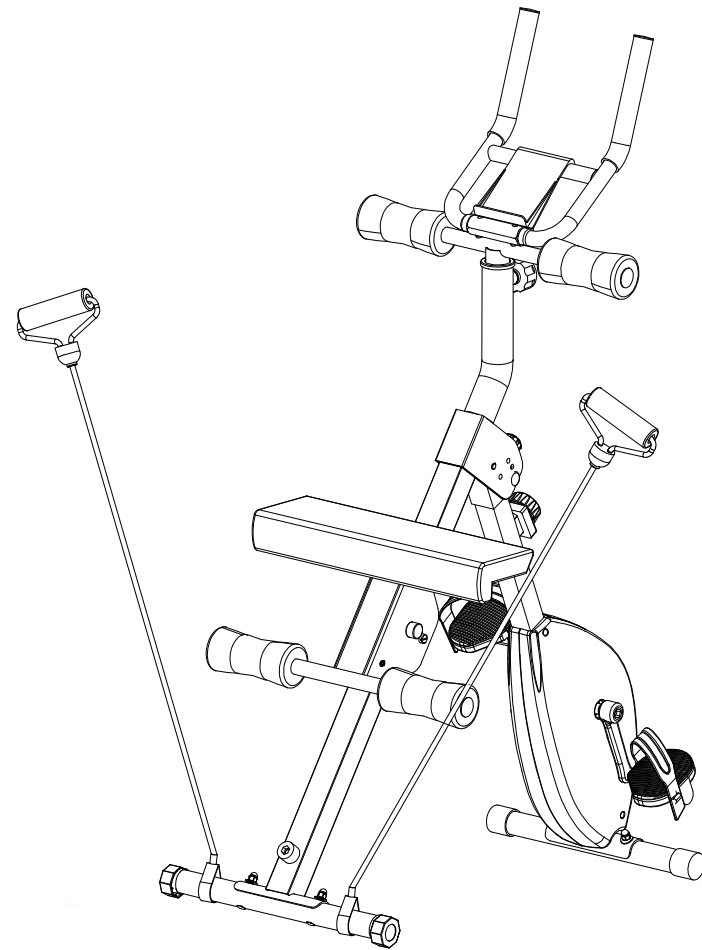




User Manual | 使用手册

SPIN PRO-81.5

MULTI FUNCTION BIKE



Rev 1.0

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.

CONTENT

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Thank you for purchasing the Spin Pro B1.5.

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.



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SPIN PRO B1.5



Caution

Safety Instructions

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.



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Safety Instructions

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 Spin Pro B1.5 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.



Warranty Claim

1. Warranty is not transferable.
2. This warranty is effective only if the product is purchased from Ogawa 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 Ogawa and repaired by authorized technicians only.
9. If replacement parts for defective materials are not available, Ogawa reserves the right to make substitutions in lieu of repair or replacement.



产品规格

产品名称	Spin Pro B1.5
型号	AC 3210
包装尺寸 (厘米)	118长x38宽x22.5高
产品尺寸 (厘米)	85.5长x52.5宽x143高
净重	18.9公斤
毛重	20.9公斤
负荷重量	100公斤
颜色	黑
材料	Steel , PP , PA6

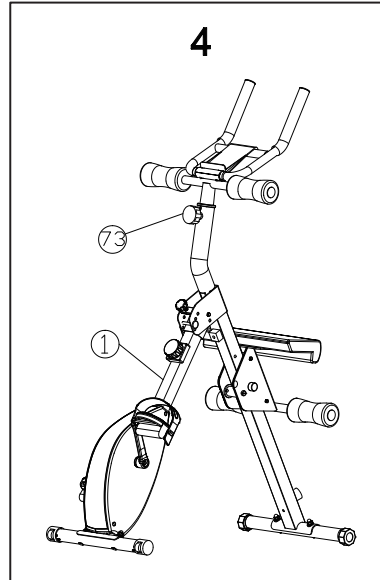


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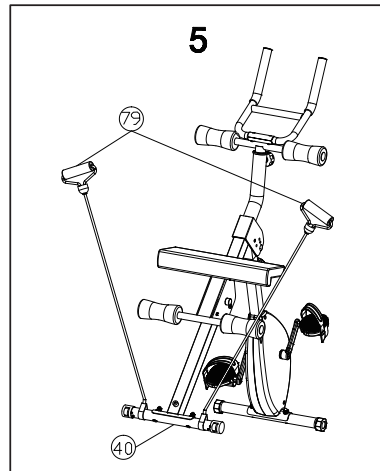
Spin Pro B1.5

产品使用说明

4. 当滑动架固定销 (55) 处于为插入状态, 旋松大梅花拉销旋钮 (73) 后并拉出, 可旋转扶手组件180度, 之后旋紧固定大梅花拉销旋钮 (73); 此时U型扶手朝靠近坐垫的方向倾斜, 用户位于车架I(1)一侧, 可以站在脚踏板上, 手扶住U型扶手即可进行骑行运动。此状态可以选择站立或蹲下姿势进行运动, 以达到更好锻炼效果。



