

TP-HB-8306N

MAGNETIC SPIN BIKE


Tempo
FITNESS

USER MANUAL



A brand of Johnson Health Tech

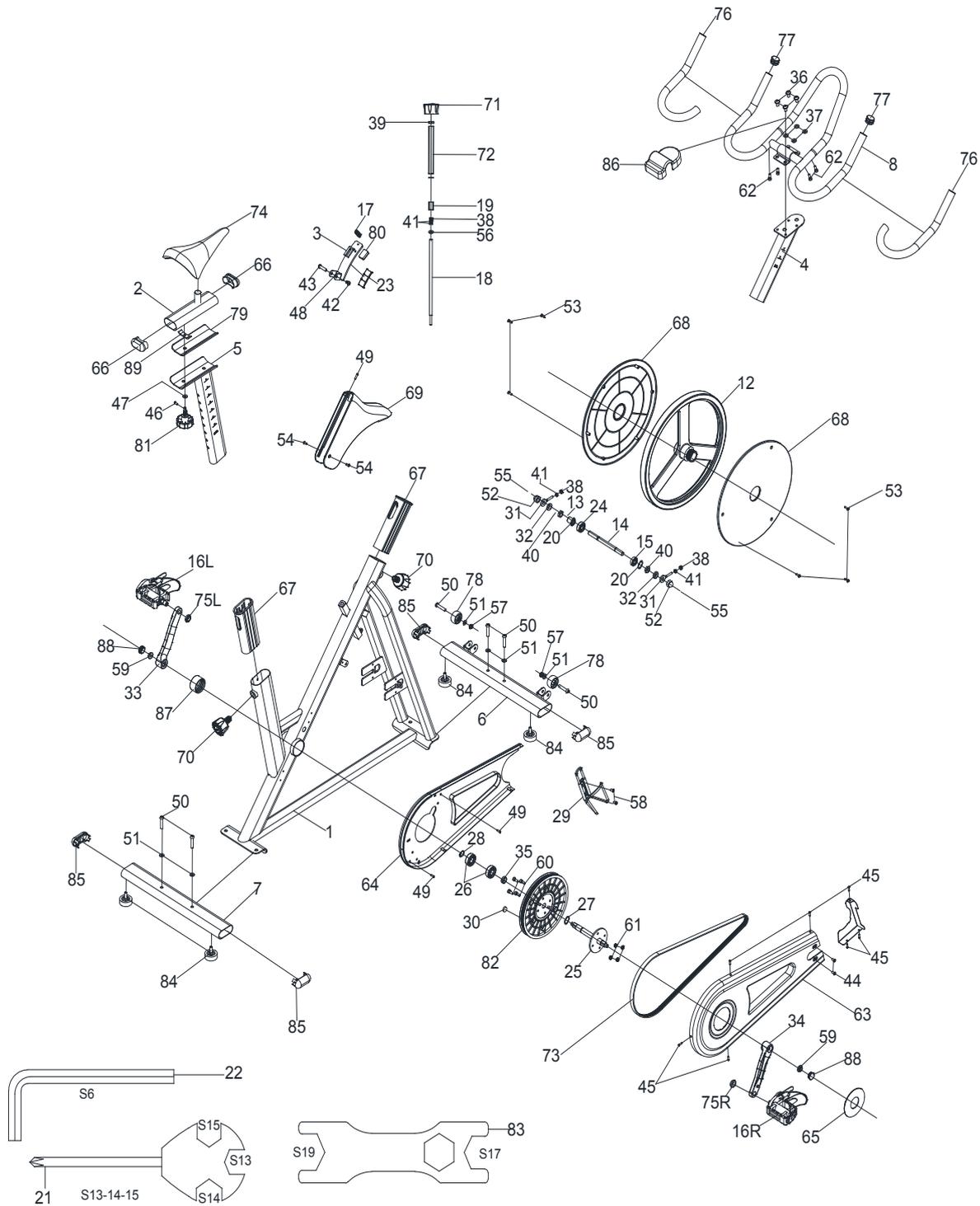
<https://www.jhta.com.au/consumer-support/>

