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SPORTNOW A90-353V00BK Indoor Exercise Bike User Manual

Model: A90-353V00BK | Brand: SPORTNOW

1. INTRODUCTION

Thank you for choosing the SPORTNOW A90-353V00BK Indoor Exercise Bike. This manual provides essential information for the safe assembly, operation, and maintenance of your new fitness equipment. Please read this manual thoroughly before use and keep it for future reference.

Important Safety Information

- Consult a physician before starting any exercise program.
- Ensure all parts are securely fastened before each use.
- Keep children and pets away from the equipment during operation.
- Place the exercise bike on a flat, stable surface.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Maximum user weight: 120 kg.

2. PRODUCT OVERVIEW

The SPORTNOW A90-353V00BK is an indoor exercise bike designed for cardio training. It features adjustable resistance, an LCD display, and ergonomic adjustments for a comfortable and effective workout.

Key Features:

- **Adjustable Resistance:** Customize your workout intensity with the adaptable resistance system, mimicking road cycling. Includes an emergency brake for immediate and safe stopping.
- **Optimal Adjustable Comfort:** Height-adjustable seat and handlebar for ergonomic positioning. Adjustable pedals with toe cages ensure stability and comfort for all foot sizes.
- **Silent and Mobile:** Equipped with a 4 kg flywheel for smooth and quiet operation. Integrated wheels allow for easy relocation and storage.

- **Multifunctionality and Robustness:** LCD screen displays time, speed, distance, and calories. Features a tablet holder and two bottle holders. Steel frame with powder coating ensures exceptional durability.

Product Components:



Overall view of the SPORTNOW A90-353V00BK Indoor Exercise Bike.



Detailed view of the exercise bike's features, including tablet holder, non-slip grip, bottle holder, comfortable seat, wheels, and toe cage pedals.



Close-up of the exercise bike's flywheel and pedal system, highlighting smooth and silent operation.



LCD monitor displaying workout data such as time, speed, distance, and calories.

3. SETUP & ASSEMBLY

This exercise bike requires assembly. Please refer to the separate assembly guide included in your package for detailed step-by-step instructions. Ensure all components are present and undamaged before beginning assembly.

Adjusting the Seat and Handlebar

The seat and handlebar can be adjusted to ensure a comfortable and ergonomic riding position. This bike offers 6 levels of height adjustment for both the seat and the handlebar, and the seat can also be adjusted horizontally.

- **Seat Adjustment:** Loosen the adjustment knob below the seat. Adjust the seat vertically to your desired height and horizontally (forward/backward). Tighten the knob securely.
- **Handlebar Adjustment:** Loosen the adjustment knob on the handlebar post. Adjust the handlebar vertically to your desired height. Tighten the knob securely.



Adjustable seat and handlebar positions for optimal comfort.



Close-up of the comfortable, adjustable seat.

4. OPERATING INSTRUCTIONS

Starting Your Workout

1. Mount the bike carefully, ensuring your feet are securely placed in the pedal toe cages and straps are tightened.
2. Adjust the seat and handlebar to your preferred position.
3. Begin pedaling. The LCD monitor will automatically activate and display your workout data.

Adjusting Resistance

The exercise bike features an adjustable resistance knob. Turn the knob clockwise to increase resistance for a more challenging workout, and counter-clockwise to decrease resistance. For emergency stops, press down firmly on the resistance knob.



Adjustable resistance knob and emergency brake.

Using the LCD Monitor

The LCD monitor tracks your workout progress. It displays the following metrics:

- **TIME:** Duration of your workout.
- **SPD (Speed):** Current cycling speed.
- **DST (Distance):** Distance covered during the current workout.
- **CAL (Calories):** Estimated calories burned.
- **ODO (Odometer):** Total accumulated distance.
- **PULSE:** Heart rate (measured via handlebar sensors).
- **SCAN:** Automatically cycles through all display functions.

To reset the monitor, press and hold the MODE button for a few seconds.

Heart Rate Monitoring

Grip the heart rate sensors on the handlebars to display your pulse on the LCD monitor. Ensure both hands are firmly on the sensors for an accurate reading.

Tablet Holder

The integrated tablet holder allows you to place your smartphone or tablet for entertainment or guided workouts during your session.

Portability

To move the exercise bike, tilt it forward onto its integrated transport wheels and roll it to your desired location.

General Product Overview (Video)

Your browser does not support the video tag.

This video provides a general overview of features common to many exercise bikes, including adjustable resistance, LCD display, heart rate sensors, and portability. Note that specific models may vary.

5. 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.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness. Tighten any loose components.
- **Lubrication:** Lubricate moving parts as recommended in the assembly guide or if you notice any squeaking.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and moisture.

6. TROUBLESHOOTING

- **Squeaking Noise:** Check for loose bolts or parts. Apply lubricant to moving joints if necessary.
- **Unstable Bike:** Ensure the bike is on a flat surface. Adjust the leveling feet on the base stabilizers if your floor is uneven.
- **Resistance Issues:** If resistance is too loose or too tight, adjust the resistance knob. If the issue persists, check the resistance mechanism for any obstructions.
- **LCD Monitor Not Working:** Check the battery. Ensure all cable connections to the monitor are secure.

7. SPECIFICATIONS

Brand	SPORTNOW
Model Name	A90-353V00BK
Special Feature	Adjustable Resistance Level
Color	Black
Power Source	Battery Powered (for LCD)
Recommended Uses	Indoor
Item Weight	18 Kilograms
Material	Alloy Steel
Product Dimensions (D x W x H)	48.5P x 93l x 11H centimeters
Maximum Weight Recommendation	120 Kilograms
Minimum Height	102 Centimeters
Maximum Height	112 Centimeters
Drive System	Pedals



Dimensions of the SPORTNOW A90-353V00BK Indoor Exercise Bike.

8. WARRANTY & SUPPORT

For warranty information, please refer to the documentation included with your purchase or contact SPORTNOW customer support. If you encounter any issues or have questions not covered in this manual, please reach out to our customer service team for assistance.