5. 当滑动架固定销处于为插入状态, 把拉绳 (79) 套入脚管I(40)上, 用户可以坐在坐垫上进行锻炼。

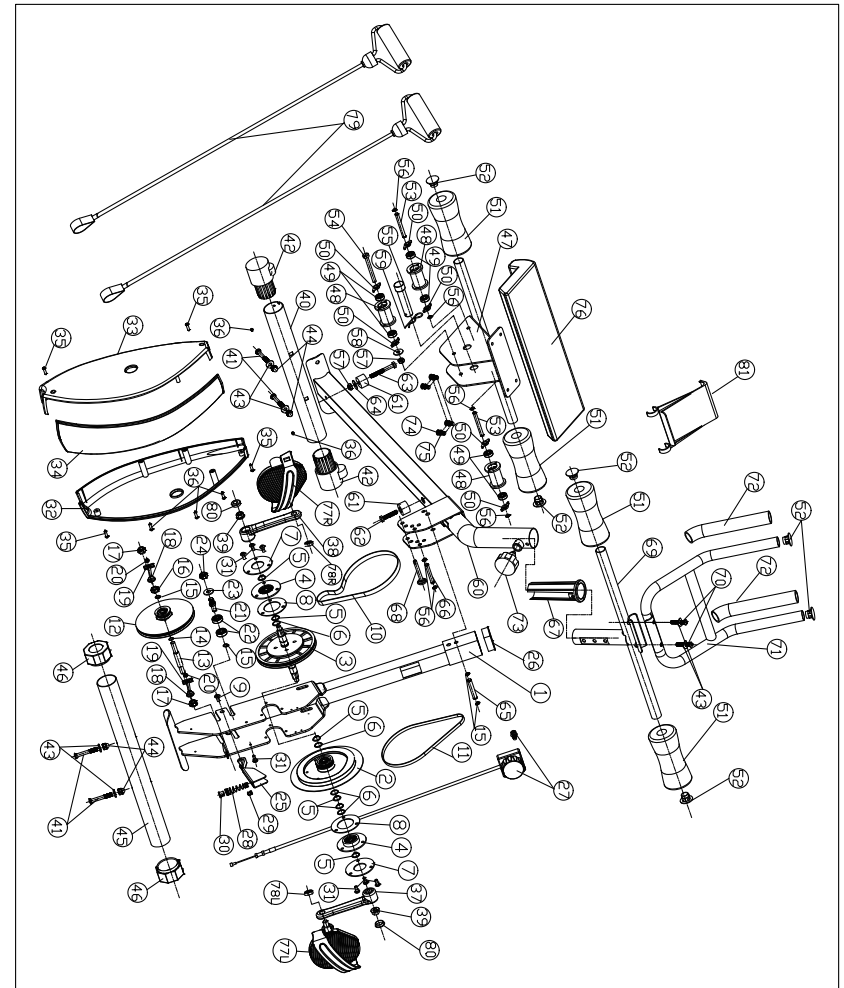


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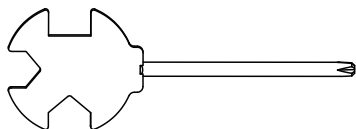
Spin Pro B1.5

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.



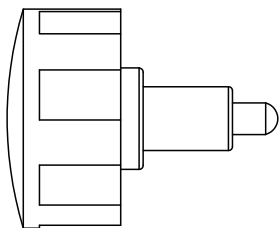
ASSEMBLY TOOLS AND NECESSARY PARTS



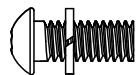
1. Spanner x2pcs



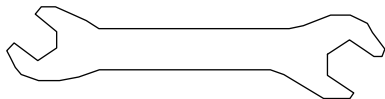
2. Allen wrench x1pcs



3. Adjusting knob M16×P1.5×22L x1pcs



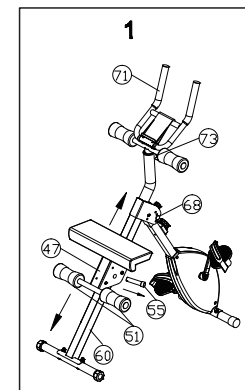
4. #74 Bolt M8×P1.25×20L x4pcs
5. #75 Spring washer M8 x4pcs



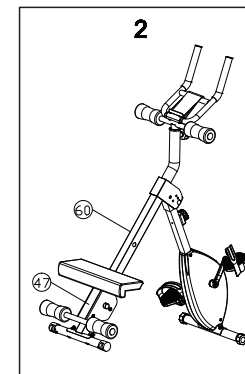
6. Spanner(15/17)x1pcs

1. 当取下滑动架固定销（55），固定销不再对坐垫部件限位，坐垫组总成（47）部件可在车架II（60）表面上移动，此时用户可将膝盖放置于装有发泡海绵套（51）的支撑杆上，同时手握U型扶手（71），通过腰部带动坐垫组总成（47）部件，沿着车架II（60）上下移动运动，从而达到锻炼腰腹的目的。

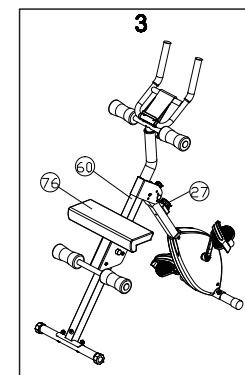
支撑架角度可以通过插销（68）插入不同孔位内进行调节；扶手上下高度可以通过大梅花拉销旋钮（73）进行调节。



2. 当滑动架固定销（55）处于未插入状态，坐垫组总成（47）部件处于车架II（60）最低位置状态，用户可通过手放置于装有发泡海绵套（51）的支撑杆上，做俯卧撑运动来进行锻炼。



3. 当滑动架固定销（55）处于为插入状态，U型扶手朝远离坐垫的方向倾斜，用户位于车架II（60）一侧，可坐在坐垫（76）上，通过脚踏脚踏板即可进行运动。阻力大小可以通过八档微调小旋柄（27）进行调节（有八个档位）。





