User Manual │使用手册

SPIN PRO 82.1
MAGNETIC BIKE

activo
Wellness Living by Ogawa

User Manual

All information is correct at the time of print

CONTENTS

Thank you for choosing Activo Spin Pro B2.1. Please read the user manual carefully before use, especially the safety instructions. Keep the manual for further reference.
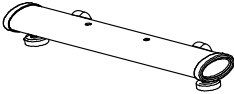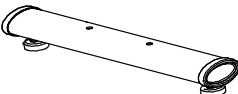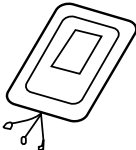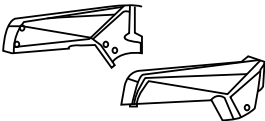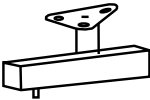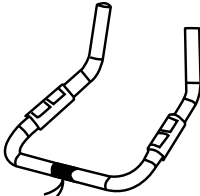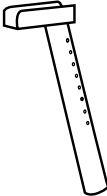
REMARKS:
Before installation, please unpack all related accessories and check if you have all of them. Related installation diagrams are supplied with corresponding texts, descriptions and legend reference.

Safety Instructions

BE SURE TO READ THE ENTIRE MANUAL BEFORE YOU ASSEMBLE OR OPERATE YOUR MACHINE. IN PARTICULAR, NOTE THE FOLLOWING SAFETY PRECAUTIONS:

1. Assemble the machine exactly as the descriptions in the user manual.
2. Check all the screws, nuts and other connections before using the machine. Only do exercising on the machine when it is in correct working way. Ensure that all users are adequately informed of all precautions.
3. Assemble the machine in a dry level place and leave it away from moisture and water; before beginning exercising, remove all objects within a radius of 2 meters from the machine.
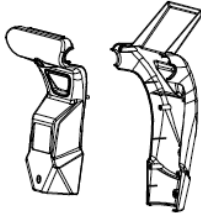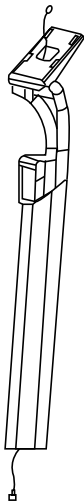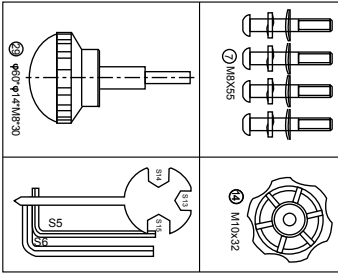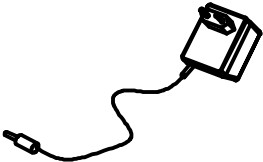4. Place a suitable base (e.g. rubber mat, blanket etc.) beneath the machine in the area of assembly or exercise to avoid scratch, dirt and etc.
5. Do not use aggressive cleaning articles to clean the machine, and remove drops of sweat from the machine immediately after finishing exercising.
6. Only use the supplied tools or suitable tools to assemble or repair the machine; use only original spare parts for any necessary repairs.
7. Your health can be affected by incorrect or excessive exercising. Before exercise, consult your doctor. This is especially important for people over the age of 35 or those with pre-existing health problems.
8. This machine is intended for indoor, home and commercial use, not suitable for therapeutic purpose.
9. Wear appropriate clothes and athletic shoes when exercising to avoid tripped or trapped by loose clothes.
10. If you have a feeling of pain, chest congestion, tachycardic, tachypnea, light-headed, dizziness, sickness or other abnormal symptoms, please stop immediately and consult your doctor before continue.
11. The power of the machine increases with increasing the speed. The machine is equipped with adjustable knob that can adjust the resistance.
12. The maximum user's weight is 120KGS.
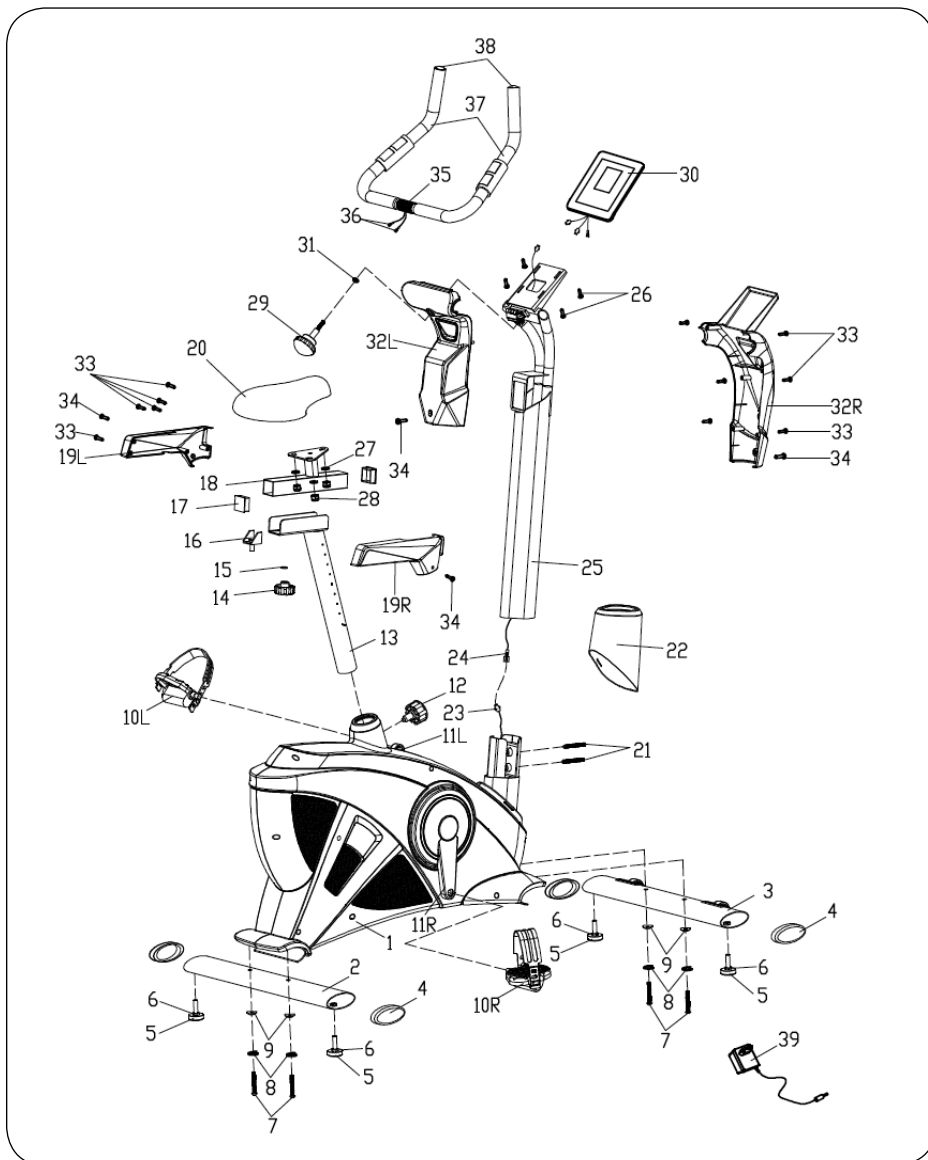
Warranty Claims

1. Warranty is not transferable.

2. This warranty is effective only if the product is purchased from ACTIVO or its authorised dealers.

3. Proof of purchase (original receipt) is required for all warranty repairs.

4. All implied warranties, including but not limited to these implied warranties of fitness and merchantability, are limited to one (1) year from the date of purchase.

5. Damage due to misuse, improper treatment and unauthorised modification and repairs are not covered by this warranty.

6. Warranty does not cover accessories and add-ons, which do not belong to this product.

7. Warranty is not effective to rental, business, commercial, institutional, or other nonresidential users.

8. All services covered by this warranty must be approved by ACTIVO and repaired by authorised technicians only.

9. If replacement parts for defective materials are not available, ACTIVO reserves the right to make substitutions in lieu of repair or replacement.

activo SPIN PRO B2.1   **Product Parts**

Main frame	Front stabilizer	Rear stabilizer
Console	L/R protective guard	Saddle slider
Handlebar	Saddle post	Front and rear console cover
Pedals	Handlebar post cover	Saddle

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Product Parts

Handlebar post	Tool set	Adapter

Product Parts

Exploded Diagram

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Product Parts

Part List

Part No.	Description	Qty	Part No.	Description	Qty
1	Main frame assembly	1	21	Hex flush screw	2
2	Rear stabilizer assembly	1	22	Handlebar post cover	1
3	Front stabilizer assembly	1	23	Sensor wire	1
4	Oval end cap	4	24	Extension wire	1
5	Adjustable pad	4	25	Handlebar post assembly	1
6	Hex nut	4	26	Cross recess head screw	4
7	Hex socket head bolt	4	27	Flat washer	3
8	Spring washer	4	28	Nylon nut	3
9	Arc washer	4	29	Ball bolt	1
10 L/R	Pedal L/R	1 pr	30	Console	1
11 L/R	Crank L/R	1 pr	31	Flat washer	1
12	Pop-pin knob	1	32 L/R	Front and rear console cover	1 pr
13	Saddle post assembly	1	33	Philips pan head bolt	11
14	Plum nut	1	34	Philips pan head bolt	4
15	Flat washer	1	35	Adjustable handlebar	1
16	U-shaped hinge assembly	1	36	Pulse wire	2
17	Square end cap	2	37	Foam grip	2
18	Saddle slider assembly	1	38	End cap	2
19 L/R	L/R Protective guard	1 pr	39	Adapter	1
20	Saddle	1			

Product Installation

Step 1:

Lock the front stabilizer (3) and the rear stabilizer (2) to the main frame assembly (1) with the hex socket head bolt (7), the flat washer (8) and the arc washer (9).

![activo SPIN PRO B2.1] **Product Operation Guide**
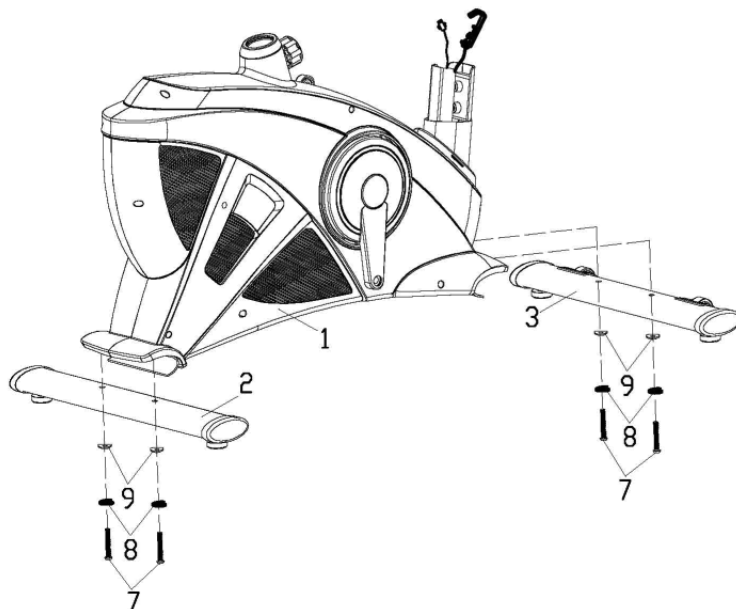
Step 2:

1. Lock the saddle (20) on the saddle slider assembly (18) with the nylon nut (28) and the flat washer (27).
2. Lock the saddle slider (18) on the saddle post (13) with the plum knob (14) and the flat washer (15) and the hinge assembly (16).
3. Insert the saddle post assembly (13) into the rear tube of the main frame (1), align the holes, and then lock them with the pop-pin knob (12).
4. Lock the protective guard for saddle post L/R (19 L/R) to the saddle post assembly (13) with the Philips pan head bolts (33) (34).

