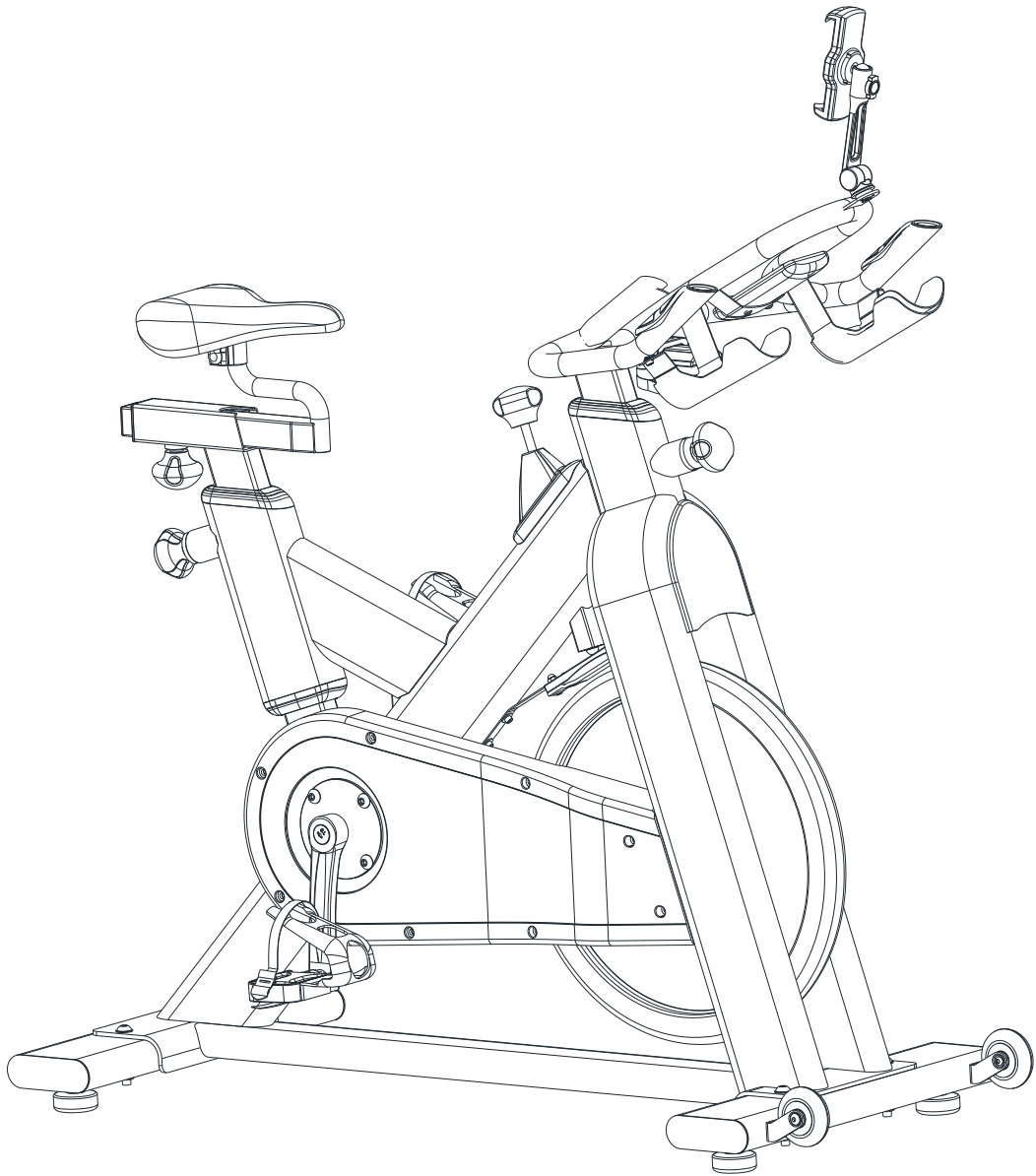




SPINMAX ESSENTIAL INSTRUCTION MANUAL



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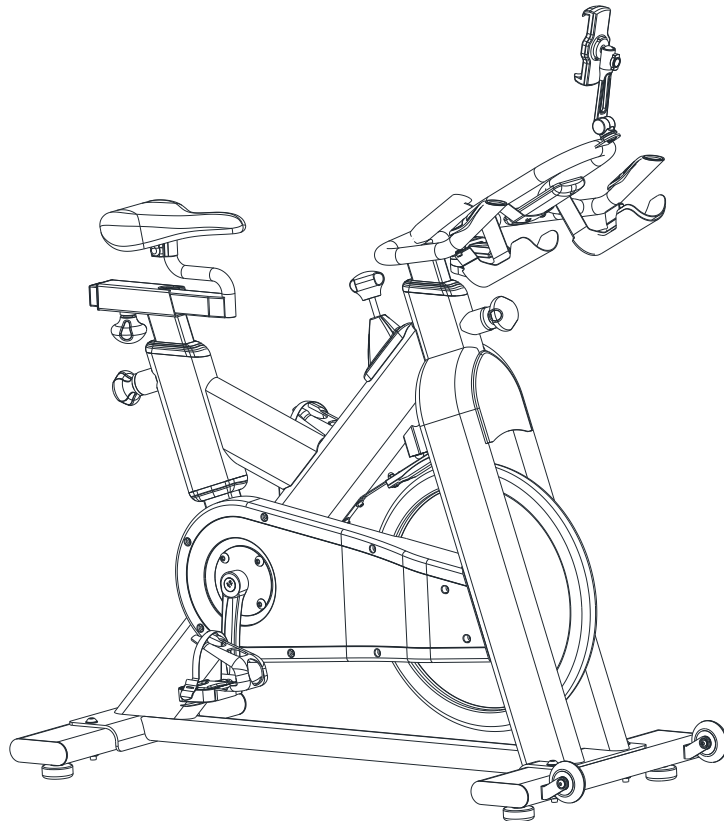
SAFETY GUIDELINES