Spin Pro B1.5

训练指导

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。

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。



Spin Pro B1.5

Product Parts

No	Name	Specification	Qty	No	Name	Specification	Qty
1	Main frame I		1	42	Transportation wheel		2
2	Flywheel		1	43	Curved washer	∅ 8.2×∅ 20×1.5t×R13	6
3	belt pulley		1	44	Cap nut	M8×1.25×17H	4
4	Bearing seat		2	45	Stabilizer II		1
5	circlip		6	46	Adjustable tube end plug		2
6	Wave washer		4	47	Seat support set		1
7	Round plate		2	48	Sliding wheel		3
8	D shape plate		2	49	bearing		6
9	screw	M6X10H	1	50	Plastic washer		6
10	Belt240		1	51	Sponge sheath		4
11	Belt230		1	52	plug		6
12	Driven belt		1	53	Shaft I		2
13	Driven shaft		1	54	Shaft II		1
14	Wave washer	∅ 10.2×∅ 13×h0.3t	1	55	Fixed pin		1
15	circlip	∅ 10, GB/T894.2-1986	4	56	circlip	∅ 8	6
16	nut	M10×1x4t	1	57	locknut		2
17	nut	M10×1x8t	2	58	Flat washer	∅ 8.5×∅ 16×1.5t	1
18	bolt		2	59	Pin		1
19	Block plate		2	60	Main frame II		1
20	locknut	M6	2	61	Crash pad		2
21	Idler shaft		1	62	Bolt	M8×1.25×40H	1
22	Bearing		2	63	Bolt	M8×1.25×65H	1
23	Flat washer	∅ 12×∅ 30×1.5t	1	64	Flat washer		1
24	locknut	M10×1.5	1	65	Connective shaft		1
25	Magnet base		1	66	Limit shaft		1



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Product Parts

No	Name	Specification	Qty	No	Name	Specification	Qty
26	Tube plug		1	67	Bushing		1
27	Resistance adjuster		1	68	Pin		1
28	spring	∅ 1.2x∅ 16x50L	1	69	Handle bar support set		1
29	Anti loose cap		1	70	Bolt	M8×1.25×40H	2
30	Protective cap		1	71	Handle bar		1
31	screw	M6×14H	7	72	Foam sheath		2
32	Left cover		1	73	Knob		1
33	Right cover		1	74	Bolt	M8×P1.25×20L(6mm)head∅ 16	4
34	Front cover		1	75	Spring washer	∅ 8.2x∅ 13x2t	4
35	Screw	ST4.2×19H	4	76	seat		1
36	screw	ST4.2×16H	5	77L	Left pedal		1
37	Left crank		1	77R	Right pedal		1
38	Right crank		1	78L	Lock nut		1
39	Flange nut		2	78R	Lock nut		1
40	stabilizer I	Stabilizer with transportation wheels	1	79	Rope		1
41	bolt		4	80	Crank end cap		2
				81	Phone holder		1



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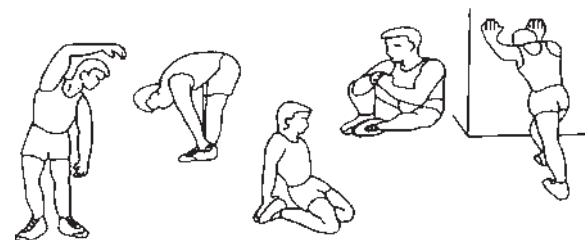
Spin Pro B1.5

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。

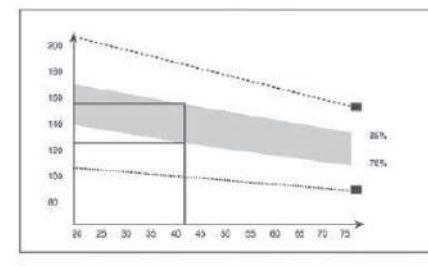
1. 热身阶段

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。



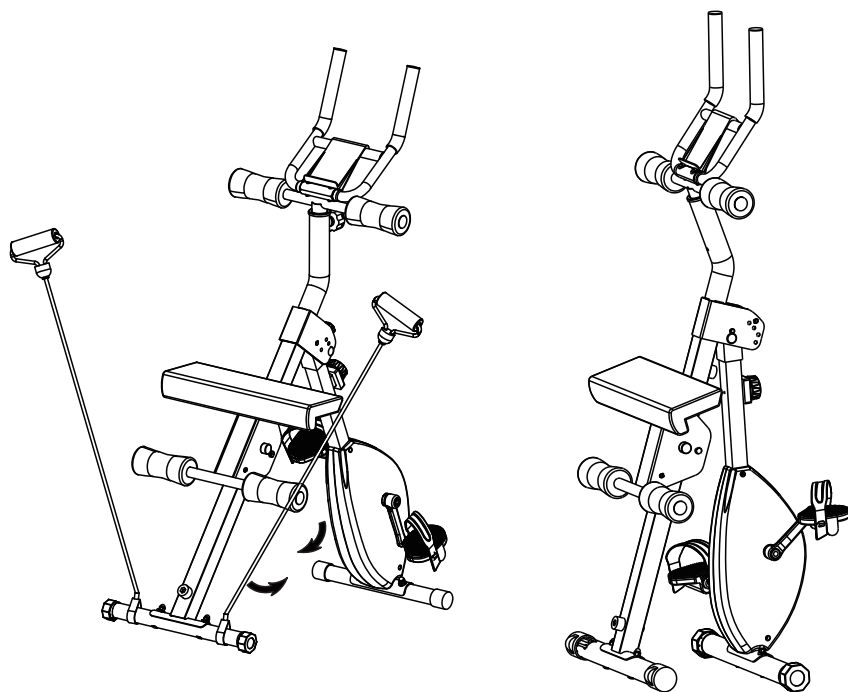
这个阶段应该最少持续 12 分钟，大多数使用者大约需 15-20 分钟



Spin Pro B1.5

产品安装

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。



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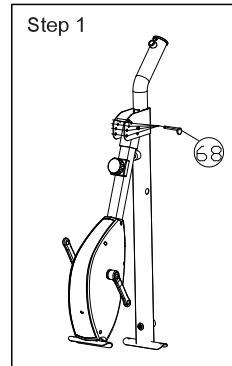
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Product Installation

Spin Pro B1.5

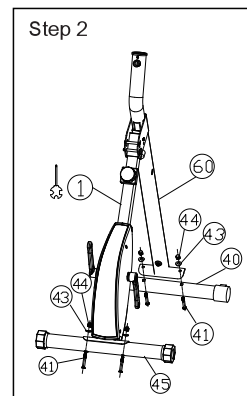
Step 1:

Take out the frame from the carton and put it on the floor steadily. Check the Pin(68) and make sure it was fixed into the two holes correctly, and then open the frame slowly .you can adjust the unfolding size by fixing the pin (68) into the right hole to meet your own requirements.



