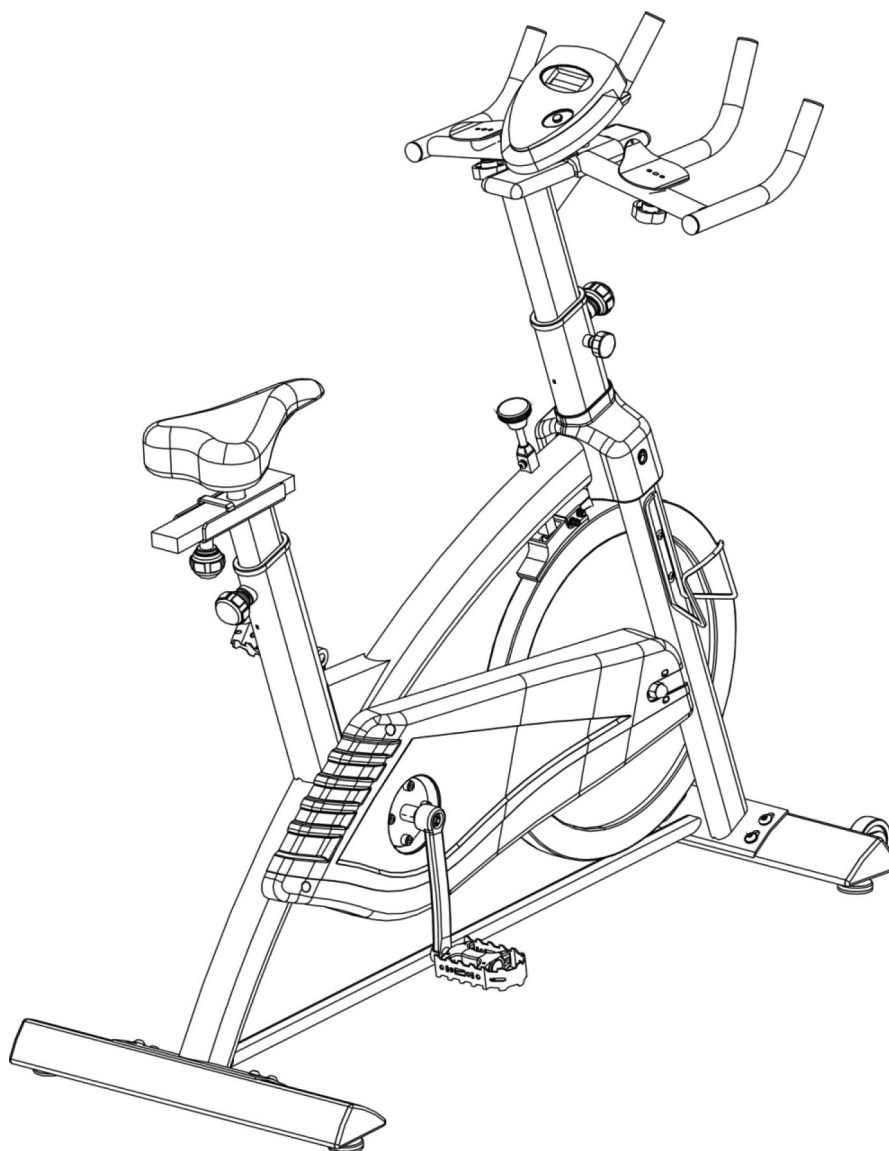


AMILA®

CYCLOCROSS SPIN BIKE

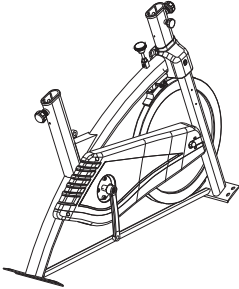
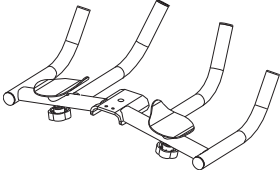
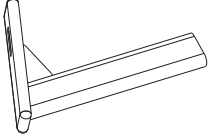
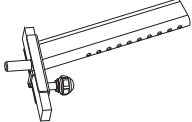
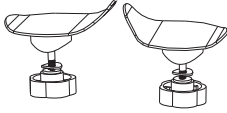
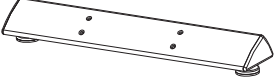
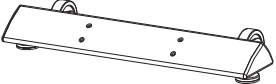
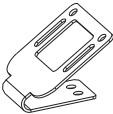
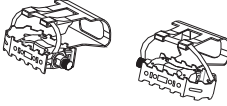
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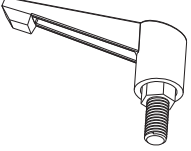
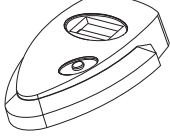

