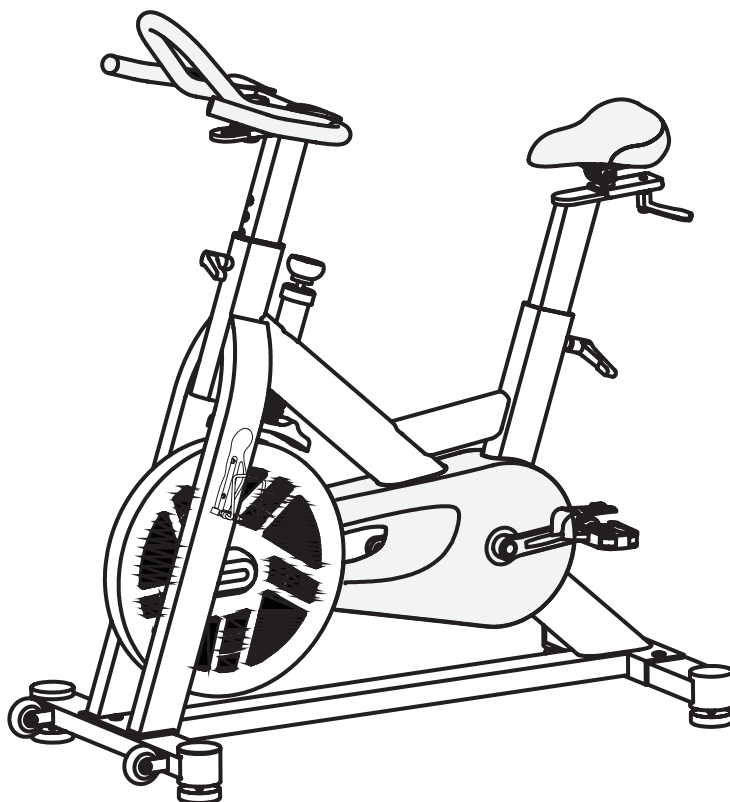




POSEIDON

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Note:

Before installation and operation, please read this operation manual carefully and save this manual for future reference.



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Tips for Safety

Thank you for purchasing our product. Even though we go to great efforts to ensure the quality of each product we produce, occasional errors and or omissions do occur. In any event should you find this product to have either a defective or a missing part, please contact us for a replacement. This product has been designed for home use only. Product liability and warranty conditions will not be applicable to products being subjected to professional use or products being used in a commercial environment. e.g Gym Centre

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions.

- Read all instructions in this manual before using this equipment.
- Use the machine only for its intended use as described in this Manual.
- Inspect and tighten all the loose parts before this equipment is used.
- Keeps hands away from moving parts.
- Keep children and pets away from the machine at all time. **DO NOT** leave children unattended in the same room with the machine.
- Before using the machine to exercise, always do stretching exercises to properly warm up.
- Inspect the machine before each use; make sure all of the connections are tightly secured.
- Only one person at a time should use the machine.
- If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, **STOP** the workout at once. **CONSULT A PHYSICIAN IMMEDIATELY.**
- Position the machine on a clear, levelled surface. **DO NOT** use the machine near water or outdoors.
- Always wear appropriate workout clothing when exercising. **DO NOT** wear robes or other clothing that could become caught in the machine. Sporting shoes are recommended when using the machine.
- Do not place any sharp object around the machine.
- Disabled persons should not use the machine without a qualified person or physician in attendance.
- Never operate the machine if the machine is not functioning properly.



- Only carry out training work on the equipment when it is in perfect working order. Only use original spare parts in the event of a repair.
- Do not use strong solvents for cleaning, and only use the tools supplied, or suitable ones of your own, for any repairs that may be required. Please dispose of the packaging and any parts that have to be replaced subsequently (all parts for the unit) at suitable collecting points or containers with a view to saving the environment.
- DO NOT extend the seat stem past the warning line “Max” when adjusting the seat height.
- Not for therapeutic use.

WARNING: Before beginning any exercise program, consult your physician. This is especially important for persons with pre-existing health problems. The seller assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SERVICE HINTS: The high quality standard of this product only will be kept if you on a regular basis check all screw-connections and moving parts on proper fitting. Damaged parts have to be changed immediately. During the time of repair the product must not be used by anybody.

IMPORTANT HINTS:

- A) This product has been tested in accordance with the requirements of EN 957-1/A1, EN 957-5, standard, Class HA (HOME USE). The maximum load is limited to 150KGS.
- B) Parents should be aware of the risk factor of young children playing on fitness equipment unattended. Make sure that the children are instructed properly in the use of the product and in the controlled execution of the different exercise. Misuse of the product could result in serious injury

