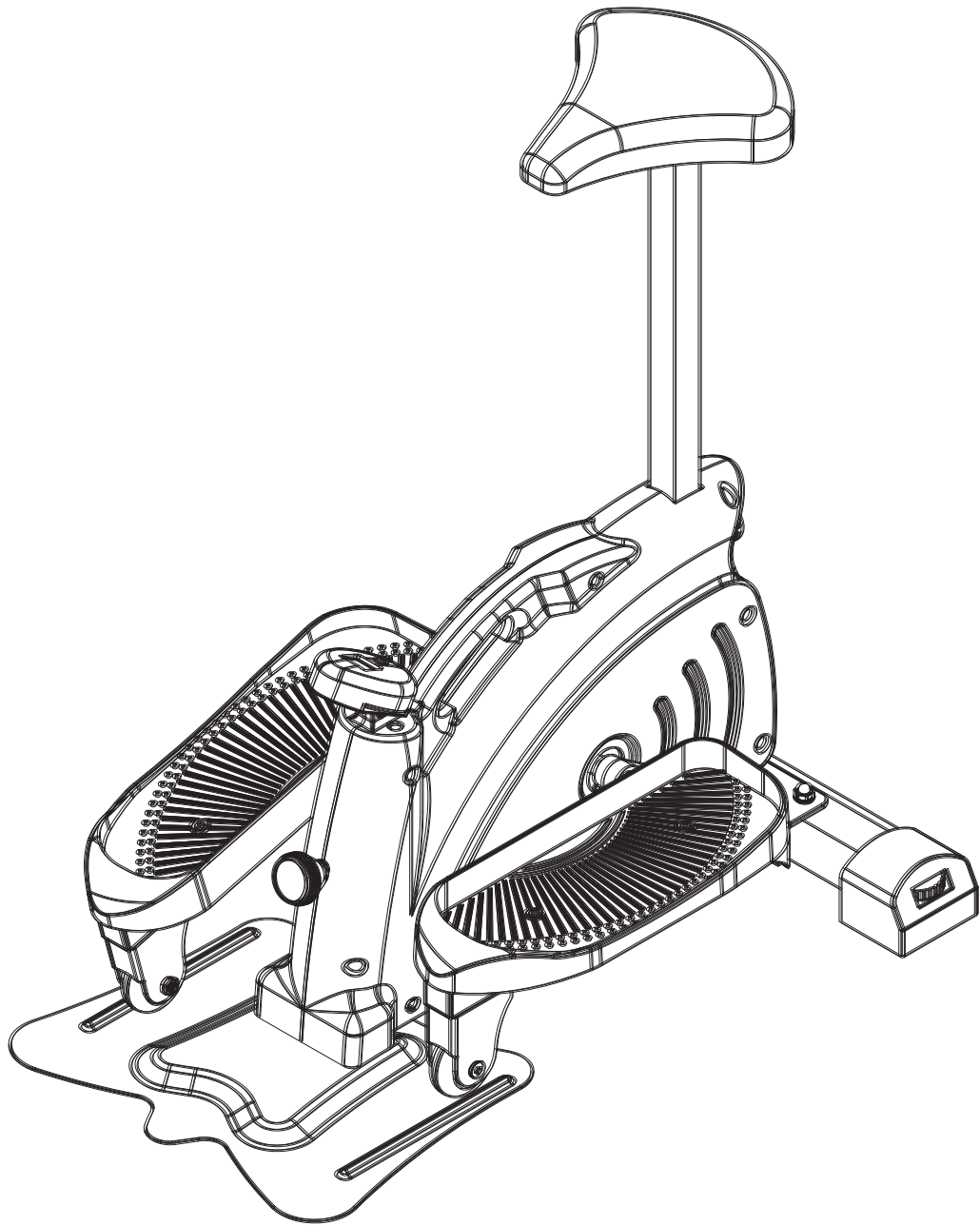


GORILLA SPORTS

Home Stepper schwarz (100963)



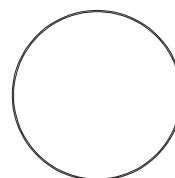
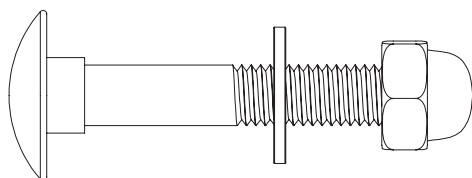
Before operating this unit, please read these instructions completely and save them for future use.





