

TurboSpin[®] 96RV

Owner's Manual



V.1.0 2016/03/09

Thanks you for choosing our TurboSpn[®] IC bike. You have just become our valued customer. Our team will offer you detailed product information, expert cycling advice, and customer support.

Our Bike is designed to closely simulate the feel of outdoor cycling. Its unique design, with fixed gear and high inertia flywheel, provide an intense work out. You can cycle at higher RPM and Cadences and by adjusting resistance level, develop cardiovascular, muscle strength, concentration and balance training.

It should be enable to Improve cardiovascular function

- Increase muscle strength, explosive
- Increase lower body muscle exercise and body sculpture.
- Increase energy level

Whether the basis of physical training for beginners, advanced cyclists, or commuters weight decrease, as long as 30 minutes daily and continuous, and at any time to add water, you can easily have a vitality and good body

The owner's Manual contains all the information for you to operate and enjoy your IC bike. Please read the Owner's Manual carefully and entirely before start using and getting onto the bike

IMPORTANT SAFETY WARNINGS



This symbol appearing throughout this manual means: Attention! Be Alert! Your safety is involved.

The definition of **WARINGS** means that call attention to the potential hazard which, if not avoided, could result in loss of life, serious injury



Read and understand the complete Owner's Manual and Warnings before using the exercise equipment

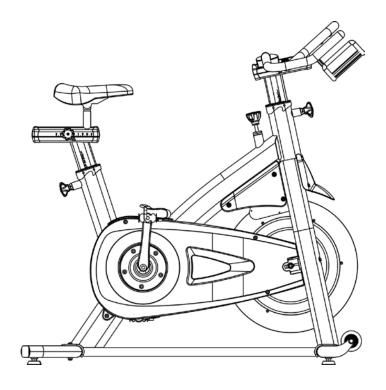
- Use this equipment only for its intended use as described in this manual. Do not attempt to ride this bike at high pedal speed or in a standing position until you have practiced and are comfortable riding at slower pedal speed.
- This unit is NOT equipped with a freewheel system. If the flywheel is in motion, the pedals will be in motion. Do not attempt to stop the unit by applying reverse pressure to the pedals as knee injury may occur. If you do need to stop the equipment immediately, push down the resistance knob.
- Do not attempt to remove your feet from the pedals while they are in motion as serious injury may occur from the pedals.
- Do not dismount the equipment until the Flywheel and Pedal have completely stopped.
- In a home setting, keep the children away from the equipment either in use or not in use.
- Do not try to use your hand or place fingers to turn or into moving parts of equipment as the injury could occur.

- Warn the bystander to keep a safe distance at least 1 meter. It is not allowed to touch the operator while the equipment is in use.
- > To stay hydrated, drink water throughout your ride as needed.
- Do not use the equipment with bare feet. Choose the proper footwear to protect your feet.
- The Maximum user weight limit: 160KG (350lbs). Do not use the equipment if you are over this weight limit.
- Allow for at least 0.5 meters of free space to each side of the unit. This is recommended safe distance for access or emergency dismounts from the equipment.
- Do not exert yourself. If you feel dizzy or any difficulty breathing, gradually stop pedaling and carefully dismount the equipment.
- > Do not try to ride the bike at high speed in a standing position.
- Follow the assembly instruction for safety use the equipment, including proper seat position, handlebar position. Never adjust the handlebar and seat in height, seat fore-and-after past the minimum safe insertion depth marked with the word "STOP".
- Inoperable components should be replaced immediately or the equipment should not be used until it is repaired. Contact customer service for repair information and use genuine replacement parts.

- Magnetic Brake provides consistent, maintenance-free resistance that won't wear or change over time
- Aluminum construction on handlebar stem/seat post offers maximum stability and durability.
- Position number are permanently on the vertical post and horiztonal sliding allowing user to set the comfortable position and replicate nex time.
- > Infinite horiztonal adjustment allows to suit for more user.
- Stailess Adjustment Handle are designed for corrosion resistance and can be quickly threaded tight for a secure hold.
- Frame is completely ED (electro deposition coating) prior to the application of powder coating finish for corrosion resistance.
- Stainless steel fasteners throughout aslo resist corrosion.
- Enclosed chain guard keeps lubricated parts away from the rider, yet offers convenient access for easy lubrication.
- Easy to adjust the resitance by turning knob. Pushing down the knob will stop the flywheel and pedal rotation.
- Robust water bottle holder.

