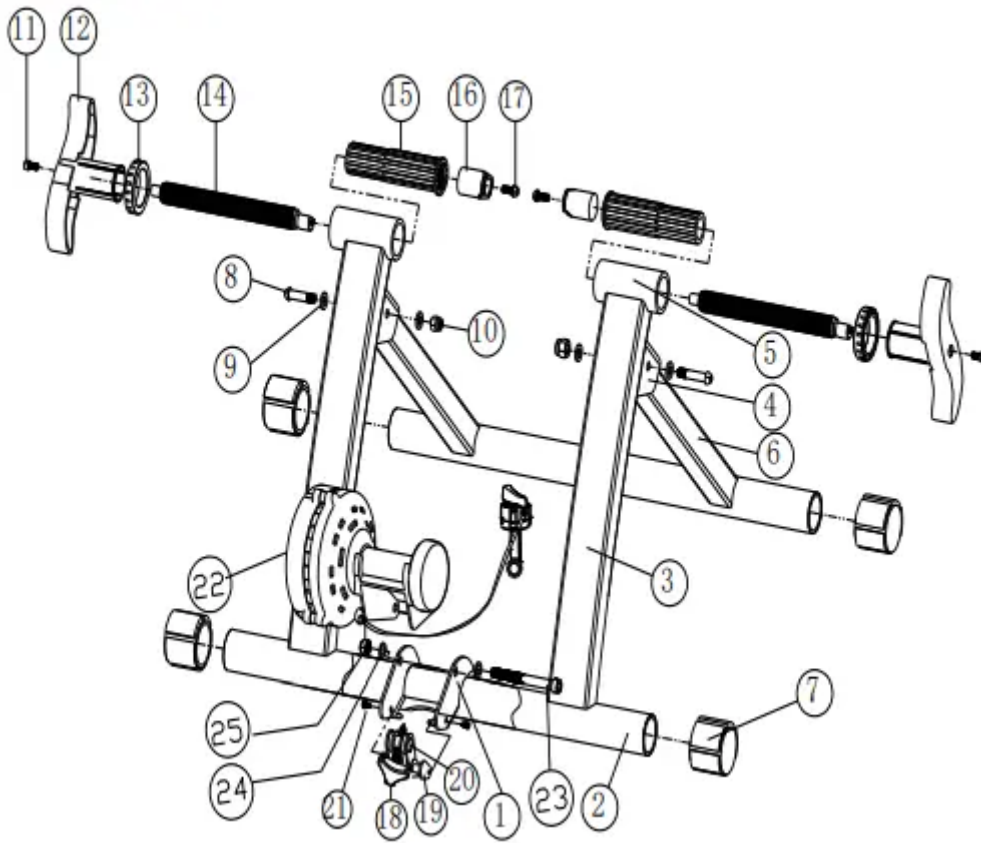


User Manual Bicycle Exercise

Explosion Drawing



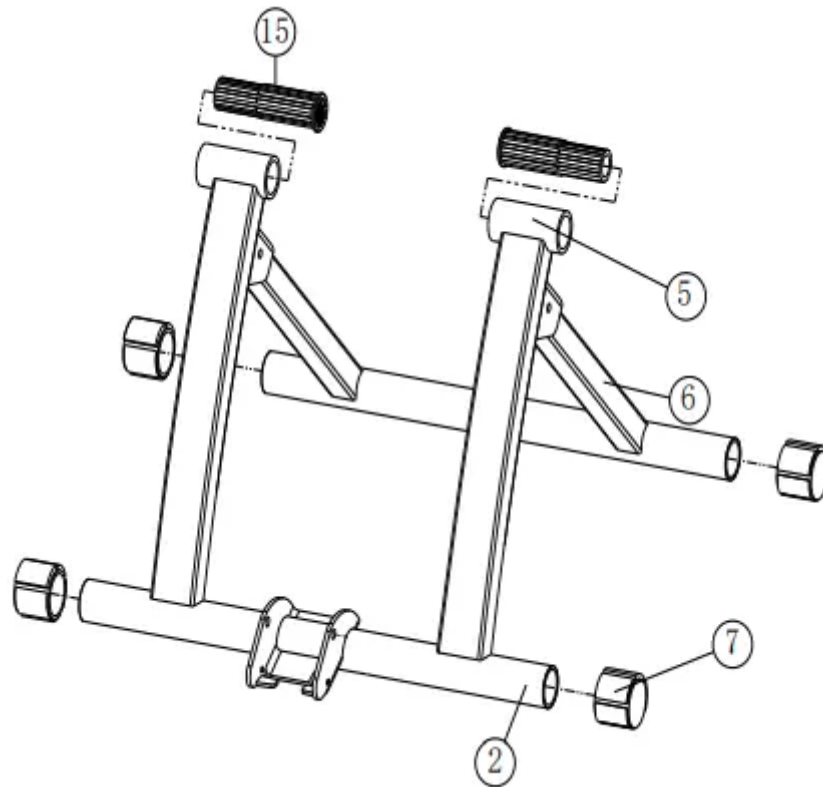
Part List

NO.	Description	Qty.	Note
1	Resistance wheel rack	1	
2	Base Leg	2	
3	Upright frame	2	
4	Frame connector	2	
5	Sleeve tube	2	
6	Support frame	2	
7	Rubber Cap	4	
8	Bolt 8	2	
9	Washer	4	
10	Lock Nut	2	
11	Bolt 11	2	
12	Tighten Handle	2	
