



# PS450

## INDOOR GROUP CYCLE OWNER'S MANUAL

**CAUTION!** Read all precautions and instructions in this manual before using this equipment.

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## Important Safety Instructions

**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 least 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 workout.
4. Supervise closely any children or disabled persons using the product.
5. The product should only be used on a level surface and is with 0.5 meters space around the product.

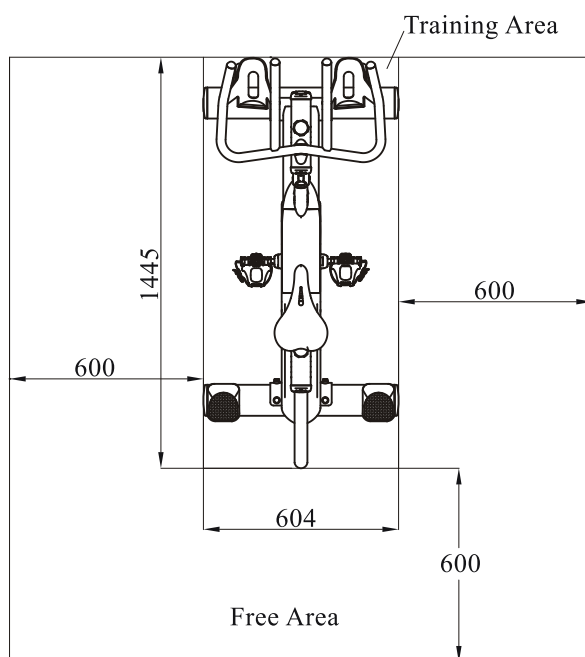
### OPERATION

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 the Bike. If any object fall into this equipment, carefully retrieve it while the unit is not in use. If the object can't be reached, please contact customer services.
4. Never place any containers filled with liquids on the unit, except in the accessory tray or water bottle holder. Containers should be covered with lids.
5. Wear shoes with rubber or high-traction soles. Do not wear shoes with high heels, leather shoes, slippers, or spikes. Make sure no sharp stuff is embedded in the soles.
6. Do not use the bike with bare feet.
7. Keep all loose clothing, shoelaces, and towels away from moving parts.
8. Take extra caution when stepping on or off the bike.
9. Never face backward while using the bike.

**Save these instructions for future reference**

## Important Safety Instructions

### Training Area and Free Area



### Specifications

Class: S

Maximum User Weight: 150Kg/ 330lbs

Product Total Surface: 604\*1445mm

Product Total Mass:

## Warm Up Exercises

### EXERCISE GUIDELINES

**WARNING!** Before beginning this or any exercise program, you should consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

Warming up prepares the body for the exercise by increasing circulation, supplying more oxygen to the muscles and raising body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. The photos on this page show several forms of basic stretching you may perform before your workouts. In order to achieve an adequate warm-up, perform each stretch three times.

### TOE TOUCH STRETCH

Stand, bending your knees slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, back of knees, and back.

### HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, lower back, and groin.

### CALF/ACHILLES STRETCH

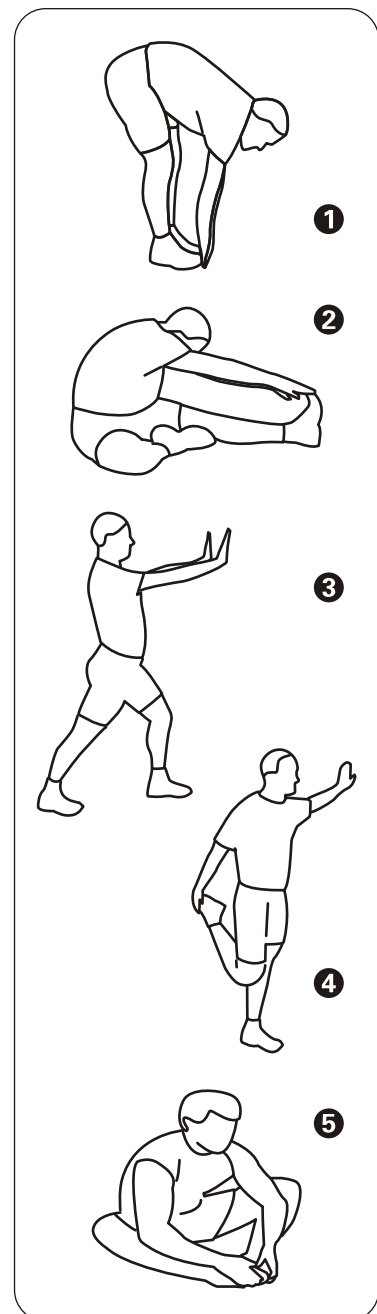
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. To cause further stretching of the achilles tendon, bend your back leg as well. This will stretch your calves, achilles tendons, and ankles.

### QUADRICEPS STRETCH

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.

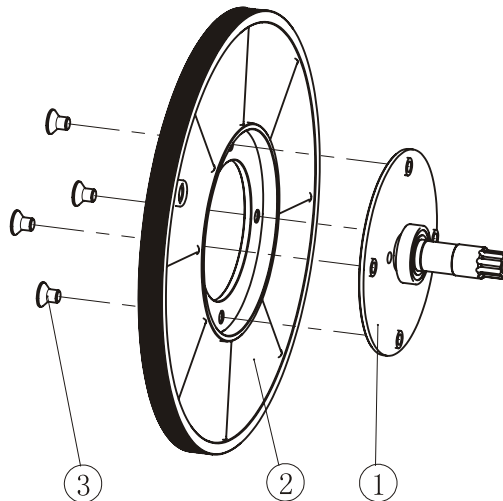
### INNER THIGH STRETCH

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.



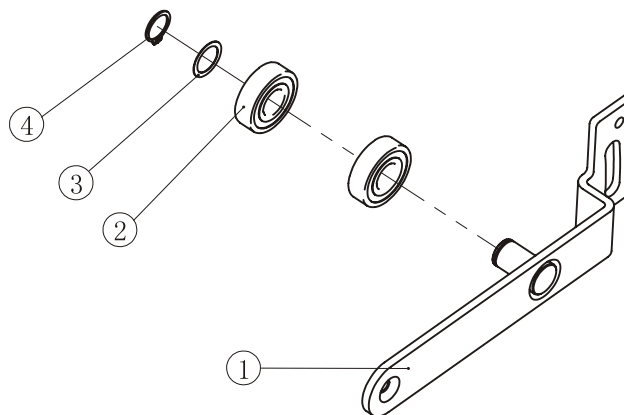
## Exploded View and Parts List

### Belt Pulley Assembly



ItemNo.	Grade No.	Part No.	Description	QTY
1	1.2.1	MT10200ASSY	Shaft Assembly	1
2	1.2.2	MT10300	Aluminum Belt Pulley	1
3	1.2.3	CNLM10*15DHS20NL	Countersunk Head Bolt, M10*15	4