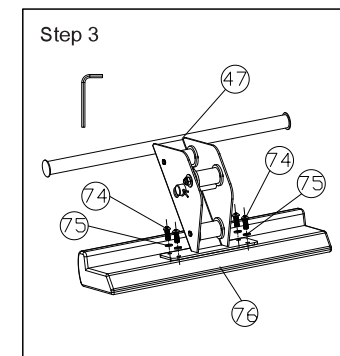
Step 2:

Dismantle the cap nut (44), curved washer (43)& bolt(41) on the stabilizer I (40) and stabilizer II(45) and keep them well. Attach the stabilizer I (40) with transportation wheels to the main frame II (60) and fix it by spanner tightly with the right hardware. Then attach and fix the stabilizer II (45) to the main frame I(1) in the same way.



Step 3:

Fix the seat (76)on the seat support set(47)by Allen wrench tightly with bolt(74)& spring washer(75).



User Manual 8



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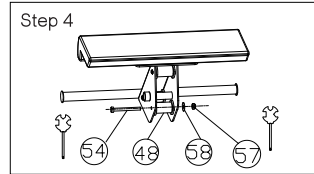
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Spin Pro B1.5

Product Installation

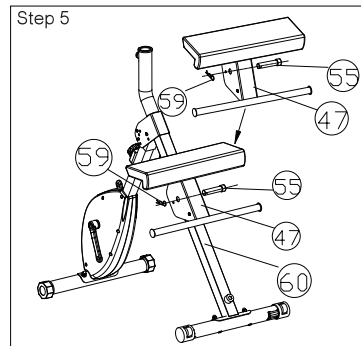
Step 4:

Prepare for two spanners, block one end of the Shaft II(54) by one spanner, and then loosen out the locknut(57)&flat washer(58) on the other end of the Shaft II(54) by another one spanner. Then take Sliding wheel (48) off and keep them well.



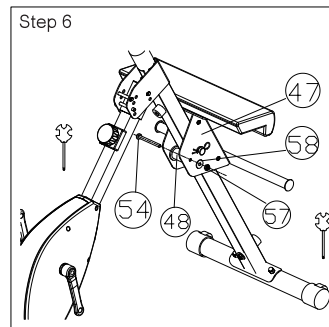
Step 5:

Take out the pin (59) and fixed pin(55) on the seat support set(47), then put the seat support set on the main frame II(60), align the holes and insert the fixed pin (55)into the hole, also insert the pin(59)into the fixed pin(55) well.



Step 6:

Put the sliding wheel (48) between the two plates of the seat support seat (47) and align the holes, insert the shaft II(54)into the hole, and then lock the shaft II(54) by one spanner, and then fix it by another spanner tightly with flat washer(58)& locknut(57).



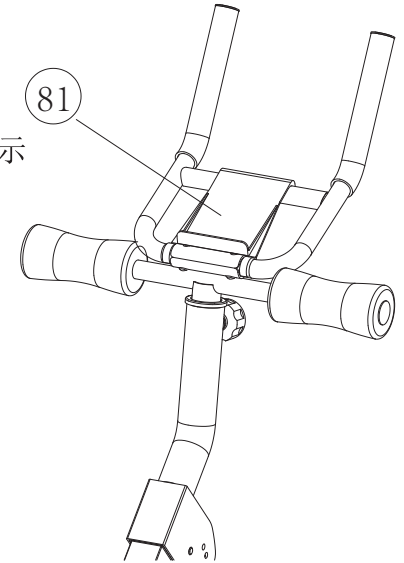
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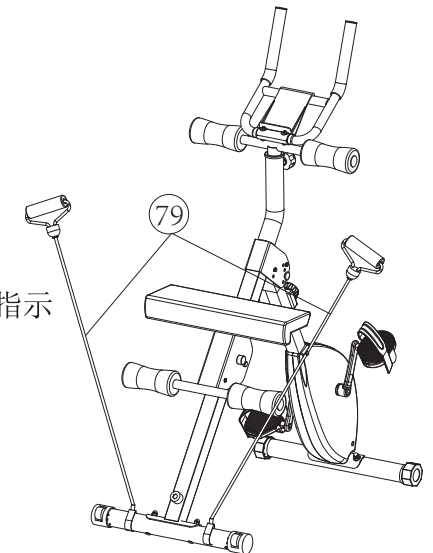
Spin Pro B1.5

产品安装

10.将手机架 (81) 按指示图示进行安装

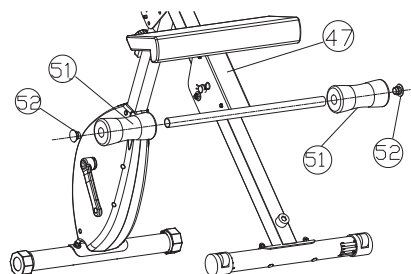


11.将拉力绳 (79) 按指示图示进行安装

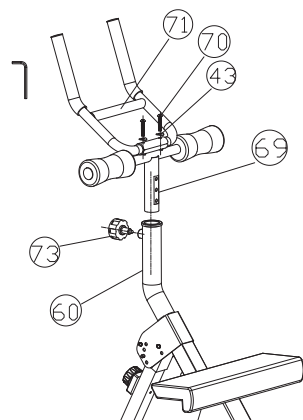


产品安装

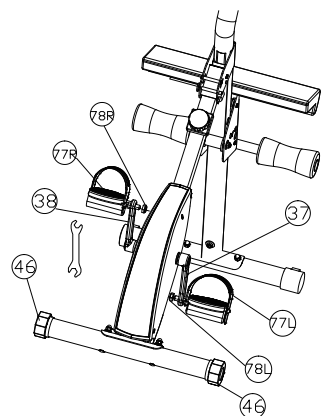
7. 取出在坐垫组 (47) 上的两个蘑菇头圆管塞(52), 把 2 个发泡海绵套(51)分别装上去, 然后再把两个蘑菇头圆管塞 (52)分别拧上去。



