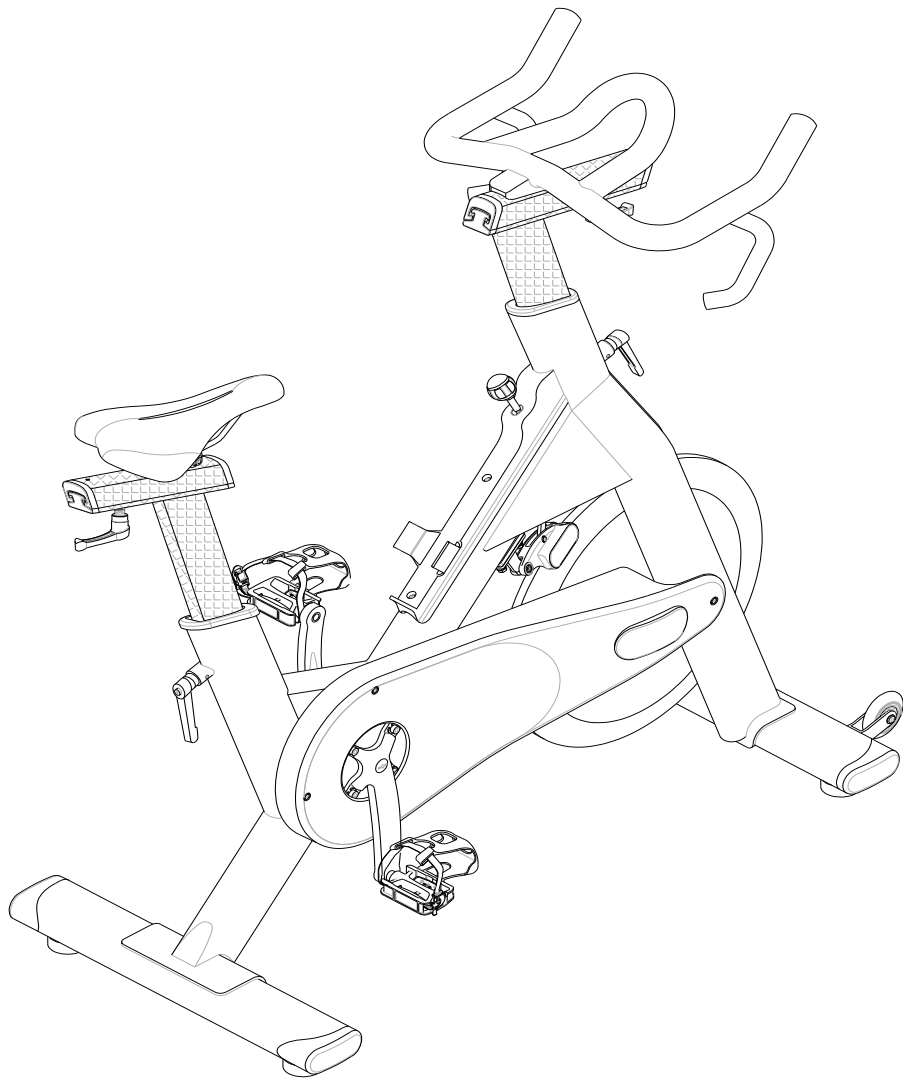


**INDOOR BIKE  
91023  
MANUAL**



## INSTRUCTIONS FOR USE

- 1) The model 91023 is designed to be used as a group cycle in fitness studios and health clubs. It has a fixed wheel driven flywheel and should only be used under professional supervision.
- 2) Installation – it is important that the 91023 is correctly assembled and we recommend that installation and assembly be carried out by suitably qualified personnel.
- 3) Handlebar and seat adjustment. It is important that the handlebar and seat are set at the correct height for your body. Ask your instructor for assistance.  
Adjusting the handlebar height - Make sure it is securely tightened and that there is no lateral or vertical movement of the handlebar. Undo the Quick Release knob which is located in front of head tube. Slide the handlebar/stem up or down to the required height and then retighten.