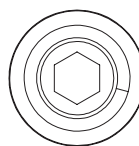
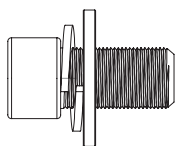
GORILLA SPORTS

CARRIGE BOLT : (M8*53)



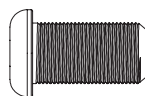
2X

SCREW : (M8*15)



2X

SCREW : (M8*20)

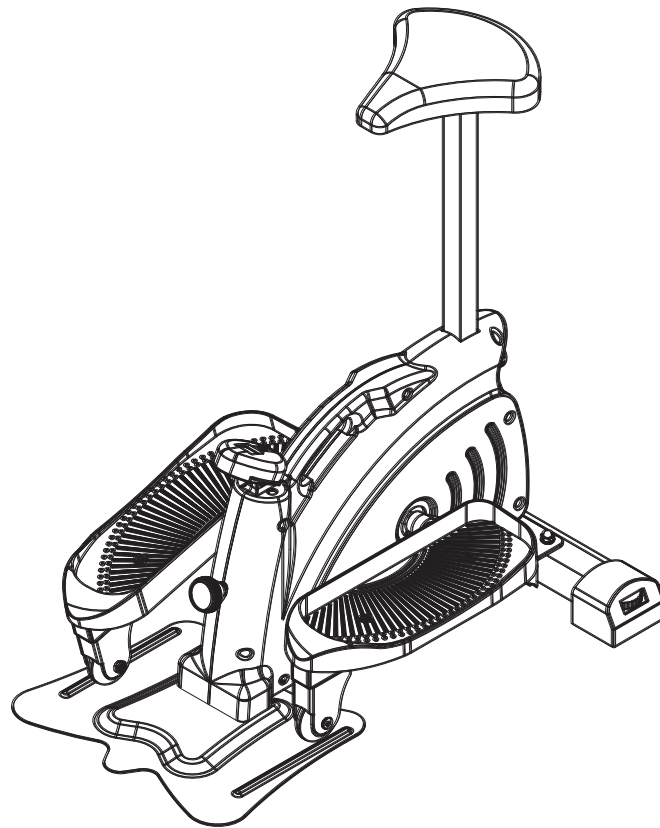


4X

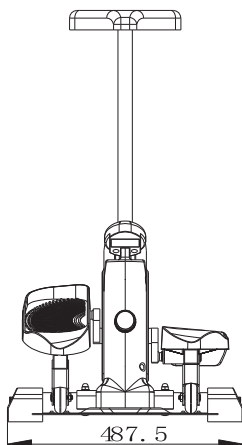


GORILLA SPORTS

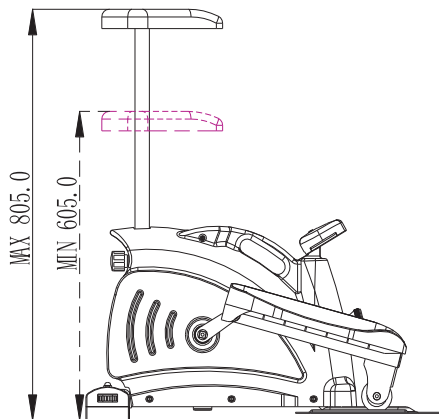
Maximum load 120KG



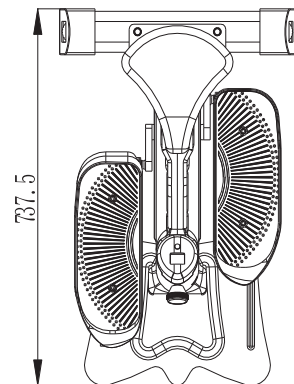
FRONT VIEW



LEFT VIEW



TOP VIEW



Dear Customers,

We want to thank you for having chosen a Spin Bike and wish you a lot of fun and success during training.

