

# DynaSpace



## Exercise Bike

# User's Manual

Read all precautions and instructions in this manual before using this equipment.

Keep this manual for future reference.

*Note: The product photo is for reference only and may differ slightly from the actual product.*



Model: SGC2291

- 1、 Precautions for use
- 2、 Parts drawing
- 3、 Installation steps instructions
- 4、 Product Instructions
- 5、 Daily maintenance and troubleshooting

## 1、 Precautions for use

Before using the fitness car, please read the instructions carefully and follow the steps indicated in the instructions. Ensure that you receive the correct usage information. Including the spare parts we provide for you free of charge.

1. This fitness bike is a household fitness equipment with a maximum load-bearing capacity of 120 kilograms.
2. Please carefully inspect the machine before initial use and strictly follow the installation principle every 1-2 months after use. Please try to maintain normal use of the machine and use original accessories.

If it cannot be used normally, please contact the dealer.

4. Please avoid contact between the machine and corrosive cleaning agents and other items.
5. Please use it after proper installation and inspection. Please do not use this product to perform dangerous actions.
6. Please adjust all adjustable parts to the maximum value before installation.
7. This product is an adult fitness equipment. If children use it, please use it under the supervision of a guardian.
8. Please use this product under the guidance of doctors and fitness professionals, as it will have a good effect.
9. Please develop a reasonable training plan before use and strictly follow

the requirements to plan the use of this product.

10. The resistance of this product is adjustable. Please choose the appropriate resistance.

11. Please carefully check all knobs and screws before use to ensure your safety.

When exercising, be sure to put your feet inside the foot pedal cover. Do not stop immediately when rotating rapidly to avoid accidents. To stop training, first slow down the speed of stepping on the foot, and the foot will adhere to the foot cover with inertia. Then adjust the brake clockwise with your hand until the flywheel stops rotating, and then get off the exercise bike.

13. The fitness bike is only suitable for one person at a time. When using it, other people should maintain a safe distance of at least 50cm. When the flywheel rotates, it is forbidden to touch it with hands or other objects to avoid danger.

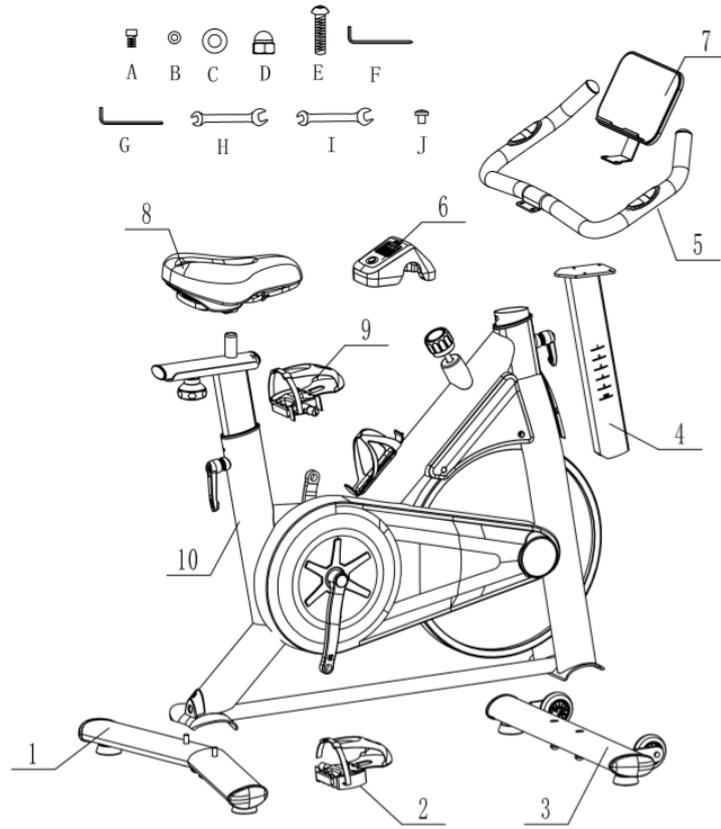
14. The armrest fixing seat or seat cushion fixing tube is engraved with a stop, please do not exceed this height when adjusting.

15. The fitness bike should be placed in a fixed and flat place, and should not be placed in an inclined position to prevent it from tipping over.

