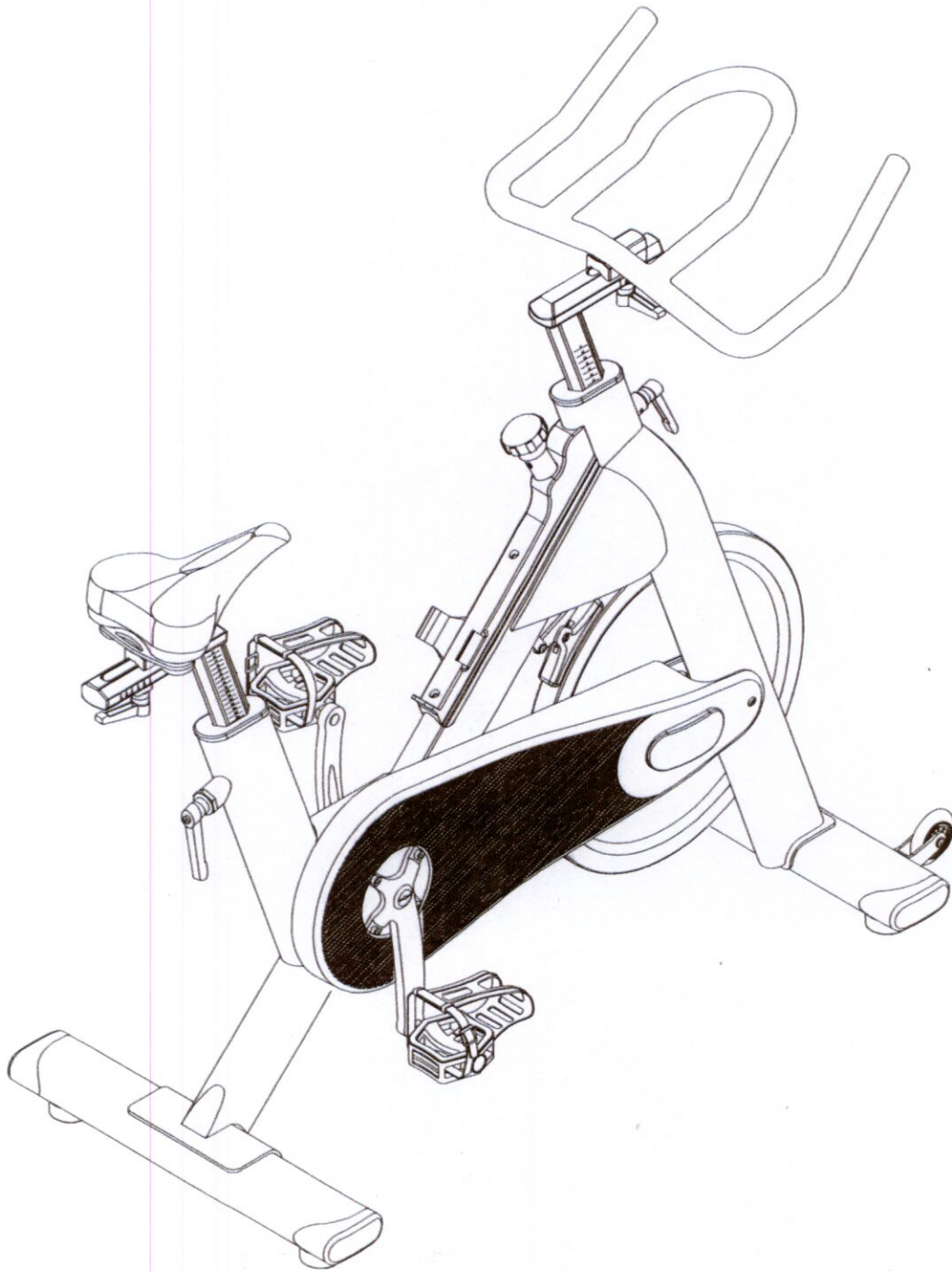


BIKE ES-07B
MANUAL

S600



ES07B – INSTRUCTIONS FOR USE

- 1) The model ES-07B is designed to be used as a group cycle in fitness studios and health clubs. It has a fixed wheel driven flywheel and should only be used under professional supervision.
- 2) Installation – it is important that the ES-07B is correctly assembled and we recommend that installation and assembly be carried out by suitably qualified personnel.
- 3) Handlebar and seat adjustment. It is important that the handlebar and seat are set at the correct height for your body. Ask your instructor for assistance. Adjusting the handlebar height - Make sure it is securely tightened and that there is no lateral or vertical movement of the handlebar. Undo the Quick Release knob which is located in front of head tube. Slide the handlebar/stem up or down to the required height and then retighten.

