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SPINNING 5914

Spinning NXT Black Belt Indoor Cycling Bike User Manual

Model: 5914

INTRODUCTION

The Spinning NXT Black Belt Indoor Cycling Bike is designed to provide a smooth and quiet indoor cycling experience. This model features a belt-drive system, an integrated belt tension system, and a patented threadless connection drivetrain for enhanced durability and security. It is equipped with a resistance knob for control and an emergency stop function for safety. The bike offers adjustable handlebars and seat settings to accommodate various user heights and preferences, ensuring an optimal fit for riders.



Figure 1: Front view of the Spinning NXT Black Belt Indoor Cycling Bike.

Key Features:

- **Poly-V Groove Belt:** Ensures an exceptionally smooth and quiet ride.
- **Steel Frame with Zinc Dip Coating:** Provides superior rust prevention for long-lasting durability.
- **Superior Biomechanics:** Features a bottom bracket Q factor of 158 mm for efficient pedaling.
- **Custom Dual-Sided SPD Pedals:** Larger pedal body with both SPD and toe cage design for versatile use.
- **Adjustable Fit:** Accommodates riders from 4' 10" (147.3 cm) to 6' 10" (208.3 cm) with a maximum recommended weight capacity of 350 lbs (158.8 kg).
- **Aluminum Seat and Handlebar Posts:** Designed to resist rusting.

SETUP AND ASSEMBLY

While specific assembly instructions are not detailed here, the Spinning NXT Black Belt bike is designed for user-friendly setup. Upon unboxing, ensure all components are present.

Adjusting for Optimal Fit:

- **Seat Adjustment:** The seat can be adjusted vertically and fore/aft to achieve the correct leg extension and hip

position. Loosen the adjustment knob, slide the seat to the desired position, and securely tighten the knob.

- **Handlebar Adjustment:** The handlebars also offer vertical and fore/aft adjustment. Adjust them to a comfortable height and reach that supports your riding posture without straining your back or shoulders. Securely tighten all adjustment mechanisms after positioning.
- **Pedal Installation/Adjustment:** The bike comes with custom dual-sided SPD pedals. Ensure they are securely attached to the crank arms. If using SPD cleats, ensure they are properly engaged. If using the toe cage, adjust the straps for a snug fit.



Figure 2: Angled view of the Spinning NXT Black Belt Indoor Cycling Bike, showing adjustable components.

OPERATING INSTRUCTIONS

The Spinning NXT Black Belt bike is designed for intuitive operation, focusing on a smooth and controlled workout experience.

Starting Your Workout:

1. **Mounting the Bike:** Carefully mount the bike, ensuring your feet are securely placed in the pedals (either SPD cleats or toe cages).
2. **Adjusting Resistance:** The bike features a smooth control resistance knob. Turn the knob clockwise to increase resistance for a more challenging workout, and counter-clockwise to decrease resistance.
3. **Emergency Stop:** For immediate cessation of the flywheel, press down firmly on the resistance knob. This acts as a direct pressure emergency stop, bringing the flywheel to a rapid halt. Always ensure this mechanism is functioning correctly before each use.
4. **Pedaling:** Begin pedaling smoothly. The Poly-V Groove belt system ensures a quiet and consistent ride.

Always ensure proper form and posture during your workout. Consult a fitness professional for guidance on exercise techniques if needed.

MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your Spinning NXT Black Belt Indoor Cycling Bike.

Routine Checks:

- **Cleaning:** Wipe down the bike after each use with a damp cloth to remove sweat and dust. Avoid abrasive cleaners.
- **Frame Inspection:** Periodically inspect the steel frame for any signs of damage or corrosion, especially given its zinc dip coating for rust prevention.
- **Belt System:** The integrated belt tension system is designed for trouble-free riding. While generally low maintenance, periodically check for any unusual noises or slippage.
- **Pedals and Crank Connections:** Ensure the pedals and crank connections remain secure. The patented threadless connection drivetrain with enlarged connections is designed for durability, but regular checks are recommended.
- **Brake Pad:** The brake pad is a wear item. An advance warranty replacement kit includes one brake pad. Monitor its condition and replace it when worn to maintain effective resistance and emergency stop function.
- **Pop-Pins and Adjustment Knobs:** Ensure all pop-pins and adjustment knobs for the seat and handlebars are functioning smoothly and securely locking into place.

For any parts requiring replacement, refer to the warranty information or contact customer support for genuine parts.

TROUBLESHOOTING

This section provides general guidance for common issues. For complex problems, please contact customer support.

- **Unusual Noises:**
 - Check all bolted connections for tightness.
 - Inspect the belt for any debris or damage.
 - Ensure the flywheel is clear of obstructions.
- **Resistance Issues:**
 - If resistance is inconsistent or too low, check the brake pad for wear. It may need replacement.
 - Ensure the resistance knob is fully engaging the brake mechanism.
- **Seat/Handlebar Slippage:**
 - Ensure all adjustment knobs and pop-pins are fully tightened and engaged.
 - Check the aluminum posts and plastic sleeves for any damage or excessive wear.

If problems persist after attempting these solutions, please refer to the "Support" section for further assistance.

SPECIFICATIONS

Attribute	Detail
Product Dimensions	137.16 x 53.34 x 101.6 cm
Item Weight	62.14 kg (137 Pounds)
Item Model Number	5914
Colour	Black

Attribute	Detail
Drive System	Belt
Frame Material	Metal
Material	Aluminum, Rubber
Maximum Weight Capacity	350 lbs (158.8 kg)
Recommended Rider Height	4' 10" (147.3 cm) to 6' 10" (208.3 cm)
Special Features	Adjustable Pedal
Resistance Mechanism	Friction
Manufacturer	Mad Dogg Athletics, Inc.
Date First Available	March 3, 2015

WARRANTY INFORMATION

The Spinning NXT Black Belt Indoor Cycling Bike comes with a comprehensive warranty from the date of purchase:

- **Frame:** Covered for 10 years for structural failure.
- **Flywheel Assembly, Brake Knob Assembly, Handlebar Assembly, Seat Post, and Foot Adjustments:** Covered for 3 years.
- **Handlebar Post Plastic Sleeve, Seat Post Plastic Sleeve, Bottom Bracket Assembly, Seat Saddle Assembly, and Pop-Pin Assembly:** Covered for 2 years.
- **Pedals, Chain, Brake Pad Assembly, Rubber Frame Guard, Brass Brake Nut, and Remaining Parts:** Covered for 1 year.

An advance warranty replacement kit of wear items is included with your purchase, consisting of one (1) brake pad and two (2) pedal straps. This kit is provided to assist with routine maintenance of common wear components.

SUPPORT

For further assistance, technical support, or warranty claims, please contact the manufacturer, Mad Dogg Athletics, Inc., or your authorized retailer.

It is recommended to have your model number (5914) and date of purchase available when contacting support.