## 2、 Parts drawing

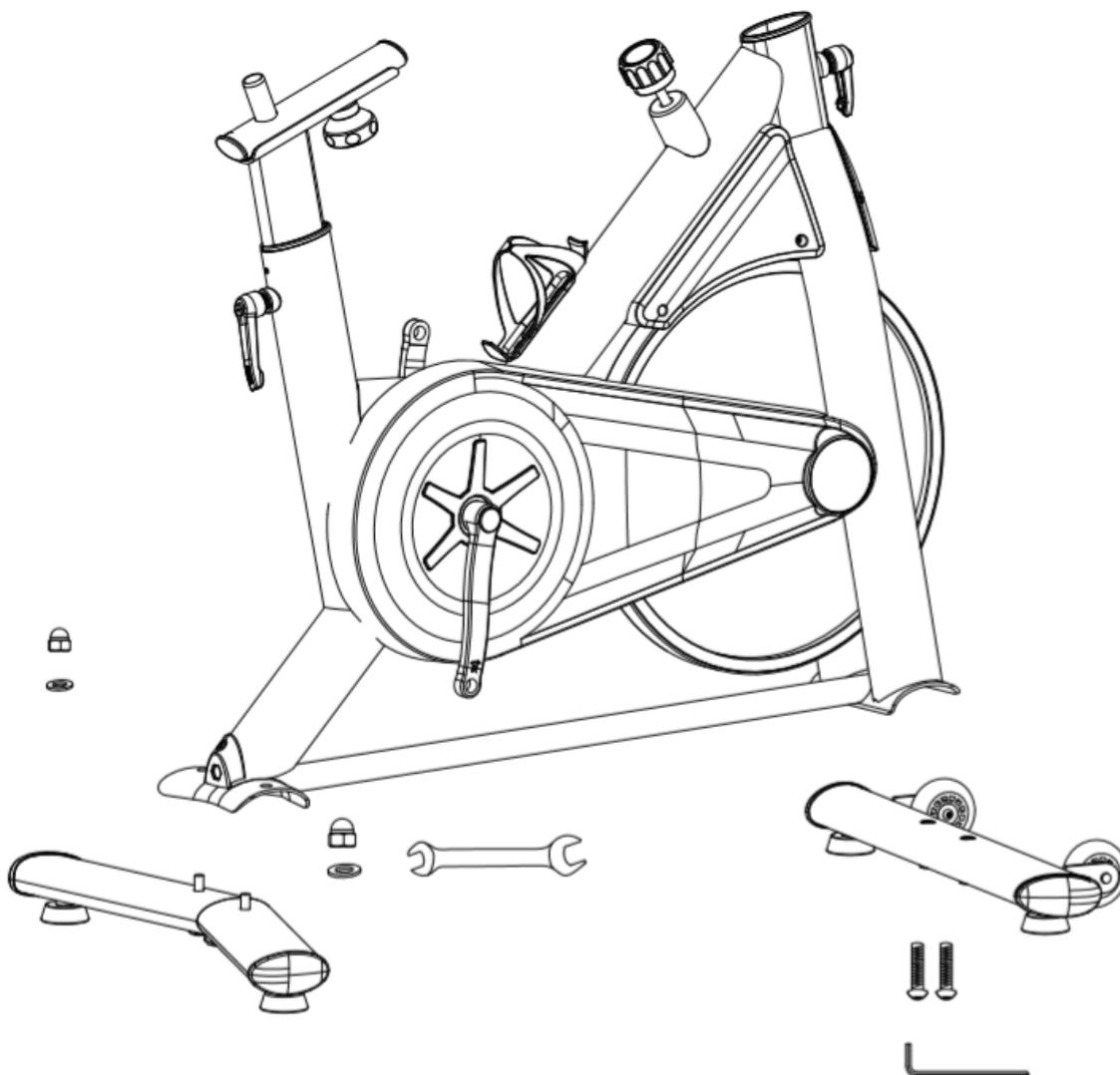
Check according to the assembly parts list below to ensure that all assembly parts are present and in good condition. Do not handle packaging materials before the end of the probationary period. If anything is missing, please check the packaging materials.

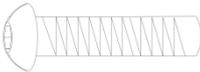
Part No.	Name	QTY	Part No.	Name	QTY	Part No.	Name	QTY
1	Rear stabilizer	1	2	Pedal R	1	3	Front stabilizer	1
4	Handle slide	1	5	handle	1	6	monitor	1
7	Ipadd holder	1	8	saddle	1	9	Pedal L	1
10	frame	1						
A	Hexagonal socket head screwM6*12	4	B	Flat pad $\varnothing$ 6*12*1.5	2	C	Flat pad $\varnothing$ 10*20*2	2
D	Hexagonal cap nut M10	2	E	Hexagonal socket head screwm10*60	2	F	allen key 5mm	2
G	allen key 6mm	1	H	wrench	1	I	wrench	1
J	Cross recessed pan head screws M5	1						



