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› BARWING BW-SPN06 Stationary Exercise Bike Instruction Manual

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BARWING BW-SPN06 Stationary Exercise Bike Instruction Manual

Model: BW-SPN06

1. IMPORTANT SAFETY INFORMATION

Please read this entire manual before assembling or operating the BARWING BW-SPN06 Stationary Exercise Bike. Keep this manual for future reference.

- **Consult a Physician:** Before starting any exercise program, consult your physician, especially if you have pre-existing health conditions.
- **Assembly:** Ensure all parts are correctly assembled and tightened before use. Refer to the assembly instructions carefully.
- **Placement:** Place the exercise bike on a flat, stable surface. Ensure adequate space around the bike for safe operation.
- **Weight Limit:** Do not exceed the maximum user weight of 160 kg (350 lbs).
- **Children and Pets:** Keep children and pets away from the exercise bike during operation.
- **Moving Parts:** Keep hands, feet, and clothing clear of all moving parts.
- **Maintenance:** Regularly inspect the bike for wear and tear. Do not use if any parts are damaged.
- **Proper Attire:** Wear appropriate exercise clothing and athletic shoes. Avoid loose clothing that could get caught in moving parts.

2. PRODUCT OVERVIEW

The BARWING BW-SPN06 is a versatile, foldable stationary exercise bike designed for home workouts. It features 16 levels of magnetic resistance and multiple adjustable components for a customized exercise experience.



Image: Front-side view of the BARWING BW-SPN06 Stationary Exercise Bike, showcasing its compact design and integrated monitor.

3. SETUP AND ASSEMBLY

Unpack all components and ensure you have all necessary parts before beginning assembly. Follow the step-by-step instructions provided in the separate assembly guide included with your purchase. Key steps typically include:

1. Attach the front and rear stabilizers to the main frame.
2. Install the pedals, ensuring they are tightened securely (left pedal is reverse-threaded).
3. Mount the seat post and saddle, then attach the backrest.
4. Install the handlebar post and handlebars.
5. Connect the monitor cables and mount the monitor.

Ensure all bolts and nuts are securely fastened. The bike features a robust 4cm wide crescent part for enhanced stability, secured with T-bolts for easy handling during assembly and adjustments.

リカンベント走行でも超安定性を実現

更に強度アップ！三日月パーツ幅約4cm



片手でつかみやすい
T字ボルトを採用

Image: A close-up view of the bike's frame, highlighting the 4cm wide crescent support and the T-bolt mechanism for secure adjustments.

4. OPERATING INSTRUCTIONS

4.1 Adjusting Resistance

The BARWING BW-SPN06 offers 16 levels of magnetic resistance. To adjust the resistance, turn the tension control knob located on the main frame. Turn clockwise for higher resistance and counter-clockwise for lower resistance.

4.2 Riding Positions

This bike supports multiple riding positions to target different muscle groups and provide varied workout intensities:

- **Recumbent Riding:** Low load, ideal for rehabilitation and aerobic exercise.
- **Relaxed Riding:** Moderate load, suitable for daily exercise and maintaining health.
- **Road Riding:** Higher load, mimics road cycling for endurance and calorie burning.
- **Powerful Riding:** High load, targets abdominal fat reduction and lower body strengthening.

4つのポジションで 筋肉強化からリハビリまで



リカンベント
走行



リラックス
走行



ロード走行



パワフル走行

負
荷

低

高

パワフル走行
立ちこぎ

こんな人におすすめ
脂肪燃焼を
最短で目指す人

期待できる効果
爆発的カロリー消費
下半身強化

ロード走行
前傾

こんな人におすすめ
ロードバイクのような
実走感を求める人

期待できる効果
筋力・持久力UP
ダイエット効果

リラックス走行
座る

こんな人におすすめ
日常に運動を
取り入れたい人

期待できる効果
健康維持
長期的なダイエット

リカンベント走行
前傾

こんな人におすすめ
膝の健康を
維持したい人

期待できる効果
リハビリ
有酸素運動

Image: Illustration showing four distinct riding positions (Recumbent, Relaxed, Road, Powerful) and their corresponding load levels and benefits.

4.3 Monitor Functions

The integrated touch monitor displays key workout data. Simply touch the screen to cycle through different metrics or activate the pulse function.

