

User Manual | 使用手册

# SPIN PRO-81.3

X-BIKE WITH BACK REST



## User Manual

All the information is correct at the time of print

**IMPORTANT!**

**Please read all instructions carefully before using this product.**

**Retain this manual for future reference.**

**The specifications of this product may vary slightly from the illustrations and are subject to change without notice.**

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**Thank you for purchasing the Activo Spin Pro B1.3.**

**Before operating this unit, please read this manual carefully to ensure optimum performance and safety.**

**This manual should be kept available for future reference.**

### **REMARK:**

**For product improvement, the company reserves the right to change the design and specification at any time without prior notice.**

**Pictures are for reference use only and may differ from the actual product.**



**Caution**

Read this user manual carefully before use.

**Follow the assembly instructions carefully.**

**It is important to read the entire manual before assembling and using the equipment. Safe and efficient use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.**

1. Before starting any exercise program you should consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: Pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, feeling light headed, dizzy or nauseous. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
3. Keep children and pets away from the equipment. The equipment is designed for adult use only.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. For safety, the equipment should have at least 0.6 meter of free space all around it.
5. Before using the equipment, check the nuts and bolts are securely tightened. Some parts like pedals etc.
6. The safety level of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.

7. Always use the equipment as indicated. If you find any defective components whilst assembling or checking the equipment, or if you hear any unusual noise coming from the equipment during use, stop. Do not use the equipment until the problem has been rectified.
8. Wear suitable clothing whilst using the equipment. Avoid wearing loose clothing which may get caught in the equipment or that may restrict or prevent movement. Please cycle it slowly in the beginning. Please hold the handlebar tightly and do not let your body leave the seat when exercise.
9. The equipment has been tested and certified to EN957 under class H.C. Suitable for domestic, home use only. Maximum weight of user, 100kg. Breaking is speed independent. Keep clothes, jewelry or loose items away from moving parts.
10. The equipment is not suitable for therapeutic use.
11. Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or use assistance.



Please note:

Maximum weight capacity for the Activo Spin Pro B1.3 is 100 kg.

**WARNING**



**WARNING**

**BEFORE BEGINNING ANY EXERCISE PROGRAM CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING THIS FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.**



This marking indicates that this product should not be disposed with other household wastes throughout the EU. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material resources.

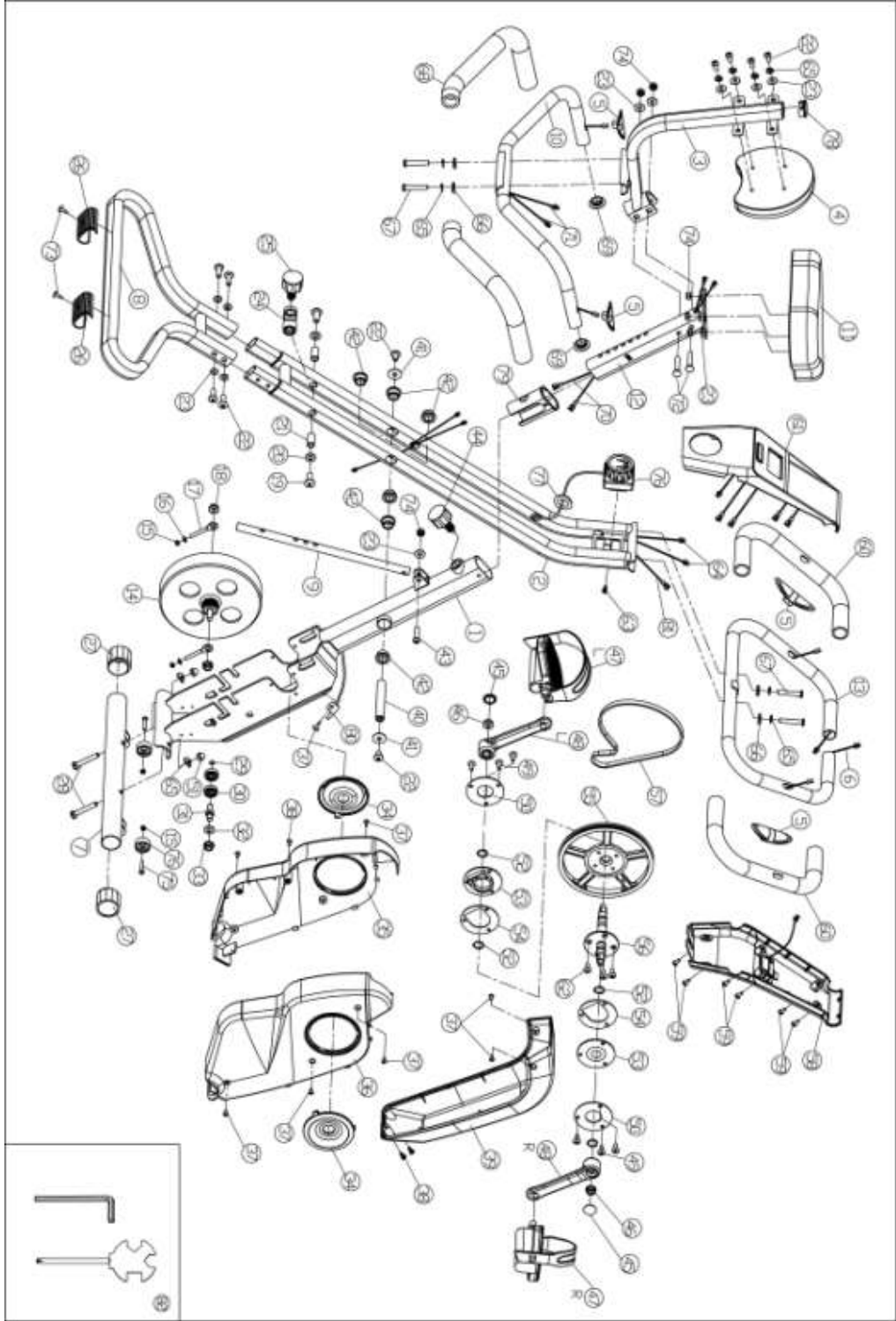


Caution: Read this user manual carefully before use.

