



[Manuals.plus](#) /

› [Sandinrayli](#) /

› Sandinrayli Indoor Cycling Bike S-0283 User Manual

Sandinrayli S-0283

Sandinrayli Indoor Cycling Bike User Manual

Model: S-0283

1. INTRODUCTION

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



Image 1: Sandinrayli Indoor Cycling Bike in use. This image shows the overall design of the bike with a user demonstrating a cycling position.

2. SAFETY INFORMATION

Before beginning any exercise program, consult with your physician. It is crucial to follow these safety guidelines to prevent injury and ensure proper operation of the equipment.

- Always inspect the bike for loose parts or damage before each use.
- Ensure all bolts and nuts are securely tightened.
- Keep children and pets away from the equipment during operation.
- Wear appropriate athletic footwear and clothing.
- Place the bike on a flat, stable surface. Use a mat underneath to protect flooring.
- Do not exceed the maximum user weight capacity of 275 LBS (125 kg).
- Use the emergency brake immediately if you feel unwell or need to stop quickly.

3. PACKAGE CONTENTS

Verify that all components are present before beginning assembly. If any parts are missing or damaged, contact customer support.

- Main Frame Assembly
- Front Stabilizer
- Rear Stabilizer
- Handlebar Post
- Handlebar
- Seat Post
- Seat
- Left Pedal
- Right Pedal
- LCD Monitor
- Water Bottle
- Hardware Kit (bolts, washers, nuts, tools)

4. ASSEMBLY INSTRUCTIONS

Follow these steps carefully for proper assembly. It is recommended to have two people for certain steps.

1. **Attach Stabilizers:** Secure the front and rear stabilizers to the main frame using the provided bolts and washers. Ensure they are firmly tightened.
2. **Install Pedals:** Identify the Left (L) and Right (R) pedals. The left pedal screws counter-clockwise, and the right pedal screws clockwise. Thread them into the crank arms and tighten securely with a wrench.
3. **Mount Seat:** Attach the seat to the seat post, then insert the seat post into the main frame. Do not tighten the adjustment knob yet.
4. **Install Handlebar:** Insert the handlebar post into the main frame, then attach the handlebar to the post. Connect any monitor wires if applicable. Do not tighten the adjustment knob yet.
5. **Connect Monitor:** Attach the LCD monitor to the handlebar post and connect the sensor wires.



Image 2: Product dimensions and adjustable components. This diagram illustrates the overall dimensions of the bike and highlights the adjustable seat and handlebar positions.

5. OPERATING INSTRUCTIONS

5.1 Adjusting Seat and Handlebar

- **Seat Adjustment:** The seat can be adjusted 4-ways (up/down and forward/backward). Loosen the respective adjustment knobs, slide the seat to your desired position, and tighten the knobs firmly.
- **Handlebar Adjustment:** The handlebar can be adjusted 2-ways (up/down). Loosen the adjustment knob, raise or lower the handlebar to a comfortable height, and tighten the knob securely.

5.2 Adjusting Resistance and Emergency Brake

The bike features adjustable resistance to customize your workout intensity.

- **Increase Resistance:** Turn the resistance knob clockwise.
- **Decrease Resistance:** Turn the resistance knob counter-clockwise.
- **Emergency Brake:** Press the resistance knob down firmly to engage the emergency brake and stop the flywheel immediately.