最新技術テクノロジー

2026年タッチ式モニター



タッチ式モニター



文字が見やすい



指1本で測定
心拍数タッチ機能



正確・ハイスピード
リアルタイムを計測



通常モニター



文字が見づらい



両手でつかむ必要あり



数値が正しくない

Image: A detailed view of the bike's touch monitor, showing readouts for Distance (DIS), Time, Speed, Calories (CAL), and Pulse. The monitor is designed for clear readability and single-finger operation.

- **DIS (Distance):** Displays the distance covered during your workout.
- **TIME:** Shows the duration of your exercise session.
- **SPEED:** Indicates your current cycling speed.
- **CAL (Calories):** Estimates the calories burned during your workout.
- **PULSE:** Measures your heart rate via the integrated touch sensors.

5. ADJUSTMENTS

5.1 Seat Height and Position

The saddle is slide-adjustable to accommodate various user heights and preferences. Adjust the saddle forward or backward to find your optimal pedaling position.



EVOLVE : 06

ゆったりカーブ+
大空間広くて漕ぎやすい

EVOLVE : 07

スライド式サドル

家族全員

自分に丁度いい
ポジション
見つかる

サドルが前後に
調節可能



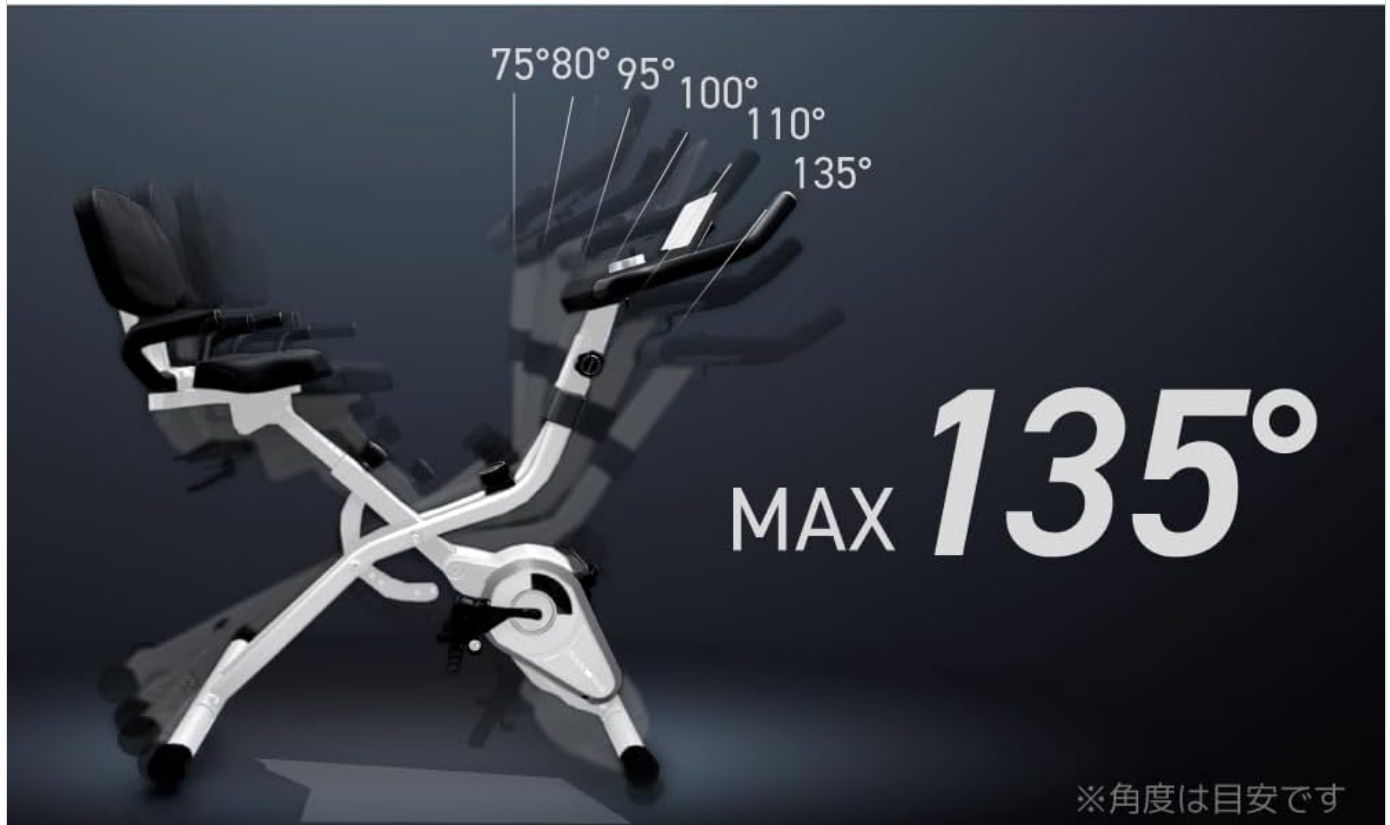
Image: A view of the bike's saddle and backrest, illustrating the slide adjustment mechanism that allows users to find a comfortable position.

