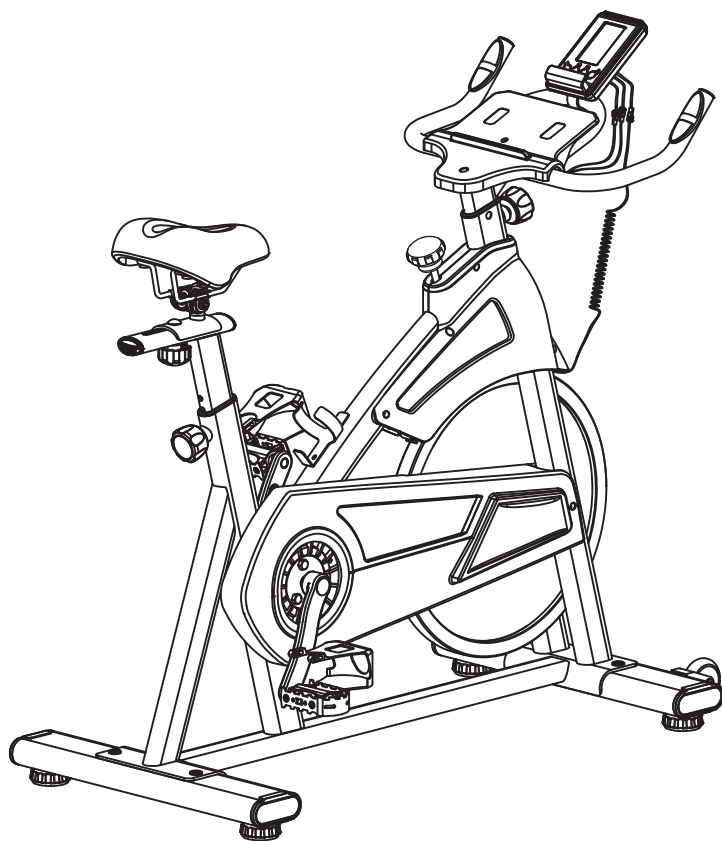


snode®

SPINNING BIKE

SNODE8731B



INSTRUCTION MANUAL

IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference. The specifications of this product may vary from his photo, subject to change without notice.

OWNER'S MANUAL

ATTENTION



Assembly Instruction Video

You can scan this QR code to enter into our Youtube page to follow the product assembly videos.

Hope it will be helpful for you.



Contact us at Instagram
(Scan this QR Code)



Contact us at Facebook
(Scan this QR Code)

PLEASE DO NOT RETURN THIS PRODUCT TO THE STORE.

Please contact customer service if you have any questions regarding assembly or proper operation of the machine.

Email us at:

snodefitness@outlook.com

Or call us at:

1-323-510-1818

Hours:

8:00 am to 5:00 pm (PST) Daily

Monitor Operation to Connect Zwift



1. You need to open the bluetooth first in your phone.
2. Enter the Zwift App in your phone and RIDE, the App will search device for pairing.
3. When the device shows up in the App, please kindly connect and then begin. Thanks.

BODY FAT INSTRUCTION:

Step 1: Press Body Fat button.

Step 2: Press Mode and UP button to choose and confirm Gender, Height and weight one by one.

Step 3: When 4 dashes show up, please hold the pulse sensor for around 1 minute and then BMI shows up.

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IMPORTANT SAFETY GUIDELINES

Safety Precautions – Please Read the Instruction before Using!

Read all instructions before using the equipment. When using the equipment, basic precautions should always be followed. WARNING - To reduce the risk of injury to persons, read and under the following:

1. Make sure your equipment is correctly assembled before you use it.
2. Be sure all screws, nuts, and bolts are tightened prior to use.
3. Before using this equipment, we recommend doing warm ups and stretching of the major muscle groups.
4. Only one person should be using the equipment at a time.
5. Never operate this equipment if it is damaged, if it is not working properly, has been dropped, or damaged. If a problem is encountered contact Customer Service before using the equipment again.
6. Always use this equipment on a clear and level surface.
7. For household use only.
8. Do not use outdoors or near water.
9. Use this product only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- 10. DO NOT** wear loose clothing when using the equipment.
11. Never drop or insert any object into any opening.
12. If at any time you feel faint, light-headed, or dizziness while operating the equipment, stop exercising immediately. You should also stop exercising if you are experiencing pain or any discomfort.
13. For any problems contact customer service. Servicing should be performed by an authorized service representative. Our contact number is on the service page.
14. The electronic watch has many functions, which show values of different exercise degrees. Warning-heart rate only as a reference which may have inaccuracies.
- 15. ASSEMBLE ALL HARDWARE IN THE ORDER THAT IS SHOWN IN THE ILLUSTRATIONS**
- 16. Warning:** - Risk of Personal Injury - Consult with your personal physician to see if this exercise equipment is appropriate for you. This is especially important for people with pre-existing health problems. Do not use this equipment without your physician's approval.
- 17. Warning:** - Risk of Personal Injury – Do not allow children to use this machine.
- 18. Warning:** - Risk of Personal Injury- Keep children under the age of 13 away from the machine.
- 19. Warning:** - Risk of Personal Injury- Keep body parts, hair, loose clothing, and jewelry clear of all moving parts.
- 20. Warning:** - To reduce the risk of personal injury- Read and understand all read the instructions before using the bike.