1. Once assembly is complete, please inspect to make sure all hardware parts such as bolts, nuts and washers are positioned correctly and the bike is in a stable position.
2. Regularly inspect the chain guard to ensure it is positioned securely and can safely protect the user from the internal moving parts.
3. Do not wear loose clothing when using the SpinMax Essential.
4. Wear suitable sports or cycling footwear when using the SpinMax Essential.
5. Do not remove feet from the pedals while the cranks are in motion.
6. Dry the bike after each use to remove sweat and moisture. Wipe your SpinMax Essential with a mild, non-abrasive cleaner and water solution. To avoid damaging the finish on the bike, never use a petroleum-based solvent when cleaning.
7. Please keep children away from the bike while it is in use. Do not allow children to use the bike.
8. Do not dismount from the bike until the pedals are at a complete STOP.
9. If you have any pain or tightness in your chest, an irregular heartbeat, shortness of breath, feel faint or have any discomfort while you exercise, stop cycling immediately and contact a doctor.
10. Do not place fingers or any other objects into the moving parts of the SpinMax Essential.
11. Before starting any exercise program, consult with your physician first. He or she can help establish the exercise frequency, time and intensity appropriate for your particular age and condition.
12. Please pay attention to the moving pedals when the bike is not in use.

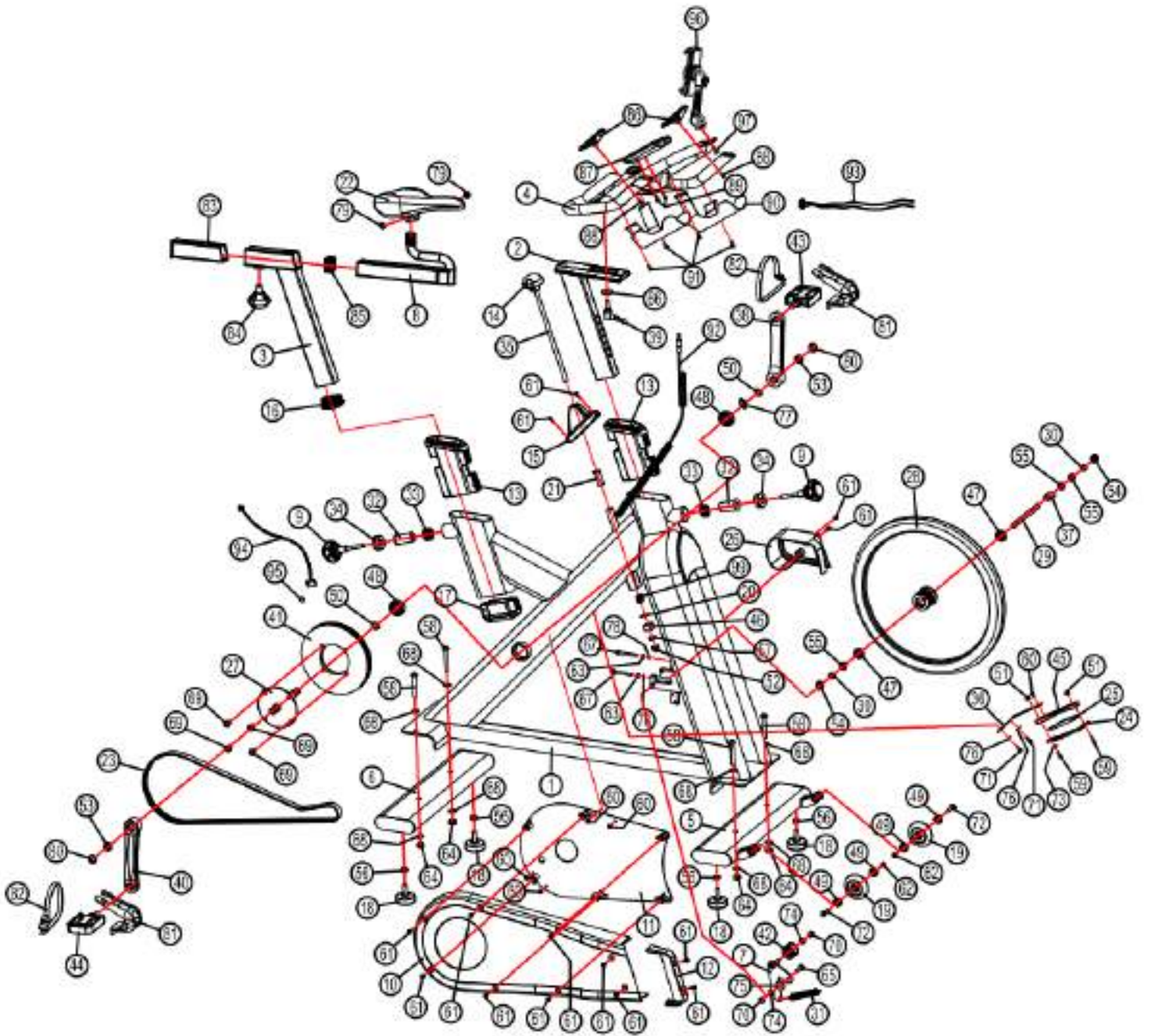
MAINTENANCE GUIDELINES

If you take care to maintain your SpinMax Essential correctly, you can expect it to perform better and last longer. Please follow the guidelines below:

1. Wipe down your bike after every session. This will prevent rust and other forms of corrosion from building up. Use an absorbent cloth and make sure to wipe the handlebar, computer, flywheel, main frame, chain guard, brake assembly, pop pins and levelling feet.
2. Regularly inspect the major moving parts of crank arms and pedals. These parts require correct torque to be maintained over time. Use a foot pound torque wrench to maintain 30-35 lbs of pressure on the main crank arms. Use a pedal wrench to keep pedals fully tightened.
3. Regularly tighten all other nuts and bolts.
4. Regularly lubricate all moving parts.
5. After your session, unscrew the resistance brake so that perspiration on the flywheel or brake system can evaporate.
6. Regularly lubricate the brakepad (24), pictured below. Use a general lubricant such as WD40. When the brakepad is worn to the point that it will no longer retain the moisture of the applied lubricant, it is time to replace this part



EXPLODED DRAWING



PARTS LIST

Part No.	ERP Code	Descriptions	Specification	QTY
1	21040013D15	Main Frame		1
2	21050144A01	Handlebar Post	□30*60*2T*330L	1
3	21050135A01	Seat Post	□30*60*2T*360L	1
4	21050012E01	Handlebar	Φ28	1
5	21040009D15	Front Base	Flat oval 40*120*2T*498L	1
6	21040011D15	Rear Base	Flat oval 40*120*2T*498L	1
7	21040012D06	Tension Bracket	5T	1
8	21050182A01	Seat Slider	35*35*2T*280L	1
9	22010043	Pop Pin	M16*P1.5*84.5L	2
10	22070006C15	Chain Cover A	ABS	1
11	22070007C15	Chain Cover B	ABS	1
12	22070008C15	Front Cover	ABS	1
13	22060132	Plastic Sheath-inner Pipe	Flat oval 40*120*2T with square tube 30*60	2
14	22010011	Brake Knob	ABS	1
15	22070009C15	Brake cover	ABS	1
16	22060134	Cap of square tube(seat post)	For square tube of 30*60*2T	1
17	22060133	Loose preventing bushing	Flat oval 40*120*2T with square tube 30*60	1
18	21050210A02	Base Lever	M10	4
19	22060108	Pulley	φ15*φ71.5*W23	2
20	22060081	Plastic washer	20*20*2T	1
21	22060083	Plastic Sleeve	φ19*φ15.5*40L	1
22	22020045	Seat		1
23	22050002	Belt	5PK54"	1
24	22060093	Brake Pad (cowhide)	4T	1
25	22060094	Brake soft mat	20*11*96	1
26	22070010C15	Flywheel Left Cover	ABS	1
27	21030100B01	Axis welding	φ25*167.5L	1
28	21030027A01	Flywheel	φ460*35W	1
29	21030073	Flywheel Spindle	φ15*M12*P1.0*157.5L	1
30	21050248A01	Sleeve	φ16*φ12.2*8L	2
31	21050229A01	Tension Spring	φ3.0*17 ring	1
32	21030126F01	Limited bearing	φ32*φ27*52L	2
33	21030215A01	Spring	φ1.5	2
34	21030229A01	Inner Screw Cap	φ40*M36*P2.0-M16*P1.5	2
35	21050059A01	Brake Screw	φ10*285L	1
36	21050068A01	Shrapnel	1.5T	1
37	21050196A01	Flywheel Sleeve	φ20*φ15.2*28.5L	1
38	21030054B01	Left Crank	M18 170L	1
39	22010035	Handle	M10*25L	1
40	21030055B01	Right Crank	M18 170L	1
41	21030038C06	Belt Wheel	Ø205*19.8W	1

