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## SHUA SH-B9100R

# SHUA SH-B9100R Commercial Recumbent Bike User Manual

Model: SH-B9100R

## 1. SAFETY INFORMATION

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Before operating the SHUA SH-B9100R Commercial Recumbent Bike, please read and understand all safety instructions. Failure to follow these instructions may result in injury or damage to the equipment.

- **Consult a Physician:** Always consult with a healthcare professional before starting any new exercise program.
- **Proper Use:** Use the equipment only for its intended purpose as described in this manual. Do not modify the bike.
- **Supervision:** Keep children and pets away from the equipment during operation. This bike is designed for adult use.
- **Stable Surface:** Place the recumbent bike on a stable, level surface. Ensure adequate clearance around the equipment (at least 0.6 meters or 2 feet).
- **Inspection:** Before each use, inspect the bike for any loose parts, signs of wear, or damage. Do not use if damaged.
- **Attire:** Wear appropriate exercise clothing and athletic shoes. Avoid loose clothing that could get caught in moving parts.
- **Stop if Unwell:** If you experience pain, dizziness, or shortness of breath, stop exercising immediately and consult a physician.
- **Maximum User Weight:** Do not exceed the maximum user weight of 180 kg.

## 2. SETUP AND ASSEMBLY

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The SHUA SH-B9100R recumbent bike requires assembly. It is recommended that two people assemble the unit due to its weight and size. Ensure all components are present before beginning assembly.

### 2.1 Unpacking

- Carefully remove all components from the packaging.

- Place all parts on a clear, flat surface.
- Verify that all parts listed in the assembly guide (not provided in this manual) are present.

## 2.2 Assembly Steps

Refer to the separate assembly manual provided with your purchase for detailed, step-by-step instructions. Ensure all bolts, nuts, and washers are securely tightened after assembly.

## 2.3 Placement

- Position the recumbent bike on a firm, level surface.
- Ensure there is sufficient space around the bike for safe entry, exit, and operation.



Figure 1: Side view of the SHUA SH-B9100R Commercial Recumbent Bike, showing the overall structure and seat position.



Figure 2: Front view of the SHUA SH-B9100R Commercial Recumbent Bike, highlighting the console and handlebars.

### **3. OPERATING INSTRUCTIONS**

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This section details how to operate your SHUA SH-B9100R Commercial Recumbent Bike.

#### **3.1 Powering On**

The SH-B9100R is a self-powered unit. Begin pedaling to activate the console display.

#### **3.2 Console Display**



Figure 3: The LED console display, showing various metrics and control buttons.

The LED display provides real-time feedback on your workout. It measures:

- **Heart Rate:** Measured via integrated sensors.
- **Time:** Duration of your workout.
- **Calories:** Estimated calories burned.
- **Speed:** Current pedaling speed.
- **Distance:** Total distance covered.
- **RPM:** Revolutions Per Minute.
- **Resistance:** Current resistance level (1-40).

### 3.3 Adjusting Resistance

The bike features 40 levels of automated resistance control. Use the UP/DOWN arrow buttons on the console to increase or decrease the resistance during your workout.

### 3.4 Seat Adjustment

The seat offers horizontal adjustment to accommodate various user heights. Locate the adjustment lever beneath the seat. Pull the lever, slide the seat to the desired position, and release the lever to lock it in place. Ensure the seat is securely locked before beginning your workout.

## 3.5 Workout Programs

The console includes 4 pre-set programs designed for different fitness goals. Consult the console's specific instructions (usually detailed on the console itself or in a separate quick-start guide) to select and start a program.

## 3.6 Starting and Ending a Workout

- **To Start:** Sit on the bike, adjust the seat, and begin pedaling. The console will automatically activate. You can then select a program or adjust resistance manually.
- **To End:** Gradually reduce your pedaling speed. The console will typically enter a summary mode after a period of inactivity and then power down.

## 4. MAINTENANCE

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Regular maintenance ensures the longevity and optimal performance of your SHUA SH-B9100R Recumbent Bike.

### 4.1 Cleaning

- Wipe down the bike after each use with a damp cloth to remove sweat and dust.
- Do not use abrasive cleaners or solvents, as these can damage the finish and electronic components.
- Keep the console free from moisture.

### 4.2 Inspection

- Periodically check all bolts, nuts, and connections to ensure they are secure. Tighten if necessary.
- Inspect pedals, straps, and seat for signs of wear or damage. Replace worn parts immediately.
- Ensure the drive belt (if visible) is free from debris and appears in good condition.

### 4.3 Storage

Store the recumbent bike in a cool, dry place, away from direct sunlight and extreme temperatures.

## 5. TROUBLESHOOTING

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This section addresses common issues you might encounter with your recumbent bike.

Problem	Possible Cause	Solution
Console not displaying	Bike not in use; internal power issue.	Begin pedaling to activate the self-powered console. If still not working, contact support.
Resistance not changing	Console button malfunction; internal mechanism issue.	Ensure buttons are pressed firmly. If issue persists, contact support.
Unusual noise during operation	Loose components; internal friction.	Check all visible bolts and connections for tightness. If noise continues, discontinue use and contact support.
Heart rate monitor inaccurate	Improper hand placement; dry hands.	Ensure hands are firmly and fully placed on the sensors. Lightly moisten hands if they are too dry.

If you encounter a problem not listed here or if the suggested solutions do not resolve the issue, please contact

customer support.

## 6. SPECIFICATIONS

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Detailed technical specifications for the SHUA SH-B9100R Commercial Recumbent Bike:

- **Model:** SH-B9100R
- **Flywheel:** 14 kg
- **Resistance:** 40 levels (automated control)
- **Resistance Mechanism:** Magnetic
- **Drive System:** Belt
- **Seat Adjustment:** Horizontal
- **Display:** LED
- **Programs:** 4 pre-set programs
- **Measures:** Heart rate, time, calories, speed, distance, RPM
- **Product Weight:** 115 kg
- **Max User Weight:** 180 kg
- **Power:** Self-powered
- **Dimensions (L x W x H):** 167 cm x 61 cm x 140 cm
- **Colour:** Black

## 7. WARRANTY AND SUPPORT

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### 7.1 Warranty Information

The SHUA SH-B9100R Commercial Recumbent Bike comes with the following warranty:

- **For Home Use (Cardio Premium):**
  - Lifetime on structural frame (excludes coating & rust)
  - 4 years on motors (applies to motor-driven equipment)
  - 2 years on running deck (applies to treadmills)
  - 1 year on electronics, belt, parts & labour
- **For Business Use (Commercial Cardio Premium):**
  - 5 years on structural frame (excludes coating & rust)
  - 1 year on motors (applies to motor-driven equipment)
  - 1 year on running deck (applies to treadmills)
  - 1 year on electronics, belt, parts & labour

*Note: Wear & tear exclusion applies to all warranties.*

### 7.2 Return and Refund Policy

Due to the bulky nature of the product and the requirement for assembly, the SHUA SH-B9100R Commercial Recumbent Bike is not eligible for any return or refund once purchased and delivered.

### 7.3 Customer Support

For technical assistance, warranty claims, or inquiries regarding your SHUA SH-B9100R Recumbent Bike, please contact your retailer or the SHUA customer service department. Refer to your purchase documentation for specific contact details.