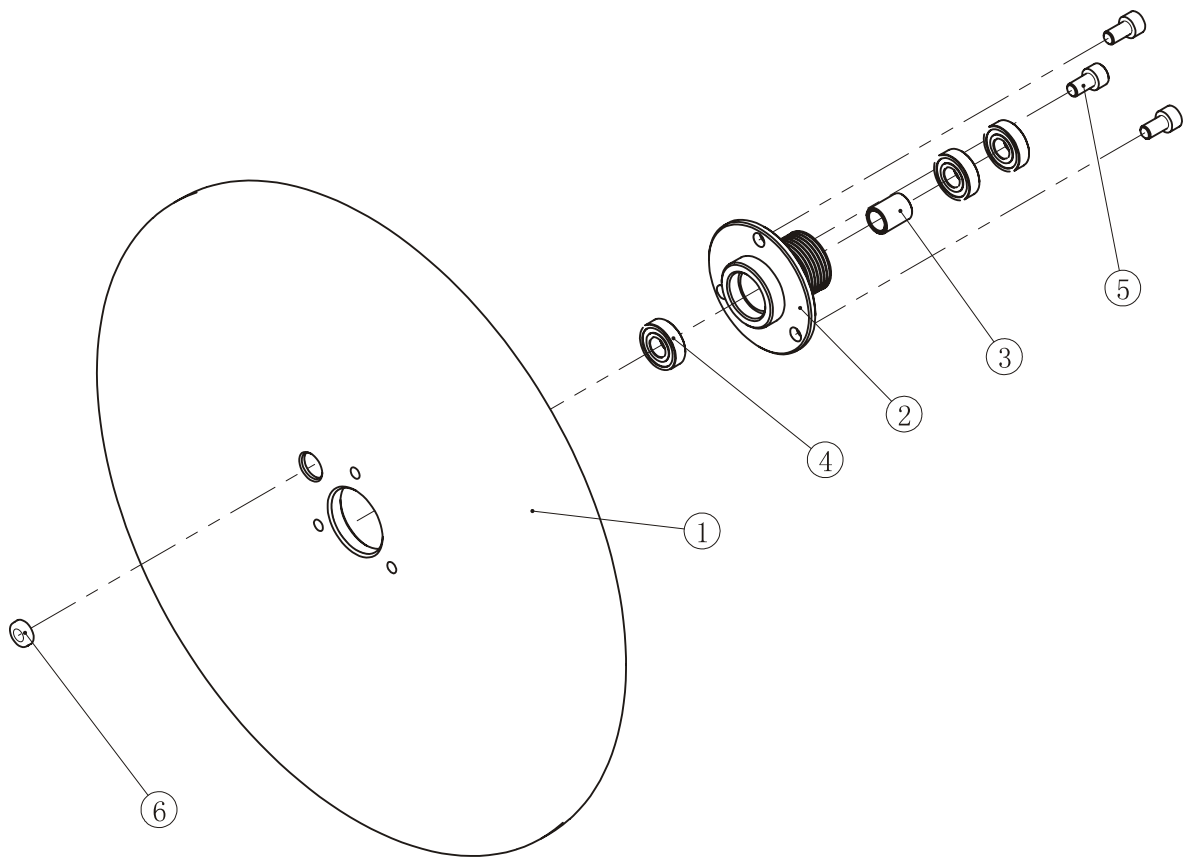
### Tension Frame Assembly



ItemNo.	Grade No.	Part No.	Description	QTY
1	1.7.1	PS4501100	Tension Frame	1
2	1.7.2	GB2766203-2RSC3TPI	Bearing 6203	2
3	1.7.3	DQ17DHS2	Thin Adjusting Washer	1
4	1.7.4	GB894.117FH12	External Retaining Ring $\Phi 17$	1

## Exploded View and Parts List

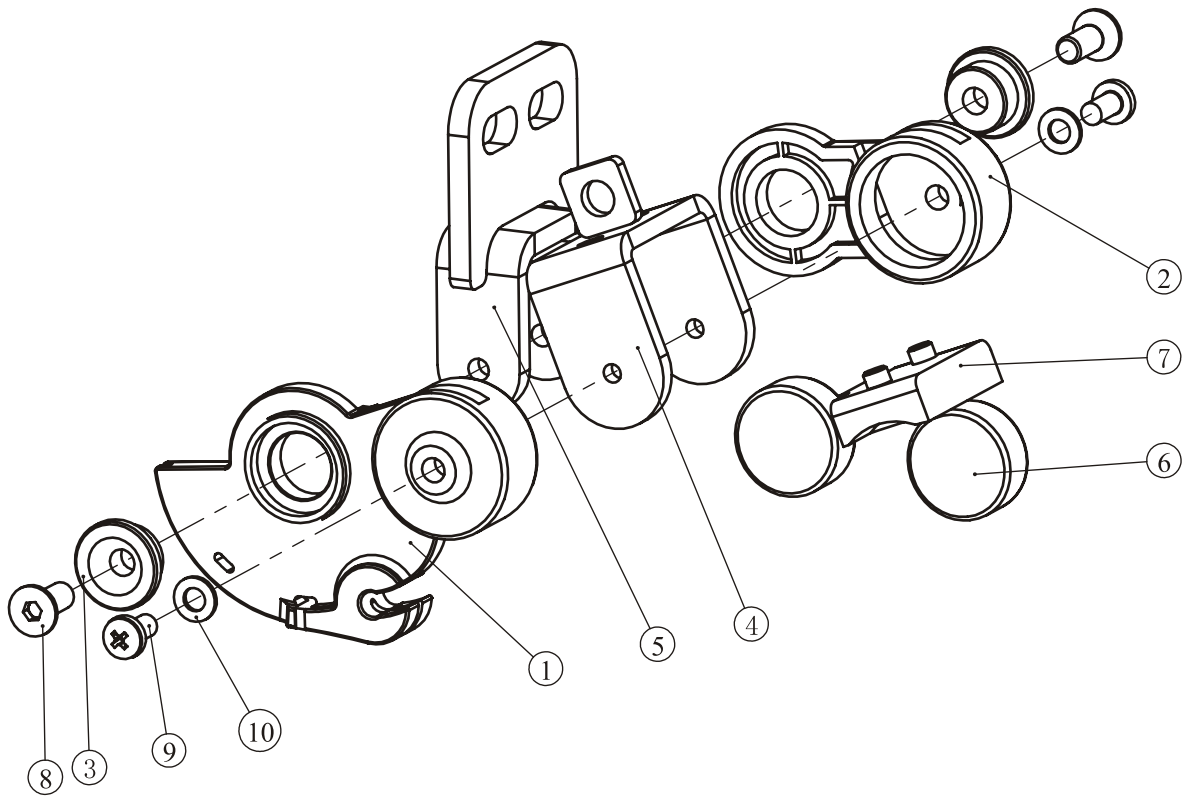
### Flywheel Assembly



ItemNo.	Grade No.	Part No.	Description	QTY
1	1.6.1	MT10401	Aluminum Flywheel	1
2	1.6.2	MT10402	Small Belt Pulley	1
3	1.6.3	MT10403	Sleeve, $\Phi 16 * \Phi 12.2 * 20.5$	1
4	1.6.4	GB2766001-2RSC3TPI	Bearing 6001	3
5	1.6.5	GB70M8*15N19NL	Socket Head Bolt M8*15	3
6	1.6.6	IE951814700	Magnet	1

## Exploded View and Parts List

### Magnetic Brake Assembly



Item No.	Grade No.	Part No.	Description	QTY
1	1.22.1	MT12100	Traction Frame, Right	1
2	1.22.2	MT12200	Traction Frame, Left	1
3	1.22.3	MT12300	Copper Bearing	2
4	1.22.4	MT12400	Magnet Fixing Rack	1
5	1.22.5	MT12800	Brake Fixing Rack	1
6	1.22.6	MT11400	Magnet	2
7	1.22.7	PS4502600	Brake Pads	1
8	1.22.8	CNLM6*15N19	Countersunk Head Bolt, M6*15	2
9	1.22.9	GB818M5*10N19	Screw M5*10	2
10	1.22.10	GB955DS2	Washer $\Phi 5.5 \times \Phi 10 \times 1$	2

## Exploded View and Parts List

### Main Frame Assembly

ItemNo.	Grade No.	Part No.	Description	QTY
1	1.1	PS4500100	Main Frame	1
2	1.2	GB17880.5M10*19.5DCS17	Rivet Nut M10	2
3	1.3	PS4500400	Shaft	1
4	1.4	MT102ASSY	Belt Pulley Assembly	1
5	1.5	GB2766005-2RSC3TPI	Bearing 6005	1
6	1.6	MT10400	Flywheel Assembly	1
7	1.7	PS45011ASSY	Tension Frame Assembly	1
8	1.8	GB70M8*35DS20	Socket Head Bolt M8*35	1
9	1.9	GB41M8DS2	Nut M8	2
10	1.10	PS4501200	Tension Fixing Plate	1
11	1.11	DXD610J8A	610 pulley	1
12	1.12	MT10600	Sleeve, $\Phi 16 * \Phi 12.2 * 6.2$	1
13	1.13	GB41M10DS2	Nut M10	1
14	1.14	NM10DS2	Nylon Insert Lock Nut M10	1
15	1.15	NM8DS2	Nylon Insert Lock Nut M8	3
16	1.16	CNLM8*20DHS20NL	Countersunk Head Bolt, M8*20	1
17	1.17	PS4501300	Flywheel Protecting Frame	1
18	1.18	GB17880.5M8*16.5DCS17	Rivet Nut M8	6
19	1.19	GB958DS2	Washer $\Phi 9 * \Phi 16 * 1.6$	11
20	1.20	GB938DS12	Spring Washer $\Phi 8$	6
21	1.21	GB70M8*25DS20NL	Socket Head Bolt M8*15	8
22	1.22	PS45014ASSY	Big Knob Assembly	2
23	1.23	PS4503200	Hollow Tube	2
24	1.24	PS45016ASSY	Handle Bar Holding Assembly	1
25	1.25	PS4501900	Retainer	2
26	1.26	PS45026ASSY	Magnetic Brake Assembly	1
27	1.27	MT12600	Tension Spring	1
28	1.28	PS4503900	Brake Handle	1
29	1.29	MT11700	Friction Flock	1