PRODUCT SPECIFICATIONS

Dimensions	59" L x 19.9" W x 48.4" H (150cm x 50.5cm x 123cm)
Assembled Unit Weight	112 lbs (51 kg)
Packaged weight	123 lbs(56 kg)
Maximum User Weight Limit	160 kg(350 lbs)

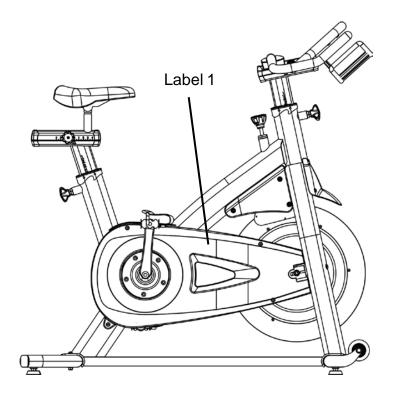


Before using the Equipment, Please find and read all the safety-warning labels. Replace any damaged or illegible or missing labels. You can contact customer support service if you need to replace the labels

Label 1 :Chain Warning LabelLocation :Inside the chain guard

AWARNING

Do not touch chain for any reason. Contact between hands, rags or other objects and moving chain may result in serious injury. Consult an authorized Magtonic representative for questions on cleaning or service.

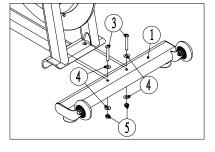


No.	Description	Q'ty	Figure
1	Front Stabilizer	1	Source and the second sec
2	Rear Stabilizer	1	
2-1	Hex Nut	2	Ø
2-2	Foot Leveler	2	Ŀ
3	Socket Hex Screw M8x1.25x55L SUS304	4	Q
4	Flat washer M8(φ19xφ8.5x1t)	12	0
5	Nylon Nut M8x1.25(SUS304)	4	8
6	Pedal	1	
7	Adjustment Handle	1	Carling Street
8	Non-Adjustable Handlebar	1	

		I	1
No.	Description	Q'ty	Figure
9	Handleabr post	1	
10	Socket Hex Screw M8x1.25x12L	4	Ø
11	Socket Hex Screw M6*1.0*15L	2	Ø
12	Water Bottle Holder	1	
13	Flat washer M6(φ16xφ6.5x1t)	2	0
A	Wrench M22*3t*107L	1	
В	L- Hex Wrench 6mm/35Lx95L	1	
С	L-Hex Wrench 4mm/60Lx25L	1	
D	L-Hex Wrench 5mm/125Lx30L	1	
E	Combination Wrench 13/17mm	1	J. J

Front Stabilizer Assembly

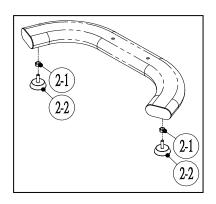
- Position the front stabilizer (1) on the frame bracket as showed in the figure. Make sure the transport wheel are facing up and toward the front of the bike.
- Attach the stabilizer with two hex screws (3), four flat washers (4) and two nylon nuts (5). Do not over tightened as the deformation of stabilizer may occur.

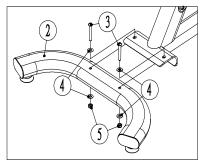


3. Make sure the leveling feet with nut are fully screwed into the stabilizer

Rear Stabilizer Assembly

- Assemble the Foot leveler (2-2) and Hext Nut (2-1) onto the Rear Stabilizer (2)
- Position the Rear stabilizer (2) on the frame bracket as showed in the figure.
- Attach the stabilizer with two hex screws(3), four flat washers (4) and two nylon nuts (5). Do not over tightened as the deformation of stabilizer may occur.
- 4. Make sure the leveling feet with nut are fully screwed into the stabilizer



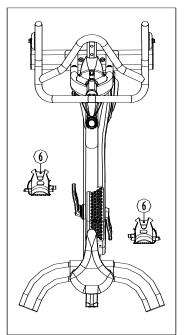


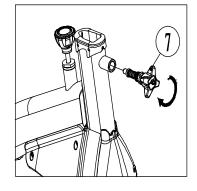
Pedal Assembly

- 1. Remove pedals from the components box.
- Look at the end of the pedal axle and will notice the each pedal is marked with an R and L on the spindle. It is indicated which side of bike the pedal is intended to assemble.
- 3. Locate the pedal marked the R on the spindle on the right side of crank (Chain guard side). Turn clockwise to tighten firmly. If possibile, apply some grease to the threads before engae to the crank.
- Locate the pedal marked the L on the spindle on the Left side of crank (Chain guard side). Turn counter-clockwise to tighten firmly. If possibile, apply some grease to the threads before engae to the crank.