13	Handle Cap	2	
14	Bar	2	
15	Bar Sleeve	2	
16	Sleeve Support	2	
17	Bolt 17	2	
18	Adjusting Handle	1	
19	Bolt 19	1	
20	Resistance Wheel Base	1	
21	Bolt 21	2	
22	Resistance Wheel	1	
23	Bolt 23	1	

24	Washer	2	
25	Lock Nut	1	

Assembly

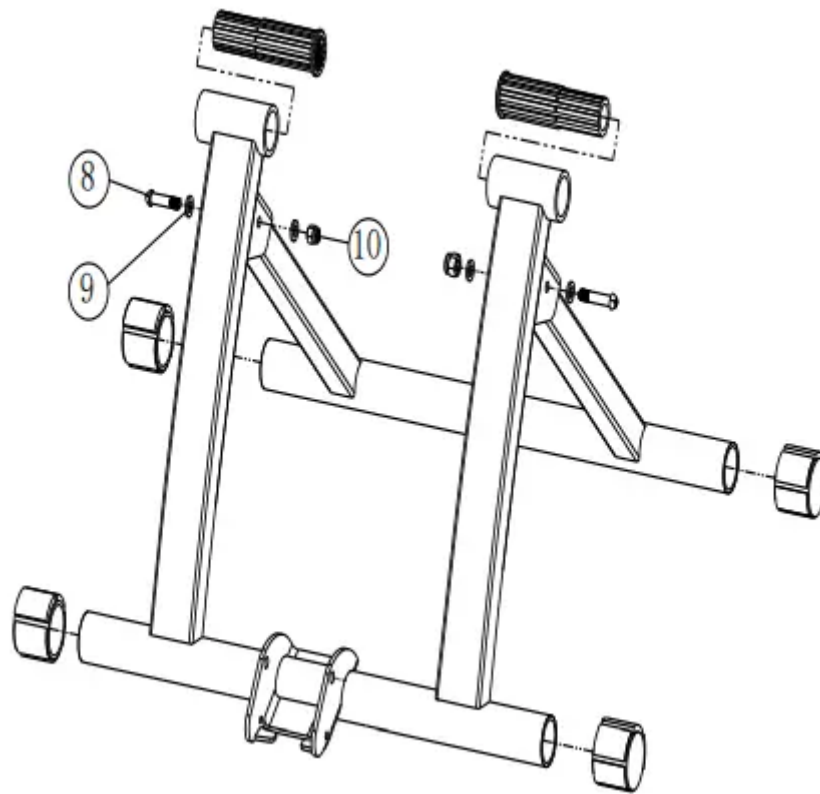
Step 1



step1-1>>> Put 2x rubber caps #7 onto base leg #2 and 2x rubber caps #7 onto support frame #6.

