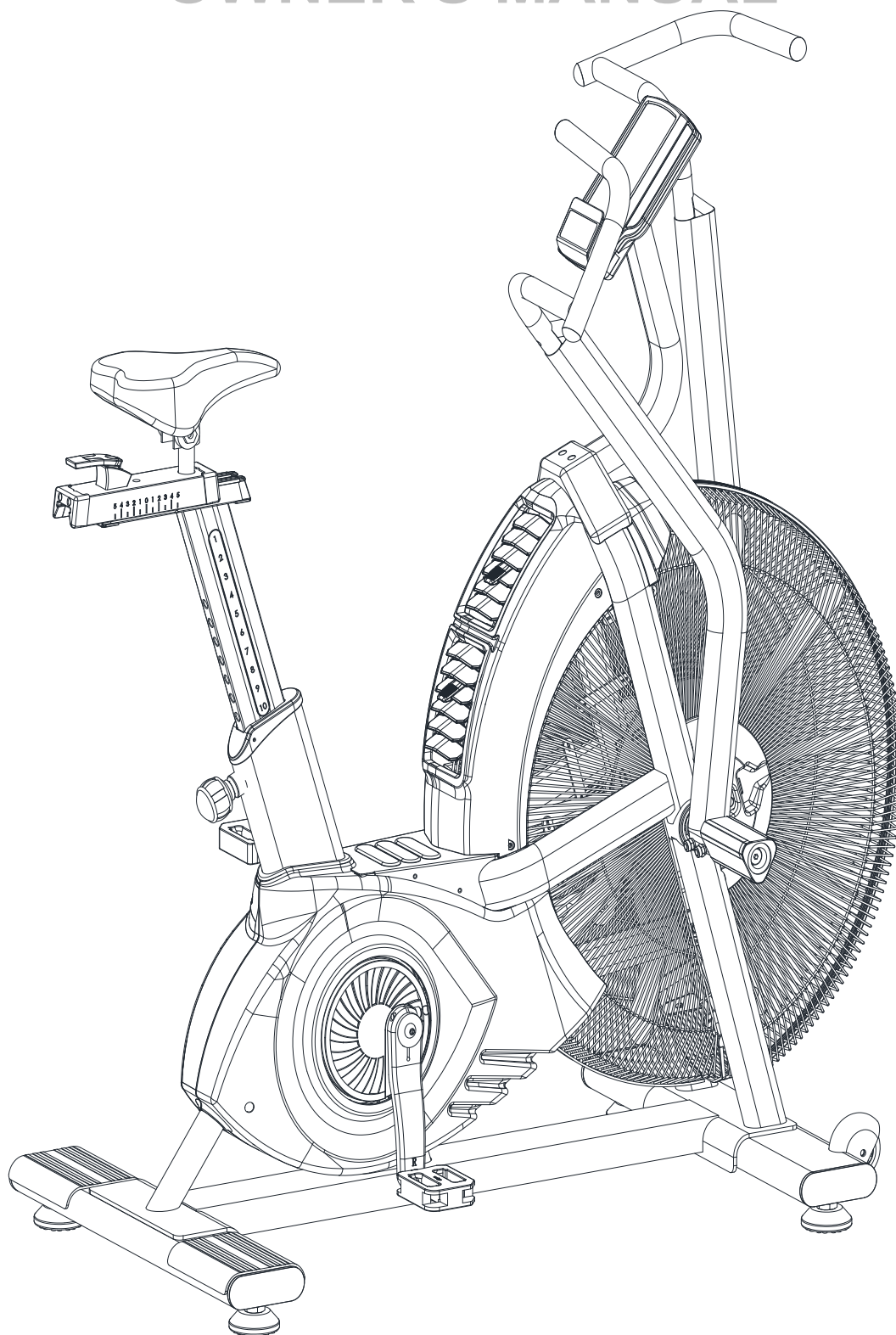


# AIR BIKE

## OWNER'S MANUAL



Dear Customer,

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

## **IMPORTANT SAFETY NOTICE**

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

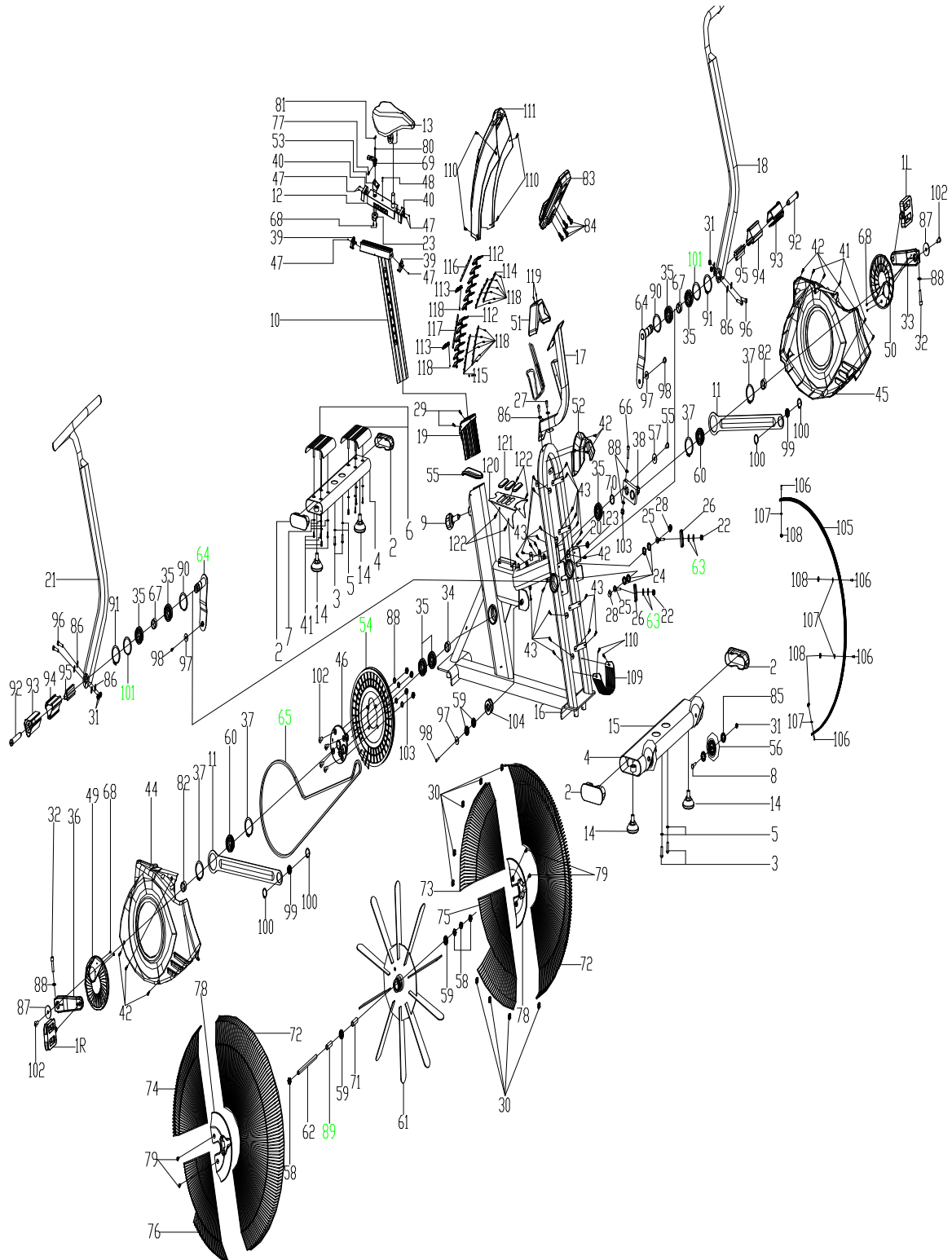
- 1、 Keep children and pets away from the Air Bike at all times.  
DO NOT leave unattended children in the same room with the machine.
- 2、 Handicapped or disabled persons should not use the Air Bike without the presence of a qualified health professional or physician.
- 3、 If the user experiences dizziness, 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 Air Bike.
- 5、 Position the Air 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 Air 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 Air Bike until it is repaired well.
- 10、 NEVER operate the Air 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 AIR 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	PEDAL	1	JD-304V (9/16")
2	END CAP3	4	120*40*35
3	BOLT 1	4	GB/T 70.2-2000 M10*30
4	REAR STABILIZER	1	Welding part
5	FLAT WASHER	4	GB/T 95-2002 10
6	FRONT COVER 2	2	160*128*41
7	FLAT WASHER	8	GB/T 95-2002 5