Parts List

No.	Description	QTY	No.	Description	QTY
1	Main Frame	1 pc	26L	Magnet plastic cover-L	1 pc
2	Front stabilizer bar 40x80x2T	1 pc	27	Support bar 20x20x1.4T	1 pc
3	Rear stabilizer bar 40x80x2T	1 pc	28	Magnet bracket	1 pc
4	Upright post 40x80x2T	1 pc	29	Tension control bar	1 pc
5	Seat post 40x80x2T	1 pc	30	Fixed cover	1 pc
6	Handlebar $\Phi 22.4 \times 2T$	1 pc	31	U shape fastener	2 pc
7	Sear moving bracket	1 pc	32	Spring washer	1 pc
8	Elastic fastener 10x100x100mm	2 pc	33	Nylon nut M6	2 pcs
9	Seat L-6100	1 pc	34	Nylon nut M8	2 pcs
10	Flangeheel $\Phi 468$	1 pc	35	Cap nut M10	4 pc
11	Belt wheel $\Phi 260$ with axis	1 pc	36	Carriage bolt M10x10	4 pc
12	Belt 1090	1 pc	37	Washer 10x19x1.5T	6 pcs
13	Main chain cover-R	1 pc	38	Hex. Nut M10x6T	4 pc
14	Main chain cover-L	1 pc	39	Hex socket head bolt M8x3.8	2 pc
15	Inner chain cover-R	1 pc	40	Spring $\Phi 2.6 \times 18$	1 pc
16	Inner chain cover-L	1 pc	41	Adjustment bar $\Phi 6 \times 60$	1 pc
17	Side trim cover	1 pc	42	Compressed spring $\Phi 1.5 \times 9$	1 pc
18R	3mm S crank-R	1 pc	43	Crank plug	2 pc
18L	3mm S crank-L	1 pc	44	Flange Nut M12x1.5x10.4T	4 pc
19	Elastic cap for crank	2 pc	45	Hex socket head bolt M8x10	3 pc
20R	pedal D-304 -R	1 pc	46	Washer 10x29x2T	2 pc
20L	pedal D-304 -L	1 pc	47	Self-tapping screw M4x12	1 pc
21	Spring knob M16x26	2 pc	48	ottle holder	1 pc
22	L-knob M10x20	1 pc	49	Screw M4x10	2 pc
23	Knob M10x28	1 pc	50	Phillips screw M3x10	2 pc
24	Lock Nut M10	1 pc	51	Washer 20.5x2.5x1T	3 pc
25	Washer 19.5x38x2T	1 pc	52	Self-tapping screw M4.5x10	2 pc
26R	Magnet plastic cover-R	1 pc	53	Self-tapping screw M4.2x10	13 pc



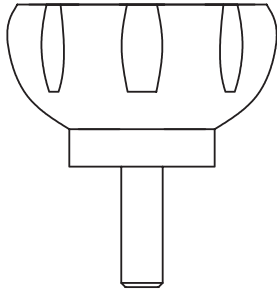
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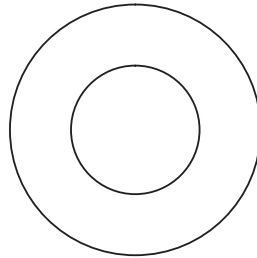
No.	Description	QTY
54	Hex. Bolt M6x35	1 pc
55	Idle wheel fixture	1 pc
56	Nylon nut M10x6T	1 pc
57	Steel sleeve $\Phi 25.1 \times 32 \times 10T$	1 pc
58	Steel bearing 6005 2 S	2 pc
59	Washer $\Phi 20$	4 pc
60	Washer $\Phi 25$	1 pc
61	Steel bearing 6004 2 S	2 pc
62	Washer 27x34x0.3T	1 pc
63	Plastic washer 10x20x2T	2 pc
64	Wire plug $\Phi 17$	1 pc
65	Steel sleeve $\Phi 10.2 \times 15 \times 6T$	1 pc
66	Axis $\Phi 20 \times 155mm$	1 pc
67	Washer 21x27x0.3T	2 pc
68	Washer 20.5x25x0.5T	1 pc
69	Hex. Bolt M10x32	1 pc

No.	Description	QTY
70	Plastic washer 20.1x41.8.4T	1 pc
71	Plastic bearing $\Phi 12.8 \times 21.4 \times 6.7T$	4 pc
72	Plastic sleeve $\Phi 7.9 \times 12.7 \times 23.5mm$	2 pc
73	Fixed plate	2 pc
74	Washer knob M10x25	4 pc
75	Cap $\Phi 76$	4 pc
76	Transport wheel $\Phi 70$	2 pc
77	Tension control knob M10	1 pc
78	Bolt M5x15	2 pc
79	Bolt M5x10	2 pc
80	Self-tapping screw M4.5x25	5 pc
81	Plastic cap	1 pc
82	Washer 12x24x1.5T	2 pc
83	Washer $\Phi 5$	2 pc
84	Plastic sleeve	1 pc