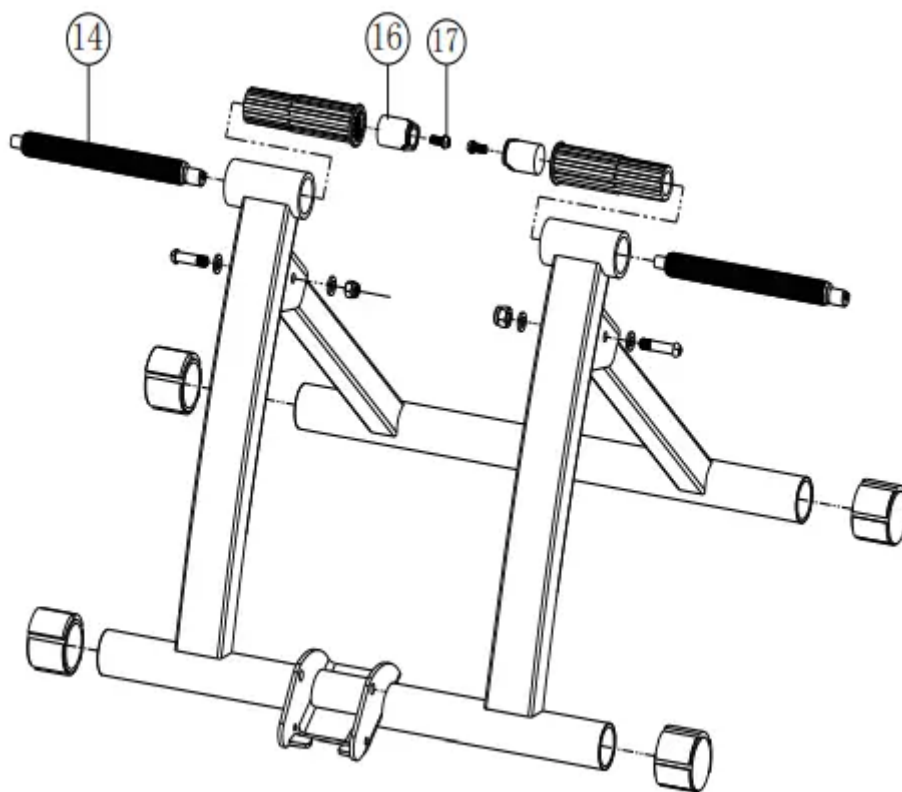
step1-2>>> Insert 2x bar sleeves #15 into sleeve tube #5.

Step 2



Step2-1>>> Assemble bolt 8 #8, washer #9 and lock nut #10 on the product of STEP 1 as shown in above picture.