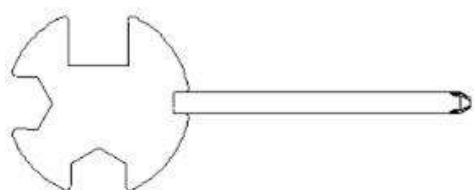
1. Warranty is not transferable.
2. This warranty is effective only if the product is purchased from ACTIVO or its authorized dealers.
3. Proof of purchase (original receipt) is required for all warranty repairs.
4. All implied warranties, including but not limited to these implied warranties of fitness and merchantability, are limited to one (1) year from the date of purchase.
5. Damage due to misuse, improper treatment and unauthorized 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 non-residential users.
8. All services covered by this warranty must be approved by ACTIVO and repaired by authorized 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.

**Product Parts**

Before you begin assembly, please take a moment to review the Hardware and Parts List on the following pages. Each part has been illustrated and numbered for easy identification.



## ASSEMBLY TOOLS AND NECESSARY PARTS



× 1pc

1. #82 Spanner



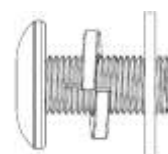
× 1pc

2. #82 Hex wrench



× 4sets

1. #22 Hex head Allen screw M18×1.25×16L
2. #23 Flat washer  $\Phi 8.2 \times \Phi 20 \times 1.5$



× 4sets

1. #22 Hex head Allen screw M8×1.25×16L
2. #65 Spring washer M8
3. #23 Flat washer  $\Phi 8.2 \times \Phi 20 \times 1.5$



× 2sets

1. #28 Square neck bolts M8×1.25×50L
2. #51 Dome nut M8×1.25
3. #65 Spring washer M8



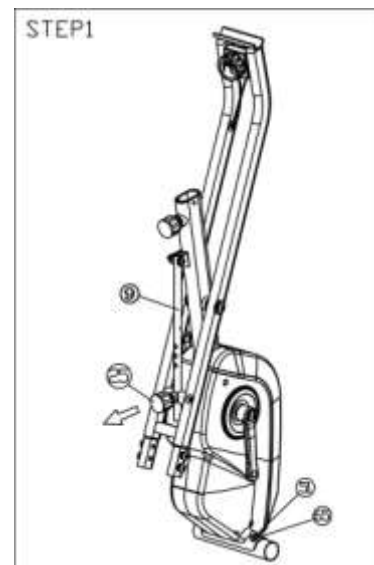
NO	NAME	Specification	Qty.	NO.	NAME	Specification	Qty.
1	Main frame (1)		1	29	circlip	Φ10	1
2	Main frame (2)		1	30	bearing	6000RS	2
3	Back rest support tube		1	31	Idler shaft		1
4	Back rest		1	32	Flat washer	Φ10.2×Φ25×1.5	1
5	Pulse sensor		4	33	Nylon nut	M10×1.5	1
6	Front handle bar pulse sensor wire		2	34	Small cover		2
7	Front stabilizer		1	35	Left cover		1
8	Rear stabilizer		1	36	Right cover		1
9	Support& adjusting tube		1	37	Cross recess head screw	M4×0.7×10L	9
10	Rear handle bar		1	38	cross recessed pan head tapping screw	ST4.2×16L	4
11	saddle		1	39	Front cover		1
12	Saddle support post		1	40	Axle of rotation		1
13	Front Handle bar		1	41	Flat washer	Φ8.2×Φ26×1.5	2
14	flywheel		1	42	Bushing		6
15	Nylon nut	M6×1.0	4	43	Flat head Allen screw	M8×1.25×35	3
16	Flat washer	Φ6.1×Φ12×1.5	2	44	Adjusting knob	M16×1.5×30L	1
17	bolt	M6×1.0×40L	2	45	Crank cover		2
18	Hex nut	M10×1.0	2	46	Flange nut	M10×1.25	2
19	Hex head Allen screw	M10×1.5×40L	2	47L	Left Pedal	JD-16A	1
20	Flat washer	Φ10.2×Φ20×1.5	2	47R	Right Pedal	JD-16A	1
21	Rotating casing	Φ10.2×Φ14×28L	2	48L	Left Crank	1/2×127L	1
22	Hex head Allen screw	M8×1.25×16L	10	48R	Right Crank	1/2×127L	1
23	Flat washer	Φ8.2×Φ20×1.5	14	49	Cross recess head screw	M6×1.0×14 L	6
24	Adjusting support bracket		1	50	Bearing inner seat plate		2
25	Adjusting knob	M16×1.5×20L	1	51	Dome nut	M8×1.25	2
26	Plastic pad		2	52	circlip	Φ17	4
27	Adjusting foot tube end		2	53	Bearing bush seat		2
28	Square neck bolts	M8×1.25×50L	2	54	Bearing outer seat plate	T=1.2	2

NO.	NAME	Specification	Qty.	NO.	NAME	Specification	Qty.
55	Belt pulley		1	69	Round tube end plug	Φ25	2
56	Pulley axle	Φ17	1	70	Rear handle bar pulse sensor wire(middle)		2
57	belt		1	71	Rear handle bar pulse sensor wire(top)		2
58	Console bottom cover		1	72	Square neck bolts	M8×1.25×45 L20	2
59	Round head cross screws	M5×0.8×10 L	6	73	Flat taper cross tapping screw	ST4.2×16L	2
60	Front handle bar foam		2	74	Nylon nut	M8×1.25	6
61	Console top cover		1	75	Round head cross screw	M6×1.0	2
62	cross recessed countersunk head screw	M6×1.0×14L	4	76	Transportation wheel		2
63	cross recessed countersunk head screw	M5×0.8×10 L	1	77	elliptical protective plug		1
64	Rear handle bar pulse sensor wire(bottom)		2	78	elliptical tube end plug		1
65	Spring washer	M8	8	79	bushing		1
66	Curved washer	Φ8.2×Φ20×1.5×R13	6	80	Speed sensor wire(bottom)		1
67	Hex head Allen screw	M8×1.25×40 L25	4	81	Speed sensor wire(top)		1
68	Rear handle bar foam		2	82	tools		2

### Step 1:

--Pull out the Adjusting knob (25) on the Supporting & adjusting tube (9) while opening the bike's main frame, then select a proper hole and fix in . **(Note: you can adjust the height accordingly if necessary.)**

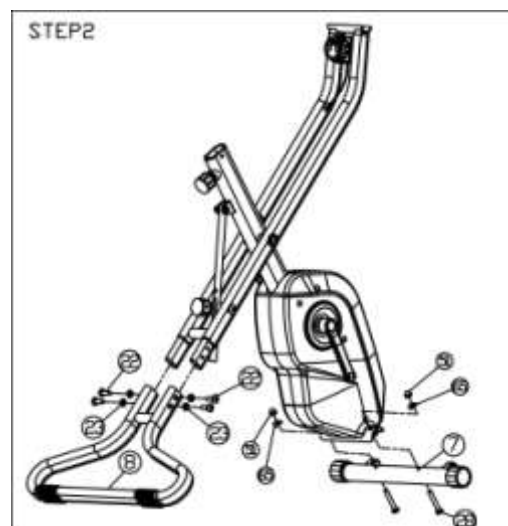
--Unscrew the dome nut (51) by Spanner (82), remove the metal tube, but must keep the dome nut(51), spring washer(65) and square neck bolt (28).