8	BOLT 2	2	GB/T 5780-2000 M8*40*15
9	SHAPE KNOB	1	φ50*101 (M16*45)*40
10	VERTICAL SEAT POST	1	326.5*50.5*410
11	Drive assembly	2	δ4
12	SEAT POST	1	Welding part
13	SEAT	1	KS-9068
14	STOPPER	4	φ70*41/(M16X25)
15	FRONT STABILIZER	1	Welding part
16	MAIN FRAME	1	Welding part
17	Electronic watch connecting assembly	1	Welding part
18	The left handlebar assembly	1	Welding part
19	PLASTIC SLEEVE	1	124.5*46.5*120
20	SENSOR	1	SR-202 150 L=30MM
21	Right handlebar assembly	1	Welding part
22	NUT	2	GB/T 889.1-2000 M6
23	FIXING NUT 2	1	φ44.8*16.5
24	Serrated gasket	4	GB/T 95-2002 12(φ26)
25	FIXING BOLT	2	M6*60
26	Pull out the fixed piece	2	δ2
27	BOLT 1	2	GB/T 70.2-2000 M8*20
28	NUT	2	GB/T 802-1988 M12X1.25 (H=16mm)
29	SCREW 2	2	GB/T 845-1985 ST4.2*6
30	Sprocket buckle	9	17*16*9.5
31	NUT	6	GB/T 889.1-2000 M8
32	BOLT 7	2	GB/T 70.1-2000 M10*1.25*40
33	LEFT CRANK	1	170*19 (170*9/16")
34	LONG FIXING TUBE	1	φ30*φ25.2*32.1
35	BEARING	7	6205ZZ
36	RIGHT CRANK	1	170*19 (170*9/16"-LH)
37	Outer spring	4	52
38	Left connecting crank shaft assembly	1	90*50*68.5
39	COVER	2	56*23.6*24.6
40	COVER	2	58*36.3*22.7
41	SCREW 1	11	GB/T 845-1985 ST4.2*19
42	SCREW 2	9	GB/T 845-1985 ST4.2*19

