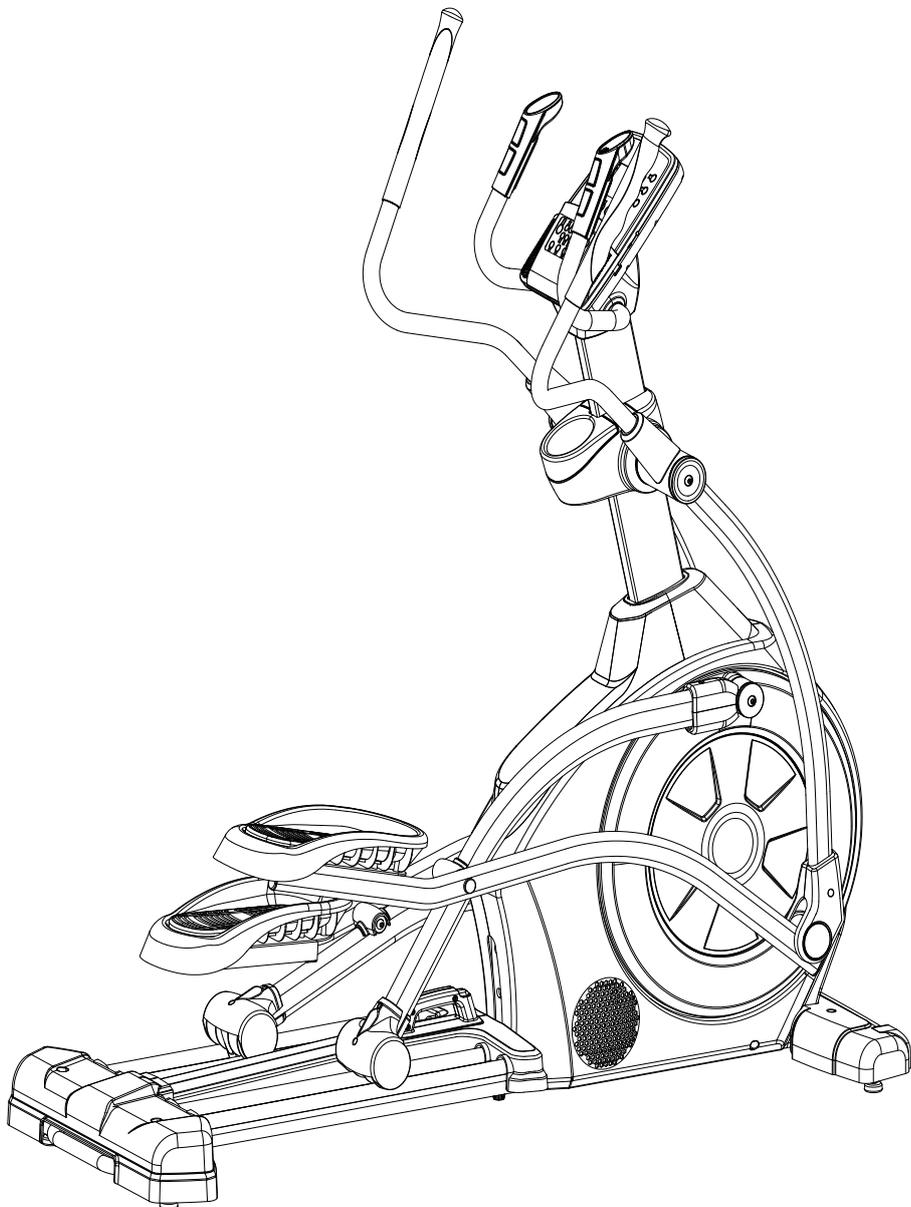


# Elliptical machine

## OWNER'S MANUAL

**COSCO®** *f*ITNESS



Dear Customer,

Please read this instruction very carefully before using this item. You will find important information regarding safety of your spinning bike.