Adjustment Handle Assembly

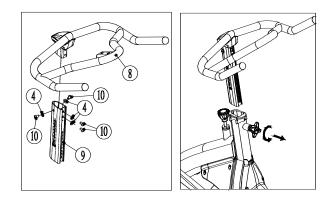
Remove the Adjustmetn Hadnle(7) from the components box and turn clockwise to tighten firmly into the frame with wrench (A).





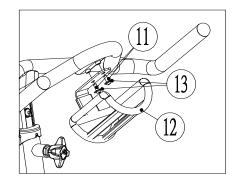
Handlebar Assembly

- Assemble the Handlebar (8) on to Handlebar post (9) with four socket hex screws (10) and four flat washers (4).
- 2. Insert the Handlebar Assembly into the frame tube and tightened firmly with Adjustment Handle.



Water Bottle Holder Assembly

Assemble the Bottle Holder(12) with two socket hex screws (11) and two flat washer (13) .

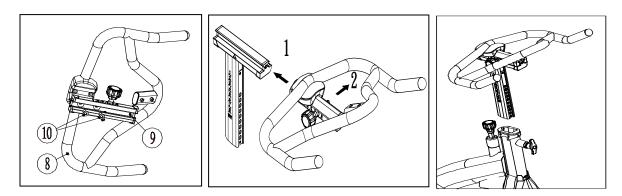


If equipped with **Horiztonal adjustable Handlebar**, please follow the below assembly instruction

Part List

No.	Description	Q'ty	Figure
8	Horiztonal adjustable Handlebar	1	
9	Upper Horiztonal Adjustable Bracket	1	
10	Socket Hex Screw	2	Ĵ
11	Seat Post	1	

Step.



- Assemble the Upper Horizontal adjustable Bracket (9) and Adjustable Handlebar (8) with two socket Hex screws (10)
- 2. Pull out the safety Pin (2) and slide the Handlebar onto the seat post (11).
- 3. Insert the Handlebar Assembly into the frame tube and tightened firmly with T-pop pin

Our indoor cycling is easy to use. The bike allows user to full control the levels of resistance by simply adjusting the Resistance knob. You can choose the lower resistance, which enable you to pedal at faster pace, or the higher resistance at lower RPMs (Resolution per minutes). Higher resistance levels will typically deliver a greater muscle strength/endurance workout at lower RPMs.

This section instruct you how to use, including seat adjustment, Handlebar adjustment, Resistance adjustment, Emergency brake, Pedal strap adjustment, Dismounting the bike, Moving the bike, Leveling the bike.

Seat adjustment

Proper seat height helps to ensure the maximum exercise efficiency and comfort, while reducing the risk of Injury. Adjusting the seat forward-and-backward allows working different lower body muscle groups.

Seat Height adjustment



Do not raise the seat height above the STOP mark.

- Turn the seat height Handle counterclockwise and pull it out to release it from preset location. Raise and lower the seat post to the desire height. Then release the Handle gently until it engages a preset hole on post. Be sure to tighten the knob firmly by clockwise.
- 2. Rotate the crank so that the pedals are at 12 and 6 o'clock position.
- 3. Place your foot in the toe cage of the pedal closest to the floor and mount the bike. Ensure that the ball of your foot is over the center of the pedal. If your leg is too straight or your foot cannot touch the pedal you will need to lower the seat. If your leg is bent too much you will need to raise the seat
- If necessary, you will need to try several seat height to reset the height for most comfortable position. Repeat the instruction of the step 1 & 2 & 3 until the seat is in the desired position.
- 5. Note the final position number on the seat post for future reference.

Seat forward-and-backward adjustment

- 1. Once the seat is in the desired position, dismount the bike and adjust the seat forward-and-backward position.
- 2. Loosen the knob under the seat slider by turning counterclockwise. Slide the seat forward and backward to the desire position.
- 3. When the seat is in the desired position, turn the knob clockwise to firmly tighten the knob.
- 4. If necessary, you will need to try several seat height to reset the height for most comfortable position. Repeat the instruction of the step2 until the seat is in the desired position.
- 5. Note the final position number on the seat slider for future reference.