### Step 2:

--Attach the front Stabilizer(7) to the Main frame (1), Tighten it with the dome nut(51) , spring washer(65) and square neck bolt (28) by spanner(82).

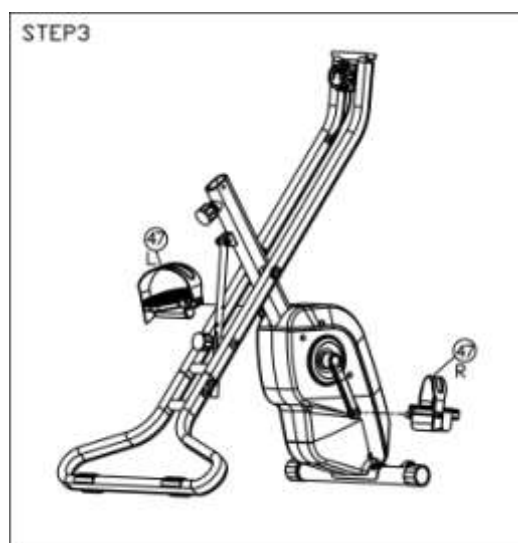
--Then fix the rear stabilizer ( 8 ) to the main frame ( 2 ) properly with hex head allen screw (22) and Flat washer (23) by hex wrench



### Step 3:

--Fix the pedal(47L) which is marked "L" on the crank(48L) marked "L" with spanner tightly by anticlockwise, then fix the pedal (47R) which is marked "R" on the crank(48R) marked "R" with spanner tightly by clockwise.

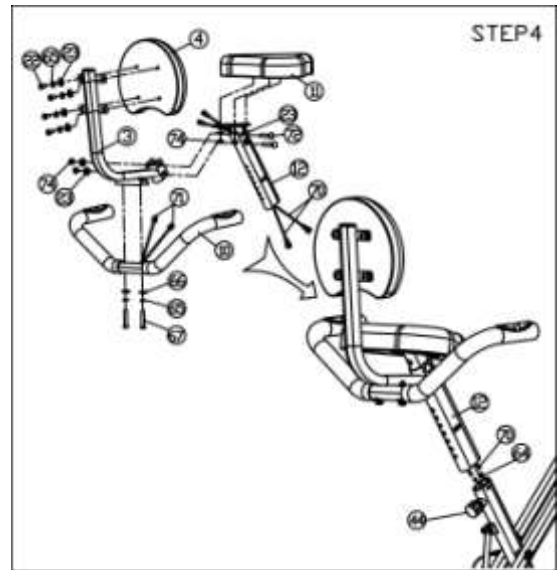
If you find it not leveled on the floor, you can adjust it by the adjusting foot tube end (27).



**Step 4:**

--Screw down the Flat washer (23) and Nylon nut (74) on the saddle (11) by the spanner. Then fix the saddle (11) to the saddle support post (12) with Flat washer (23) and Nylon nut (74) by the spanner.

--Connect all the wires properly first, then loosen the adjusting knob (44) and pull it out first before sliding the saddle support post (12) into the saddle support post housing on the Main Frame (1), and align holes for your desired height, then release the adjusting knob and tighten it properly. **(Note : the wires must be connected correctly by the remarks on the wires, according to L2-L2, R2-R2 )**

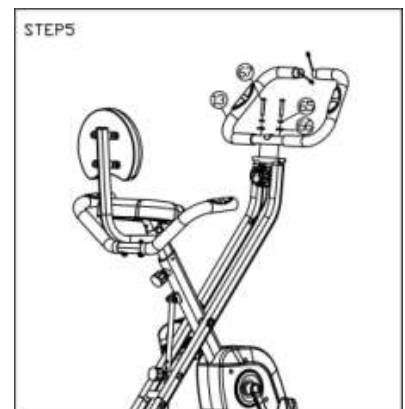


--Fix the back rest (4) to the Back rest support tube (3) with hex head allen screw (22), Spring washer(65) and Flat washer (23) by hex wrench. Then attach the Back rest support tube (3) to the Saddle support post (12) with square neck bolts (72), nylon nut (74) and flat washer (23) by hex wrench

--Fix the rear handle bar (10) to the Back rest support tube (3) with spring washer (65), Curved washer (66) and Hex head allen screw (67) by hex wrench, then connect all the wires properly. **(Note : the wires must be connected correctly by the remarks on the wires, according to L2-L2, R2-R2 )**

**Step 5:**

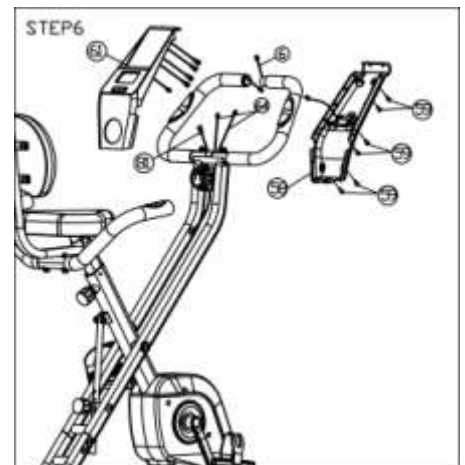
--Loosen the spring washer (65), Curved washer (66) and Hex head Allen screw (67) by hex wrench. Fix the Front Handle bar (13) with spring washer (65), Curved washer (66) and Hex head allen screw (67) by hex wrench.



**Step 6 :**

--Attach the Console top cover (61) to the Front Handle bar (13) first , then match the Console bottom cover (58) to the console top cover (61) after connected all the wires properly. tighten the whole console with Round head cross screw (59) by spanner.