### 3、 Installation steps instructions

#### Step 1: Install the stabilizers

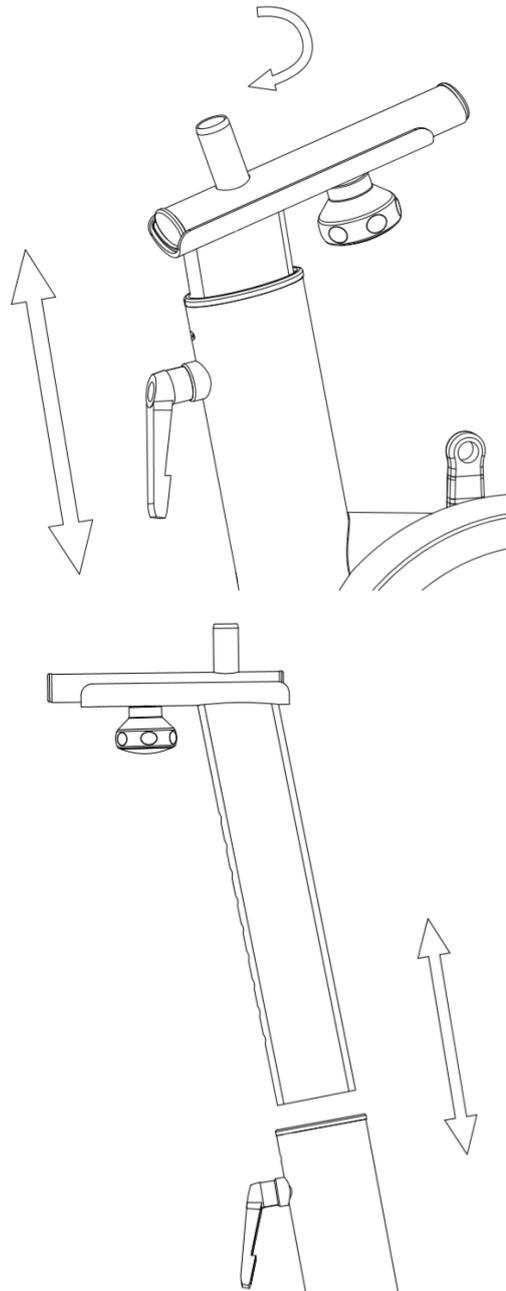


<p>install Using tools</p>			
<p>install Using standard components</p>	 $\Phi 10 \times 2 \text{ PCS}$	 $\Phi 10 \times 2 \text{ PCS}$	 $\Phi 10 \times 2 \text{ PCS}$
<p>Installation instructions</p>	<ol style="list-style-type: none"> <li>1. 1. Remove the cardboard box and take out the machine.</li> <li>2. 2. Assemble the rear foot tube onto the frame and use a wrench to tighten the cover nut, flat washer, and lock it.</li> <li>3. 3. Assemble the front foot tube onto the frame and tighten the hexagon socket</li> </ol>		

head screw with a wrench.

4. First, remove the screws from the frame and install them onto the frame using the removed screws on the water bottle holder.

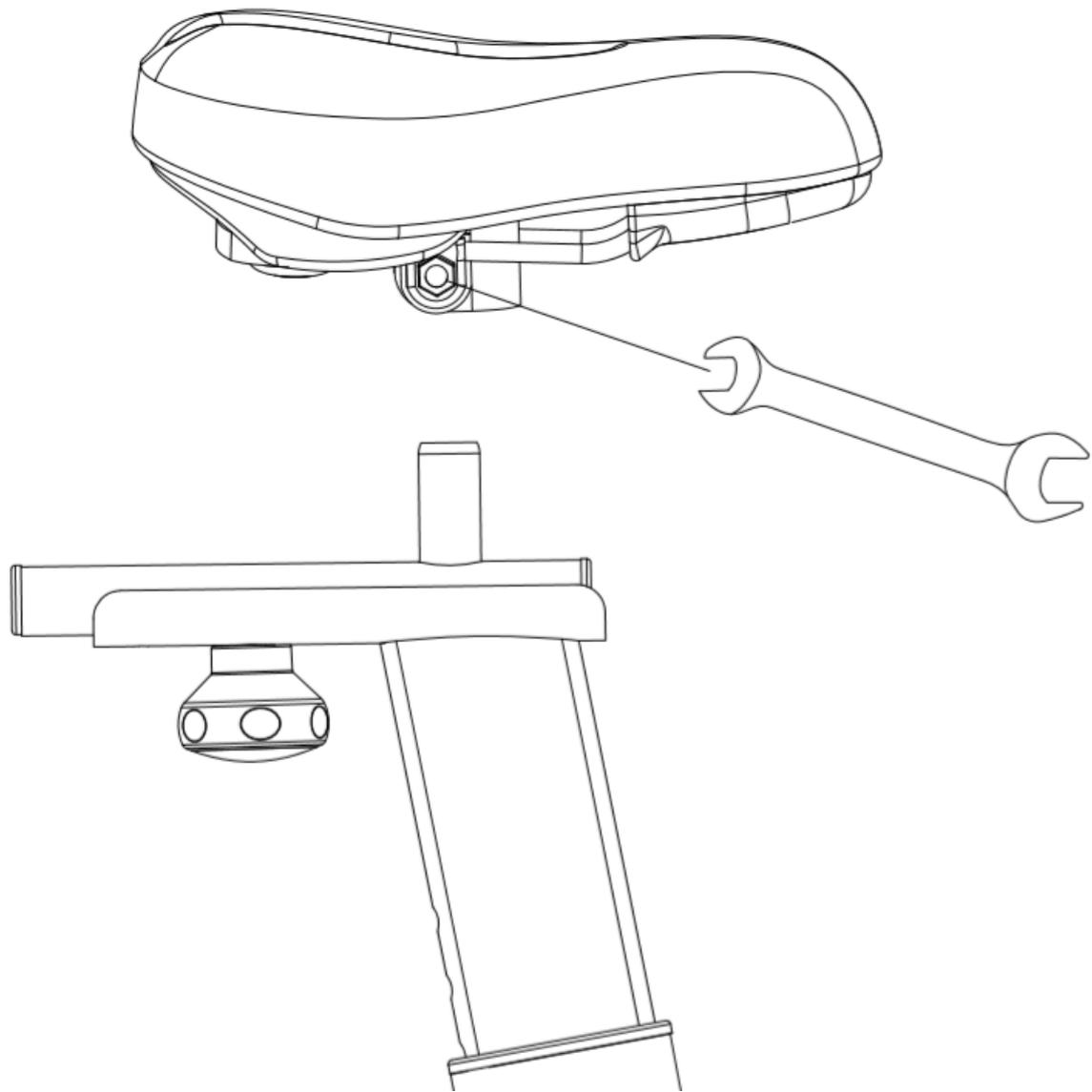
**STEP 2: Adjust the seat cushion slide rail.**