Handlebar adjustment

Proper Handlebar height helps to ensure the maximum exercise efficiency and comfort. Handlebar height is a matter of preference. Adjusting the handlebars higher will give the rider a more upright position; lowering them will result in a more prone position. The handlebar should be adjusted to more accurately if you feel discomfort in your back.

Handlebar Height adjustment



Do not raise the handlebar height above the **STOP** mark.

- 1. Start and position the handlebar at the same height as the seat. Then mount the bike to feel if it is in the desired position.
- 2. Turn the handlebar height handle counterclockwise and pull it out to release it from preset location. Raise and lower the handlebar post to the desire height. Then release the handle gently until it engages a preset hole on post. Be sure to tighten the knob firmly by clockwise.
- 3. If necessary, you will need to try several positions to reset for most comfortable position. Repeat the instruction of the step 1 & 2 until the handlebar is in the desired position.
- 4. Note the final position number on the handlebar post for future reference.

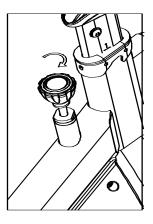
Handlebar forward-and-backward adjustment

- 1. Once the Handlebar is in the desired position, dismount the bike and adjust the handlebar forward-and-backward position.
- 2. Loosen the knob under the handlebar slider by turning counterclockwise. Slide the handlebar forward and backward to the desire position.
- 3. When the handlebar is in the desired position, turn the knob clockwise to firmly tighten the knob.
- 4. If necessary, you will need to try several positions to reset for most comfortable position. Repeat the instruction of the step 2 & 3 until the handlebar is in the desired position.
- 5. Note the final position number on the seat slider for future reference.

Resistance adjustment

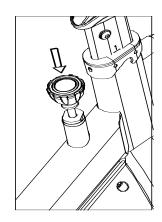
Resistance can be adjusted easily at any time while riding to change the intensity of workout.

Turn the knob clockwise (+) to increase resistance. Turn the knob counterclockwise (-) to decrease resistance.



Emergency brake

In case of emergency or before dismounting the indoor cycle, presses directly **DOWN** the resistance knob to stop the flywheel and pedal.



> Pedal strap adjustment

Place the ball of you feet in the toe clip till the front of the shoe snugly in the cage. Then tighten the strap of toe clip around your shoe by pulling up on the strap until cage of toe clip fits snugly around the shoe.

Leveling the bike

Adjust the four leveling feet located on the underside of the front and rear stabilizer, raise or lower by using an adjustable wrench to compensate for uneven floor surfaces.

Dismounting the bike



WARNING :

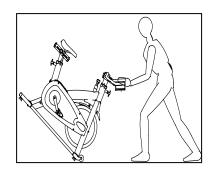
Our IC bike features with fixed gear so the flywheel momentum will keep the pedal rotating even after user stop pedaling or even the feet slip off the pedal incautiously. **Do not attempt to dismount or move you feet out of pedal until both the flywheel and the pedal have stopped completely**. Failure to follow may lead to loss of control and serious injury.

Here are some correct way to stop the pedal and flywheel to dismount the bike

- 1. Lower the pedal speed until the pedal completely stop.
- 2. Increase the resistance until the pedal completely stop.
- 3. Push down the resistance knob for Emergency brake function until the pedal completely stop.

> Moving the bike

- 1. Make sure the handlebar post and Seat post is securely by tightening the pop-pin clockwise.
- 2. Standing in the from of Bike and clasp the end of handlebar.
- 3. Place one foot on the lower stabilizer and tilt the bike towards you until the bike is titled enough to allow the transport wheel to touch the ground. Then you can easily roll the bike in any direction. Be gentle while moving the bike as many unexpected impact may affect the operation of bike.



Chain Tension adjustment

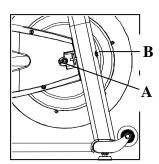
The chain tension had been set and lubricated before shipped. It should not need to be adjusted when first using. However, you may need to make the minor tension adjustment over time.

Note: Make sure you adjust both side equally, either tighten or loosen the chain tension so that the flywheel keep in alignment with the frame

Tighten the Chain tension

Move the crank arms back and forth. If there is more than 1/4" (0.64cm) movement in the crank before flywheel starts turning, you will need to adjust the chain.

- Loosen the two-flanged nut(A) on either side of flywheel.
- Moving the flywheel forward by evenly tightening clockwise the 2 hex bolts(B), which go through the frame tube until there is approximately 1/4" (0.64cm) of slack in the chain.