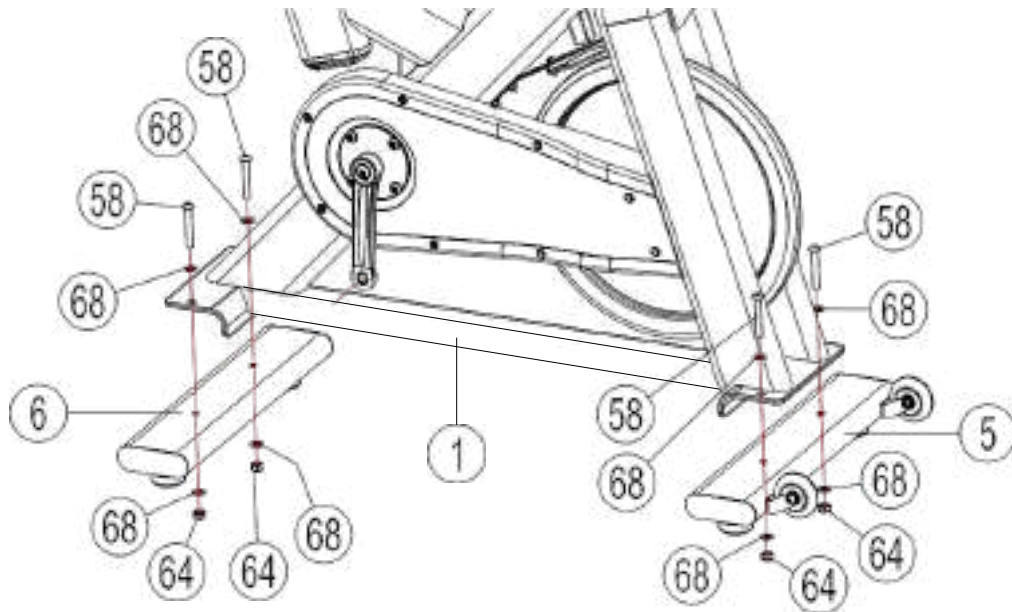
42	21030145B01	Tension Pulley	φ37*φ30*24.5 (with Bearing)	1
43	22030015	Left Pedal	M18	1
44	22030015	Right Pedal	M18	1
45	21030129F01	Brake Pad Holder		1
46	21050213A01	Brake Adjusting Nut	20*20*15L	1
47	21030158	Bearings	6302	2
48	21030157	Bearings	6005	2
49	21030155	Bearings	608ZZ	4
50	310025B01	C-shaped Buckle	Φ25	2
51	310081A01	Cap Nut	M5	2
52	310082A01	Cap Nut	M10	1
53	310034B01	Hexagon Flange Nut	M12*P1.25*8T	2
54	310027A01	Hexagon Flange Nut	M12*P1.0	2
55	310037A01	Hexagon Thin Nut	M12*P1.0*6T	3
56	310036B01	Hexagon Nut	M10	4
57	310003A01	Hexagon Nut	M10	1
58	310044A01	Inner Hexagon Flat Round Head Bolt	M10*65L	4
59	310063A01	Cross Recessed Countersunk Bolt	M5*18L	2
60	310073A01	Cross Umbrella Screw	M5*10L	5
61	310068B01	Cross Pan Head Bolt	M5*15L	14
62	310009A01	Inner Hexagon Flat Round Head Bolt	M6*12L	2
63	310037A01	Hexagon Nut	M6	2
64	310030A01	Nylon Nut	M10	4
65	310046A01	Inner Hexagon Flat Round Head Bolt	M8*27L	1
66	21050244A01	Flat Mat (bigger and thicker)	φ30*φ10.5*4T	1
67	310051A01	Inner Hexagon Column Bolt	M6*55L	2
68	310015A01	Flat Mat	Φ20*Φ10*1.5	8
69	310005A01	Inner Hexagon Flat Round Head Bolt	M10*16L	4
70	310032A01	Nylon Nut	M8	2
71	310048A01	Inner Hexagon Column Bolt	M5*12L	2
72	310011A01	Inner Hexagon Hollow Screw	Φ8*M6*30L	2
73	310057A01	Flat Mat	φ16*φ6*2T	1
74	310058A01	Flat Mat	φ16*φ8*2T	2
75	310059A01	Flat Mat	Φ25*Φ8*1T	1
76	310083A01	Flat Mat (bigger)	Φ15*Φ5.2*1T	2
77	310026B01	Wave-shaped Mat	Φ32*Φ25.5*0.3T(65Mn)	1
78	310090A01	Spring Washer	φ6.4*1.8T	2
79	Together with seat	Hexagon Nut	M8	2
80	22060164	Crank Cover		2
81	22060166	Pedal Feet Sheath		2
82	22060167	Pedal Strip		2
83	22060125	Plastic Sheath-inner Pipe B	45*45*2-35*35 Square tube	1
84	22010021	Pop Pin	M16*P1.5	1

85	22060125	Cap of square tube (seat slider)	35*35*2T Square tube	1
86	22040033	Sensor Plate for Hand Pulse		2
87	22040020	Computer	HP6521	1
88	310071B01	Cross Pan Head Self-tapping Screw	ST3.8*20	2
89	310073A01	Cross Umbrella Screw	M5*10L	2
90	21050031/32E01	Bottle Holder		1SET
91	310107A01	Cross Pan Head Screw	M5*15L	4
92	22040035	Sensor Wire		1
93	22040034	Sensor Cable for Hand Pulse		2
94	22040036	Sensor Wire		1
95	21030151	Magnet		1
96	22060168	Tablet Holder		1
97	310109A01	Cross Umbrella Screw	M4*10L	1
98	310018B01	Flat Mat	Φ 5.2*1.0	2
99		Brake Spring	2.0*17L	1

Steps of Installation:

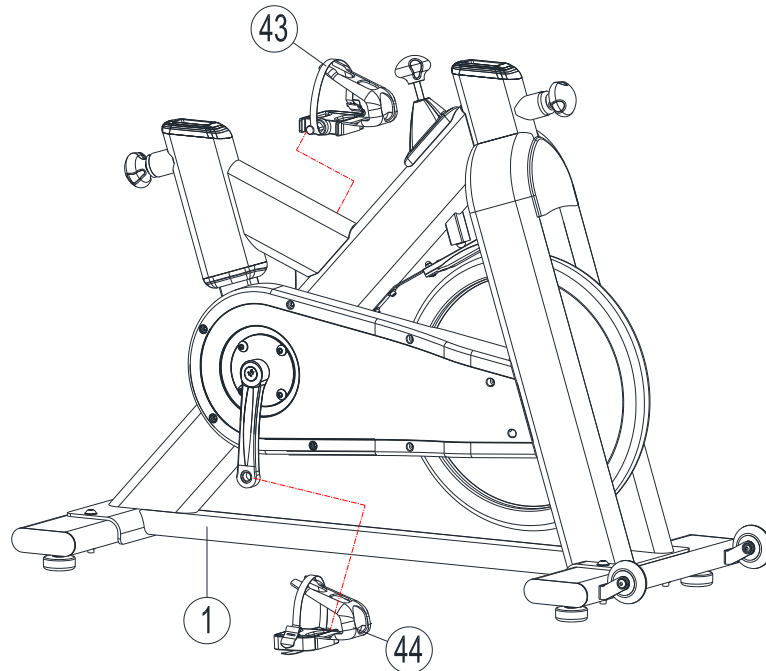
Step 1: Install the front and rear bases

According to the following figure, fix the Front Base (5) and Rear Base (6) under the Main Frame (1) with 8 pcs of Flat Mat $\Phi 20 \times \Phi 10.5 \times 1.5$ (68), 4 pcs of Inner Hexagon Flat Round Head Screw M10*65L (58) and 4 pcs of Nylon Nut M10 (64) by hand, then finally use a #6 Inner Hexagon Wrench to fasten the screw, and use the Opening Wrench 17# to tighten the Nylon Nut M10 (64).