NOTE:

Make sure the saddle (20) is locked tightly on the saddle slider assembly (18) before your exercise.
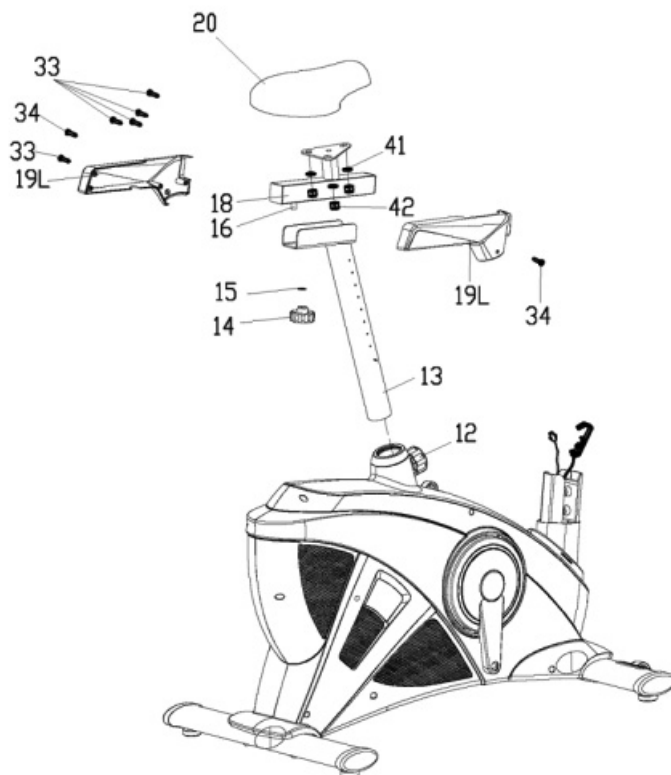
Step 3:
Lock the pedals (10L/R) to the cranks (11L/R).

NOTE:
Lock the pedal (10L) in counter-clockwise direction and the pedal (10R) in clockwise direction as shown below.
Always make sure the pedals (10L/R) are locked tightly during your exercise, otherwise the pedal (10L/R) may be broken.
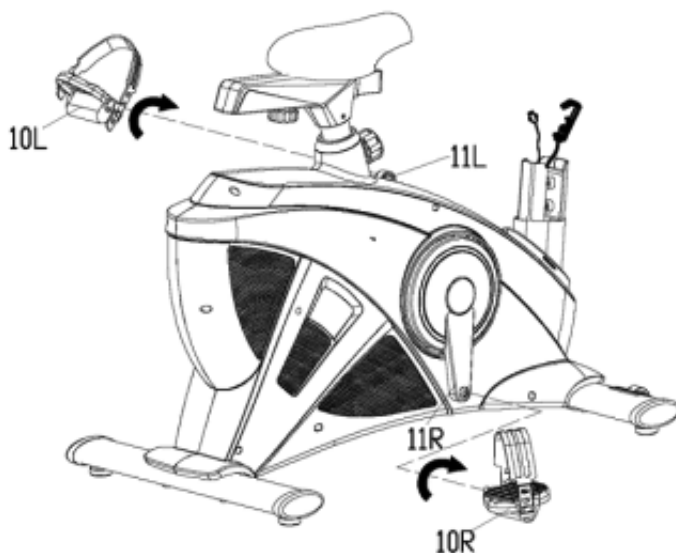
Step 4:

1.   Firstly, remove the front and rear console cover (32L/R) and the Ball bolt (29) out of the handlebar post (25) respectively.
Then, thread the pulse wire (36) through the hole of handlebar post (35) and pull it out from the hole of the console bracket.
2.   Pre-install the handlebar (35) on the handlebar post (25) chuck. Insert the Ball bolt (29) by getting the ball bolt (29) through the front console cover (32L) and the flat washer (31) in sequence.

activo SPIN PRO B2.1 | **Product Installation**
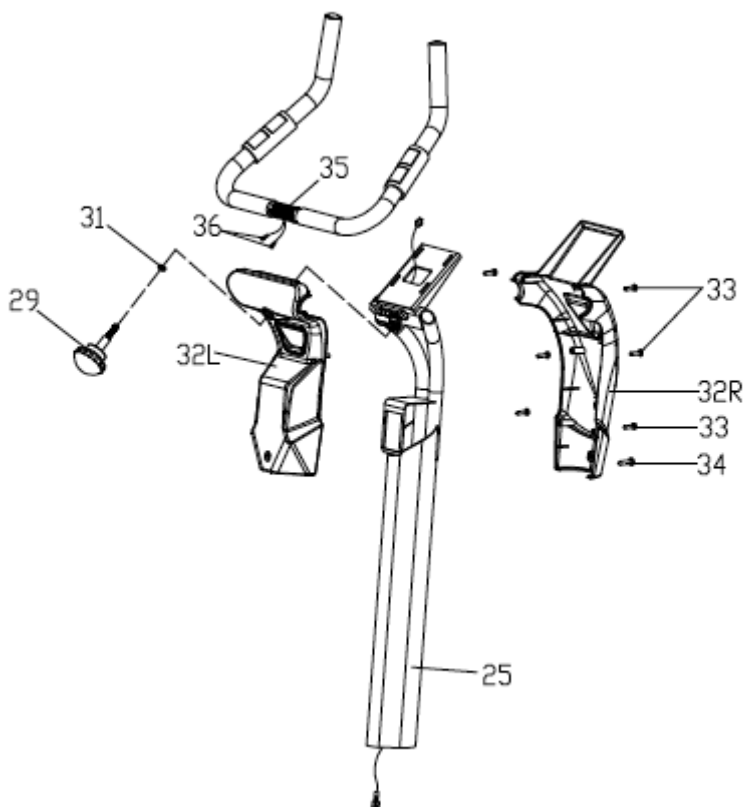
Step 5:

1. Connect the pulse wire (36) and the extension wire (24) with the relevant cables of the console (30) respectively, and then lock the console (30) on the bracket of the handlebar post (25) with the Philips pan head bolt (26). Make sure to tighten all the screws up now.
2. Lock the front and rear console covers (32L/R) to the handlebar post (25) with the Philips pan head bolts (33) and (34).

Product Installation
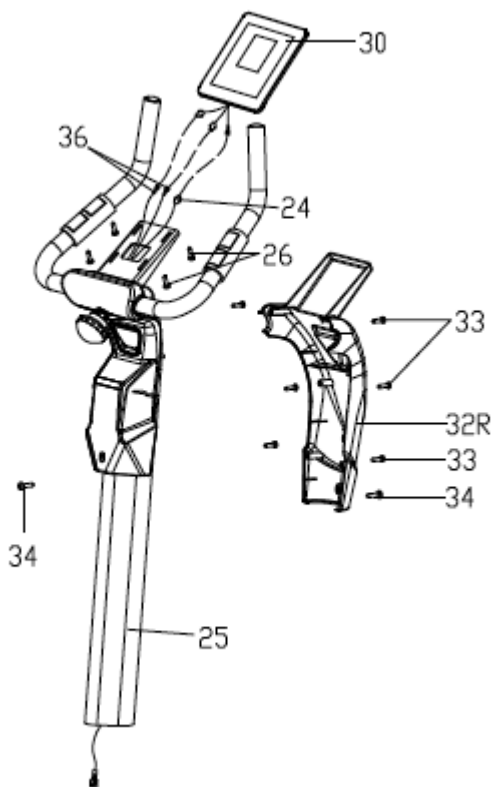
Step 6:
1. Firstly, put the handlebar post cover (22) on the handlebar post (25). Connect the extension wire (24) with the sensor wire (23).
2. Insert the handlebar post (25) onto the front tube of the main frame (1). Then lock the handlebar post (25) on the main frame (1) with the Hex flush screw (21). Finally, put on the handlebar post cover (22).

Product Operation Guide
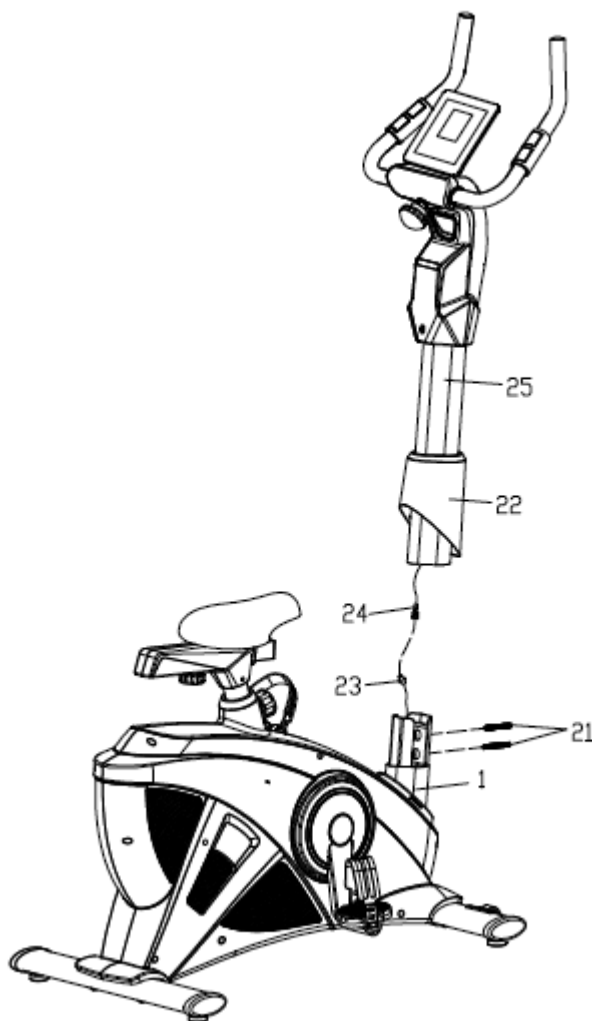
Functions:

1. Programs: 21 programs as following:

A: 1 Manual Program (See Fig 1)

B: 10 Preset Programs P1~P10 (Fig 2~Fig 11):

P1: ROLLING	P2: VALLEY	P3: FATBURN	P4: RAMP	P5: MOUNTAIN
P6: INTERVAL	P7: CARDIO	P8: ENDURANCE	P9: SLOPE	P10: RALLY
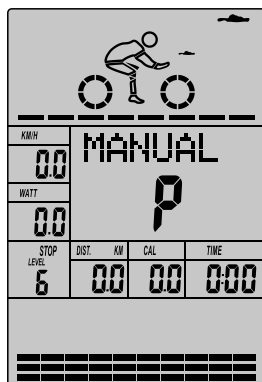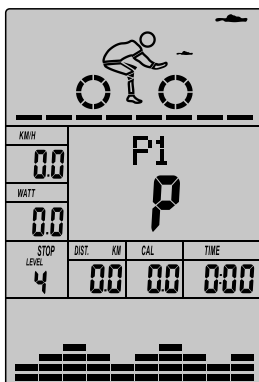
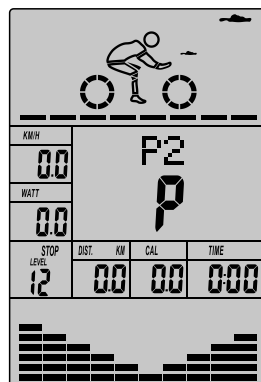Fig 1   Fig 2   Fig 3

C: 1 Watt Control Program (Fig 12)

D: 4 Heart Rate Control Program (Fig 13~Fig 16):
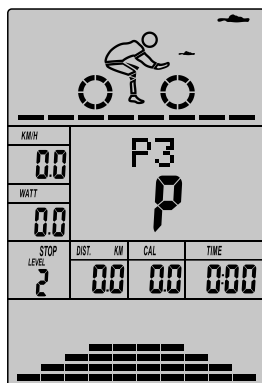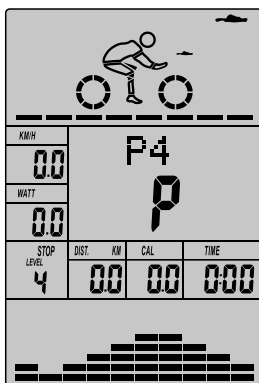   55% H.R, 75% H.R, 90% H.R and TARGET H.R
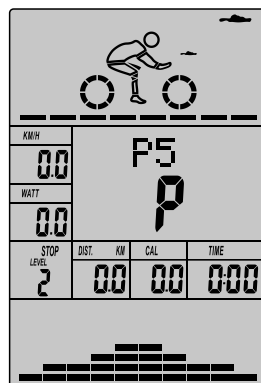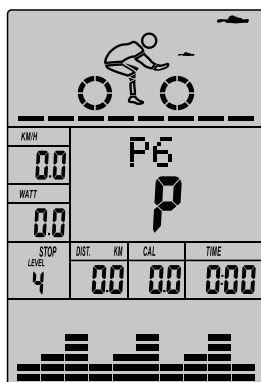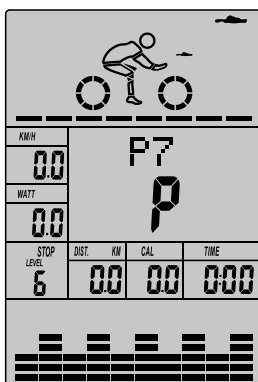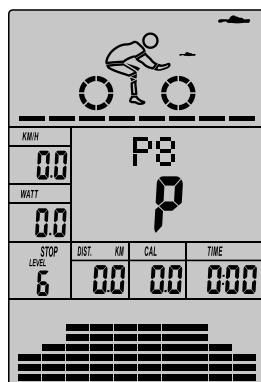

