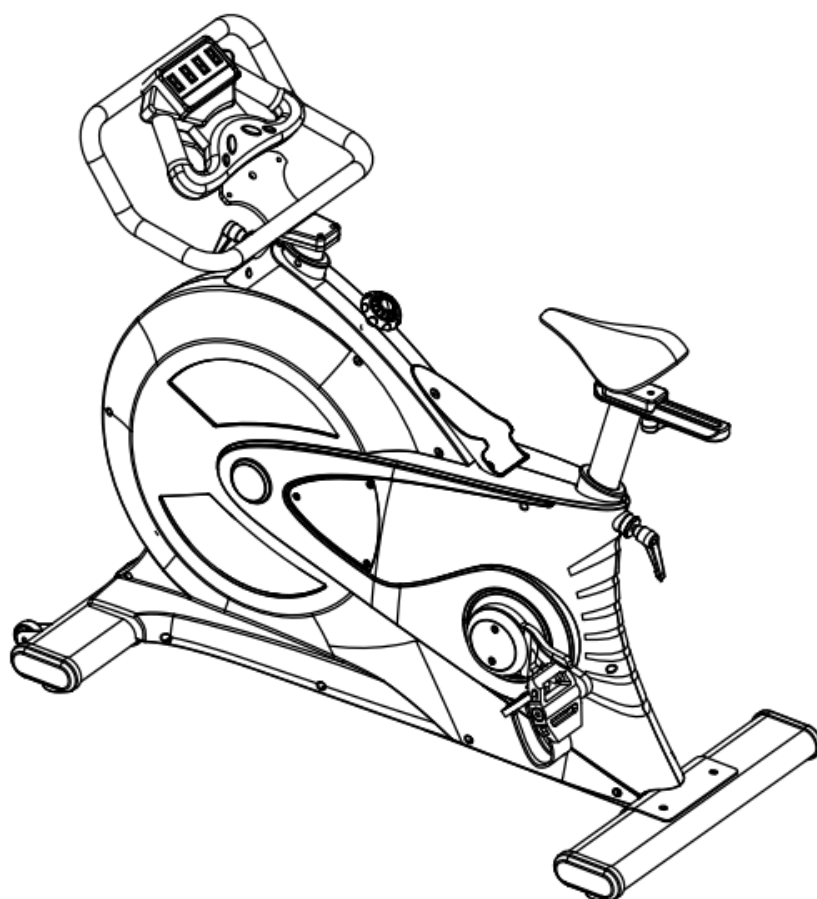


REVO-220

GROUP CYCLING BIKE

OWNER'S MANUAL



**Note: The series and model number is subject to the confirmation of the order.
The training equipment is in compliance with EN957-10 class S (S=studio)**

Safety instruction

Warning: this Manual includes important safety information, please always read the safety instruction carefully before using the equipment.

- ◆ This training equipment is only intended for using in training areas of organizations such as sport associations, educational establishments, hotels, clubs and studios, where access and control is specifically regulated by the owner (person who has the legal responsibility).
- ◆ The training equipment shall only be used in areas where access and control is specifically regulated by the owner; the extent of control depends on the users, e.g. degree of reliability, age, experience, etc.
- ◆ The training equipment shall only be used in supervised areas.
- ◆ Always keep unsupervised children and disabled away from the equipment.
- ◆ Please read the exercise instruction on the equipment carefully or consult your physician before starting any exercise program and keep correct biomechanical position on the equipment.
- ◆ Injury to health may result from incorrect or excessive training.
- ◆ Any of the adjustment devices that could interfere with the user movement should not be left projecting.
- ◆ The safety level of the equipment can be maintained only if it is examined regularly for damage and wear, e.g. ropes, pulleys, connection points;
- ◆ Pay special attention to components most susceptible to wear.
- ◆ Replace defective components immediately and /or keep the equipment out of use until repair;
- ◆ The equipment shall be installed on a stable base and properly leveled.
- ◆ Adjust the load and equipment further (e.g. seat adjustment) before using.
- ◆ The maximum user's body weight: 180kg
- ◆ Length 1250mm; Width 600mm; Height 1150mm.
- ◆ Weight: 88kg
- ◆ Minimum security space for using the machine is: 3000x1200x2400 mm (LxWxH)

