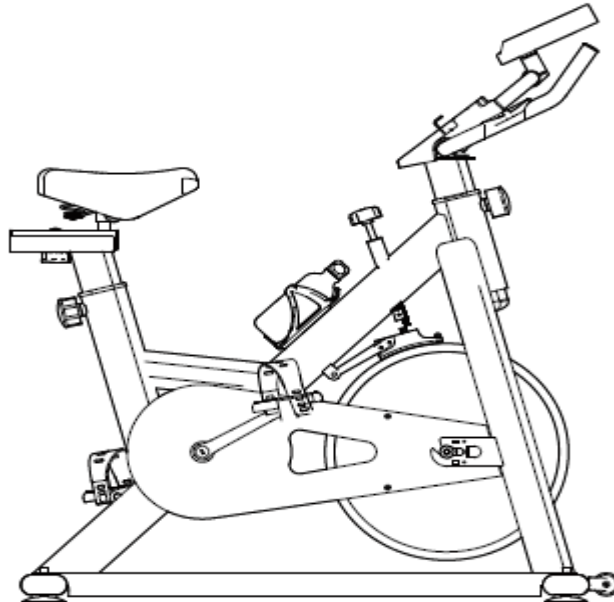


# Magnetic Resistance Bike

K002 v01: 01/09/21

Please read and retain these instructions for future reference

vivadia  
ACTIVE



## Dimensions

(H) 85 x (W) 105 x (D) 45

- Achieve your goals and get more from your workout with our premium exercise bike
- Different to other resistance bikes on the market this has magnetic resistance as opposed to felt pad brake system which means it is more durable and also quieter than others on the market - Magnetic resistance is low miniatous compared with felt pad brake systems as felt pads would need replacing
- This bike has a 8kg flywheel which gives you more power
- Magnetic spin bikes use magnets to create resistance. As the flywheel spins, it passes between two magnets. To vary the resistance, the magnets move closer to and away from the flywheel
- Magnetic bikes are virtually silent

## Features:

- Control display monitor records time, speed, calories, distance, pulse (2xaaa batteries required – not included)
- Bottle holder and phone/tablet mount
- Front wheels for easy portability
- Seat is adjustable at 2 points, height and width between handles bars- SEAT ADJUSTABLE FROM 73CM – 67CM (from handlebars), HEIGHT ADJUSTABLE FROM 87CM – 97CM at 5 positions
- HANDLE BAR HEIGHT – 5 POSITIONS
- Soft grip handles
- Spring loaded seat
- Handle bars are height adjustable
- Max weight 150kg
- Max training mass: 200kg

## **ASSEMBLY INSTRUCTIONS / INSTRUCTIONS FOR USE:**

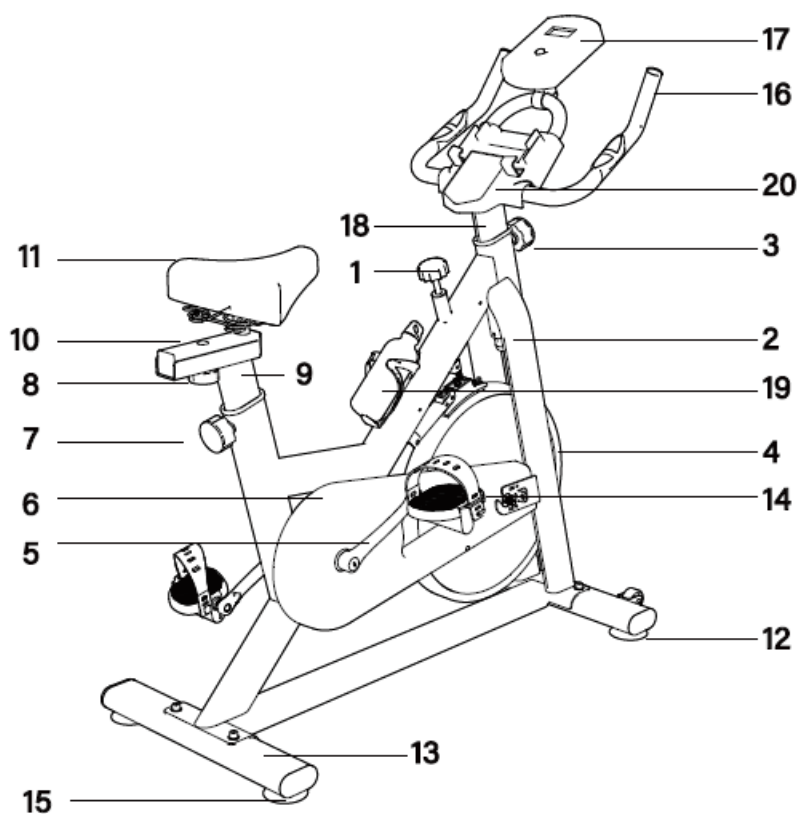
Unpack the components carefully. Please check all parts have been removed from the packaging.