NO	NAME	QUANTITY	SPEC
43	SCREW 3	22	GB/T 15856.1-2002 ST4.2X13
44	CHAIN COVER 1	1	608*98*366
45	CHAIN COVER 2	1	608*95*366
46	AXIS	1	φ118*153.5
47	BOLT 7	6	GB/T 70.1-2000 M4*12
48	BOLT 8	1	GB/T 70.1-2000 M5*18
49	Right crank cover	1	φ169
50	Left crank cover	1	φ169
51	The instrument tube trim cover	1	170.7*82.8*65.8
52	Front trim cover	1	220*73.5*112.2
53	Handle base	1	41.5*30*30
54	BELT WHEEL	1	Φ305*21
55	Seat tube spacer	1	120*40
56	WHEEL	2	φ69*23
57	Connection block large gasket	1	Φ30*Φ10.2*5
58	FIXING NUT 2	4	M12X1.25 H=6
59	BEARING	4	6001ZZ
60	BEARING	2	6205ZZ
61	Rim assembly	1	Welding part
62	FLYWHEEL SHAFT	1	φ12*225
63	FLAT WASHER	4	GB/T 95-2002 Φ16*Φ6 (H=3)
64	Front axle assembly	2	184*44*121
65	BELT	1	5PK70 (70X25.4=1778)
66	BOLT 2	1	GB/T 70.1-2000 M10*1.25*60
67	SHORT FIXING TUBE	2	φ30*φ25.2*18.1
68	BOLT 1	6	GB/845-85 M4*12
69	Handle	1	79*32*32.6
70	SPACER sleeve	1	φ30*φ25.2*3
71	Flywheel inner casing	1	φ16*φ12.2*53.1
72	Front cover	2	744*357*80.5
73	Left upper cover	1	292*292*81
74	Right upper cover	1	292*292*81
75	Left lower cover	1	371*223*79
76	Right lower cover	1	371*223*79
77	Handle rotary copper sleeve	1	φ12*20
78	Grille cover	2	220*27.5*117.5
79	SCREW 1	4	GB/T 70.3-2000 M6*18
80	BOLT 16	1	M6*35*φ10
81	Handle cover	1	φ16.4*10.3*5.5
82	Crank Spacer	2	φ30*φ25.2*13
83	COMPUTER	1	JSD-10421
84	SCREW 3	4	GB/T 5780-2000 M5*10