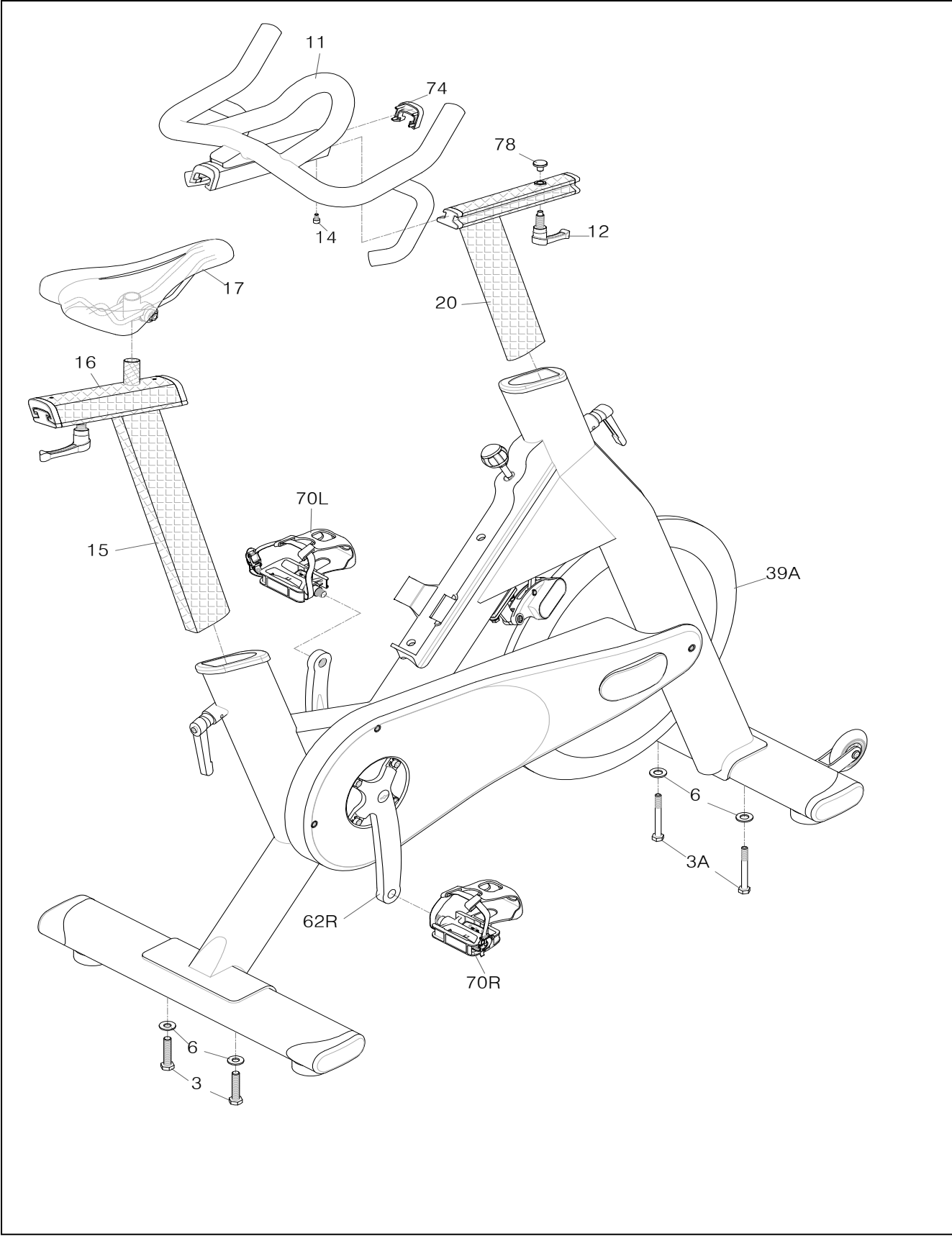
The handlebar/stem position can also be adjusted forwards or backwards. Undo the Quick Release lever located on below the slider. Slide the handlebar/stem assembly forwards or backwards until you reach the required position. Then securely re-tighten the Quick Release lever.