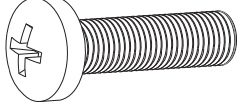
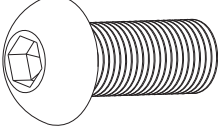
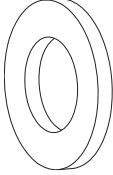
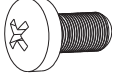

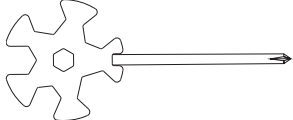
Assembly instructions



IN ORDER FOR THE WARRANTY TO BE VALID,
PLEASE, BEFORE YOU BEGIN
ASSEMBLING AND USING THE BIKE,
READ THIS INSTRUCTIONS.

COMPONENTS - PARTS

#	PCS	Description
		
1	1	Main body
		
2	1	Handle frame
		
3	1	Handle support frame
		
4-5	1	Saddle post assembly
		
6-7	1 set	Elbow pad assembly (Left/Right)
		
8	1	Back stabilizer
		
9	1	Front stabilizer
		
12	1	Computer holder/bracket
		
20	1 set	Pedals (Left/Right)

#	PCS	Description
		
27	1	Saddle
		
28	1	L-shaped lock knob
		
29	1	Computer
		
32	1	Water bottle rack
		
71	2	15mm flat head philips bolt
		
74	8	20mm allen bolt
		
75	8	8mm washer
		
89	2	6mm flat head philips bolt
		
—	1	#5 allen wrench
		
—	1	Multi wrench

ASSEMBLY INSTRUCTIONS

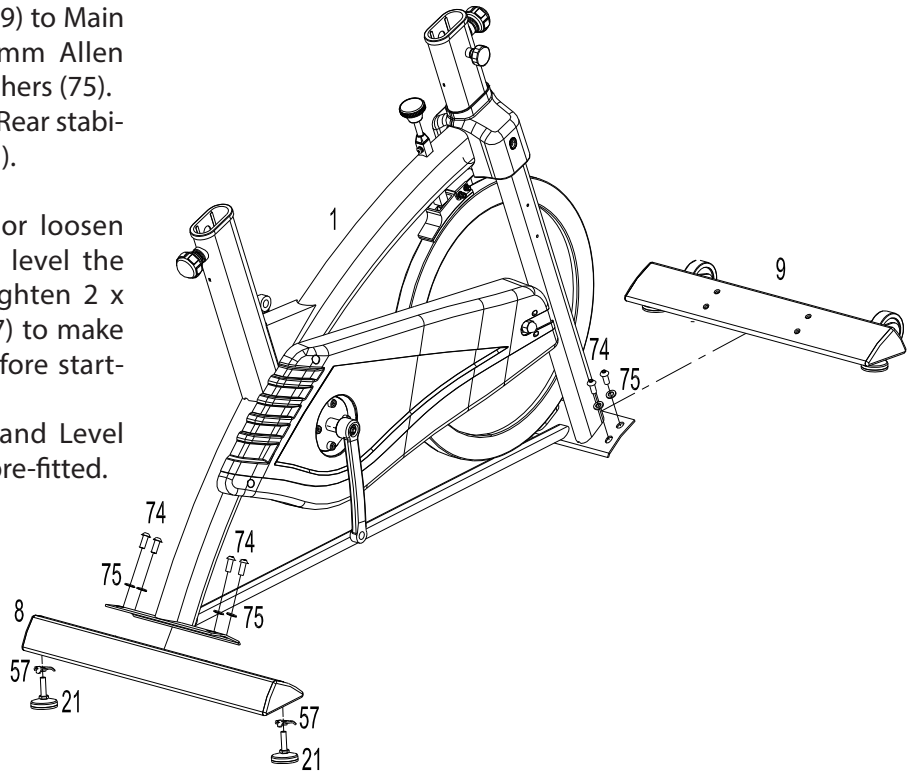
Step 1

- Attach Front stabilizer (9) to Main Body (1) using 4x 20mm Allen bolts (74), 4 x 8mm washers (75).
- Repeat step a to install Rear stabilizer (8) to Main Body (1).

