



LIKESPORTING CS08 Exercise Bike User Manual

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LIKESPORTING CS08 Exercise Bike

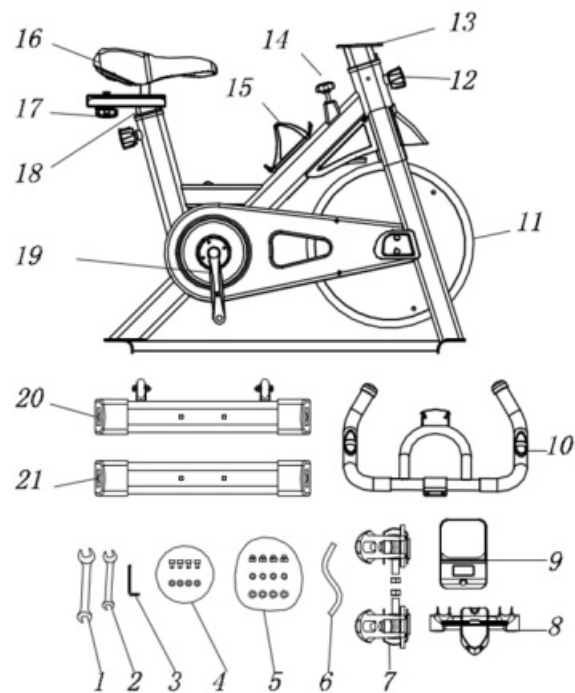


Warning

Before you use the bike, please read the instructions carefully to ensure that you receive the correct information of usage, including the free spare parts we provided for you.

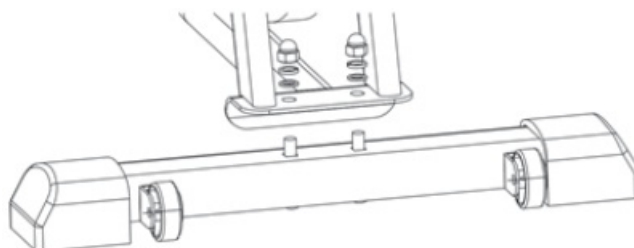
- This bike is for home use and not belong to commercial use, the max loading is 120kg.
- Please use it in strict accordance with the instruction.
- Please carefully check the machine before first use and check it according to the principle of installation every 1 to 2 months. Please try to keep the machine in normal use and use the original accessories.
- If it does not work well, please contact the dealer and agency.
- Please keep the machine out of the corrosive cleaner. Please use it after the correct installation and careful inspection.
- Please adjusted the parts to their maximum level before installation.
- This product is for adults. If children want to use, please make sure they have a guardian with them.
- Please don't do dangerous action and move on this product. Please use this product under the guidance of doctors or fitness specialists, it will have a very good effect.
- Please make reasonable plans before using the product and use it in strict accordance with the requirements.
- The resistance of this product is adjustable. Please select the appropriate resistance.
- Please carefully check all the bolts and screw parts to ensure your safety before use.
- During exercise, make sure to put the feet into pedal covers.
- Do not stop immediately during fast rotation, please brake quickly to avoid accidents.

Spare Parts Description



1. 5. Tool
2. Wiring harness
3. .Pedal
4. handle cover
5. monitor
6. handle bar
7. flywheel
8. ball head pin
9. armrest seat
10. brake
11. cup holder
12. saddle
13. hex nut
14. frame seat tube
15. crank
16. front foot tube
17. rear foot tube