Adjusting the seat height – refer to above mention.

**NOTE: there is a safety line engraved on the seat post. On no account should the seat post ever be raised above this line.**

- 4) Pedals and toe straps – your feet should be securely positioned in the toe clips during the exercise. Put your foot as far forward as you can into the toe-clip and then pull the strap tight.
- 5) Resistance system- 91023 indoor bike is with durable belt direct drive transmission system, to adjust the exercising resistance on the completed indoor bike, undo the simply loosen or tighten using adjustment knob. Press down the brake lever for stopping the wheel
- 6) The 91023 should operate on a level surface with no lateral movement. There are height adjuster pads located on either side underneath the rear foot. Turn these pads clockwise or anti-clockwise until the bike is totally stable on the ground.
- 7) Maintenance – like any other mechanical cycling device, the 91023 should be regularly maintained. Ask your supplier for a detailed maintenance programme.

# 91023 Assembly Diagrams



# 91023 ASSEMBLY

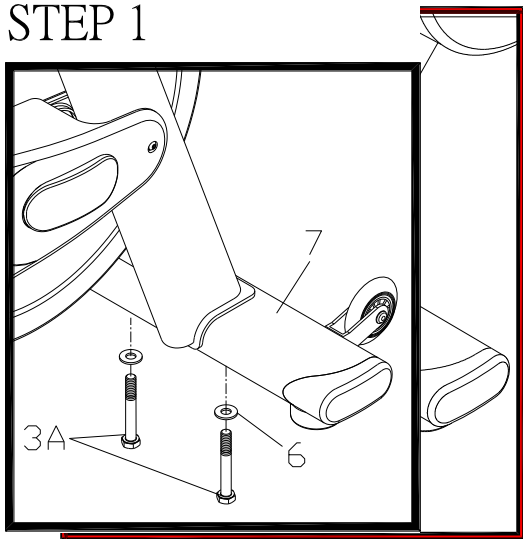
## Step 1 (foot)

Attach the front foot (7) to the frame using the bolt (3A) and washer (6).

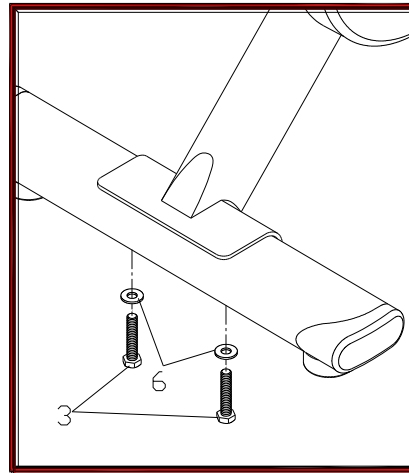
## Step 2 (foot)

Attach the rear foot (2) to the frame using the bolt (3A) and washer (6).

STEP 1



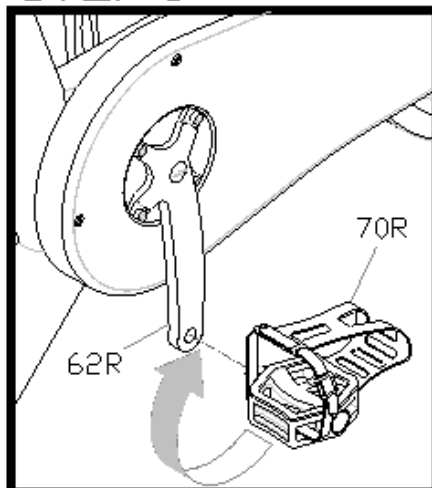
STEP 2



## Step 3. (pedals)

Attach the pedals (70R/70L) into the crank arms (62R/62L), each pedal is marked with the letter R(right) or R(right) to denote the side of the bike they are on. NOTE: the right hand crank is on the same side as the chain cover (71). Be careful to align the threads correctly to avoid any damage. A little grease on the thread should help the pedals to screw in easily and correctly, tighten using a 15mm spanner, both pedals threads should tighten towards the front of the bike.