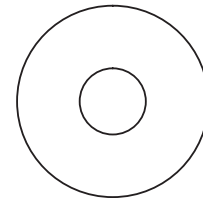
Hardware and Tools List



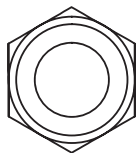
NO.23 Knob
M10x28 1PC



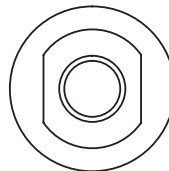
NO.25 Washer
19.5x38x2T 1PC



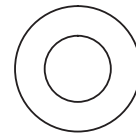
NO.46 Washer
10x29x2T 2PCS



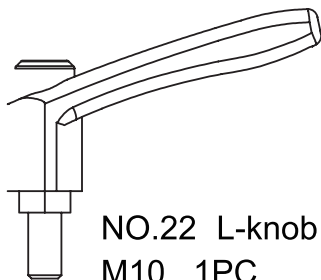
NO.35 Cap nut
M10 4PCS



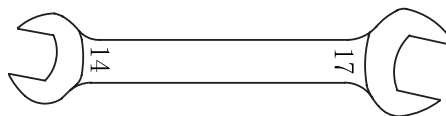
NO.24 Lock Nut
M10 1PC



NO.37 Washer
10x19x1.5T 4PCS



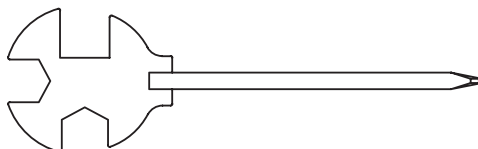
NO.22 L-knob
M10 1PC



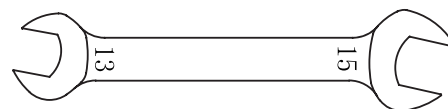
Open end wrench
14,17mm 1PC



NO.36 Carriage bolt
M10x55 4PCS

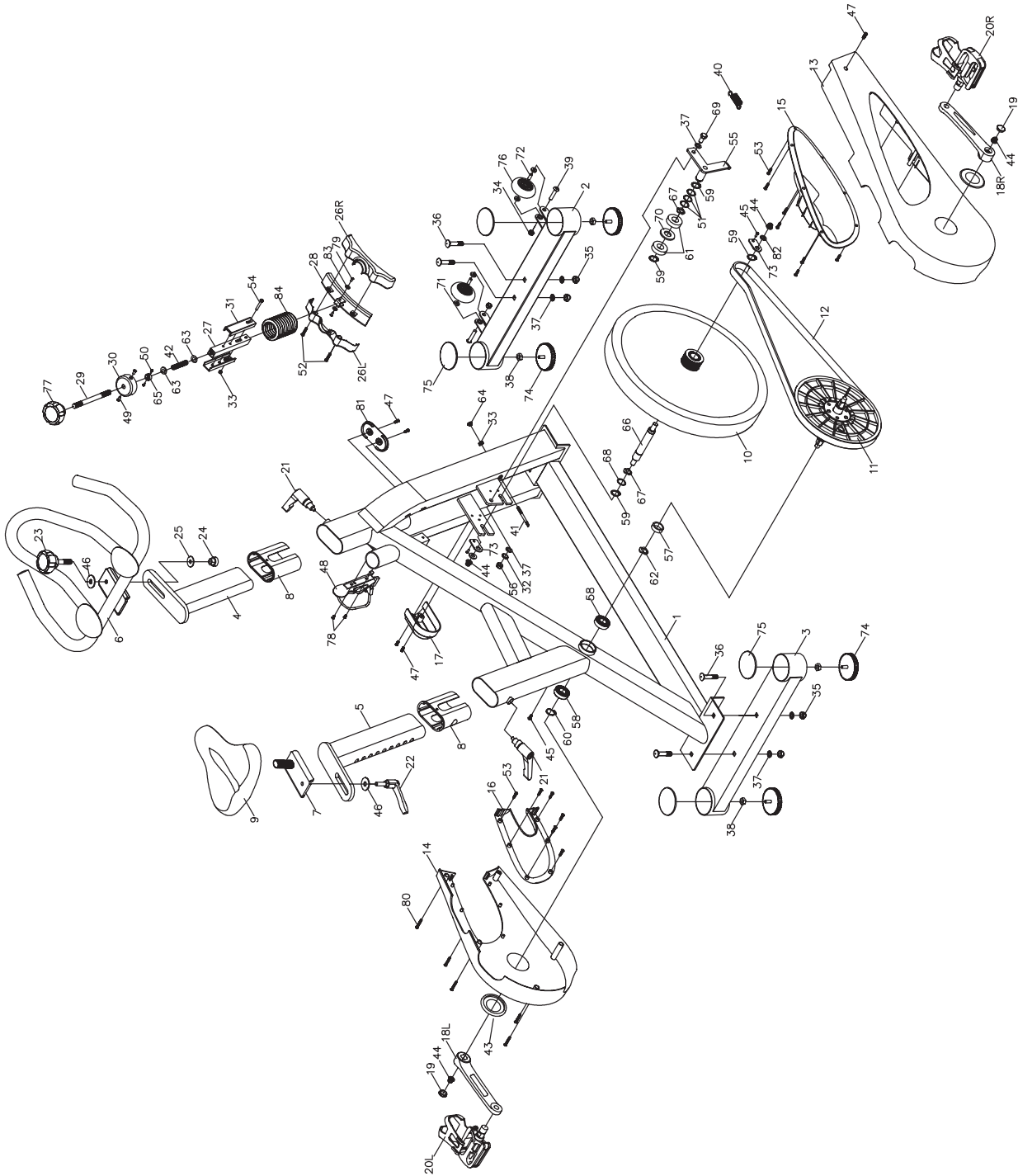


Screwdriver 1PC

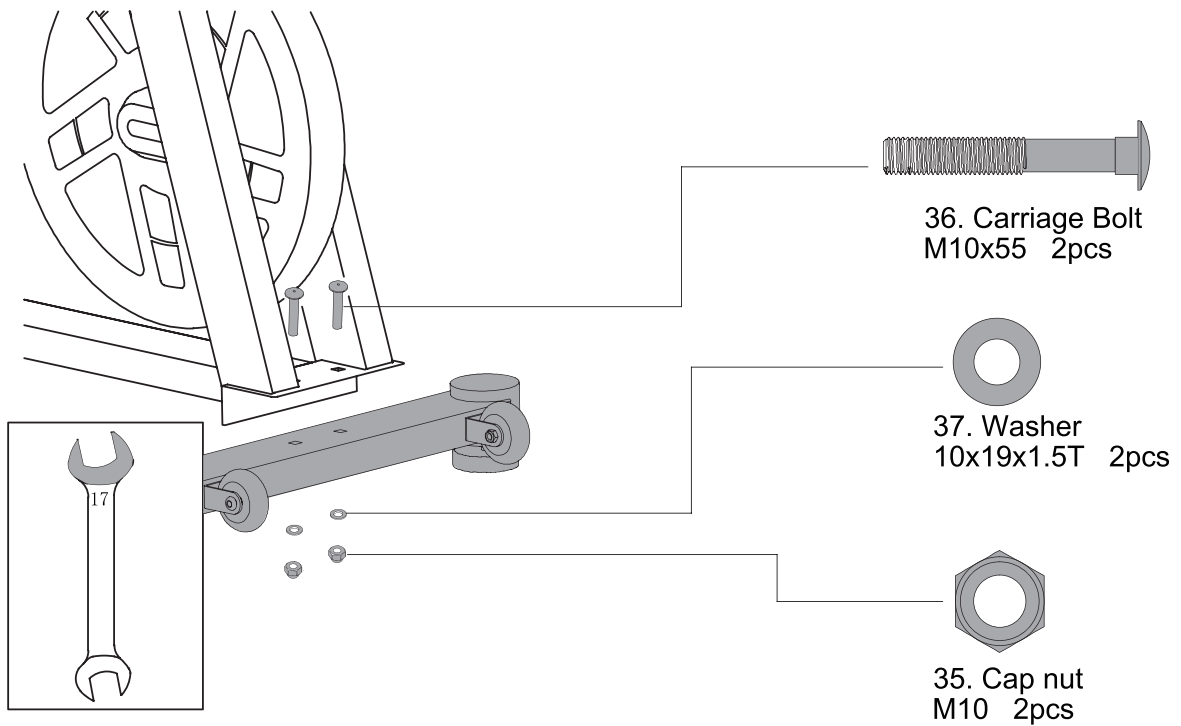
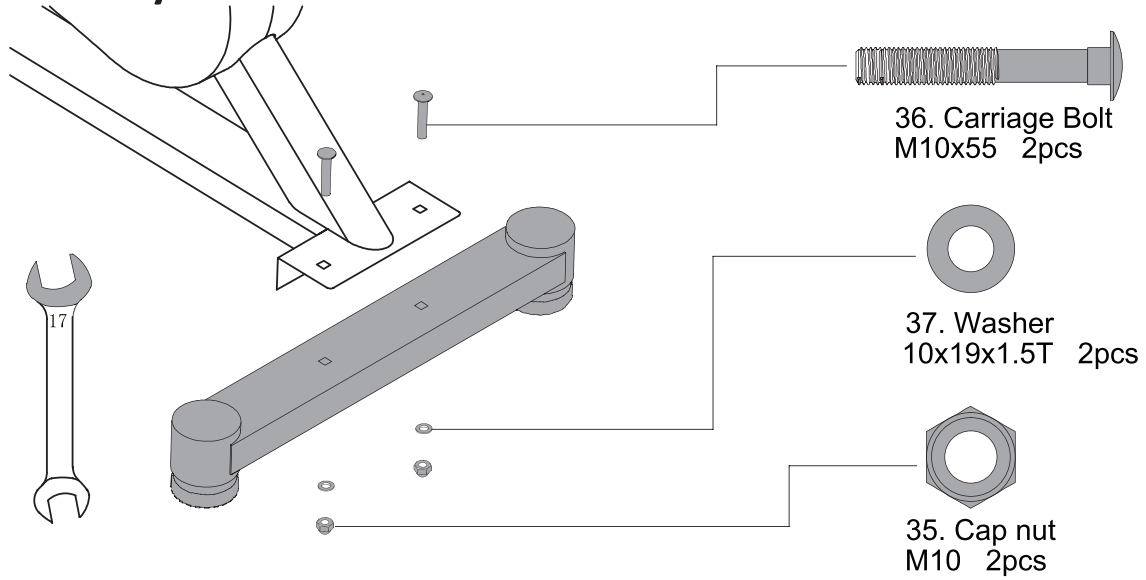