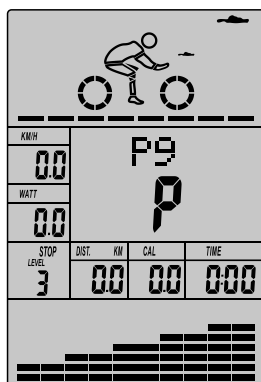Fig 4   Fig 5   Fig 6
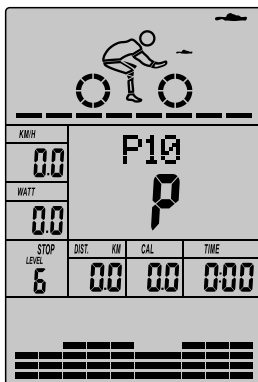
Product Operation Guide

Fig 7
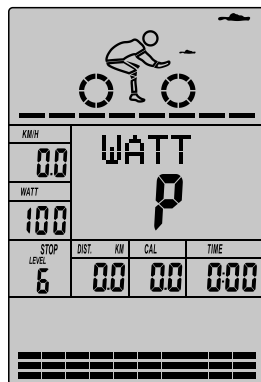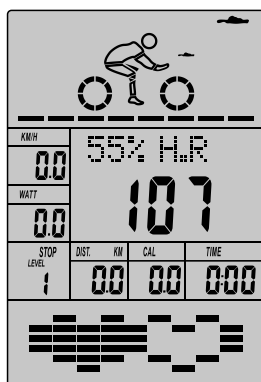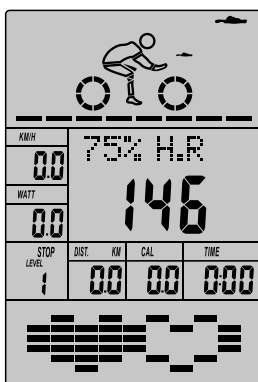
Fig 8

Fig 9

Fig 10

Fig 11

Fig 12

Fig 13

Fig 14
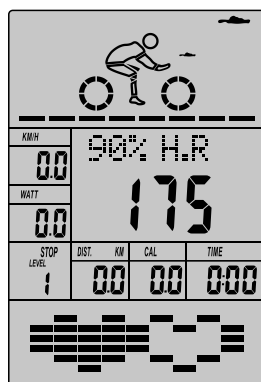
Fig 15

E: 4 Custom Programs: CUSTOM1~CUSTOM 4 (Fig 17~Fig 20)
F: 1 Fat Measurement Program (Fig 21)
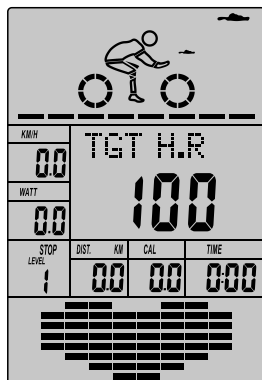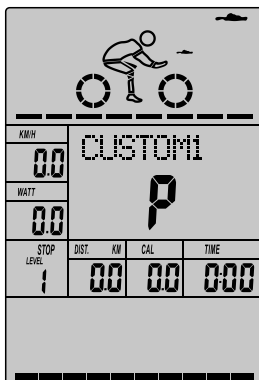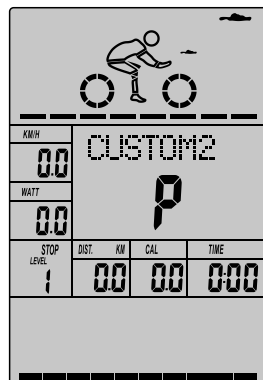
Fig 16	Fig 17	Fig 18
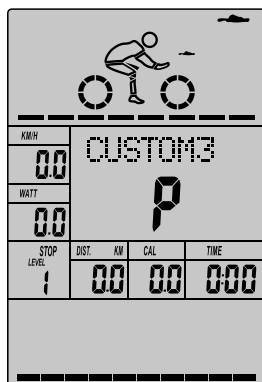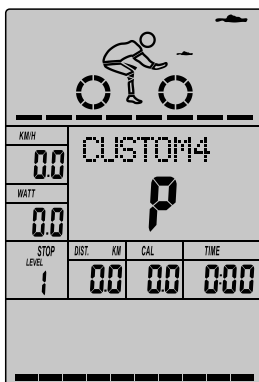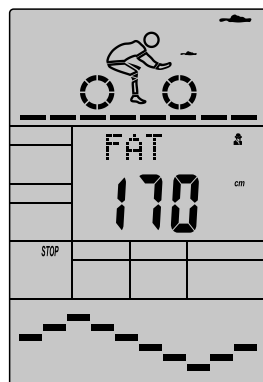
Fig 19	Fig 20	Fig 21

2. Record the user's data of GENDER, HEIGHT, WEIGHT and AGE even the power is off.
3. Dot matrix display showing your current status (Fig 22)
4. Simulative ECG with measured heart rate (Fig 23)

CUSTOM4
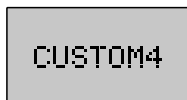
Fig 22
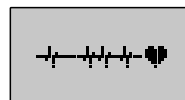
Fig 23

5. Display Speed (RPM), TIME, DIST., CAL., WATT, PULSE, LEVEL at the same time in different areas.
6. The console will turn off automatically if there is no operation, speed signal and pulse signal for 4 minutes. Meanwhile, your current status data will be saved and the load will be reset to the minimum degree. Once you press any button or enter a speed signal, the console will turn on automatically.

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1. ENTER:
- In "stop" mode(display STOP), press ENTER button to enter into program selection and setting value which flash in related window.
  A: When you choose the program, press Enter to confirm the one you like.
  B: When in setting, press ENTER to confirm the value that you would like to preset.
- During the start mode (display START), press ENTER to choose display the speed or RPM, or switch automatically.
- During any mode, hold down this button for 2 seconds to totally reset the computer.

2. START/STOP:
- Press START/STOP button to start or stop the programs.
- During any mode, hold down this button for 2 seconds to totally reset the computer.

3. UP:
- In the stop mode and the dot matrix character flashes, press button UP (or rotate it clockwise) to select a program upward. When the related window value flashes, press button UP (or rotate it anti-clockwise) to increase the value.
- In the start mode (display START), press button up (or rotate it clockwise) to increase the load so as to add training resistance.

4. DOWN:
- In the stop mode and the dot matrix character flashes, press button DOWN (or rotate it anti-clockwise) to select a program downward. When the related window value flashes, press button DOWN (rotate it clockwise) to decrease the value.
- In the start mode (display START), press button DOWN (or rotate it anti-clockwise) to decrease the load so as to reduce training resistance.

5. PULSE RECOVERY:
- First test your current heart rate and show your heart rate value, press this button to enter into pulse recovery testing.
- When you are in pulse recovery mode, press this button to exit.

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Operation:

1. Turn on the computer

Plug one end of the adaptor in the AC socket and connect the other end to the computer. The

computer will beep and enter into initial mode. (Fig 24)

2. Program selection and value setting

● **Manual Program and Preset Program P1~P10**

A. Press (or rotate) button UP/DOWN to select a program that you want to run. (Fig 25)

B. Press button ENTER to confirm the selected program and enter into time setting window.

C. The time display will flash, and then press (or rotate) button UP/DOWN to set up your desired time. Press ENTER to confirm the value. (Fig 26)

D. The distance display will flash, and then press (or rotate) button UP/DOWN to set up the desired distance value. Press ENTER to confirm the value. (Fig 27)

E. The calories display will flash, and then press (or rotate) button UP/DOWN to set up the desired calories to be consumed. Press ENTER to confirm the value. (Fig 28)

F. Press START/STOP to begin exercise. (Fig 29)

● **Watt Control Program**

A. Press (or rotate) button UP/DOWN to select the watt control program.
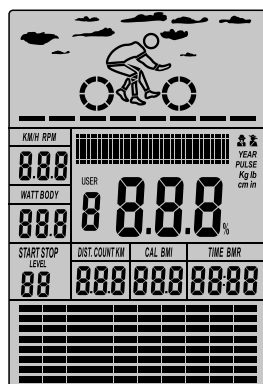
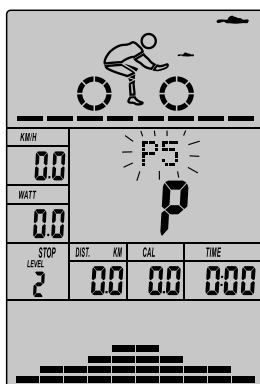B. Press ENTER to confirm the selected watt control program, and enter into time setting window.
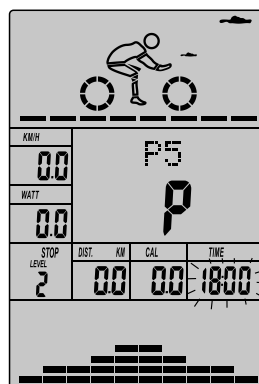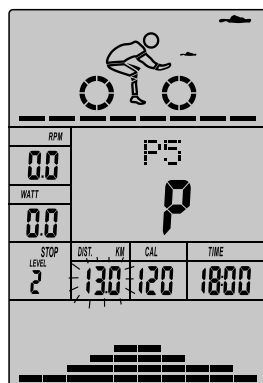
Fig 24

Fig 25

Fig 26

Fig 27

Fig 28

Fig 29

C. The time display will flash, and then press (or rotate) button UP/DOWN to set up the desired time for exercise. Press ENTER to confirm the value.

D. The distance display will flash, and then press (or rotate) button UP/DOWN to set up the desired distance value. Press ENTER to confirm the value.

E. The calories display will flash, and then press (or rotate) button UP/DOWN to set up the desired calories to be consumed. Press ENTER to confirm the value.

F. The watt display will flash, and then press (or rotate) button UP/DOWN to set up the watt to do the exercise. Press ENTER to confirm the value. (Fig 30)

G. Press START/STOP to begin exercise.

NOTE:
WATT is decided by TORQUE and RPM, and different load and RPM will get different WATT value. In this program, WATT is a constant. The higher your speed, the less the resistance, vice versa. In a word, you will consume the same power all the time.

● **HEART RATE CONTROL PROGRAM: 55% H.R, 75% H.R and 90% H.R**

The maximum heart rate differs with people's age and this program controls the exercise degrees respectively based on 55%, 75% and 90% of the maximum heart rate.

A. Press (or rotate) button UP/DOWN to choose the heart rate control program.

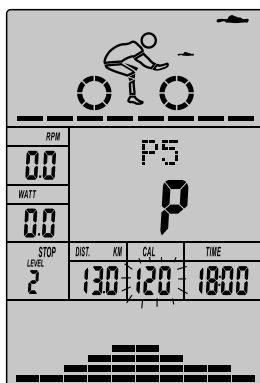B. Press ENTER to confirm the heart rate control program, and enter into time setting window.

C. The time display will flash, and then press (or rotate) button UP/DOWN to set up the desired time. Press ENTER to confirm the value.

D. The distance display will flash, and then press (or rotate) button UP/DOWN to set up the desired distance value. Press ENTER to confirm the value.

E. The calories will flash, and then press (or rotate) button UP/DOWN to set up the desired calories to be consumed. Press ENTER to confirm the value.