21.**Warning**: -CANCER AND REPRODUCTIVE HARM -- WWW.P65WARNINGS.CA.GOV

Do not use this equipment if you have any of the following conditions or ailments:

- Pregnancy
- Extreme obesity
- Middle ear infection
- Hiatus hernia or Ventral hernia
- Glaucoma, retinal detachment or conjunctivitis
- Use of anticoagulants including Aspirin in high doses.
- Spinal injury, Cerebral Sclerosis, or acutely swollen joints
- Heart or circulatory disorders for which you are being treated
- High blood pressure, Hypertension, Recent stroke or Transient ischemic attack
- Bone weaknesses including Osteoporosis, Unhealed fractures, Modular pins, or surgically implanted orthopedic supports.

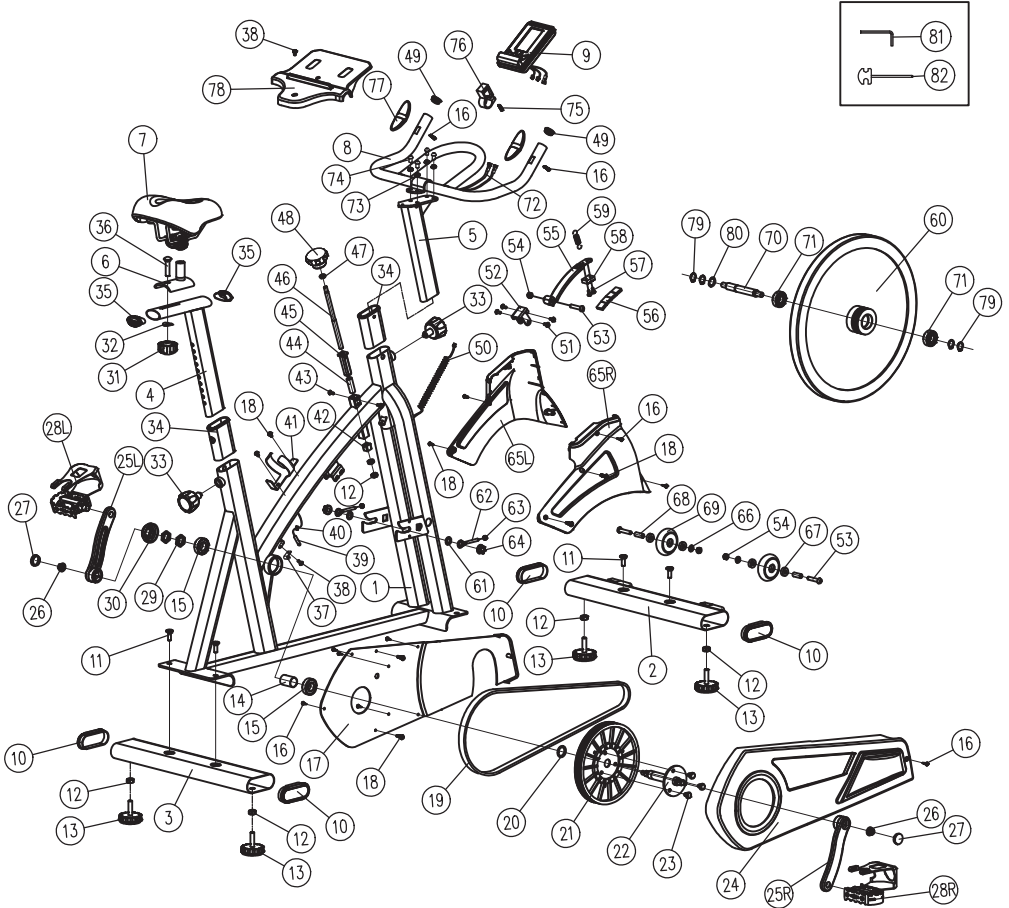
Do not exceed the maximum rated weight (load):

The Maximum Weight Capacity for this product is 287lbs / 130kgs.

Retain this owner's manual and keep the original purchase receipt for future reference.

