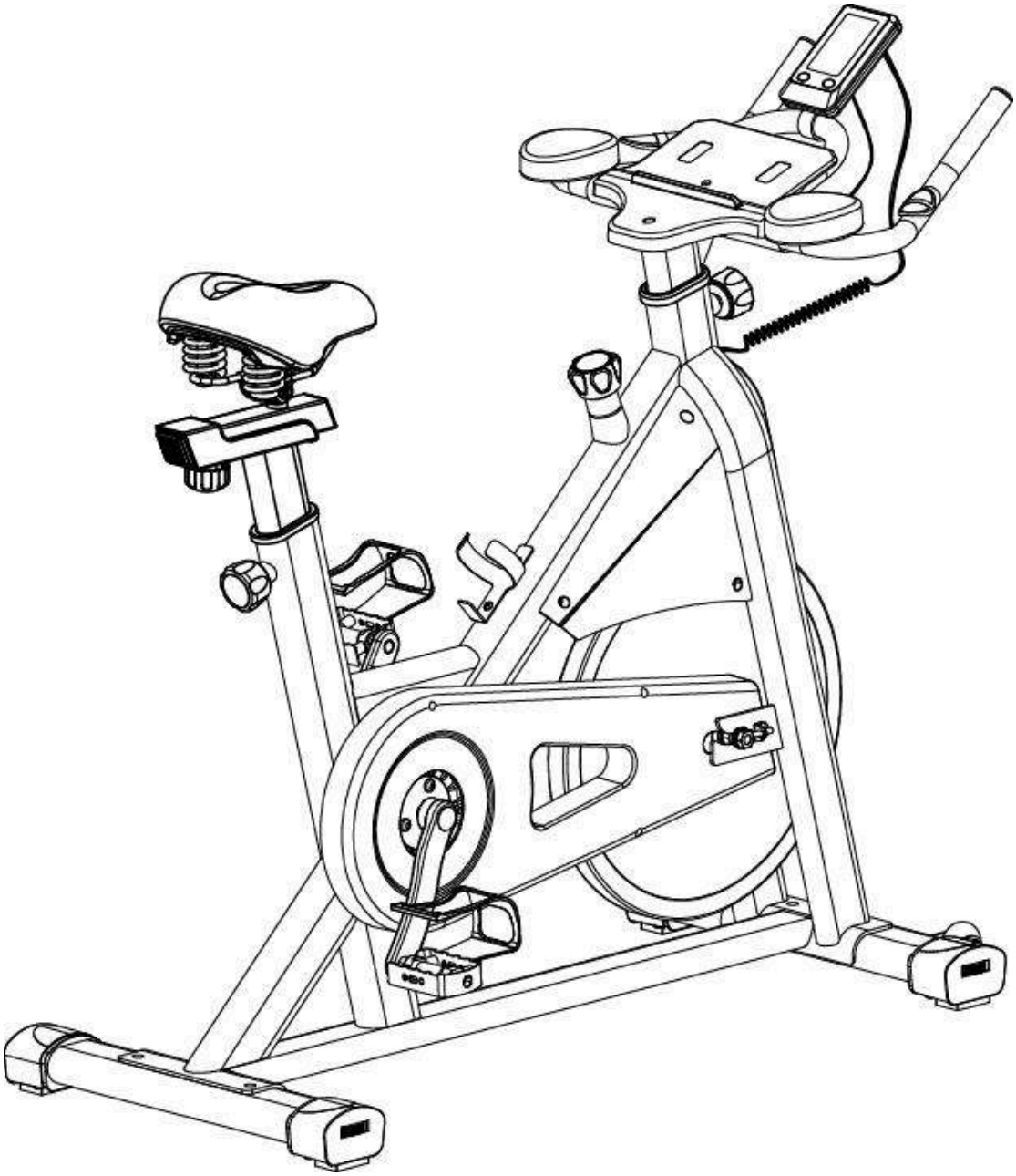
IROTTEC

SMR800

Instruction Manual



Safety Precautions – Please Read the Instruction before Using!

1. Assemble this product properly, using original parts supplied, according to the installation instructions. Before assembly, inspect whether packages are in good condition and whether spare parts are complete in accordance with transport precautions with reference to the supplied list of spare parts.

2. Prior to exercise, make sure that the equipment fasteners (e.g. screws, bolts, pins) are in locked.

3. Please place the exercise bike on a dry and flat ground.

4. To prevent the bottom of the equipment from damage such as abrasion and stain, put a protective object such as a rubber cushion or a thin wood plate under the bottom of the equipment.