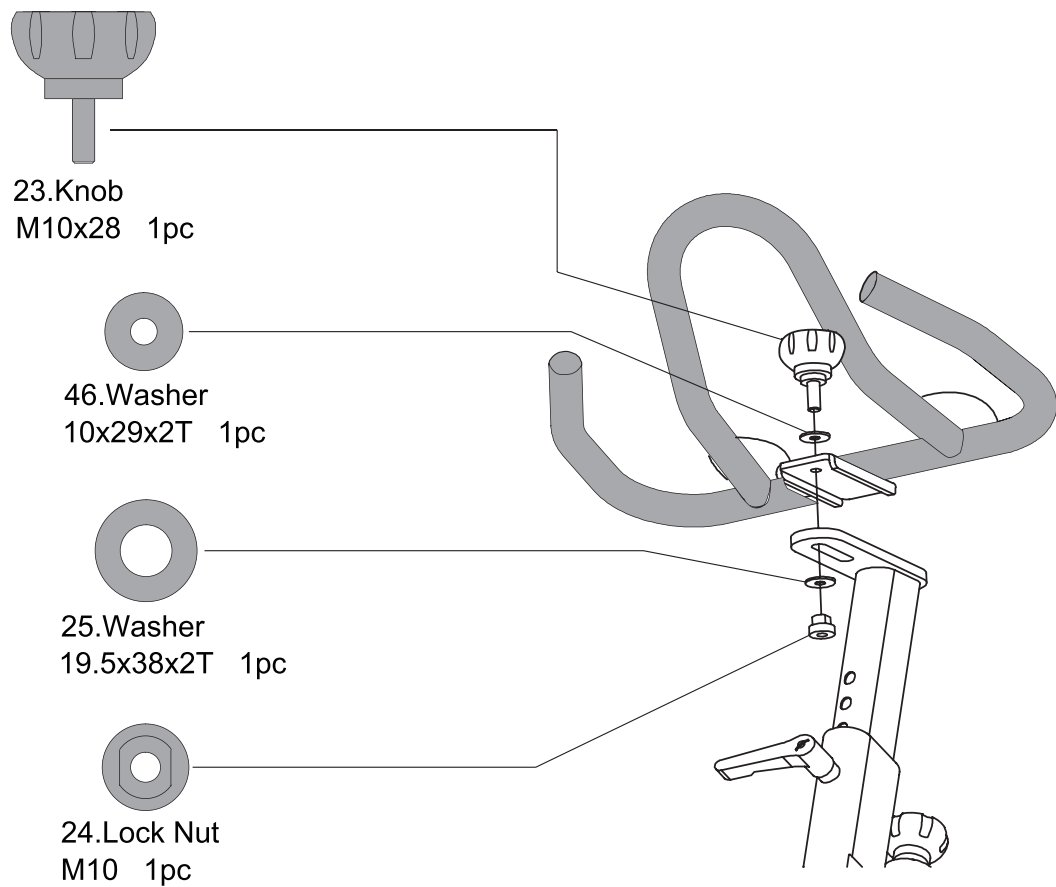
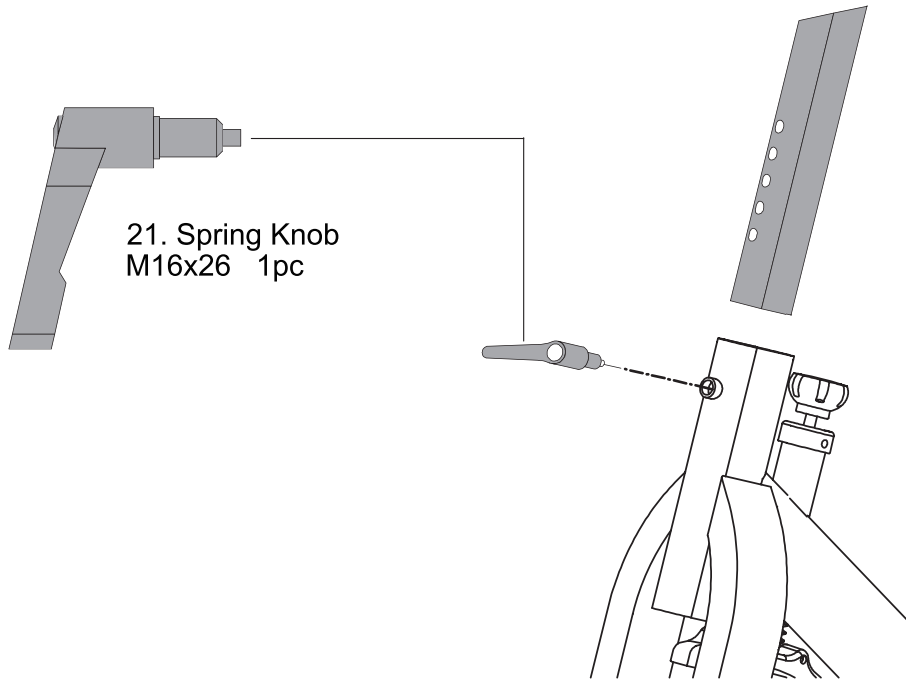
Open end wrench
13,15mm 1PC

