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› Naspaluro Indoor Cycling Bike (Model B091GH7VFN) User Manual

Naspaluro B091GH7VFN

Naspaluro Indoor Cycling Bike User Manual

Model: B091GH7VFN

INTRODUCTION

Thank you for choosing the Naspaluro Indoor Cycling Bike. This manual provides essential information for the safe assembly, operation, maintenance, and troubleshooting of your new exercise equipment. Please read this manual thoroughly before use and retain it for future reference.

SAFETY INFORMATION

- Always consult with a physician before starting any new exercise program.
- Ensure all bolts and nuts are securely tightened before each use. Regularly check for loose parts.
- Place the exercise bike on a flat, stable surface. Use a protective mat underneath to prevent floor damage.
- Keep children and pets away from the equipment during operation.
- Wear appropriate exercise attire and footwear. Avoid loose clothing that could get caught in moving parts.
- The maximum user weight capacity for this bike is **330 lbs (149.69 kg)**. Do not exceed this limit.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Use the emergency brake to stop the flywheel quickly if needed.

PACKAGE CONTENTS

Carefully unpack all components and check against the following list. If any parts are missing or damaged, contact customer support.

- Main Frame Assembly
- Front and Rear Stabilizers
- Handlebar Post and Handlebar
- Seat Post and Seat
- Pedals (Left and Right)
- LCD Monitor

- Phone Holder
- Water Bottle Holder and Water Bottle
- Hardware Kit (bolts, washers, nuts, tools)
- User Manual

SETUP AND ASSEMBLY

Assembly of the Naspaluro Indoor Cycling Bike is straightforward and typically takes only a few minutes. Follow the steps below:

1. **Attach Stabilizers:** Secure the front and rear stabilizers to the main frame using the provided bolts and nuts.
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 tightened securely.
3. **Mount Seat Post and Seat:** Insert the seat post into the main frame and adjust to your desired height. Attach the seat to the seat post.
4. **Mount Handlebar Post and Handlebar:** Insert the handlebar post into the main frame and attach the handlebar. Adjust to your desired height.
5. **Connect LCD Monitor:** Attach the LCD monitor to the handlebar and connect the sensor wires.
6. **Attach Accessories:** Install the phone holder and water bottle holder as desired.



Figure 1: Key components and adjustment points of the Naspaluro Indoor Cycling Bike. This image illustrates the multi-function electronic LCD display, super soft saddle, stepless speed brake, handlebar adjustment, seat adjustment buttons, large stainless steel flywheel, transportable wheel, and safety non-slip pedal.