SAVE THESE GUIDELINES

EXPLOSIVE VIEW

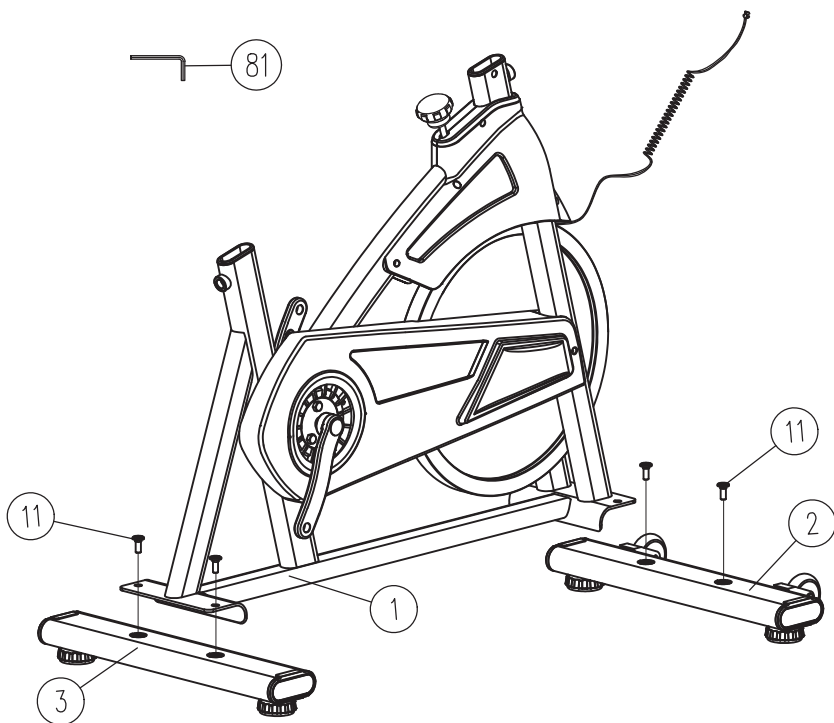


PARTS LIST

PART NO.	DESCRIPTION	QTY
1	Main Frame	1 PC
2	Front Tube	1 PC
3	Rear Tube	1 PC
4	Seat Post	1 PC
5	Handlebar Post	1 PC
6	Slider	1 PC
7	Seat	1 PC
8	Handlebar	1 PC
9	Computer	1 PC
10	Foot Plug	4 PCS
11	Step Screw	4 PCS
12	Hexagon Screw	6 PCS
13	Foot Pad	4 PCS
14	Casing	1 PC
15	Bearing	2 PCS
16	Screw	9 PCS
17	Inside	1 PC
18	Self-drilling Screw	9 PCS
19	Belt	1 PC
20	Flat Pad	3 PCS
21	Belt Pulley	1 PC
22	Axle / Achse	1 PC
23	Hexagon Screw	3 PCS
24	Shell	1 PC
25R	Crank R	1 PC
25L	Crank L	1 PC

26	Nut	2 PCS
27	Nut	2 PCS
28R	Pedal R	1 PC
28L	Pedal L	1 PC
29	Nut / Nuss	2 PCS
30	Crank Bushing	1 PC
31	Round Knob	1 PC
32	Curved Gasket	1 PC
33	Knob	2 PCS
34	Tube Clamp	2 PCS
35	Plug	2 PCS
36	Screw	1 PC
37	C-clip	1 PC
38	Screw	2 PCS
39	Sensor Cable	1 PC
40	Plug	1 PC
41	Bottle Holder	1 PC
42	Nut	1 PC
43	Screw	2 PCS
44	Brake Limit Tube	1 PC
45	Brake Nylon Bushing	1 PC
46	Brake Lever	1 PC
47	Nylon Nut	1 PC
48	Brake Knob	1 PC
49	Round Pipe Plug	2 PCS
50	Sensor Cable	1 PC
51	Screw	4 PCS
52	Magnetic Steel Frame Mount	1 PC
53	Screw	3 PCS