IMPORTANT SAFETY INFORMATION

We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

1. Before starting any exercise program, you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure, or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness, or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. Keep children and pets away from the equipment. The equipment is designed for adult use only.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 2 feet (60 CM) of free space all around it.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
6. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, discontinue use of the equipment immediately and do not use until the problem has been rectified.
7. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
8. Do not place fingers or objects into the moving parts of the equipment.
9. The maximum weight capacity of this unit is 135 KG.
10. This equipment is not suitable for therapeutic use.
11. To avoid bodily injury and/or damage to the product or property, proper lifting and moving are required.
12. Your product is intended for use in cool and dry conditions. You should avoid storage in extreme cold, hot or damp areas as this may lead to corrosion and other related problems.
13. This equipment is designed for indoor and home use only; it is not intended for commercial use.

EXPLODED DIAGRAM



PARTS LIST

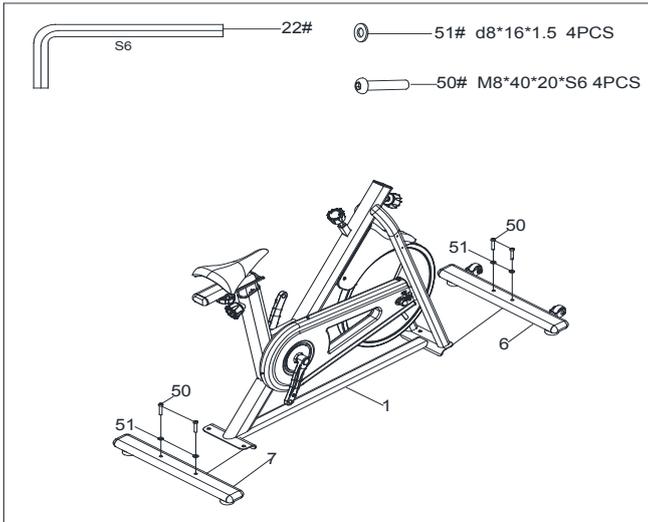
No.	Descriptio	Spec.	Qty.
1	Main Frame		1
2	Seat Post		1
3	Magnetic		1
4	Handlebar		1
5	Seat Slider		1
6	Front		1
7	Rear		1
8	Handlebar		1
9	N/A	N/A	1
10	N/A	N/A	1
11	N/A	N/A	1
12	Flywheel	6.5KG*Φ400	1
13	Spacer	φ18*φ12.1*24.5	1
14	nertial Axle	Φ12*165*M12*1.0	1
15	Bearing	6001-2RZ	1
16L/R	Pedal	JG-201B 9/16"	1
17	Spring	φ1.6*φ12*N14*40	1
18	Brake Rod	φ10*270*M10*20* M6*30	1
19	Nut	F15*25*M10*1.5	1
20	Wave Washer	φ15.5*φ12*0.3	2
21	Spanner	S13-14-15	1
22	Allen Wrench	S6	1
23	Magnet	23*20*5	3
24	Bearing	6201-2RZ	1
25	Middle Axle	φ17*176*4-6.1*φ8	1
26	Bearing	6203-2RZ	2
27	Wave Washer	φ17*0.3	1
28	Circlip	φ17*1.1	1
29	Water Bottle	φ6.0	1
30	Magnet	Φ15*7	1
31	Adjusting	M6*45*Φ12*2.5	2
32	Bushing	φ22*φ12.2*9	2
33	Left Crank	32*152	1
34	Right Crank	32*152	1
35	Bushing for	φ21*17.1*7.2	1
36	Screws	M8*16*S6	4
37	Washer	D8.5*φ16*1.5	4
38	Nylon Nut	M6*H6*S10	3
39	Nut	M10*1.5*H5(S17)	1
40	Nut	M12*1.0*S19*H6	2
41	Nut	M6*H5*S10	4

