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## inSPORTline Agneto 20070

# inSPORTline Agneto 20070 Spinning Bike User Manual

Model: Agneto 20070 | Brand: inSPORTline

## 1. INTRODUCTION AND SAFETY INFORMATION

Thank you for choosing the inSPORTline Agneto 20070 Spinning Bike. This manual provides essential information for the safe assembly, operation, and maintenance of your fitness equipment. Please read it thoroughly before first use and keep it for future reference.

### Important Safety Instructions:

- Consult a physician before starting any exercise program, especially if you have pre-existing health conditions.
- The maximum user weight for this spinning bike is **120 kg**. Do not exceed this limit.
- Ensure all bolts and nuts are securely tightened before each use.
- Place the bike on a flat, stable surface with adequate clearance around it.
- Keep children and pets away from the equipment during operation.
- Wear appropriate exercise clothing and footwear.
- If you experience dizziness, pain, or shortness of breath, stop exercising immediately and consult a physician.
- The bike is designed for home use only.

## 2. SETUP AND ASSEMBLY

The inSPORTline Agneto 20070 Spinning Bike requires some assembly. Please follow the detailed assembly instructions provided in the separate assembly guide that came with your product. Ensure all components are present and undamaged before beginning assembly.

### Initial Setup:

1. **Placement:** Position the spinning bike on a level, stable surface. Due to its manual control system, no electrical outlet is required, offering flexibility in placement.
2. **Stabilization:** Adjust the leveling feet at the base of the bike to ensure it does not wobble during use.
3. **Display Batteries:** The display unit requires **2 AAA batteries** (not included). Open the battery compartment on the back of the display and insert the batteries, observing correct polarity.



Figure 1: The inSPORTline Agneto 20070 Spinning Bike, showing its overall structure and design.

### 3. OPERATING INSTRUCTIONS

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#### 3.1 Adjusting Seat and Handlebars

Proper adjustment of the seat and handlebars is crucial for comfort and effective exercise. Both the seat and handlebars are vertically and horizontally adjustable.

- **Seat Adjustment:** Loosen the adjustment knob located beneath the seat post. Adjust the seat height and horizontal position to ensure a comfortable and ergonomic riding posture. Tighten the knob securely after adjustment.
- **Handlebar Adjustment:** Loosen the adjustment knob on the handlebar post. Adjust the handlebar height to a comfortable level. Ensure your back is straight and arms are slightly bent when holding the handlebars. Tighten the knob securely.



Figure 2: Close-up view of the seat and its adjustment mechanism, highlighting the knob for height and horizontal positioning.

### 3.2 Adjusting Resistance and Emergency Stop

The inSPORTline Agneto 20070 features a magnetic braking system with manually adjustable resistance.

- **Resistance Adjustment:** To increase or decrease the resistance, turn the resistance control knob located on the main frame. Turn clockwise for higher resistance and counter-clockwise for lower resistance.
- **Emergency Stop:** In case of an emergency or if you need to stop the flywheel immediately, press down firmly on the red safety lever located near the resistance knob. This will quickly bring the flywheel to a halt.



Figure 3: Detail of the resistance control knob and the red emergency brake lever on the bike's frame.

### 3.3 Using the Display and Heart Rate Sensors

The easy-to-use display provides real-time workout data to help you monitor your progress.

- **Display Functions:** The screen typically shows: **Time, Distance, Speed, Calories, and Heart Rate.** Use the mode button (if present) to cycle through different metrics or hold it to reset values.
- **Heart Rate Monitoring:** Integrated heart rate sensors are located on the handlebars. Grip these sensors firmly with both hands to display your current heart rate on the screen.
- **Tablet Holder:** A tablet holder is positioned above the display, allowing you to place your device for entertainment or guided workouts during your session.



Figure 4: Close-up of the handlebars, showing the integrated heart rate sensors and the digital display unit.

## 4. MAINTENANCE

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Regular maintenance ensures the longevity and safe operation of your spinning bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners or solvents.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** The magnetic braking system is generally maintenance-free. Refer to the assembly guide for any specific lubrication points if mentioned.
- **Storage:** If storing the bike for an extended period, ensure it is clean and dry. The integrated transport wheels allow for easy relocation.