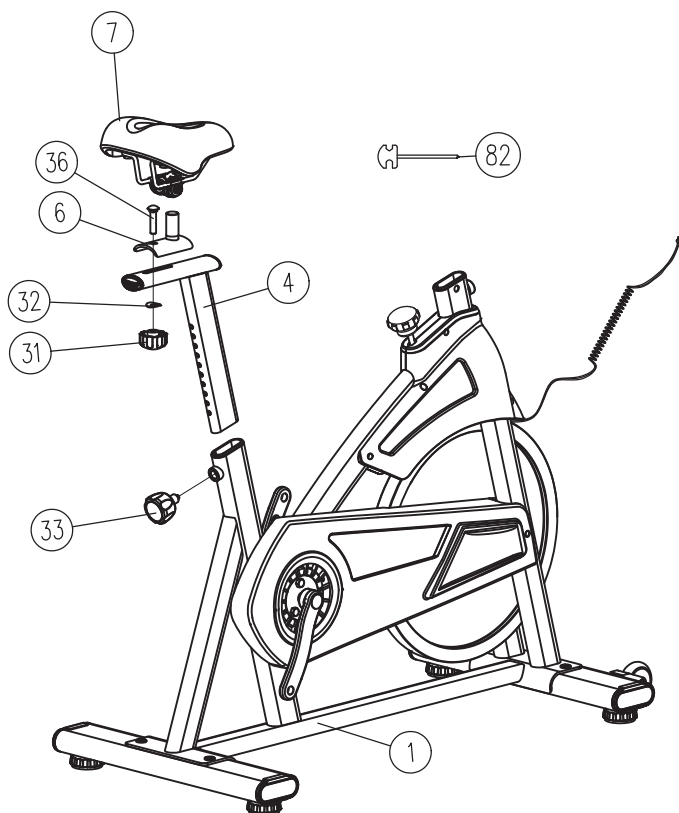
54	Nylon Nut	3 PCS
55	Magnetic Steel Frame	1 PC
56	Magnet	4 PCS
57	Screw	2 PCS
58	Brake Limit Block	1 PC
59	Spring	1 PC
60	Flywheel	1 PC
61	Flat Pad	2 PCS
62	Chain Adjuster	2 PCS
63	Nylon Nut	2 PCS
64	Flange Nut	2 PCS
65R	Front Cover Right	1 PC
65L	Front Cover Left	1 PC
66	Flat Pad	2 PCS
67	Plastic Palin	4 PCS
68	Plastic Casing	2 PCS
69	Wheel	2 PCS
70	Flywheel Axle	1 PC
71	Palin	2 PCS
72	Sensor Cable	1 PC
73	Washer	4 PCS
74	Screw	4 PCS
75	Screw	1 PC
76	Table Clip	1 PC
77	Sensor Sheet	1 PC
78	Ipad Holder	1 PC
79	Circlip	4 PCS
80	Wave Pad	3 PCS
81	Wrench	1 PC
82	Wrench	1 PC



STEP 1

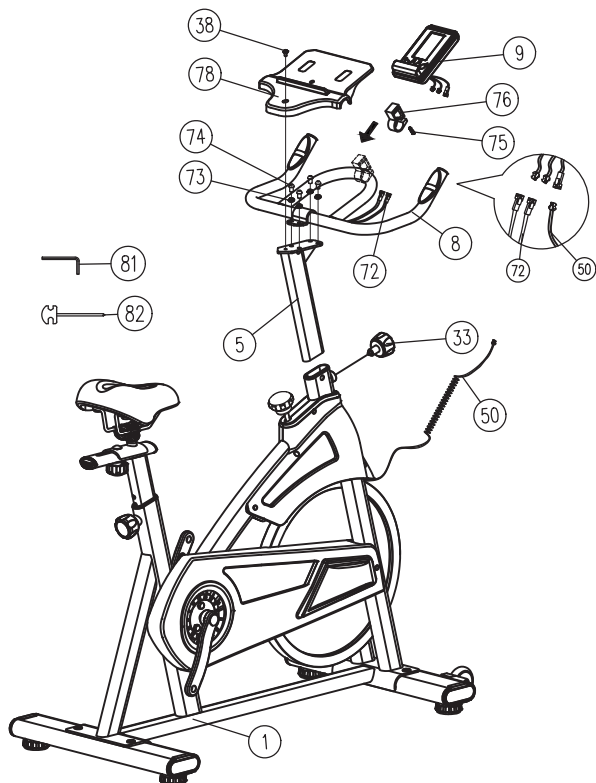
Attach the **Front tube(2)** and the **Rear tube(3)** to the **Main frame(1)** with **Step screws(11)**. Tight the **Step screws(11)** by using the **Hexagon wrench(81)**.

Attention: keep the bike's balance by turning the **Foot pad(13)** and adjust the height of them.