Please note and follow the safety and assembly instructions carefully.

If you have questions please do not hesitate to contact us.

Table of Content as blew:

1.) Safety Instruction

2.) Exploded Drawing

3.) Parts List

4.) Assembly Instruction

5.) Computer Instruction

6.) Training Instruction

Before you start training on your home Spin Bike, please read the instructions carefully. Be sure to keep the instructions for information, in case of repair and for spare part delivery.

This spin bike is made for home use only and tested up to a maximum body weight of 120kg.

Follow the steps of the assembly instructions carefully.

For assembly use only suitable tools and ask for assistance with assembly if necessary.

Check before the first training and every 1-2 months that all connecting elements are tight fitting and are in the correct condition. Replace defective components immediately and/ or keep the equipment out of use until repair. For repairs, use only original parts.

In case of repair, please ask your dealer for advice.

Avoid the use of aggressive detergents when cleaning the home exerciser.

Ensure that training starts only after correct assembly and inspection of the item.

For all adjustable parts be aware of the maximum positions to which they can be adjusted/tightened to.

The home exerciser is designed for adults. Please ensure that children use it only under the supervision of an adult.

Ensure that those present are aware of possible hazards, e.g.

movable parts during training.

Consult your physician before starting with any exercise program. He or she can advise on the kind of training and which impact is suitable. This Spin bike is not for medical purpose.

WARNING ! INCORRECT/EXCESSIVE TRAINING CAN CAUSE HEALTH INJURIES.

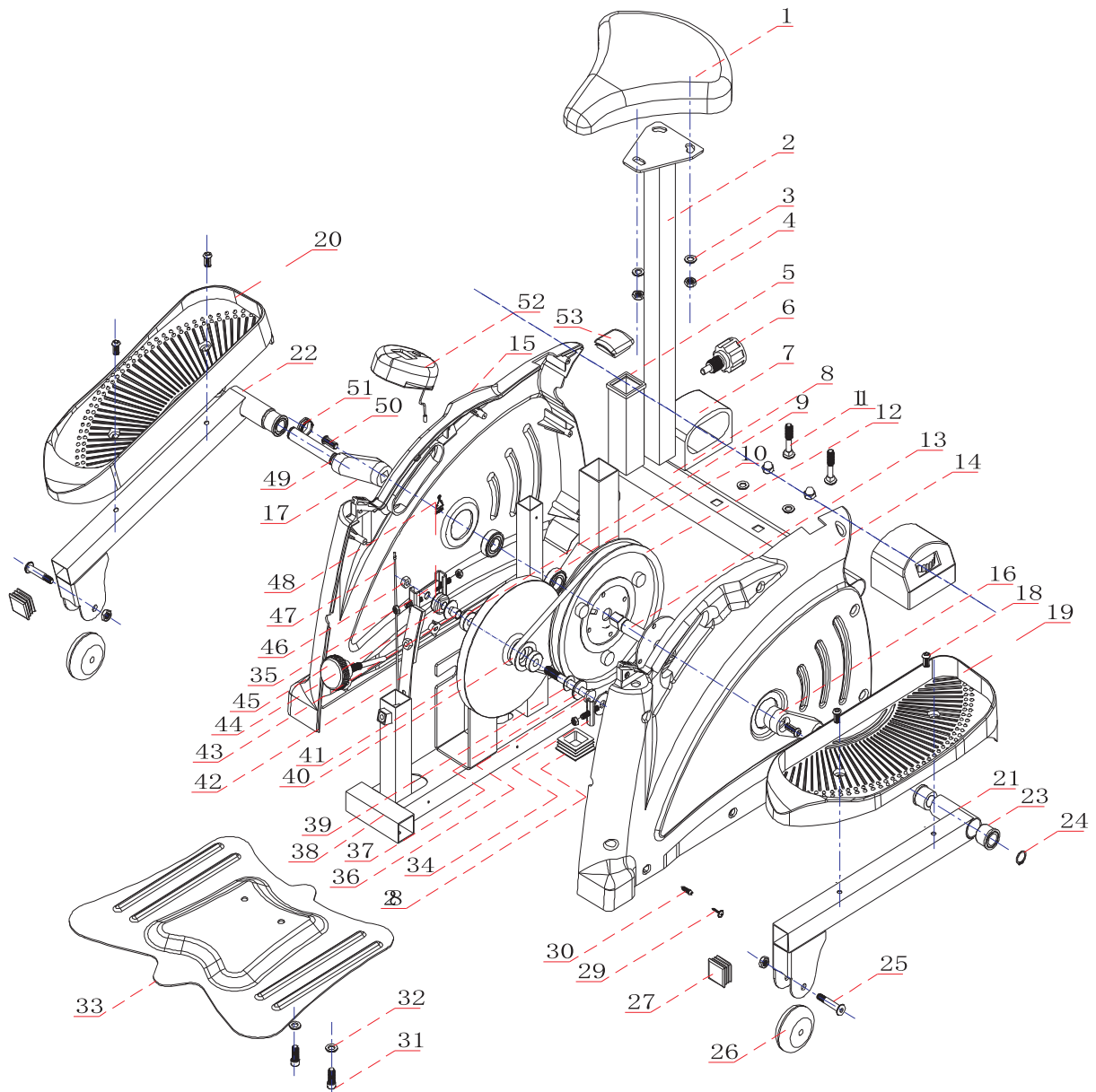
Please follow the advice for correct training as detailed in training instructions.