5. When starting your exercise, be sure that there is no object within 2m from the exercise bike.

6. Please use the attached or other appropriate tools to assemble or repair the exercise bike. After exercising, please wipe your sweat off the equipment to prevent it from getting rusty.

7. Improper use and excessive exercise might endanger your health. Please carry out your exercise plan under the direction of a qualified health professional. He can provide you with excellent suggestions on your exercise gestures, exercise goals and your food intake. Never attempt an exercise after a meal. This exercise bike is only for recreation purposes, it is not built for rehabilitation use or any other medical purpose.

8. Please use the exercise bike when the equipment is in good operating condition. Make necessary maintenance using original spare parts only.

9. When regulating the equipment, take note to ensure that the adjusted position is safe. The best position and largest adjustable position for your convenience or ease of use is a must.

10. This exercise bike is only for use by one person at one time.

11. During exercise, please wear sports clothing and shoes. The clothes shall not be too long and too wide so as to prevent them from being hooked or hung during exercise. The shoes must be suited for the feet and the soles shall be anti-slip.

12. When feeling uncomfortable during the exercise process, please stop exercise immediately, and when necessary, consult a doctor.

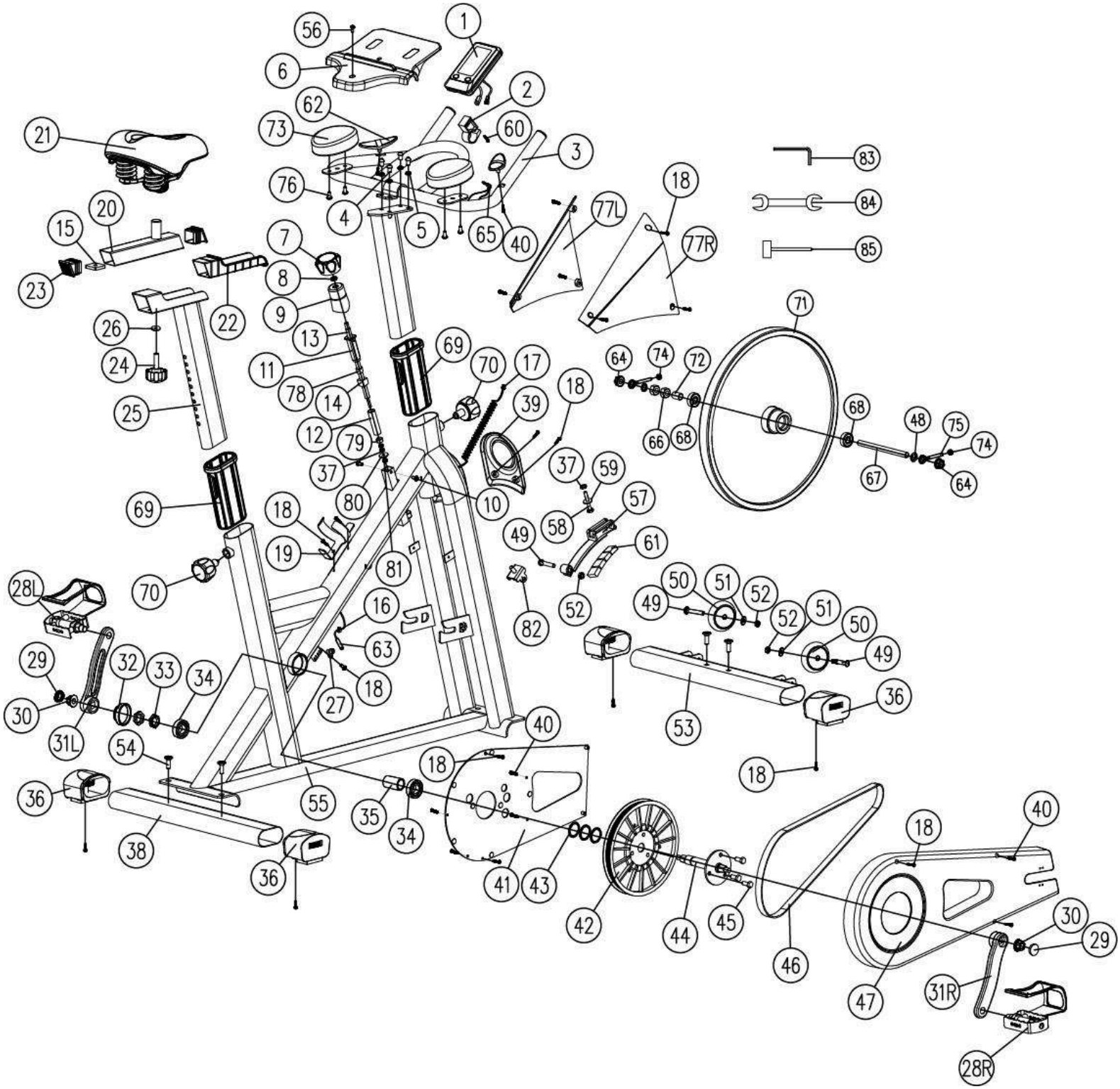
13. This exercise equipment is not toy, please refrain children from playing with it, as injuries might occur, and thus, shall be used for exercise purposes only.