STEP 2

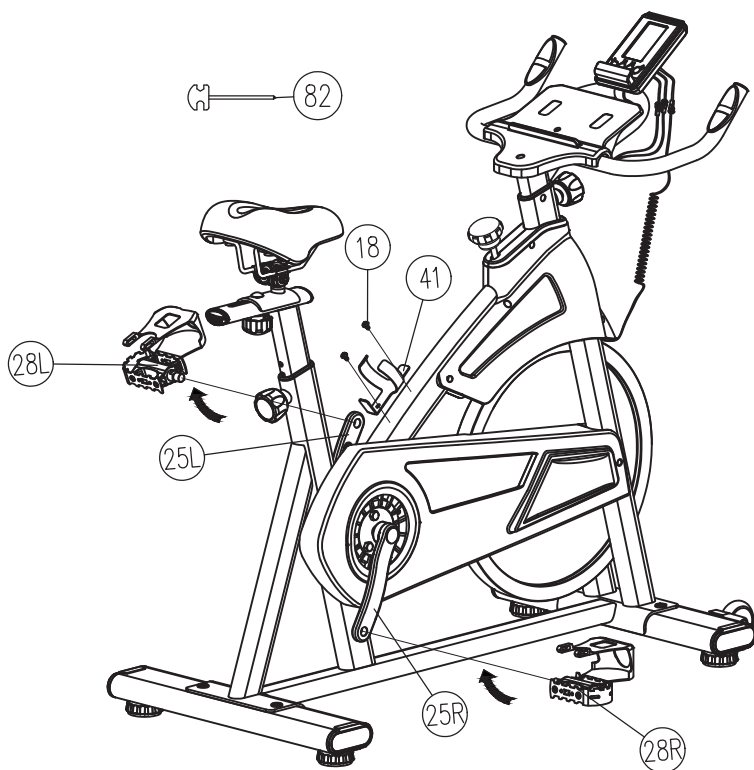
Put the **Seat post(4)** insert **Main frame(1)** with the **Knob(33)**. Lock the **Slider(6)** with the **Seat post(4)** by **Screw(36)**, **Washer(32)** and the **Round knob(31)**. At last, put the **Seat(7)** on the **Slider(6)** and tight by **Wrench(82)**.



STEP 3

Put the **Handlebar post(5)** insert the **Main frame(1)** with the **Knob(33)** adjust height. Fix the **Handlebar(8)** on **Handlebar post(5)** using **Screws(74)** and **Washer(73)**. Then cover the **iPad holder(78)** on **Handlebar post(5)** by using **Screws(75)** and **Wrench(82)**. Fix the **Computer holder(76)** on **Handlebar(8)**. Then put **Computer(9)** slip into computer holder, then insert the **Pulse cable(72)** and the **Sensor cable(50)** plug into the lines of **Computer(9)**.

Attention: In Step 2 & Step 3, you can adjust the position of handlebars and the seat by turning and pull out knobs.



STEP 4

The Pedals(28L&28R) are marked "L" and "R"-left and right. Connect them to their appropriate Crank Set(25L& 25R).

The Right crank(25R) is on the right hand side of the cycle as you sit on it. Note that the Right Pedal(28R) should be threaded on clockwise and the Left Pedal(28L) on anti-clockwise.

Attention: The pedal must match the matching crank, L to L, R to R, otherwise the screws of pedals will be damaged.

You just finished the assembly.

FRONT VIEW



KEYS FUNCTIONS

MODE	To choose the SCAN or LOCK if you do want the scan mode, press the MODE key when the pointer on the function you want which begins blinking.
RESET	Press the RESET key one time can clean the preset data. Press the RESET key for 3 seconds can restart the computer.
UP	Add one unit by per pressing. Press the UP key for a while can add units quickly. Can be used for set the data of TIME, DISTANCE, CALORIES, PULSE.
BODY FAT	Press BODY FAT one time and use the UP/MODE key to set the data of your height, age and weight. After test, press BODY FAT again to drop out.

START INSTRUCTIONS

Put batteries into computer, then there will be a voice “beep” for 2 seconds, and the screen will be lighted and show all data for 2 seconds, then you can start to use the computer.



Enter the exercise mode

After booting, enter the motion picture.

1. Press the MODE key to choose TIME, DISTANCE, CALORIES or PULSE. Press MODE key again to check the mode.
2. When you start training, it will start to record your training data.
3. If you need to test heart rate, please hold the pulse handles with both hands, your palms must be completely attached to the metal steel.

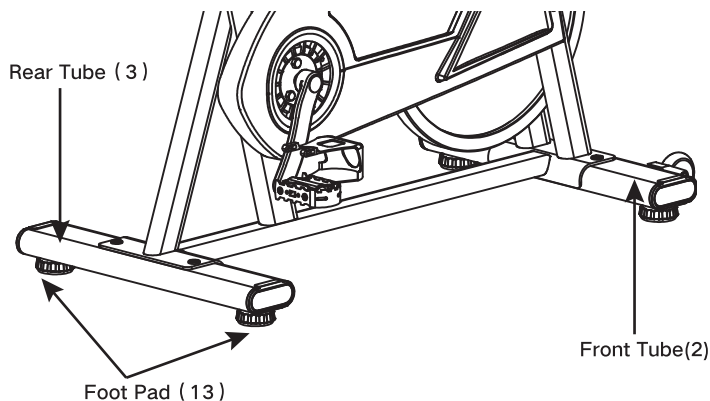
Remark:

When the display can't show clearly, maybe the batteries are out of power, please change the new batteries.