• **Lever the machine:**

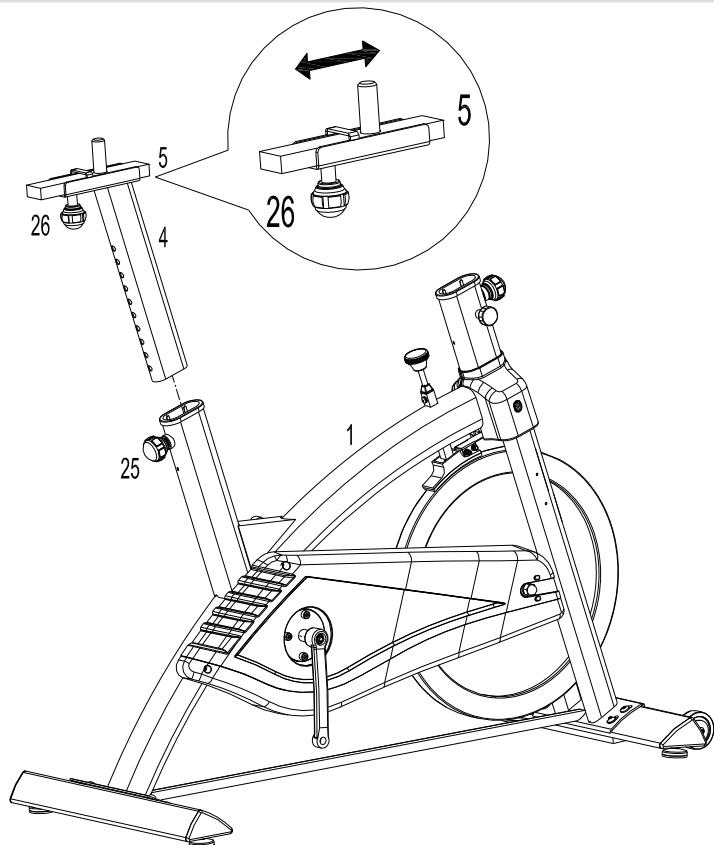
The user can tighten or loosen 2 x Level Feet (21) to level the machine if needed. Tighten 2 x Level foot lock nuts (57) to make the machine stable before starting workout.

Note: Level Feet (21) and Level foot lock nuts (57) are pre-fitted.