The load/work level can be adjusted by turning the adjustment knob on the handle bar stem.

The safety level of this equipment can be maintained only if it is checked regularly for all assembly procedure mentioned in the assembly instruction sheet.

Please check regularly for the tightening knobs to notice any irregular wear.

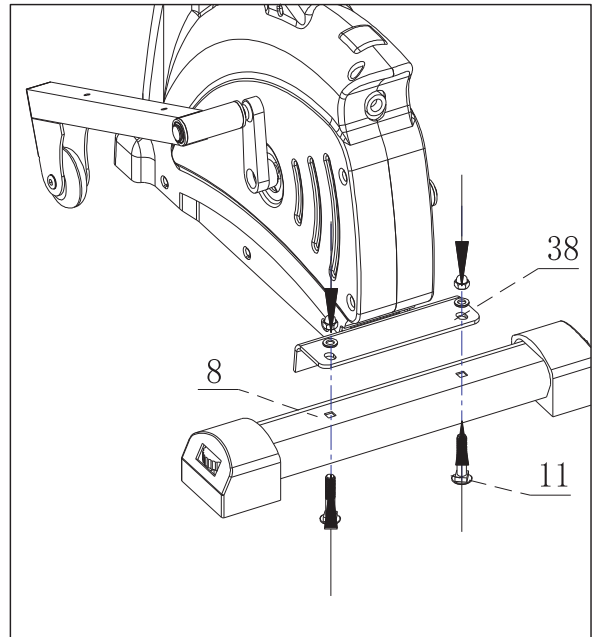
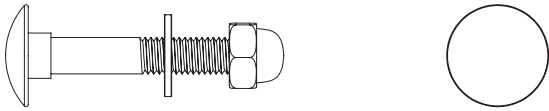
PARTS LIST								
NO.	SPEC	QTY	NO.	SPEC	QTY	NO.	SPEC	QTY
1	SEAT	1	21	LEFT PEDAL POST	1	41	FLYWHEEL	1
2	SEAT TUBE	1	22	RIGHT PEDALPOST	1	42	BRAKE METAL PLATE	1
3	GASKET	3	23	CRANK SLEEVE	4	43	FLYWHEELAXLE LINING	1
4	LOCKNUT	6	24	WHEEL	4	44	RUBBER BLANKET	1
5	SLEEVE	1	25	PEDAL AX LE	2	45	BRAKE KNOB	1
6	SEAT ADJUSTING KNOB	1	26	WHEEL	2	46	LOCK NUT	1
7	PIPE SLEEVE	2	27	SLEEVE (1)	2	47	SENSOR WIRE	1
8	REAR STABI LI ZER	1	28	SLEEVE (2)	1	48	D10 GASKET	1
9	FLINGWHEEL BEARING	2	29	TAPPING SCREW	9	49	RING RUBBER BLANKET	2
10	BEARING	2	30	GALVANIZED SCREW	4	50	HEAD CAP SCREW	2
11	SCREW	2	31	HEXAGON SOCKET SCREW	2	51	CRANK SLEEVE	2
12	BELT PLATE	1	32	GASKET	2	52	MONITOR	1
13	BELT AXLE	1	33	BUTTERFLY SPACER	1	53	HOLE COVER	1
14	LEFT COVER	1	34	LEFT POST PAD	1			
15	RIGHT COVER	1	35	RIGHT POST PAD	1			
16	LEFT CRANK	1	36	FLYWHEEL AXLE	1			
17	RIGHT CRANK	1	37	D10 GASKET (THICKEN)	1			
18	INNER HEXAGON SCREW	4	38	MAIN FRAME	1			
19	LEFT PEDAL	1	39	D10 GASKET	1			
20	RIGHT PEDAL	1	40	BELT	1			