Installation instructions

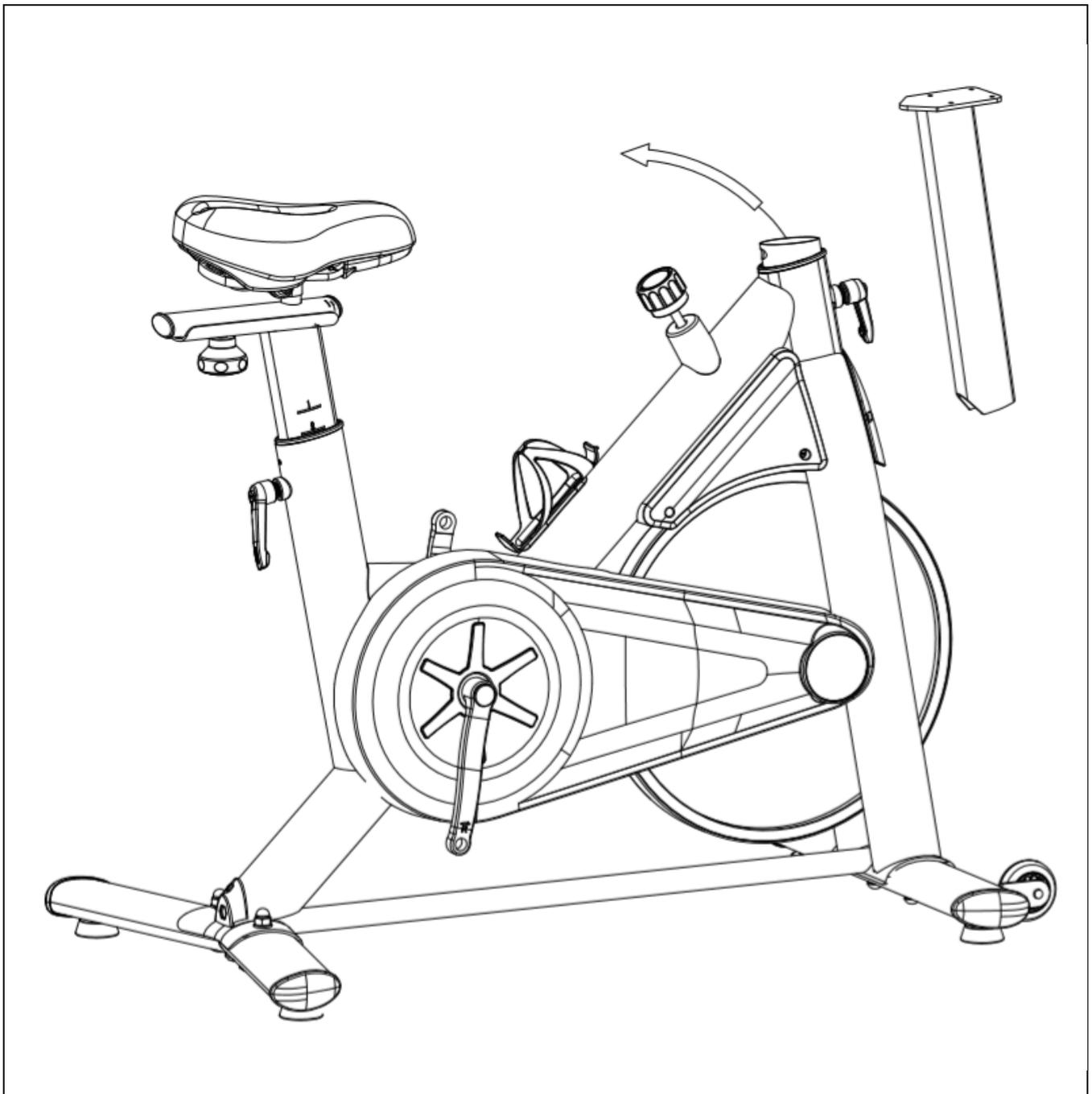
First, turn the knob counterclockwise to remove the pull pin, then remove the seat cushion slide and rotate it in the direction shown in the figure. After inserting the seat cushion slide and adjusting the appropriate height, tighten the knob.