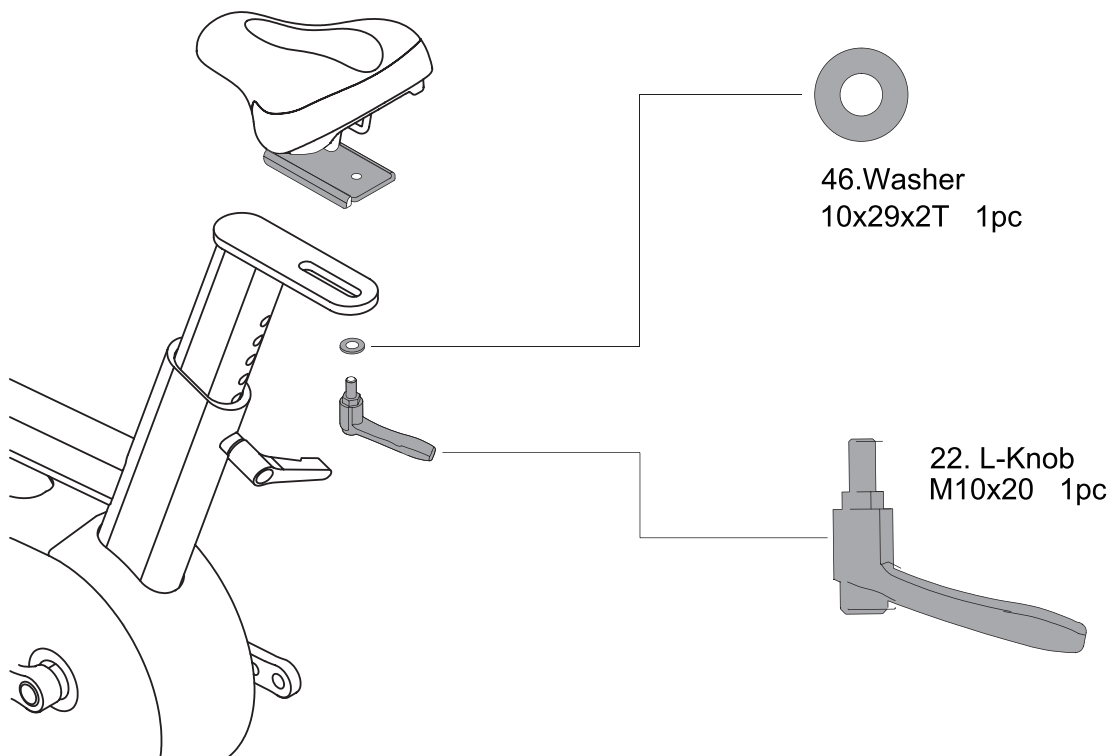
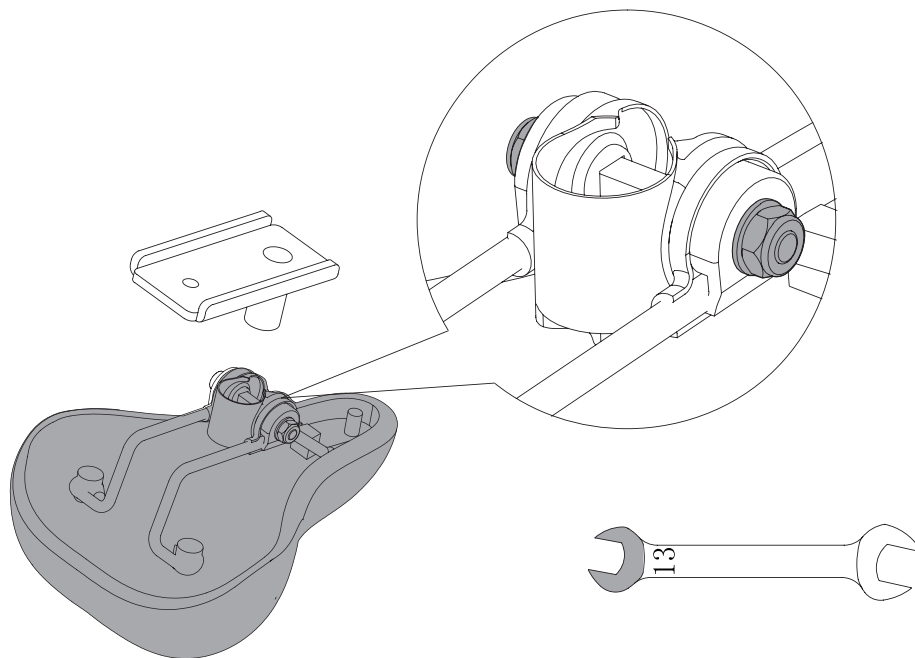
Overview Drawing