REVO-220 GROUP CYCLING BIKE

A. ASSEMBLY SPECIFICATIONS

1、 Assembly drawing

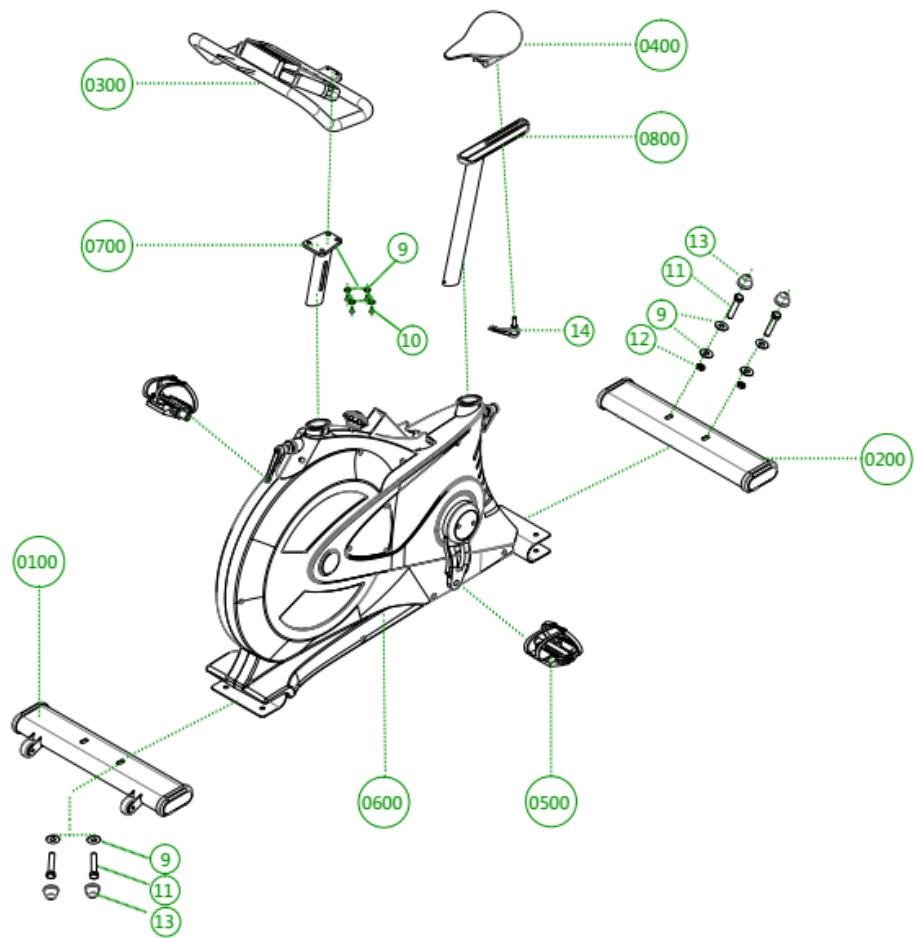


Figure 1

1、 Assembly Parts List

Part No.	Name	Quantity
1	0100 Front Foot Components	1
2	0200 Back Feet Components	1
3	0300 Handlebar Components	1
4	0400 Cushion Components	1

5	0500 Foot Pedal	2
6	0600 Main Frame Components	1
7	0700 Front Adjustable Components	1
8	0800 Back Adjustable Components	4
9	Ø10 Flat Washer	10
10	10*25 Half Round hexagon screw	4
11	M10*25 Cylinder head hexagon screw	4
12	M10 Hex Nuts	2
13	Ø30 Screw Cap	4
14	"7" Shape Pin	3

2. Assembly Steps

Connecting 9.11.13 to 0100 Front Feet Components, then to 0600 Main Frame Components

Connecting 9.11.12.13 to 0200 Back Feet Components, then to 0600 Main Frame Components

Connecting 9.10 to 0700 Front Adjustable Components, lock the 0300 Handlebar components, then to 0600 Main Frame Components

Connecting 14 to 0800 Back Adjustable Components, lock the 0400 cushion components, then to 0600 Main Frame Components

0500 Foot Pedal installed to 0600 Main Frame Components

3. Checking After Assembly

- 1、 All the assembly parts are jointed well, and every adjustment handle are screwed up without looseness.
- 2、 Components of handles and seat are fixed firmly without any relative rocking.
- 3、 The pedals are fixed well without looseness.
- 4、 The braking system are jointed well and in good condition..
- 5、 The work-out with this machine is smooth without obvious noise in use.

