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› DMASUN Home Exercise Spin Bike Instruction Manual

## DMASUN DMASUN Home Exercise Spin Bike

# DMASUN Home Exercise Spin Bike Instruction Manual

Model: DMASUN Home Exercise Spin Bike

## 1. INTRODUCTION

Thank you for choosing the DMASUN Home Exercise Spin Bike. This manual provides essential information for the safe assembly, operation, maintenance, and troubleshooting of your new fitness equipment. Please read this manual thoroughly before use and retain it for future reference.



Image 1.1: DMASUN Home Exercise Spin Bike

## 2. SAFETY INFORMATION

Before using the exercise bike, please observe the following safety precautions:

- Consult a physician before starting any new exercise program.
- Ensure all parts are securely tightened before each use.
- Place the bike on a flat, stable surface.
- Keep children and pets away from the equipment during use.
- Wear appropriate athletic footwear and clothing.
- The maximum user weight capacity is 150 kg (300 lbs).
- Use the emergency brake to stop the flywheel quickly if needed.

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## 3. PACKAGE CONTENTS

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

- Main Frame
- Front Stabilizer
- Rear Stabilizer
- Seat Post and Saddle
- Handlebar Post and Handlebar
- Left and Right Pedals
- Digital Monitor
- Water Bottle Cage
- Assembly Tools (wrenches, hex keys)
- Instruction Manual

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## 4. SETUP AND ASSEMBLY

Follow these steps to assemble your DMASUN Home Exercise Spin Bike. Assembly tools are included.

### 4.1. Attaching Stabilizers

1. Attach the front and rear stabilizers to the main frame using the provided bolts and washers. Ensure they are securely tightened with the wrench.

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Video 4.1: Aerobic Bike Setup Video (Part 1 - Stabilizers)

### 4.2. Attaching Seat and Handlebar Posts

2. Insert the seat post into the main frame and secure it with the adjustment knob.
3. Attach the saddle to the seat post using the provided wrench.
4. Insert the handlebar post into the main frame and secure it with its adjustment knob.
5. Attach the handlebar to the handlebar post using the provided bolts and hex keys.

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Video 4.2: Aerobic Bike Installation Video (Seat and Handlebar)

### 4.3. Attaching Pedals

6. Identify the Left (L) and Right (R) pedals. The left pedal tightens counter-clockwise, and the right pedal tightens clockwise.
7. Thread the pedals into the crank arms and tighten them securely with the wrench.

### 4.4. Installing Digital Monitor

8. Connect the sensor cable from the bike to the digital monitor.
9. Attach the digital monitor to the handlebar post using the provided screws.
10. Insert 2 AAA batteries (not included) into the monitor's battery compartment.

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## 5. PRODUCT FEATURES

- **Sturdy, Stable, and Safe:** The exercise bike has a maximum load capacity of 150kg (300 lbs). The main frame is constructed from thick alloy steel, ensuring stability and preventing movement or wobbling even during intense use.
- **Magnetic Resistance for Quiet and Smooth Operation:** Features a magnetic resistance system that ensures a quiet and smooth cycling experience. There is no need to worry about disturbing others. Compared to wool felt brake pads, our magnetic resistance exercise bike offers superior durability.
- **Easy Assembly, 30-Minute Setup:** Assembly and disassembly tools are included, allowing for quick setup in approximately 30 minutes, even for individuals assembling alone. Equipped with transport wheels for convenient movement and storage.
- **Thoughtful Design Details:** The DMASUN fitness bike includes a water bottle cage, transport wheels, non-slip cage pedals, and horizontal adjusters. The newly upgraded handlebar provides a more comfortable cycling experience, a large, easy-to-read digital display, and a wide grip.
- **Real-time Sports Data Monitoring:** The DMASUN spin bike is equipped with a display that provides real-time sports data, including exercise time, distance, calories burned, odometer, and pulse. Use this data to plan and track your fitness progress.

