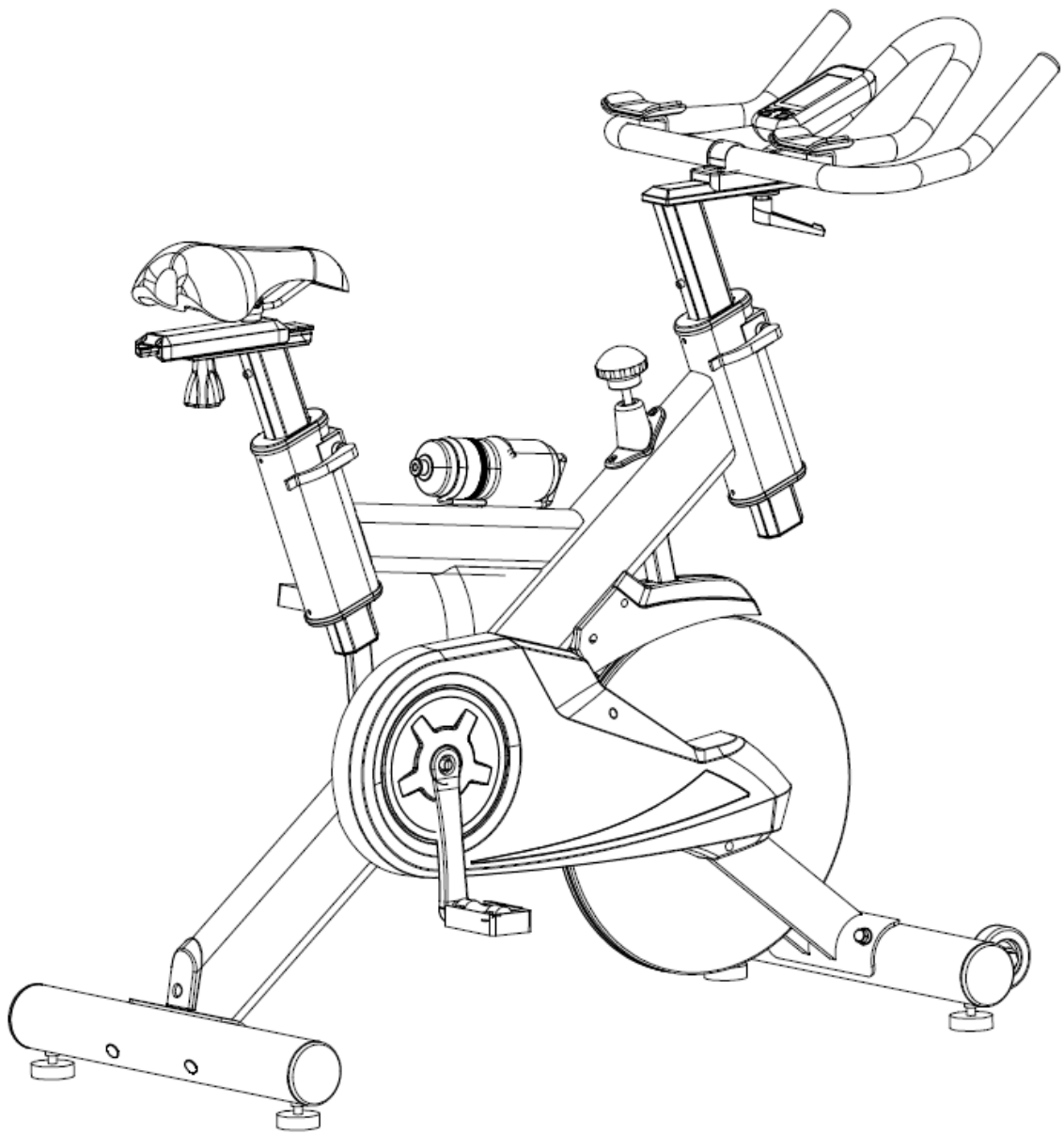




D.C. ATHLETICS®

Sven Nys Spinning Bike

MANUAL



IMPORTANT !

Please read all instructions carefully before using this product.

Retain this manual for future reference.