### **Safety and Maintenance Instructions**

**Before you start training on your bike, please read the instructions carefully.**

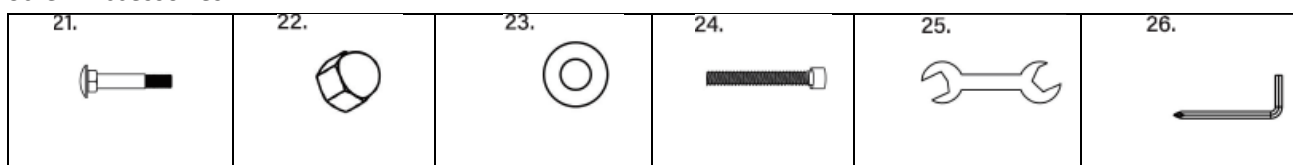
1. Follow the steps of the assembly instructions carefully.
2. Check before the first training and every 1-2 months that all connecting elements are tight fitting and are in the correct condition.  
Replace defective components immediately and/or keep the equipment out of use until repairs. For repairs, use only original parts.
3. Avoid the use of aggressive detergents when cleaning the Resistance Bike.
4. Ensure that training start only after correct assembly and inspection of the item.
5. For the adjustable parts be aware of the maximum positions to which they can be adjusted/tightened to.
6. The Resistance Bike is designed for adults. Please ensure that children use it only under the supervision of an adult.
7. Consult your GP before starting with any exercise program.
8. Please check all knobs and screws carefully before starting to ensure your safety.
9. Be sure to put your foot into the foot cover while you are training. Do not stop immediately when rotating at top speed and use the brakes quickly to avoid accidents.

## Parts



1.Adjustable knob	2.Bike Frame	3.Ball Pin	4.Flywheel
5.Crank	6.Plastic Cover	7.Ball Pin	8.Plum Bolt
9.Seat Riser	10.Seat Retainer	11.Saddle	12.Front Stabilizer
13.Rear Stabilizer	14.Pedals	15.Scroll Wheel	16.Handlebar
17.Monitor	18.Handlebar Riser	19.Bottle Holder	20.Phone Holder