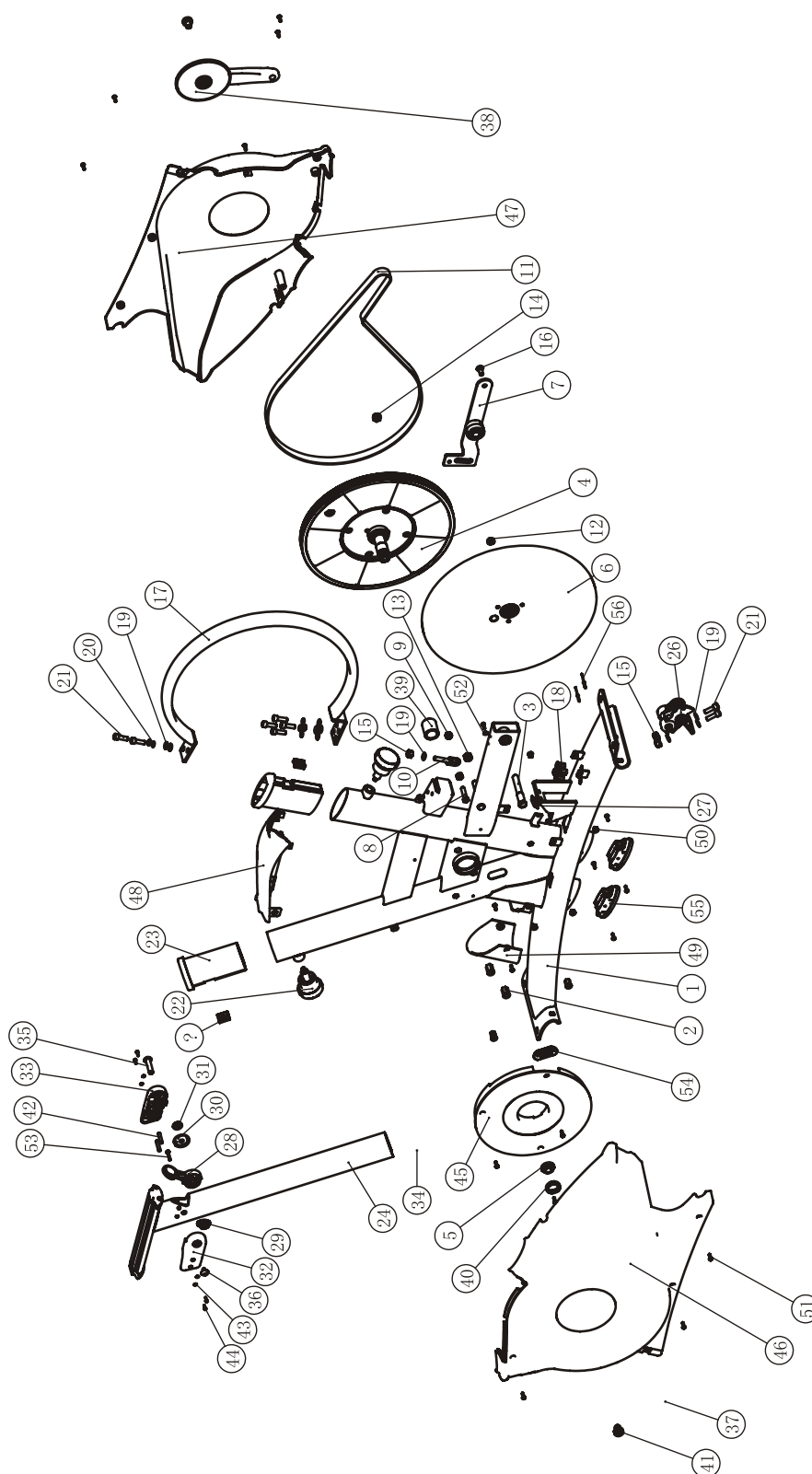
## Exploded View and Parts List

### Main Frame Assembly

ItemNo.	Grade No.	Part No.	Description	QTY
30	1.30	MT15500	Rope Pressing Block	1
31	1.31	MT15600	Supplementary Pressure Block	1
32	1.32	PS4502500	Brake Cover, Left	1
33	1.33	PS4502400	Brake Cover, Right	1
34	1.34	PS4502700	Cable	1
35	1.35	MT11800	Shaft Shoulder Bolt M10*41	1
36	1.36	MT15700	Button Head Bolt M6*12	1
37	1.37	PS4502000	Crank Arm, Left	1
38	1.38	PS4502100	Crank Arm, Right	1
39	1.39	MT14700	Sleeve, $\Phi 32 * \Phi 25 * 36$	1
40	1.40	MT14800	Sleeve, $\Phi 32 * \Phi 25 * 7.5$	1
41	1.41	PS303D1800	Screw M12*1.0*21	2
42	1.42	PS4503300	Nut Sleeve	2
43	1.43	GB953DS2	Washer $\Phi 3.2 * \Phi 7 * 0.5$	4
44	1.44	GB70M3*10DS2	Socket Head Bolt M3*10	4
45	1.45	PS4503600	Cover For Cable	1
46	1.46	PS4502900	Cover, Lift	1
47	1.47	PS4503000	Cover, Right	1
48	1.48	PS45031ASSY	Cover, Upper	1
49	1.49	PS4503500	Cover, Front	1
50	1.50	ECU7P3500	Nut, PA6	6
51	1.51	GB845ST4.2*16DS	Screw ST4.2*16	18
52	1.52	GB955DS2	Washer $\Phi 5.5 * \Phi 10 * 1$	1
53	1.53	GB818M4*25DS2	Screw M4*25	1
54	1.54	RT9502100	Harness Shell	1
55	1.55	PS4501800	Plug	2
56	1.56	GB126183.2*15N11	Blind Rivets	2
57	1.57	SD2.5*100	Band	2