## **IMPORTANT SAFETY NOTICE**

**Note the following precaution before assembling or operating the machine.**

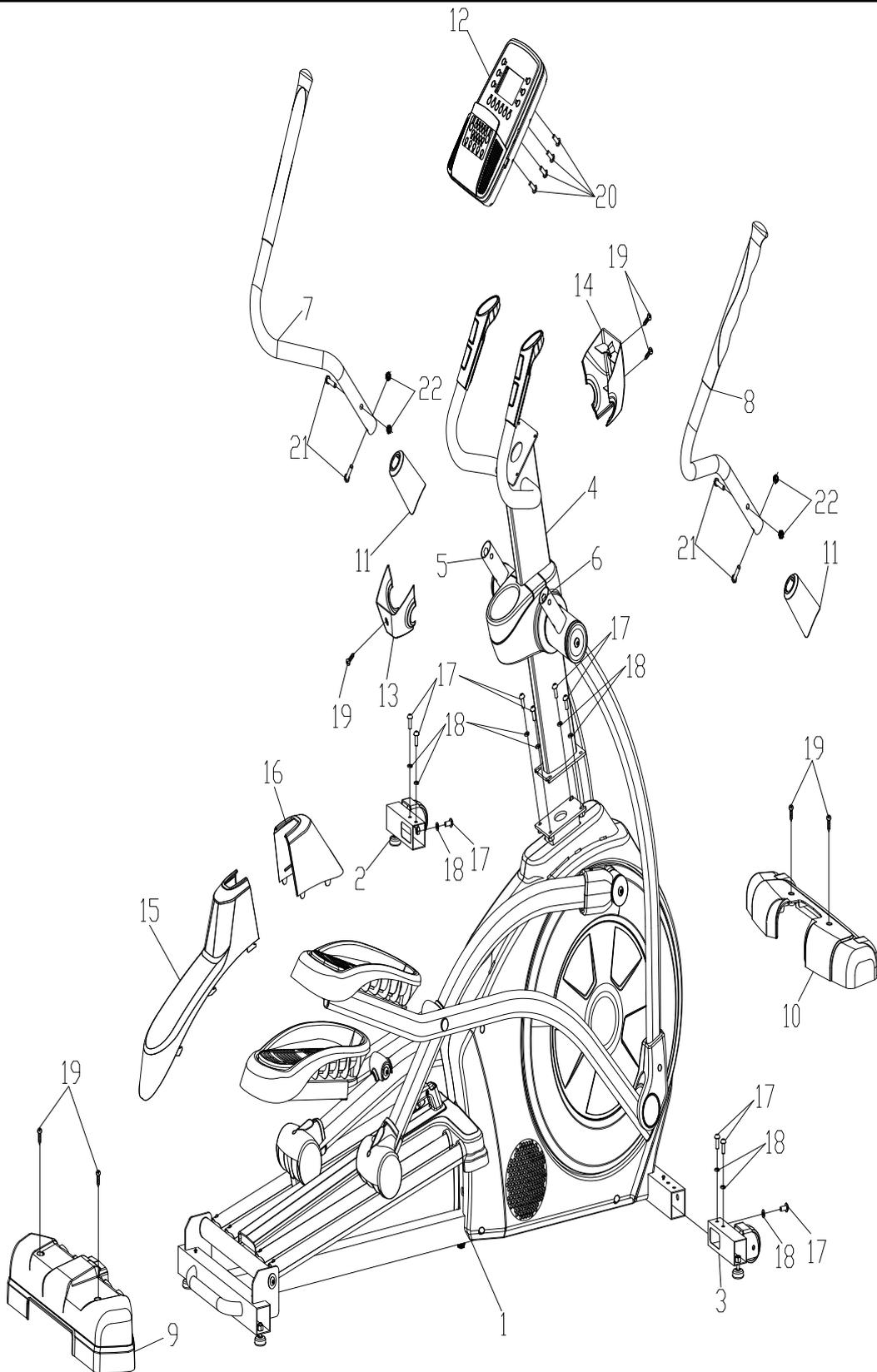
- 1、 Keep children and pets away from the Spinning Bike at all times.  
DO NOT leave unattended children in the same room with the machine.
- 2、 Handicapped or disabled persons should not use the spinning Bike without the presence of a qualified health professional or physician.
- 3、 If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
- 4、 Before beginning training, remove all within a radius of 2 meters from the machine. DO NOT place any sharp objects around the Spinning Bike.
- 5、 Position the Spinning Bike on a clear, level surface away from water and moisture. Place mat under the unit to help keep the machine stable and to protect the floor.
- 6、 Use the Spinning Bike only for its intended use as described in this manual. DO NOT use any other accessories not recommended by the manufacturer.
- 7、 Assemble the machine exactly as the descriptions in the instruction manual.
- 8、 Check all bolts and other connections before using the machine for the first time and ensure that the trainer is in the safe

condition.