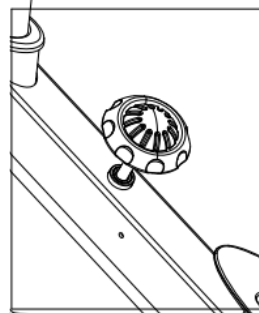
Note: Please fix the nuts before using in case of looseness.

B、 Specifications of use

1、 Adjustment of Braking Knob

Adjust to a proper position according to user's bearing capability before use.

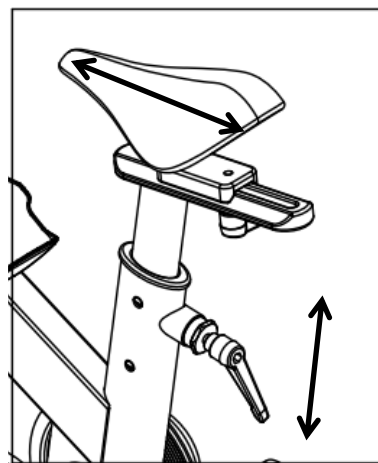
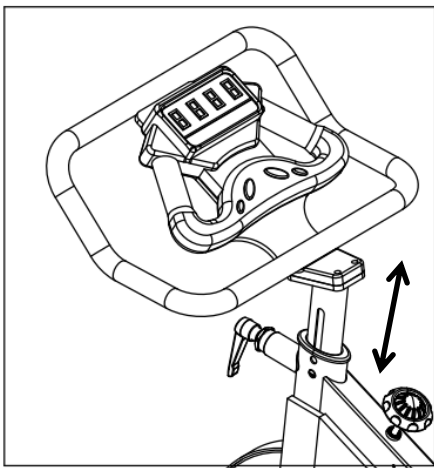
Note: On the Braking Knob, "+" means Increase resistance, "-" means Decrease Resistance, Pressing it down means Emergency stop.



2、 Adjustment of Handlebar and saddle

Adjust the position of the handlebar and Saddle according to the user's height before use. Turn the adjustment handle clockwise to loosen it and anti-clockwise to tighten. It can be adjusted in the direction as shown on the Figure

1) Stand next to the cycle and adjust the



REVO-220 GROUP CYCLING BIKE

height of the saddle to the top of the hip see figure 4.

2) Adjust the height of the handlebar so the lowest part is the same height as the saddle ,see figure 5.

3) To adjust the saddle horizontally, place the pedal pointing forward. Adjust the saddle in order for the knee to be straight over the palm of the foot , see figure 6

4) Adjust the handlebar so the distance between the saddle and the handlebar equals the length of the user's forearm, see figure 7.

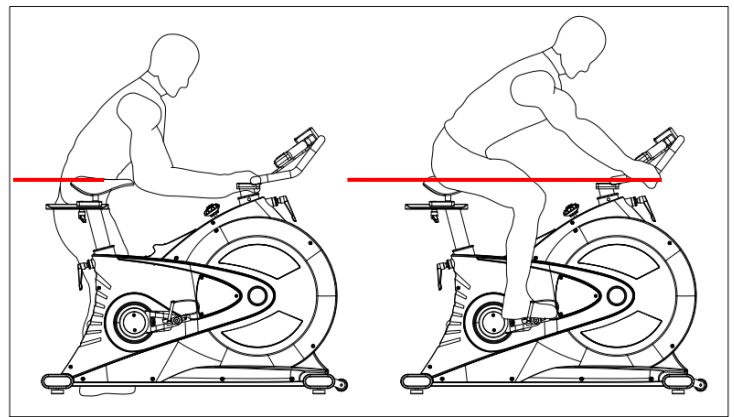
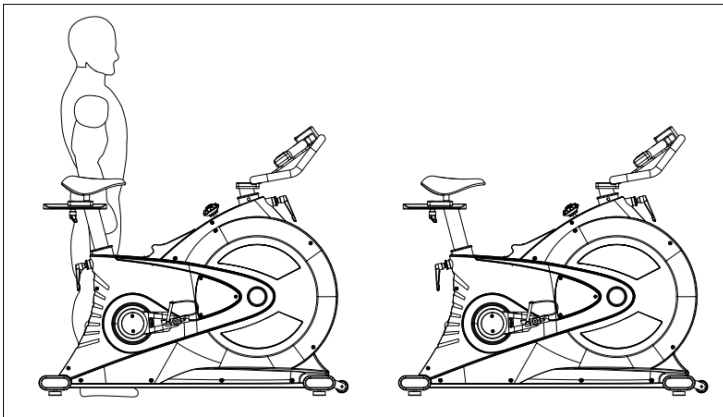


Figure 4

Figure 5

3、Tighten and loosen safety belt of pedal

1) The feet should be firmly fixed to the pedals. Pull upwards in the strap to tighten and then Tuck it in to keep it in place. see figure 9.