8. 首先把扶手固定架组 (69) 插入车架II (60) 的圆管内; 选好对齐孔位后用把大梅花拉销旋钮 (73) 锁紧固定好。注意不能超过STOP标识。再用内六角扳手取下扶手固定架组 (69) 上的内六角平圆头螺钉 (70) 和弧形垫圈 (43), 然后用内六角平圆头螺钉 (70) 和弧形垫圈 (43), 把扶手架组件 (71) 固定到扶手固定架组 (69) 上。

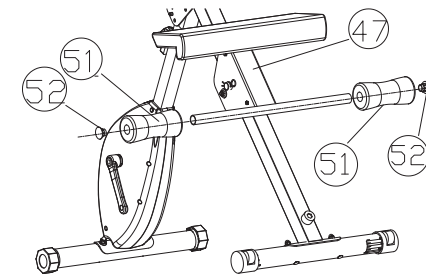


9. 使用开口扳手将左脚踏 (77L) 逆时针旋转固定在左曲柄 (37) 上, 并用防松螺母L (78L) 固定, 务必锁紧。同样用开口扳手将右脚踏 (77R) 顺时针旋转固定在右曲柄 (38) 上, 并用防松螺母R (78R) 固定, 务必锁紧。如果你发现车身不稳, 可以通过旋转调节脚套 (46) 进行调节。

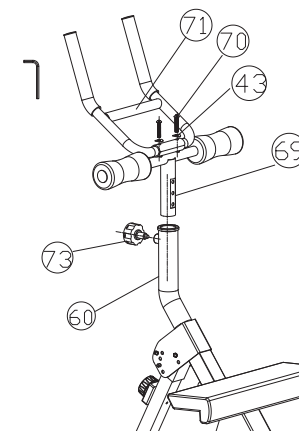


Product Installation

Step 7: Take out the two plugs (52) on the seat support set (47), put the two sponge sheath (51) on the bar separately, then screw the two plugs (52) into the hole rightly.

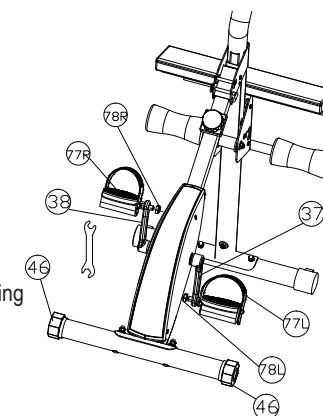


Step 8: First, sliding the handle bar support post (69) into the handle bar support post housing on the main frame II (60), align holes for your desired height, then tighten it properly by the knob (73). Note: Do not exceed the mark "stop".



Then fix the handle bar (71) onto the handle bar support post (69) by Allen wrench tightly with bolt (70) & curved washer (43).

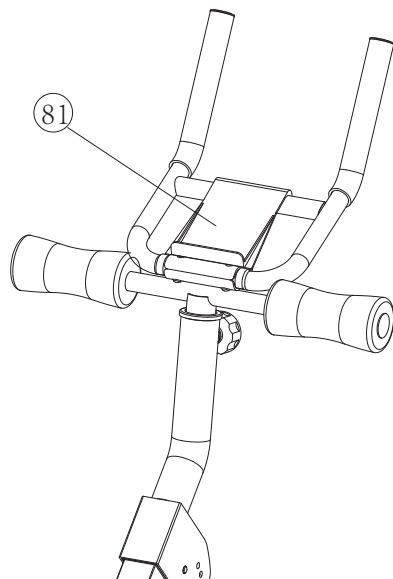
Step 9: Screw the pedal (77L) which is marked "LEFT" into the crank (37) tightly by anticlockwise, and screw the locknut "L" (78L) onto the axle rightly and tightly. Then screw pedal (77R) which is marked "RIGHT" into the crank (38) tightly by clockwise and also screw the locknut "R" (78R) rightly and tightly.



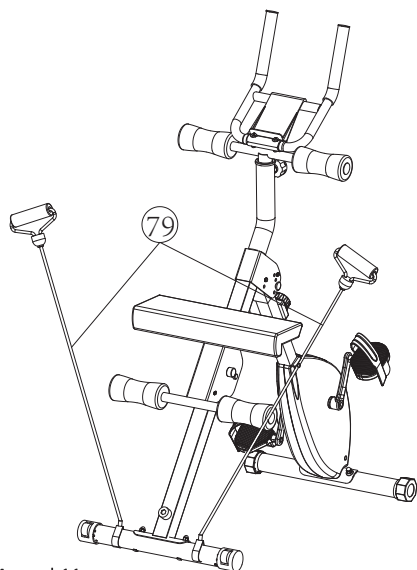
Now the equipment is completed assembled, if you find it not leveled on the floor, you can adjust it by the adjusting tube end plug (46).

Product Installation

Step 10: Fix the phone holder (81) by following the instruction as shown.

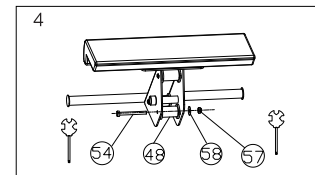


Step 11: Fix the rope (79) by following the instruction as shown.