STEP 3: Install seat cushion



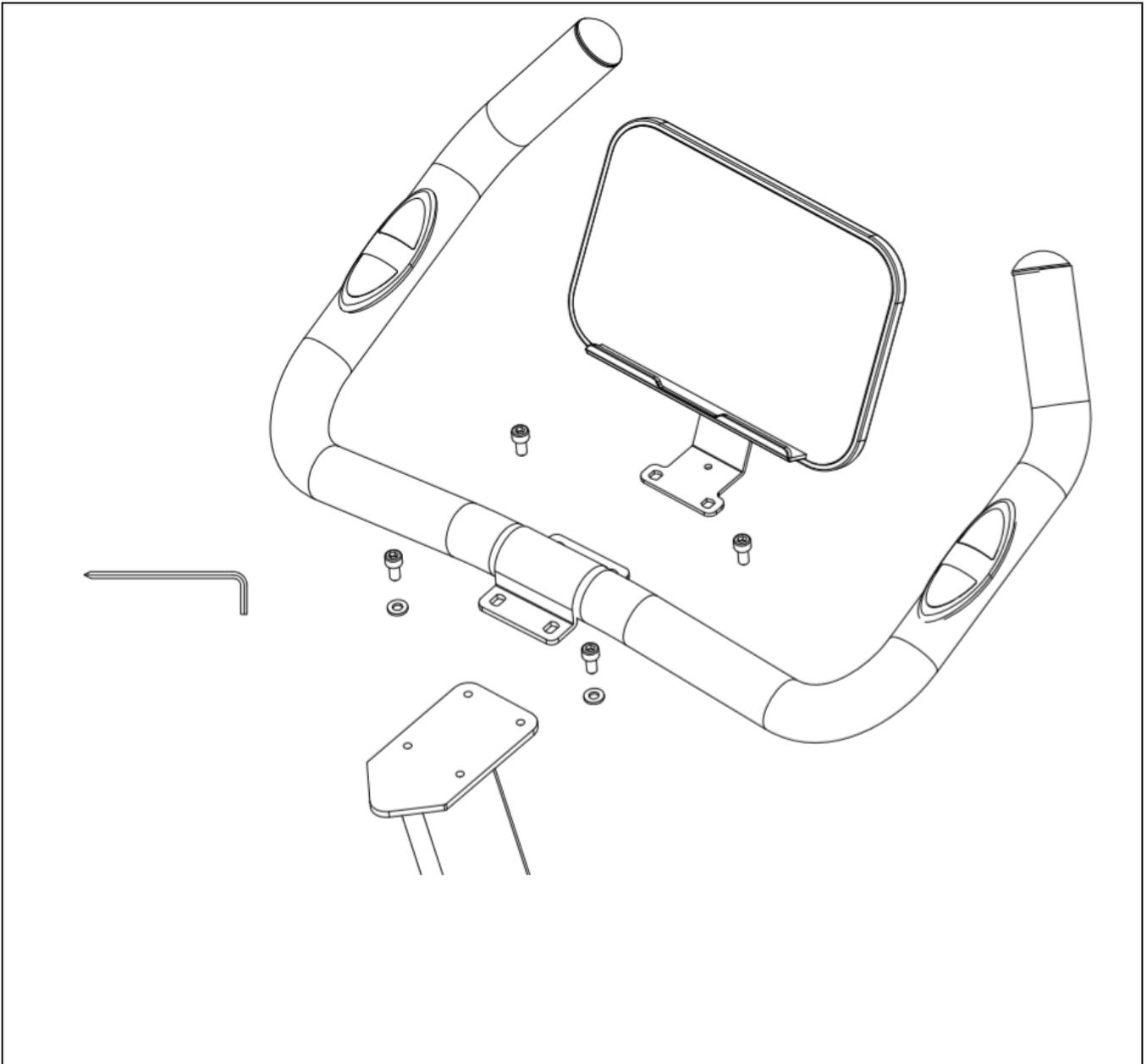
install Using tools	 13-15mm
Installation instructions	First, remove the seat cushion slide rail and rotate it in the direction shown in the figure. Take out the seat cushion and align its mouth with the seat cushion reinforcement. After adjusting the seat cushion angle, use a special open-end wrench to lock the hexagonal nuts on both sides of the seat cushion

