

BH Fitness H9356I

BH Fitness i.SPADA 2 RACING H9356I Exercise Bike User Manual

Model: H9356I

1. INTRODUCTION

Thank you for choosing the BH Fitness i.SPADA 2 RACING H9356I Exercise Bike. This indoor cycling bike is designed to provide an effective and comfortable workout experience, simulating the feel of a road bike with the convenience of home use. Featuring a dual resistance system and i.Concept technology, it offers versatile training options and connectivity with your favorite fitness applications. Please read this manual thoroughly before assembly and operation to ensure proper use and maintenance of your equipment.



Image 1: The BH Fitness i.SPADA 2 RACING H9356I Exercise Bike, showcasing its robust frame, adjustable seat and handlebars, and integrated console.

2. SAFETY INSTRUCTIONS

To reduce the risk of serious injury, read all important precautions and instructions in this manual and on your exercise bike before use. BH Fitness assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

- Consult your physician before beginning any exercise program.
- Keep children and pets away from the exercise bike at all times.
- Place the exercise bike on a level surface with at least 0.6 meters (2 feet) of clearance around it.
- Inspect the exercise bike for worn or loose components before each use. Do not use if any parts are damaged.
- Wear appropriate exercise clothing and footwear. Avoid loose clothing that could get caught in moving parts.
- Maintain balance while using the exercise bike.
- Do not exceed the maximum user weight of 130 kg (286 lbs).
- The exercise bike is designed for indoor use only.

3. PACKAGE CONTENTS

Carefully unpack the box and verify that all components are present. If any parts are missing or damaged, contact customer support immediately.

- Main Frame Assembly
- Stabilizer Bars (Front and Rear)
- Handlebar Post and Handlebar
- Seat Post and Saddle
- Pedals (Left and Right)
- Console/Monitor
- Hardware Kit (bolts, washers, nuts, tools)
- User Manual

4. ASSEMBLY AND SETUP

Follow these steps to assemble your BH Fitness i.SPADA 2 RACING H9356I exercise bike. It is recommended to have two people for assembly.

1. **Attach Stabilizer Bars:** Secure the front and rear stabilizer bars to the main frame using the provided bolts and washers. Ensure they are tightened securely.
2. **Install Pedals:** Identify the left (L) and right (R) pedals. The left pedal screws counter-clockwise, and the right pedal screws clockwise. Ensure they are fully tightened to prevent stripping.
3. **Mount Seat Post and Saddle:** Insert the seat post into the main frame and secure it at the desired height using the adjustment knob. Attach the saddle to the seat post.
4. **Install Handlebar Post and Handlebar:** Insert the handlebar post into the main frame and secure it. Attach the handlebar to the post, adjusting its height and length as needed.
5. **Connect Console:** Attach the console to the handlebar post. Connect any necessary cables from the main frame to the console. Ensure batteries are installed in the console if required (batteries are not included).
6. **Final Check:** Verify all bolts and nuts are securely tightened. Ensure the bike is stable on a level surface.

5. OPERATING INSTRUCTIONS

5.1. Adjusting the Bike

- **Saddle Adjustment:** The saddle can be adjusted both horizontally and vertically. Loosen the respective adjustment knobs, move the saddle to your preferred position, and tighten the knobs firmly.
- **Handlebar Adjustment:** The triathlon handlebar is adjustable in both height and length. Loosen the adjustment knobs, position the handlebars for comfort and proper riding posture, then tighten securely.

5.2. Resistance System

The i.SPADA 2 RACING features a dual braking system, offering three modes of resistance:

- **Magnetic Resistance:** Provides a smooth and silent workout experience. This is controlled electronically via the console.
- **Friction Resistance:** Offers a more realistic road cycling feel. This can be engaged for additional resistance.
- **Combined Resistance:** Utilize both magnetic and friction systems for maximum intensity and varied training.



Image 2: Close-up view of the resistance mechanism, highlighting the friction pad and flywheel for realistic cycling feel.

5.3. Console Operation

The LCD console displays key workout metrics and allows you to select training programs.



Image 3: The LCD console of the i.SPADA 2 RACING, showing various buttons for navigation and program selection, along with the Bluetooth i.Concept logo.

- **Display:** The LCD screen shows Time, Speed/RPM, Distance, ODO (Odometer), Calories, Heart Rate, and Watts.
- **Buttons:** Use the 'UP' and 'DOWN' buttons to navigate menus and adjust values. 'START/STOP' controls workout initiation and pause. 'ENTER' confirms selections. 'RESET' clears current workout data.
- **Programs:** The console offers 12 predefined programs, 24 intensity levels, 5 customizable profiles, 5 Heart Rate Control (HRC) programs, a Random Program, and a Fitness Test. Refer to the console's specific instructions for detailed program selection and usage.

5.4. i.Concept Connectivity

The i.Concept system with Bluetooth 4.0 allows you to connect your smartphone or tablet to the exercise bike and use compatible fitness applications for an interactive training experience.

1. **Download App:** Download a compatible fitness app (e.g., Kinomap, Zwift) from your device's app store.
2. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone or tablet.
3. **Connect:** Open the fitness app and follow its instructions to connect to your BH Fitness i.SPADA 2 RACING H9356I. The console will typically display a Bluetooth icon when connected.
4. **Tablet/Phone Support:** The bike includes a dedicated support for your tablet or smartphone, allowing you to comfortably view your device during workouts.