STEP 3

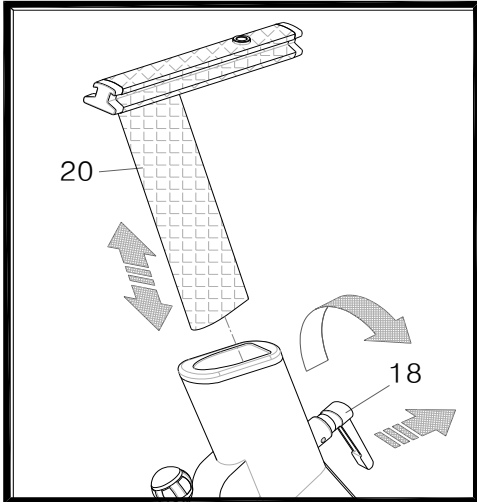


## **Step 4. 5. (handlebar & stem)**

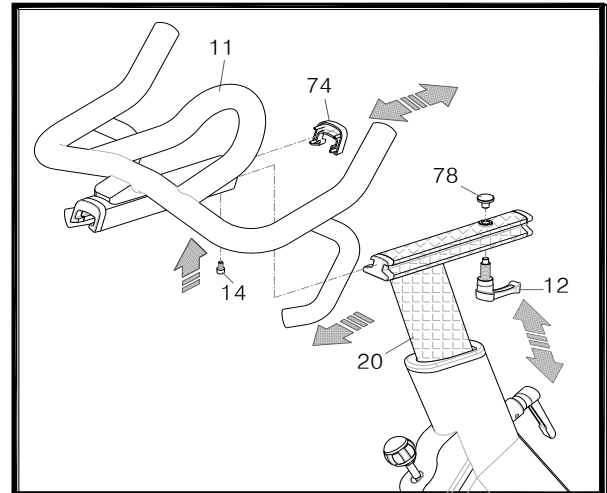
Open screw (14) from handlebar top slider then assemble slider's locking piece (78) onto bottom slider, attach handlebar (11) onto handle bar stem (20) then sliding forward until coming to a stop, assembly lock lever (12) then screw bolt (14) into top slider and tighten it, insert slider's end cap (74) into top slider.

slide the handlebar (11) until reach your required position then use lock lever (12) for tightening. using lock lever (18) for stem height adjustment. NOTE: Do not arise above safety line.