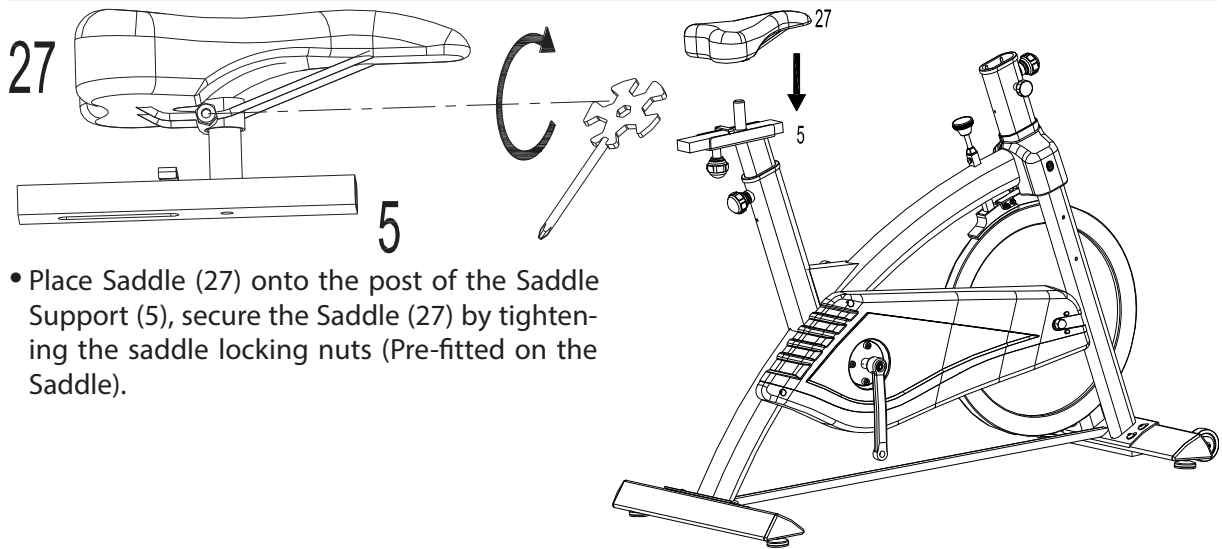


Step 2

- Loosen and pull out Lock Knob (25), insert Saddle Post Assembly (4 & 5) into the rear opening tube of the Main body (1).
- Adjust the Saddle Post Assembly (4 & 5) to your desired height, then tighten the Lock knob (25).
- Loosen Knob (26) to select your desired forward or backward position, then tighten the Lock knob (26).



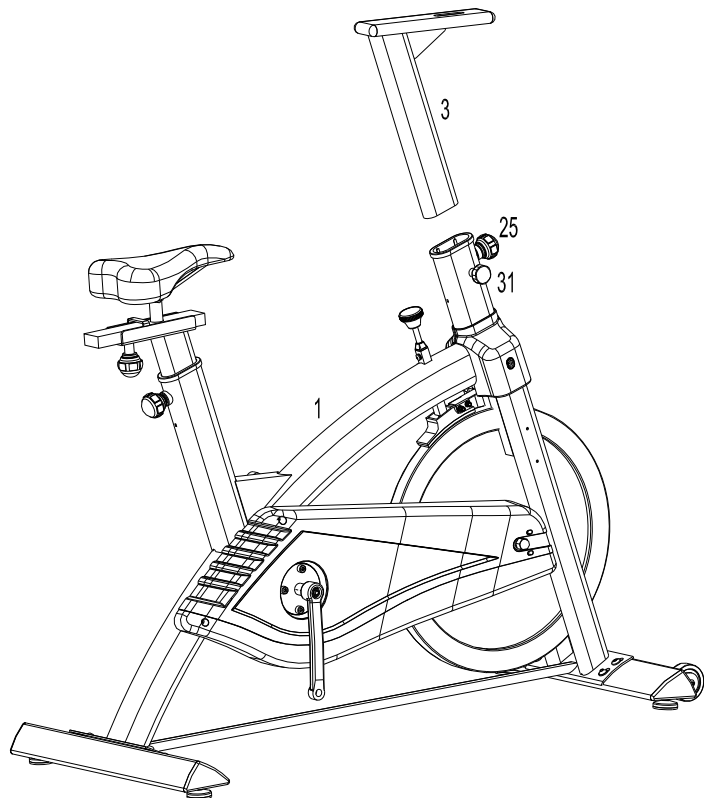
Step 3



- Place Saddle (27) onto the post of the Saddle Support (5), secure the Saddle (27) by tightening the saddle locking nuts (Pre-fitted on the Saddle).

Step 4

- Loosen the side Knob (31) and Lock Knob (25) and pull out. Insert Handle Support Frame (3) into the opening of the front tube of the Main Body (1). Tighten Lock knob (25) and Knob (31).