14. Children and disabled persons can only use the equipment under the direct supervision of adults or healthy individuals. Appropriate measures must be taken to ensure that a child will be unable to use the equipment without the supervision of an adult..

15. Make sure that no body part of another person will being contact with the equipment during your exercise.

16. To protect the environment, never discard packages or batteries, and please put them into a designated dustbin or other waste collection point.

EXPLOSIVE


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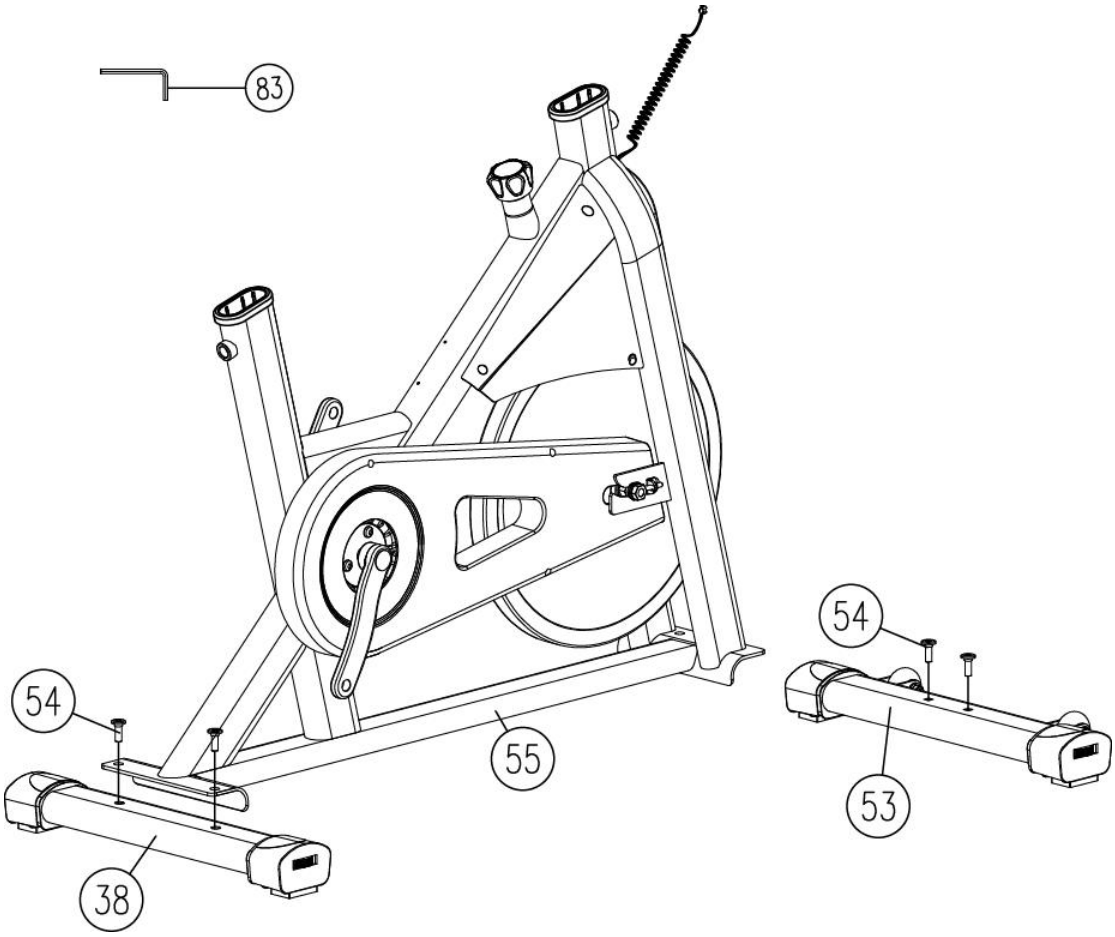
PART NO.	DESCRIPTION	QTY
1	Computer	1 PC
2	Computer holder	1 PC
3	Handlebar	1 PC
4	Hexagon screw M8	4 PCS
5	Spring washer Φ8	4 PCS
6	I-pad holder	1 PC
7	Brake knob	1 PC
8	Hexagon nut M8	1 PC
9	Brake cover	1 PC
10	Screw M5	2 PCS
11	Brake nylon bushing	1 PC
12	Brake limit tube	1 PC
13	Brake rob	1 PC
14	Brake square nut	1 PC
15	Lock washer	1 PC
16	Cable clip	1 PC
17	Cable	1 PC
18	Screw M4.2	7 PCS
19	Bottle holder	1 PC
20	Slider	1 PC
21	Seat	1 PC
22	Slider clamp	1 PC
23	End cap	2 PCS
24	Knob	1 PC
25	Seat post	1 PC
26	Washer Φ10	1 PC
27	C clamp	1 PC