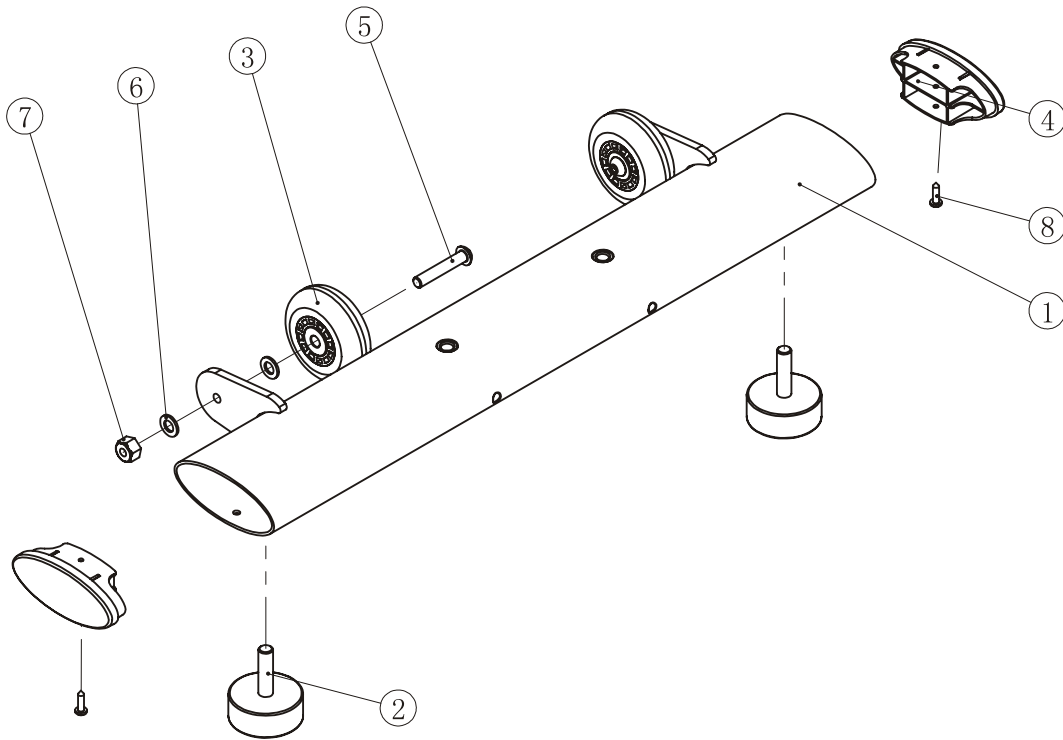
# Exploded View and Parts List

## Main Frame Assembly



## Exploded View and Parts List

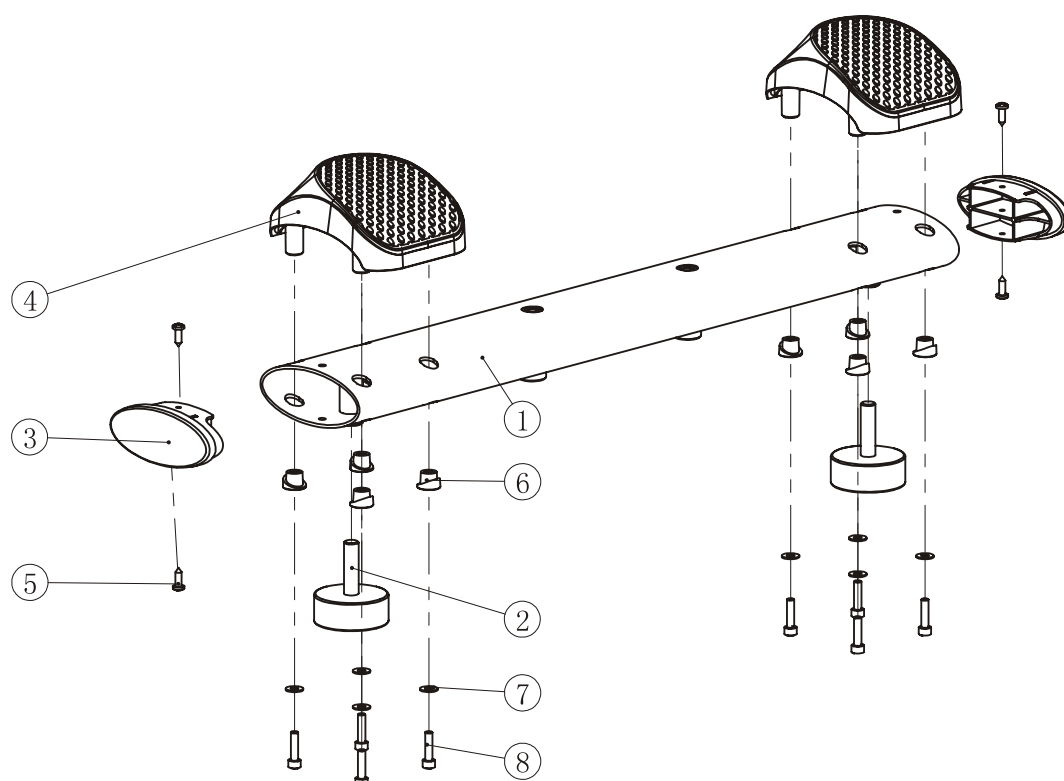
### Front Base Assembly



ItemNo.	Grade No.	Part No.	Description	QTY
1	2.1	PS4500200	Front Base	1
2	2.2	PS3000900	Foot	2
3	2.3	DP86703100V1	PU Wheel	2
4	2.4	PS4501800	Plug	2
5	2.5	PNLM8*45N19	Hex Head Bolt M8*45	2
6	2.6	GB958N19	Washer $\Phi 9 \times \Phi 16 \times 1.6$	4
7	2.7	NM8DS2	Nylon Insert Lock Nut M8	2
8	2.8	GB845ST4.2*16DS	Screw ST4.2*16	2

## Exploded View and Parts List

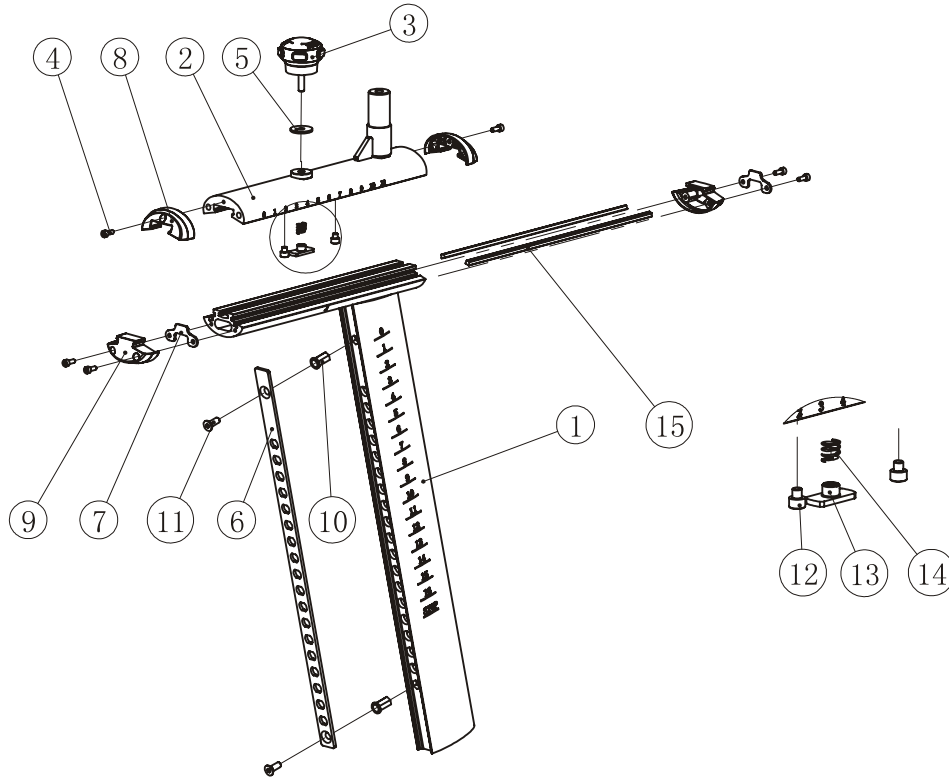
### Rear Base Assembly



ItemNo.	Grade No.	Part No.	Description	QTY
1	3.1	PS4500300	Rear Base	1
2	3.2	PS3000900	Foot	2
3	3.3	PS4501800	Plug	2
4	3.4	PS4502200	Base Cover	2
5	3.5	GB845ST4.2*16DHS	Screw ST4.2*16	4
6	3.6	PS4502300	Special Washer	8
7	3.7	DQ5DHS2	Washer $\Phi 5.5^* \Phi 12^*1$	8
8	3.8	GB70M5*20DHS4	Screw M5*20	8