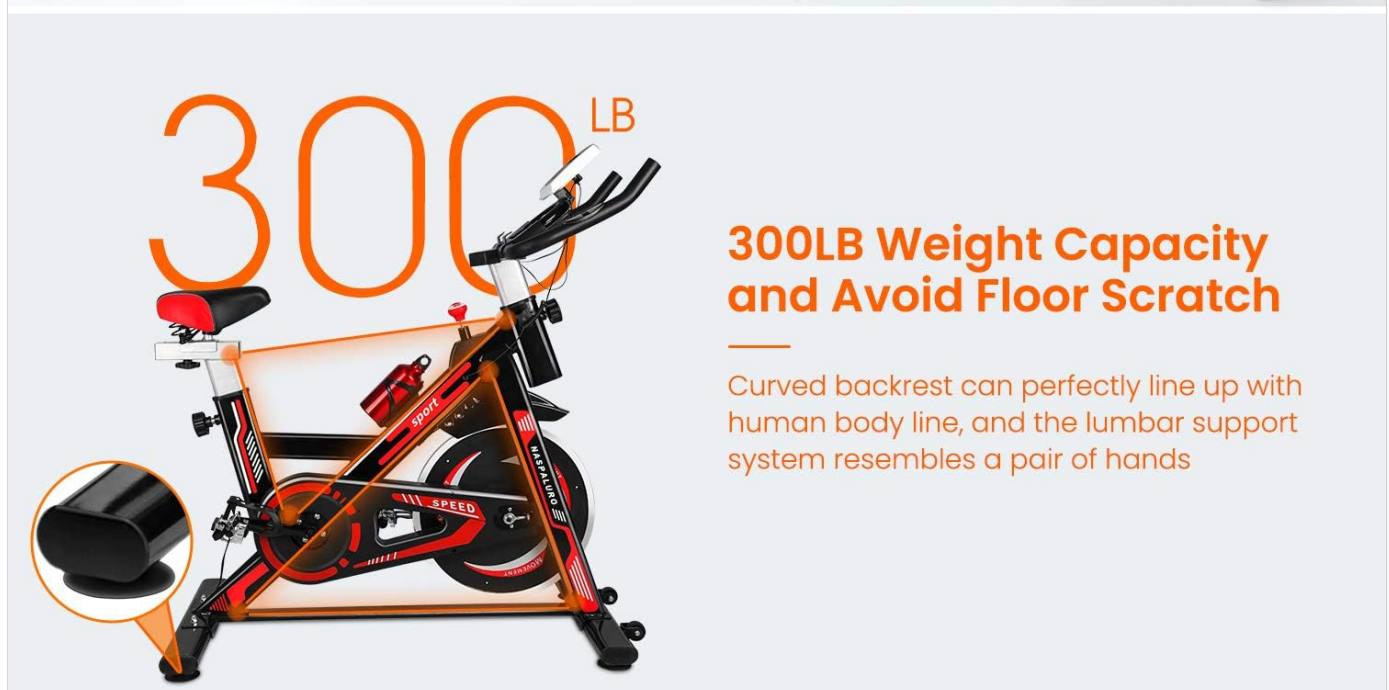
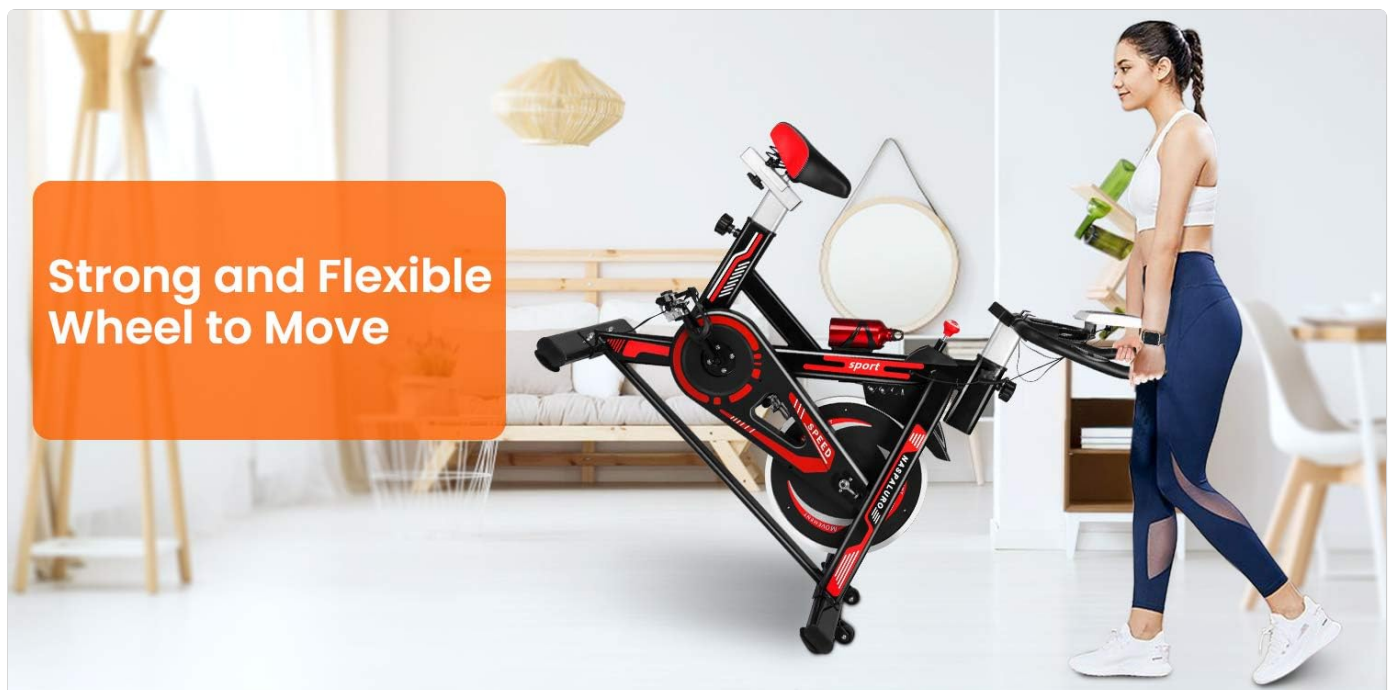


Figure 2: The Naspaluro Indoor Cycling Bike features strong and flexible transport wheels, allowing for easy movement and storage. Simply tilt the bike and roll it to your desired location.