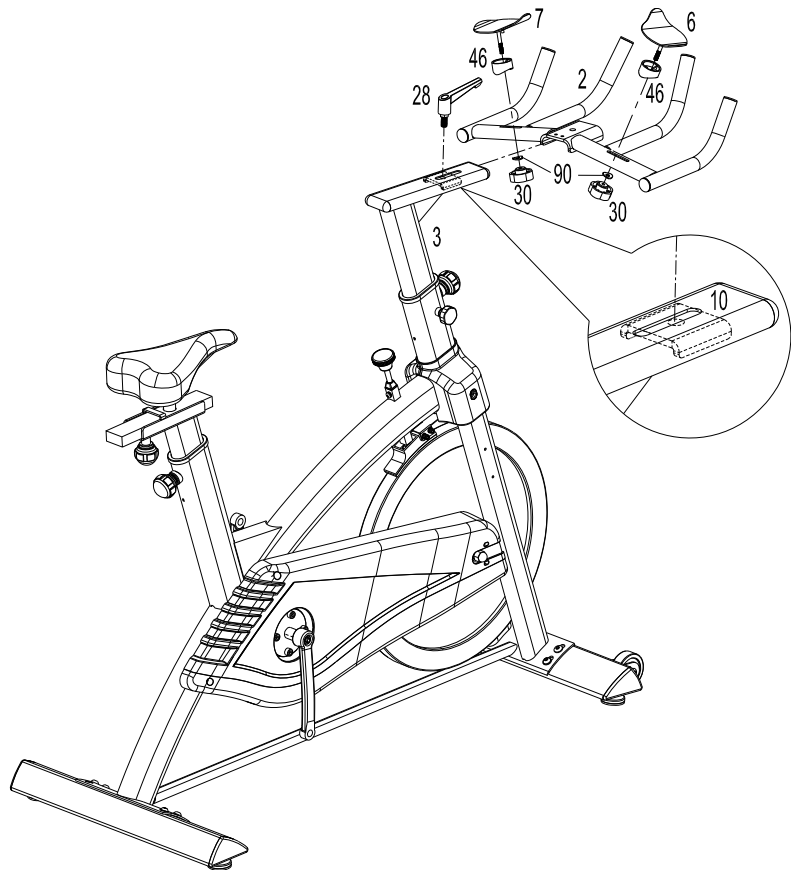


Step 5

- Attach the Left Elbow Pad (7), Right Elbow Pad (6) and Elbow Pad Rubber Bushing (46) onto the Handle Frame (2). Adjust to your desired position and fix using M6 Knob (6) and $\text{Ø}18 \times \text{Ø}6.5 \times R29 \times 1.5\text{mm}$ Arc Washer.
- Attach the Handle Frame (2) onto the Handle Support Frame (3). Adjust to your desired position and fix using 1 x 20mm L-Shaped Lock Knob (28) and 1 x U-Shaped handle locking bracket (10) (Which was pre-fitted inside of the Handle support frame (3)).

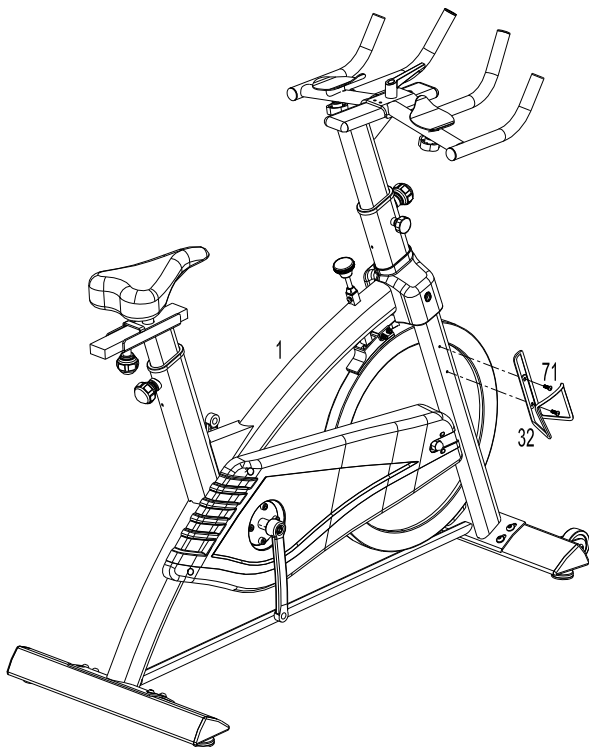
To Tighten: Turn 20mm L-Shaped Lock Knob (28) handle clockwise, then pull the handle upward and turn anticlockwise to the starting position, repeat above operation to tighten the lock knob.

To Loosen: Turn 20mm L-Shaped Lock Knob (28) handle anticlockwise, then pull the handle upward and turn clockwise to starting position. Repeat above operation to loosening the lock knob.