If the computer can't receive signal, please check if the wires are connected.

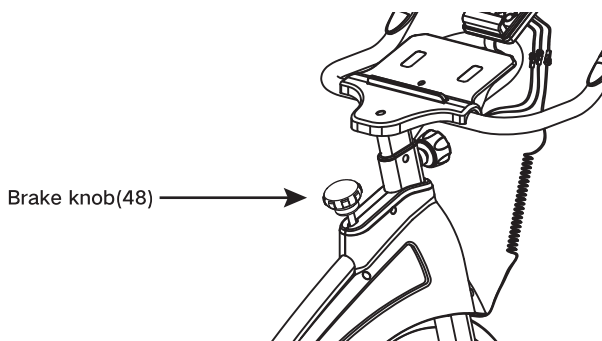
ADJUSTMENTS

STEP 1



Adjusting the **Foot Pad(13)** on the **Front and Rear Tube(2)&(3)** as needed to level the bike. Proper leveling will reduce noises and wobbling.

STEP 2

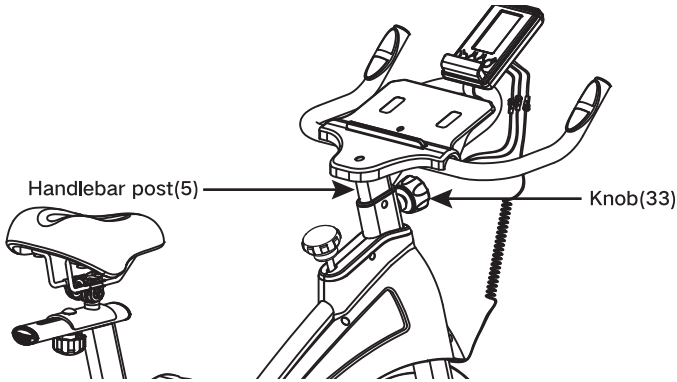


Adjusting the Brake Knob

To increase the tension, turn to **Brake Knob(48)** in a CLOCKWISE direction.

To decrease the tension, turn to **Brake Knob(48)** in a COUNTERCLOCKWISE direction.

STEP 3

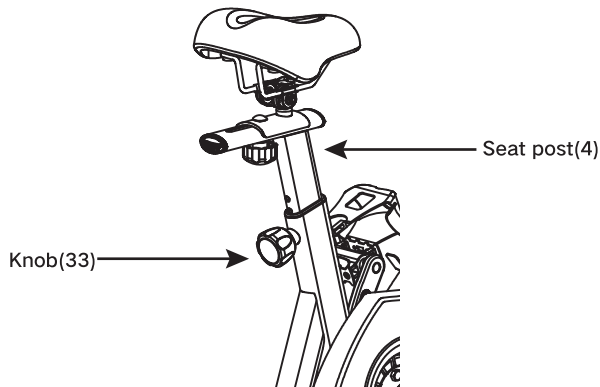


Adjusting the Handlebar Height

Tip: When adjusting the height of Handlebar Post(5), the **MAX** line cannot higher than the edge of plastic bushing.

Loosen the **Knob(33)** by turning it COUNTER-CLOCKWISE direction until it can be pulled out. Pull out the **Knob(33)** and then slide the **Handlebar Post(5)** up or down and settle on the desired height. Lock the **Handlebar Post(5)** in place by releasing the **Knob(33)** and sliding the **Handlebar Post(5)** up or down slightly until the **Knob(33)** “pops” down into the locked position. For added safety, Tighten the **Knob(33)** in a CLOCKWISE direction.

STEP 4

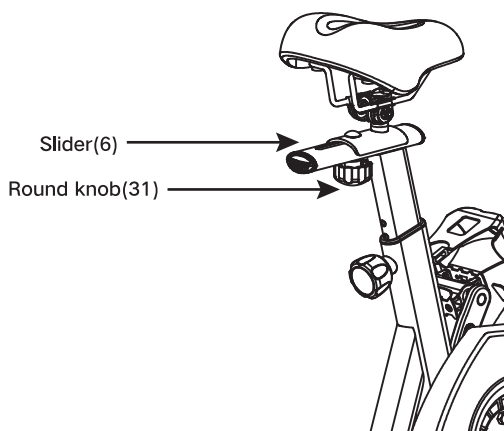


Adjusting the Seat Height

Loosen the **Knob(33)** by turning it COUNTER-CLOCKWISE direction until it can be pulled out. Pull out the **Knob(33)** and then slide the **Seat Post(4)** up or down and settle on the desired height. Lock the **Seat Post(4)** in place by releasing the **Knob(33)** and sliding the **Seat Post(4)** up or down slightly until the **Knob(33)** "pops" down into the locked position. For added safety, Tighten the **Knob(33)** in a CLOCKWISE direction.