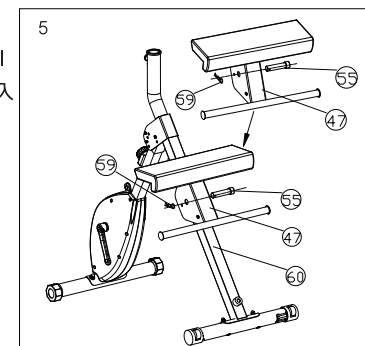


产品安装

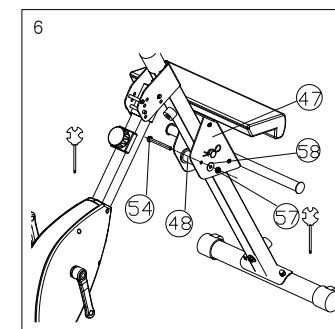
4. 准备两个扳手，一个扳手固定住滑轮转轴II (54) 的一端，并用另一个扳手旋出另外一端的塑料防松螺母 (57) 和平垫圈 (58)，并取下塑料滑轮组 (48)，将其部件放好。



5. 首先取出在坐垫组 (47) 上的B型弹性开口销 (59)，拔出滑动架固定销 (55)，然后把坐垫组 (47) 装车架II (60) 上，对好孔位，将拔下的滑动架固定销 (55) 插入孔位，并将B型弹性开口销 (59) 插入固定好。



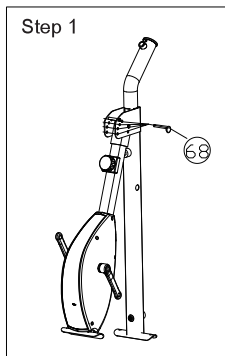
6. 把塑料滑轮组 (48) 放入坐垫组 (47) 的两个钣金中间并对齐孔位，将滑轮转轴II (54) 穿过其孔，然后一个扳手固定住滑动轮轴的一端，用另一个扳手，使用平垫圈 (58) 和塑胶防松螺母 (57) 拧紧固定。



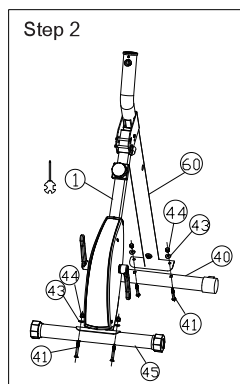


产品安装

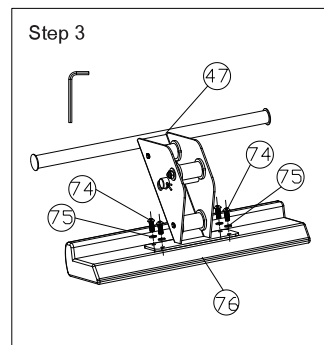
1. 将车架从纸箱内拿出来，平稳放到地面。查看插销（68）并确保其插到位，然后慢慢展开车架并平稳放好。你可以根据个人需求，通过插销（68）选择合适的孔位进行调节展开尺寸。



2. 使用扳手旋出脚管组I（40）和脚管组II（45）上的盖型螺母（44），弧形垫圈（43）和螺栓（41）并分别放好。然后使用扳手，将脚管组I（40）固定在车架II（60）上，脚管组I（40）带有滚轮。然后将脚管组II（45）固定在车架I（1）上。请务必锁紧螺栓。



3. 使用内六角扳手，用弹簧垫圈（75）和内六角平圆头螺钉（74），把座垫（76）固定到座垫组件（47）上。请务必锁紧。

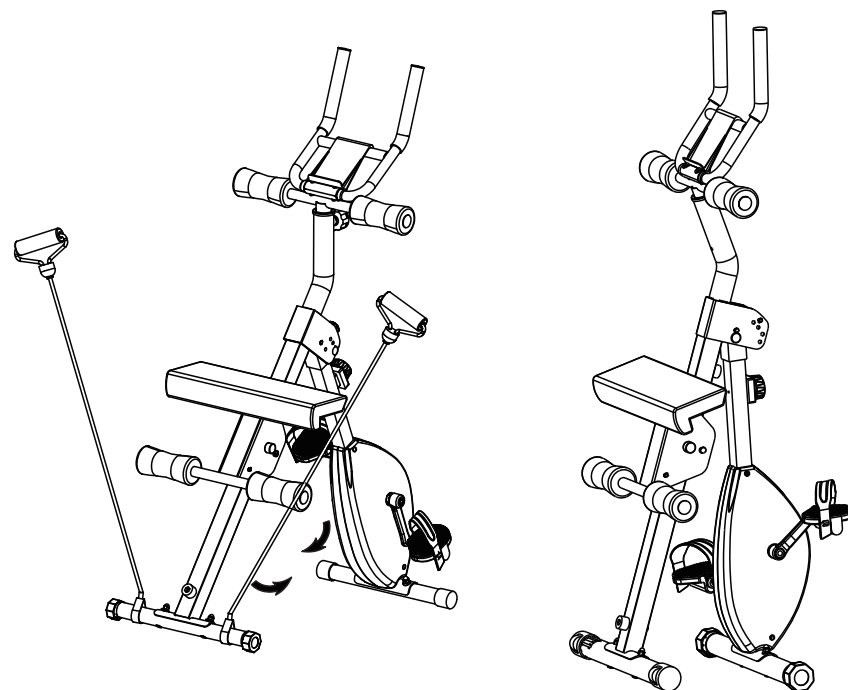


Product Installation

Caution:

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

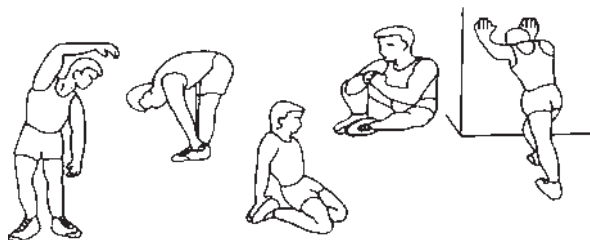
NOTE: Do watch your hand while unfolding and folding the bike.



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.