F. The age display will flash, and then press (or rotate) button UP/DOWN to set the user's age. Press ENTER to confirm the value. (Fig 31)

G. When the target heart rate control program flashes, the computer will display the user's target heart rate according to user's age.

H. Press START/STOP to begin exercise.

● **HEART RATE CONTROL PROGRAM: TARGET HEART RATE**

The user can set any target heart rate during the exercise.

A. Press (or rotate) button UP/DOWN to select TARGET HEART RATE program.

B. Press ENTER to confirm your choice and enter into time setting window.

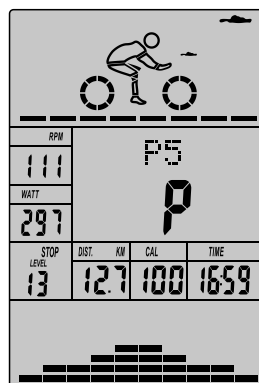C. The time display will flash, and then press (or rotate) button UP/DOWN to set the desired time for exercise. Press ENTER to confirm the value.

D. The distance display will flash, and then press (or rotate) button UP/DOWN to set up the desired distance value. Press ENTER to confirm the value.

E. The calories display will flash, and then press (or rotate) button UP/DOWN to set up the desired calories to be consumed. Press ENTER to confirm the value.

F. The target heart rate display will flash, and then press (or rotate) button UP/DOWN to set up your target heart rate. Press ENTER to confirm the value. (Fig 32)

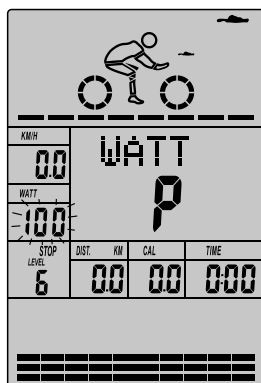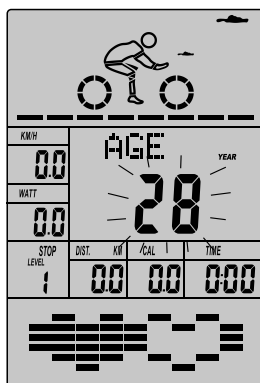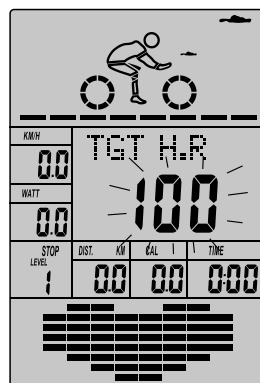G. Press START/STOP to begin exercise.

| Fig 30 | Fig 31 | Fig 32 |

Product Operation Guide

NOTE:
During exercise, the user's heart rate value depends on exercise load and speed. The heart rate control program is to ensure your heart rate within the preset value. When the monitored heart rate is higher than the preset, the load resistance will automatically decrease or the user may slow down the speed to bring down the heart rate. If the monitored heart rate is lower than the preset, the load resistance will automatically increase or the user has to speed up.

● **Custom Programs: CUSTOM1~CUSTOM4**
A. Press (or rotate) button UP/DOWN to select the user.
B. Press ENTER to confirm your choice, and enter into time setting window.
C. The time display will flash, and then press (or rotate) button UP/DOWN to set up the desired time for exercise. Press ENTER to confirm the value.
D. The distance display will flash, and then press (or rotate) button UP/DOWN to set up the desired distance value. Press ENTER to confirm the value.
E. The calories display will flash, and then press (or rotate) button UP/DOWN to set up the desired calories to be consumed. Press ENTER to confirm the value.
F. The first resistance level will flash, and then press (or rotate) button UP/DOWN to set the desired load resistance. Press ENTER to confirm. Then repeat the above operation to set the resistance from 2 to10. (Fig 33)
G. Press START/STOP to begin exercise.

● **Fat Measurement Program**
A. Press (or rotate) button UP/DOWN to select FAT measurement program (Fig 34)
B. Press ENTER to confirm your choice, and enter into height setting mode.
C. The height display will flash, and then press (or rotate) button UP/DOWN to set up your height. Press ENTER to confirm the value. (Fig 35)
D. The weight display will flash, and then press (or rotate) button UP/DOWN to set up your weight. Press ENTER to confirm the value. (Fig 36)
E. The age display will flash, and then press (or rotate) button UP/DOWN to set up your age. Press ENTER to confirm the value. (Fig 37)
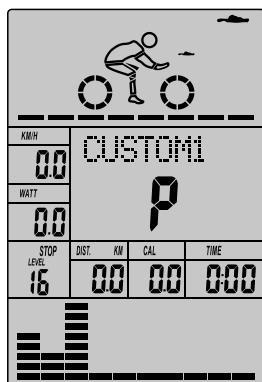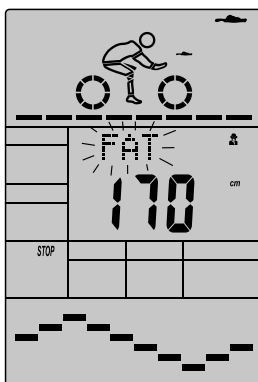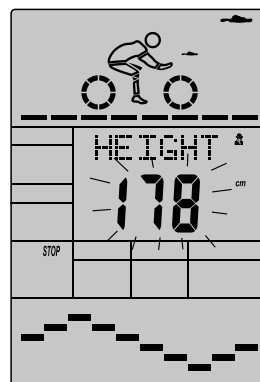
Fig 33	Fig 34	Fig 35

F. The weight display will flash, and then press (or rotate) button UP/DOWN to set up your weight. Press ENTER to confirm the value. (Fig 38)

G. The age display will flash, and then press (or rotate) button UP/DOWN to set up your age. Press ENTER to confirm the value. (Fig 39)
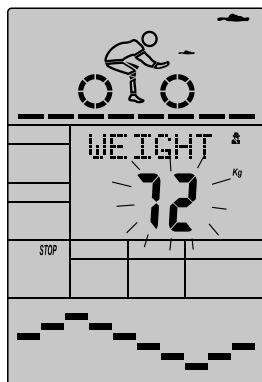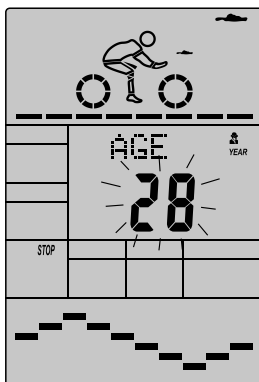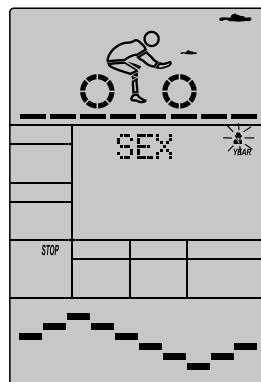

| Fig 36 | Fig 37 | Fig 38 |

NOTE

① During fat measurement, hold the sensor pads in your palms. The results are descriptions of FAT%, BMR (Basal Metabolic Rate), BMI (Body Mass Index), BODY and body shape. (Fig 40)
FAT%: The total fat percentage in our body.
BMR: Basal Metabolic Rate (metabolism) is the energy (measured in calories) needed by the body at rest to maintain normal bodily function.
BMI: means Body Mass Index, which is used to build body shape.

② During fat measurement, if your palms fail to contact the pulse sensor, no signal will be received, and the result will display ERROR2. Press START/STOP to try again.

③ During the measurement, you cannot exit the program by pressing any button. After the measurement is completed, press (or rotate) button UP/DOWN to exit the fat measurement program and switch to another program.

④ Fat Percentage and Body Shape Comparison

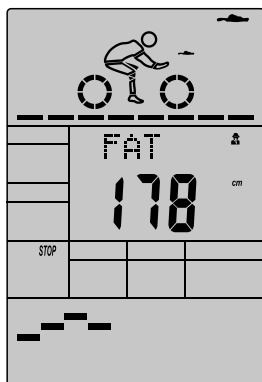| Body Shape / Age/Gender / FAT%	Slim BODY 1	Healthy BODY 2	Fleshy BODY 3	Over WT BODY 4	Obese BODY 5
Male/≤30 years old	<14%	14% ~ 20%	20.1% ~ 25%	25.1% ~ 35%	>35%
Male/>30 years old	<17%	17% ~ 23%	23.1% ~ 28%	28.1% ~ 38%	>38%
Female/≤30 years old	<17%	17% ~ 24%	24.1% ~ 30%	30.1% ~ 40%	>40%
Female/>30 years old	<20%	20% ~ 27%	27.1% ~ 33%	33.1% ~ 43%	>43%

Product Operation Guide

Fig 39

Fig 40

3. Pulse Recovery

The pulse recovery test is to compare your heart rate before and after exercise so as to determine your healthy condition. Please do the test as below:

A. Hold the pulse sensor with both hands or measure the pulse via wireless transmitter belt (if applicable), the current pulse will be displayed on the console.

B. Press RECOVERY to start pulse recovery test, meanwhile, the computer program will be in the stop status. (Fig 41)

C. Keep pulse measurement.

D. Time display starts 60s countdown.

E. When it reaches 0, the test result (F1.0-F6.0) appears on the display. (Fig 42)
   F1.0=Excellent   F2.0=Good   F3.0=Fair F4.0=below average F5.0=No Good F6.0=Poor

F. If no pulse is displayed before pressing RECOVERY, the pulse recovery test will not start. During the pulse recovery test, press RECOVERY to exit the test and return to the stop status.
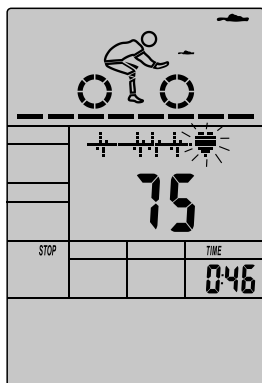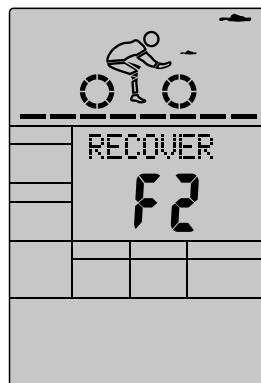

Fig 41

Fig 42

Product Operation Guide

4. Pulse Measurement

Please hold the metal pads of the pulse sensor with your palms. Make sure both your palms get contact with the two metal pads during the measurement. Your current heart rate will be displayed in beats per minute (BPM) after 3~4 seconds. During the measurement, when the pulse signals are received, the pulse signs will flash and a simulative ECG appears.

NOTE:

During the process of pulse measurement, due to possible signal interference caused by contact with the metal pads, there may be some measurement deviation. Therefore, try to keep your palms still during the measurement, and do not rub the metal pads. In this way, you can decide your exercise amount based on the pulse measured, but the measurement value cannot be regarded as the basis of medical treatment.

NOTE:

If the machine is also equipped with wireless pulse measurement device, when the pulse is measured both through contact with the pulse sensor and via the transmitter belt, the results received from the wireless device is preferred.

Test parameters:

SPEED KM/H(M/H):	Showing your current speed. Range: 0.0~99.9 KM/H(Mile/H).
RPM:	Showing the current rotate per minute. Range: 0~999.
TIME:	The accumulative exercise time, range: 0:00~99M59S. The time setting range is 5:00~99M00S. The computer will start to count down from the set time to 0:00 with average time for each resistance level. When it reaches to zero, the program will stop and the computer alarms. If you do not set a time, it will run with one minute for each resistance level.
DIST:	The exercise accumulative distance. Range: 0.0 ~ 99.9 ~ 999KM (MILE); Distance setting range :1.0~99.0~999. When the distance reaches 0, the program will stop and the computer will alarm.
CALORIE:	The exercise accumulative calories burnt. Range: 0.0~99.9~999; calories setting range: 10.0~90.0~990. When the calorie reaches 0, the program will stop and the computer will alarm.
PULSE:	Showing the exercise heart rate value. Range: 30~240 BPM
RESISTANCE LEVEL:	Showing resistance level. Range:1~16
WATT:	Show the exercise watt.