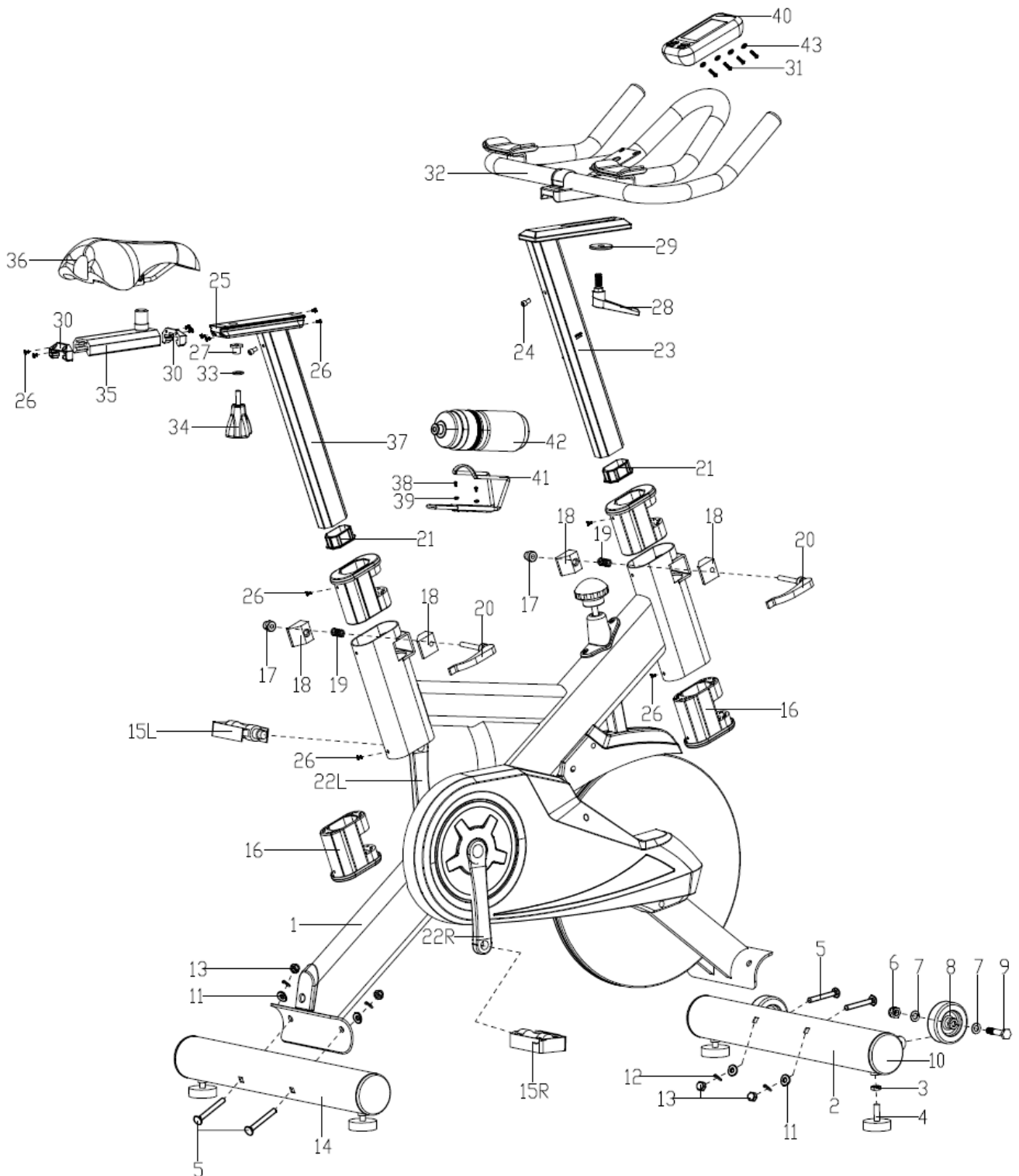
The specifications of this product may vary slightly from the illustrations and are subject to change without notice.