◉ **STEP 1:**

PUT THE MAIN FRAME (38) ON REAR STABILIZER (8), FIX IT WITH THE SCREW (11).

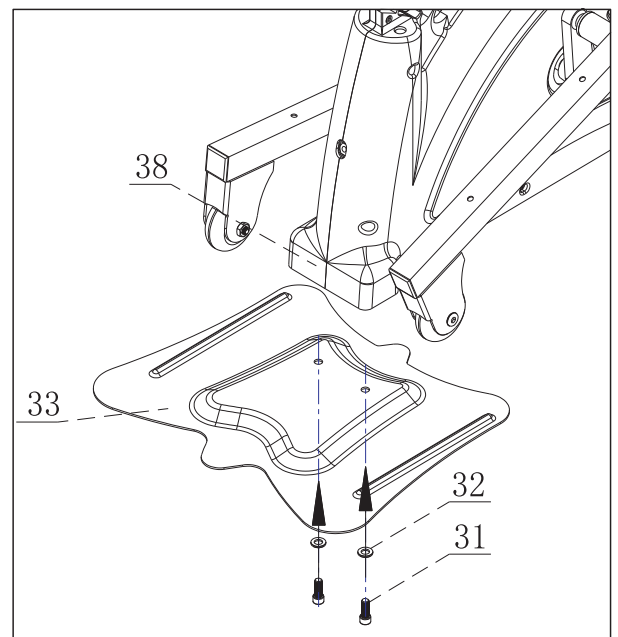
CARRIGE BOLT : (M8*53)-2PCS



◉ **STEP 2:**

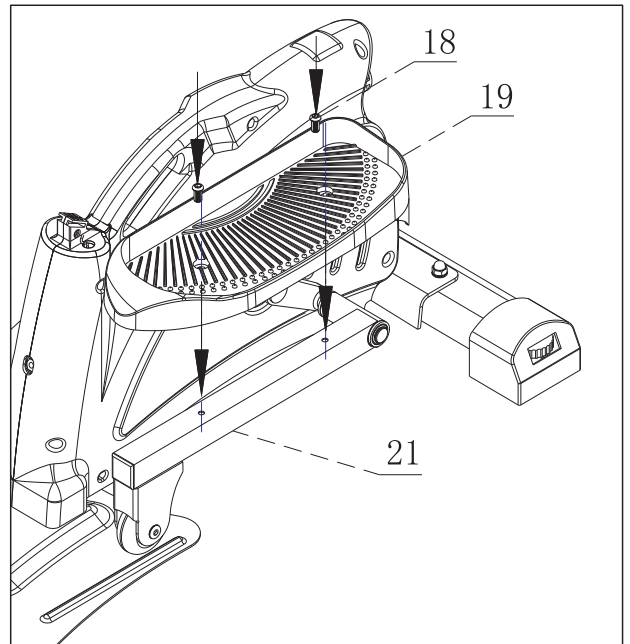
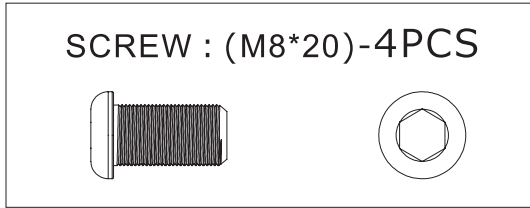
PUT THE MAIN FRAME (38) ON THE FRONT SPACER (33), FIX IT WITH THE SCREW (31)(32).