No.	Description	Spec.	Qty.
42	Screw	M6*12*S5	1
43	Screw	φ7.8*30*M6*1*S5	1
44	Screw	M6*10	2
45	Screw	ST4.2*12	7
46	Screw	M4*12	1
47	Washer	φ20*φ10.5*2.0	1
48	Screw	M8*30*S5	1
49	Screw	ST4.2*20*φ10.5	3
50	Screw	M8*40*S6	6
51	Washer	D8.5*φ16*1.5	6
52	Flat Washer	φ24*φ12.5*2	2
53	Screw	ST4.2×19×Φ8.4	6
54	Screw	M5×14×Φ10	2
55	Nut	M12*1*H19.5*S19	2
56	Washer	d6*Φ20*2.0	1
57	Nylon Nut	M8*H6.8*S13	2
58	Screw	M5*15	4
59	Nut	M10*P1.25	2
60	Screw	M6×15×S5	4
61	Nylon Nut	M6*H6*S10	4
62	Screw	M6*15*S4	4
63	Belt Cover	744*308*93	1
64	Inner Cover	469*302*28	1
65	Cover of Crank	φ100*φ40	1
66	End Cap	60*30*30	2
67	Bushing	PT70*30*L175	2
68	Board of	Φ362*10	2
69	Cant Beam Cover	325*251*73	1
70	Adjusting Knob	Φ52*M16.*1.5*25	2
71	Tension Knob	Φ52*33*M10*20	1
72	Bushing	F17*17*150	1
73	Belt	6PJ500	1
74	Seat	DD-6618	1
75L/R	Nylon Nut	9/16*H8*S19	2
76	Foam Grip	φ23*440	2
77	End Cap	φ25*1.5	2
78	Transportation Wheel	φ40.5*φ8.5*22	2
79	Screw	170*65*15	1
80	Screw	30*30*8	1
81	Knob	Φ50*57*M10*22	1
82	Belt Wheel	Φ220*20*φ17.1*4	1

No.	Descriptio	Spec.	Qty.
83	Spanner	S17-19	1
84	Foot Leveler	φ43*41(M8*25)	4
85	End Cap	30*70*1.5	4
86	Handlebar	125*80*42	1

No.	Description	Spec.	Qty.
87	Middle Axle Cover	φ50*φ32*33	1
88	Crank Cap	22*10	2
89	U Shape Supptor	t3*60*18	1