SAFETY & MAINTENANCE INSTRUCTION

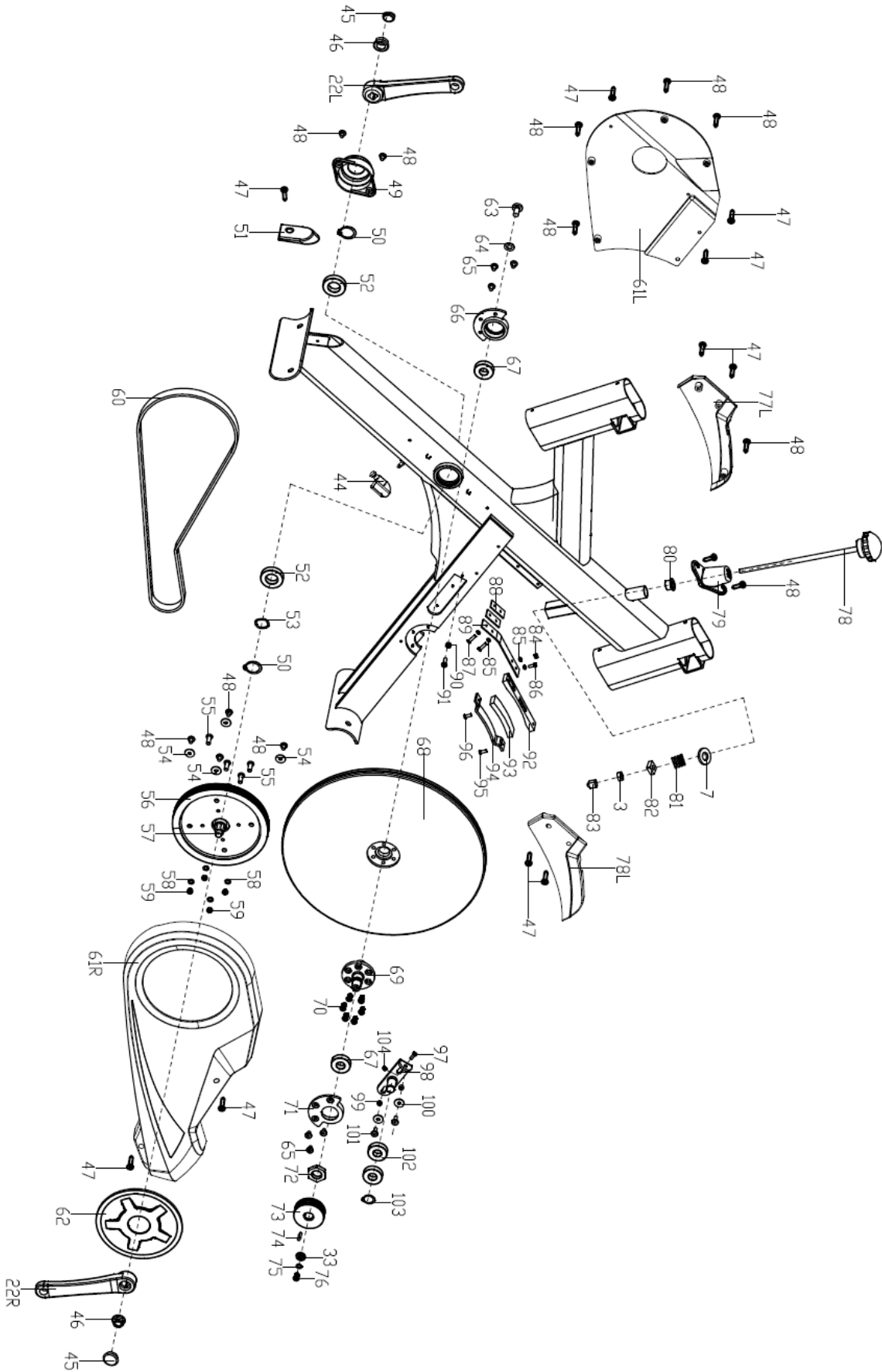
1. Once fully assembled, please check that all hardware parts such as bolts, nuts and washers are positioned and secured firmly.
2. Please check regularly that the safety chain guard that protects the moving parts of the machine is secured and in good order.
3. Please always check the seat post, seat slider; pedals and handlebar are secured firmly before getting on the bike.
4. To lubricate all moving parts annually is recommended.
5. Do not wear loose clothing to avoid entangling in any moving parts.
6. Do not remove feet from the pedals while they are in motion.
7. Always wear shoes when using the machine.
8. Dry the bike after each use to remove sweat and moisture. Wipe the machine with a damp cloth, water and mild soap. Do not use a petroleum-based solvent to clean the machine in order not to damage the finish.
9. Please keep children away from the bike while it is in use. Do not allow children to use the bike. This bike is designed for adults, not children.
10. Do not dismount the bike until the pedals have stopped completely.
11. Stop exercise immediately in case of nausea, shortness of breath, faint, headache, pain, tightness in your chest or any discomfort.
12. Do not place fingers or any other objects into the moving parts of the bike.
13. Prior to any exercise, consult with your physician first to establish the exercise frequency, time and intensity appropriate for your particular age and condition.
14. After exercising, please pull down the tension controller to increase resistance so that the pedals will not rotate freely and possibly hurt someone.