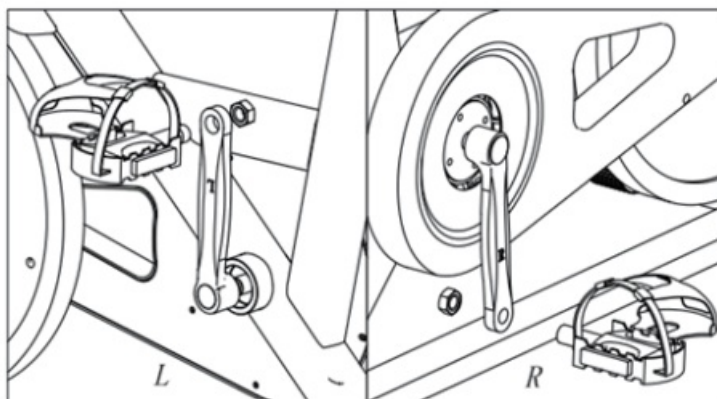
Installation Instruction



1. Connect the front tube with the frame, and install the plain washer 8, washer 8 to the bolts and put on the

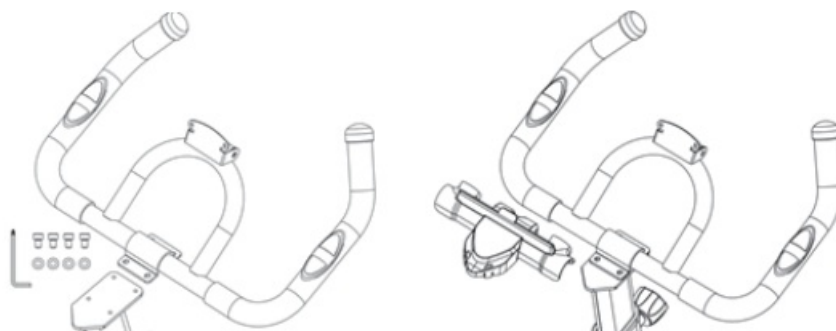
cover-shaped screws. And use open spanner to fasten them. Installation of back tube is the same.

Note: Please adjust the black feet strap to make it balance if it is not stable.



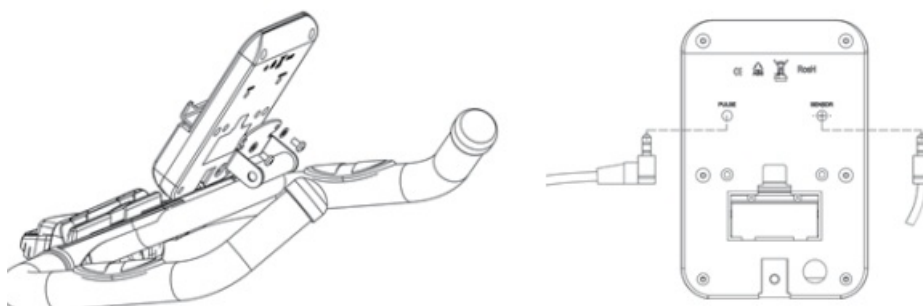
2. The feet straps are marked with L and R. Please drop 2 red screws locking liquid in R strap and fasten it with right threaded hole by using our spanner. And drop 2 red screws locking liquid in L strap and fasten it with left threaded hole.

(**Note:** L and R are marked in crank as well. Please install them accordingly otherwise it will damage the products. And please fasten the feet strap, or it will fall down after long usage.)



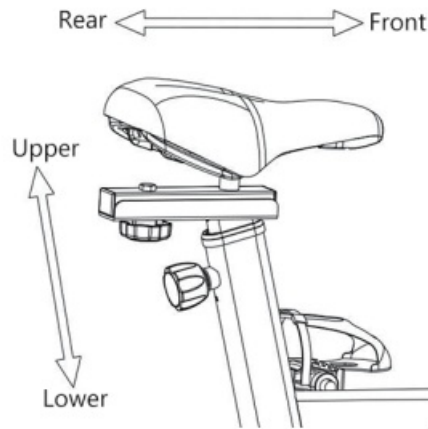
3. Take out the handle and then put four holes of the handle into the screwed hole, next put washer and through Cylinder head screw, then support by screws one by one.

Take out the armrest cover, as shown on the right. Press the cover lightly and the clasp on the armrest will be automatically fastened.



4. Install the Monitor (first remove the screw gasket of the electronic watch)

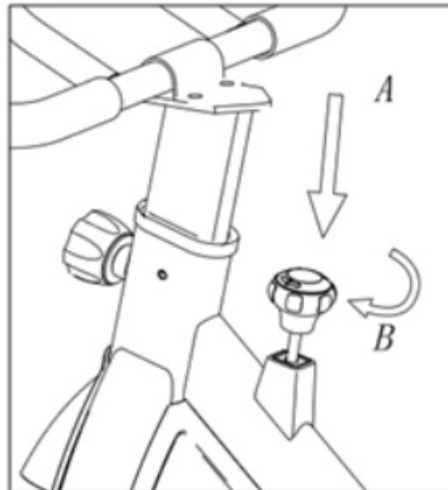
Align the hole of the Monitor with the hole of the fixed piece of the Monitor, then take the screw to align the hole. Use tools and then fix the Monitor. Insert the wire into the Monitor.



5. To adjust the height of seat, please rotate knob to the left then loose the knob as B and adjust the cushion by up and down to the appropriate height. Loose the knob to make it through the hole of saddle support then just lock it please (same as adjust the height of handle)

To adjust the front and back of seat, please loosen the bolt as A, You can adjust the cushion seat back and forward by loosening the plum-hex bolts to a comfortable situation. Then just lock it please.)