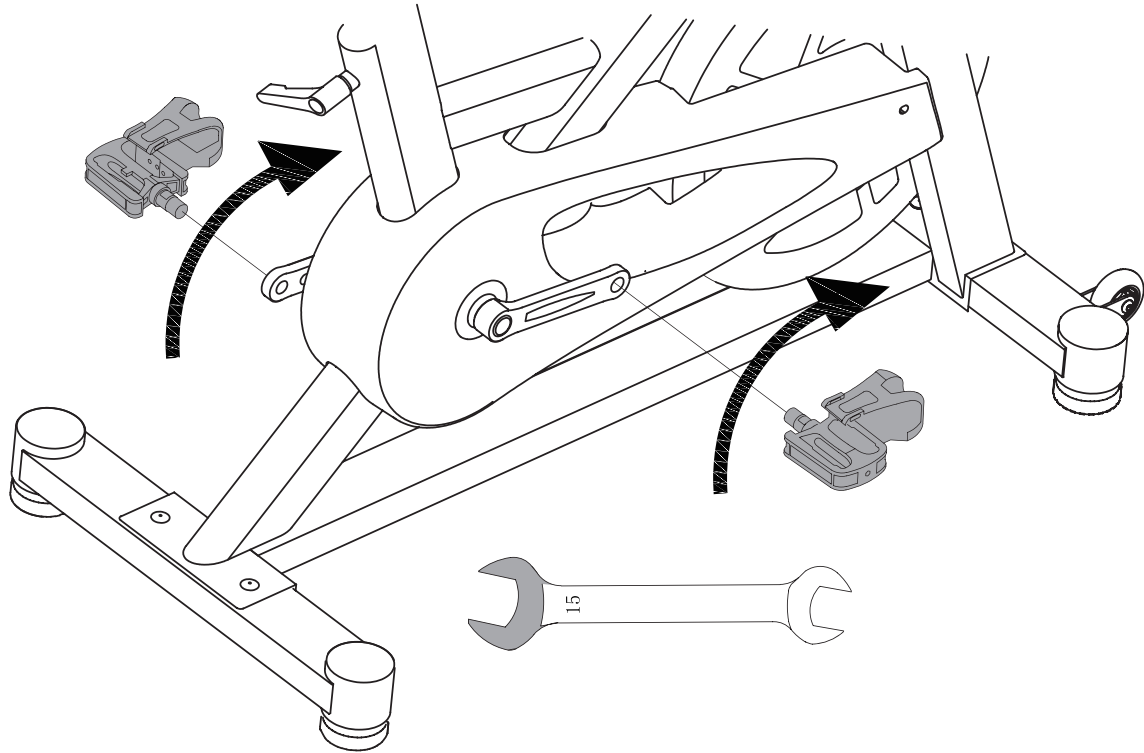


Assembly

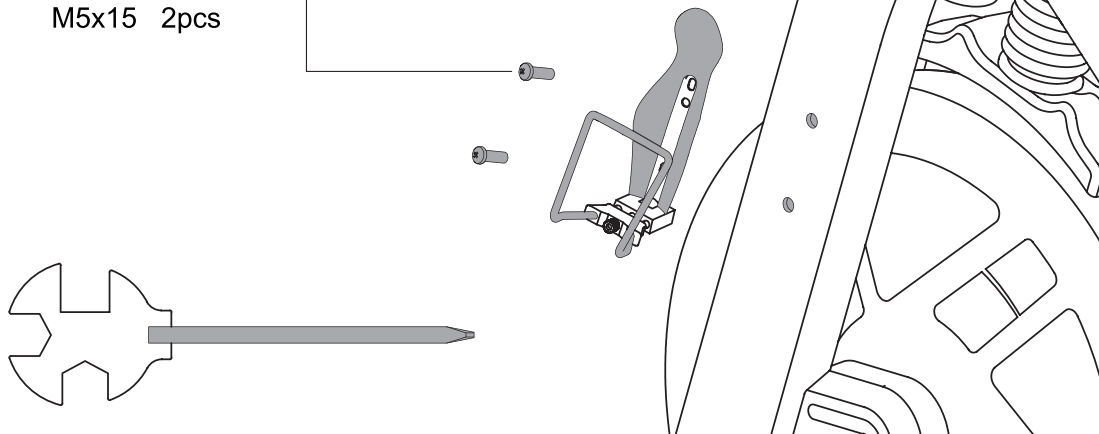








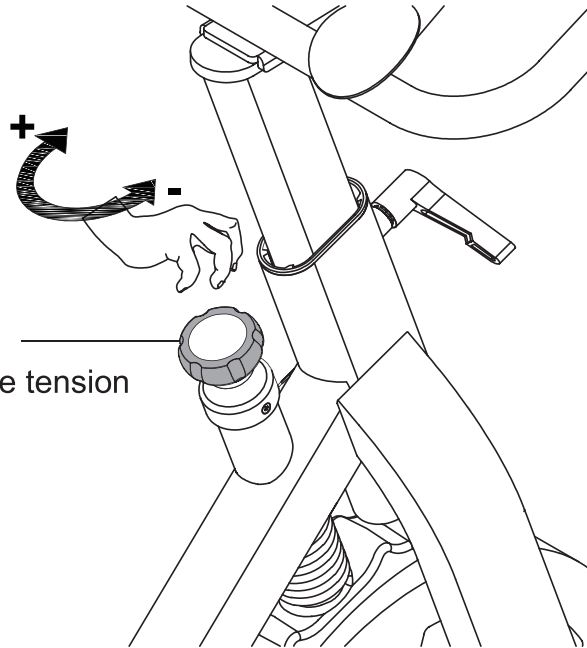
78.Bolt
M5x15 2pcs



How to use

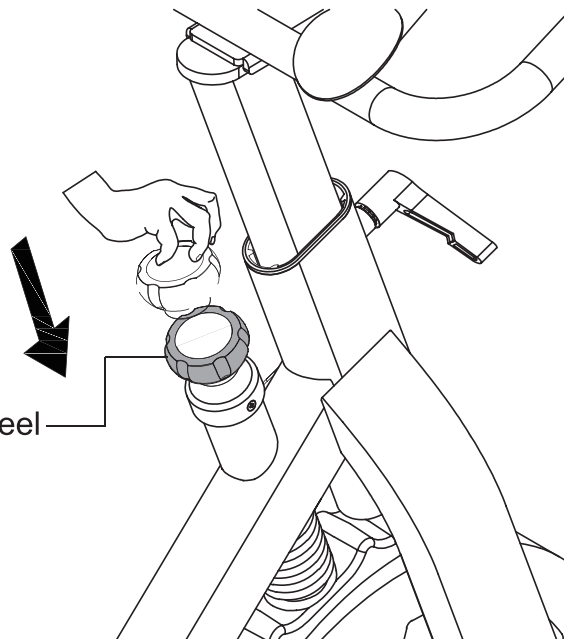
Tension Adjustment

Turn knob clockwise to increase tension
Turn knob counter-clockwise to decrease tension



Emergency Stop

Press down the knob to stop the flywheel





Troubleshooting

The bike trainer wobbles or shakes when in use

Turn the adjustable leveler on the front stabilizer or rear stabilizer as needed to level the bike trainer

Squeaking noise when in use

The bolts may be loose on the bike trainer. Inspect all bolts and tighten as needed.