ASSEMBLY INSTRUCTIONS

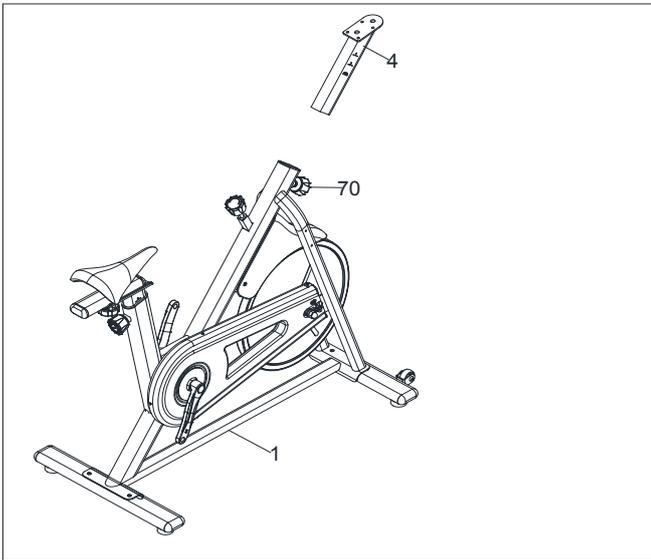


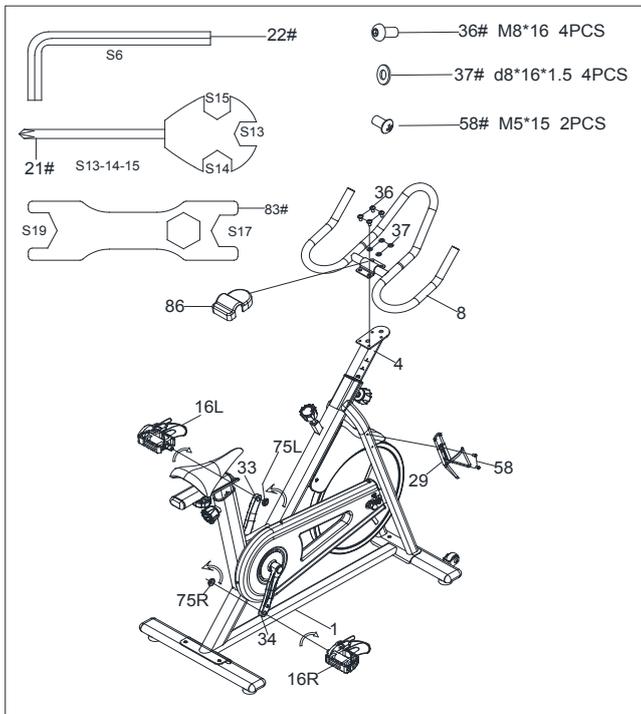
STEP 1:

Attach the **Front and Rear Stabilizers (No.6 & No.7)** to the **Main Frame (No.1)** using 4 **Screws (No.50)** and 4 **Flat Washers (No.51)**. Tighten and secure with **Allen Wrench (No.22)**.

STEP 2 :

Connect the **Spring Wire (No.11)** of the **Handlebar Post (No.4)** with the **Sensor Wire (No.10)** of the **Main Frame (No.1)**. Loosen and pull out the **Adjustment Knob (No.70)**. Insert the **Handlebar Post (No.4)** into the sleeve located on the front of the **Main Frame (No.1)**. Adjust the **Handlebar Post (No.4)** to the desired position, re-insert and tighten the **Adjustment Knob (No.70)** to secure the post in place.





STEP 3 :

Attach the **Handlebar (No. 8)** to the **Handlebar Post (No.4)** using 4 **Screws (No.38)**, 4 **Washers (No.37)**. Tighten and secure with **Allen Wrench (No.22)**. Attach the **Handlebar Cover (No.86)** to the **Handlebar (No.8)**.

Remove the 2 **Nylon Nuts (No. 75 L/R)** located on the **Pedals (No. 16 L/R)**. Screw the **Left Pedal (No. 16L)** *counter-clockwise* into its corresponding **Left Crank (No. 33)**. Once screwed in place, use the **Spanner (No. 21)** to hold the bolt of the pedal then screw **Left Nylon Nut (No. 75L)** *clockwise* into the thread end of the **Left Pedal (No. 33)**. Secure with **Spanner (No. 83)**.

Screw the **Right Pedal (No. 16R)** *clockwise* into its corresponding **Right Crank (No. 34)**. Once screwed in, use **Spanner (No. 21)** to hold the bolt of the pedal then screw **Right Nylon Nut (No. 75R)** *counter-clockwise* into the thread end of the **Right Pedal (No. 16R)**. Secure with **Spanner (No. 83)**.

Remove pre-assembled 2 **Screws (No.58)** from **Main Frame (No.1)** with **Spanner (No.21)**. Then, attach **Water Bottle Holder (No. 29)** onto **Main Frame (No.1)** using 2 **Screws (No.58)** that were removed. Tighten and secure with **Spanner (No. 21)**.

ADJUSTMENTS & USAGE GUIDE

ADJUSTING THE SEAT

The seat of this bike is fully adjustable as it moves *Up, Down, Fore (forward), Aft (backward)*.

To adjust the height of the **Seat Slider Tube (No. 5)**, loosen and pull the **Adjustment Knob (No. 70)** outward, then raise or lower the seat to the desired height. Once adjusted, re-insert and tighten the **Adjustment Knob (No.70)** to secure the seat in place.

To adjust the seat back and forth, loosen and pull **Adjustment Knob (No. 8)** outward, then slide the **Seat Post (No.2)** to the desired position. Once positioned, re-insert and tighten the **Adjustment Knob (No. 81)** to secure the seat slider tube in place.