Image 4: A user engaged in a workout, with a tablet mounted on the handlebar, demonstrating the i.Concept connectivity for interactive training.

6. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your exercise bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** The Poly-V belt transmission system is generally maintenance-free. Consult the manufacturer's guidelines for any specific lubrication requirements for other moving parts.
- **Battery Replacement:** If the console display becomes dim or unresponsive, replace the batteries (not included).



Image 5: Close-up of the reinforced bottom bracket axle and pedal, designed for durability during intense training sessions.

7. TROUBLESHOOTING

If you encounter issues with your exercise bike, refer to the following common problems and solutions:

- **Console Not Displaying:**
 - Check if batteries are correctly installed and have sufficient charge. Replace if necessary.
 - Ensure all console cables are securely connected.
- **No Resistance Change:**
 - For magnetic resistance, ensure the console is powered and functioning correctly.
 - For friction resistance, check the adjustment mechanism for any obstructions or damage.
- **Unstable Bike:**
 - Ensure the bike is on a level surface.
 - Check and tighten all assembly bolts, especially on the stabilizer bars.
- **Bluetooth Connectivity Issues:**
 - Ensure Bluetooth is enabled on your device.
 - Restart both your device and the exercise bike console.
 - Ensure your fitness app is up to date and compatible with i.Concept.
- **Unusual Noises:**
 - Inspect for loose parts and tighten them.
 - Check for any foreign objects caught in the flywheel or pedal mechanism.

8. SPECIFICATIONS




Feature	Specification
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Model Number	H9356I
Maximum User Weight	130 kg (286 lbs)
Flywheel Equivalent Weight	20 kg (44 lbs)
Resistance System	Magnetic + Friction (Dual System)
Number of Resistance Levels	24
Transmission	Poly-V Belt
Console Display	LCD (Time, Speed/RPM, Distance, ODO, Calories, Heart Rate, Watts)
Connectivity	i.Concept with Bluetooth 4.0
Handlebar Adjustment	Horizontal and Vertical (Triathlon Handlebar)
Saddle Adjustment	Horizontal and Vertical
Product Dimensions (L x W x H)	130 cm x 59 cm x 116 cm (51.2 in x 23.2 in x 45.7 in)
Product Weight	60 kg (132 lbs)
Power Source	Battery Powered (Batteries not included)
Recommended Use	Intensive use up to 20 hours per week

9. WARRANTY AND SUPPORT

For warranty information, please refer to the warranty card included with your product or visit the official BH Fitness website. If you require assistance with assembly, operation, or troubleshooting that is not covered in this manual, please contact BH Fitness customer support.

BH Fitness Customer Support: Please refer to your purchase documentation or the official BH Fitness website for contact details specific to your region.

 <p>MOD. H720RBM</p> <p>Instructions de montage y utilización Instructions for assembly and use Instructions de montage et utilisation Montage und Gebrauchsanleitung Instruc��es de montagem e utiliza��o Montage et utilisation Montage-en-gebrauchsinstructies</p>	<p>BH Fitness H720RBM Exercise Bike Assembly and User Manual</p> <p>This document provides comprehensive assembly instructions, safety precautions, and usage guidelines for the BH Fitness H720RBM exercise bike. It includes detailed steps for assembly, adjustments, and maintenance, along with important safety information for users.</p>
 <p>N��vod k obsluze</p>	<p>BH FITNESS H9177 N��vod k obsluze a mont��zi</p> <p>U��ivatelsk��y manu��l pro cyklotrena��er BH FITNESS H9177, obsahuj��c�� pokyny k mont��zi, bezpe��n��mu pou��z��v��n��, ��dr��zb�� a nastaven�� elektronick��ho monitoru.</p>
 <p>BH FITNESS R9 RECUMBENT CYCLE OWNER'S MANUAL</p> <p>OWNER'S MANUAL</p> <p>2013 2014 2015 2016 2017 2018 2019 2020 2021 2022 2023 2024 2025 2026 2027 2028 2029 2030 2031 2032 2033 2034 2035 2036 2037 2038 2039 2040 2041 2042 2043 2044 2045 2046 2047 2048 2049 2050 2051 2052 2053 2054 2055 2056 2057 2058 2059 2060 2061 2062 2063 2064 2065 2066 2067 2068 2069 2070 2071 2072 2073 2074 2075 2076 2077 2078 2079 2080 2081 2082 2083 2084 2085 2086 2087 2088 2089 2090 2091 2092 2093 2094 2095 2096 2097 2098 2099 2100 2101 2102 2103 2104 2105 2106 2107 2108 2109 2110 2111 2112 2113 2114 2115 2116 2117 2118 2119 2120 2121 2122 2123 2124 2125 2126 2127 2128 2129 2130 2131 2132 2133 2134 2135 2136 2137 2138 2139 2140 2141 2142 2143 2144 2145 2146 2147 2148 2149 2150 2151 2152 2153 2154 2155 2156 2157 2158 2159 2160 2161 2162 2163 2164 2165 2166 2167 2168 2169 2170 2171 2172 2173 2174 2175 2176 2177 2178 2179 2180 2181 2182 2183 2184 2185 2186 2187 2188 2189 2190 2191 2192 2193 2194 2195 2196 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