# 多機能デジタルメーター

運動データを直感的に見える



Image 5.1: Digital Monitor for Real-time Data

**購入前も、購入後も、  
安心なサポート**

購入前	購入後
<p style="text-align: center;"><b>工場直販でお得に</b></p> <ul style="list-style-type: none"> <li>• 中間業者を介さず、工場から直接お客様へ</li> <li>• 無駄なコストを省き、品質を保ちながら適正価格でご提供します</li> </ul>	<p style="text-align: center;"><b>製品保証書</b></p> <p>本製品につきましては、取扱い説明書、お客様がご自身の任意で買った必要に応じて保証書に添付された保証書に、保証期間内に故障した場合は、無償にて修理または交換いたします。</p> <p><b>30日間返品・交換保証</b> <b>5年間メーカー保証</b></p>
<p style="text-align: center;"><b>厳格な品質検査</b></p> <ul style="list-style-type: none"> <li>• 出荷前に全品検品を実施</li> <li>• 安全性と耐久性を確認した製品のみをお届けします</li> </ul>	<p style="text-align: center;"><b>お客様サポート</b></p> <p>万が一ご満足いただけない場合でも、30日以内なら返品・交換が可能です。また、「最大5年間の長期保証」をご提供します</p>

Image 5.2: Transport Wheels

## 6. OPERATING INSTRUCTIONS

Familiarize yourself with the bike's adjustments and monitor functions for an optimal workout.

### 6.1. Adjusting Seat Height and Position

Adjust the seat height so that your knee is slightly bent when the pedal is at its lowest point. The seat can also be adjusted horizontally for comfort.

**こんな悩みありますが**

自宅で運動すると、隣人に迷惑をかけるのが心配です

日常のスキマに鍛錬したい

ジムが遠すぎて、外に出たくない

健康維持や体づくりしたい



一体、どうすれば…

Image 6.1: Seat Adjustment

## 6.2. Adjusting Handlebar Height

Adjust the handlebar height to a comfortable position that allows for a natural posture without straining your back or shoulders.



Image 6.2: Handlebar Adjustment

## 6.3. Adjusting Resistance

Turn the resistance knob clockwise to increase resistance and counter-clockwise to decrease it. Push the knob down to engage the emergency brake.

調子に合わせてお好みの負荷に調節できる

## 無段階負荷調整



ダイヤル

工具不要!  
ダイヤルを回すだけ

20%

リハビリ体力  
維持に



50%

ダイエット



100%

本格的な筋トレ



Image 6.3: Resistance Adjustment Knob

### 6.4. Digital Monitor Functions

The digital monitor tracks your workout data. Press the MODE button to cycle through different display modes

(Time, Speed, Distance, Calories, Odometer, Pulse). Hold the MODE button for 3 seconds to reset all values (except Odometer).

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Video 6.4: DMASUN Exercise Bike Overview (includes monitor usage)

## 7. MAINTENANCE

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

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspections:** Periodically check all bolts, nuts, and moving parts for tightness. Tighten any loose components.
- **Lubrication:** No specific lubrication is required for the magnetic resistance system.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures. Use the transport wheels to move it easily.

## 8. TROUBLESHOOTING

Here are solutions to common issues you might encounter:

Problem	Possible Cause	Solution
Bike is unstable/wobbles	Loose bolts; uneven floor.	Tighten all assembly bolts. Adjust the horizontal adjusters on the stabilizers to level the bike.
Squeaking/Grinding noise	Loose parts; friction from resistance.	Check and tighten all bolts. Ensure the resistance knob is not overtightened causing constant contact.
Digital monitor not working	Dead batteries; loose sensor cable.	Replace batteries. Check if the sensor cable is securely connected to the monitor and the bike frame.
Resistance not changing	Resistance mechanism issue.	Ensure the resistance knob is properly engaged. If the issue persists, contact customer support.

## 9. SPECIFICATIONS

Feature	Detail
Brand	DMASUN
Model	Home Exercise Spin Bike
Color	Black

Feature	Detail
Material	Aluminum
Load Capacity	150 kg (300 lbs)
Product Dimensions	97 x 19 x 76 cm
Product Weight	26.5 kg
Power Source	Battery (for monitor)
Resistance Type	Magnetic, Adjustable
Recommended Use	Indoor

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## 10. WARRANTY AND SUPPORT

Your DMASUN Home Exercise Spin Bike comes with a **5-year manufacturer's warranty**. This warranty covers free repair or replacement services in the unlikely event of a malfunction. Please note that while some older manuals may state a 1-year warranty, all customers who purchased on or after December 1, 2023, are eligible for the 5-year warranty.

For any questions, concerns, or warranty claims, please contact DMASUN customer support through your purchase platform or the official DMASUN website.