Product Operation Guide

Breakdown display
1. When the computer displays ERROR1, it means that the motor is broken or the motor wires are not well-connected.
2. When the computer displays ERROR2, it means that no sensor signal received during the body fat test.

MP3 player (if any)
Connect the audio input plug to the the earphone jack, then toggle on ON/OFF switch on the side of the computer. The mp3 files in the external drive will be played right now.

Power: Adaptor
INPUT: 220VAC (according to State Grid Standard)
OUTPUT: 8VDC 500mA AC-DC ADAPTOR or 9VDC 800mA
              AC-DC ADAPTOR (for MP3) or 8VDC 600mA SWITCHING POWER SUPPLY
              ADAPTOR
NOTE:
Self-generating electricity products are supplied without adaptors.

Troubleshooting

Problems	Solutions
ERROR1	Please check if the motor is broken or poorly connected.
ERROR2	Please check if the sensors receive any signals.
No screen display	Ensure the power wire is well connected to the power socket. Ensure the rectifier is well connected and linked with 220V AC power.
Unstable equipment base	Place the equipment on a flat surface; adjust the height of the rear foot pads.
Loose handlebar post	Ensure the handlebar post is firmly fastened with 4 pcs of screws (21).

Product Maintenance

Weekly maintenance is required for all moveable accessories (eg, handlebar, pedal, etc.). Check and fasten the accessories every time, and timely replace any worn parts.

IMPORTANT:
Never clean the equipment with abrasive solvents. To prevent damage to the computer, keep it away from liquids and avoid exposure to direct sunlight.

Product Specifications

Product Name	ACTIVO Spin Pro B2.1
Model number of the product	AC2800
Packing Dimensions (Length/ Width/ Height)	L1030 x W280 x H755 (mm)
Color	Blue
Quantity (pc)	1
Gross Weight	42 kg
Net Weight	38 kg
Technical data of adapter	AC220-240VAC, 50/60Hz
Maximum user weight	120kg

Contact Us

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目录

ACTIVO 真心感谢您选择 Spin Pro B2.1。使用前请阅读此说明书，特别是安全说明部分，并保留此说明书予以备用。

备注:

产品组装前，请先从箱内取出相关的配件并核实是否配件齐全。相关的组装步骤图有相应的文字、描述和图例参考。

安全说明
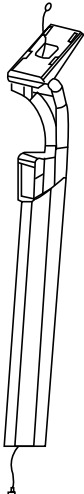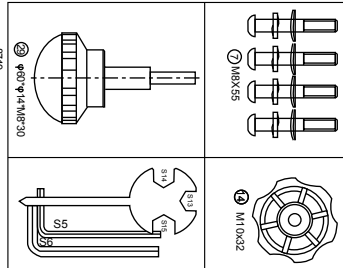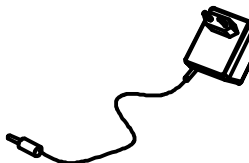
请确保在您组装产品前详细阅读本产品使用说明书及以下安全警告。

1. 每一个组装步骤请根据产品使用说明书的描述进行。

2. 使用产品前，请检查确保所有螺钉，螺母及其他连接处均完好无损；运动期间确保产品摆放位置正确，所有使用者均需详细了解所有注意事项。

3. 请在干燥平坦的地面组装产品，避免潮湿有积水的地方；并在使用前确保产品使用时周围有2米的活动范围。

4. 产品组装和使用过程中，可在产品下方铺一张垫子（如橡胶垫，毛毯等），可有效防止刮伤或者脏污。

5. 请勿使用刺激性大的清洁剂来擦拭/清洁本产品。在使用完本产品后，请马上将机身上的汗水擦拭干净。

6. 组装或是维修本产品，请使用本产品原配的工具或者适合的公开；任何维修都需用原配的配件进行替换。

7. 不当操作及过量运动会伤害到您的身体健康。在您运动前，请先咨询医生，尤其是35岁以上或之前存在健康问题的使用者须特别注意这一点。

8. 此产品只适合于室内使用/家用/轻商用，并不适用于医疗目的。

9. 运动时请穿上合适的服装及运动鞋，防止衣服过于宽松勾到产品或是限制运动。

10. 如出现以下不适反应：头晕、恶心呕吐、心跳加快呼吸不畅或其他反常体征，请马上停止运动并咨询您的医生；如要继续您的锻炼计划，请先向医生咨询再安排。

11. 产品运动的阻力会随着使用者的运动速度加快而增加，你也可以通过操作相关按键来调节阻力大小。

12. 此产品最大的使用者重量不得超过 120KGS。

保修说明

1. 本保权限不可转让。

2. 本保修服务仅对在 ACTIVO 购买的产品有效。

3. 当要求保修服务时请出示正本购买凭据。

4. 在保修范围内的维修服务自购买之日起一年内有效。

5. 由于错误使用，不合理保养以及未经授权私自改装和维修此产品而导致的损坏，不属于保修范围。

6. 此保修范围不包括不属于产品本身的附件。

7. 此保修范围不适用于租赁，交易，商业，机构或其他非个人使用者。

8. 此保修范围所涉及的维修服务必须经过 ACTIVO 授权，且必须授权的技术人员维修。

9. 若需更换的维修附件缺货，ACTIVO 有权采用替代配件进行维修。

主架	前底管	后底管
电子表	左右鞍管护罩	鞍管横管结合
把手	鞍管	前后仪表护罩
脚蹬	把立管护罩	鞍座

产品部件

把立管	工具	适配器

零件分解图

配件明细表

序号	名称	数量	序号	名称	数量
1	车架结合	1	21	内六角平端紧定螺钉	2
2	后底管结合	1	22	前立管护罩	1
3	前底管结合	1	23	感应线	1
4	椭圆管塞	4	24	感应中继线	1
5	调节脚垫	4	25	把立管结合	1
6	六角螺母	4	26	十字盘头螺钉	4
7	内六角盘头螺栓	4	27	平垫	3
8	弹垫	4	28	尼龙螺母	3
9	弧形垫片	4	29	球头螺杆	1
10 L/R	左右脚蹬	各1	30	电子表	1
11 L/R	左右曲柄	各1	31	平垫	1
12	弹销旋钮	1	32 L/R	前后仪表护罩	各1
13	鞍管结合	1	33	十字盘头自攻螺钉	11
14	梅花柄螺母	1	34	十字盘头自攻螺钉	4
15	平垫	1	35	可调车把	1
16	U 绞座结合	1	36	握把线	2
17	方管塞	2	37	把套	2
18	鞍管横管结合	1	38	管塞	2
19 L/R	左右鞍管护罩	各1	39	适配器	1
20	鞍座	1			

装配指南

步骤一：

用内六角盘头螺栓（7）、弹垫（8）、弧形垫圈（9）分别将前底管（3）、后底管（2）锁紧在车架结合（1）上。
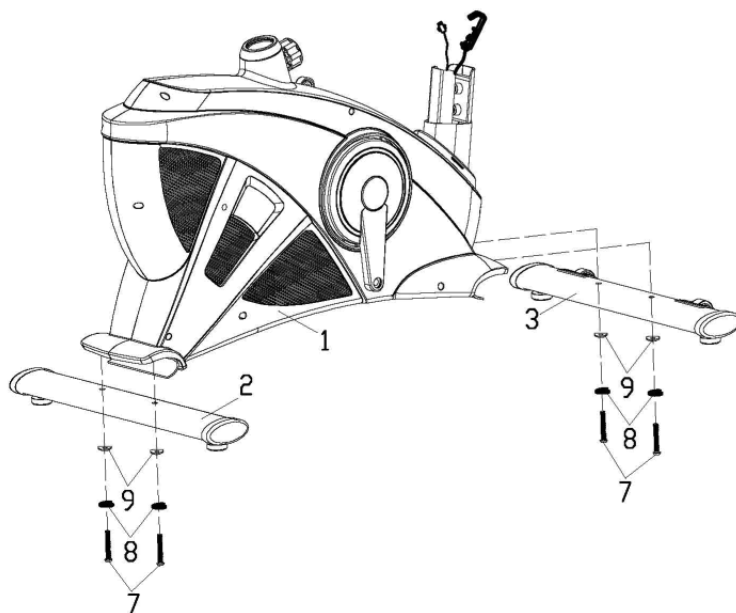
步骤二：

1. 用尼龙螺母（20）、平垫（27）将鞍座（20）锁紧在鞍管横管结合（18）上。

2. 将鞍管横管结合（18）用梅花柄螺母（14）、平垫（15）和绞座结合（16）锁紧在鞍管结合（13）上。

3. 将鞍管结合（13）插入车架结合（1）的立管中，调整好高度，并对好孔，最后用弹销旋钮（12）将其锁紧。

4. 用十字盘头自攻螺钉（33）（34）将左右鞍管护罩（19L/R）锁紧在鞍管结合（13）上。

注意：

在运动之前必须确保鞍座（20）锁紧在鞍座横管结合（18）上。
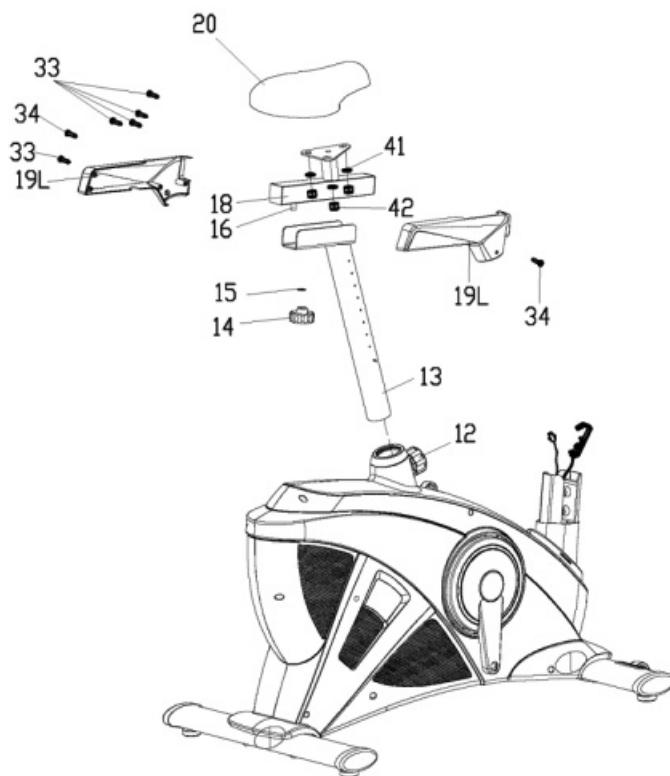
步骤三：

将左右脚蹬（10L/R）分别锁紧在左右曲柄（11L/R）上。

注意：

左脚蹬（10L）应逆时针锁紧，右脚蹬（10R）应顺时针锁紧，按如下图箭头所指方向，在运动过程中时刻保持左右脚蹬（10L/R）在旋紧状态，否则将会使左右脚蹬（10L/R）的牙损坏。
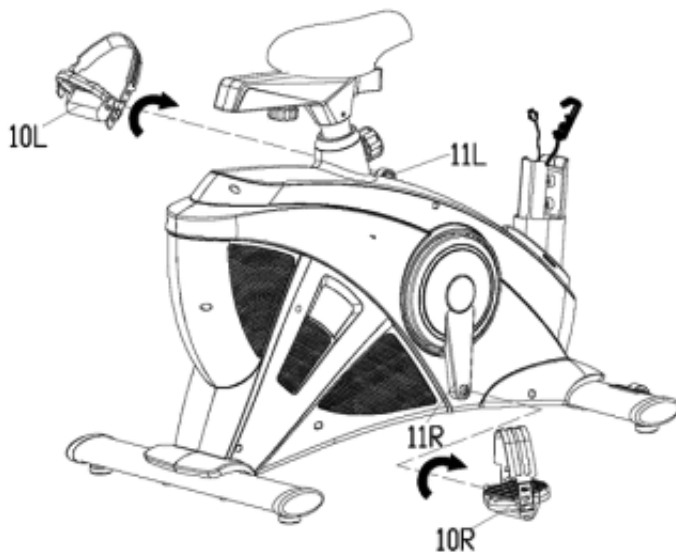
步骤四:

1. 先将前后仪表护罩（32L/R）、球头螺杆（29）从把立管（25）拆卸，然后将握片接线（36）从把立管（25）的孔穿入并从表托板孔中穿出。

2. 将球头螺杆（29）穿过前仪表护罩（32L）、平垫（31），将车把（35）预装在把立管（25）把夹头上。

装配指南
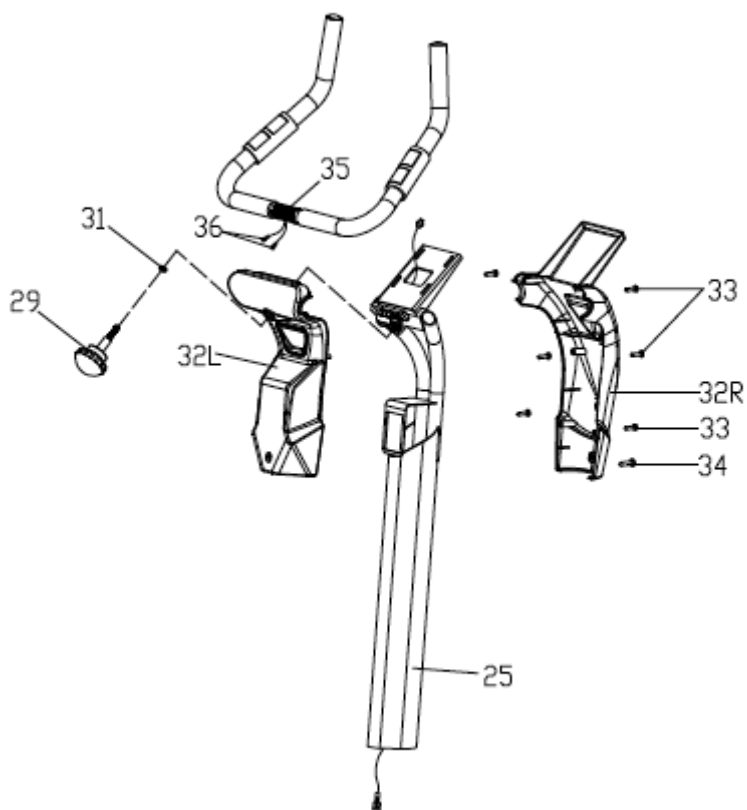
步骤五：

1. 先将握片接线（36）、感应中继线（24）分别与电子表（30）的相应接线连接好，然后用十字盘头螺钉（26）将电子表（30）锁紧在把立管（25）的表托板上，将之前预装的锁紧。

2. 用十字盘头螺钉（33）/(34) 将前后仪表护罩（32L/R）锁紧在把立管（25）上。
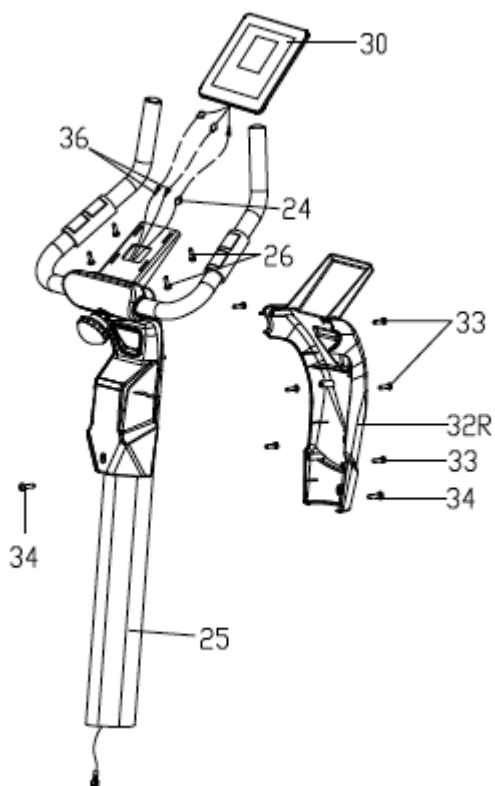
步骤六：

1. 先将把立管护罩（22）套入到把立管（25）上，然后将感应中继线（24）和感应线（23）连接好。

2. 将把立管结合（25）套入车架结合（1）的前管上，然后用内六角平端紧定螺钉（21）将把立管结合（25）锁紧在车架结合（1）的立管上，最后放下把立管护罩（22）。
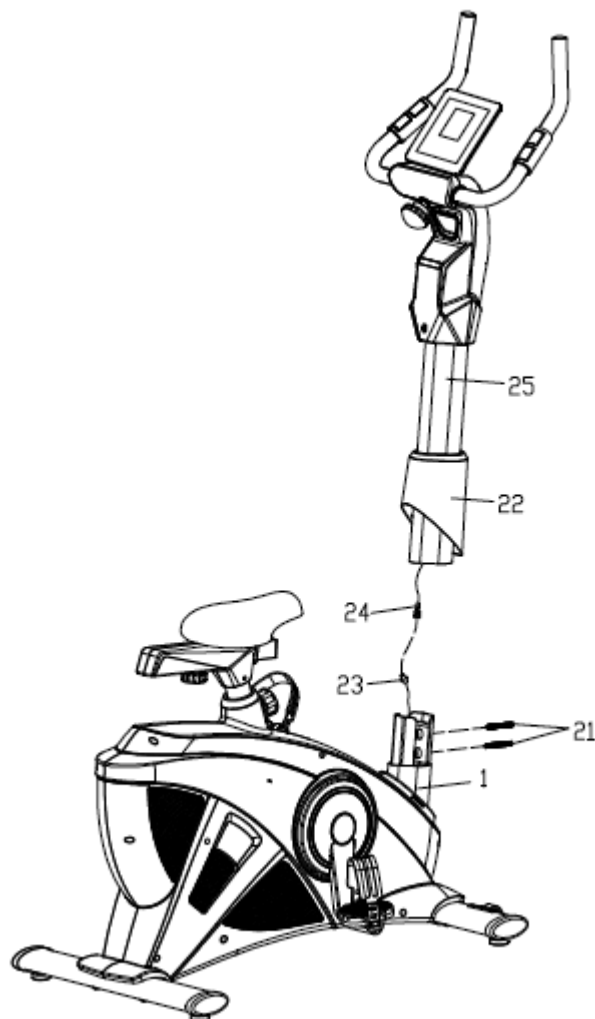
功能

1. 程序：共计 21 个，分别为：

A：1 个手动程序 MANUAL (如图 1)

B：10 个预设程序 P1～P10 (如图 2～图 11)

P1: ROLLING	P2: VALLEY	P3: FATBURN	P4: RAMP	P5: MOUNTAIN
P6: INTERVAL	P7: CARDIO	P8: ENDURANCE	P9: SLOPE	P10: RALLY
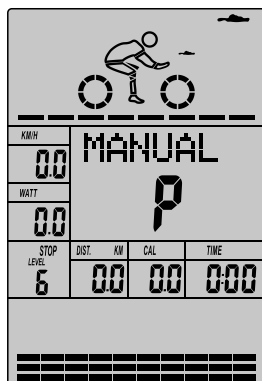
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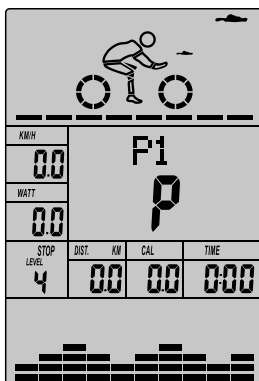
图 2
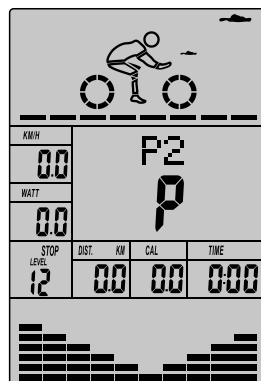
图 3

C：1 个瓦特控制程序 WATT (如图 12)

D：4 个心率控制程序 (如图 13～图 16)

55% H.R，75% H.R，90% H.R 及TARGET H.R
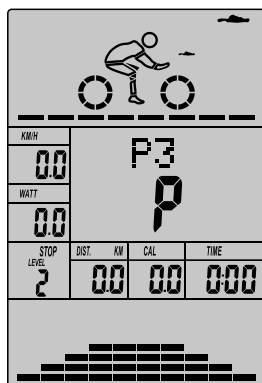
图 4
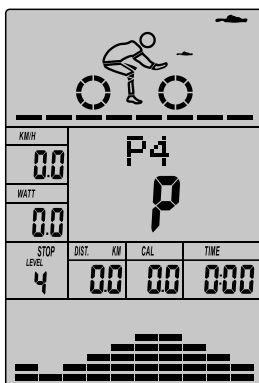
图 5
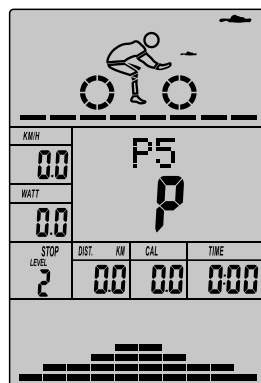
图 6
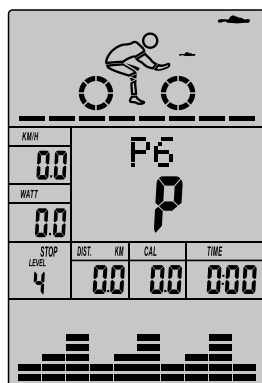
图 7
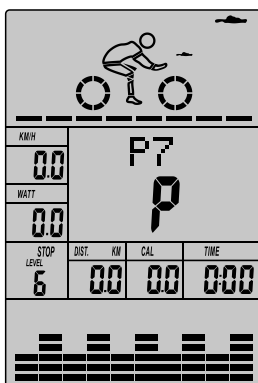
图 8
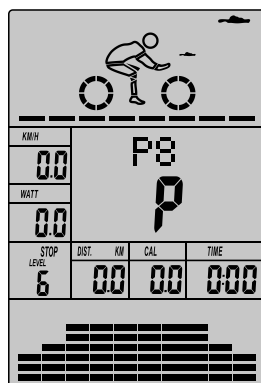
图 9
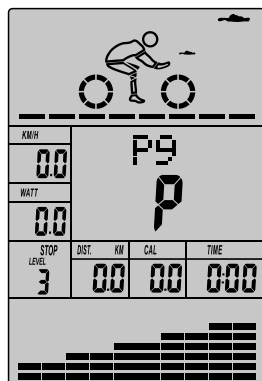
图 10

图 11

图 12

图 13

图 14

图 15

activo
SPIN PRO B2.1
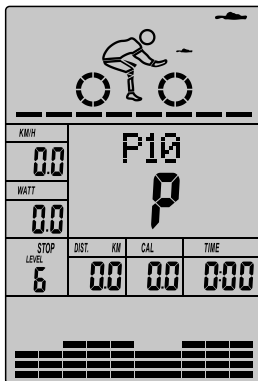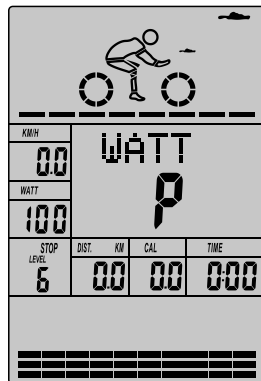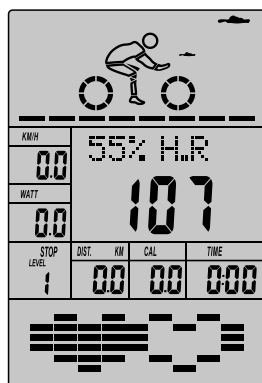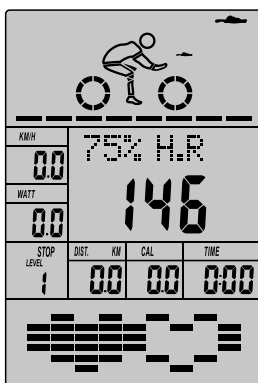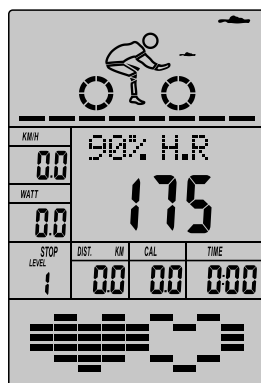
E：4 个用户自定义程序 CUSTOM1～CUSTOM4 (如图 17～图 20)