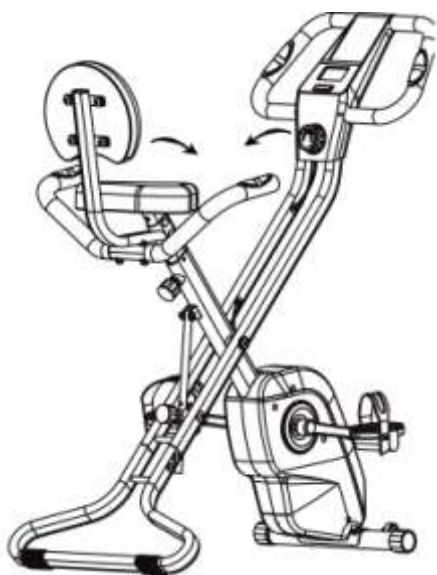
**(Note: the wires must be connected correctly by the remarks on the wires, such as L1-L1, R1-R1, etc. Please double check to make sure the equipments has been assembled properly before use it . )**



**Caution:**

**This bike is foldable. You can fold it up and put aside.**

**NOTE: Do watch your hand while unfolding and folding the bike.**



Using your EXERCISE BIKE will provide you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with calorie controlled diet help you lose weight.

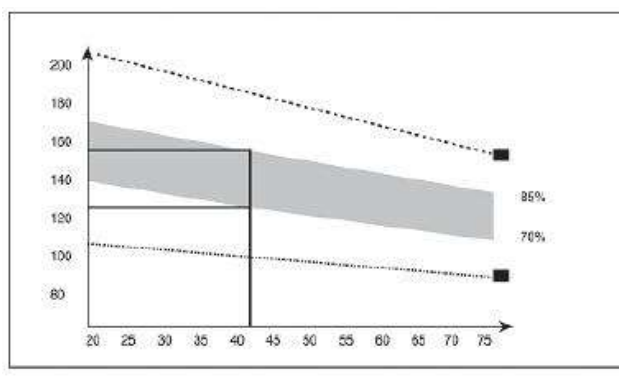
### 1. The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP.



### 2. The Exercise Phase

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



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

### 3. The Cool Down Phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch. As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

### 4. Fault Finder

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

#### Muscle Toning

To tone muscle while on your EXERCISE BIKE you will need to have the resistance set quite high. This will put more strain on your leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance making your legs work harder. You will have to reduce your speed to keep your heart rate in the target zone.

#### Weight Loss

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

#### Use

The seat height can be adjusted by removing the adjustment knob and raising or lowering the seat. There are 7 holes in the seat post allowing for a range of heights. Once the correct height has been chosen, refit the adjustment knob and tighten. The tension control knob allows you to alter the resistance of the pedals. A high resistance makes it more difficult to pedal, a low resistance makes it easier. For the best results set the tension while the bike is in use.



Product Operation Guide

CONSOLE INSTRUCTION

SPECIFICATIONS:

TIME .....	00:00-99:59
SPEED(SPD).....	0-99.9KM/H(ML/H)
DISTANCE(DIST).....	0-999.9KM(ML)
CALORIE(CAL).....	0-9999KCAL
ODOMETER(ODO).....	0-999.9KM(ML)
PULSE(PUL).....	40-240BPM

KEYFUNCTIONS:

**MODE ( SELECT/RESET )** : This key lets you to select and lock on to a particular function you want.

**SET(IF HAVE)**: Can to proceed the data establish for “TIME” “DISTANCE” “CALORIES”.

**CLEAR(RESET)**: The key to reset the value to zero by pressing the key.

OPERATION PROCEDURES:

1. AUTO ON/OFF

The system turns on when any key is pressed or when it sensor an input from the speed sensor.

The system turns off automatically when the speed has no signal input or on key are pressed for approximately 4 minutes.

2. RESET

The unit can be reset by either changing battery or pressing the MODE key for 3 seconds.

3. MODE

To choose the SCAN or LOCK if you do not want the scan mode, press the MODE key when the pointer on the function you want which begins blinking.

FUNCTIONS:

1. **TIME**: Press the MODE key until pointer lock on to TIME. The total working me will be shown when starting exercise.

2. **SPEED**: Press the MODE key until the pointer advanced to SPEED. The current speed will be shown.

3. **DISTANCE**: Press the MODE key until the pointer advanced to DISTANCE. The distance of each workout will be displayed.

4. **CALORIE**: Press the MODE key until pointer lock on to CALORIE. The calorie burned will be displayed when displayed will be shown.

5. **ODOMETER (IF HAVE)**: Press the MODE key until the pointer advanced to ODEMETER. The total accumulated distance will be shown.

6.**PULSE(IF HAVE)**:Press the MODE key until the pointer advance to PULSE, User’s current heart rate will be displayed in beats per minute. Place the palms of your hands on both of the contact parts(or put ear-clip to ear), and wait for 30 seconds for the most accurate reading.

**SCAN**: Automatically display changes every 4 seconds.

BATTERY:

If improper display on monitor, please reinstall the batteries to have a good result.



<b>Trouble</b>	<b>Reasons</b>	<b>Solution</b>	<b>Remark</b>
<b>Without sensor</b>	<b>Sensor wire didn't connected well or broken</b>	<b>re-connected th sensor wire or replace with new sensor wire</b>	
<b>Computer without display</b>	<b>Computer battery runs outor battery negative and positive in reverse</b>	<b>Replace new battery or check the battery negative and positive side correct or not</b>	
<b>Noisy</b>	<b>Moving parts is loose or lack of lubricating oil</b>	<b>Tighten the loose parts or wipe lubricating oil</b>	

## ***PRODUCT MAINTENANCE***

1. When you don't use the exercise bike for a long time, please take out the computer battery to avoid running out of battery.
2. Often clean the exercise bike with clean cloth to keep the clean appearance.
3. Please pay attention to the connection parts, screws, nuts loose or not, frayed or not, broken or not. And often wipe the oil to improve the flexibility of bike.
4. Please set up bike in a dry level place and keep it away from moisture and water. When you finished exercise, please don't forget to wipe the sweat from bike to avoid the appearance rusting.