PART NO.	DESCRIPTION	QTY
28	Pedal(R +L)	1 SET
29	Crank plug	2 PCS
30	Flange nut M10	2 PCS
31	Crank(R+L)	1 SET
32	Crank bushing	1 PC
33	Hexagon nut	2 PCS
34	Bearing	2 PCS
35	Bushing	1 PC
36	End cap	4 PCS
37	Hexagon nut M6	3 PCS
38	Rear tube	1 PC
39	Front trim cover	1 PC
40	Screw M4	8 PCS
41	Chain cover (inner)	1 PC
42	Belt pulley	1 PC
43	Flat washer	3 PCS
44	Axis	1 PC
45	Hexagon screw	3 PCS
46	Belt	1 PC
47	Chain cover (outer)	1 PC
48	Flat washer	3 PCS
49	Hexagon screw M8	3 PCS
50	Moving flywheel	2 PCS
51	Flat washer Φ8	2 PCS
52	Nylon nut M8	3 PCS
53	Front tube	1 PC
54	Step screw M8	4 PCS

PART NO.	DESCRIPTION	QTY
55	Frame	1 PC
56	Screw M5	1 PC
57	Magnet frame	1 PC
58	Hexagon screw M6	1 PC
59	Flat washer	1 PC
60	Screw	1 PC
61	Brake shrapnel	1 PC
62	Hand pulse tablet	2 PCS
63	Cable	1 PC
64	Flange nut M12	2 PCS
65	Hand pulse cable	4 PCS
66	Hexagon nut M12	2 PCS
67	Flywheel axis	1 PC
68	Bearing	2 PCS
69	Tube clamp	2 PCS
70	Knob	2 PCS
71	Flywheel	1 PC
72	Bushing	1 PC
73	Arm pad	2 PCS
74	Nylon cap M6	2 PCS
75	Adjuster	2 PCS
76	Screw M6	4 PCS
77	Trim cover(R+L)	1 SET
78	Bushing 1	1 PC
79	Bushing 2	1 PC
80	Flat washer	1 PC