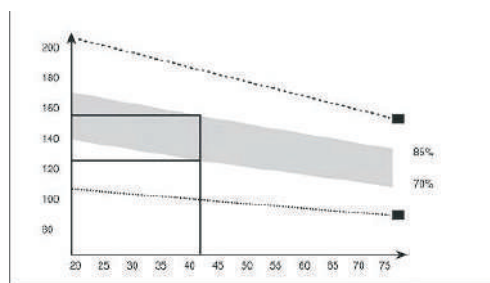
1. The Warm Up Phase

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 heartbeat 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 15-20 minutes

序号	品名	规格	数量	序号	品名	规格	数量
55	滑动架固定销		1	69	扶手固定架组总成		1
56	轴用弹性挡圈外卡		6	70	内六角平圆头螺钉	M8×1.25×40H	2
57	塑胶防松螺母		2	71	扶手架组总成		1
58	平垫圈	Φ 8.5×Φ 16×1.5t	1	72	海绵握套		2
59	B型弹性开口销		1	73	大梅花拉销旋钮		1
60	车架II		1	74	内六角平圆头螺钉	M8×P1.25×20L(6mm)	4
61	缓冲垫		2	75	弹簧垫圈	Φ 8.2×Φ 13×2t	4
62	六角头螺栓	M8×1.25×40H	1	76	座垫		1
63	六角头螺栓	M8×1.25×65H	1	77L	脚踏L		1
64	平垫圈		1	77R	脚踏R		1
65	支架连接轴		1	78L	防松螺母L		1
				78R	防松螺母R		1
66	支架限位轴		1	79	拉绳		1
67	管间衬套		1	80	曲柄端塞		2
68	插销		1	81	手机架		1

序号	品名	规格	数量	序号	品名	规格	数量
1	车架I		1	28	压缩弹簧	Φ1.2xΦ16x50L	1
2	磁控轮		1	29	防脱塞		1
3	主动皮带轮		1	30	防护塞		1
4	轴承座		2	31	十字槽大盘头螺钉	M6×14H	7
5	轴用弹性挡圈外卡		6	32	左链罩		1
6	波型垫圈		4	33	右链罩		1
7	轴承端盖片		2	34	前罩		1
8	内衬固定片		2	35	十字槽盘头自攻自钻	ST4.2×19H	4
9	十字槽大盘头螺钉	M6X10H	1	36	十字槽盘头自攻螺钉	ST4.2×16H	5
10	皮带		1	37	曲柄左		1
11	皮带		1	38	曲柄右		1
12	从动轮		1	39	法兰螺母		2
13	从动轴		1	40	脚管I		1
14	波型垫圈	Φ10.2×Φ13×h0.3t	1	41	马钉螺栓		4
15	轴用弹性挡圈外卡	Φ10	4	42	滚轮脚套		2
16	普通六角螺母	M10×1x4t	1	43	弧形垫圈	Φ8.2×Φ20×1.5t×R13	6
17	普通六角螺母	M10×1x8t	2	44	盖形螺母	M8×1.25×17H	4
18	拉档螺栓		2	45	脚管组II		1
19	挡片		2	46	调节脚套		2
20	塑胶防松螺母	M6	2	47	座垫组总成		1
21	惰性轴	Φ15x37.5L	1	48	塑料滑轮		3
22	轴承		2	49	轴承		6
23	平垫圈	Φ12×Φ30×1.5t	1	50	塑料轴承垫		6
24	塑胶防松螺母	M10×1.5	1	51	发泡海绵套		4
25	磁铁座组		1	52	蘑菇头圆管塞		6
26	方管塞		1	53	滑轮转轴I		2
27	八档微调小旋柄		1	54	滑轮转轴II		1

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.

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.

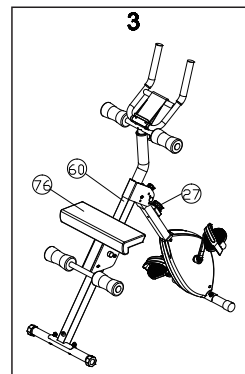
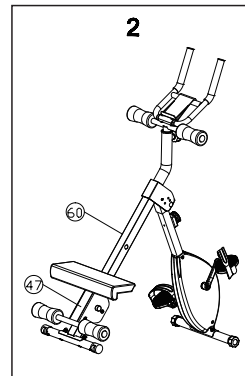
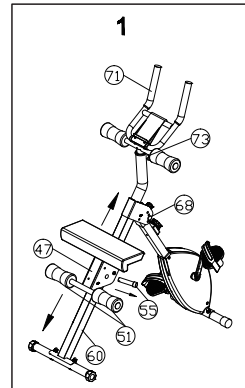
Product Operation Guide

1. When the fixed pin(55) is taken, the seat support set(47) part can be moved freely up & down on the main frame II (60) surface. At this point, the user can place their knees on a support rod equipped with sponge sheath(51), and hold the U-shaped handle bar(71) area. The user by using their knees to move the seat support set(47), In order to exercise the waist and abdomen.

The main frame angle can be adjusted by inserting pin(68) into different holes; The height of the handle bar can be adjusted by the knob(73).

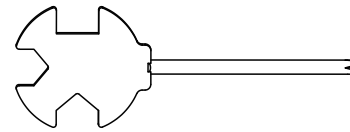
2. When the fixed pin (55) is in an uninserted state, seat support set(47) part is in the lowest position of the frame II(60). Users can do push-ups to exercise by placing their hands on support rods equipped with sponge sheath(51).

3. When the fixed pin (55) is in the insert state, The user is located on the side of the frame II(60), and can sit on the seat(76) and can exercise by stepping on the pedal. The resistance can be adjusted by turn the resistance adjuster (27). There are 8 level of resistance available to select.