Maintenance

Cleaning

The bike trainer can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on plastic parts.

Please wipe your perspiration off the bike trainer after each use.

Please inspect all assembly bolts and pedals on the machine for proper tightness every week.

Storage

Store the bike trainer in a clean and dry environment away from children.

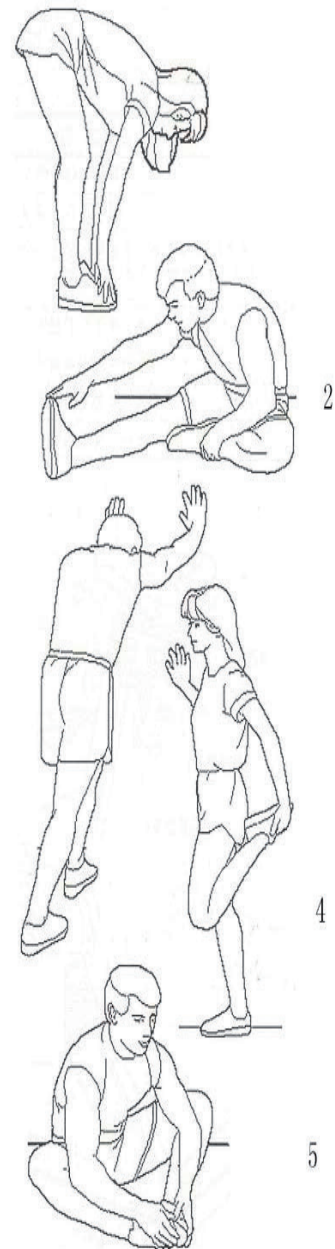
Thread sealant instruction

If any parts need to be applied thread sealant, the parts must be cleaned before applying. It needs at least 12 hours to a day to wait the sealant dry, do not use the bike until the thread sealant is fully dry.

Warm-Up Exercise

Warm up exercise is important in preparing the muscles for activity whilst minimising the risk of injury. You may choose to warm up with a light/brisk walking pace for 5-10 minutes before stopping and performing some simple stretches. (As shown in the pictures below)

1. Hamstring Stretch (Standing) Keep your knees slightly bent and slowly lean forward, back and shoulders relaxed, reaching towards your toes. You should feel the tension and slight discomfort in your hamstring muscles. Hold for 15-20 seconds. Repeat 2-3 times.
2. Hamstrings Stretches (Seated) Sitting on the floor preferably on a mat, put one leg straight, the other inward and close to the inside of the straight leg. Lean forward from the hips, reaching towards your toes. Hold for 10-15 seconds, and relax. Repeat 3 times for each leg (See picture 2).
3. Crus and Feet Tendon Stretches Standing with two hands on the wall or tree, one leg behind. Keeping your legs straight and the heel on the ground, lean forward towards the wall or tree. Hold for 10-15 seconds, and relax. Repeat 3 times for each leg (See picture 3).
4. Quadriceps Stretches Keeping your balance with your left hand holding onto a wall or stationery fixture, grasp your right foot with your right hand and stretch your right heel toward your buttocks slowly, until you feel the stretch in the front of your thigh. Hold for 10-15 seconds, and relax. Repeat 3 times for each leg (See picture 4).
5. Sartorius (Inner Muscles of the Thigh) Muscle
6. Stretches Sitting down with the soles of your feet or shoes together and your knees positioned outward. Pull your feet towards your groin until you can feel the stretch. Hold for 10-15 seconds, and relax. Repeat 3 times (See picture 5).





Training Stages

Cardiovascular training plays an important part in maintaining a healthy heart and lung function, so it's no surprise we should be paying attention to how quickly our heart beats during exercise. The chart above outlines a range of heart rate training zones determined by the individual's age and workout goals to ensure you train safely and effectively.

Heart Rate can be measured by using the radial (wrist) or carotid (neck) pulse using your index and middle fingers, counting the beats for 10 seconds and multiplying by 6. Alternatively, the use of a Wireless Telemetry Heart Rate strap and watch will give you an accurate Beats Per Minute (BPM) reading.

$220 - \text{AGE} = \text{TMHR}$ (Theoretical Maximum Heart Rate)

$\text{TMHR} \times 85\% =$ (Upper Training Limit) bpm (Beats per Minute)

$\text{TMHR} \times 65\% =$ (Lower Training Limit) bpm

Note: Contact heart rate may provide inaccurate readings and is designed only as a guide

Example: $220 - 39 = 181$ bpm

$181 \times 85\% (0.85) = 154$ bpm (Upper Training Limit)

$181 \times 65\% (0.65) = 118$ bpm (Lower Training Limit)

		Exercise Zone									
		AGE									
		20	25	30	35	40	45	50	55	60	70
Beats Per Minute	100%	200	195	190	185	180	175	170	165	155	150
	VO2 Max (Maximum Effort)										
	90%	180	176	171	167	162	158	153	149	140	135
	Anaerobic (Hardcore Training)										
	80%	160	156	152	148	144	140	136	132	124	120
	Aerobic (Cardio Training/Endurance)										
70%	140	137	133	130	126	123	119	116	109	105	
Weight Control (Fitness/Fat Burn)											
60%	120	117	114	111	108	105	102	99	93	90	
Moderate Activity (Maintenance/Warm up)											
50%	100	98	95	93	90	88	85	83	78	75	