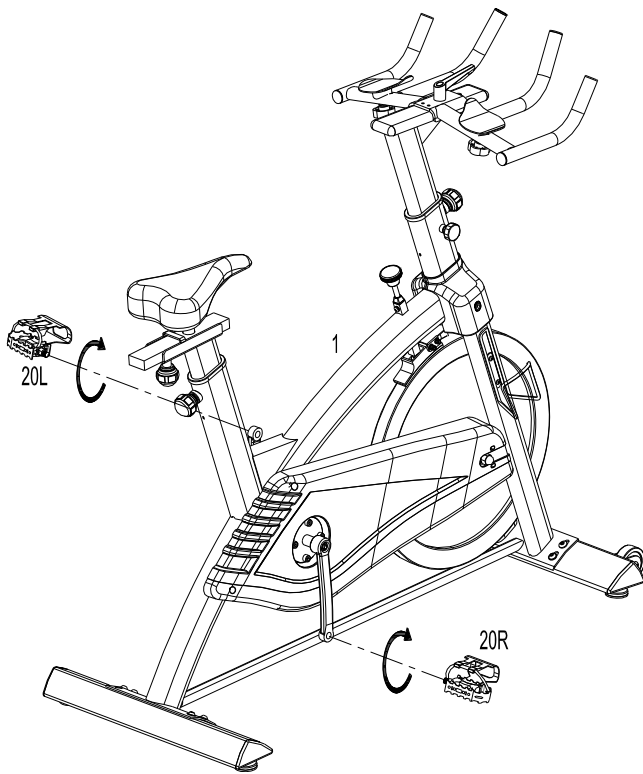


Step 6

- Attach Water Bottle Rack (32) to the Main Body (1), fix using 2 x 15mm Flat Head Philips Bolts (71).



Step 7

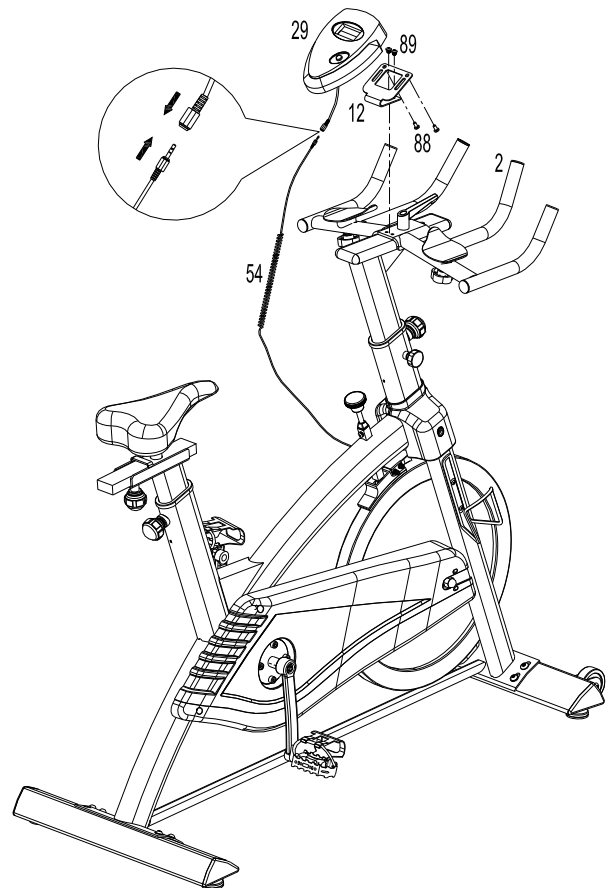


- Connect Pedals (20 Right & Left) to Cranks as shown in above diagram.

Note: The left one is marked "L" and right one marked "R". Fasten the left pedal by turning in an anticlockwise direction and fasten the right pedal by turning in a clockwise direction.