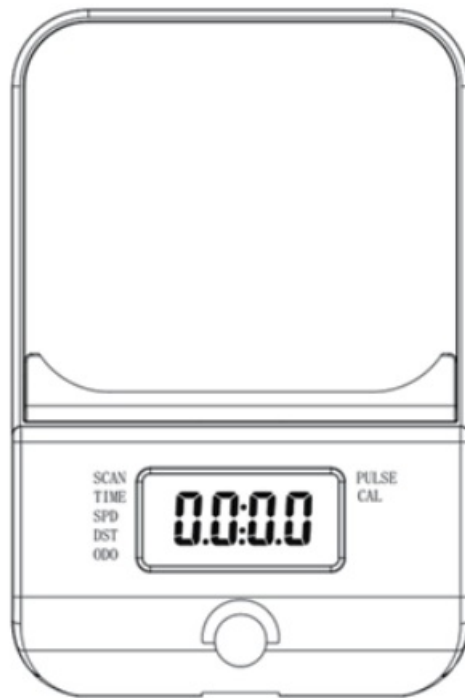
6. Rotate the brake knob clockwise to increase the resistance and rotate the brake knob anticlockwise to decrease the resistance. Press down the brake knob for emergency stop.



Computer

SPECIFICATIONS

- **TIME:** 00:00-99.59
- **SPEED:** 0:0-99.9 ML/H
- **DISTANCE:** 0:00-99.99ML
- **ODOMETER*(IFHAVE):** 0-9999ML
- **PULSE*(IFHAVE):** 40-240BPM
- **CALORIES:** 0.0-999.9KCAL



KEYFUNCTIONS

MODE: This key lets you to select and lock on to a particular function you want.

OPERATION PROCEDURES

1. AUTO ON/OFF

The system turns on when any key is pressed or when it receives an signal input from the speed sensor

The system turns off automatically when the sensor has no signal input or no key are pressed for Approx. 4 minutes.

2. RESET

The unit can be reset by either changing battery or pressing the mode key for 3 seconds.

3. MODE

To choose SCAN or LOCK if you do not want the scan mode, press the MOOD key when the pointer on the function you want begins blinking.

4. FUNCTIONS

- TIME

Press the MODE key until the pointer advances time. The total working time will be shown.

SPEED Press the MODE key until the pointer advance to SPEED. The total working time will be shown.

DISTANCE Press the MODE key until the pointer advances to DISTANCE. The distance of each workout will be displayed.

ODOMETER Press the MODE key until the pointer advances to ODOMETER. The total accumulated distance will be shown
*(IF HAVE)

PULSE Press the MODE key until the pointer advance to PULSE. User's current heart rate will be displayed in beats per minute. Place the palms of your hands on both of the Contact pads (or put ear-clip to ear), and wait for 30 seconds for the most accurate reading
*(IF HAVE)

CALORIES Press the MODE key until the pointer advance to CALORIES. The calories burned will be displayed

SCAN Automatic display of the following functions in the order shown: TIME-SPEED-DISTANCE- PULSE (if have)-CALORIES (repeat).

BATTERY This monitor uses one or two (if have PULSE function) batteries. If improper display on monitor, please reinstall the batteries to have a good result.

Maintenance & Troubleshooting

Maintenance

Cleaning

Use soft cloth to wipe the dust on the bike. Don't use an abradant or scrubbing to clean plastic parts. Wipe the sweat after use.



Maintenance

Please avoid direct sunlight, especially the electronic watch which is very vulnerable. Every week, please check all the bolts and screws to see if they are loose and keep them fastened. Please keep the bike in clean and dry environment and be away from children.

Troubleshooting

1. To solve the wagging problem of bike, please move and rotate the pedals until it is stable.
2. If screen of the electronic watch does not display anything, please check whether cables in armrest and digital are connected correctly; whether the battery is installed correctly. If it is out of battery, please replace the battery.
3. If it does not replay the heartbeat rate or replay it abnormally, please check whether the cable in the armrest is connected correctly. Please make sure you hold the armrest sensors; please do not grasp the sensors too tight. (suitable for model with pulse function)
4. If there is an abnormal sound during usage, Please check if the bolts are loose and ensure the bolts are tightened.

Documents / Resources

<div>Exercise Bike—CS08 User's Manual</div> <div></div>	<div>LIKESPORTING CS08 Exercise Bike [pdf] User Manual</div> <div>CS08, Exercise Bike, CS08 Exercise Bike</div>
<div>Exercise Bike—CS08 User's Manual</div> <div></div>	<div>LIKESPORTING CS08 Exercise Bike [pdf] User Manual</div> <div>CS08-ES-EN-DE-IT-NL-FR, CS08, CS08 Exercise Bike, Exercise Bike, Bike</div>

References

- [Likesporting-Treadmills,walking machines,elliptical machines and other fitness equipment mall-Likesporting.com](#)