### **STEP 4**



### **STEP 5**

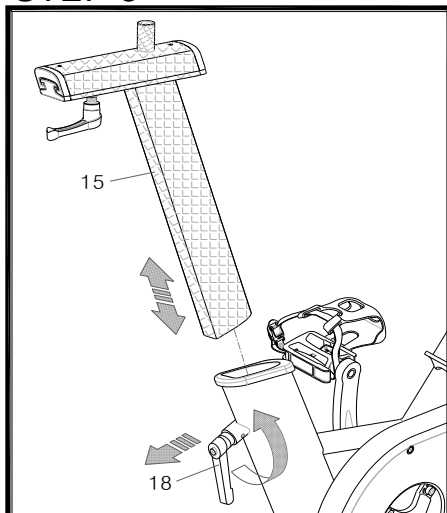


## **Step 6. 7. (saddle & seat post)**

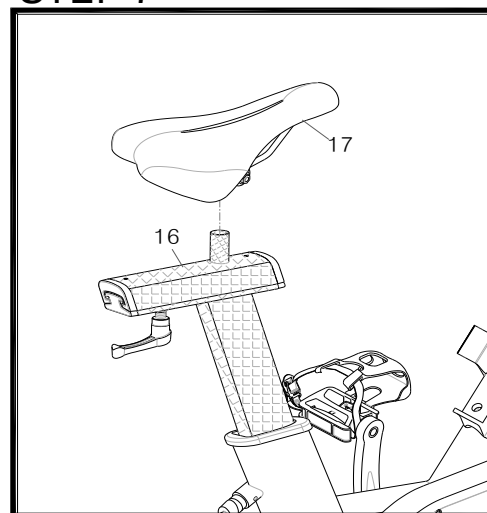
Insert seat post (15) into frame's seat tube, assembly saddle (17) on saddle top slider (16). Adjust slider using lock lever (12) for forwards or backwards and then tighten until reach the proper position. Using lock lever (18) adjust seat post (15) and tighten in proper position.

NOTE: Do not arise above safety line.