3. Re-tighten the two-flanged nut on either side of flywheel and then put back the safety cover.

Loosen the Chain tension

- Normally the rider will feel the strong vibration in the lower RPMs (20-50RPMs) if the chain is too tight. If this happened, you will need to adjust the chain.
- 2. Loosen the two-flanged nut on either side of flywheel.
- Moving the flywheel backward by evenly loosening counterclockwise the 2 Hex bolts which go through the frame tube. Suggest turning 1/2 turn.
- 4. Re-tighten the 2 flanged nut on either side of flywheel and then put back the safety cover
- 5. You will need to repeat the step if you still feel vibration after adjustment

> Maintenance Schedule

The safety level given by the design can be maintained only when the bike is regularly checked for wear and damage. Fail components should be replaced immediately. Please read and understand all the maintenance instructions thoroughly before starting maintenance

• Daily maintenance

The life of your bike will be determined by how consistently you make the daily maintenance. Clean, Dry at end of each use to remove mositure-Swear, water...

Note : Never use abrasive cleaning liquids or prtroleum-based solvents to wipe down the bike

Part	Recommended Action			on	Cleaner Lubricant
Frame	•				Soap & water, diluted non- N/A abrasive cleaning liquids
Flywheel	Wipe down to remove				Soap & water, diluted non- N/A abrasive cleaning liquids
Stabilizer					Soap & water, diluted non- N/A abrasive cleaning liquids
Chain Guard	Wipe down to remove mositure-Swear, water				Soap & water, diluted non- N/A abrasive cleaning liquids
Handlebar Post	Raise up to the highest setting to allow to dry		•	Soap & water, diluted non- N/A abrasive cleaning liquids	
Seat PostRaise up to the highestSoap & abrasivesetting to allow to dryabrasive		Soap & water, diluted non- N/A abrasive cleaning liquids			

Horizontal Slider	Wipe down to remove	Soap & water, diluted non-	N/A
	moisture-Swear, water	abrasive cleaning liquids	
	Check and ensure that the		
	pedals are tight in the crank.	N1/A	N1/A
Pedal	All screws on pedal are tight.	IN/A	N/A
	Toe clip cage and strap are		
	not damaged and frayed		
Resistance	Delegas the Kneh to 7EDO	N1/A	N1/A
Knob	Release the Knob to ZERO resistance	IN/A	N/A

• Weekly maintenance

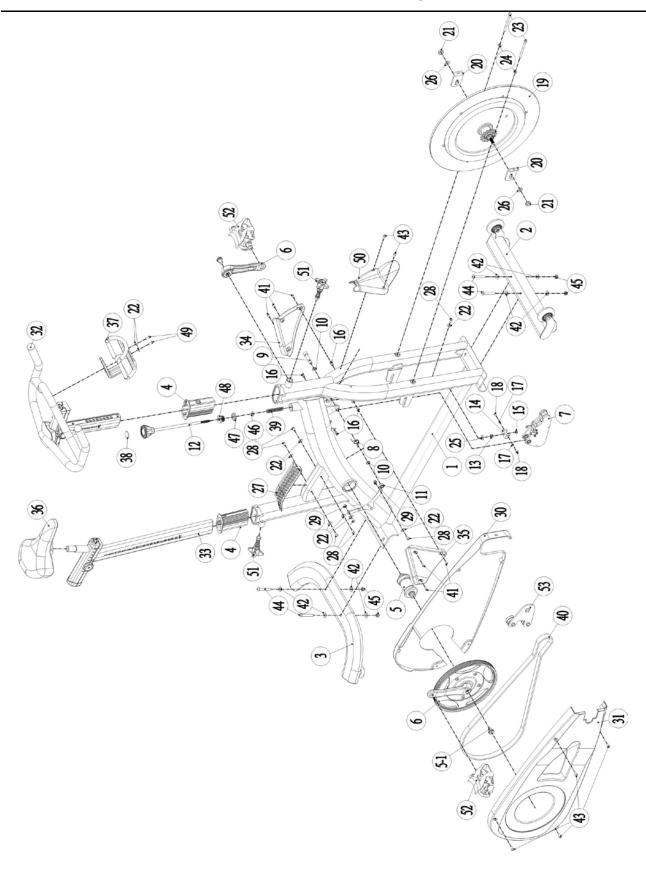
This should focus on the overall performance. Try to look for vibration and possible loose parts during the checking

Part	Recommended Action	Cleaner	Lubricant
Flywheel	1. Check the flywheel alignment to the frame	N/A	N/A
Hardware	Tighten all the frame hardware (Bolt, nut, screw)	N/A	N/A
Handle	Tighten all the handle	N/A	N/A