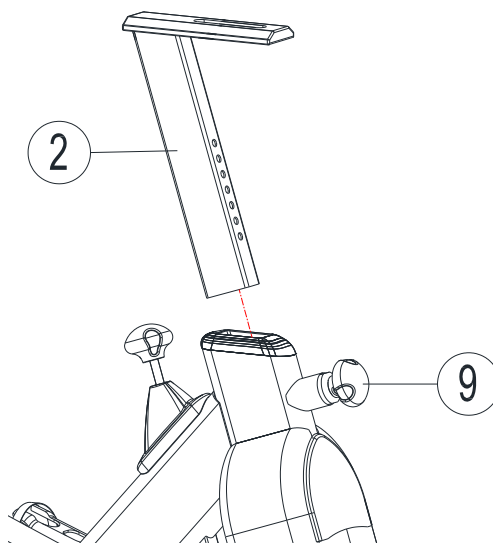
Step 2: Install left pedal and right pedal

Screw the Right Pedal (44) on the Right Crank by hand, then use the Inner Hexagon Wrench #3 to fasten the pedal (Note: screw to the clockwise direction). Screw the Left Pedal (43) on the Left Crank by hand, then use the Inner Hexagon Wrench #3 to fasten the pedal (Note: screw in an anti-clockwise direction).



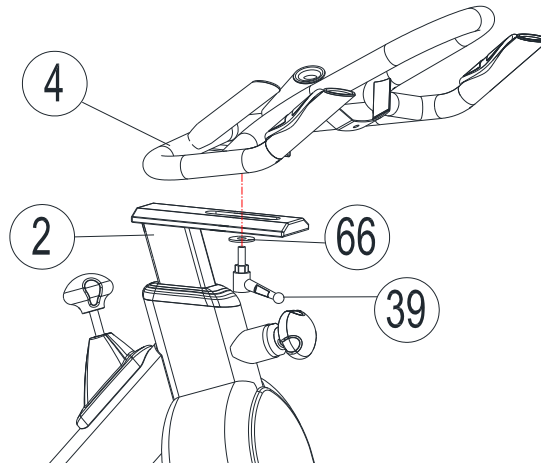
Step 3: Install the handlebar post

Slacken the Pop Pin (9), and slide the Handlebar Post (2) into the Handlebar Post Housing on the Main Frame, then re-tighten the Pop Pin (9).



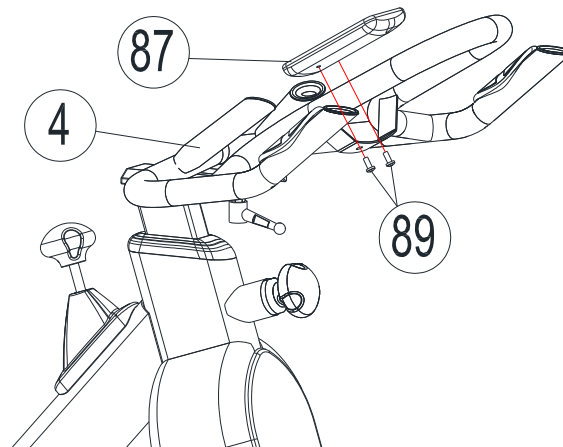
Step 4: Assemble the handlebar

Put the Handlebar (4) on the Handlebar Post (2), then use a Handle M10*25L (39) and a pc of Flat Mat $\phi 30 * \phi 10.5 * 4T$ (66) to lock the handlebar on the post.



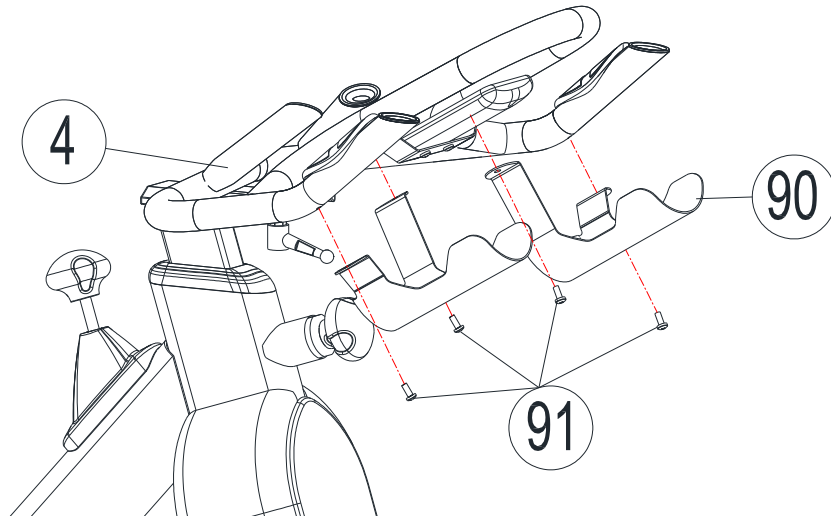
Step 5: Fix the Computer

Please refer to the following figure, put the Computer (87) onto the Handlebar (4), then fasten it by using 2pcs of Cross Umbrella Screw M5*10L(89), then connect the Cable.