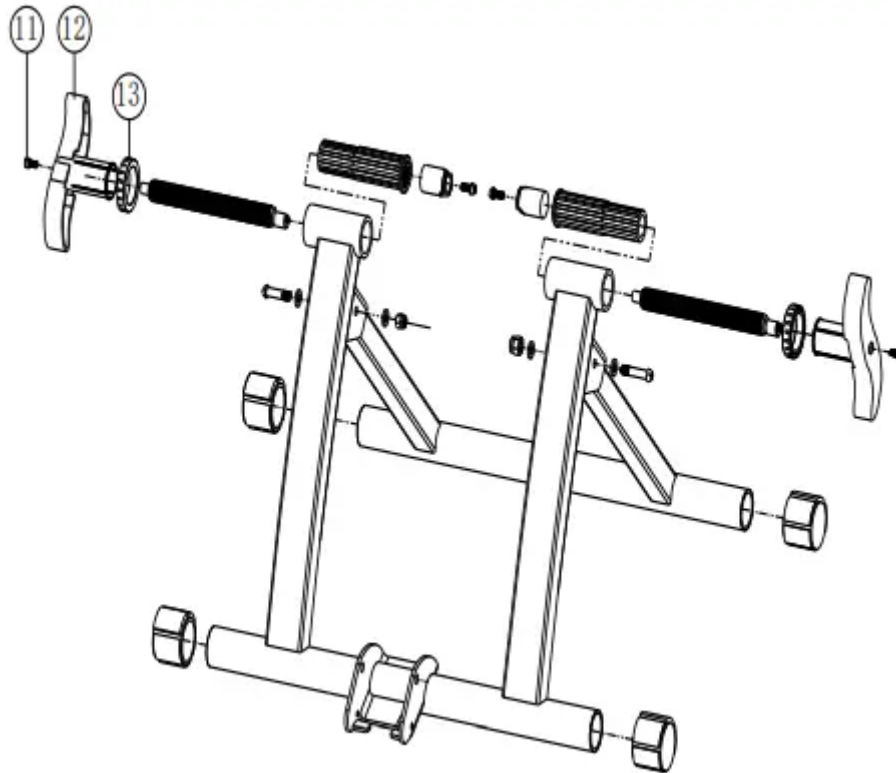
Step 3



Step3-1>>> Insert bars #14 into bar sleeves #15 on the product of STEP 2.

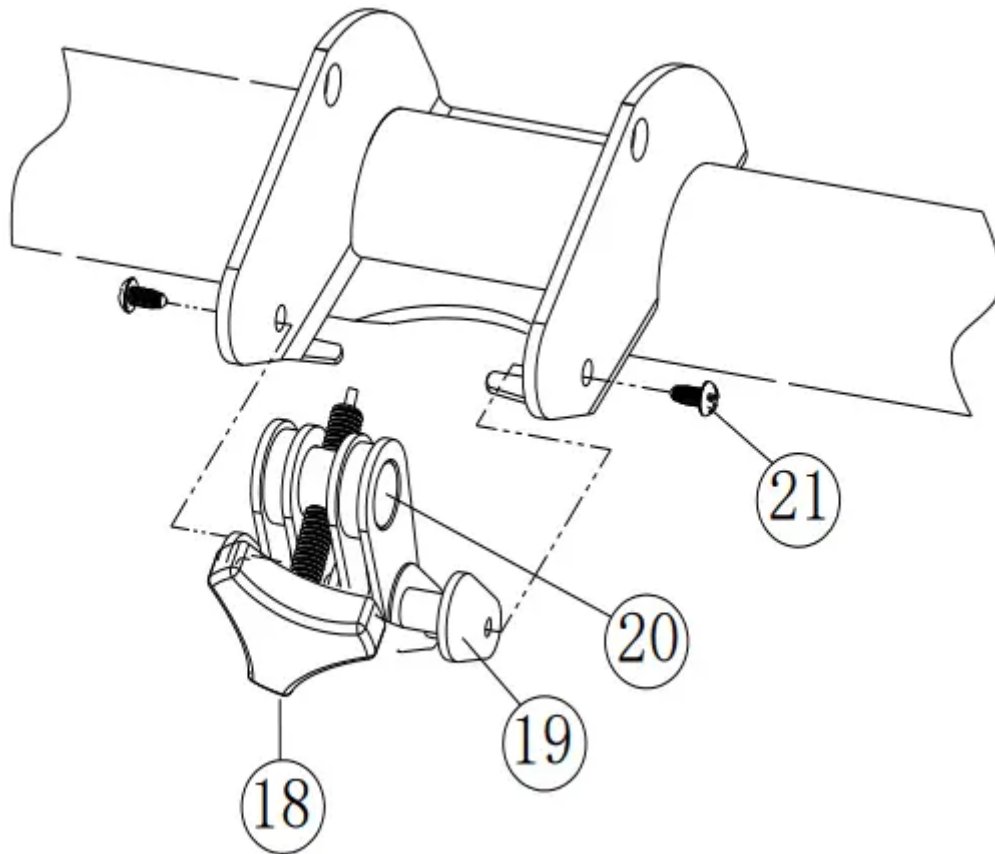
Step3-2>>> Assemble sleeve support #16 and bolt 17 #17 as shown in above picture, tighten bolt 17.