产品配件

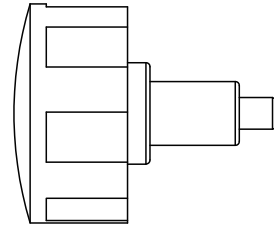
工具和零件包



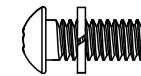
1.鱼叉扳手 × 2pcs



2.内六角扳手 × 1pcs



3.#73 大梅花拉销旋扭 M16×P1.5×22L × 1pcs

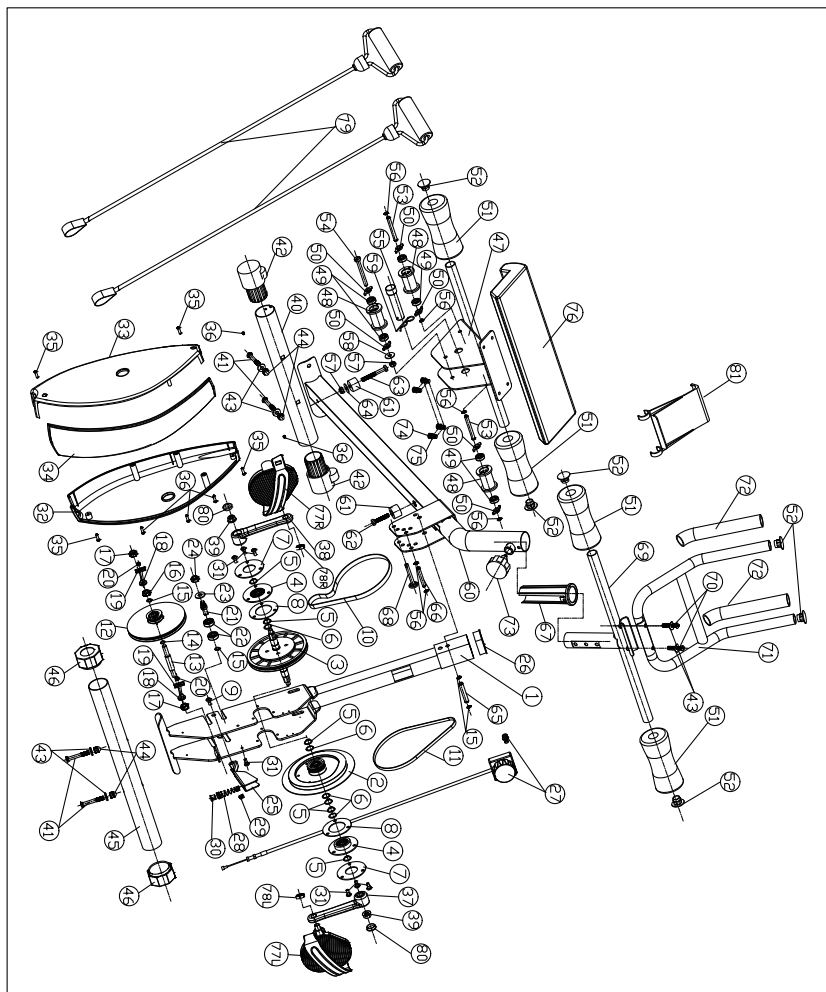


4.#74内六角平圆头螺钉M8×P1.25×20L×4pcs
5.#75弹簧垫圈M8×4pcs

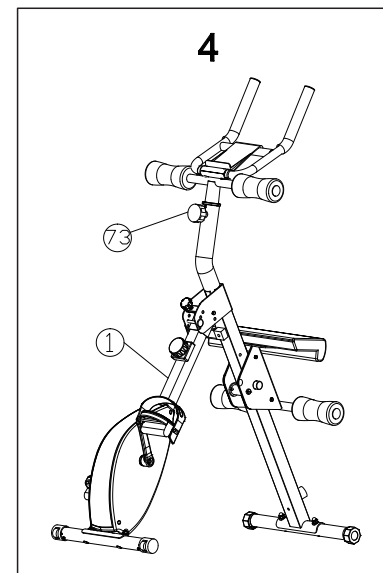


6.开口扳手 (15/17) x 1pcs

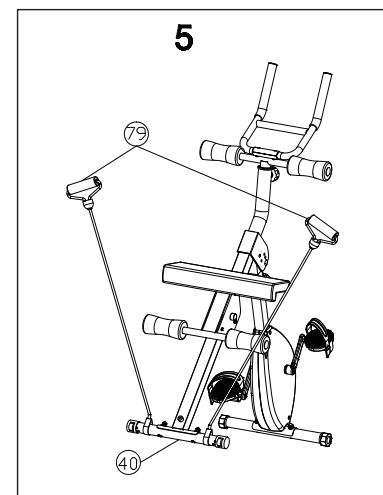
请开始组装前，请详细阅读产品部件与图例，每个部件都已标明号码。



4. When the fixed pin(55) is in the insert state, loosen the knob(73) and pull it out, Rotate the handle bar 180 degrees, and then tighten the knob(73); At this point, the U-shaped handle bar leans toward the seat. The user is located on the side of the frame I (1) and can stand on the pedal and hold the U-shaped handle bar for cycling. This state can choose to stand or squat posture for exercise to achieve better exercise .



5. User can also fixed the rope (79) on stabilizer I (40) and can exercise using rope(79).





Product Specification

Product name	Spin Pro B1.5
Model	AC3210
Packing dimension (cm)	118Lx38Wx22.5H
Product dimension (cm)	85.5Lx52.5Wx143H
Net weight	18.9kg
Gross weight	20.9kg
Max load	100kg
Colour	Black
Material	Steel,PP,PA6



保修说明

1. 本保权限不可转让。
2. 本保修服务仅对在 Ogawa 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。
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Activo
Spin Pro B1.5

安全说明



请注意：

Spin Pro B1.5 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。



OGAWA
Activo
Spin Pro B1.5

Contact Us



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Ogawa 真心感谢您选择 Spin Pro B1.5，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。



安全说明

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，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。