## Exploded View and Parts List

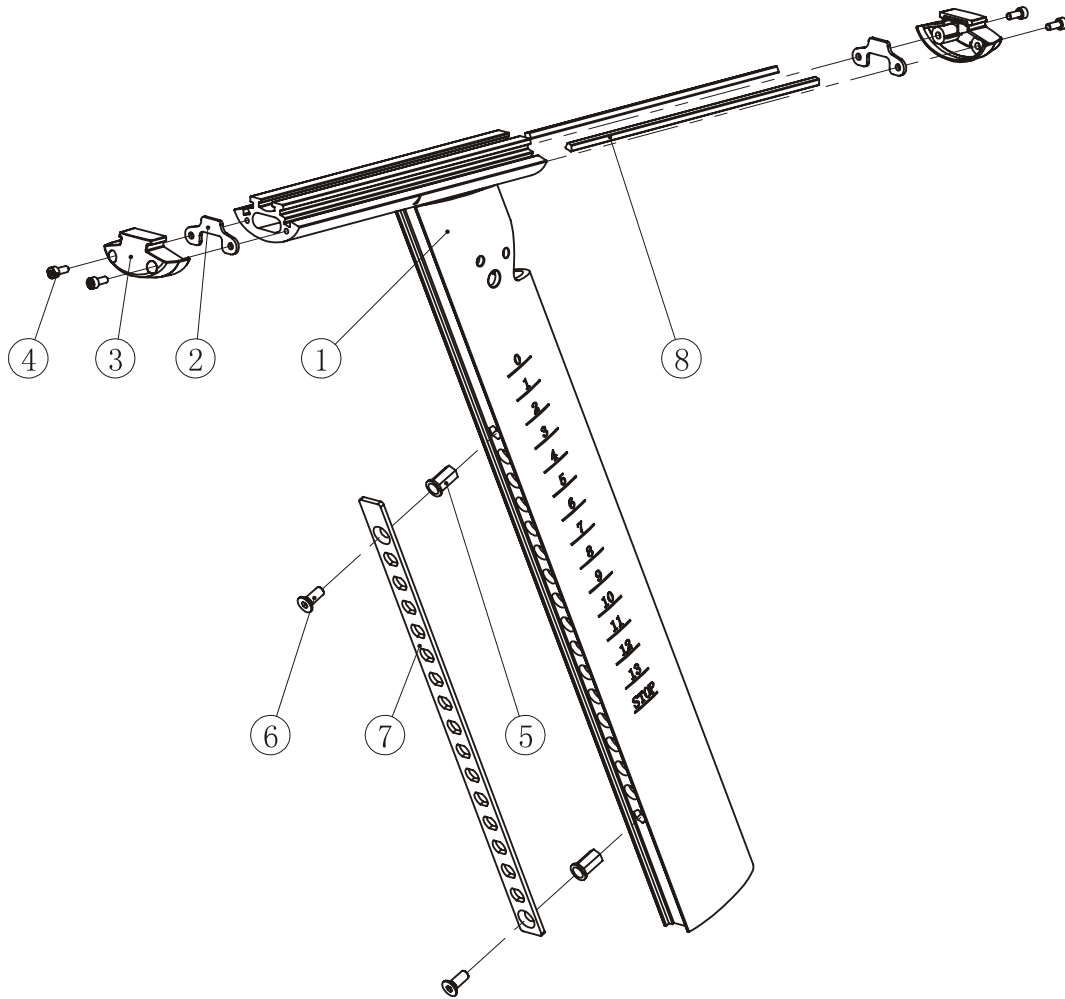
### Seat Frame Assembly



ItemNo.	Grade No.	Part No.	Description	QTY
1	8.1	PS4501501	Seat Support Frame	1
2	8.2	PS4501502	Seat Frame	1
3	8.3	PS4503700	Knob	1
4	8.4	GB70M4*10N19	Screw M4*10	6
5	8.5	DQ6N19	Stainless Steel Washer	1
6	8.6	PS4501503	Stainless Steel Plate	1
7	8.7	PS4501603	Fixed Plate On Both Sides	2
8	8.8	PS4501506	Upper Sliding Block End Cover	2
9	8.9	PS4501507	Lower Sliding Block End Cover	2
10	8.1	GB17880.5M6*16.5DS17	Rivet Nut M6	2
11	8.11	CNLM6*16N19	Countersunk Head Bolt, M6*16	2
12	8.12	GB70M5*5N19	Screw M5*5	2
13	8.13	PS4501509	Knob Slider	1
14	8.14	MT13700	Compression Spring	1
15	8.15	PS4501508	Plastic Strip	2

## Exploded View and Parts List

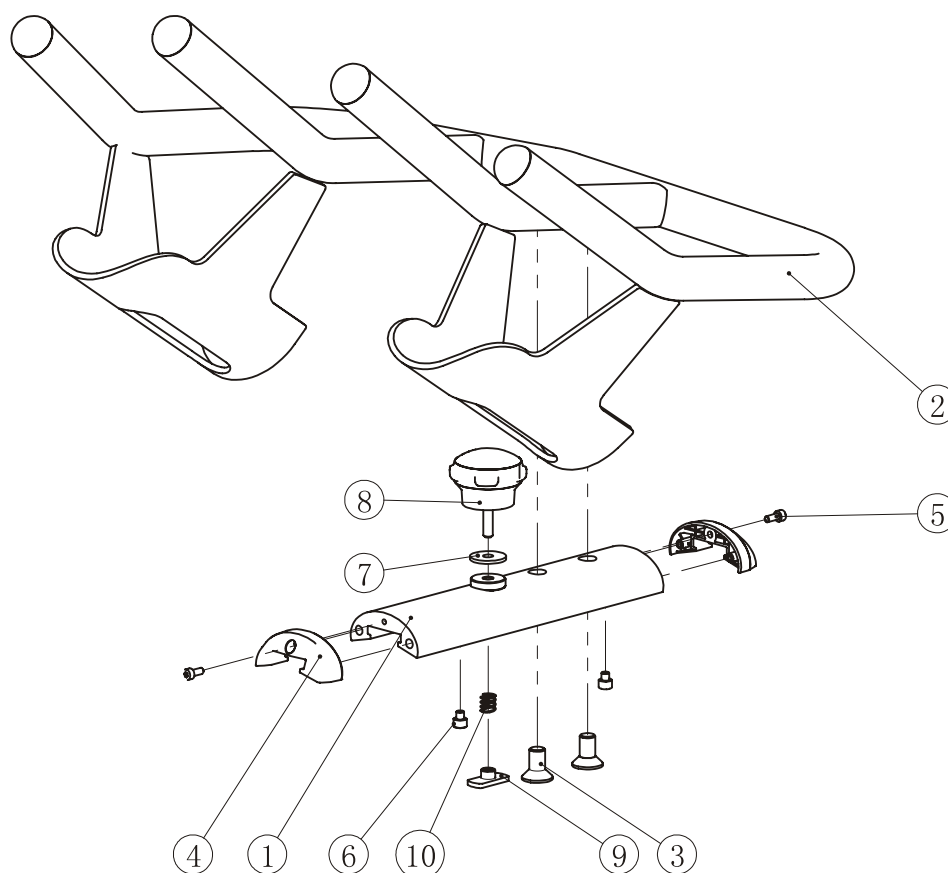
### Handle Bar Supporting Assembly



ItemNo.	Grade No.	Part No.	Description	QTY
1	1.24.1	PS4501601	Handle Bar Support Frame	1
2	1.24.2	PS4501603	Fixed Plate On Both Sides	2
3	1.24.3	PS4501507	Lower Sliding Block End Cover	2
4	1.24.4	GB70M4*10N19	Screw M4*10	4
5	1.24.5	GB17880.5M6*16.5DS17	Rivet Nut M6	2
6	1.24.6	CNLM6*16N19	Countersunk Head Bolt, M6*16	2
7	1.24.7	PS4501602	Stainless Steel Plate	1
8	1.24.8	PS4501604	Plastic Strip	2

## Exploded View and Parts List

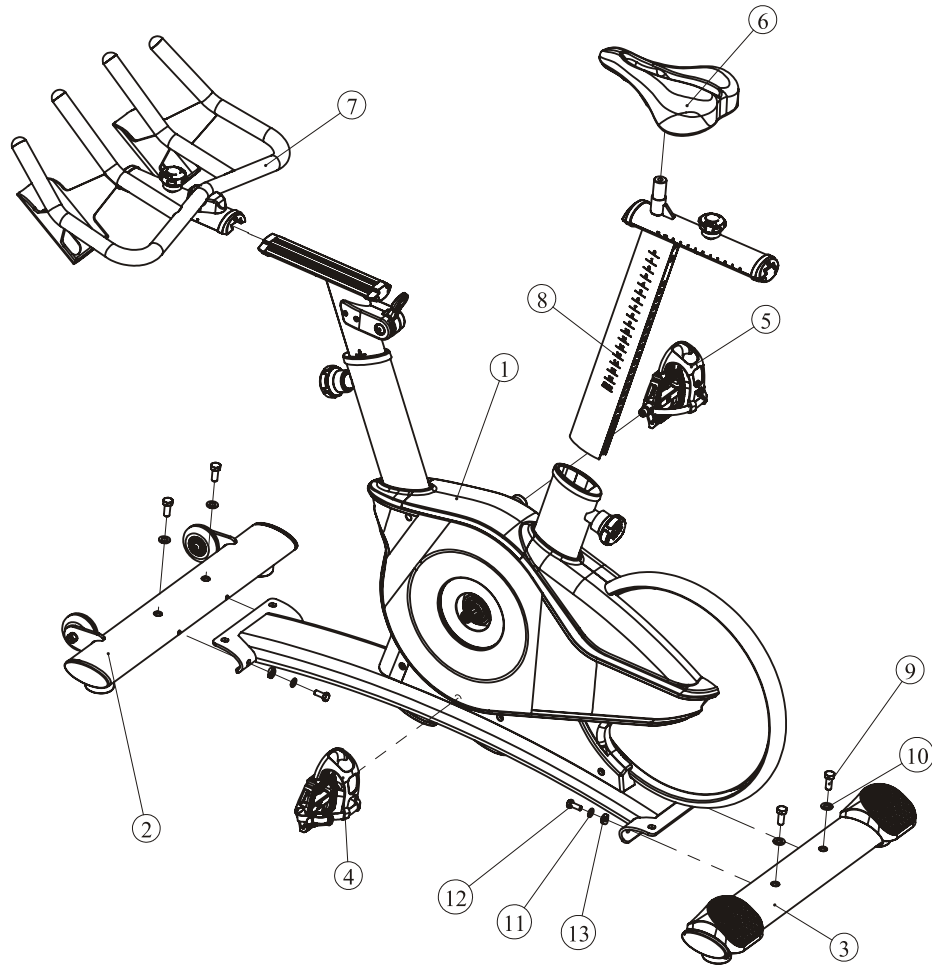
### Handle Bar Assembly



ItemNo.	Grade No.	Part No.	Description	QTY
1	7.1	PS4501701	Aluminum Handle Bracket	1
2	7.2	PS4501702	Handle Bar	1
3	7.3	CNLM10*20DHS20NL	Countersunk Head Bolt, M10*20	2
4	7.4	PS4501506	Upper Sliding Block End Cover	2
5	7.5	GB70M4*10N19	Screw M4*10	2
6	7.6	GB70M5*5N19	Screw M5*5	2
7	7.7	DQ6N19	Stainless Steel Washer	1
8	7.8	PS4503700	Knob	1
9	7.9	PS4501509	Knob Slider	1
10	7.10	MT13700	Compression Spring	1