NOTE: When adjusting the height of seat post, the MAX line cannot higher than the edge of plastic bushing.

STEP 5



Adjusting the Seat Forward or Back

Loosen the **Round knob(31)** by turning it in a COUNTER-CLOCKWISE direction. Slide the **Slider(6)** in a forward direction to the suitable position. Lock the **Slider(6)** in place by turning the **Round knob(31)** in a CLOCKWISE direction.

1. **PROBLEM:** The bike wobbles when in use.

1) **SOLUTION:** Turn the **Foot Pads (36)** on the **Rear** and **Front Tube (38) & (53)** or as needed to level the bike.

2. **PROBLEM:** The display on the **Computer (1)** does not turn on.

1) **SOLUTION:** Remove the **Computer (1)** and verify that the wires from the **Computer (1)** are properly connected to the wires of the **Handlebar Post (79)**.

3. **PROBLEM:** Not displaying/inconsistent/erratic heart rate readings

1) **SOLUTION:** Always hold onto the **Hand Pulse (81)** with both hands. Maintain moderate pressure when holding onto the **Hand Pulse (81)**.

2) **SOLUTION:** Make sure the wire connections for the **Pulse Wires (80)**.

3) **SOLUTION:** Wipe your excess moisture off your hands.

4. **PROBLEM:** The bike makes a squeaking noise when in use.

1) **SOLUTION:** The bolts may be loose on the spin bike. Inspect all of the bolts and tighten any loose bolts.

MAINTENANCE

1. The bike can be cleaned with a soft clean damp cloth.

2. Do not use abrasives or solvents on the plastic parts.

3. Wipe your perspiration off the bike after each use.

4. Be careful not to get excessive moisture on the Console display as this might cause an electrical hazard or the electronics to fail.

5. Keep the bike, especially the computer console out of direct sunlight to prevent screen damage.

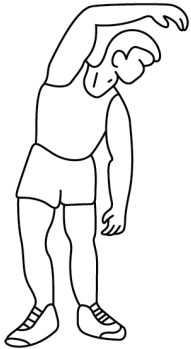
6. Be sure all assembly bolts, nuts, screws, and pedals on the machine are thoroughly tightened prior to use. Tighten any loose parts.

EXERCISE INSTRUCTIONS

Using your **EXERCISE CYCLE** will provide 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



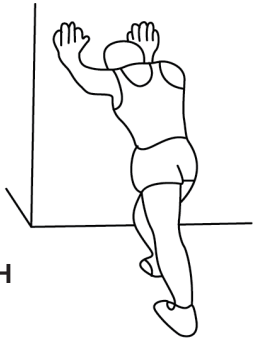
FORWARD BENDS



OUTER THIGH



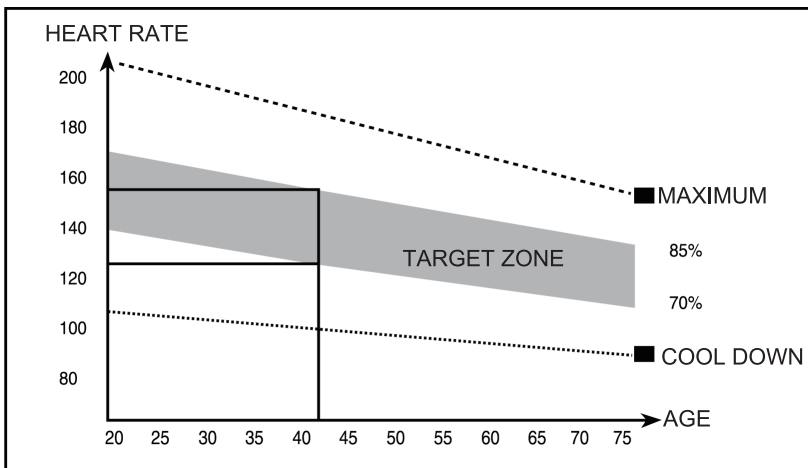
INNER THIGH



CALF / ACHILLES

2.The Exercise Phase

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



EXERCISE INSTRUCTIONS

This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes.

3. The Cool Down Phase

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.