F: 1 个体脂测试程序：Fat (如图 21)
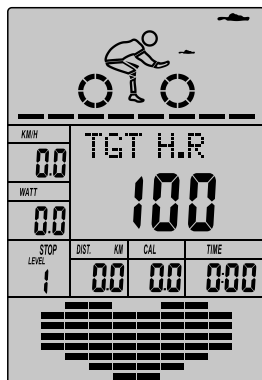
图 16
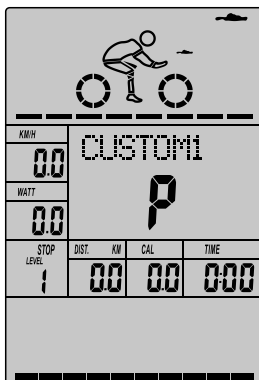
图 17

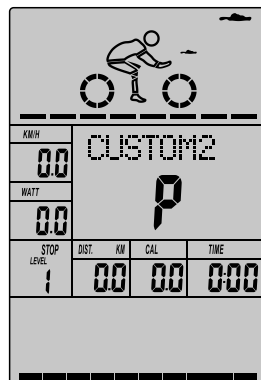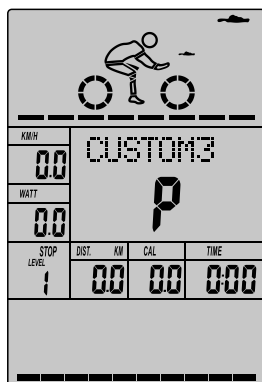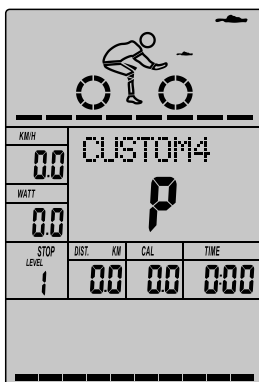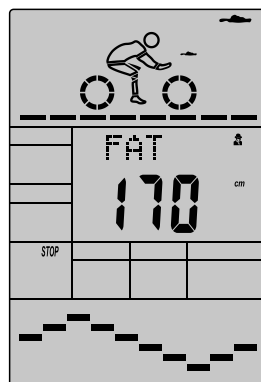图 18

图 19

图 20

图 21

2. 在断电后可记忆用户的性别，身高，体重及年龄等信息。

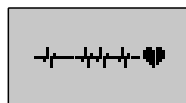3. 采用点阵字符显示主要信息（如图22）

4. 模拟心电图显示心率信息（如图23）

图 22

图 23

5. 在不同区域同时显示速度 Speed (RPM)，时间 TIME，距离 DIST.，卡路里 CAL.，瓦特 WATT，心率 PULSE， 阻力 LEVEL。

6. 4 分钟无按键操作，无速度及心率信号，电子表自动关机，同时保存当前显示状态的信息，负荷复位至最小；操作任一按键或输入速度信号，电子表自动开机。

产品操作指南

按键

1. 输入键 ENTER：
- 在停止状态（显示 STOP），按 ENTER 键进入功能程序和设置功能数值选择，选择的窗口将闪烁提示。
- A. 选择功能程序是，按 ENTER 键确认您所希望进行运动的程序。
- B. 设置功能数值时，按 ENTER 键确认所设置的数值。
- 在运行（显示START），状态，按 ENTER 键可以选择速度窗口显示速度或 RPM 或自动切换。
- 任何状态下，持续按 ENTER 键 2 秒钟，电子表恢复到初始状态。

2. 开始/停止键 START/STOP：
- 按 START/STOP 键启动或停止程序。
- 任何状态下，持续按 START/STOP 键 2 秒钟，电子表复位至初始状态。

3. 向上调节键 UP：
- 停止（显示 STOP）状态下，字符窗口闪烁时，按 UP 键（或顺时针旋转）向上选择程序；参数窗口闪烁时，按 UP 键（或顺时针旋转）向上调节参数。
- 运行（显示 START）状态下，按 UP 键（或顺时针旋转）向上调节负荷，增加锻炼阻力。

4. 向下调节键 DOWN：
- 停止（显示 STOP）状态下，字符窗口闪烁，按 DOWN 键（或逆时针旋转）向下选择程序；参数窗口闪烁时，按 DOWN 键（或逆时针旋转）向下调节参数。
- 运行（显示 START）状态下，按 DOWN 键（或逆时针旋转）向下调节负荷，减小锻炼阻力。

5. 心率恢复键 PULSE RECOVERY：
- 首先测试您的当前心率，电子表显示你的心率值，按 RECOVERY 键进行心率恢复测试。
- 进行心率恢复测试时，按 RECOVERY 键退出心率恢复测试。

产品操作指南

操作:

1. 连接仪表电源

将电源适配器一端插至交流电源插座，另一端插在仪表电源接口处，此时仪表发出 1 秒钟的 "BEEP" 声，同时全显进入仪表初始状态。（如图 24 ）

2. 程序选择和数值设置

- 手动程序 MANUAL 和预设定程序 P1~P10 的操作。
- A. 按 UP/DOWN 键（或旋转）选择您希望进行运动的程序。（如图 25 ）
- B. 按 ENTER 键确认选择的程序同时进入时间窗口设置状态。
- C. 时间的读数闪烁，按 UP/DOWN 键（或旋转）设定希望运动的时间，然后按 ENTER 键确认所设置的数值。（如图 26 ）
- D. 距离的读数闪烁，按 UP/DOWN 键（或旋转）设定希望运动的距离值，然后按 ENTER 键确认所设置的数值。（如图 27 ）
- E. 卡路里的数值闪烁，按 UP/DOWN 键（或旋转）设定希望运动消耗的能量，然后按 ENTER 键确认设置的数值。(如图 28)
- F. 按 START/STOP 键开始运动。(如图 29)

- 瓦特控制程序 Watt
- A. 按 UP/DOWN（或旋转）选择瓦特控制程序 WATT。
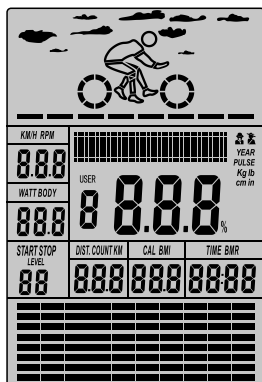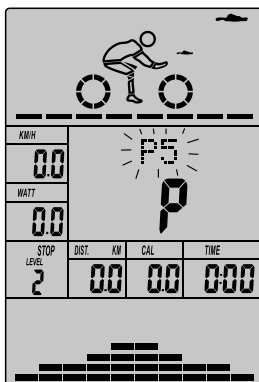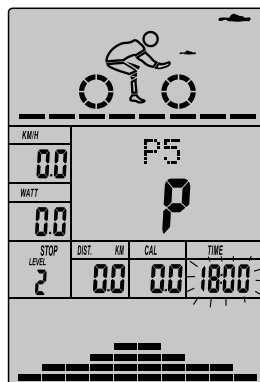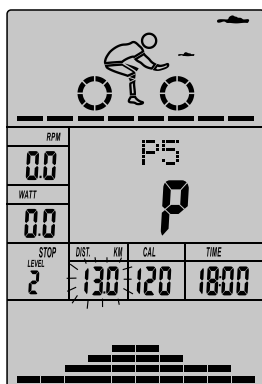- B. 按 ENTER 键确认选择的瓦特控制程序，同时进入时间窗口设置状态。

图 24

图 25

图 26

图 27

图 28

图 29

C. 时间的读数闪烁，按 UP/DOWN 键（或旋转）设定希望运动的时间，然后按 ENTER 键确认所设置的数值。

D. 距离的读数闪烁，按 UP/DOWN 键（或旋转）设定希望运动的距离值，然后按 ENTER 键确认所设置的数值。

E. 卡路里的读数闪烁，按 UP/DOWN 键（或旋转）设定希望运动消耗的能量，然后按 ENTER 键确认所设置的数值。

F. 瓦特的读数闪烁，按 UP/DOWN 键（或旋转）设定瓦特值，然后按 ENTER 键确认所设置的数值。（如图 30）

G. 按 START/STOP 键开始运动。

备注:
瓦特由力矩和 RPM 决定，不同的负荷与不同的 RPM 计算出的瓦特值不同。在瓦特控制程序中，瓦特值是恒量。即若您踩得快，负荷值会减小；反之，负荷值会增加。

总之，会让您在相同的瓦特值下运动。

产品操作指南

● 心率控制程序: 55% H.R，75% H.R 和 90% H.R

不同年龄的人其心率最大值不一样，此类程序分别是按最大心率的 55%、75% 及 90% 来进行控制锻炼。

A. 按 UP/DOWN（或旋转）选择一个心率控制程序。

B. 按 ENTER 键选择一个心率控制程序，同时进入时间窗口设置状态。

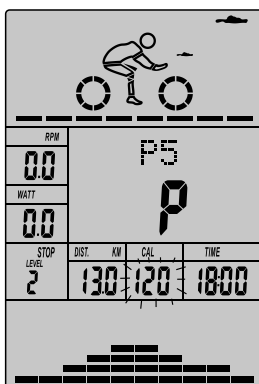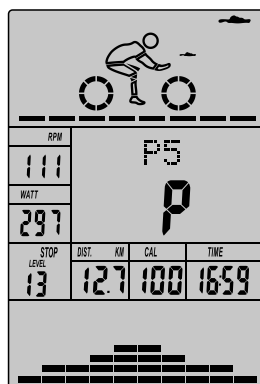C. 时间的读数闪烁，按 UP/DOWN 键（或旋转）设定希望运动的时间，然后按 ENTER 键确认所设置的数值。

D. 距离的读数闪烁，按 UP/DOWN 键（或旋转）设定希望运动的距离值，然后按 ENTER 键确认所设置的数值。

E. 卡路里的读数闪烁，按 UP/DOWN 键（或旋转）设定希望运动消耗的能量，然后按 ENTER 键确认所设置的数值。

F. 年龄的读数闪烁，按 UP/DOWN 键（或旋转）设定用户的年龄，然后按 ENTER 键确认所设置的数值。（如图 31）

G. 目标心率提示闪烁，同时对应用户年龄的目标心率在心率窗口显示。

H. 按 START/STOP 键开始运动。

● 心率控制程序：目标心率

使用者在运动时可任意设置目标心率。

A. 按 UP/DOWN键（或旋转）选择一个目标心率程序。

B. 按 ENTER 键确认选择的目标心率程序，同时进入时间窗口设置。

C. 时间的读数闪烁，按 UP/DOWN 键（或旋转）设定希望运动的时间，然后按 ENTER 键确认所设置的数值。

D. 距离的读数闪烁，按 UP/DOWN 键（或旋转）设定希望运动的距离，然后按 ENTER 键确认所设置的数值。

E. 卡路里的读数闪烁，按 UP/DOWN 键（或旋转）设定希望运动消耗的能量，然后按 ENTER 键确认所设置的数值。

F. 目标心率的读数闪烁，按 UP/DOWN键（或旋转）设定您的目标心率值，然后按 ENTER 键确认设置的数值。（如图32）
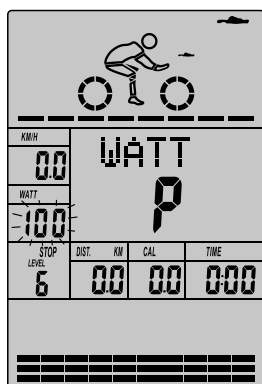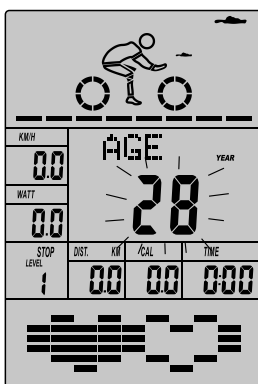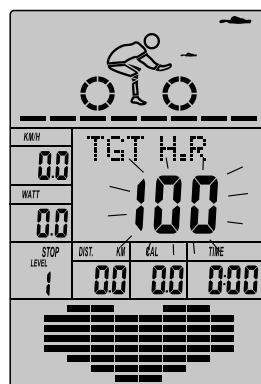
G. 按START/STOP键开始运动。