**Product Specification**

Product name	ACTIVO Spin Pro B1.3
Model	AC3200
Packing dimension (cm)	116L x 40W x 22H
Product dimension (cm)	108.5L x 51W x 100.5H
Net weight	21kg
Gross weight	23.5kg
Max load	100kg
Colour	Grey
Material	Steel, ABS, PP



**MALAYSIA**

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**ACTIVO** 真心感谢您选择 **Spin Pro B I.3**, 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:

本公司将保留修改设计和产品最终解释权。  
产品颜色以实物为准。



请在使用前阅读以下说明。

仔细的依据装配程序。

在组装和使用设备前阅读整个手册是很重要的。如果设备能合适地被安装、维护和使用才能达到安全和有效的使用效果。您的责任是确保告知每位使用者所有的警告和防范。

1. 在开始任何训练项目前，请咨询您的医生确定您是否有任何生理和健康情况将影响您的健康和安全性，或妨碍您有效运用设备。如果您正在进行心率、血压、胆固醇方面的药物治疗，那么您的医生的建议是很重要的。
2. 注意您身体发出的信号。错误或过多的锻炼可能损害您的健康。如果您出现下列症状请停止锻炼：疼痛，胸闷，心跳不规律，呼吸极度短缺，轻度头疼，头晕或呕吐。如果您出现以上任何症状，请在继续锻炼前咨询您的医生。
3. 请让小孩和宠物远离此设备。这个设备专为成人设计。
4. 将此设备安装在固定的水平面上以保护您的地板或地毯。为了安全起见，设备的周围至少要有 0.6 米的自由活动空间。
5. 使用设备前，检查螺帽螺钉是否拧紧。一些零部件像脚踏板等很容易偏位或松掉。
6. 只有定期检查设备是否有损坏或磨损，才能确保设备的安全。
7. 始终按操作说明使用该设备。如果你在组装或检查设备时发现任何缺陷，或是使用、停止时听到设备发出不正常的声音，请不要在问题未解决前使用设备。
8. 运动时请穿合适的衣服。避免穿宽大的衣服被扯进设备中使得导致受限或阻碍运动。刚开始时骑得慢一点，在锻炼时请紧紧握住把手杆，不要让你的身体离开座垫。
9. 此设备已经经过 H.C.等级下 EN957 测试和认证，仅适合家庭和室内使用。使用者的最大重量为 100kg。速度不受约束。
10. 此设备不适合用于治疗。
11. 抬起或搬动设备时请小心以免伤到您的背部。请用技巧抬起或寻找帮助。



**请注意：**

Activo Spin Pro B1.3 最大承载重量为 100 公斤



**警告**

开始任何锻炼计划之前，应先咨询医生的意见。尤其是已存在健康问题的人。

使用本健身器材之前，请阅读全部说明。凡使用本产品出现任何人身伤害或财产损失，本公司概不负责。



**处理此器材的正确方法**

本标志表示此产品在任何欧盟国家，皆不可与家庭废弃物一同丢弃。为避免任意丢弃对环境与人体健康可能造成的伤害，应确实回收来增加剩余可利用物质的在使用性。归还使用过器具，请遵循归还及回收程序，或与原购买零售商联系。他们能将产品进行对环境安全的回收。

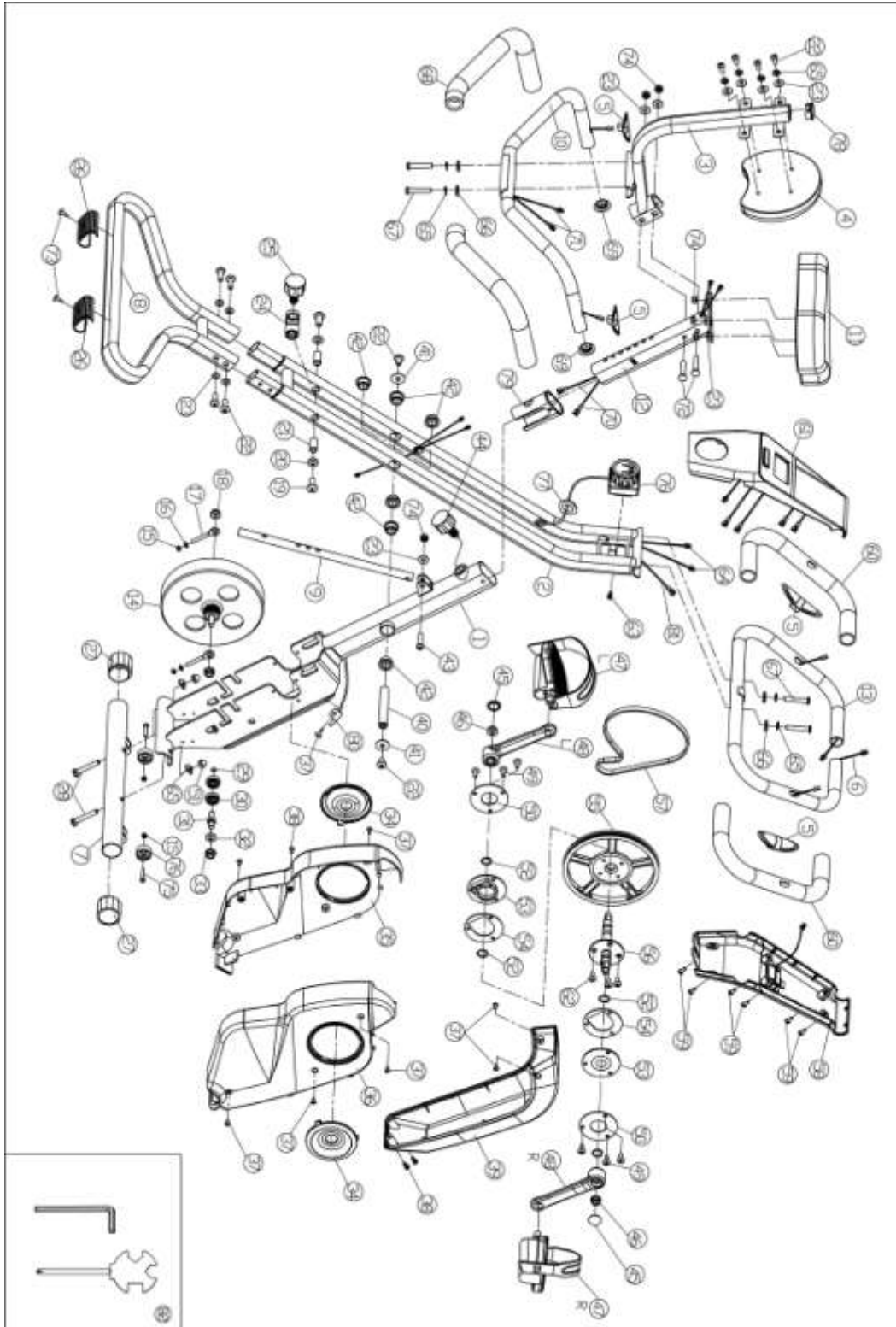


**请注意：**请在使用前阅读以下说明。

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，但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