SCREW : (M8*15)-2PCS



• **STEP 3:**

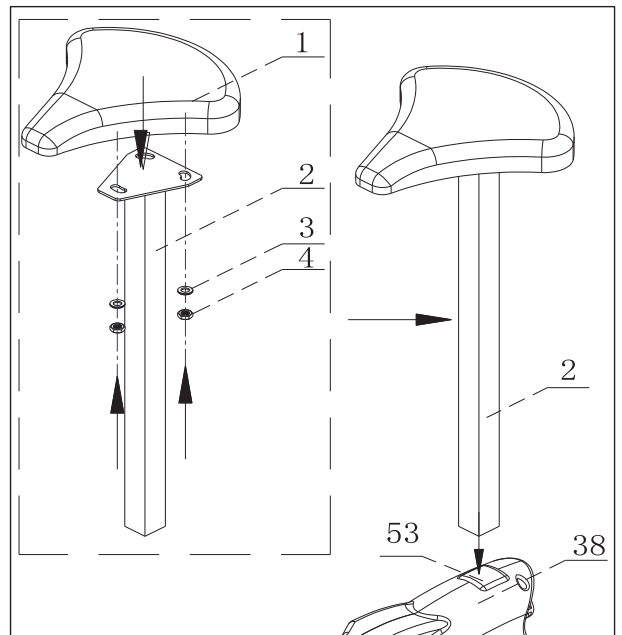
PUT THE LEFT PEDAL (19) ON THE LEFT PEDAL POST (21), FIX IT WITH THE SCREW (18). SAME AS THE RIGHT PEDAL.



• **STEP 4:**

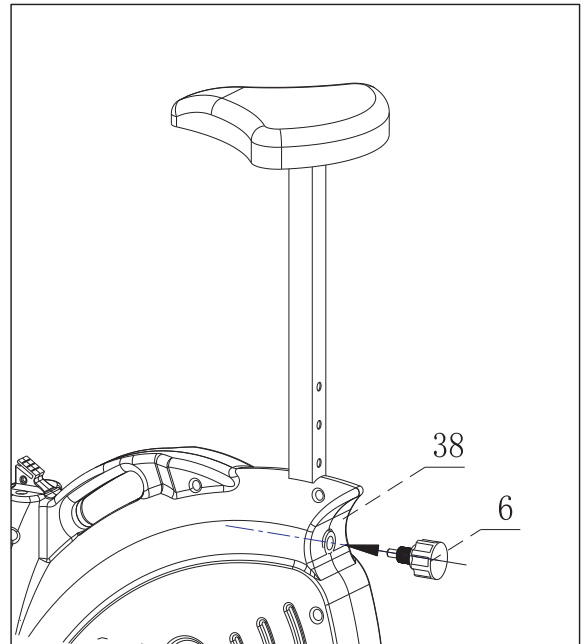
a、PUT THE SEAT(1) ON THE SEAT TUBE(2), FIX IT WITH (3) (4), TAKE OUT THE PLASTIC PLUG (53).

b、INSERT THE SEAT TUBE (2) TO THE MAIN FRAME (38).