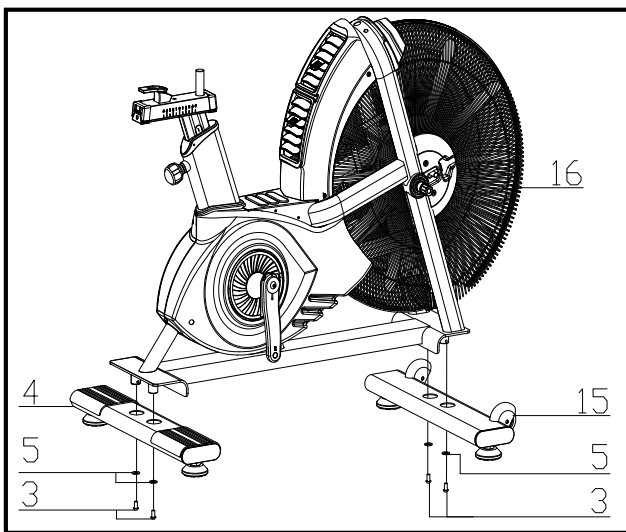
NO	BEARING	4	608ZZ
85	SPRING WASHER 2	10	GB/T 859-1987 8
86	Large crank spacer	2	Φ40*Φ10.2*6
87	SPRING WASHER 2	8	GB/T 859-1987 10
88	Plastic flywheel outer casing	1	φ16*φ12.2*27.5
89	Rotary large gasket	2	Φ30*Φ25.2*1.0
90	Outer spring	2	25
91	Pedal Screw	2	φ20*120
92	Pedal decorative cover	2	56.6*61.6*115
93	Aluminum alloy pedals	2	107*56.6*51.6
94	Pedal shaft sleeve	2	32.3*28.5*92
95	BOLT 16	4	GB/T 70.1-2000 M8*45
96	FLAT WASHER	3	GB/T 95-2002 Φ18*Φ6.4*1.6
97	BOLT 1	3	GB/T 70.1-2000 M6*12
98	BEARING	2	1201
99	Outer spring	4	32
100	Wave Gasket	6	φ25
101	BOLT 16	7	GB/T 70.2-2000 M10*1.25*25
102	NUT	5	GB/T 889.1-2000 M10*1.25
103	Small pressure pulley	1	φ44.5*26
104	Aluminum alloy edge	1	724*473*16
105	SCREW 1	4	GB/T 5780-2000 M5*15
106	FLAT WASHER	4	GB/T 95-2002 Φ15*Φ5.3*1.2
107	NUT	4	GB/T 889.1-2000 M5
108	Under the grille cover	1	160*81.6*82.2
109	SCREW 1	6	GB/T 15856.1-2002 ST4.2X13
110	Fan Cover	1	416*172*241
111	Wind Blade	12	107.6*16.7*39.9
112	Fan blade adjustment block	2	45*9.9*30.3
113	Rounded fan blade compression block	2	107*6*89
114	Right-angle fan blade compression block	2	128.4*6*48.6
115	Rounded fan blade linkage	1	δ1.2*92*81.5
116	Right-angle fan blade linkage	1	δ1.2*112*43
117	SCREW 1	14	ST2.9*8
118	SCREW 1	2	GB/845-85 ST4.8X13
119	Stainless steel upper trim cover	1	δ1.2 (205*150*60)
120	Pedal decorative block	3	98*28*6
121	SCREW 1	4	GB/T 845-1985 ST4.2*19
122	Plastic Plug	1	φ14*14