- 9、 Hold a routine inspection of the equipment. Pay special attention to components which are the most susceptible to wear off, i.e. connecting points and wheels. The defective components should be replaced immediately. The safety level of this equipment can only be maintained by doing so. Please don't use the Spinning Bike until it is repaired well.
- 10、 NEVER operate the Spinning Bike if it is not functioning properly.
- 11、 This machine can be used for only one person's training at a time.
- 12、 Do not use abrasive cleaning articles to clean the machine. Remove drops of sweat from the machine immediately after finishing training.
- 13、 Always wear appropriate workout clothing when exercising. Running or aerobic shoes are also required.
- 14、 Before exercising, always do stretching first.
- 15、 The power of the machine increases with increasing the speed, and the reverse. The machine is equipped with adjustable knob, which can adjust the resistance.

**WARNING: BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN F I R S T. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING THE SPINNING BIKE. THANE ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTA I N E D BY OR THROUGH THE USE OF THIS PRODUCT**

# EXPLODED-VIEW & PARTS LIST:



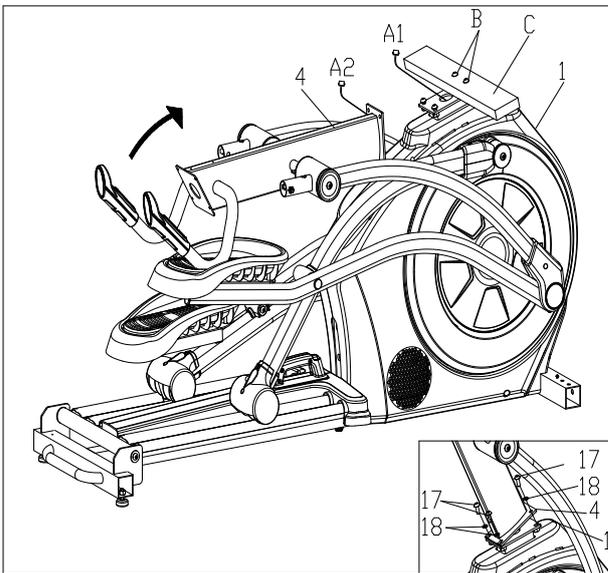
NO	NAME	QUANTITY	SPEC
1	Main frame assembly	1	Assembly
2	Left front foot tube connection assembly	1	Assembly
3	Right Front Pipe Connecting Assembly	1	Assembly
4	Instrument tube assembly	1	Assembly
5	Left Hand Pipe Assembly	1	Assembly
6	Right Hand Pipe Assembly	1	Assembly
7	Left hand tube	1	Assembly
8	Right hand hand tube	1	Assembly
9	Tail cover	1	656.7*181.8*123.6
10	Front cover	1	657.9*170*67.8
11	Shake hands Guan Gai	2	φ68.2*117
12	Electronic Watch	1	S-1033
13	Instrument rear cover	1	165*100*75
14	Instrument front cover	1	168*142*77
15	Rear cover of chain lid	1	445*135*260
16	Front cover of chain cover	1	183*120.4*150.5
17	BOLT 1	10	GB/T 70.2-2000 M8*20
18	SPRING WASHER	10	GB/T 859-1987 8
19	SCREW	7	GB/T 845-1985 ST4.2*19
20	BOLT 2	4	GB/T 70.2-2000 M5*8
21	BOLT 3	4	GB/T 5780-2000 M8*45
22	NUT	4	GB/T 889.1-2000 M8

# ASSEMBLY INSTRUCTION:

## 1.PREPARATION:

- A. Before assembling make sure that you will have enough space around the item.
- B. Use the present tooling for assembling.
- C. Before assembling please check whether all needed parts are available (at the above of this instruction sheet you will find an explosion drawing with all single parts (marked with numbers) which this item consists of.