OPERATING INSTRUCTIONS

Adjusting the Bike

- **Seat Adjustment:** The seat can be adjusted 5 ways (up/down, forward/backward) to fit various user heights and preferences. Loosen the adjustment knob, slide the seat to the desired position, and tighten the knob securely.
- **Handlebar Adjustment:** The non-slip handlebar is 5-ways height adjustable. Loosen the adjustment knob, raise or lower the handlebar to a comfortable position, and tighten the knob.
- **Pedal Straps:** Adjust the toe-caged pedal straps to secure your feet firmly to the pedals.

Using the LCD Monitor

The LCD monitor tracks your workout data in real-time. It displays:

- **TIME:** Duration of your workout.
- **SPEED:** Current cycling speed.
- **DISTANCE:** Distance covered during the current workout.
- **CALORIES:** Estimated calories burned.
- **ODOMETER (ODO):** Total accumulated distance.
- **PULSE:** Heart rate (if connected to a heart rate monitor).

Press the 'MODE' button to cycle through the display functions or to activate the scan function, which automatically rotates through all metrics.

3.7" LED Screen

Monitor exercise data and adjust your personal exercise plan



Figure 3: The 3.7-inch LED screen displays real-time exercise data, including time, speed, distance, calories, and pulse. A convenient phone holder is integrated below the screen.

Adjusting Resistance and Emergency Brake

The Naspaluro Indoor Cycling Bike features infinite magnetic resistance, providing a smooth and quiet ride. To adjust the resistance:

- **Increase Resistance:** Turn the resistance knob clockwise.
- **Decrease Resistance:** Turn the resistance knob counter-clockwise.
- **Emergency Brake:** To stop the flywheel immediately, press down firmly on the resistance knob.

Adjustable Resistance

Experience 4 Riding Situation with Emergency Brake



Figure 4: The red knob controls the adjustable resistance. Turn it to increase or decrease the workout intensity. Pressing down on the knob activates the emergency brake for immediate stopping.

MAINTENANCE

The Naspaluro Indoor Cycling Bike is designed for low maintenance due to its belt-driven system and magnetic resistance. Regular care will ensure longevity and optimal performance.

- **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. Re-tighten any loose components.
- **Lubrication:** The belt-driven system typically does not require lubrication. If you notice any unusual noises, consult customer support.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

TROUBLESHOOTING

If you encounter any issues with your Naspaluro Indoor Cycling Bike, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Bike is wobbly or unstable	Loose bolts; uneven surface	Ensure all assembly bolts are tightened. Adjust the leveling feet on the stabilizers to compensate for uneven floors.
LCD monitor not displaying	Loose sensor cable; dead batteries	Check that the sensor cable is securely connected. Replace the batteries in the LCD monitor.
Unusual noise during operation	Loose components; friction	Inspect all parts for tightness. Ensure no foreign objects are near the flywheel or pedals. If noise persists, contact support.
Resistance not changing	Resistance knob not properly engaged	Ensure the resistance knob is fully engaged and turning freely. Check for any obstructions.

SPECIFICATIONS

Detailed specifications for the Naspaluro Indoor Cycling Bike:

Feature	Detail
Model	B091GH7VFN
Material	Powder-coated metal body, foam wrapped handlebar
Color	Black and Red
Net Weight	60 lbs (26.85 kg)
Transmission Type	Belt Driven
Resistance Mechanism	Magnetic
Flywheel Weight	18 lbs
Maximum User Weight	330 lbs (149.69 kg)
Handlebar Adjustment	5-way height adjustable (39-43 inches)
Seat Adjustment	5-way height adjustable (33-39 inches), 10cm forward/backward
Display Type	LCD (Time, Speed, Distance, Calories, Odometer, Heart Rate)

Feature	Detail
Power Source (Monitor)	Corded Electric (for monitor, typically battery-powered for basic functions)
Package Dimensions	101.6 x 81.28 x 24.13 cm (39 x 32 x 9 inches)



Figure 5: Detailed dimensions of the Naspaluro Indoor Cycling Bike, including seat height, handlebar height, and overall footprint.

WARRANTY INFORMATION

For specific warranty terms and conditions, please refer to the warranty card included with your product or your purchase documentation. Warranty coverage typically includes manufacturing defects for a specified period from the date of purchase.

CUSTOMER SUPPORT

If you have any questions, require assistance with assembly, or need to report a missing/damaged part, please contact the retailer where you purchased the Naspaluro Indoor Cycling Bike. You may also visit the official Naspaluro website for further support and product information.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question