# 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.

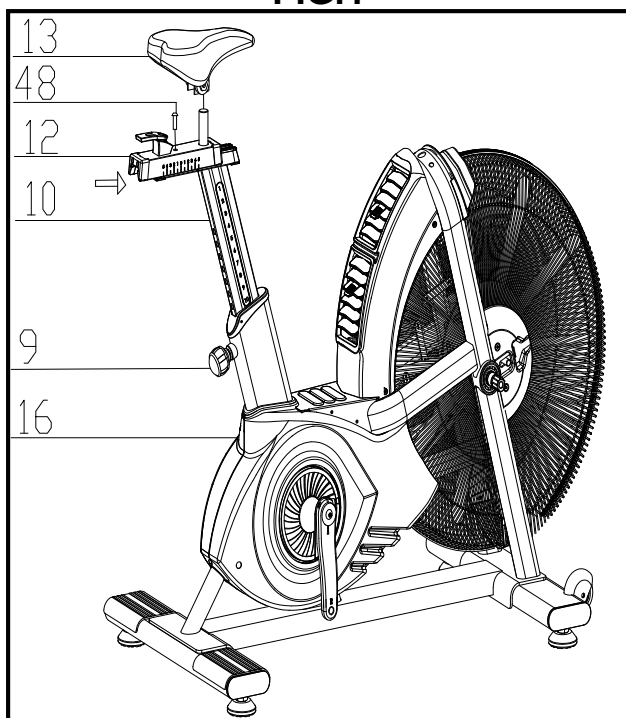
## 2.ASSEMBLY INSTRUCTION:



**FIG.1**

FIG.1:  
Attach the Front Stabilizer (15) to the Main Frame (16) using two sets of Ø10 Flat Washers (5) and bolt 1 (3).

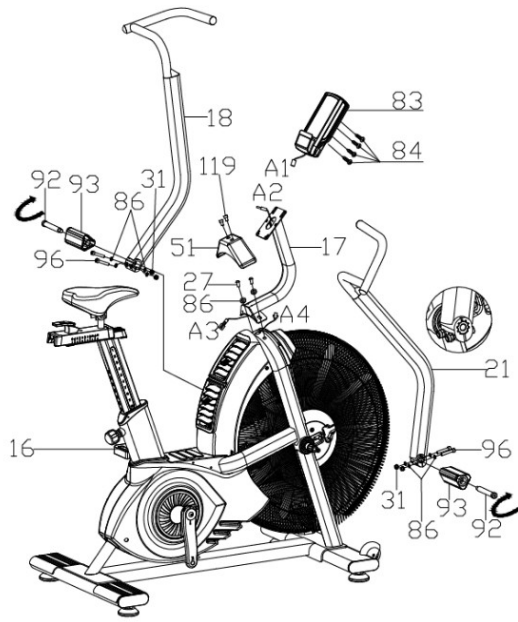
Attach the Rear Stabilizer (4) to the Main Frame (16) using two sets of Ø10 Flat Washers (5) and bolt 1 (3)



**FIG.2**

FIG.2:  
And put the knob up, then release the round nut(48) , Then slide the Seat Post (12) into the Vertical Seat Post (10),Then fixing the bolt8 (48), You will have to slacken the knurled section of the Adjustment Knob (9) and pull the knob back and then select the desired height. Release the knob and retighten the knurled portion.

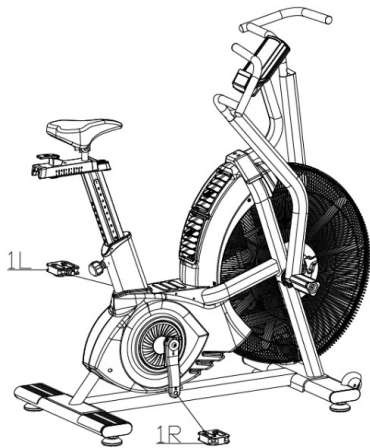
Now fix the Seat (13) to the Seat Post (12) as shown, and tighten the bolts around the screws under the seat.