## 5. TROUBLESHOOTING

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This section addresses common issues you might encounter with your inSPORTline Agneto 20070 Spinning Bike.

Problem	Possible Cause	Solution
Display not turning on or showing incorrect readings.	Dead or incorrectly installed batteries. Loose cable connection to the display.	Replace the 2 AAA batteries, ensuring correct polarity. Check the cable connection to the display unit.
Resistance does not change when turning the knob.	Resistance mechanism not properly engaged or damaged.	Ensure the resistance knob is fully engaged. If the issue persists, contact customer support.
Bike is unstable or wobbles during use.	Uneven floor surface. Leveling feet not properly adjusted.	Adjust the leveling feet at the base of the bike until it is stable. Ensure the bike is on a flat surface.
Unusual noises during operation.	Loose components or parts requiring lubrication.	Inspect all bolts and nuts for tightness. Refer to the assembly guide for lubrication points.

## 6. SPECIFICATIONS

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Feature	Detail
Model	Agneto 20070
Brand	inSPORTline
Resistance Mechanism	Magnetic
Resistance Adjustment	Manual
Maximum User Weight	120 kg
Product Weight	36 kg

Feature	Detail
Display Power Source	2 x AAA Batteries
Display Functions	Time, Distance, Speed, Calories, Heart Rate
Special Features	Adjustable Seat (vertical & horizontal), Adjustable Handlebars (vertical), Heart Rate Sensors, Tablet Holder, Transport Wheels, Emergency Brake

## 7. CUSTOMER SUPPORT

For any questions, technical assistance, or warranty inquiries regarding your inSPORTline Agneto 20070 Spinning Bike, please contact your retailer or the official inSPORTline customer service. Please have your model number (Agneto 20070) and purchase details ready when contacting support.

*Note: Warranty information and terms are typically provided with your purchase documentation.*

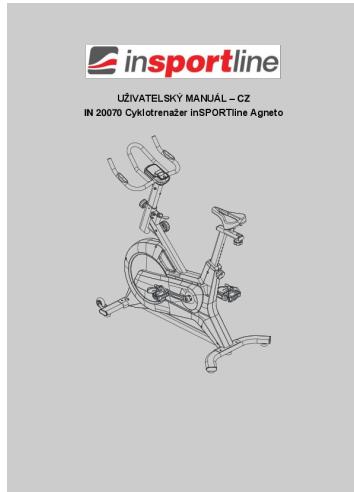
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### Related Documents - Agneto 20070

	<p><a href="#"><u>inSPORTline Drakkaris IN 20067 Indoor Spinning Bike User Manual</u></a>  Comprehensive user manual for the inSPORTline Drakkaris IN 20067 Indoor Spinning Bike, covering safety instructions, assembly, usage, maintenance, and warranty information.</p>
	<p><a href="#"><u>inSPORTline IN 26641 Indoor Bike inCondi S150i User Manual</u></a>  Comprehensive user manual for the inSPORTline IN 26641 Indoor Bike (inCondi S150i), detailing assembly, operation, safety, maintenance, and warranty information.</p>
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 <p>inSPORTline IN 26629 inCondi S120i Indoor Bike User Manual</p>	<p>Comprehensive user manual for the inSPORTline IN 26629 inCondi S120i indoor bike, covering assembly, operation, maintenance, safety instructions, and warranty information.</p>
 <p>inSPORTline Gemini B200 Exercise Bike User Manual - Assembly, Operation, and Warranty</p>	<p>Comprehensive user manual for the inSPORTline Gemini B200 Exercise Bike (Model IN 16662). Includes safety precautions, parts list, assembly instructions, operation guide, program functions, and warranty information.</p>
 <p>inSPORTline Excel Run Magnetic Treadmill User Manual</p>	<p>Comprehensive user and assembly manual for the inSPORTline Excel Run magnetic treadmill (model 2678), detailing safety precautions, setup steps, usage, maintenance, and specifications.</p>

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