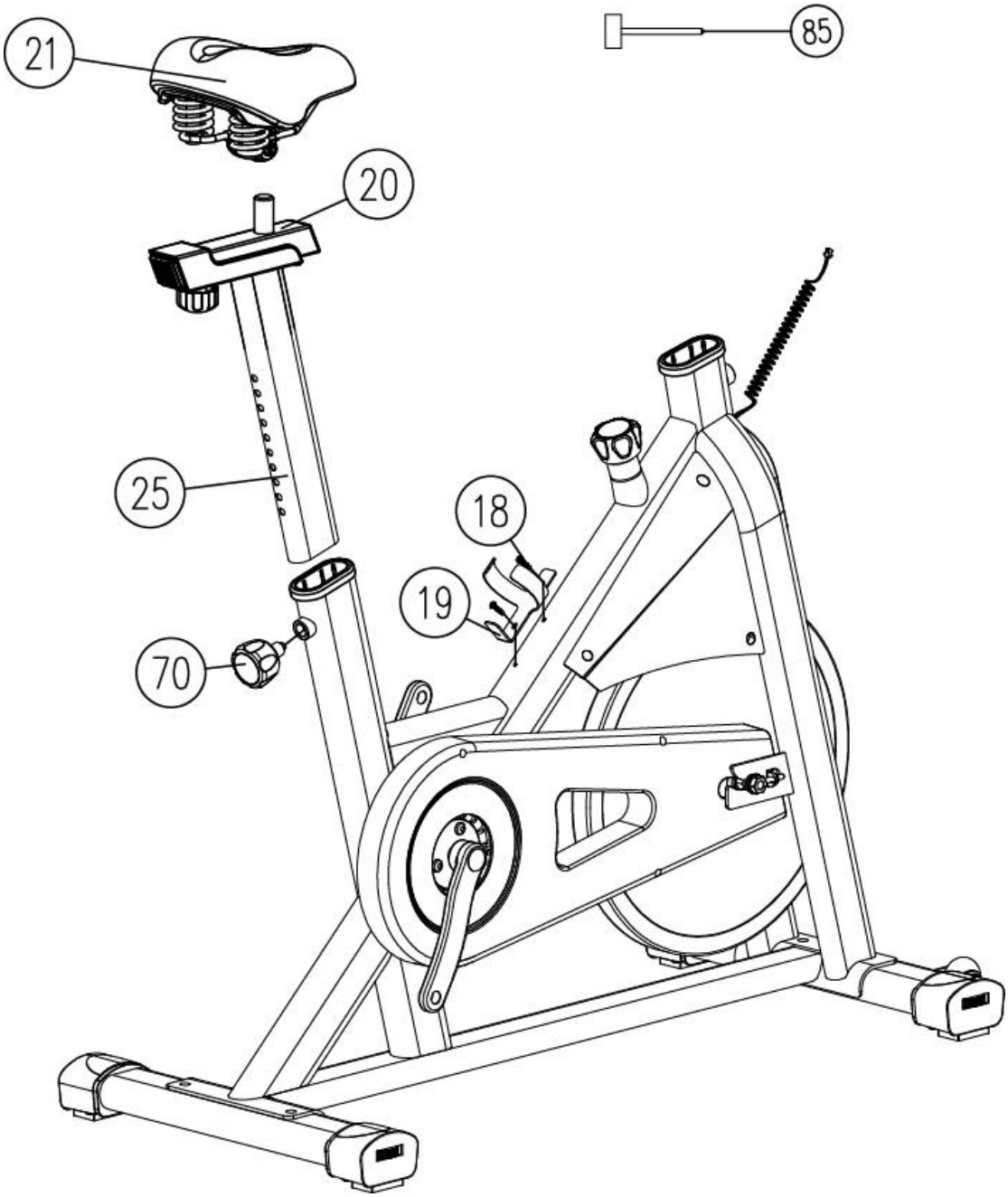
PART NO.	DESCRIPTION	QTY
81	Nylon cap M6	1 PC
82	Magnet holder	1 PC
83	Hexagon wrench	1 PC
84	Open wrench	1 PC
85	Socket wrench	1 PC