图 30	图 31	图 32

备注:

运动过程中，用户心率值由运动负荷大小和运动的快慢决定，心率控制是一个让监测到的心率维持在对应设定值；当用户在运动过程中监测到的心率大于设定值，负荷阻力会自动减小或用户减慢运动来达到降低心率作用；反之，负荷阻力自动增加或用户加快运动来达到增加心率。

- 用户自定义程序 CUSTOM1～ CUSTOM4
A. 按 UP/DOWN 键（或旋转）选择用户。
B. 按 ENTER 键确认选择的用户，同时进入时间窗口设置状态。
C. 时间的读数闪烁，按 UP/DOWN 键设定希望的运动时间，然后按 ENTER 键确认所设置的数值。
D. 距离的读数闪烁，按 UP/DOWN 键（或旋转）设定希望运动的距离量，然后按 ENTER 键确认所设置的数值。
E. 卡路里读数闪烁，按 UP/DOWN 键（或旋转）设定希望运动消耗的能量，然后按 ENTER 键确认所设置的数值。
F. 第一段负荷闪烁，按 UP/DOWN 键（或旋转）设定希望运动在该段时间的负荷大小，然后按 ENTER 键确认所设置的负荷值。采用同样的方法设定第二至第十段的负荷值。（如图33）
G. 按 START/STOP 键开始运动。

- 体脂测量程序 FAT
A. 按 UP/DOWN 键（或旋转）选择体脂测试程序 FAT。（如图34）
B. 按 ENTER 键确认选择的体脂测试程序，同时进入身高设置状态。
C. 身高的读数闪烁，按 UP/DOWN 键（或旋转）设定用户的身高，然后按 ENTER 键确认设定的身高值。（如图 35）
D. 体重的读数闪烁，按 UP/DOWN 键（或旋转）设定用户的体重，然后按 ENTER 键确认所设置的体重值。（如图 36)
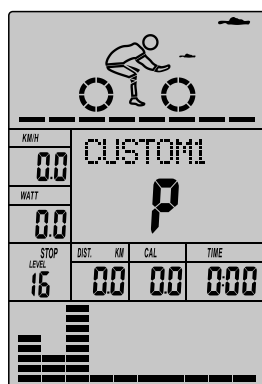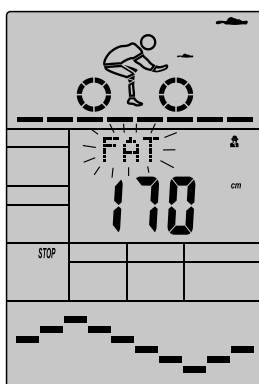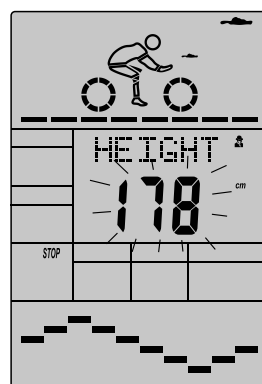E. 年龄的读数闪烁，按 UP/DOWN 键（或旋转）设定用户的年龄，然后按 ENTER 键确认设定的年龄值。（如图 37）

图 33

图 34

图 35

产品操作指南

F. 性别符号闪烁，按 UP/DOWN 键（或旋转）选择用户的性别，然后按 ENTER 键确认用户的性别 。（如图 38 ）。

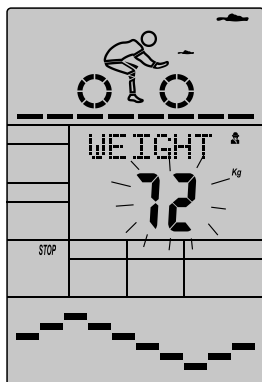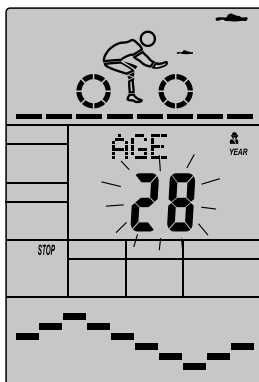G. 按 START/STOP 键开始运动。（如图39 ）

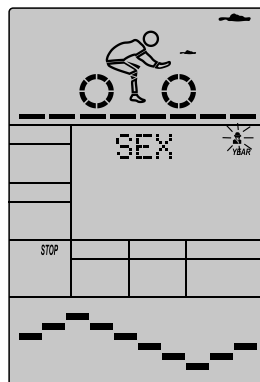图 36　　　　　　　　　　图 37　　　　　　　　　　图 38

备注:

① 进行体脂测试时，应双手握心率测试片，测试结果为：体脂百分比，基础代谢率 BMR，身体质量指数BMI，体型 BODY 及体型描述 。（ 如图 40 ）
　体脂百分比 FAT%: 身体所有脂肪百分比。
　基础代谢率 BMR: 维持身体基本功能所需的热量。
　身体质量指数 BMI: 体重指数，用于调整体型。

② 在体脂测试时，如果手离开心率片，仪表将接收不到信号，测试结束时显示 ERROR2，提示出错信息，用户可以再按 START/STOP 重新测试。

③ 体脂测试过程中，按任何键都不能退出测试，在测试结束后按 UP/DOWN 键可以退出测脂程序，转至其他程序。

④ 脂肪含量与肥胖度对照表。

脂肪百分比　体型　性别/年龄	偏瘦	正常	微胖	偏胖	肥胖
	Slim	Healthy	Fleshy	Over WT	Obese
	BODY1	BODY2	BODY3	BODY4	BODY5
男性≤30岁	＜14%	14%~20%	20.1%~25%	25.1%~35%	＞35%
男性＞30岁	＜17%	17%~23%	23.1%~28%	28.1%~38%	＞38%
女性≤30岁	＜17%	17%~24%	24.1%~30%	30.1%~40%	＞40%
女性＞30岁	＜20%	20%~27%	27.1%~33%	33.1%~43%	＞43%

图 39

图 40

3. 心率恢复测试
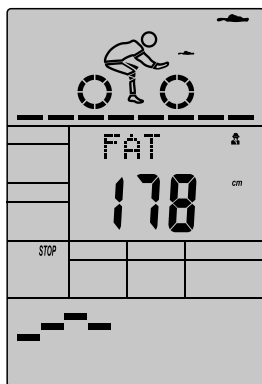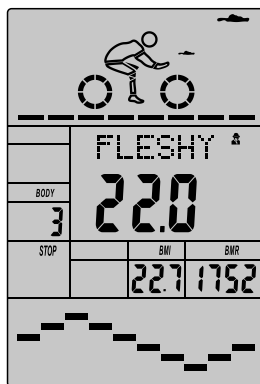
心率恢复测试是在运动前后通过比较心率来对个人的健康定位。测试步骤及方法如下：

A. 双手握住心率传感器或通过胸带无线测试心率（针对有带无线接收装置的产品），仪表显示当前心率值。

B. 按 RECOVERY 键进入心率恢复测试，同时仪表程序进入停止状态。（如图 41）。

C. 继续测试心率。

D. 仪表的时间进入倒计时，从 60 秒倒计到 0 秒钟。

E. 倒计时到 0 后，显示测试结果，等级分为 F1.0 - F6.0。（如图 42）

F1.0 = 非常好　F2.0 = 良好　F3.0 = 一般　F4.0 = 中下水平　F5.0 = 不好，

F6.0 = 差

F. 按 RECOVERY 键前如果仪表无心率显示，不能进入心率恢复测试；在心率测试过程中，
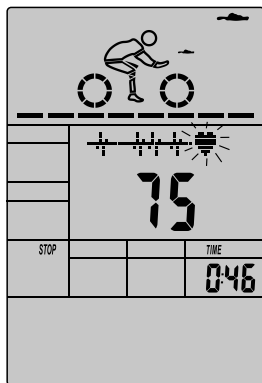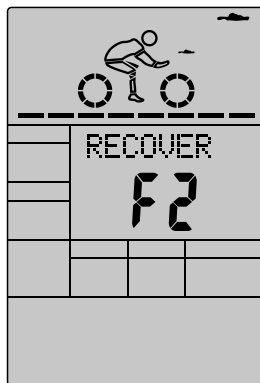
按 RECOVERY 键可以退出心率恢复测试，同时仪表程序进入停止状态。

图 41

图 42

4. 心率测试

用左右手掌分别抓到对应位置心率传感器的金属块上，在测试时，应确保每个手掌同时接触两片金属板，3～4 秒钟后心率显示窗口显示您当前的心率，单位为次/分钟。在测量过程中接收到心跳信号时，心跳符号闪烁，模拟心电图出现。

备注:

在测试过程中，由于手掌抓到金属片时有时会出现信号干扰，使得测试出现偏差，因此测试时尽量保持手掌相对静止，不要摩擦金属片。此种方式监测心率有助于决定您的运动量，不能作为疾病治疗依据。

对装有无线接收心率装置的仪表，同时进行手握测心率和无线胸带测心率时，无线接收心率将优先。

各项测试参数

速度 KM/H(M/H)	显示当前的运动速度，范围为 0.0～99.9 KM/H (Mile/H)。
RPM	显示当前每分钟的转数，范围为 0～999。
时间 TIME	运动时累计所用时间，计时范围 0：00～99M59S。 计时设定范围：5：00～99M00S. 当设定了倒计时时间，负荷每一段平均分配运行时间，倒计到0，程序停止运行且响一声。未设定倒计时间，负荷每段运行时间为 1 分钟。
距离 DIST	运动时累计所经距离，范围为 0.0～99.9～999KM (英里 MILE)。 距离设定范围: 1.0～99.0～999，倒计时到 0，程序停止运行且响一声。
卡路里 CALORIE	运动时累计所消耗的卡路里，范围为 0.0～99.9～999。 卡路里设定范围: 10.0～90.0～990，倒计时到 0，程序停止运行且响一声。
心率 PULSE	显示运动中监测的心跳值，范围 30～240 BPM。
阻力档位 LEVEL	显示马达所处阻力位置，范围 1～16 级。
瓦特 WATT	显示运动时的功率。

产品操作指南

报警提示

1.　仪表显示 ERROR1 表示马达的连接线接触不良或马达损坏。

2.　仪表显示 ERROR2 表示测试时没有接收到感应信号，请检查。

MP3 播放和喇叭（如有此功能）

将音频输入插头插入耳机孔，拨动车表边缘的 ON/OFF 开关，此时立即播放外接 MP3 中的音频文件。

电源：电源适配器

输入：　220AC（依据使用国家电网标准）

输出：　8VDC 500mA AC-DC 适配器或 9VDC 800mA AC-DC 适配器（如有MP3）　或者 8VDC
　　　　600mA　开关电源适配器。

备注：
自发电系统的产品无需提供电源适配器。

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SPIN PRO B2.1 **疑难解答**

常见问题	解决方法
ERROR1	马达的连接线接触不良或者马达损坏。
ERROR2	测试时没有接收到感应信号，请检查。
仪表屏幕无显示	确保于仪表后的电缆接口完全植入仪表。 确保整流器完全植入电源线，以及植入220V 交流电。
器材不稳	确保器材安置在平面表层，调整后脚垫的高度即可。
把立管晃动	确保锁把立管的4颗螺钉是否锁紧。

产品保养

所有移动的配件（如：把手，踏板等）需要每个星期保养。检查并拴紧所有配件。及时替换所有损坏的配件。

注意：

勿用含腐蚀性洗涤剂清洗此器材。为了预防仪表损坏，勿让仪表接触液体或将仪表直接暴晒在阳光下。

规格说明

产品名称	ACTIVO Spin Pro B2.1
产品型号	AC2800
纸箱尺寸（长 x 宽 x 高）	长 1030 x 宽 280 x 高 755 （毫米）
颜色	蓝色
数量	1
毛重	42 公斤
净重	38 公斤
变压器的技术数据	AC220-240VAC, 50/60Hz
最大承重量	120 公斤

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