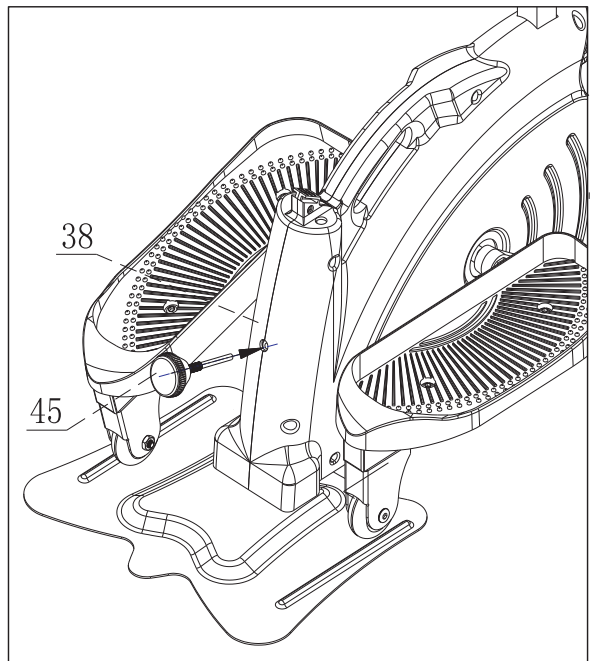
◦ **STEP 5:**

FIX THE SEAT ADJUST KNOB (6) AND THE MAIN FRAME (38).



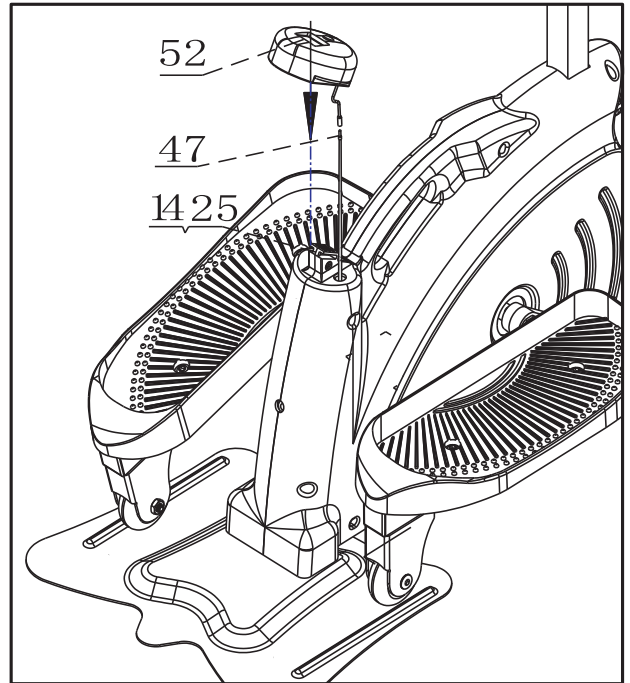
◦ **STEP 6:**

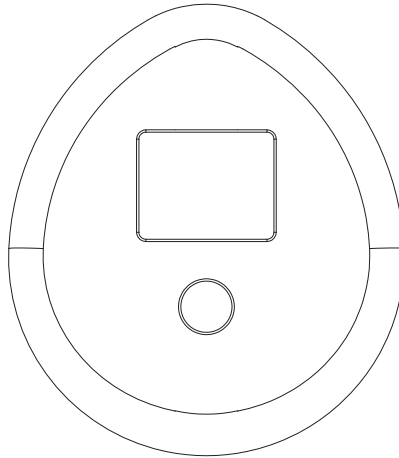
TWIST THE BRAKE KNOB (45) AND THE MAIN FRAME (38).(IT CAN ADJUST THE RESISTANCE.)



◦ **STEP 7:**

- a、 CONNECT THE SENSOR WIRE (47) AND INSERT TO THE HOLE OF THE LEFT COVER(14)
- b、 MAKE THE MONITOR (52) TIGHT WITH THE MAIN FRAME.





COMPUTER

Functional keys

MODE: Press this key to select functions.