15. The maximum user's weight is **150kg**

EXPLODED VIEW



INNER EXPLODED VIEW



PARTS LIST

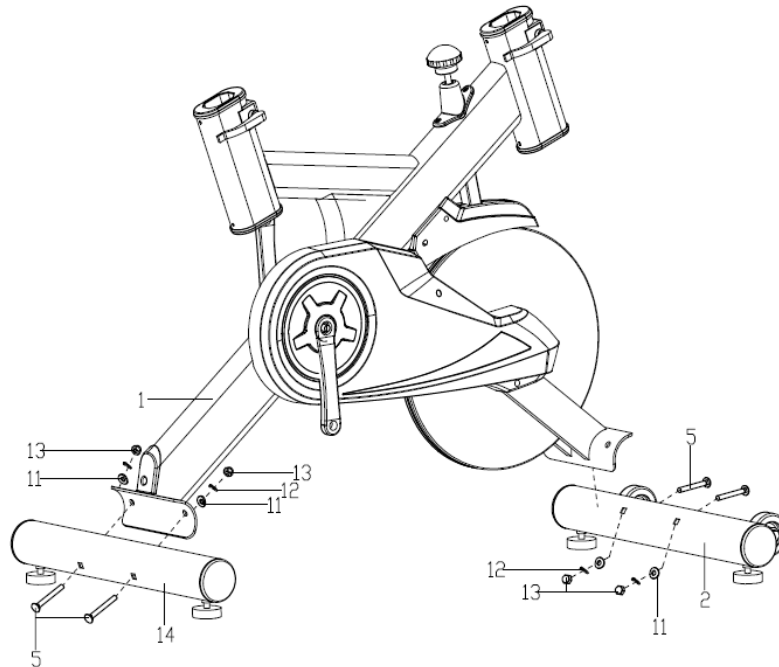
NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
1	Main frame	1	23	Handlebar post	1
2	Front stabilizer	1	24	Inner hex bolt M6x12	2
3	Hex nut M10	4	25	Down slider end cap	2
4	Adjusting mat	4	26	Cross head screw M4x10	12
5	Carriage bolt M10×L92	4	27	Slider nut	1
6	Nylon nut M10	2	28	L-shape knob	1
7	Flat washer D10×Φ20×2	4	29	Washer φ40xφ10x4	1
8	Wheel	2	30	Up slider 1	2
9	Hex bolt M10×50	2	31	Cross head screw	4
10	Round cap	4	32	Handlebar	1
11	Arc washer Φ10×2×Φ25×R42	4	33	Flat washer D20xd8x2	1
12	Spring washer D10	4	34	Knob	1
13	Fran nut M10	4	35	Saddle up slider	1
14	Rear stabilizer	1	36	Saddle	1
15L/R	Pedal (L/R)	1 pr	37	Saddle post	1
16	Bushing	4	38	Cross head screw	2
17	Nut	2	39	Flat washer	2
18	Locking piece	4	40	Meter	1
19	Compression spring	2	41	Bottle holder	1
20	Lock wrench	2	42	Bottle	1
21	Octagonal plug	2	43	Flat washer	4
22L/R	Crank(L/R)	1 pr	44	Sensor transmitter	1
45	Crank cover	2	75	Spring washer	1
46	Flange nuts M12X1.25	2	76	Hexagan head bolt M8X16	1
47	Cross head screw M5X12	10	77L/R	Protect cover	1pr.
48	Cross head tapping screw ST4.2X12	13	78	Knob screw	1
49	Center tap cover	1	79	Brake lever cover	1
50	External circlip D25	2	80	Bushing	1
51	End cap	1	81	Cushion spring	1
52	Bearing 6005	2	82	Square screw	1
53	Wave washer φ26xφ32x0.3	1	83	Top brake block	1
54	Flat washer φ5xφ13x1	5	84	Nylon nut M5	1
55	Hexagon bolt M6X18	4	85	Spring washer D5	4
56	Belt plate	1	86	Cross channel hex screw M5X10	1
57	Middle axle	1	87	Cross channel hex screw M5X15	2
58	Spring washer D6	4	88	Plastic block	2
59	Nylon nut M6	4	89	Brake splinter	1
60	Belt	1	90	Hex nut M8	1
61L/R	Cover	1pr	91	Hexagon socket screw M8X15	1
62	Turntable	1	92	Brake block	1
63	Hexagon circle head screw M8X18	1	93	EV block	1
64	Flat washer D25XD8X2	1	94	Brake pad	1
65	Cross head screw M6X10	6	95	Cross head screw M5X16	1
66	Left support of flywheel	1	96	Cross head screw M5X20	1
67	Bearing 6004	2	97	Hexagon bolt M6X20	1