## 2.ASSEMBLY INSTRUCTION:



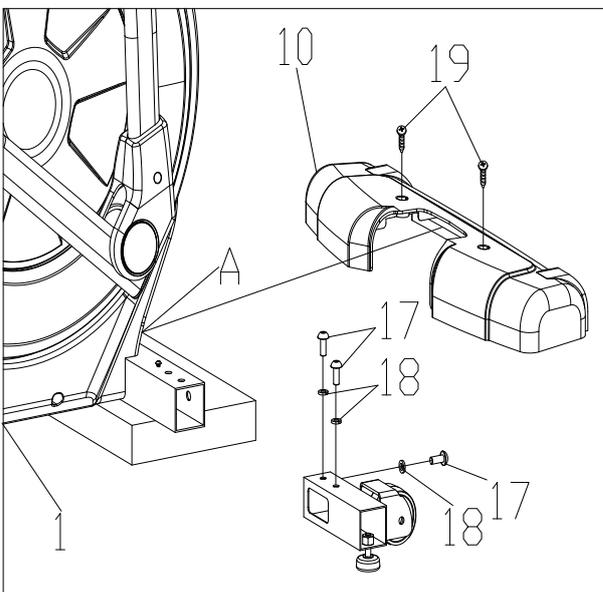
**FIG.1**

**FIG.1:**

Remove the pre-lock board (C) and two bolts (B) at the front end of the main frame assembly (1) and throw them away. Follow-up installation steps are not needed.

As shown in the figure, turn the upper column assembly (4) in the direction of arrow until the upper column assembly (4) is close to the main frame assembly (1). One person holds the upper column assembly (4) and the other person connects the signal line (A1-A2) after the connection is completed. The terminal is inserted into a large sheet metal hole on the main frame assembly (1) to avoid overwhelming the signal line.

As shown in the figure, the sheet metal on the upper column assembly (4) is clamped into the main frame assembly (4) which is pre-locked.



**FIG.2**

**FIG.2:**

As shown in the figure, the main frame assembly (1) is padded with packing material (A), and the screw (17), (18) which is pre-locked on the connecting pipe assembly of the left and right front foot tubes and the upper screw (18) of the main frame assembly (1) are put on the side and back for assembly. The right front foot connecting pipe assembly (3) is inserted into the square pipe corresponding to the main frame assembly (1) and locked with three M8\*20 internal hexagonal screws (17) and eight elastic gaskets (18). The other side is assembled in the same way.

Take the packing material (A) padded under the main frame assembly (1). Cover the front cover (10) on the square pipe at the front end of the main frame assembly (1). Lock it with two 4.2\*19 cross groove disc head screws (18).

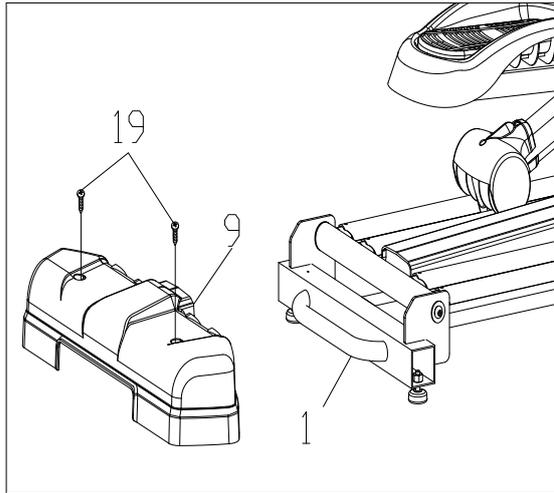


FIG.3:

As shown in the figure, remove two 4.2\*19 cross groove head tapping screws (19) pre-locked on the main frame assembly (1) and lock the rear cover (9) on the main frame assembly (1).

**FIG.3**

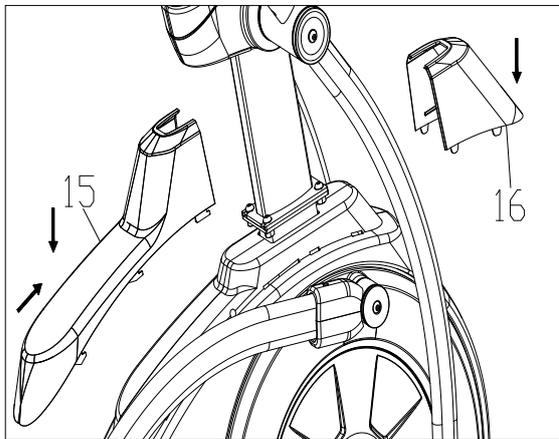


FIG.4:

As shown in the figure, the chain cover rear cover (15) chain cover front cover (16) is assembled on the main frame assembly (1).