Adjustable Resistance & Emergency Brake

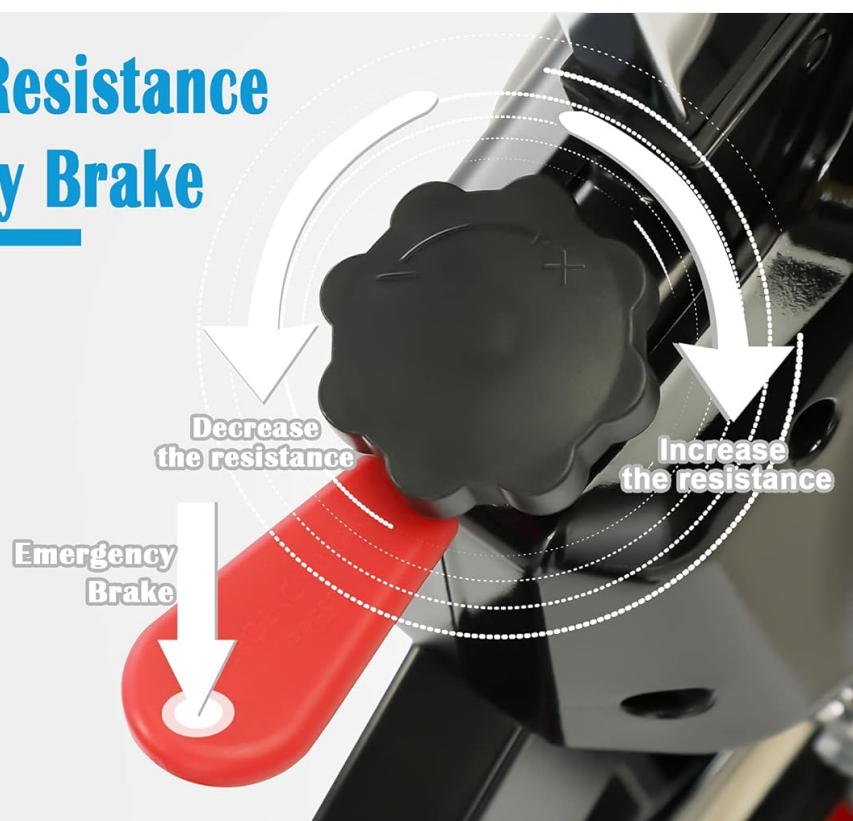


Image 3: Adjustable resistance and emergency brake. This image highlights the resistance knob, indicating how to increase or decrease resistance and how to engage the emergency brake.

5.3 Using the LCD Monitor

The LCD monitor tracks your workout data.

- **Functions:** The monitor displays Time, Speed, Distance, Calories, Odometer, and Pulse (via grip sensors).
- **Mode Button:** Press the 'MODE' button to cycle through the different display functions.
- **Pulse Sensors:** Grip the pulse sensors on the handlebar to measure your heart rate.

Multifunctional Digital Display



Image 4: Multifunctional digital display. This close-up shows the LCD monitor and its various tracking functions, including time, speed, distance, calories, odometer, and pulse.

5.4 Pedals

The caged pedals feature adjustable straps to secure your feet during exercise.

- Place your feet into the cages and pull the straps to tighten them for a secure fit.
- Ensure your feet are properly secured to prevent slipping during your workout.

6. MAINTENANCE

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

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Check Connections:** Periodically check all bolts, nuts, and screws to ensure they are tight. Tighten if necessary.
- **Lubrication:** The belt drive system is generally low maintenance. If any squeaking occurs, consult a professional or refer to specific lubrication instructions if provided with the product.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and moisture.



Convenient to Move

Image 5: Transport wheels for convenient movement. This image shows the integrated transport wheels, making it easier to move the bike for storage or repositioning.

7. TROUBLESHOOTING

If you encounter any issues, refer to the following common problems and solutions.

Problem	Possible Cause	Solution
Bike is unstable or wobbles	Uneven surface; loose stabilizers	Adjust foot pads on stabilizers; tighten stabilizer bolts.
Squeaking or grinding noise	Loose parts; lack of lubrication (rare for belt drive)	Check and tighten all bolts; if noise persists, contact support.
LCD monitor not displaying	Loose connection; dead batteries	Check monitor cable connection; replace batteries in the monitor.
Resistance not changing	Resistance knob mechanism issue	Ensure the knob is properly engaged; contact support if problem persists.

8. SPECIFICATIONS

Detailed technical specifications for the Sandinrayli Indoor Cycling Bike.

- **Model:** S-0283
- **Color:** Black + Red
- **Main Material:** Iron + Plastic + PU
- **Overall Dimension:** 45.7" (L) X 19.7" (W) X 40"-44.7" (H)
- **Adjustable Seat Height:** 30.7"-39.2"
- **Adjustable Seat Distance:** 3.3"
- **Load Capacity:** 275 LBS (125 kg)
- **Drive Mechanism:** Belt Drive
- **Foot Pedal Style:** Caged
- **Net Weight:** 86 LBS (39 kg)
- **Meter Functions:** Time, Speed, Distance, Calories, Odometer, Pulse
- **Power Source (Monitor):** Battery Powered

Stable Structure



Image 6: Stable triangular structure. This image illustrates the robust triangular design of the bike frame, emphasizing its stability and maximum weight capacity of 275 LBS.

9. WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the purchase documentation or contact Sandinrayli customer service. Keep your proof of purchase for any warranty claims.