68	Flywheel	1	98	Idle link	1
69	Flywheel bearings	1	99	Spacer bush	2
70	Hexagan head bolt M8X20	6	100	Flat washer D6Xø20X2	2
71	Right support of flywheel	1	101	Cross head screw M6X15	2
72	Hex nut M20X1.0XH6	1	102	Bearing 6203	2
73	Small bell wheel	1	103	Spring washer for bearing D17	1
74	Single round head wedge	1	104	Hex nut M6	1

ASSEMBLY INSTRUCTION

Step one:

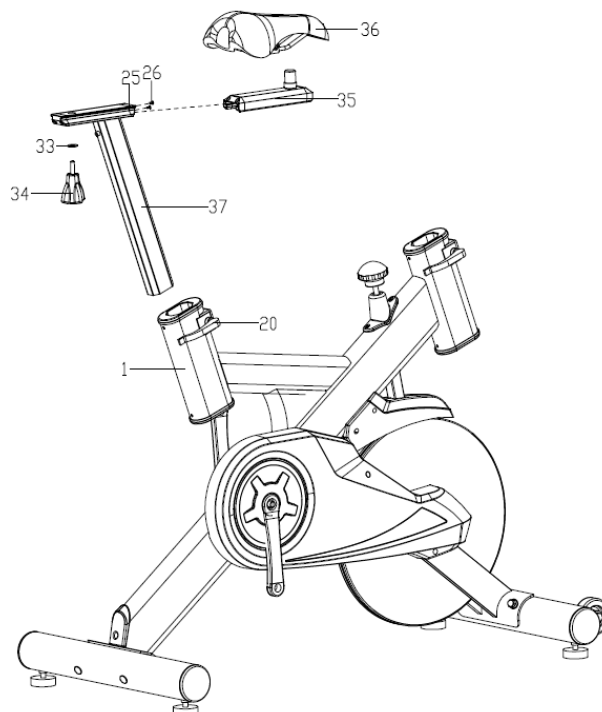
Attach the Front stabilizer (2) and Rear stabilizer (14) onto the Main frame (1), secure with the carriage bolts (5) and arc washer(11) and spring washers (12).



Step two:

1. insert the Saddle post (37) into the Main frame (1) at a suitable height, secure with the Lock wrench (20).
2. Take down the down slider end cap (25) and Cross head screw (26), then insert saddle up slider(35) into saddle post(37) and fix with flat washer(33) and knob(34).
3. fix inner he down slider end cap (25) and Cross head screw (26) back to the bike.

Notes: Make sure the saddle (36) locked tightly in the saddle slider.

