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› [SPORTNOW Magnetic Exercise Bike A90-369V00BK User Manual](#)

SPORTNOW A90-369V00BK

SPORTNOW Magnetic Exercise Bike

Model: A90-369V00BK

1. IMPORTANT SAFETY INFORMATION

Please read this entire manual before assembling or operating your SPORTNOW Magnetic Exercise Bike. Keep this manual for future reference. Failure to follow these instructions may result in injury or damage to the product.

- Consult your physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Place the exercise bike on a flat, stable surface. Use a protective mat if necessary.
- Ensure all bolts and nuts are securely tightened before each use.
- Wear appropriate exercise clothing and footwear.
- Do not exceed the maximum user weight capacity (if specified, not available in provided data).
- If you experience pain, dizziness, or shortness of breath, stop exercising immediately.

2. PACKAGE CONTENTS

Carefully unpack all components and ensure you have received all items listed below. If any parts are missing or damaged, contact customer service.



Image: The product is delivered in one package.

The package contains the SPORTNOW Magnetic Exercise Bike and all necessary assembly hardware. Refer to the separate assembly guide for a detailed list of parts.

3. SETUP AND ASSEMBLY

Assembly is required for this exercise bike. Please follow the detailed instructions provided in the separate assembly manual. Ensure all connections are secure before first use.

3.1 Leveling the Bike

The exercise bike is equipped with levelers on its base. Adjust these levelers to ensure the bike is stable and does not wobble on uneven surfaces.



Image: The bike's base with adjustable levelers for stability.

4. OPERATING INSTRUCTIONS

4.1 Silent Operation

The SPORTNOW exercise bike features a 10 kg flywheel and a belt drive system, designed for smooth and quiet operation. This allows for workouts without causing disturbance.



Image: The 10 kg flywheel and belt drive system ensure quiet performance.

4.2 Adjusting Resistance

The bike is equipped with adjustable magnetic resistance. Turn the resistance knob to increase or decrease the intensity of your workout. For safety, an emergency stop button is integrated. Push this button to quickly stop the flywheel.

RÉSISTANCE MAGNÉTIQUE RÉGLABLE



Personnalisable



Efficace

Pousser le bouton pour
le frein d'urgence

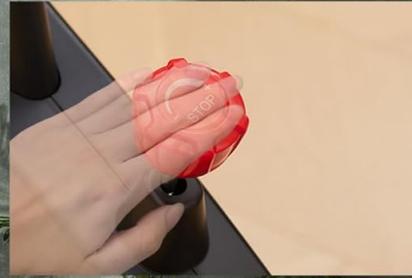


Image: The adjustable magnetic resistance knob and emergency stop button for safety.

4.3 Adjusting Seat and Handlebars

For optimal comfort and proper exercise posture, adjust the seat and handlebars to fit your body size. The seat is adjustable in 8 positions, and the handlebars are adjustable in 6 positions.

- **Seat Adjustment:** Loosen the adjustment knob under the seat, slide the seat to the desired height and horizontal position, then tighten the knob securely.
- **Handlebar Adjustment:** Loosen the adjustment knob on the handlebar post, raise or lower the handlebars to your preferred height, and tighten the knob firmly.

SIÈGE ET GUIDON RÉGLABLES

S'adapte à différentes tailles de corps



Model1



Model2



Model3

Image: The seat and handlebars can be adjusted to accommodate various body sizes.

4.4 Using the LCD Monitor

The integrated LCD monitor displays key workout metrics to help you track your progress. It typically shows:

- **Time:** Duration of your workout.
- **Speed:** Current cycling speed.
- **Distance:** Total distance covered during the session.
- **Calories:** Estimated calories burned.

The monitor requires 2 AAA batteries (not included). Install them according to the polarity markings in the battery compartment.

ÉCRAN LCD



Image: The LCD screen provides real-time workout data.

4.5 Moving the Bike

For easy relocation, the exercise bike is equipped with two transport wheels at the front base. To move the bike:

1. Stand at the rear of the bike.
2. Grasp the handlebars firmly.
3. Tilt the bike forward until it rests on its transport wheels.
4. Carefully roll the bike to its desired location.
5. Gently lower the bike back onto its stabilizers.



Image: The two front wheels allow for easy movement of the bike.

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. Do not use abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** The belt drive system is generally maintenance-free. Do not lubricate the belt unless specifically instructed by customer support.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and moisture.

6. TROUBLESHOOTING

If you encounter any issues with your exercise bike, refer to the following common problems and solutions:

| Problem | Possible Cause | Solution |
|---------|----------------|----------|
|---------|----------------|----------|

| Problem | Possible Cause | Solution |
|--------------------------------|--|---|
| Bike is unstable/wobbles | Uneven floor; loose levelers | Adjust the levelers on the base of the bike. Ensure all bolts are tight. |
| Resistance not changing | Resistance knob not properly engaged; internal mechanism issue | Ensure the resistance knob is fully engaged. If the problem persists, contact customer support. |
| LCD monitor not working | Dead batteries; loose connection | Replace the AAA batteries. Check the connection cable to the monitor. |
| Unusual noise during operation | Loose parts; friction | Inspect all visible bolts and nuts and tighten them. Ensure no foreign objects are near moving parts. |

For issues not listed here, please contact SPORTNOW customer support.

7. SPECIFICATIONS

Below are the technical specifications for the SPORTNOW Magnetic Exercise Bike Model A90-369V00BK:

- **Model Number:** A90-369V00BK
- **Product Dimensions (L x W x H):** 100 x 53 x 111-123 cm (approximate, based on image 71CZ9Qhz0UL)
- **Weight:** 33 kg
- **Material:** Alloy Steel
- **Flywheel Weight:** 10 kg
- **Resistance Type:** Magnetic
- **Drive System:** Belt Drive
- **Seat Adjustment:** 8 positions (vertical and horizontal)
- **Handlebar Adjustment:** 6 positions (vertical)
- **Power Type (Monitor):** Battery Powered (2 AAA batteries required)
- **Maximum Height Recommendation:** 195 cm



Image: Key dimensions and maximum user height recommendation for the exercise bike.

8. WARRANTY AND SUPPORT

For warranty information, please refer to the documentation included with your purchase or contact the retailer. If you require technical assistance, replacement parts, or have any questions regarding your SPORTNOW Magnetic Exercise Bike, please contact SPORTNOW customer support through their official website or the retailer where the product was purchased.