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HS HOP-SPORT HS-015H

Hop-Sport HS-015H Vox Exercise Bike

USER MANUAL

Introduction

This manual provides essential information for the safe and effective use of your Hop-Sport HS-015H Vox Exercise Bike. Please read these instructions carefully before assembly and operation to ensure proper function and longevity of the equipment. This exercise bike is designed for home fitness, offering a compact and quiet solution for cardiovascular training.



Figure 1: The Hop-Sport HS-015H Vox Exercise Bike, showcasing its compact design and key features like the display and heart rate monitoring.

Safety Information

Always observe the following safety precautions to prevent injury or damage to the equipment:

- Consult a physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Place the exercise bike on a flat, stable surface. Use a protective mat if necessary.
- Ensure all bolts and nuts are securely tightened before each use.
- Wear appropriate exercise clothing and footwear. Avoid loose clothing that could get caught in moving parts.
- Do not exceed the maximum user weight of 120 kg (264 lbs).
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

Setup and Assembly

The Hop-Sport HS-015H Vox Exercise Bike requires some assembly. Follow the instructions provided in the included assembly guide for detailed steps. Ensure all components are present before beginning assembly.

Key Assembly Points:

1. **Stabilizer Bars:** Attach the front and rear stabilizer bars to the main frame. Ensure the leveling feet are properly installed and adjusted to prevent wobbling.



Figure 2: Adjustable leveling feet on the stabilizer bar, ensuring stability on uneven surfaces.

2. **Pedals:** Attach the pedals, noting that the left pedal (L) and right pedal (R) have different threading. Tighten them securely to prevent loosening during use.



Figure 3: Pedals with adjustable straps for secure foot placement during exercise.

3. **Seat and Handlebars:** Install the seat post and handlebars. Adjust the seat height and handlebar position to a comfortable and ergonomic riding posture.

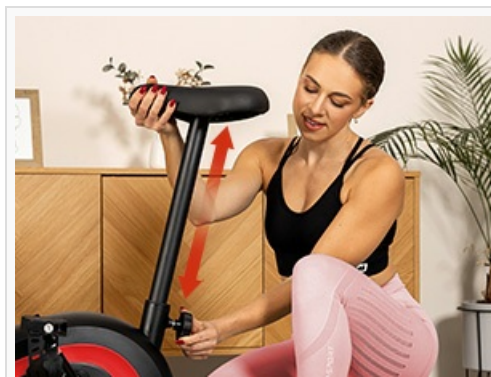


Figure 4: The adjustable seat mechanism allows users to find their optimal riding height.

Operating Instructions

Resistance Adjustment:

The HS-015H Vox features an 8-level adjustable magnetic resistance system. To increase or decrease the workout

intensity, turn the resistance knob located below the handlebars. Turn clockwise to increase resistance and counter-clockwise to decrease it.



Figure 5: The magnetic resistance system with 8 adjustable levels, controlled by a simple knob.

LCD Computer Operation:

The integrated LCD computer displays key workout metrics. It typically operates with a single button (MODE) to cycle through different functions and a RESET button to clear values.

- **SCAN:** Automatically cycles through all functions.
- **TIME:** Displays the duration of your workout.
- **SPEED:** Shows your current cycling speed.
- **DISTANCE (DIST):** Tracks the total distance covered during the current session.
- **CALORIES (CAL):** Estimates the calories burned during your workout.
- **ODOMETER (ODO):** Displays the total accumulated distance since the computer was first used or reset.
- **PULSE:** Shows your heart rate when holding the pulse sensors.



Figure 6: The intuitive training computer with mobile device support and integrated pulse sensors for comprehensive workout tracking.

Heart Rate Sensors:

To measure your heart rate, firmly grasp the metal plates on the handlebars. Your pulse will be displayed on the

LCD computer after a few seconds. For accurate readings, ensure your hands are clean and dry.

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 magnetic resistance system is generally maintenance-free. However, if you notice any squeaking from moving parts, apply a small amount of silicone-based lubricant.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

Troubleshooting

Below are common issues and their potential solutions:

Problem	Possible Cause	Solution
Squeaking noise during operation	Loose parts, lack of lubrication	Check and tighten all bolts. Apply silicone lubricant to moving joints if necessary.
Unstable or wobbling bike	Uneven surface, loose stabilizer caps	Adjust the leveling feet on the stabilizer bars. Ensure the bike is on a flat surface.
LCD display not working	Dead batteries, loose connection	Replace batteries in the computer. Check the connection cable from the sensors to the computer.
Inaccurate pulse reading	Improper hand placement, dry hands	Ensure firm and consistent contact with both pulse sensors. Moisten hands slightly if too dry.

Specifications

The following table outlines the technical specifications of the Hop-Sport HS-015H Vox Exercise Bike:



Figure 7: The compact design of the HS-015H Vox, ideal for home training, with its dimensions and weight.

Feature	Specification
Model Number	HS-015H
Color	Red
Dimensions (L x W x H)	83 x 44 x 111 cm
Weight	16 Kilograms
Maximum User Weight	120 Kilograms
Resistance Mechanism	Magnetic
Resistance Levels	8 adjustable levels
Flywheel Weight	5 kg
Display Type	LCD Computer
Special Features	Pulse measurement, adjustable resistance, workout computer
Power Source	Battery Powered (for computer)
Material	Plastic (main material)

Warranty and Support

Your Hop-Sport HS-015H Vox Exercise Bike comes with a standard manufacturer's warranty. Please refer to the warranty card included in your packaging for specific terms and conditions, including coverage duration and claim procedures.

For technical support, spare parts, or any questions regarding your product, please contact HS HOP-SPORT customer service. Contact information can typically be found on the manufacturer's website or on the product packaging.

Online Support: Visit the official HS HOP-SPORT website for FAQs, additional resources, and contact forms.

Email Support: boutique@hop-sport.com

Phone Support: +49(0)40 228 690 201 (Available Monday to Friday, 9 AM to 3 PM CET)