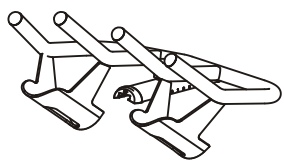
## Exploded View and Parts List

### Overall

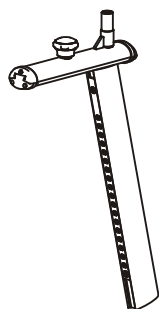


ItemNo.	Grade No.	Part No.	Description	QTY
1	1	PS45001ASSY	Main Frame Assembly	1
138	2	PS45002ASSY	Front Base Assembly	1
156	3	PS45003ASSY	Rear Base Assembly	1
172	4	VP-S5-L	Left Pedal	1
173	5	VP-S5-R	Right Pedal	1
174	6	VL-3032-BSR	VELO Seat	1
175	7	PS45017ASSY	Handle Bar Assembly	1
198	8	PS45015ASSY	Seat Frame Assembly	1
223	9	GB5781M10*25N19	Hex Head Bolt,M10*25	4
224	10	GB9510N19	Washer Φ 11*Φ 20*2	4
225	11	GB958N19	Washer Φ 9*Φ 16*1.6	4
226	12	GB5780M8*20N19	Hex Head Bolt,M8*20	4
227	13	PS4503400	Special Washer	4

## Subassembly Parts List



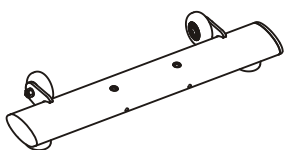
Handle Bar Assembly



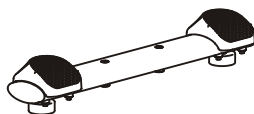
Seat Frame Assembly



Seat



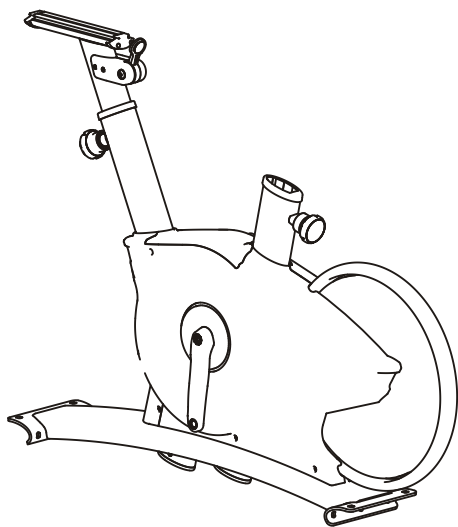
Front Base Assembly



Rear Base Assembly



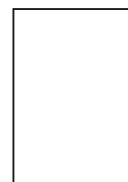
Left & Right Pedal



Main Frame Assembly

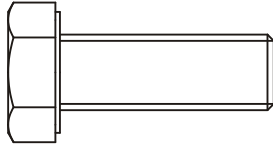


Hardware

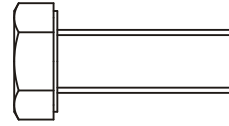


Manual

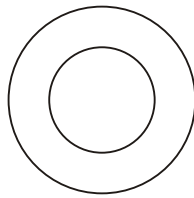
## Hardware List



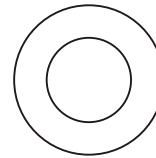
four M10\*25 Hex Bolt(#9)



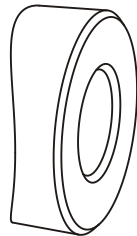
four M8\*20 Hex Bolt(#12)



four  $\Phi 11 * \Phi 20 * 2$  Washer(#10)



four  $\Phi 9 * \Phi 16 * 1.6$  Washer(#11)



four  $\Phi 18 * \Phi 8.5 * 6.5$  Special Washer(#13)



Hey Key S=2.5, 3, 4, 6

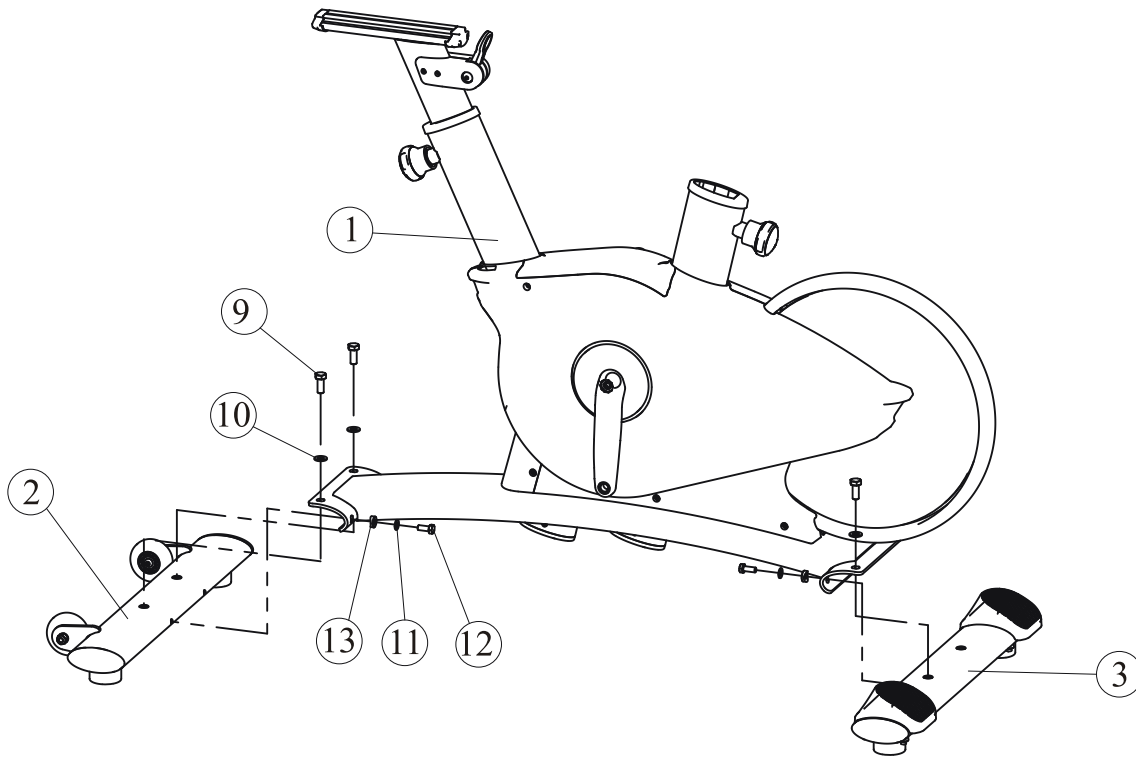
Diameter of bolt (mm/inch)	M6(1/4")	M8(5/16")	M10(3/8")	M12(1/2")	M16(5/8")
Tightening torque (N.m)	9~12	22~30	45~59	78~104	193~257
Operational methods for adult men	The strength of the wrist	The strength of the wrist and forearm	The strength of the entire arm	The strength of the arm and upper body	with all strength

## Assembly

### STEP 1

Fixing Front Base Assembly (#2) and Rear Base Assembly (#3) to Main Frame Assembly (#1) using:

- four M10\*25 Hex Bolt (#9)
- four  $\Phi 11*\Phi 20*2$  Washer (#10)
- four  $\Phi 9*\Phi 16*1.6$  Washer (#11)
- four M8\*20 Hex Bolt (#12)
- four  $\Phi 18*\Phi 8.5*6.5$  Special Washer (#13)

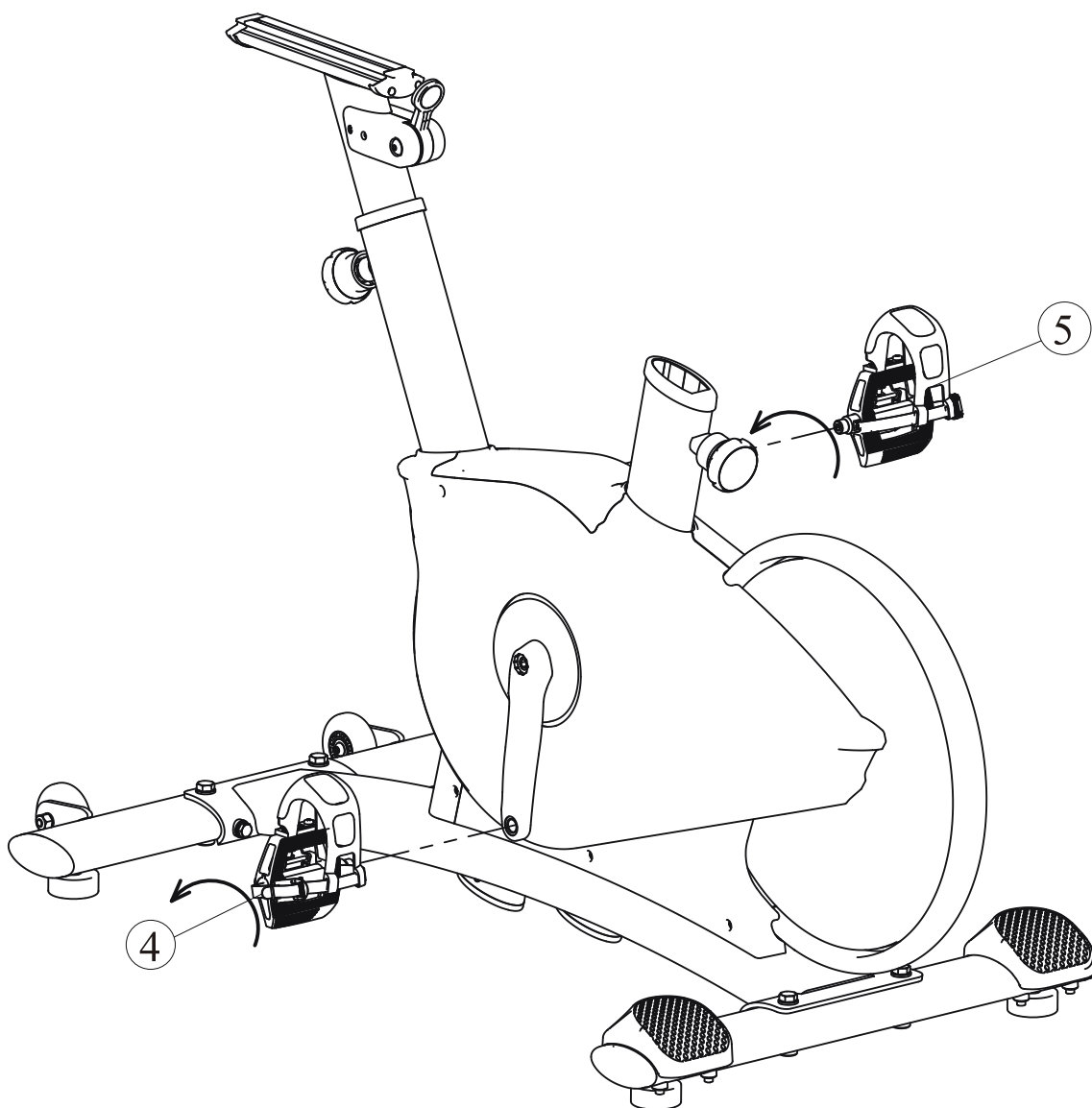


## Assembly

### STEP 2

Attach Left Pedal (#4) and Right Pedal (#5) to the crank, lock tightly.