ADJUSTING THE HANDLEBAR

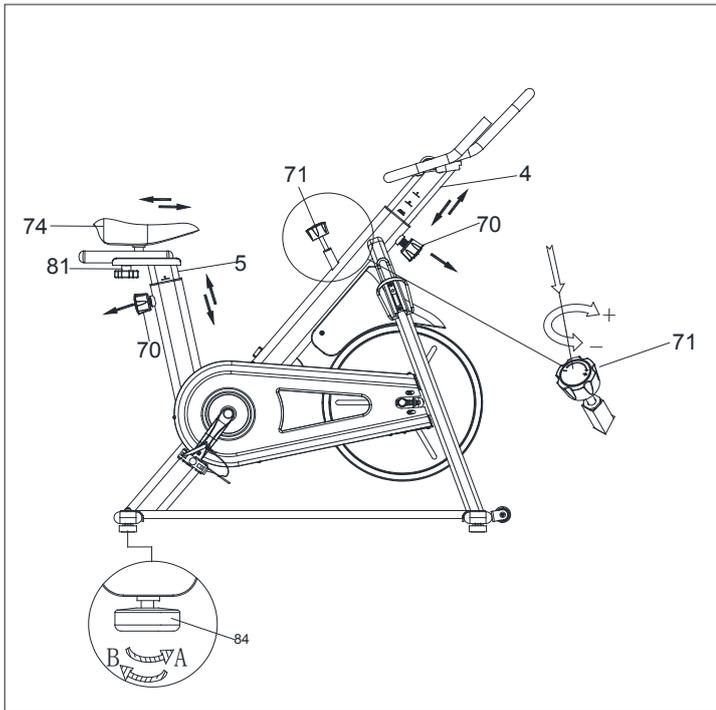
It is important that the handlebar and seat are both set to the correct height of your body. To adjust the handlebar height, loosen and pull the **Adjustment Knob (No. 70)** outward, then slide the **Handlebar Post (No. 4)** up or down to the desired height. Once adjusted re-insert and tighten the **Adjustment Knob (No.70)** to secure the handlebar post in place.

ADJUSTING THE RESISTANCE

Adjust the resistance of the bike using the **Tension Knob (No. 71)**. Increase the level of resistance by turning the tension knob to the **RIGHT (clockwise)**, decrease the level of resistance by turning the tension knob to the **LEFT (counter-clockwise)**.

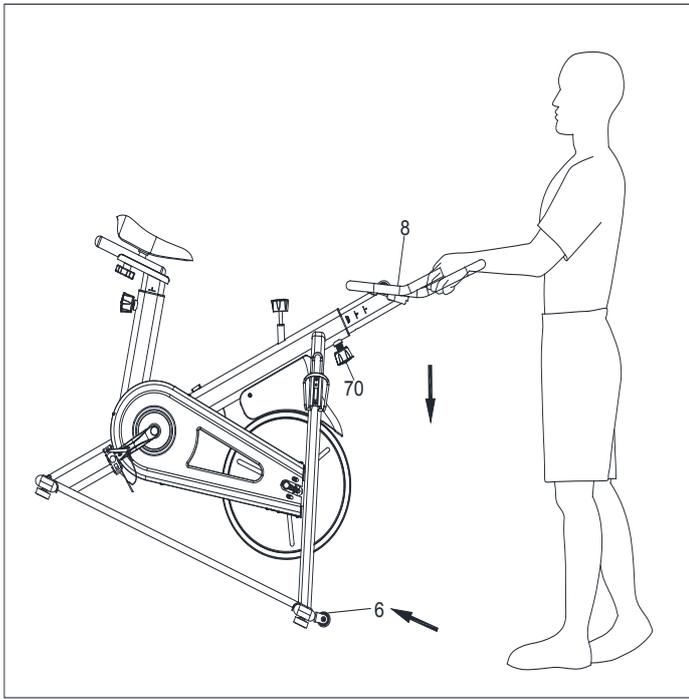
EMERGENCY BRAKE

During use, users can stop the bike completely by pushing down on the **Tension Knob (No. 71)**. Pushing down on the tension knob will enforce the brake and bring the bike to an immediate stop.