Step 4



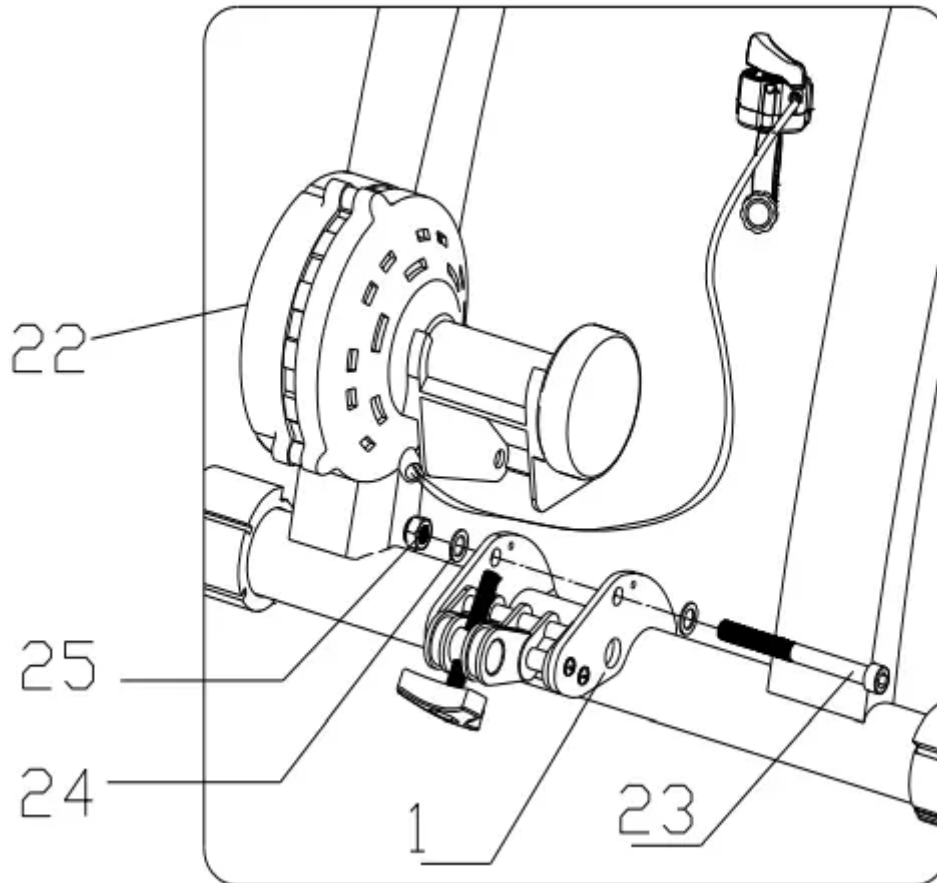
Step4>>> Attach handle cap #13, tightening handle #12 and bolt 11 #11 on the product of STEP 3 as shown in above picture.

Step 5



Step5-1>>> Assemble Adjusting handle #18, bolt 19 #19, Resistance wheel base #20 and bolt 21 #21 on the product of STEP 4 as shown in above picture.

Step 6



Step6-1>>> Attach resistance wheel #22 onto resistance wheel rack #1.

Step6-2>>> Insert Bolt 23 #23, washer #24 and lock nut #25.

Warning

This content is compiled from multiple sources and is provided for reference purposes only. It may not be complete or fully applicable to all situations. If you are unable to resolve your issue, please contact the product manufacturer or an authorized service provider for official support.