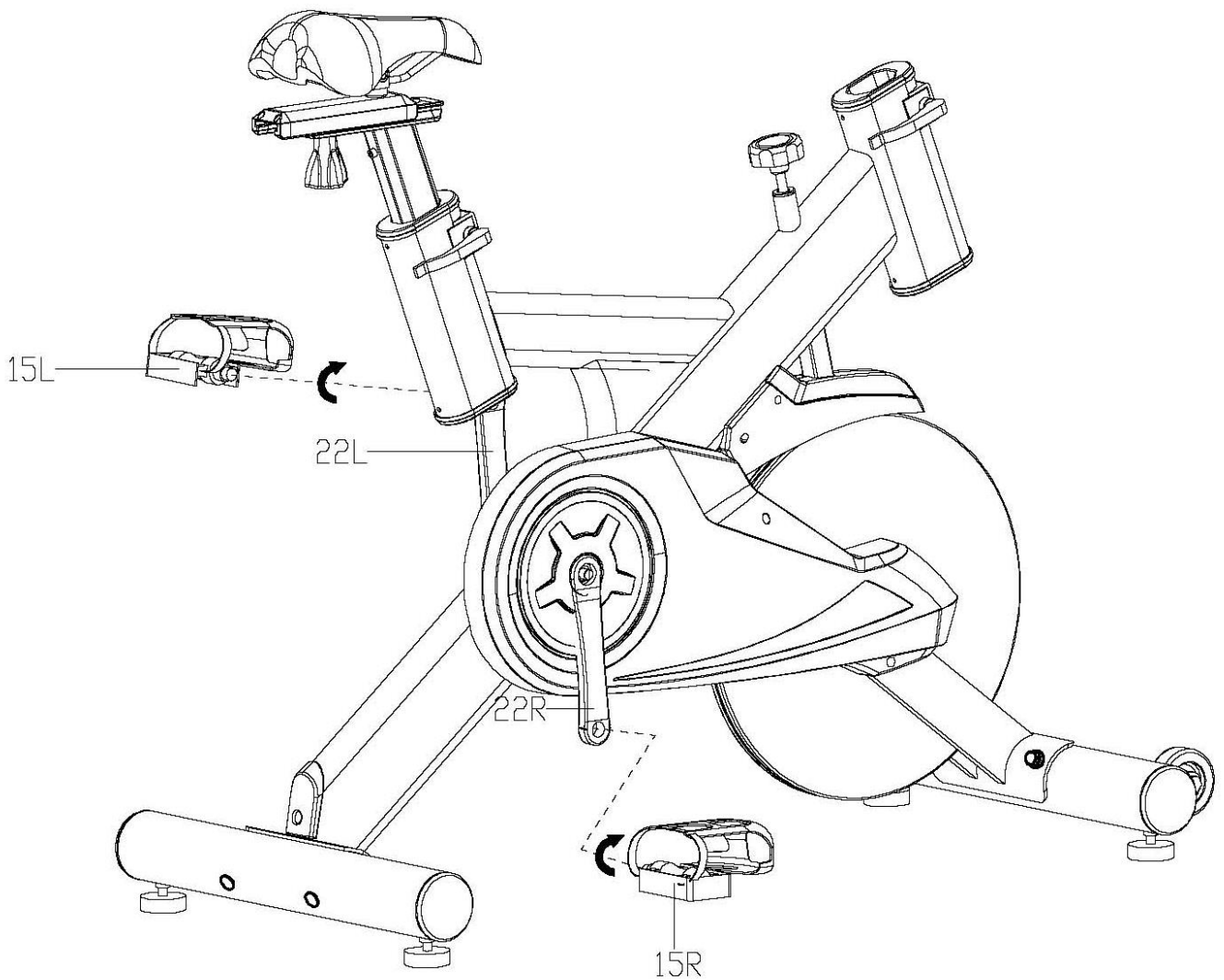


Step three

Lock the Pedals (15R/L) to the cranks(22R/L) respectively.