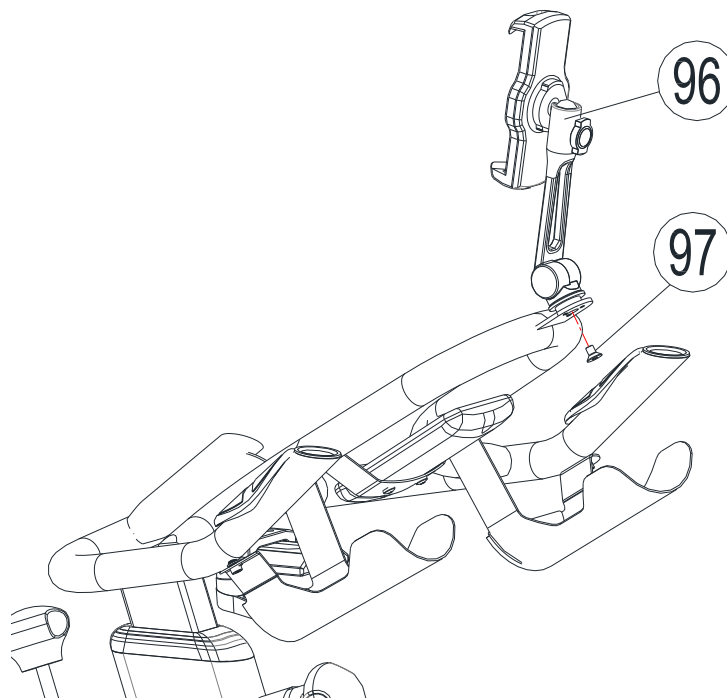
Step 6: Fix the Bottle Holder

Put the Bottle Holder(90) onto the Handlebar (4), then fasten it by using 2pcs of Cross Pan Screw M5*15L(91).



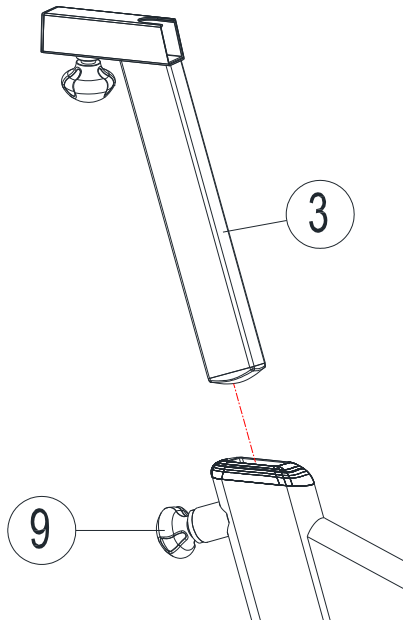
Step 7: Fix the Tablet Holder

Fix the Tablet Holder (96) onto the plate with three legs aim at the hole positions, then fasten it by using Inner Hexagon Wrench with Inner Hexagon Countersunk Screw M4*10L (97) from bottom up.



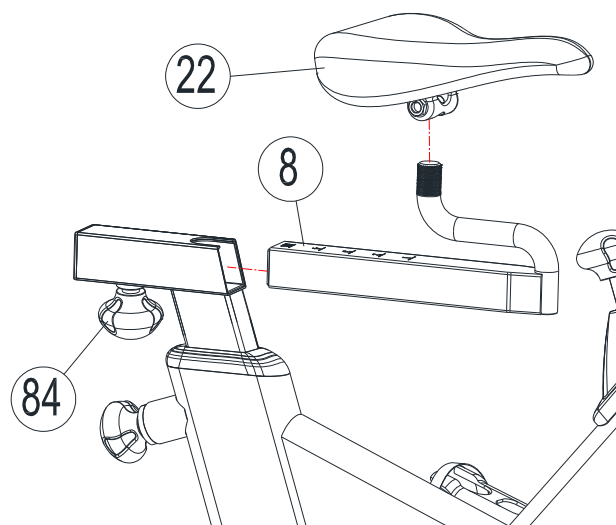
Step 8: Fix the Seat Post

Slacken the Pop Pin (9), then slide the Seat Post (3) into the Seat Post Housing, then re-tighten the Pop Pin (9).



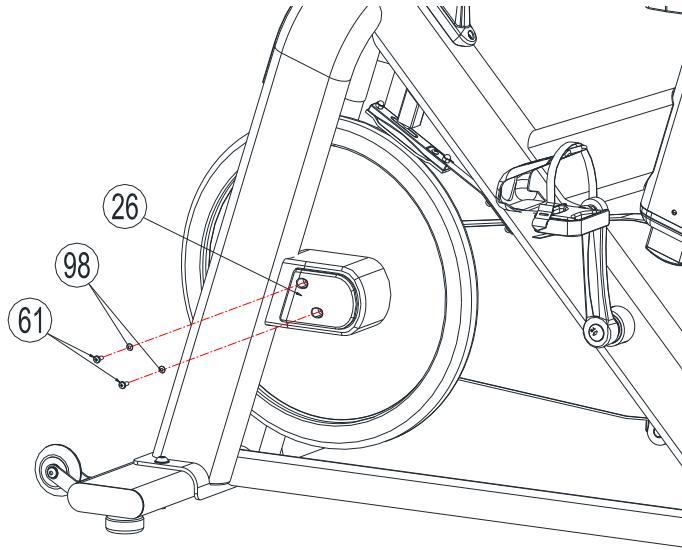
Step 9: Fix the Seat

Slacken the Pop Pin (84), then slide the Seat Slider (8) into the Seat Post (3), then re-tighten the Pop Pin (84). Fetch out the Seat (22), use an opening wrench to slacken the Hexagon Nut a little (to the counter-clockwise direction), then put the Seat (22) onto the Seat Slider (8), then use the opening wrench to screw on the Hexagon Nut to fasten (to the clockwise direction)