2) Loosen both pedal straps before getting off the cycle .First untuck the strap and then press downwards on the small blank plastic piece.

see figure 10.

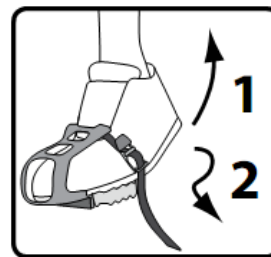


Figure 9

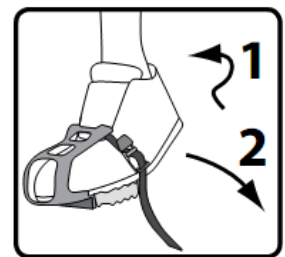
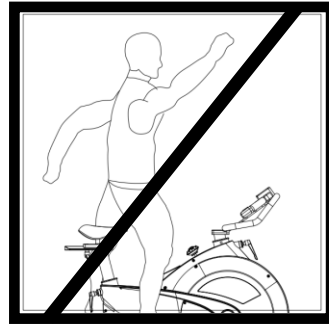


Figure 10

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4、 Precautions during use

Teach the young people about good behaviour on the cycles. E.g. always keep hands on handlebar when cycling in upright position. see figure 11.



5、 Way of stop

As there's a big force of inertia of the wheel, DON'T get off the bike when the crank is still working. Otherwise, the user shall be thrown out and get unnecessary injury. If you want to stop exercising, turn the braking knob in the direction of "+" (Increasing resistance), or just press it down. The user can get off when the crank stops running.

6、 Adjustment of the transit belt

The transit belt should be adjusted, as it maybe become loose after long time use.

- 1) Remove the protective covers;
- 2) Loosen the screw (1) with wrench, then loosen the bolt (2) see Figure 12
- 3) Turn screws (3) clockwise with a wrench to loosen the belt.
- 4) Loosen bolt (2) and (1).
- 5) Put on the protective covers.

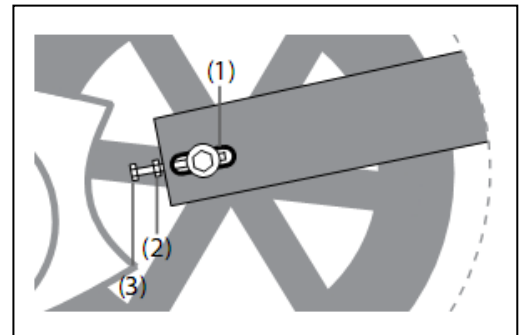
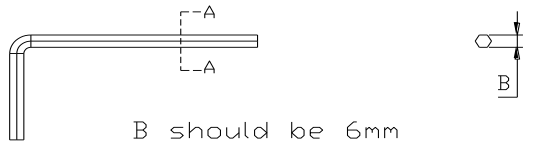
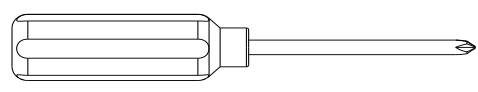



Figure 12

TOOL OF ASSEMBLE AND MAITENANCE

<p>1 HEXAGONAL WRENCHES</p>  <p>B should be 6mm</p>	<p>2 PHILLIPS SCREWDRIVER</p> 						
<p>3 OPEN SPANNER</p>  <p>Figure 3</p> <table data-bbox="941 515 1244 627"> <tr> <td>8/10(mm)</td> <td>1pcs</td> </tr> <tr> <td>10/13(mm)</td> <td>1pcs</td> </tr> <tr> <td>14/17(mm)</td> <td>1pcs</td> </tr> </table>		8/10(mm)	1pcs	10/13(mm)	1pcs	14/17(mm)	1pcs
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