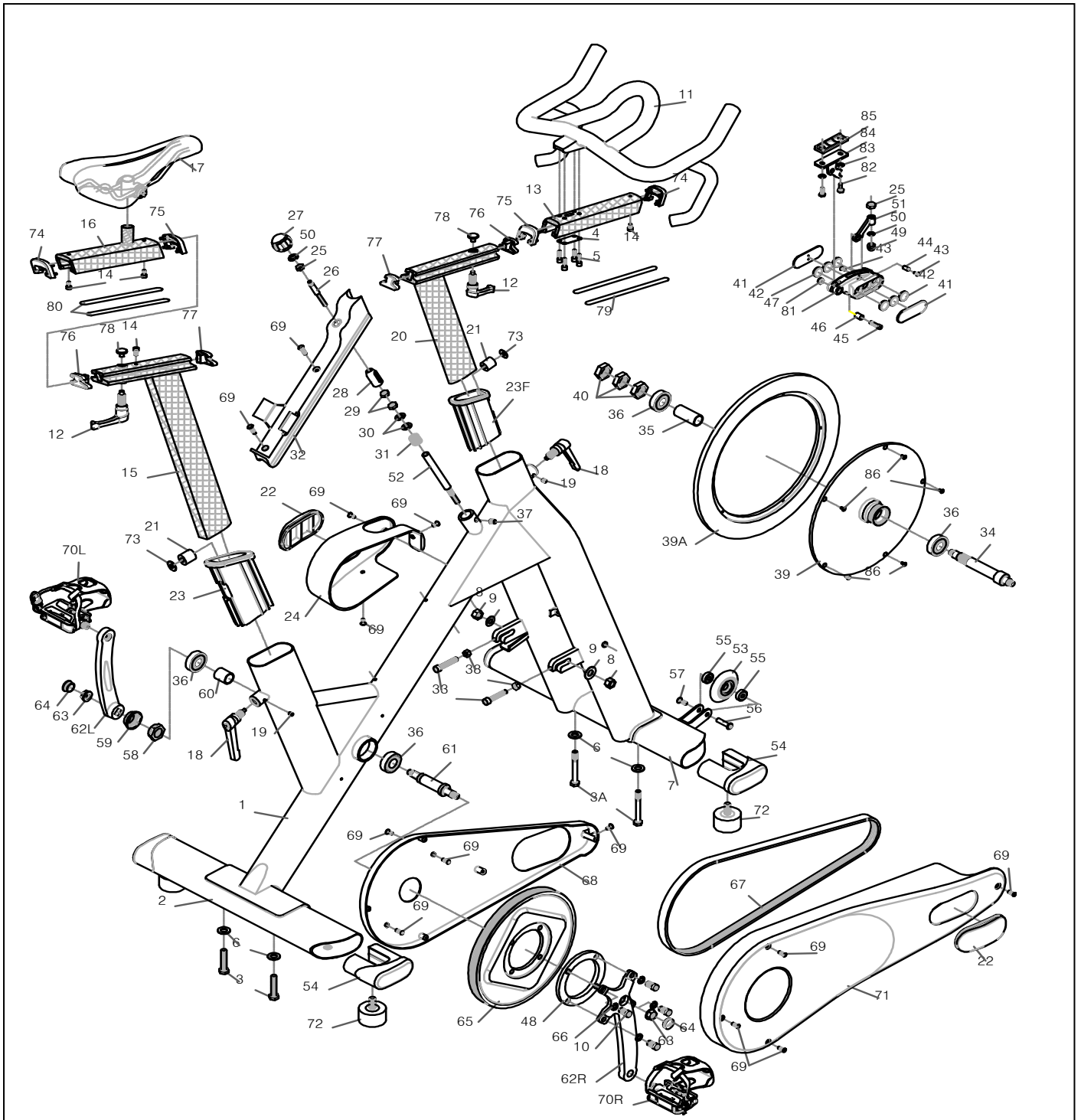
### **STEP 6**



### **STEP 7**



# 91023 EXPLODED DRAWING



## 91023 PARTS LIST

parts no.	description	q'ty	parts no.	description	q'ty
1	Main Frame	1	44	Sleeve	1
2	Rear Ground Tube	1	44	Sleeve	1
3	Rear Ground Tube Fixed Bolts	2	45	Bolt	1
3A	Front Ground Tube fixed bolts	2	46	Sleeve	1
4	Handlebar & Slider fix plate	1	47	Nut	1
5	bolts	4	48	Gusset Ring	1
6	Washer	4	49	Cap Nut	1
7	Front Ground Tube	1	50	Spring Washer	1
8	Fly Wheels Fixed Nut	2	51	Magnet set's connecting arm	1
9	Washer	2	52	Stud	1
10	bolts	4	53	PU Moving Wheel	2
11	Handle Bar	1	54	Grounds End Cap	4
12	Lock lever for HB and seat silder	2	55	Bearing 608ZZ	4
13	Handlebar Slider	1	56	Nut	2
14	Slider's safetv stoper	4	57	Bolt	2
15	Seat Post	1	58	BB Axle's Lock Nut	1
16	Saddle slider	1	59	Dustv Cover	1
17	Saddle VL-3125A	1	60	BB Axle's Spacer	1
18	Lock Lever For Stem & Post	2	61	B.B Axle	1
19	Set Screw	2	62L	Left Crank	1
20	Stem	1	62R	Right Crank	1
21	Locking Piece	2	63	Flange Nut	2
22	Pop cover	2	64	Plastic cap	2
23F/23	Plastic Sleeve for H/T and S/T	2	65	Driving Pulley	1
24	Left Cover	1	66	washer	4
25	Nut	1	67	Belt	1
26	Knob's stem bolt	1	68	Inner Cover	1
27	Adjust Knob	1	69	Screw	13
28	Floating Piece	1	70 R/L	WPD-E14 SPD pedal w/ toe clip& strap.	1
29	Nut	2	71	Outer Chain Cover	1
30	Round plate	2	72	Ground Tube's Adjusting Pad	4
31	Spring	1	73	Washer	2
32	Integrated Plastic Bottle Cage	1	74	HB(F) & Saddle Slider's (R) End Cap	2
33	Axles Adjusting Bolts	2	75	HB(R) & Saddle Slider's (F) End Cap	2
34	Fly Wheels Axle	1	76	Stem(F) & Post Slider's (R) End Cap	2
35	Spacer	1	77	Stem(R) & Post Slider's (F) End Cap	2
36	B.B & Fly Wheel Axle's Bearing	4	78	Stem/Post Slider's Locking	2
37	Floating piece set screw	1	79	Stem Top Slider's Protector	2
38	Nut	2	80	Saddle Slider's Protector	2
39	Casting Fly Wheel	1	81	Magnetic Set	1
39A	Fly Wheel's Alloy ring	1	82	Screw	2
40	Lock Nut	3	83	Washer	2
41	Magnetic set's side cover	2	84	Magnetic set's Mounting bass	1
42	Magnetic set's side cover	6	85	Adapter	1
43	Screw Set	1	86	Screw	5