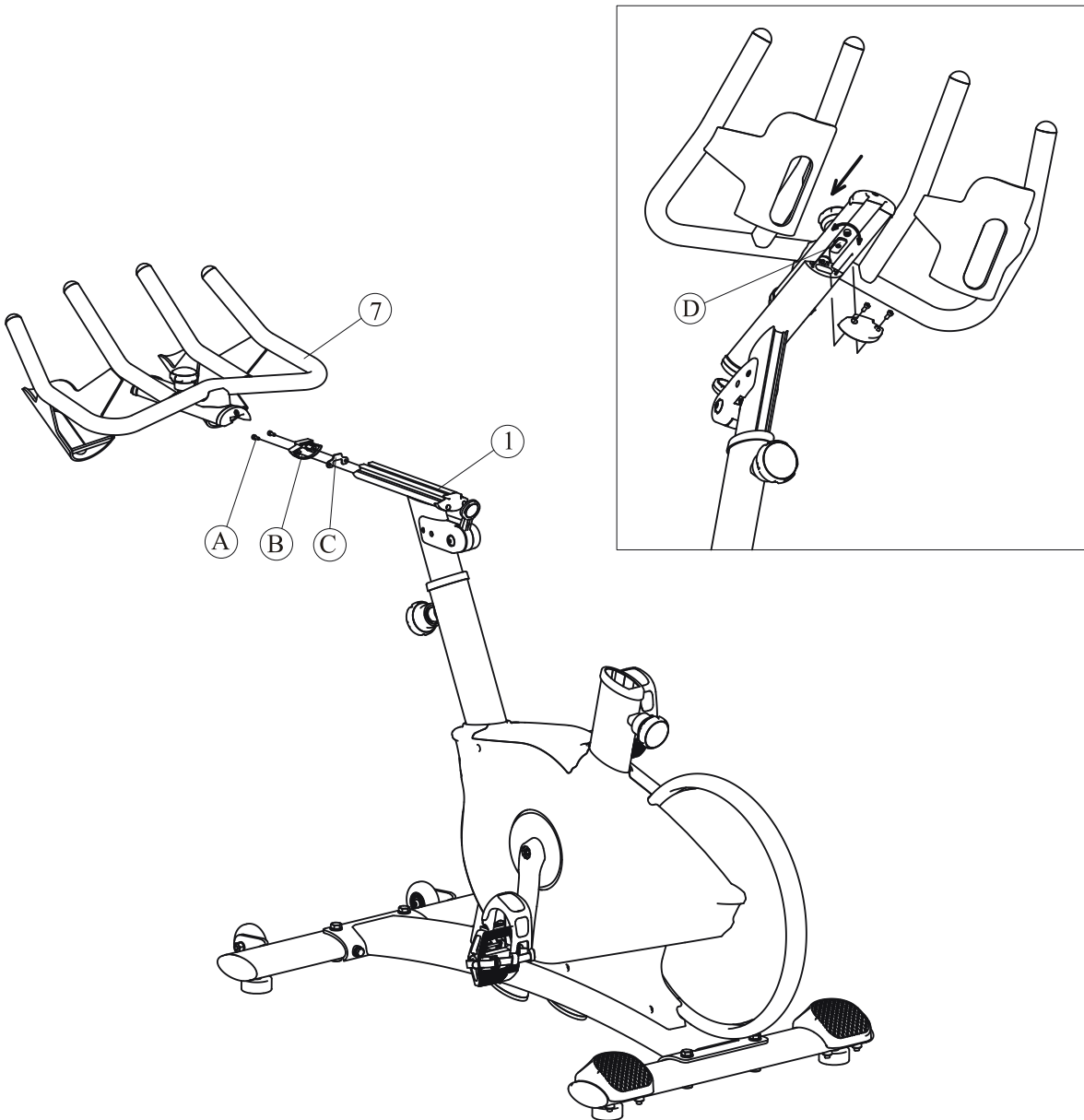
**Notice the direction.**



## Assembly

### STEP 3

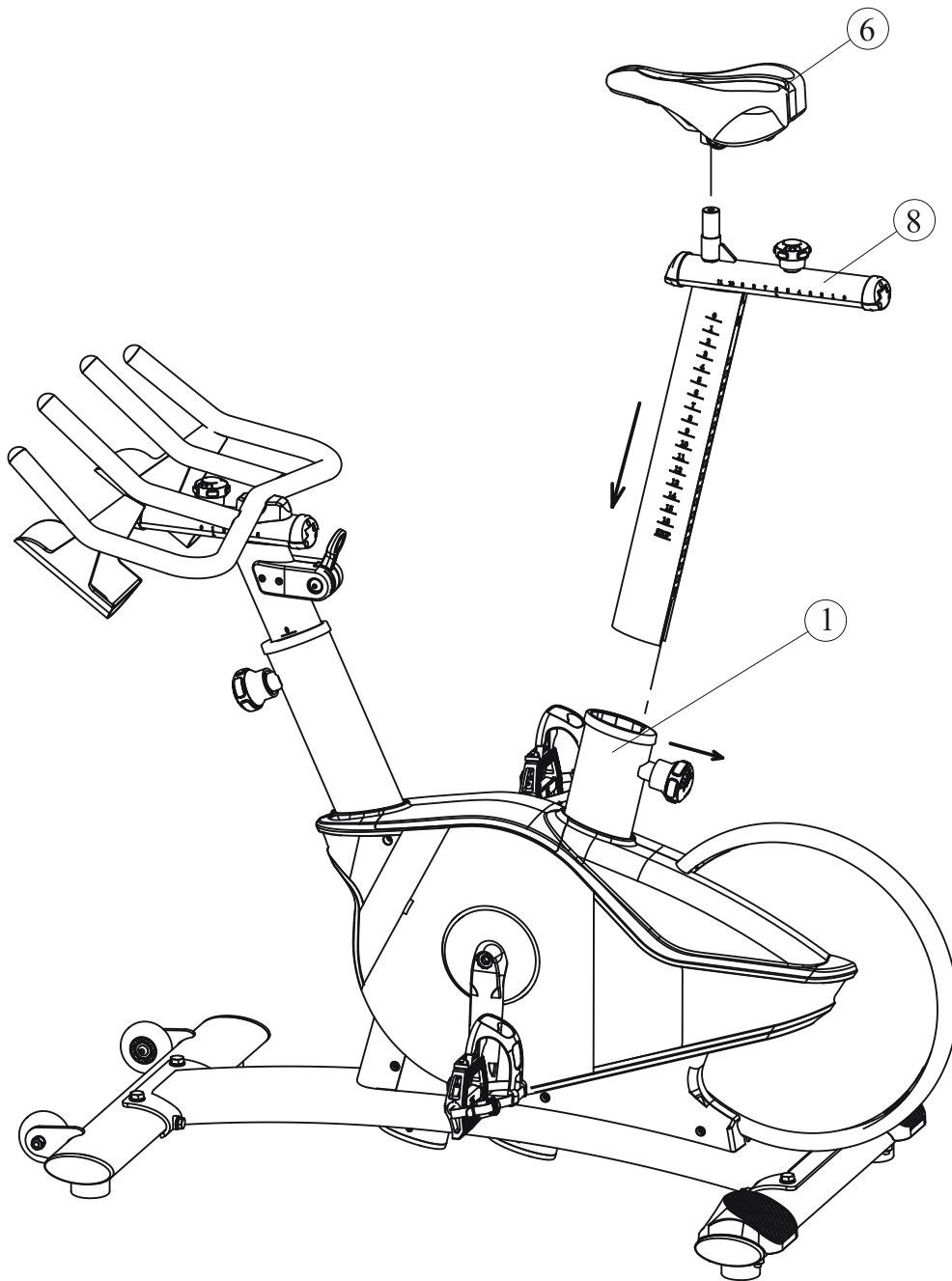
1. Remove the two M4\*10 Screws (#A), Lower Sliding Block End Cover (#B) and the Stainless Steel Plate (#C) from Main Frame Assembly (#1).
2. Attach Handle Bar Assembly (#7) to Main Frame Assembly (#1), Adjust the Knob Slider (#D) to make sure the Handle Bar Assembly (#7) can attach to Main Frame Assembly (#1) smoothly.
3. Attach the two M4\*10 Screws (#A), Lower Sliding Block End Cover (#B) and the Stainless Steel Plate (#C) back to Main Frame Assembly (#1).



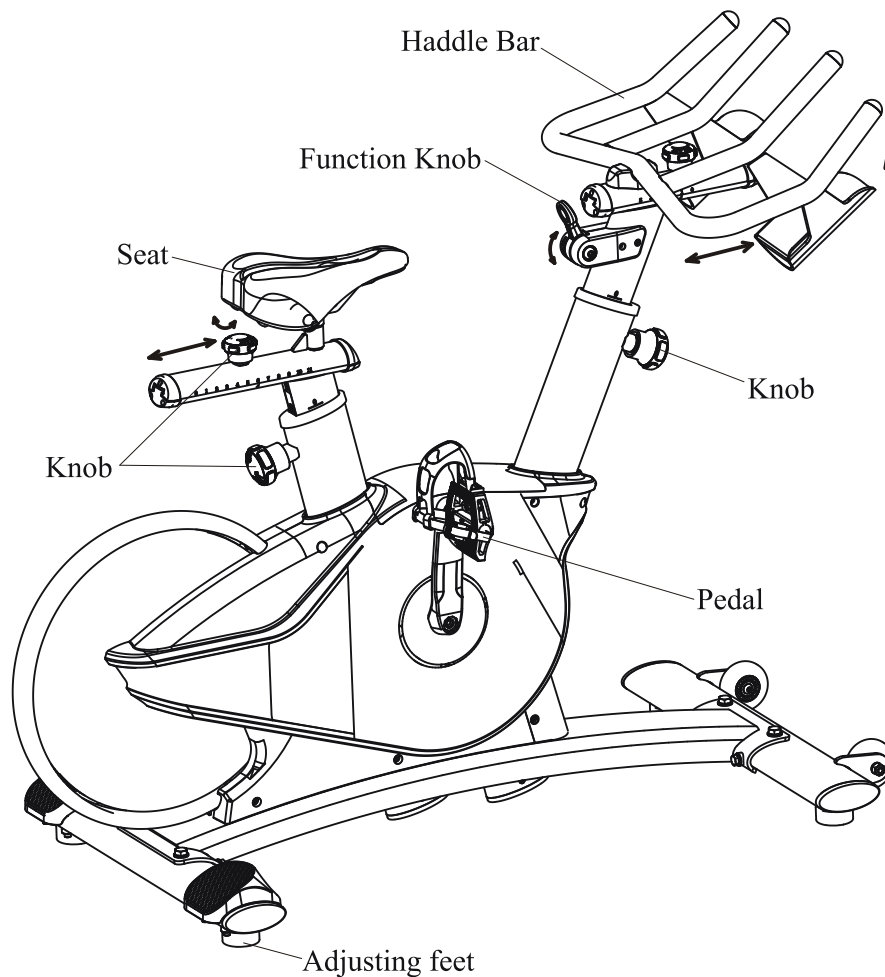
## Assembly

### STEP 4

1. Attach Seat Frame Assembly (#8) to the Main Frame Assembly (#1).
2. Attach Seat (#6) to the Seat Frame Assembly (#8), lock tightly.



## Usage And Maintenance



### Using introduce

1. When moving the machine, you can grasp the Handle Bar, and press down. Then you can move it.
2. When using the machine, you must ensure it stand steadily on the ground. If it isn't steady, you can adjust the Adjusting Feet.
3. Adjust the Seat and Handle Bar to the suitable position according to your stature, lock the knob tightly.
4. When using, you can use Function Knob to adjust riding resistance.
5. Before using the machine, you must insure the Pedal is locking tightly.

### Maintenance

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

## Maintenance Check List

PREVENTIVE MAINTENANCE SCHEDULE						
CARDIO						
<i>Item</i>	<i>Daily</i>	<i>Weekly</i>	<i>Monthly</i>	<i>Quarterly</i>	<i>Biannual</i>	<i>Annual</i>
<i>Mounting Bolts</i>					Inspect	
<i>Frame</i>	Clean				Inspect	
<i>Power Cord</i>			Inspect			
<i>Display Console</i>	Clean		Inspect			
<i>Cover</i>	Clean					
<i>Handlebar</i>	Clean					
<i>Seat</i>	Clean					
<i>Pedal</i>	Clean	Lock				
<i>Belt Tension</i>				Inspect		
<i>Belt</i>					Inspect	
<i>Lubricate Sliding Bearing and Linear Bearing</i>			Inspect			