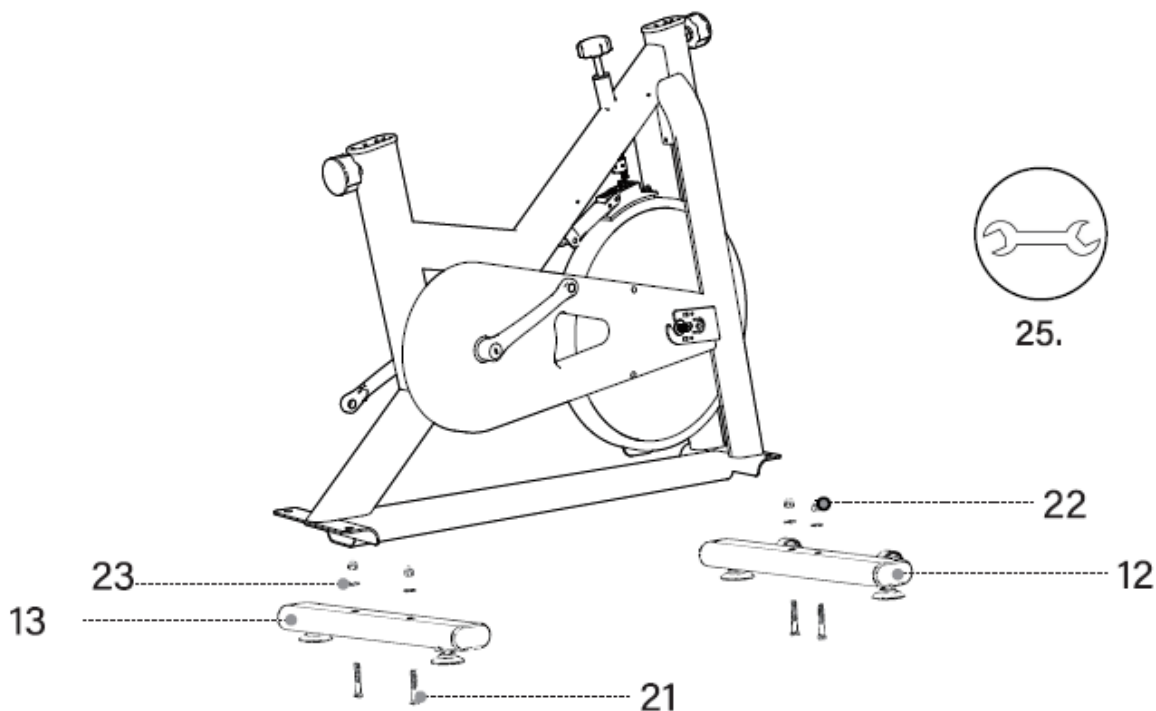
## Screw Accessories



21.M8 Carriage Bolt x 4	22.M8 Acorn Nut x 4	23.M8 Washer x 8	24.M8 Allen Bolt x 4	25.Open Spanner	26.Allen Wrench
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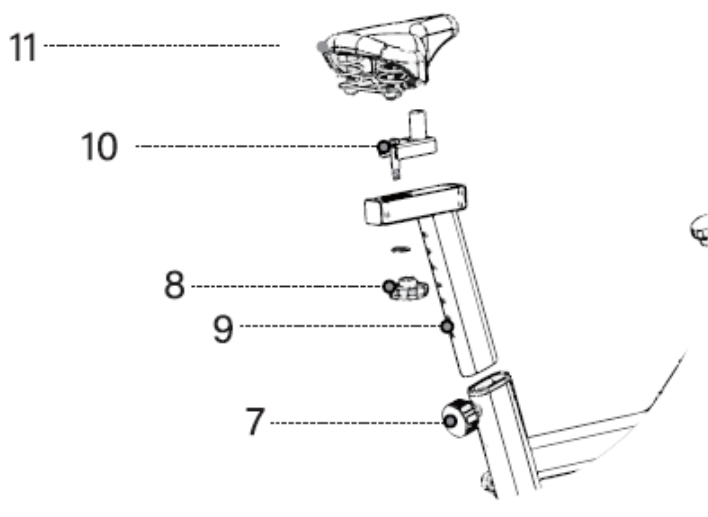
## INSTALL THE FRAME

Fasten the front stabilizer (12) on the frame with bolts (21), washers (23) and acorn nuts (22) with an open-end spanner (25); then fasten the rear stabilizer (13) on the frame in the same way.

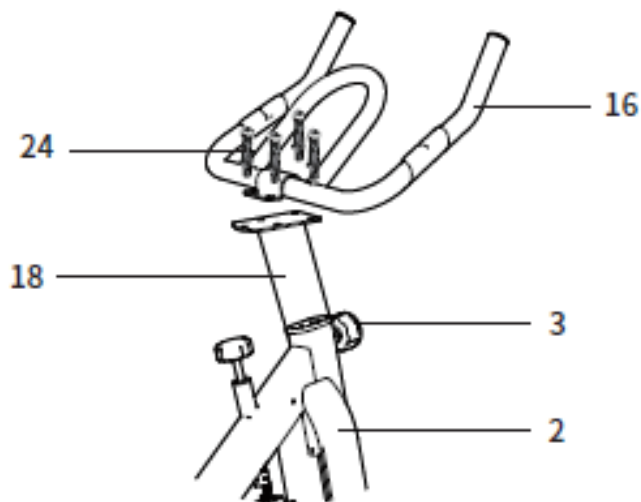


**INSTALL THE SADDLE**

Fasten the seat riser (9) on the frame with ball pin (7), then fasten the saddle (11) to the seat riser with seat retainer (10). Tighten the screw on the seat with washer and plum bolt (8) which are pre-installed into the seat retainer. The distance between the front and back of the seat can be adjusted.