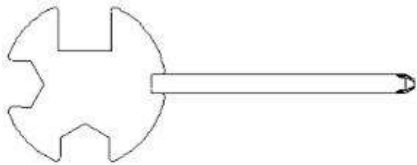
产品配件

请开始组装前，请仔细阅读产品部件与图例，每个部件都已标明号码。





工具和零件包



×1 个

#82 鱼叉扳手



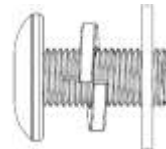
×1 个

#82 内六角扳手



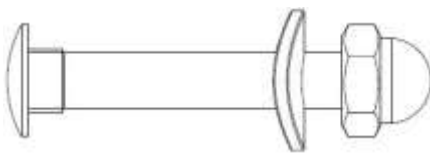
×4 套

1. #22 内六角平头螺钉 M18x1.25x16L
2. #23 平垫圈  $\Phi 8.2 \times \Phi 20 \times 1.5$



×4 套

1. #22 内六角平头螺钉 M8x1.25x16L
2. #65 弹簧垫圈 M8
3. #23 平垫圈  $\Phi 8.2 \times \Phi 20 \times 1.5$



×2 套

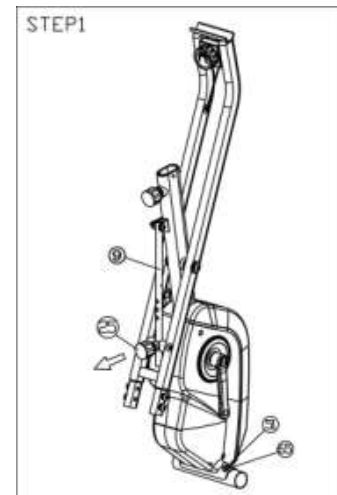
1. #28 半圆头方颈螺栓 M8x1.25x50L
2. #51 袋帽螺母 M8x1.25
3. #65 弹簧垫圈 M8

序号	品名	规格	数量	序号	品名	规格	数量
1	主架(1)		1	29	轴用卡簧	Φ10 轴用	1
2	主架(2)		1	30	轴承	6000RS	2
3	背垫管		1	31	惰轮轴		1
4	背垫		1	32	平垫圈	Φ10.2×Φ25×1.5	1
5	手握心跳感应片		4	33	尼龙螺母	M10×1.5	1
6	前扶手心跳连接线		2	34	装饰盖		2
7	前脚管		1	35	左链罩		1
8	后脚管		1	36	右链罩		1
9	调节支撑管		1	37	十字槽盘头螺钉	M4×0.7×10L	9
10	后扶手		1	38	十字槽盘头自攻螺钉	ST4.2×16L	4
11	座垫		1	39	前罩壳		1
12	座垫管		1	40	转动轴		1
13	前扶手		1	41	大平垫片	Φ8.2×Φ26×1.5	2
14	内磁飞轮		2	42	转轴衬套		6
15	尼龙螺母	M6×1.0	4	43	内六角平头螺钉	M8×1.25×35	3
16	平垫圈	Φ6.1×Φ12×1.5	2	44	梅花弹簧拉销	M16×1.5×30L	1
17	拉挡螺栓	M6×1.0×40L	2	45	曲柄饰盖		2
18	六角螺母	M10×1.0	2	46	法兰面螺母	M10×1.25	2
19	内六角平头螺钉	M10×1.5×40L	2	47L	左脚踏	JD-16A 左脚踏 1/2	1
20	平垫圈	Φ10.2×Φ20×1.5	2	47R	右脚踏	JD-16A 右脚踏 1/2	1
21	转动套管	Φ10.2×Φ14×28L	2	48L	左曲柄	1/2×127L	1
22	内六角平头螺钉	M8×1.25×16L	10	48R	右曲柄	1/2×127L	1
23	平垫圈	Φ8.2×Φ20×1.5	14	49	十字槽大盘头螺钉	M6×1.0×14 L	6
24	调节支撑座		1	50	轴承端盖片		2
25	梅花弹簧拉销	M16×1.5×20L	1	51	袋帽螺母	M8×1.25	2
26	后脚垫		2	52	轴用卡簧	Φ17 轴用	4
27	前脚套		2	53	轴承座		2
28	半圆头方颈螺栓	M8×1.25×50L	2	54	内衬固定片	T=1.2	2

序号	品名	规格	数量	序号	品名	规格	数量
55	皮带盘		1	69	圆管塞	Φ25 管用	69
56	中轴	Φ17 轴	1	70	后扶手心跳线中段		70
57	皮带		1	71	后扶手心跳线上段		71
58	电子表下盖		1	72	盘头方颈螺栓	M8×1.25×45 牙长 20	2
59	圆头十字螺钉	M5×0.8×10 L	6	73	平锥十字自攻螺丝	ST4.2×16L	2
60	前扶手套		2	74	尼龙螺母	M8×1.25	6
61	电子表上盖		1	75	圆头十字螺丝	M6×1.0	2
62	十字槽沉头螺钉	M6×1.0×14L	4	76	搬运轮		2
63	十字槽沉头螺钉	M5×0.8×10 L	1	77	椭圆护线塞		1
64	后扶手心跳线下段		2	78	椭圆管塞		1
65	弹簧垫圈	M8 螺丝用	8	79	管件衬套		1
66	弧形垫圈	Φ8.2×Φ20×1.5×R13	6	80	速度感应线下段		1
67	内六角平头螺钉	M8×1.25×40 牙长 25	4	81	速度感应线上段		1
68	后扶手套		2	82	手工具		2

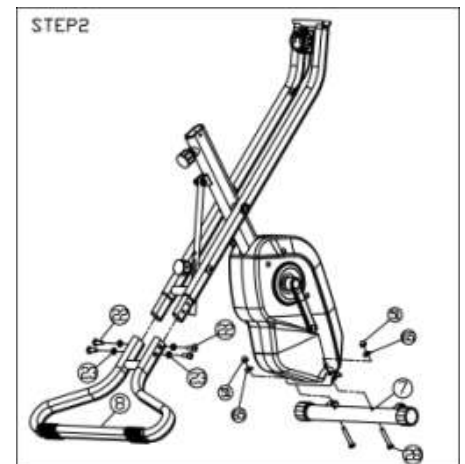
01. 拉出梅花弹簧拉销(25)，展开车架，选择合适的调节孔将其固定。(提示：你可以根据个人需要，选择不同的调节孔以适合自己的高度。)