ASSEMBLY INSTRUCTION



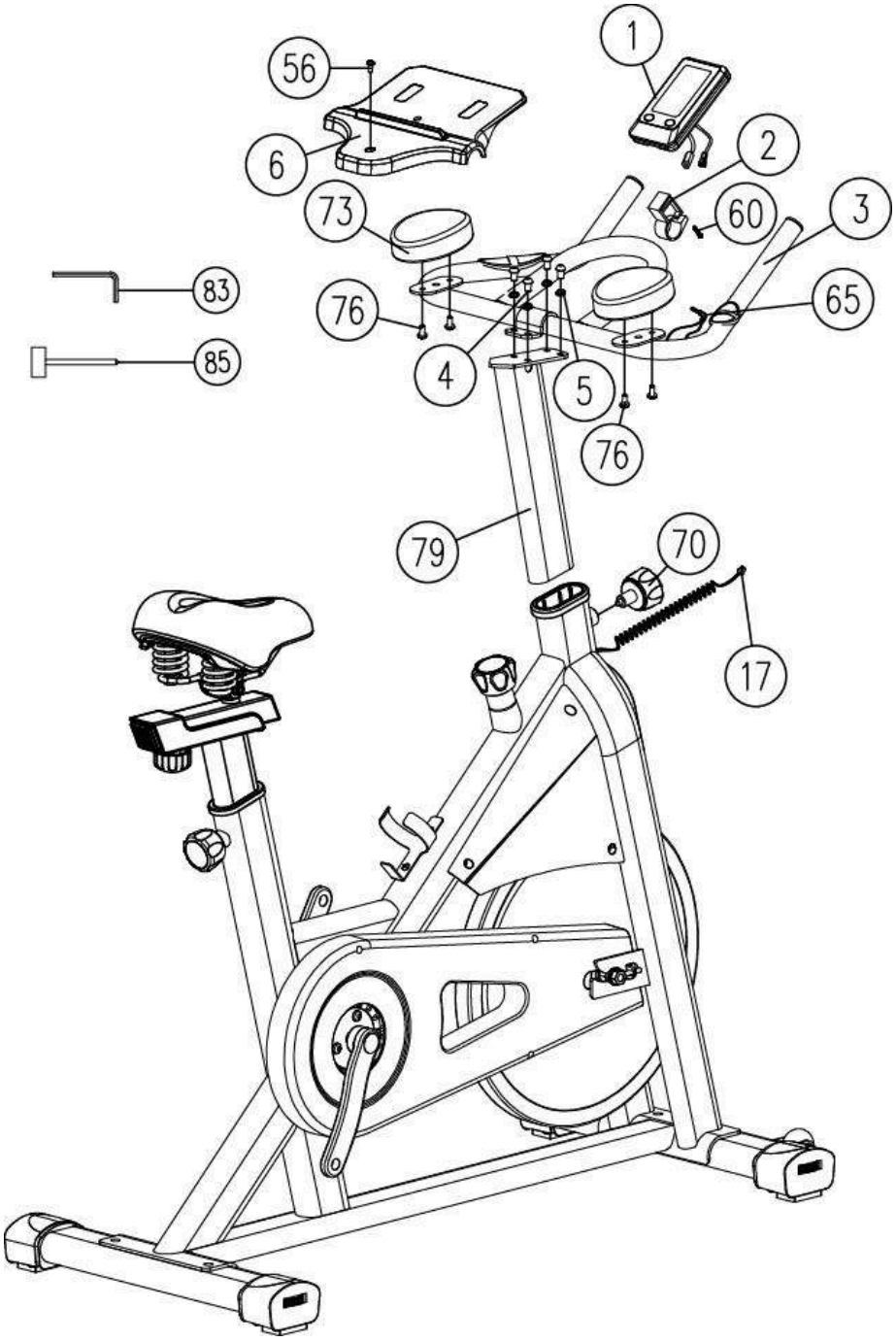
STEP 1

Attach the rear tube (38) to the main frame(55) using two step screws(54) and hexagon wrench(83).
Attach the front tube (53) to the main frame same as the rear tube.