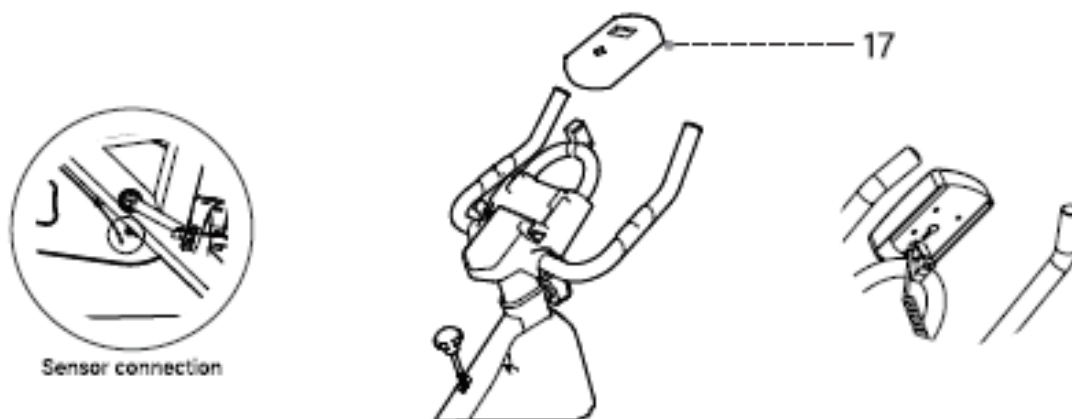
**Install Handlebars**

Fasten the handlebar riser (18) post in the frame (2) with ball pin (3), put the handlebar (16) on the handlebar riser. Fasten the handlebar with bolts (24). Adjust the ball pin in suitable position.

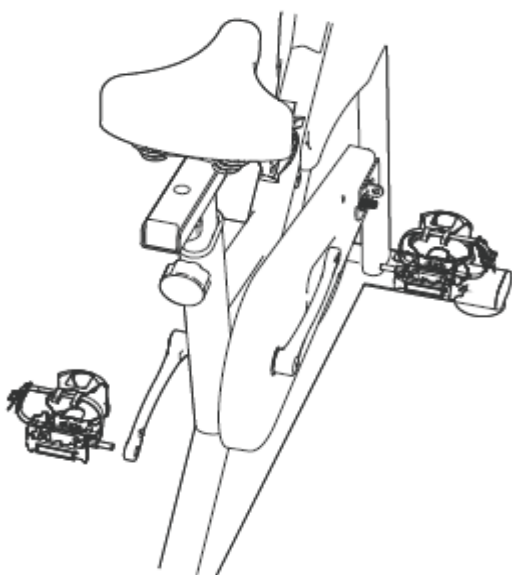


### Install the Monitor

There is a sliding groove on the back of the monitor (17), when you install the monitor, just slide the monitor to the monitor holder of the handlebar. Then connect sensor line with the line of the monitor.



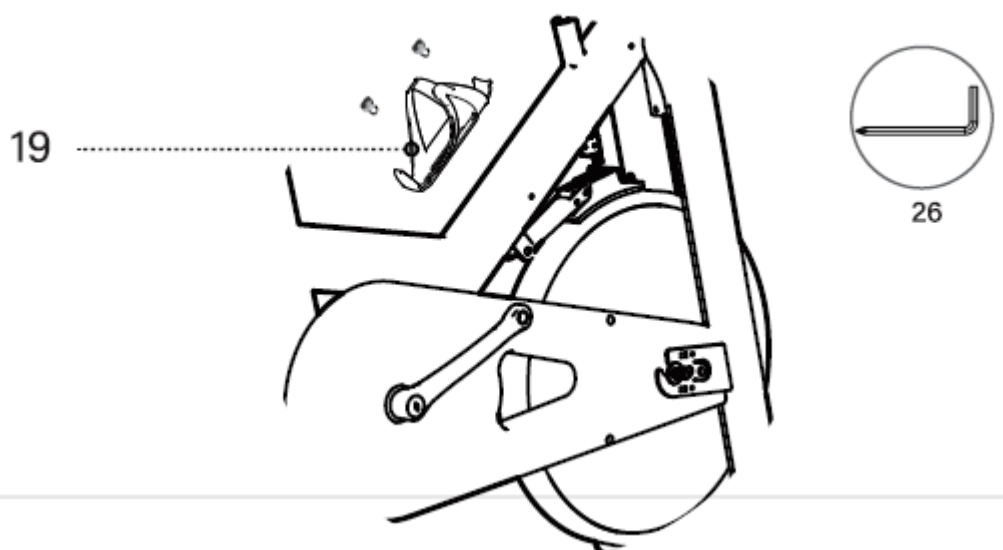
### Installing the Pedals



1. First take the thread of pedal L to direct vertically to crank L, then firmly fix the pedal marked L to the crank arm marked L in an anti-clockwise direction until tight.
2. Now take the thread of pedal R to direct vertically to crank R, then firmly fix the pedal marked R to the crank arm marked R in a clockwise direction until tight. Remarks: Failure to follow the above instructions could result in damage to the cranks and pedals.