Step 8

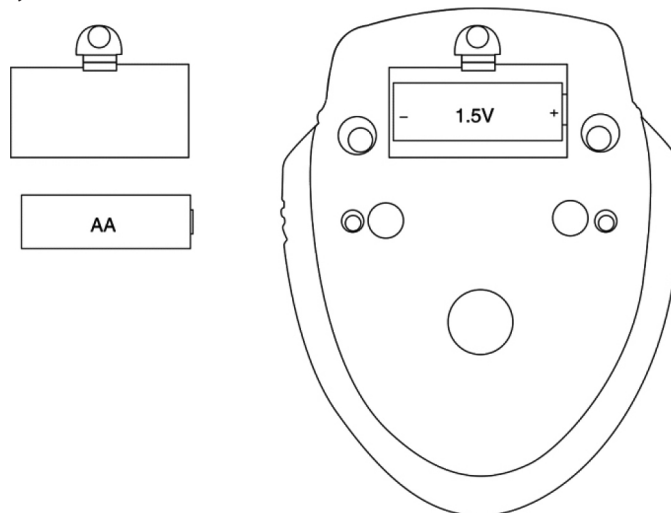
- Attach the Computer Holder Bracket (12) to the Handle Frame (2), fix using 2 x 6mm Flat Head Philips Bolts (89).
- Attach the Computer (29) to the Computer Holder Bracket (12), fix using 2 x 12mm Philips Bolts (88) (Please note these two bolts were pre-fitted to the bottom of the Computer (29)).
- Connect Sensor wire (54) from the Main Body (1) to the Sensor wire from Computer (29).



COMPUTER OPERATION



The console will automatically turn on when you start pedaling. It will also turn off by itself, after 4 minutes of inactivity.



It is powered by an "AA" battery. To insert it, open the cover on the back of the console. It lasts for approximately 10 months of normal use. Replace the battery whenever the screen is not clear or parts of it do not seem to be working. When you take the battery out, all readings are reset.

MODE button: It allows you to change what is being displayed on the console. Every time you press it, you will see a small triangle next to another reading (time, speed, distance, odometer, calories). You may also select "SCAN" so that the display automatically alternates between each reading every four seconds.

WARM-UP EXERCISES

A proper workout consists of warm-up, aerobic exercise and relaxation. Repeat the program 2 or, preferably, 3 times a week, relaxing one day in between. After a few months you will be able to increase the frequency of your workouts to 4 or 5 times per week. Warming up should be a key part of your exercise, something not to be missed. It prepares your body for more strenuous exercises by warming and stretching your muscles, increasing blood circulation and heart rate and sending more oxygen to your muscles. Repeat these exercises after your workout to minimize muscle soreness. We suggest the following exercises:

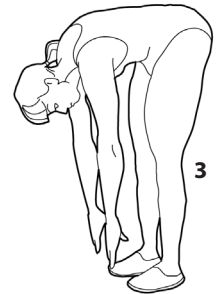


1. Quadriceps stretch: Lean against the wall using your right hand while bending your left leg backwards and holding it with the other hand. Try to bend the leg as much as you can. Hold this position for 15 seconds. Repeat for the right leg.

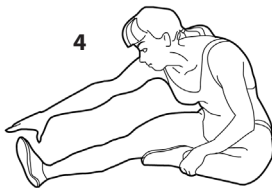


2. Adductor exercise: Sit down pulling your feet towards you, knees bent and the soles pressed together. Then use your elbows to press your knees towards the floor. Perform 15 repetitions.

3. Touch the toes: Bend your waist slowly forward with your knees slightly bent and your hands trying to grip the toes. Hold this position for 15 seconds.



4. Biceps exercise: Sit with your right leg outstretched towards the front and the left one tucked in with the sole touching the right leg. Lean forward trying to grab the toes of the outstretched foot. Perform 15 repetitions. Rest for a while and repeat with the other leg outstretched.



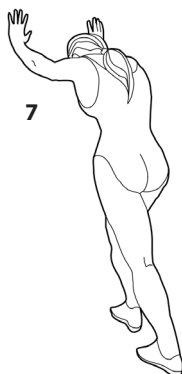
5. Neck stretching (Head rolling): Tilt your head to the right, feeling the stretching of the left side of the neck. Then tilt your head towards the other side. Finally, tilt the head once forward and once backwards.



6. Shoulder lift: Raise your right shoulder as close as you can to your ear. Repeat with the left shoulder. This exercise should be performed at a slow pace.



7. Tension of the Achilles tendon: This exercise is performed by leaning on a wall, which you press with your hands. The right foot should be bent at the knee and the left one stretched backwards, the soles of both feet touching the ground. Repeat the exercise by reversing the feet.



8. Side stretching: Stretch your hands upwards and try to lift your left outstretched hand as high as possible, so that you feel your left side being pulled. Repeat for the right hand.



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