5.2 Seat Backrest Angle

The backrest offers 6 stages of angle adjustment, allowing you to switch between upright and more reclined positions, including a maximum angle of 135 degrees for a comfortable recumbent experience.

独自開発の三日月設計

業界最上クラスの開き角度 6段階



従来品

開き角度3段階

開き角度30度～50度



開き角度

30°～50°

座るモードしか
できない...



Image: A diagram illustrating the six adjustable angles of the seat backrest, ranging from 75 to 135 degrees, providing flexibility for different riding styles.

Additionally, the saddle itself can be adjusted to 3 distinct angles: incline mode, flat mode, and decline mode, further enhancing comfort and workout variety.

次世代の体験型 角度可変式サドル

角度3段階
坂道モード

角度2段階
平地モード

角度1段階
下り坂モード



160kg

耐荷重160kg

3000日

使用しても壊れない

※環境や使用状況で変わる場合あり

Image: A graphic detailing three adjustable saddle angles (incline, flat, decline) and highlighting the bike's 160 kg load capacity.

5.3 Handlebar Height

The handlebars can be adjusted to 5 different height levels (79cm, 80cm, 84cm, 87cm, 92cm) to suit your body and exercise goals.

ハンドル高さ 5 段階調節



従来品

高さ調節不可

高価格帯の
フィットネスバイクにしか
ついていない



足が届かない可能性も…

様々な形に
対応できない…

Image: A visual representation of the handlebar height adjustment, showing five distinct settings from 79cm to 92cm to accommodate various user preferences.

6. 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 and wear. Tighten any loose fasteners.

- **Lubrication:** No specific lubrication is required for the magnetic resistance system.
- **Storage:** When not in use, the bike can be folded for compact storage. Use the integrated casters for easy movement.

The BARWING BW-SPN06 is designed for quiet operation, maintaining a low noise level even after extended use.

EVOLVE : 08

3年後に差がつく極静音×滑らか走行

摩擦にも強い、高熱にも強い部品を使用

購入初日

36db

図書館以下

購入から3年後

40db

3年後も静音実感。



従来品

40db→56db

昼間のデパートくらいうるさい



夜は使えなくなってしまう...

Image: A graphic demonstrating the low noise output of the bike, indicating 36dB on the first day of purchase and 40dB after 3 years, comparable to a library environment.

7. TROUBLESHOOTING

If you encounter issues with your BARWING BW-SPN06, refer to the following common problems and solutions:

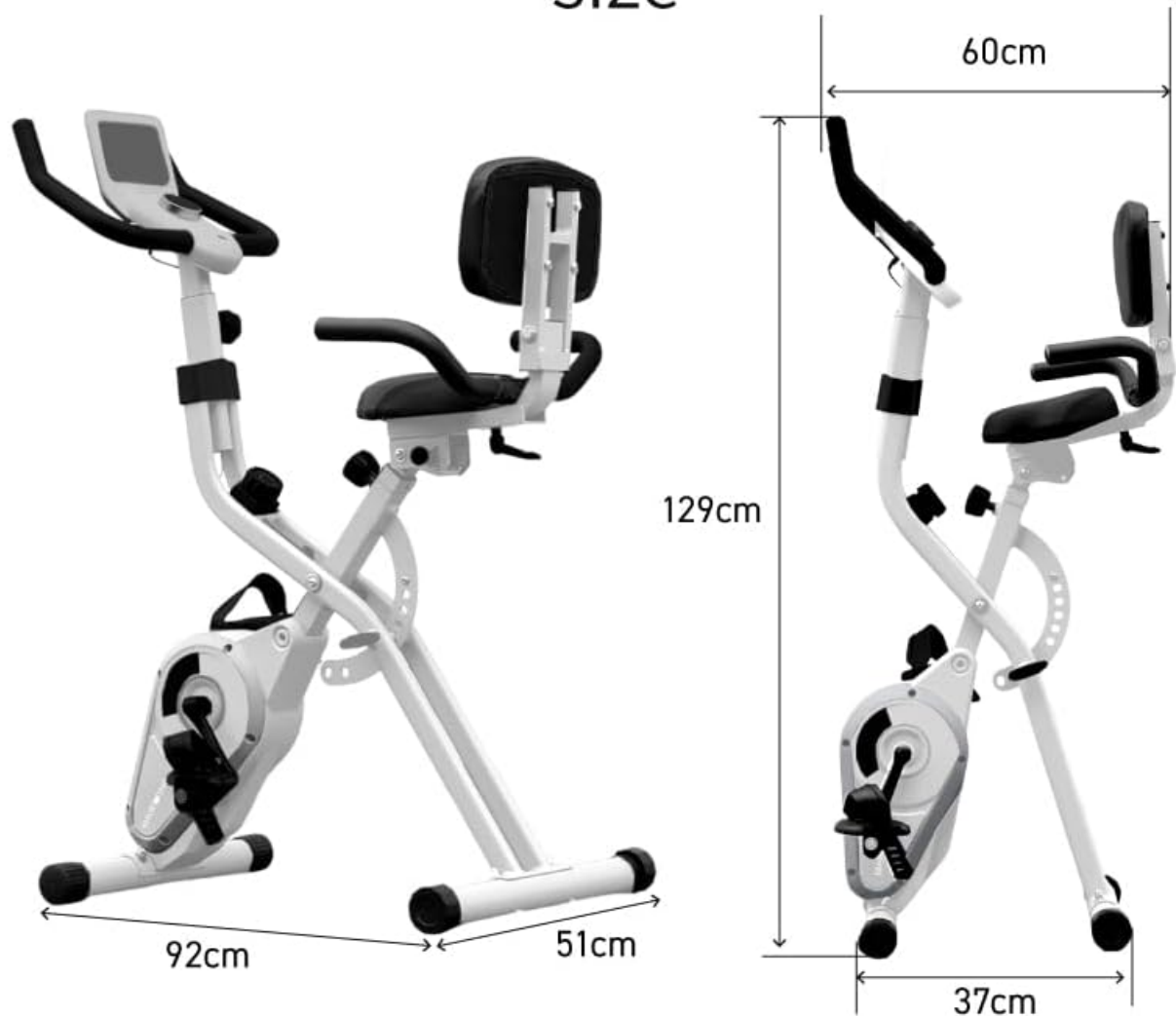
- **Monitor Not Displaying Data:**
Solution: Check the battery compartment for proper battery installation and ensure all cables are securely connected. Replace batteries if necessary.
- **Resistance Not Changing:**
Solution: Ensure the tension control knob is functioning correctly and the resistance cable is not obstructed or disconnected.
- **Unusual Noise During Operation:**
Solution: Stop exercising immediately. Inspect all connections and moving parts for looseness or foreign objects. Tighten any loose bolts.
- **Bike Feels Unstable:**
Solution: Ensure the bike is on a flat surface. Check that all stabilizer feet are properly adjusted and all frame connections are tight.

For issues not covered here, please contact customer support.

8. SPECIFICATIONS

Feature	Specification
Brand	BARWING
Model Number	BW-SPN06
Resistance Mechanism	Magnetic
Number of Resistance Levels	16
Maximum Weight Recommendation	160 kg (350 lbs)
Item Weight	25 kg
Material	Alloy Steel
Power Source	Battery Powered (for monitor)
Recommended Uses	Indoor
Special Feature	Calories Monitor, Foldable Design
Product Dimensions (D x W x H)	31.5"D x 18.31"W x 45.67"H

size



最大開き時

Image: A diagram illustrating the key dimensions of the exercise bike in both its unfolded and folded states, including height, width, and depth measurements.

9. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the warranty card included with your product or contact the retailer where you purchased the BARWING BW-SPN06 Stationary Exercise Bike. You may also visit the official BARWING website for further assistance.

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ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question