用手工具(82)中的鱼叉扳手拧出袋帽螺母(51)，将圆管去除，请务必留下袋帽螺母(51)、弹簧垫圈(65)和半圆头方颈螺栓(28)备用。



02. 用鱼叉扳手将上一步中备用的袋帽螺母(51)、弹簧垫圈(65)和半圆头方颈螺栓(28)将前脚管(7)固定在主架(1)下端。

使用手工具(82)中的内六角扳手将后脚管(8)用内六角平头螺钉(22)和平垫圈(23)固定在主架(2)下端。



03. 用扳手将标记有“L”的左脚踏(47L)逆时针旋转固定在标记有“L”的左曲柄(48L)上，务必锁紧。同样用扳手将标记有“R”的右脚踏(47R)顺时针旋转固定在标记有“R”的右曲柄上，务必锁紧。如果你发现车身不稳，可以通过旋转前脚套(27)进行调节。



04. 将座垫 (11) 上的平垫圈 (23) 尼龙螺母 (74) 用鱼叉扳手取下, 将座垫 (11) 放在座垫管 (12) 三角片上, 套上平垫圈 (23) 尼龙螺母 (74) 和后, 用鱼叉扳手将其锁紧。

—连接好后扶手心跳线中段 (70) 和后扶手心跳线下段 (64)。

**注意:**按照线上的标签R2-R2、L2-L2——对应正确连接。

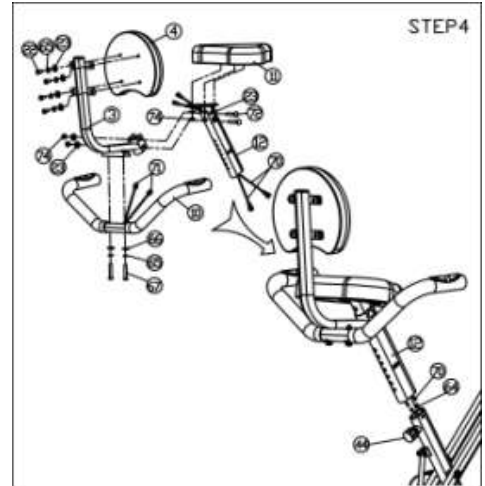
拧松梅花弹簧拉销 (44) 并外拉, 将座垫管 (12) 插入主架 (1), 选择合适的孔位并锁紧。

—将背垫 (4) 上螺丝孔对齐背垫管 (3) 上螺丝孔, 在内六角平头螺钉 (43) 上套上平垫圈 (23) 和弹簧垫圈 (65), 使用鱼叉扳手锁紧。

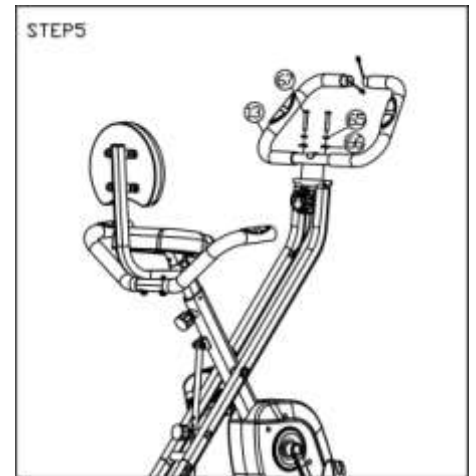
—将背垫管 (3) 用尼龙螺母 (74), 盘头方颈螺栓 (72), 平垫圈 (23) 使用鱼叉扳手固定在座垫管 (12) 上。

—使用内六角扳手, 用弹簧垫圈 (65) 弧形垫圈 (66) 和内六角平头螺钉 (67) 将后扶手 (10) 固定在背垫管 (3) 下端并锁紧。将后扶手心跳线上段 (71) 和后扶手心跳线中段 (70) 连接好,

**注意:**按照线上的标签R2-R2、L2-L2——对应正确连接。

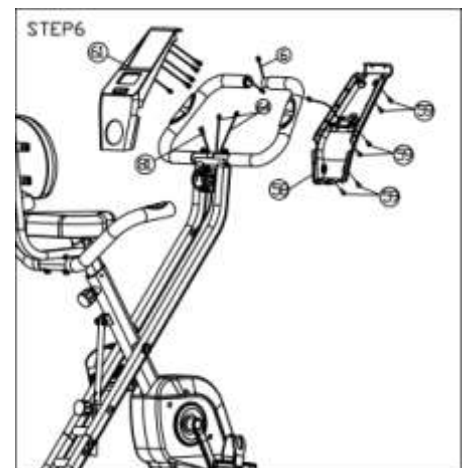


05. 用内六角扳手将弹簧垫圈 (65), 弧形垫圈 (66) 和内六角平头螺钉 (67) 拧出, 将前扶手 (13) 安装上, 再拧紧螺钉。

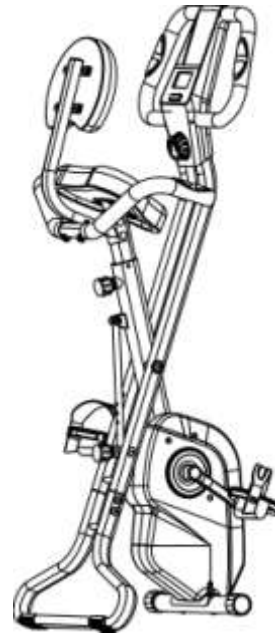
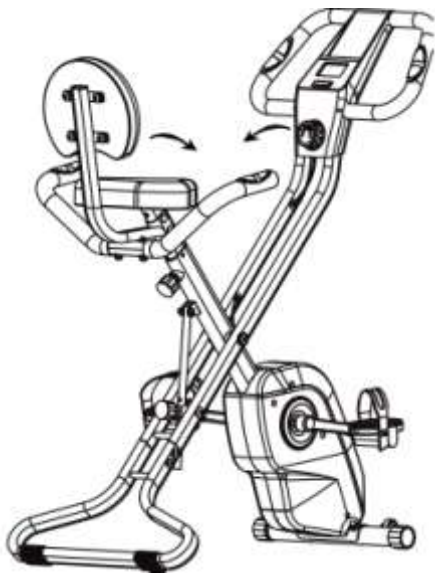


06. 先将电子表上盖 (61) 安装在前扶手 (13) 上, 将电子表线按照标签——对应连接, 然后将电子表下盖 (58) 对齐电子表上盖 (61), 用鱼叉扳手工具和圆头十字螺钉 (59) 固定好整个电子表。