**FIG.3**

**FIG.3:**

Insert the left handlebar assembly (18) and the right handlebar assembly (21) into the main frame assembly (16) according to the method shown in the figure, and use the bolts 16 (96), elastic washers (86) and nuts (31) to lock them. Then use tools to fix the pedal screw (92) and the pedal decorative cover (93) to the main frame assembly (16). After connecting the plugs (A3 & A4), fasten the electronic watch connecting assembly (17) on the main frame assembly (16) with the hexagon socket BOLT 1 (27) and the spring washer 2 (86); use the screw 1 (119) to secure the instrument tube trim cover (51) to the electronic watch connecting assembly (17). Finally, connect the plugs (A1 & A2), and then fix the computer(83) on the electronic watch connecting assembly(17) with screws 3 (84).



**FIG.4**

**FIG.4:**

The Pedals (pt.1 L & pt.1 R) are marked "L" and "R" - Left and Right. Connect them to their appropriate crank arms. The right crank arm is on the right- hand side of the cycle as you sit on it. Note that the Right pedal should be threaded on clockwise and the Left pedal anticlockwise.

## 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.

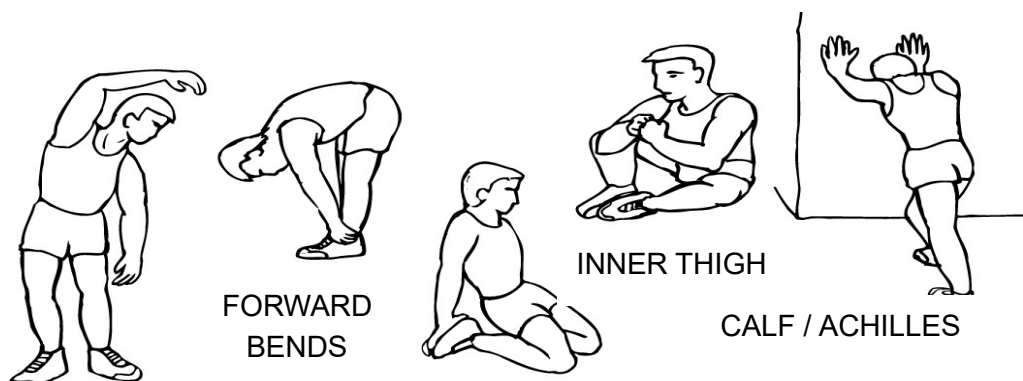
\*To adjust the handlebar height, slacken the spring knob and secondary knob and pull both knobs back. Slide the handlebar post along the housing on the main frame to the desired height and, with the holes aligned correctly, tighten the spring adjusting knob and then the secondary knob.

## EXERCISE INSTRUCTIONS

Using your **AIR 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**.



SIDE BENDS

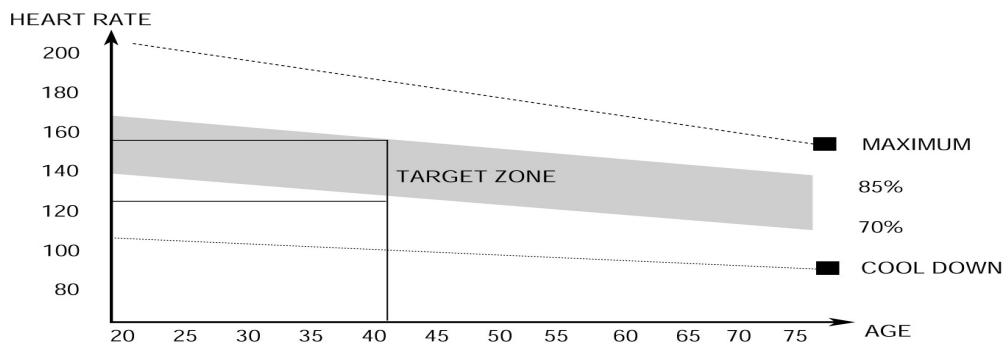
OUTER THIGH

## 2.The

## 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 **AIR 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.