• Monthly mintenance

This should be comprehensive checking of the overall frame, main assembly components

Part	Recommended Action	Cleaner	Lubricant
Chain	1. Lubricate drive chain with bicycle	N/A	Lubricant
	lubricant containing PTFE (Teflon [®]) from		containing
	the hope in top of the chain guard.		PTFE (Teflon [®])
	 Check the chain tension (See Chain tension adjustment procedure) 		
Leveling	Check it the feet is damaged to affect the	N/A	N/A
Feet	balance of bike		
L-handle	If post has still too much play after	N/A	N/A
	tightening, it maybe the thread of handles or		
	itself was wore or damaged. Need to		
	change the handle		
Seat	Inspect for wear. Rip, tear, cannot be tight	N/A	N/A
	(too much movement), indicates		
	replacement is needed.		
Pedal	Inspect for excessive play, indicates	N/A	N/A
	replacement is needed.		



Parts list

ltem No.	Tonic PN	English Name		Unit	Remark
1	100096RC014D	Frame Assembly- Black texture color	SET	1	
2	A13096RC004D	Front Stabilizer Assembly	SET	1	
3	A13096RC014D	Rear Stabilizer Assembly	SET	1	
4	520696E3	Sleeve	PC	2	
5	2025108	Bottom Bracket	PC	1	
6	A18595RV00	Pulley & Crank Assembly	SET	1	
7	A12296RC08	Magnetic Brake Assembly	SET	1	
8	7034112	Resetting Spring	PC	1	
9	700391004500	Stainless Screw (Hex)	PC	1	
10	7000591016100	Stainless Washer	PC	2	
11	70011100	Stainless Nylon Nut	PC	1	
12	A12296RC03	Brake Knob Assembly	PC	1	
13	70011081	Stainless Nylon Nut	PC	1	
14	790296RC00U1	Brake Adjustment Bracket	PC	1	
15	70011050	Stainless Nylon Nut	PC	1	
16	70016100	Stainless Blind Nut (Hex)	PC	8	
17	7031066	Brass Bushing	PC	2	
18	700300401000	Stainless Screw (Flat and Philip head)	PC	2	
19	A10096RV01	Flywheel Assembly	SET	1	
20	790100004B	Fastened Plates for Tension Adjustment	PC	2	
21	700140030	Nut	PC	2	
22	700059616100	Stainless Flat Washer (for belt tension adustment)	PC	9	
23	700310609000	Stainless Screw (Hex)	PC	2	
24	700059612150	Washer	PC	2	
25	700080818200	Nylon Washer	PC	1	
26	700051120200	Stainless Washer	PC	2	
27	790596E00A1	Foot Rest	PC	1	
28	700390601200	Stainless Screw (Inner Hex)	PC	7	
29	70012061	Cap Nut	PC	2	
30	500196RV08	Inner Belt Guard	PC	1	
31	A16096RV05	Outer Belt Guard	PC	1	
32	A26096EA00	Handlebar Assembly	PC	1	
33	A42096RC05	Seat Post and Adjustment Bracket Assembly	SET	1	
34	A16096RC01	Sweat Protection Guard (Left)	PC	1	

35	A16096RC02	Sweat Protection Guard (Right)	PC	1	
36	35240102103	Saddle(Black color)	PC	1	
37	500796RC01P0	Bottle Holder Assembly-single holder	PC	1	
38	67090005	Resistance Knob Sticker	PC	1	
39	7034117	Compression Spring	PC	1	
40	203100J51515	Belt	PC	1	
41	700300501200	Stainless Screw (Philip-head)	PC	6	
42	700059819100	Stainless Washer	PC	8	
43	700390601500	Stainless Screw (Inner Hex)	PC	2	
44	700390805500	Stainless Screw (Inner Hex)	PC	4	
45	70011080	Stainless Nylon Nut	PC	4	
46	700059819100	Stainless Washer	PC	1	
47	7007024	Alloy Washer	PC	1	
48	7302060006	Brake Fixing Nut	PC	1	
49	700390601500	Stainless Screw (Inner Hex)	PC	2	
50	500896E1M	Sweat Protection Guard (Front)	PC	1	
51	730296E00	Pop-in Assembly	SET	2	
52	2034220210	Pedals	SET	1	
53	A29195RV00	Idle Arm Assembly	SET	1	

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