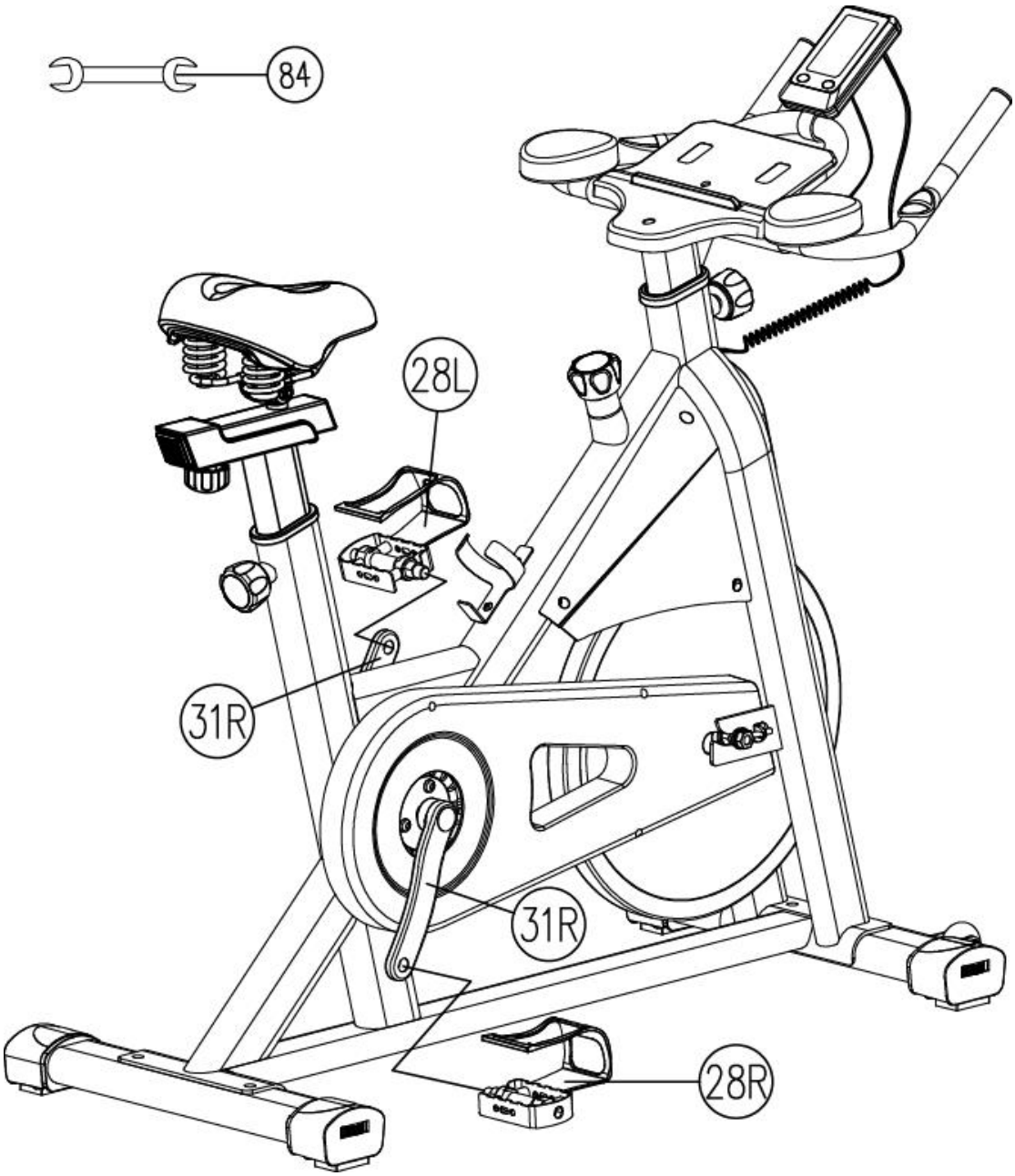
STEP 2

Put seat post (25) insert main frame with knob(70) adjust height.
Then fix seat(21) to slider(20) by open wrench(85).
Fix bottle holder(19) on main frame by two screws(18) and open wrench.



STEP 3

Put handlebar post (79)insert main frame with knob(70) adjust height.
Fix handlebar(3) on handlebar post by spring washer(5) ,hexagon screw(4) and hexagon wrench(83).
Fix arm pad(73) on handlebar by screw(76) and fix i-pad holder(6) on handlebar by screw(56).
Fix computer(1) on the handlebar by computer holder(2) and screw(60).And insert the sensor cable plug(17) and hand pulse cable plug(65) into the sensor joint and pulse joint of computer.



STEP 4

The pedals (28L and 28R) are marked “L” and “R”-left and right.
Connect them to their appropriate crank set. The right crank set 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 on anti-clockwise.
Now your spinning bike is finished for use.

Monitor Instruction Manual

BUTTONS:

MODE/ RESET	To confirm all settings. Press this button and hold for 2 seconds to reset all function figures.
SET	To set up the value of TIME, DISTANCE, CALORIES, PULSE. You can hold the button to increase the value fast. (The monitor has to be in stop condition.)

FUNCTIONS：

SCAN: Displays all function TIME→DISTANCE→CALORIES→ PULSE→ RPM/SPEED in sequence.

RPM: Displays the pedaling rotation per minute. The RPM and SPEED will switch to another display in every 6 seconds after exercise starts.

SPEED: Displays the user's exercise speed.

TIME: 1.You can press "SET" button to set target time between 0:00 to 99:00 mins for counting down function (Increments of 1 min)
2. It can be set up by the user or accumulated automatically for counting up function.

DISTANCE: 1.You can press "SET" button to set target distance between 0:00 to 99:50 km for count down function (Increments of 0.5km)
2. It can be set up by the user or accumulated automatically for counting up function.

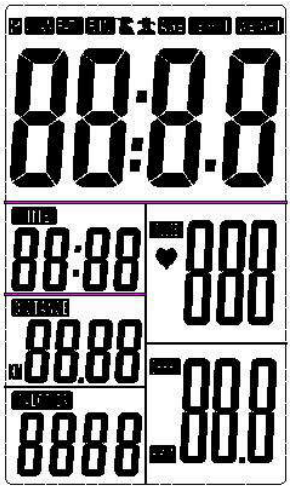
CALORIES: 1.You can press "SET" button to set target calories between 0 to 9990 for counting down function.
2. It can be set up by the user or accumulated automatically for counting up function.

PULSE: Displays the user's pulse. User may set the target pulse. When pulse value reaches the target, the monitor will alarm with "Beep" sound.