ADJUSTING THE BALANCE

In order to achieve a smooth and comfortable ride, you must ensure that the stability of the bike is secured. If you notice that the bike is unbalanced during use, you should adjust the foot levelers located beneath the Front and Rear Stabilizers of the bike. To do so, use **Spanner (No. 21)** to loosen 2 **Nuts** by turning it *clockwise* (direction A). With the nut loosened, rotate the **Foot Leveler (No. 84)** until it sits level with the surface that the bike is on. When you have finished adjusting the foot leveler, use **Spanner (No.21)** to re-tighten the 2 **Nuts** by turning it *counter-clockwise* (direction B). If required, repeat this process to adjust the remaining foot levelers.



TRANSPORTING THE BIKE

To move the bike, first ensure that the **Handlebar (No. 8)** is properly secured. If the handlebar is loose, tighten the **Adjustment Knob (No. 70)** to secure it. Next, stand at the front of the bike so that you're directly in front of the handlebar. Firmly grasp and hold each side of the **Handlebar(No.8)**, place one foot on the front stabilizer and tilt the bike towards you until the transportation wheels on the front stabilizer touch the ground. With the wheels on the ground, you can transport the bike to the desired location with ease.

NOTE: When moving the bike, always use caution as unexpected impact, such as dropping the bike, may cause injury and affect the bike's performance.

Beginners Guidelines

If you're beginning an exercise program, you should check with your doctor if:
You have been diagnosed with heart problems, high blood pressure or other medical conditions.
You have not exercised for over a year.
If you are over 35 and do not currently exercise.
You are pregnant.
You have diabetes.
You have chest pain, or experience dizziness or fainting spells.
You are recovering from an injury or illness.

WORKOUT TIPS

Always perform stretching exercises both before and after your workout.
Start slowly, doing too much or too soon can lead to injuries.
If you are sore or tired, give yourself a few extra days to recover.

HOW TO BEGIN

Start with two or three 15 minute sessions per week with a rest day between work-outs.
Warm-up for 5 to 10 minutes with gentle movements like walking or swinging your arms in a circle and then stretch the muscles that you'll use during your workout.
Increase the pace and resistance to a little harder than comfortable and exercise as long as you can. You may only be able to exercise for a few minutes at a time, but that will change quickly if you exercise regularly.
End each workout with a 5-minute cool down period at a gradually reducing pace. You should then stretch the muscles you've just worked to prevent injury and cramp.
Increase your workout time by a few minutes each week until you can work continuously for 30 minutes per session.
Don't worry about distance or pace.
For the first few weeks, focus on endurance and conditioning.

Stretching Tips

Before running, user should do 5-10 minute's warm-up exercise as followings:

Toe touches

Slowly bend forward from your waist, letting your back and shoulder relax as you stretch toward your toes. Reach down as far as you can and hold for 15 seconds.

Hamstring stretches

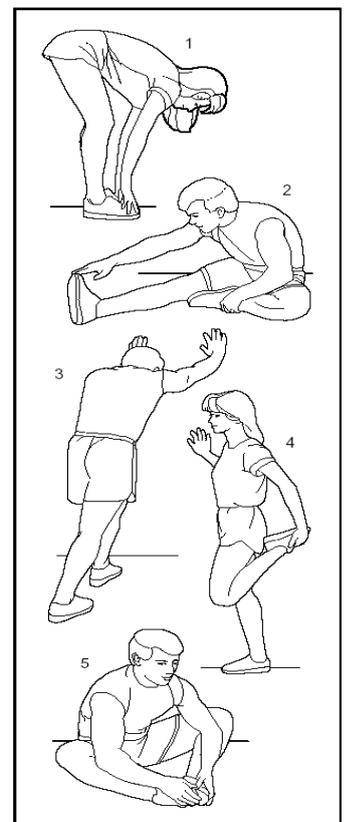
Sit with your right leg straight in front of you. Straighten your leg out while trying to hold on to your outstretched leg with your hand. Starting up with your back straight. Slowly exhale and try to bring your chest to the knee of your outstretched leg. Hold, then repeat on the other side for 15 seconds.

Calf/Achilles stretch

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 seconds.

Quadriceps stretch

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot up.



Inner thigh stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.



Johnson Health Tech Australia

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For any customer service support,

please call 1300 760 601 or

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