#### STEP 4: Sliding rail installation



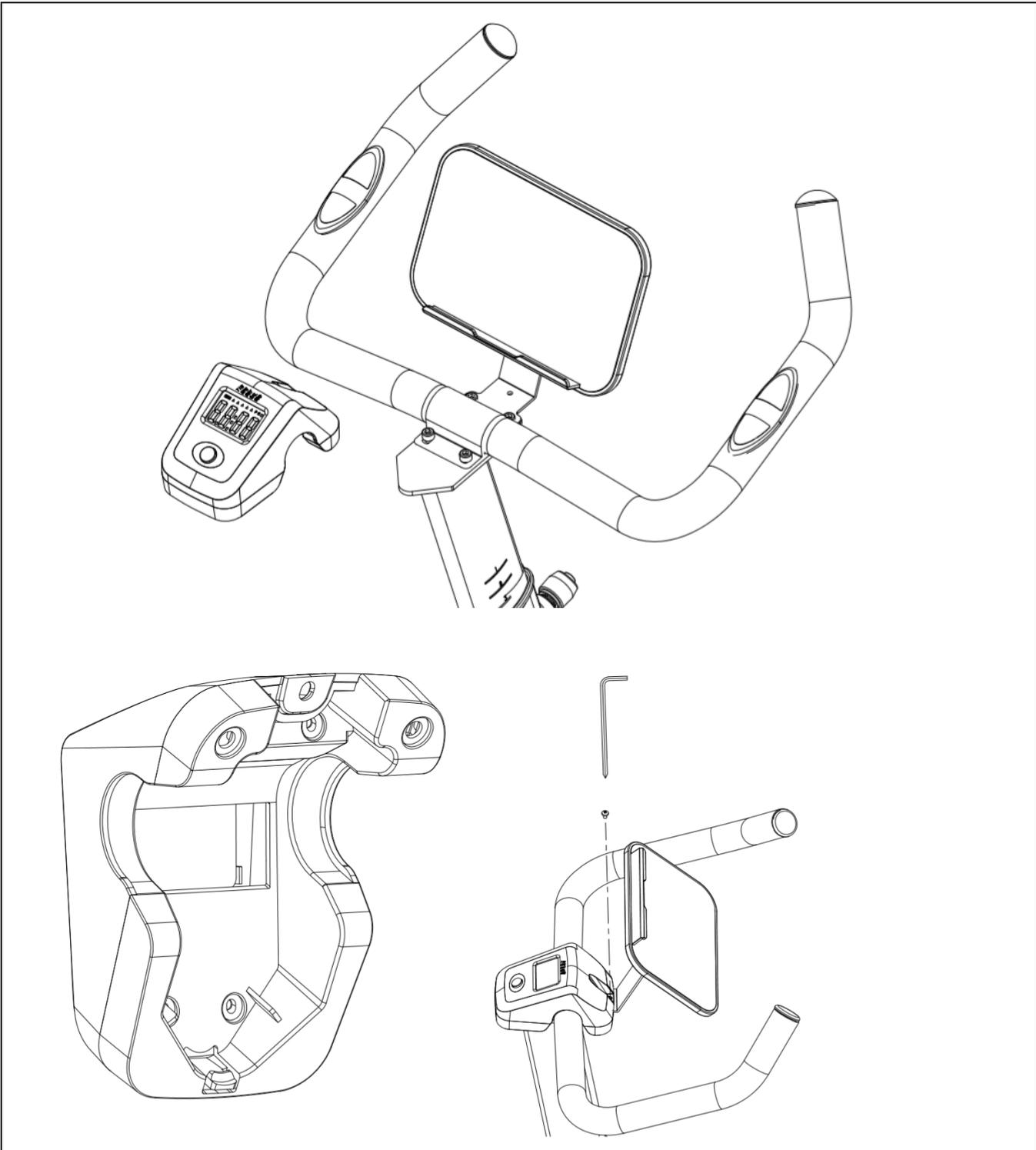
Installation instructions	<ol style="list-style-type: none"><li>1. First, remove the anti fall tube,</li><li>2. Rotate the plum blossom knob counterclockwise, insert it into the slide rail to adjust the appropriate height, and then tighten the knob.</li></ol>
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#### STEP 5: install handle



<p>install Using tools</p>	 <p style="text-align: center;">5mm</p>		
<p>install Using standard components</p>	 <p style="text-align: center;">M6X12 4PCS</p>	 <p style="text-align: center;">M6 2PCS</p>	
<p>Installation instructions</p>	<p>Take the armrest, align it with the hole on the slide rail, align it with the screw hole on the armrest, and then use a wrench to lock and fix it separately</p>		