4. Fault Finder

1. If you do not receive numbers appearing on your computer, please ensure all connections are correct.

MUSCLE TONING

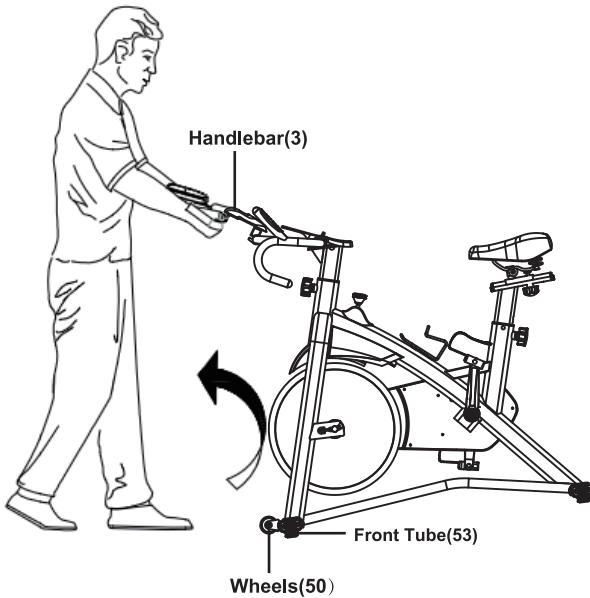
To tone muscle while on your exercise cycle you will need to have the resistance set quite high. This will put more strain on your leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should 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. You will 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 seat height can be adjusted by removing the adjustment knob and raising or lowering the seat. There are holes in the seat post allowing for a range of heights. Once the correct height has been chosen, refit the adjustment knob and tighten. 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.



EN: Transporting the Bike

Pull the **Handlebar (3)** with both hands until the Moving **Wheels (50)** on the **Front Tube (53)** make contact with the ground. Pull or Push the Bike to the desired storage area before gently lowering the Bike. Always maintain both hands on the Bike during transportation.

Storage

Store the bike in a clean and dry environment away from pets and children.

MANUFACTURER'S LIMITED WARRANTY

SNODE FITNESS warrants to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the conditions that it has been installed and operated in accordance with SNODE's Owner's Manual. SNODE's obligation under this warranty applies to the following:

COMPONENT	LENGTH OF WARRANTY
------------------	---------------------------

Structural Frame	1 year
-------------------------	---------------

All Other Components	1 year
-----------------------------	---------------

(computer display, electronics, upholstery, foam, ball bearings, pulleys, belts, cables, wires, shocks, covers, tension, internal mechanism, wheels, pedals, knobs, accessories and hardware)

Exclusions from Warranty Coverage:

SNODE does not warrant against and is not responsible for, and no implied warranty shall be deemed to cover, any product failure, product malfunction, or damages attributable to:

1. Improper installation and/or failure to abide by Paradigm's installation guidelines;
2. Use of this product beyond normal home use, or in an application for which it was not designed;
3. Cosmetic items such as scratches, dents or discolorations;
4. Damage caused by normal wear and tear, vandalism, accidental or by animals;
5. Any act of Nature (such as fire, flooding, snow, ice, hurricane, earthquake, lightning or other natural disaster), environmental condition (such as air pollution, mold, mildew, etc.), or staining from foreign substances (such as dirt, grease, oil, etc.);
6. Normal weathering due to exposure to sunlight, weather and atmosphere among other things, flake, chalk, accumulate dirt or stains. which can cause colored surfaces to.
7. Improper operation, alteration, handling, storage, abuse or neglect of the products.

This warranty is offered only to the original purchaser and is not transferable. Purchase Proof of original is required.

Ordering Replacement Parts

Replacement parts can be ordered by emailing our customer service department:

snodefitness@outlook.com

Open Daily 8:00 AM - 5:00 PM (PST).

When ordering replacement parts please have the following information ready:

- 1. Owner's Manual**
- 2. Model Number**
- 3. Description of Parts**
- 4. Part Number**
- 5. Date of Purchase**

PARTS REQUEST FORM

SNODE GROUP, Inc.

EMAIL THIS FORM WITH YOUR RECEIPT OF PURCHASE TO
snodefitness@outlook.com *

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

TELEPHONE: (Day) _____

(Night) _____

MODEL#: _____

PURCHASE DATE: _____

PLACE OF PURCHASE: _____

PART #	DESCRIPTION	QTY

"YOUR ORDER WILL BE PROCESSED WITHIN 3 BUSINESS DAYS"



Assembly Instruction Video

You can scan this QR code to enter into our Youtube page to follow the product assembly videos.

Hope it will be helpful for you.



Montageanleitung Video

Sie können diesen QR-Code scannen, um auf unsere YouTube-Seite zu gelangen, um den Videos zum Produktaufbau zu folgen.

snode[®]