### Install the bottle holder

Remove the screws fixed on the frame with an Allen wrench, place the bottle holder (19) on the frame of the exercise bike, and tighten the screws with the Allen wrench (26).



### Sports Training Methods

#### WARM TIPS BEFORE CYCLING:

- ✓ Please ensure that all screws on the bike are tightened.
- ✓ Please wear sports clothes and sports shoes while cycling.
- ✗ Do not place the equipment in damp places, which may cause rustiness.
- ✗ Do not insert any items into any part of the equipment in case of the damage.
- ✗ Do not exercise within 40 minutes after meals, and please warm-up your body before cycling.
- ✗ If pre-existing conditions such as high blood pressure, stroke, fused vertebrae, detached retinas, or pregnancy exists, please consult your doctor before exercising in case of injury.

#### 1. Warm-up exercises

Warm up for 5-10 minutes before each workout.

#### 2. Exercise duration

Efficient exercise can make the heart beat up to 70-80%. If you use the bike daily, you can use it for more than 10 minutes at a time.

If you use the bike 2-3 times a week, you can use it for more than 30 minutes at a time.  
If you use the bike 1-2 times a week, you can use it for more than 60 minutes at a time.

### 3. Cool down

Cool down for at least 5 to 10 minutes after exercising with some stretching exercises.

## Monitor

The monitor requires one or two AAA batteries. (2 batteries if there is a PULSE function). Replace the battery if the monitor does not display correctly.

### Specifications

Time .....	00:00 – 99.59
Speed .....	0:0-99.9km/h or ml/h
Distance .....	0:00-999.9km r ml
Odometer .....	0-999 km or ml
Pulse .....	40-240BPM
Calories .....	0.0-999kcal

Mode: This key lets you select and lock on a particular function.

## Operation procedures

### Auto on/off

The monitor turns on when any key is pressed or when a signal input from the speed sensor is received. The monitor turns off automatically when the sensor has no signal input or no key has been pressed for approximately 4 minutes.

### Reset

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

### Mode

Choose SCAN or LOCK if you do not want the SCAN mode. Press the MODE key when the pointer is on the function you want and which is blinking.

### Functions

TIME	Press the MODE key until the pointer is on TIME. The total exercising time will be shown.
SPEED	Press the MODE key until the pointer is on SPEED. The total exercising speed will be shown.
DISTANCE	Press the MODE key until the pointer is on DISTANCE. The distance of each workout will be displayed.
ODOMETER	Press the MODE key until the pointer is on ODOMETER. The total accumulated distance will be shown.
PULSE	Press the MODE key until the pointer is on 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 a more accurate reading.
CALORIES	Press the MODE key until the pointer is on CALORIES. The calories burnt will be displayed.
SCAN	Automatically cycles the following functions in the order shown: TIME-SPEED-DISTANCE – PULSE – CALORIES – repeat.

## MAINTENANCE AND TROUBLESHOOTING GUIDELINES

### 1. Cleaning and maintenance

Please wipe the sweat and dust on the bike surface with a soft cloth after use in order to keep the product clean for the next time, do not scrub the product with abrasive or solvent to avoid surface damage.

### 2. Spinning bike maintenance

Avoid direct sunlight, the electric is easily damage. Check all the bolts every week and ensure this bike normally use. Keep spinning bike away from children and put it in a clean, dry environment.

### 3. Troubleshooting guide

A. Only use the bike once the scroll wheel on the stabilizers has been adjusted and the bike is stable.

B. When the monitor doesn't show, please check the connection between the electronic wire and the monitor. Check whether the battery is installed, if the battery has no power, please replace a new one.

C. When there is a squeak, please check whether the bolts are loose and make sure the screws are locked tightly.


## BATTERIES

- Keep batteries away from children and pets.
- Do not mix used and new batteries.
- Remove the batteries if left for long periods.
- Never dispose of batteries in a fire.
- Battery disposal, spent or expired batteries must be properly disposed of and recycled in compliance with local regulations. For detailed information, contact your local authority.
- Follow the battery manufacturer's safety, usage, and disposal instructions.

## DISPOSAL

- Coopers of Stortford use recyclable or recycled packaging where possible.
- Please dispose of all packaging, paper, cartons, packaging in accordance with your local recycling regulations.
- Plastics, polybags – this is made from the following recyclable plastic.



Code & Symbol	
Type of Plastic	ABS
Commonly used for	CD's, crisp packets, various flexible packaging, baby bottles, sunglass lenses
Notes	Not often or widely recycled

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- At the end of the product's lifespan please check with your local council authorised household waste recycling centre for disposal.