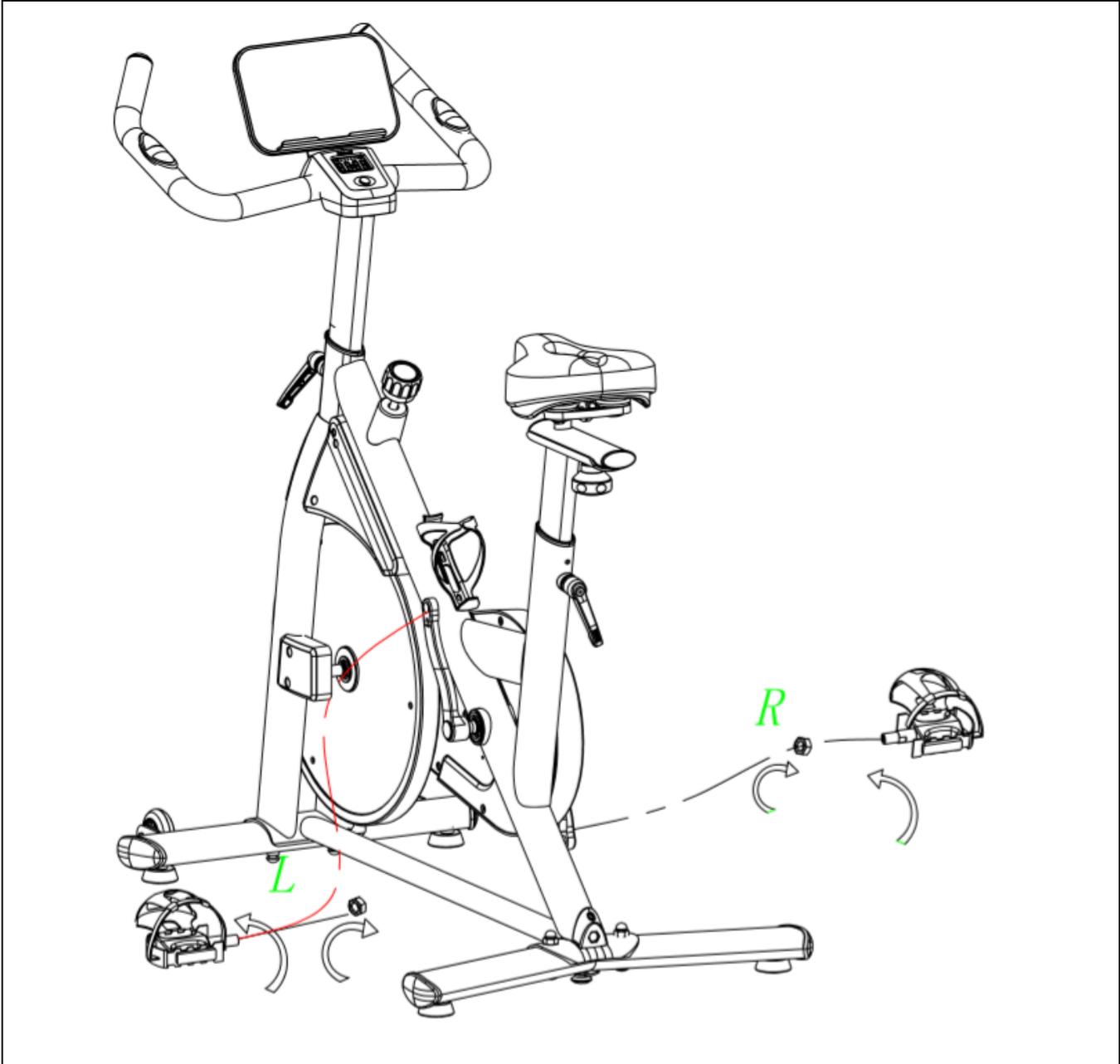
STEP 6: install monitor

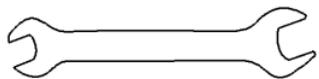
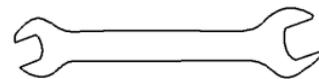


<p>install Using tools</p>	
<p>install Using standard component s</p>	

Installation instructions	<p>1. . Take the electronic watch cover as shown in the picture. First, install the battery at the bottom of the electronic watch, align it with the armrest, and then snap it down to fix it; Take the screw and fix it with a wrench.</p> <p>2. After installation, insert the sensing wire into the bottom left side of the electronic watch</p>
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**STEP 7: install pedal**