**注意:** 电子表内电线必须按照L1-L1, R1-R1, L2-L2, R2-R2——对应正确连接, 电子表内的电线都应放入电子表内。在使用本车前, 请再一次仔细检查本车的各个部位是否安装正确。



注意：此健身车是可以折叠的。在打开或者折叠的时候，请注意安全，谨防夹手。  
此健身车最大承重量为 100kg。



**训练指导**

使用循环练习将带给您一些好处，它能提高您的身体素质，加强肌肉并且结合饮食控制卡路里来帮助您减肥。

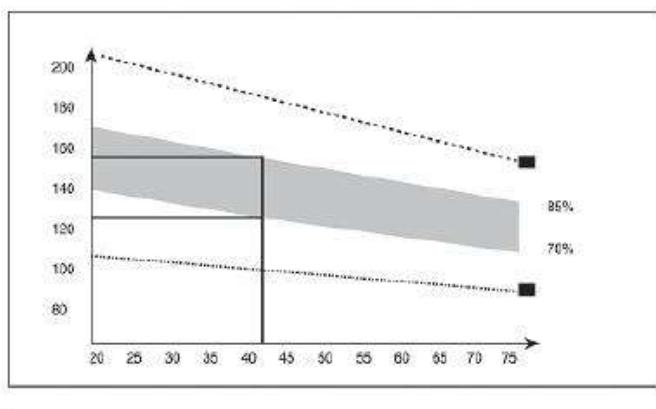
**1. 热身阶段**

这个阶段可以帮助您的血液在身体内循环流动和肌肉适当的运动。也能减少抽筋和肌肉拉伤的危险。如下所示做一些拉伸运动是必须的。每一个拉伸动作持续大概 30 秒，不要强拉或急拉肌肉到一动作——如果疼痛，停止。



**2. 运动阶段**

这个阶段是要付出努力的阶段。常规练习后，腿部肌肉已有相当的柔韧性。你可以按照自己的步调来练习，但重要的是始终保持一个稳定的节奏。按照下图所示，训练等级应该是可以有效地提高你的心率达到目标区。



这个阶段应该最少持续 12 分钟，大多数使用者大约需 15-20 分钟

### 3. 放松阶段

这个阶段是让你的心血管系统和肌肉放松下来。这是重复一个热身阶段来降低你的节奏，持续大约 5 分钟。重复伸张运动，并记住不要强拉或急拉肌肉到一个动作。如果你觉得可以胜任的话，你可以加长和加重运动量。建议一个星期至少三次运动，如果可能的话，整个星期内间隔均匀地练习。

### 4. 故障寻找

如果电子表上没有数据显示，请确保所有的连接是否正确。

### 增强肌肉

为了锻炼肌肉，那必须在循环练习时装有较高的阻力装备。这能帮助你更好的锻炼腿部肌肉并且意味你不用训练你想的那么长时间。如果你想提高你的适应性，应该改变训练程序。热身阶段和放松阶段还应该按常规锻炼，但越接近练习阶段末时你应该增加阻力来加强腿部锻炼。你将不得不降低速度来保持心率在目标区。

### 减肥

在这里重要的因素是你投入了多少努力。你运动的越努力时间越长，燃烧的卡路里就越多。如果通过提高你的适应性去训练也是同样有效的，只是目标不一样而已。

### 使用

座椅高度可以通过拿掉调节钮来升高或降低。座椅处有 7 个孔，是高度调整的一个允许范围。一旦调到正确的高度，重新固定调节旋钮并且拧紧。控制旋钮的张力允许你可以改变踏板的阻力。阻力大就踏起来困难，阻力小就容易。当使用自行车时设置张力以达到最好的状态。



## 功能参数:

时间(TIME) .....	00:00-99:59
速度 (SPEED) .....	0-99.9KM/H(ML/H)
里程 (DIST).....	0-999.9KM(ML)
热耗=卡路里(CAL).....	0-9999KCAL
总里程(ODO).....	0-999.9KM(ML)
心率 (PULSE) .....	40-240BPM

## 按键功能:

**功能切换=模式MODE:** 此按键用来选择或者锁定某个功能，长按三秒钟，总里程ODO的所有数据全部清零。

**时间TIME:** 按MODE按键，让箭头指向时间TIME位置，将记录显示运动开始到停止的时间。

**速度SPEED:** 按MODE按键，让箭头指向速度SPEED位置，将记录显示运动过程中的适时速度。

**里程DISTANCE:** 按MODE按键，让箭头指向里程DISTANCE位置，将记录显示运动开始到停止的里程数。

**热耗=卡路里CAL:** 按MODE按键，让箭头指向卡路里CAL位置，将记录显示运动开始到停止消耗的热量。

**总里程ODO:** 按MODE按键，让箭头指向总里程ODO位置，将记录显示运动开始到更换电池运动的总里程。

**心率PLUSE:** 按MODE按键，让箭头指向心率PLUSE位置，双手紧握金属片，当前每分钟心率数据会适时显示。

**扫描SCAN:** 每隔四秒自动切换显示各个功能参数。

**自动开关AUTO ON/OFF:** 当有按键操作或者是有运动信号进入系统，系统自动打开开始工作。当四分钟内无按键操作或是没有运动信号进入系统，系统自动关闭停止工作。

**电池BATTERY:** 如果显示模糊或者不正常，请重新安装或者更换电池。

故障	原因	处理方法	备注
没感应	感应线未接好或损坏	重新连接或更换感应线	
电子表没显示	电池没电或负极装反	更换电池或枪查正、负极是否装反	
异响	活动部件松动或缺少润滑油	拧紧松动部件或者加润滑油	

## 产品保养

1. 当你长期不使用时请将电子表里面的电池卸下来以免耗电。
2. 时常给器材外表面清楚干净，保持清洁美观。
3. 注意紧固件螺钉、螺母的松动，磨损，损坏。并时常加以润滑油来提高运动的灵活性。
4. 此器材应在室内干燥通风的环境下放置、且在使用结束后应把滴在器材表面的汗水擦干，以防止器材表面生锈。

产品名称	ACTIVO Spin Pro B1.3
型号	AC3200
包装尺寸 (厘米)	116 长 x 40 宽 x 22 高
产品尺寸 (厘米)	108.5 长 x 51 宽 x 100.5 高
净重	21 公斤
毛重	23.5 公斤
负荷重量	100 公斤
颜色	灰
材料	Steel, ABS, PP



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