RESET: Press this key for 3 seconds to reset the functions Time, Distance and Calories.

AUTO ON / OFF – AUTO START / STOP

The computer will turn on automatically if you press the key or start exercising. If there's no movement for 8 minutes, the computer will turn off automatically.

FUNCTION

1. **TIME**: Auto-memorize the workout time during workout.
2. **SPEED**: Display the current speed.
3. **DISTANCE**: Accumulate the distances during workout.
4. **CALORIE**: Auto-memorize calories amount consumed during workout.
5. **SCAN**: Automatically scan through each function between TIME-SPEED-DISTANCE-CALORIES-PULSE
6. every 4 seconds.

FUNCTION	Visualization (SCAN)	Press key MODE until appears “ ” into SCAN position, then the functions Time, Distance, Calories and Total Distance will rotate every 4 seconds.
	TIME	Count the exercise total time from 0:00 to 99:59(M:S)
	Current speed (SPEED)	Displays the current speed from 0 to 99.9 Km/H or Mile/H (or 1500 RPM)
	Trip distance (DIST)	Count the exercise distance from 0.00 to 99.99Km or Miles
	CALORIES	Count the burned calories from 0.0 to 999.9 Cal or 0 to 9999 Kcal
	Total Distance (TOTAL DIST)	After installing batteries, will count the total distance from 0 to 9999 Km or Miles
Battery type		2 batteries AA or UM-3
Operating Temperate		0°C to+40°C (32°F to 104°F)
Storage Temperature		-10°C to +60°C (14°F to 168°F)

To achieve a considerable improvement of your physical resistance and your health, some aspects of how to find the most efficient amount of training should be followed:

If you have not been physically active for a longer period of time and also avoid health risks you should consult your general physician before starting exercise.

INTENSITY

To achieve maximum results the right intensity has to be chosen. The heart rate is used as guideline. As a rule of thumb, the following formula is commonly used:

Maximum pulse rate=220-Age

While exercising the pulse rate should always be between 60%~85 of the maximum pulse rate.

When starting to exercise, you should keep your rate at 60% of your maximum pulse rate in the first couple of weeks. With increasing improvement of fitness, the pulse rate should be slowly increased to 85% of your maximum pulse rate.

FAT BURING

The body starts to burn fat at approx. 60% of the maximum pulse rate. To reach an optimum at burning rate, it is advisable to keep the pulse rate between 60%~70% of the maximum pulse rate. The optimum training amount consists of three workouts per week 30 minutes each.

Example: You are 52 years of age would like to start exercising.

Maximum pulse rate=220-52(age) =168 pulse/min

Minimum pulse rate=168x 0.6=101 pulse/min

Highest pulse rate=168x0.7=117 pulse/min

During the first week it is advisable to start with a pulse rate of 101, afterwards increase it to 117. With increasing improvement of fitness the training intensity should be increased to 70%~85% of your maximum pulse rate. This can be done by increasing the resistance, a higher frequency or longer training period.

TRAINING QRGANIZATION

Warm-up

Before every training you should warm-up for 5~10 minutes. Here you can do some stretching and training with low resistance.

Training session

During the actual training a rate of 70%~85% of the maximum pulse rate should be chosen. The time-length of your training session can be calculated with the following rule of thumb:

Daily training session:	approx. 10 min. per unit
2-3 x per week:	approx. 30 min. per unit
1-2 x per week:	approx. 60 min. per unit

Cool down

To introduce an effective cool-down of the muscles and the metabolism the intensity should be drastically decreased during the last 5~10 minutes. Stretching is also helpful for the prevention of muscle aches.

Success

Even after a short period of regular exercise you will notice that you constantly have to increase the resistance to reach your optimum pulse rate. The units will be continuously easier and you will feel a lot fitter during your normal day. For this achievement you should motivate yourself to exercise regular. Choose fixed hours for your training session and do not start training too aggressively. An old quote amongst sportsman says:

“The most difficult thing about training is to start it.”

Wish you have a lot of fun and success with your bike.