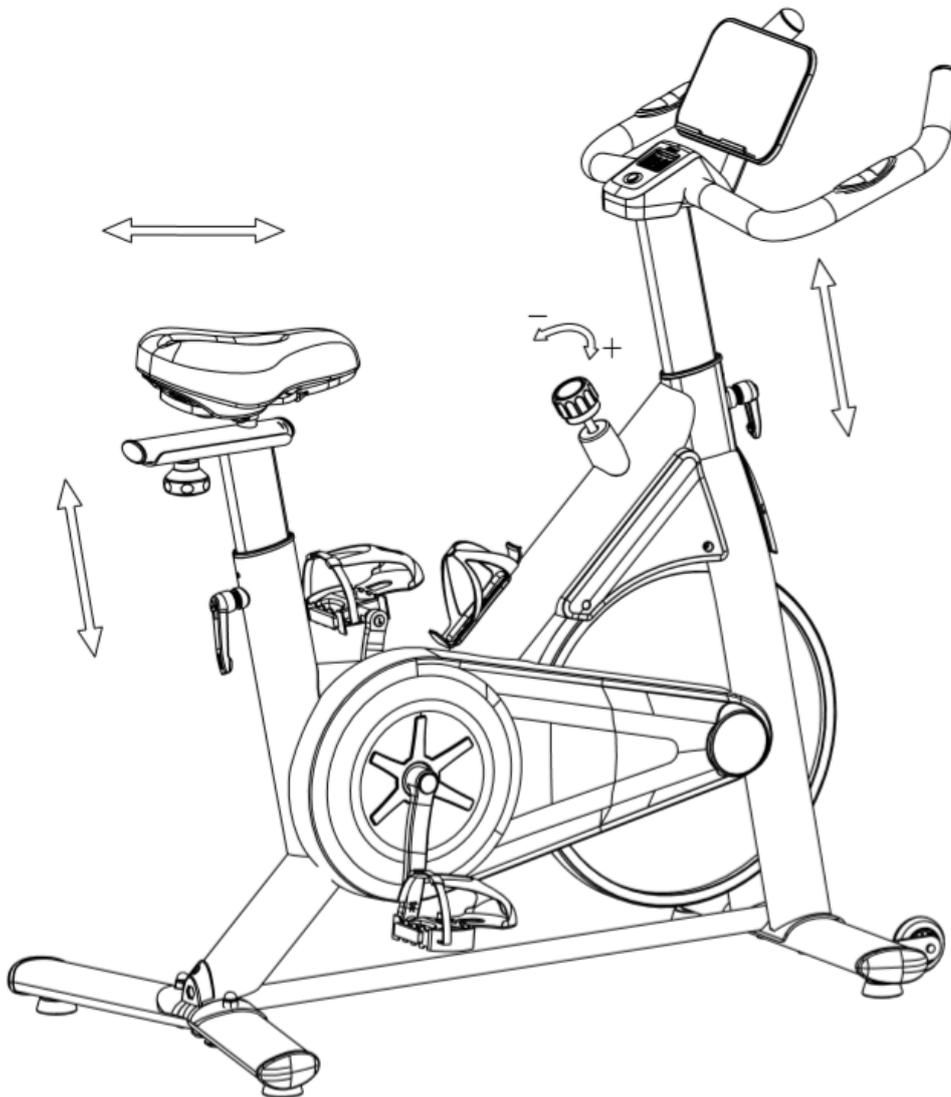


install Using tools	 <span style="margin-left: 200px;">13-15mm</span>  <span style="margin-left: 200px;">17-19</span>
Installation instructions	<p>When you take out the foot pedal, you will find that it is marked with "L" and "R". Take out the foot pedal marked with "R", then insert it into the threaded hole of the right crankshaft, rotate it clockwise for a part until it cannot be turned, and then lock it with the special open-end wrench we</p>

provided,. Take out the "L" foot pedal, insert it into the threaded hole of the left crankshaft, rotate it counterclockwise until it can no longer be turned, and then lock it with the special open-end wrench we provided,

(Note: The crankshaft is also marked with "L" and "R" corresponding to the markings on the foot pedal. If installed incorrectly, it may cause the crankshaft to slide and damage the product.). And the foot pedal must be locked, otherwise it may come off after prolonged use

## 4、 Product Instructions



1. This product does not have an emergency brake. To stop training, first slow down the foot speed until it stops.
2. When the frame is uneven, adjust the left and right feet
3. When placing the pedal in the forward position, center the sole of the foot at its center. Your legs should be slightly bent at the knee.
4. If your legs are too straight or your feet cannot touch the pedals, please move the stationary bike. If your legs are bent too much, please move the adjustment knob

5. Before adjusting the seat, please step on the bicycle, release and pull the adjustment knob of the seat tube. Adjust the seat to the desired height. Release the adjustment knob to engage with the locking pin. Ensure that the pin is fully engaged and tightened
6. Pull open the ball head pull pin, lift the seat cushion fixing seat up to the appropriate height, release the ball head pull pin, let the pin penetrate the small hole of the seat cushion fixing seat, and then lock the ball head pull pin. (Loosen the locking bolt, move the seat cushion back and forth, adjust to a comfortable position, and then lock the bolt.)
7. Resistance adjustment: Rotate the ball head clockwise to increase resistance and counterclockwise to decrease resistance。

#### 4、 Electronic Watch Description

##### 1、 Product specifications:

Time .....  
 ..... 00-00-99:59 points

Speed ..... 00-99.9 kilometers  
 (miles) per hour

Distance ..... 0.00-99.99  
 kilometers (miles)

Total distance ..... 0.00-999.9 kilometers  
 (miles) (if configured)

Heart rate .....40—  
 240BPM( As configured)

calorie. .... 0.999.9 kcal

## 2、 Key function

### ◆ Select key (MODE/RESET)

This key is used to select the usage function, and various functions can be displayed in sequence.

## 3、 Usage:

### 1. Power on/off

When any key or sports equipment signal is pressed, the instrument will start working. If it is stopped continuously for 4 minutes, the instrument will automatically shut down.

### 2. Reset to zero

In any state, hold down the selection key for 3 seconds to reset all functional data except for the total distance.

### 3. Mode

When the function indicator on the display screen flashes, the instrument enters automatic scanning mode. At this time, pressing the selection key again will lock the instrument in mode and fix it on a certain function.

### 4. Function and Settings

#### ◆ Time

Press the selection key to align with the time function, and the instrument will display the current movement time.

#### ◆ Speed

Press the selection key to the speed function, and the speed displayed on the instrument panel is the real-time motion speed.

#### ◆ Distance

Press the selection key to the distance function, and the instrument will display the current distance of movement.

#### ◆ Total distance (if configured)

Press the selection key to the total distance function, and the instrument will record the total distance data of your exercise. Re powering on will reset the data to zero.

#### ◆ Heart rate (if configured)

Press the selection button to access the heart rate function. When using, hold the sensing pad with both hands and the instrument will display a normal test heart rate value after 30 seconds.

#### ◆ Calories

Press the selection key to the calorie function, and the instrument panel will display the calories burned during exercise.

#### ◆ Scan

When the arrow on the display screen flashes, the instrument automatically scans in the following order:

Time - speed - distance - total distance - heart rate - calories - time ....