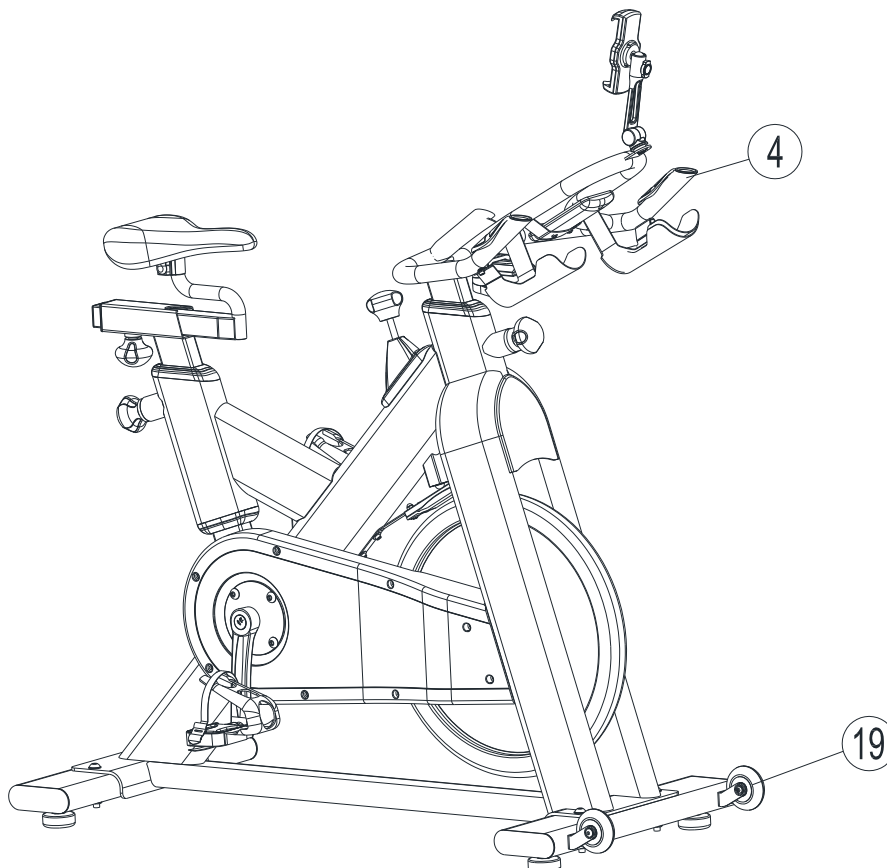
Step 10: Fix the Flywheel Left Cover.

Fix the Flywheel Left Cover (26) to the frame as the figure shows below, and tighten it with the Cross Pan Head Bolt M5*15L (61) and Flat Mat $\Phi 5.2 \times 1.0$ (98) by using a Cross Screwdriver.



Step 11: Installation Completed.

After finishing installation, please inspect all the nuts and bolts carefully to ensure all of them are fully tightened. Position the SpinMax Essential on a clear, level surface. Use the 4 base levelers to position correctly. If you need to move the bike, please grasp the Handlebar (4) at the very ends to make the Pulley (19) of Front Base stand on the floor. Now the bike can be freely wheeled into position.



OPERATION

COMPUTER OPERATION

The SpinMax Essential computer allows you to track your speed, rpm (cadence), time, distance and an estimate of calories burned. For the time, distance and calories, you can choose between tracking your progress so far or what you have remaining from a target value. You may for example choose a distance you wish to cycle and you can then view how far you have left to travel.

After you have reached your target time, distance or calories, the computer will beep 8 times and then begin counting that value upwards if you continue to exercise.

BUTTONS:

- MODE: Press this button to confirm a setting.
RESET: Press this button and hold for 2 seconds to reset all function figures.
SET: Use this button to set up target values for either TIME, DISTANCE or CALORIES. You can hold the button to increase the value quickly. (N.B. You cannot use this feature if the computer is in operation)

FUNCTIONS:

- SCAN: Scans through all the functions listed below, displaying each one for a few seconds:
RPM: Displays the pedaling Rotation Per Minute (Cadence). The RPM and SPEED will switch to another display every 6 seconds after you have begun cycling.
SPEED: Displays the user's exercise speed.
TIME: Displays the time elapsed or if you have input a target time, it will display time remaining.
DISTANCE: Displays the distance travelled or if you have input a target distance, it will display distance remaining.
CALORIES: Displays an estimate of calories burned or if you have input a target value for calories, it will display calories left to burn.

RESISTANCE OPERATION

The JTX SpinMax Essential has infinite tension adjustment. By turning the tension adjustor you can make micro adjustments to the resistance either before or during exercise. By pushing the tension adjustor downwards, you will activate an emergency stop function which will bring the flywheel to an immediate standstill.

PEDAL INSTRUCTIONS

With proper use and care, the pedal with clip on SpinMax Essential will serve you well whether you are a competitive or a casual cyclist. You can ride with normal shoes or special cycling shoes for use with the pedals.

If ride with special cycling shoes, you can refer to the below instructions:

INSTALLATION AND USE



PARTS & TOOLS

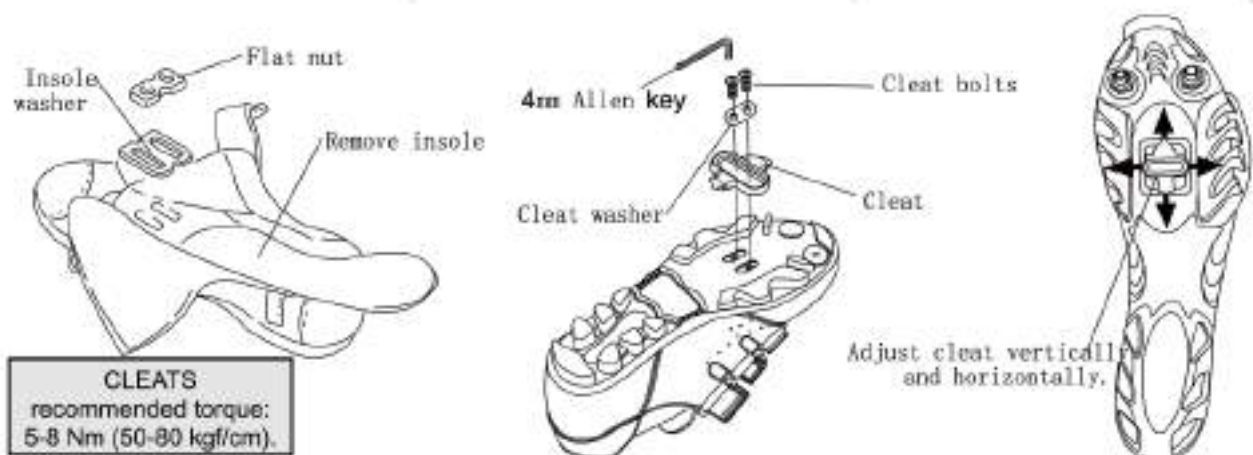
PARTS: A. Axle; B. Front binding (fixed); C. Tension; D. Rear binding (adjustable); E. Cleat bolts $\times 4$; F. Flat nut $\times 2$; G. Insole washer $\times 2$; H. Cleat washer $\times 2$; I. Cleat $\times 2$

TOOLS: 3mm or 4mm Allen key

ATTACH CLEATS TO CYCLING SHOES

Refer to the pictures as below:

1. Lightly lubricate cleat bolt threads with oil
2. Using the 4mm Allen key attach cleat bolts and cleat washer loosely to shoe soles. The lateral center line of the cleat should be aligned with the center of the ball of the shoe sole. Adjust vertically via slots in shoe sole. Adjust horizontally via play between cleat washer and cleat
3. Tighten cleats very firmly, but avoid excessive force. Recommended torque is 5-8 Nm (50-80 kgf/cm). Cleat position can be fine-tuned to preference after trial rides, to preference after trial. It may take some time to find your optimum cleat set-up.



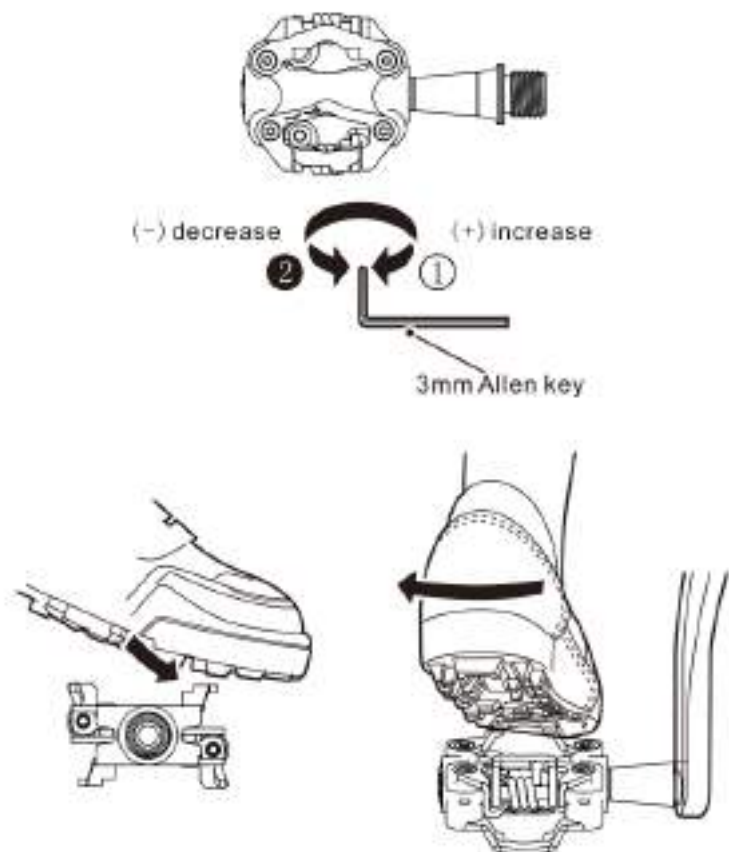
SHOE/PEDAL USE

To adjust rear binding tension, use a 3mm Allen key to turn tension adjuster.

1. Increase tension in a clockwise direction (+) (for a more secure shoe/pedal bind, but more difficult engagement and disengagement).

2. Decrease tension in a counter-clockwise direction (-) (for less secure shoe/pedal bind but easier engagement and disengagement).

Engage cleated shoes in pedals by aligning the cleat between front and rear bindings while pushing down. Disengage by twisting heel outwards (away from bicycle). Cleat will also release by twisting heel inwards if necessary (for emergency situations only). If you have never used clip-in pedals before, take time to learn how to use them safely. Make sure the tension adjuster is set to the lowest setting. Sit on, or stand over your bike with one foot firmly on the ground. With the other foot, practice engaging and disengaging cleated shoe. When you get used to this, progress to ride slowly until engagement and disengagement become natural actions that you can manage easily without looking at your feet. Warning Binding tension should be equal on both pedals to achieve a uniform effect when engaging and disengaging cleated shoes. Minimum tension is recommended for beginners and for riders requiring frequent cleat disengagement. Do not over-tighten or over-loosen tension adjuster (over tightening may damage thread, and bolt may fall out if too loose)



TRAINING GUIDELINES

The JTX SpinMax Essential can help improve your cardiovascular fitness, tone your muscles and in conjunction with a calorie controlled diet, help you to lose weight.

It is important that an exercise routine begins with a warm up and stretch and finishes with a cool down and stretch.

WARM-UP

The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before using the SpinMax Essential. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, skipping and running on the spot.

STRETCHING

Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds.