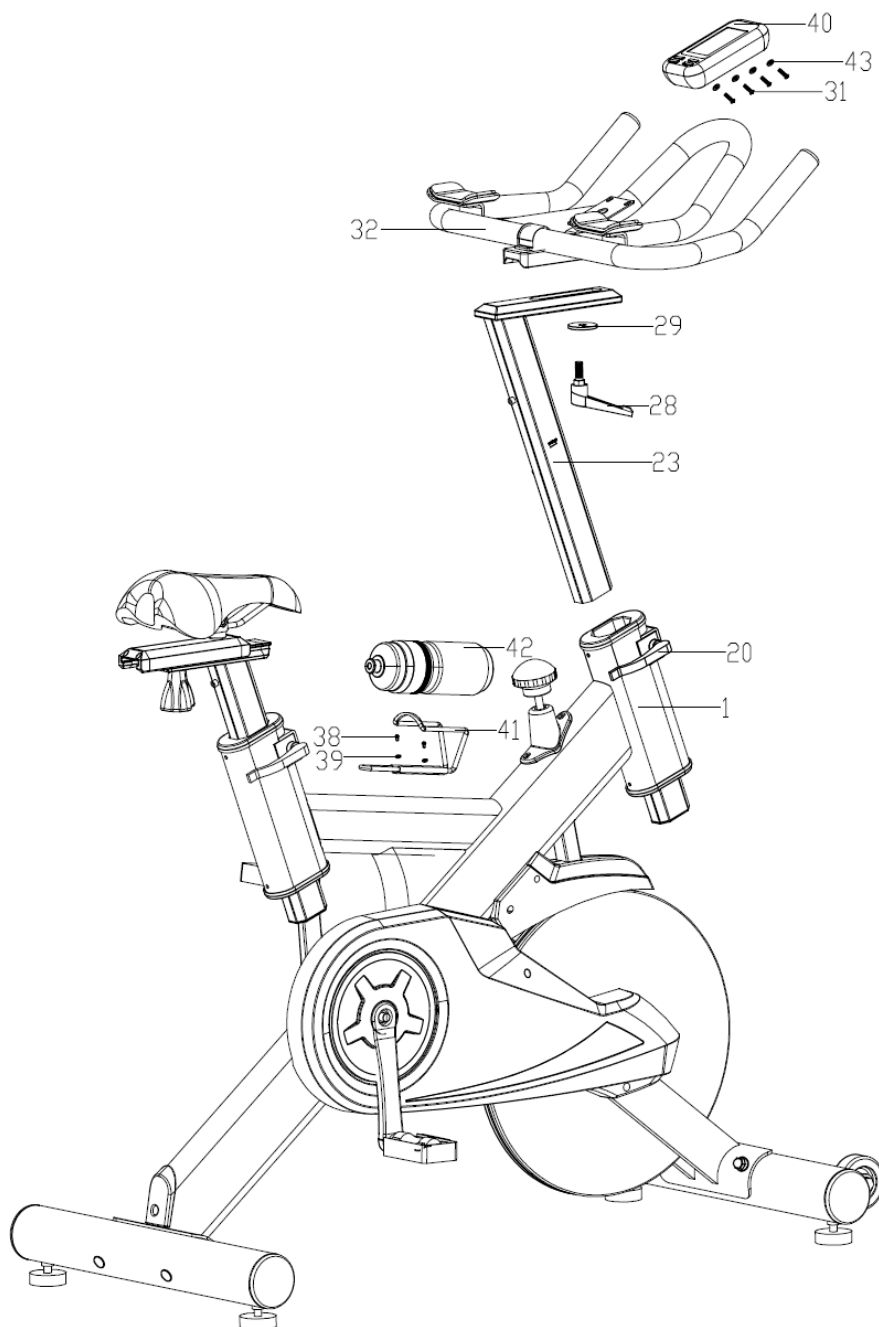
Note: The left pedal(15L) turn to the anti- clock direction closely, and the right pedal(15R) to the clockwise direction closely, as shown in the following picture.

Keep the pedals locked tightly in the cranks during exercise, or the pedal screws are easy broken.



Step four:

1. insert the Handlebar post (23) to the Main frame (1), adjust it in a suitable position ,secure in place with the Lock wrench (20).
2. insert handlebar(32) into handlebar post(23) and fix with L shape knob(28) and flat washer(29)
3. Lock the meter(40) in the pallet of the handlebar(32) with cross head screw(31) and flat washer(43)
4. Lock the bottle holder(41) on the main frame(1) with cross head screw(38) and flat washer (39), then put the bottle (42) on the holder.



WARM-UP and COOL-DOWN

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

WARM-UP

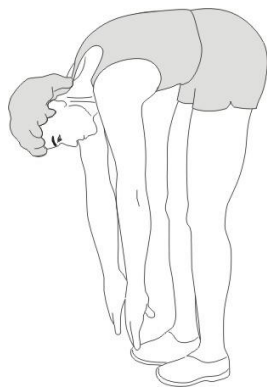
The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

STRETCHING

Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. **DO NOT BOUNCE.**



Side Stretch



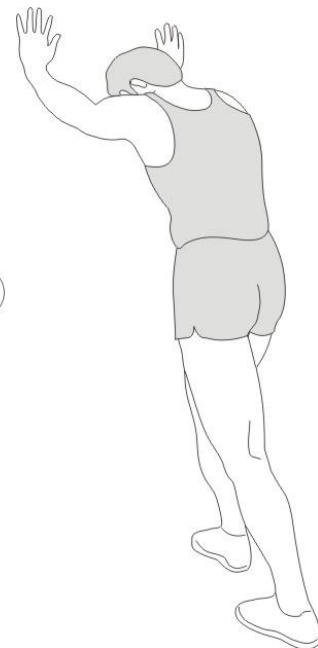
Toe Touch



Inner Thigh Stretch



Hamstring Stretch



Calf-Achilles Stretch

Remember always to check with your physician before starting any exercise program.

COOL-DOWN

The purpose of cooling down is to return the body to its normal or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.

