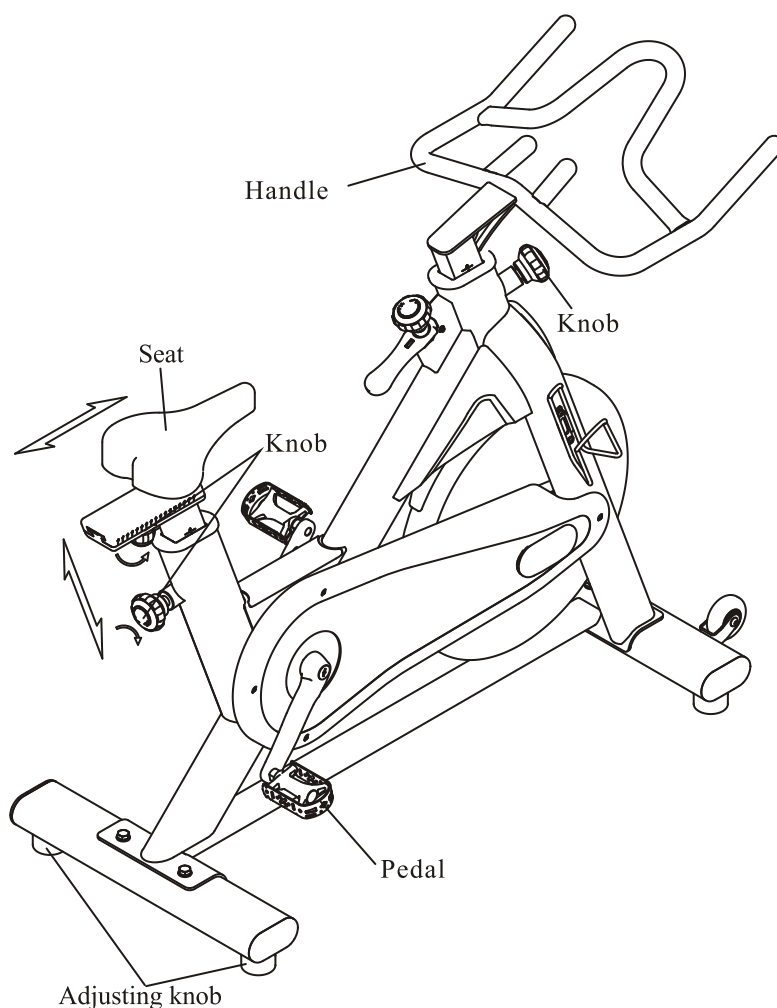
Assembly

STEP 5

Attach the left pedal (60#) and right pedal (61#) to the crank, lock tightly, notice the direction.



Usage And Maintenance



Using introduce

1. Max. Weight is 150Kg.
2. When moving the machine, you can grasp the handle, and pull it up. Then you can move it.
3. When using the machine, you must ensure it stand steadily on the grand. If it isn't steady, you must adjust the adjusting knob.
4. Adjust the seat and handle to the suitable position according to your stature, lock the knob tightly.
5. when using the machine, you must insure the pedal is locking tightly.

Maintenance

1. Tighten the pedals every 3 months.
2. If the bolts and screws have the trend of losing, please lock them timely.