**FIG.4**

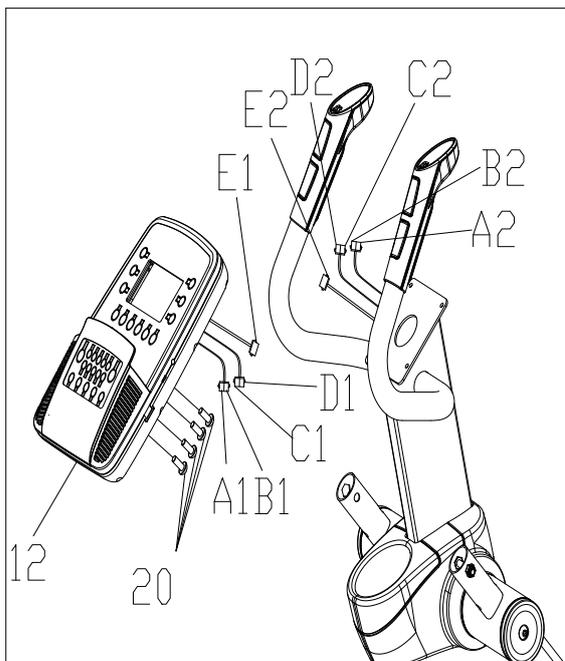
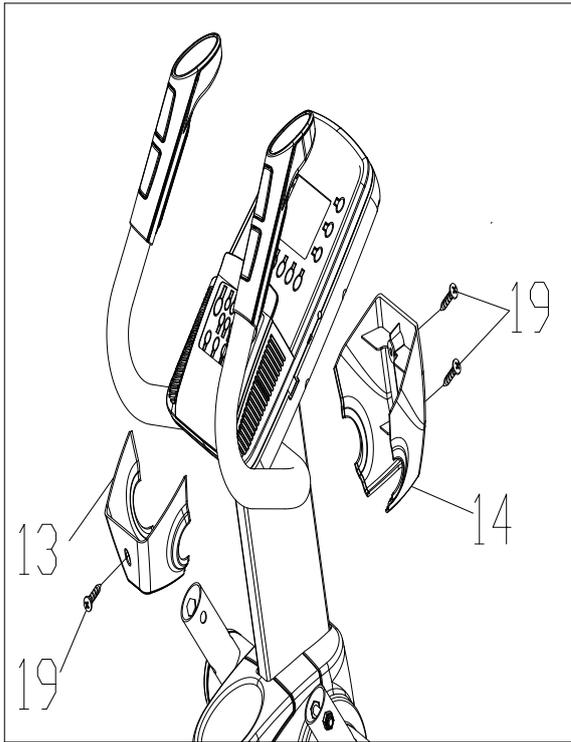


FIG.5:

As shown in the figure, the wires under the electronic meter (12) are connected together according to (A1-A2) (B1-B2) (C1-C2) (D1-D2) (E1-E2) I, and the terminals are inserted into the large sheet metal hole on the instrument tube assembly (4) to avoid overwhelming the signal line. Finally, the electronic meter (12) is fixed to the instrument tube assembly (4) with four M5\*8 cross groove head screws on the electronic meter (12).