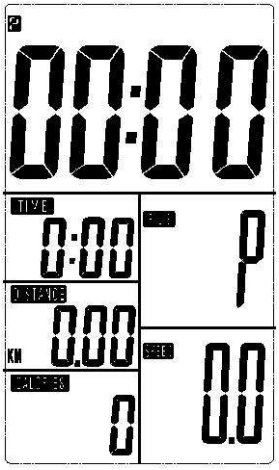
Note:
Please note all values display on this bike are approximate and they are for comparison purpose only. Do not use these values for any medical or rehabilitation purpose

OPERATION PROCEDURE:

1. Once installed the CR2032 3V battery, the screen will display as following "Drawing A" and "Beeps" at the same time. Then, the display will show main menu refer "Drawing B".

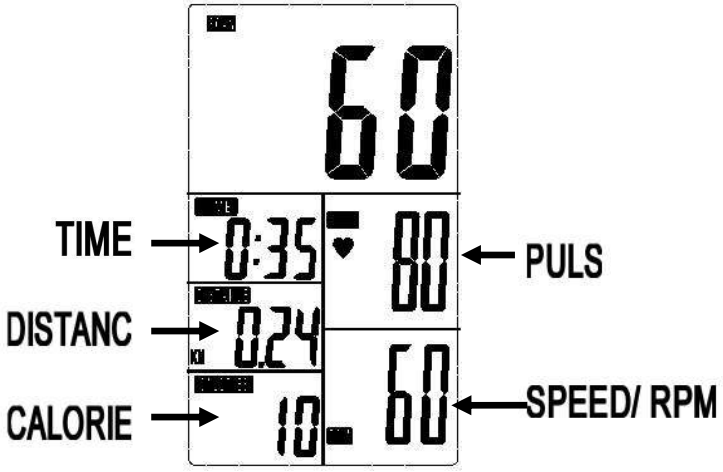


Drawing A



Drawing B

2. To set-up your desired mode of TIME/DISTANCE/CALORIES/PULSE, press “MODE” continuously until the desired mode’s value blinks.
   E.g. For example in the “TIME” set-up mode, time value is blinking, you can press “SET” button to adjust the value and press “MODE” for confirmation. Follow the same steps to set-up DISTANCE, CALORIES and PULSE.
3. With any signal been transmitted into the monitor, the value of TIME, DISTANCE, CALORIES start to count up as Drawing C. When there is any function has been preset the target (TIME or DISTANCE or CALORIES), the function will be counting down from the preset to zero when the training starts. Once the target has reached zero, the monitor will beep for 8 seconds, and the function will be counting up from zero directly if the training is on-going. Press “MODE” to reset all values back to zero.
4. In SCAN mode shown as “Drawing C”. TIME/DISTANCE/CALORIES/PULSE/ (RPM/SPEED) will change display every 6 seconds continuously in sequence.



Drawing C

5. You can also press “MODE” button to select single function display except RPM & SPEED function. The RPM & SPEED function will switch display.

Note:

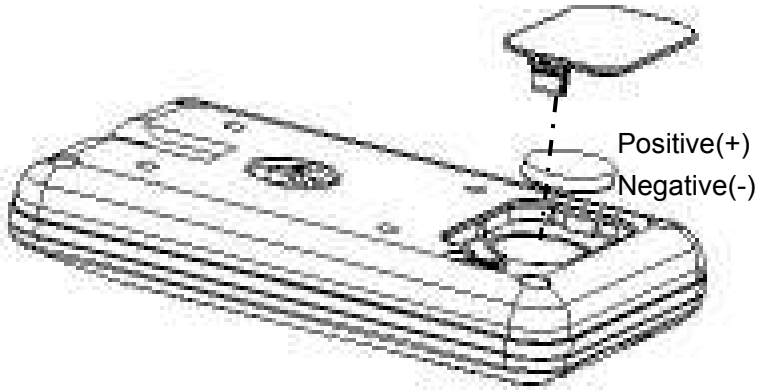
1. Stop training for 4 minutes, the monitor will enter to sleep mode. Simply press any button to refresh the screen and the value will be retained. (If re-install batteries, the original value will be reset.)
2. If the monitor displays abnormally, re-install battery and try again.

HOW TO REMOVE BATTERY:

1. Pull off the battery cover and place one CR-2032 3V battery into battery housing on the back of monitor. Refer illustrations below.
2. Ensure the battery is correctly positioned and is in proper contact with battery's metal housing.
3. Replace battery cover and ensure it is tightly closed.
4. If the display is illegible or only partial segments appear, remove battery and wait 15 seconds before reinstalling.
5. Removing the batteries will erase computer memory.

① Holding up the clip on the side of battery cover

② And remove the cover



③ Install a new CR2032 battery by tilting the battery slightly to its side and slide (positive(+) at upper side and negative(-) at down side)