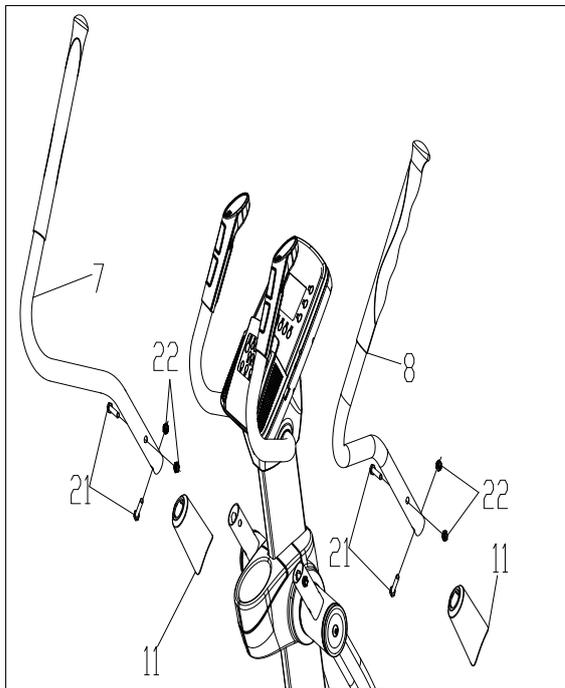
**FIG.5**



**FIG.6**

**FIG.6:**

As shown in the figure, three screws (19) which are pre-locked on the instrument tube assembly (4) are removed first. Then, the instrument back cover (13) and the instrument front cover (14) are fixed on the instrument tube assembly (4) with three self-tapping screws (19) with 4.2\*19 cross groove disk head.



**FIG.7**

**FIG.7:**

As shown in the figure, remove four M8\*45 hexagonal head screws and four M8 anti-loosening nuts that are pre-locked on the left and right hand rocker tube (7) (8). Then two shaker caps (11) are inserted into the left and right shaker caps (7) (8). Insert the left handshake tube (7) into the left handshake tube assembly circular tube, and lock it with two M8\*45 hexagonal head screws and two M8 anti-loosening nuts (pay attention to the direction of the head of the screw). Finally, put down the shaker cover (11). The assembly steps on the other side are the same.

## ADJUSTMENT

\*To adjust the seat height, slacken the spring knob on the vertical post stem on the main frame and pull back the knob. Position the vertical seat post for the desired height so that holes are aligned, then release the knob and retighten it.

\*To move the seat forward in the direction of the handlebar or backwards away from it, loosen the adjusting knob and washer and pull the knob back. Slide horizontal seat post into desired position. Align holes and then retighten the adjusting knob.

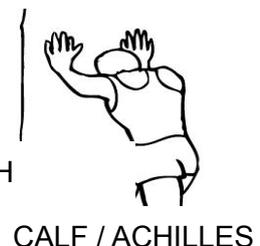
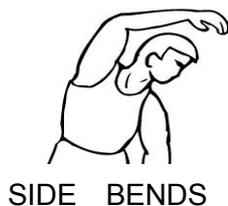
\*To adjust the handlebar height, slacken the spring knob and secondary knob and pull both knobs back. Slide the handlebar post along the housing on the main frame to the desired height and, with the holes aligned correctly, tighten the spring adjusting knob and then the secondary knob.

## EXERCISE INSTRUCTIONS

Using your **SPINNING BIKE** provides you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with calorie controlled diet help you lose weight.

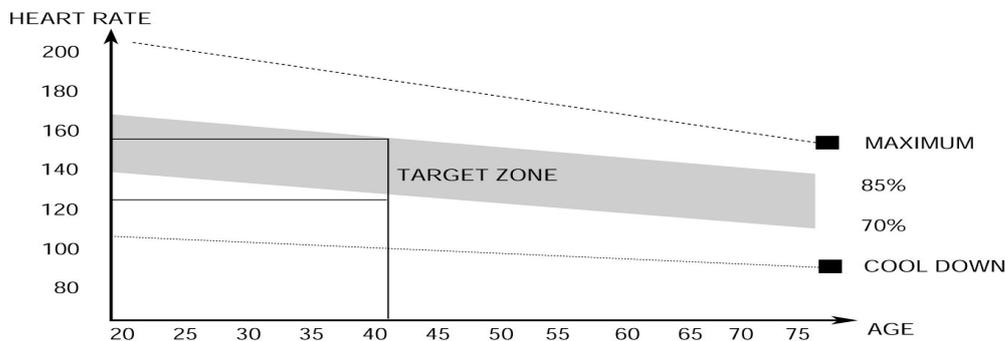
### 1.The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, **STOP**.



### Exercise Phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become stronger. Work to your limit but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart rate into the target zone shown on the graph below.



**This stage should last for a minimum of 12 minutes for most people**

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

### **MUSCLE TONING**

To tone muscle while on your **SPINNING BIKE** you will need to have the resistance set quite high. This will put more strain on our leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance, making your legs work harder than normal. You may have to reduce your speed to keep your heart rate in the target zone.

### **WEIGHT LOSS**

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

### **USE**

The tension control knob allows you to alter the resistance of the pedals. A high resistance makes it more difficult to pedal, a low resistance makes it easier. For the best results set the tension while the bike is in use.