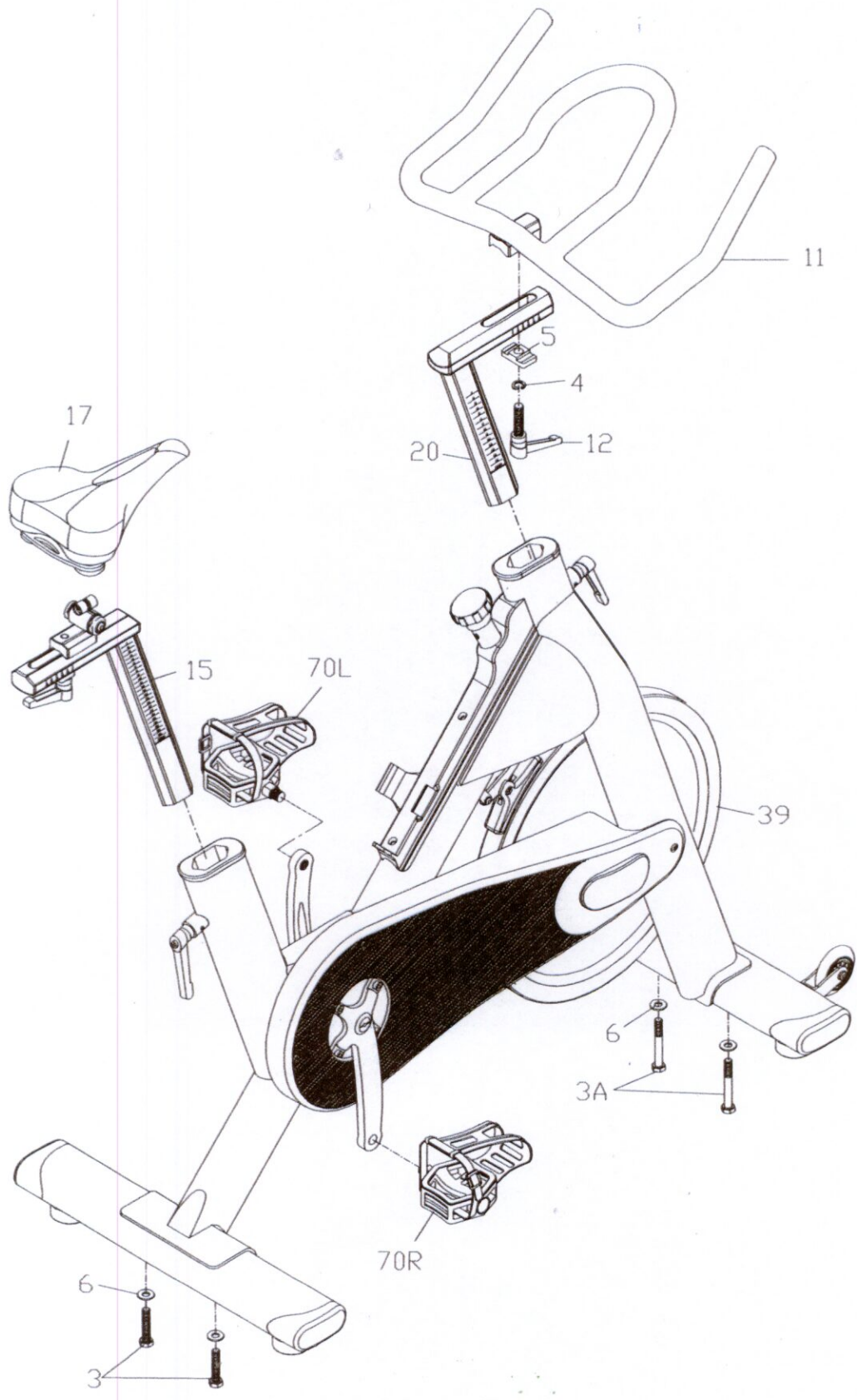
The handlebar/stem position can also be adjusted forwards or backwards. Undo the Quick Release lever located on below the slider. Slide the handlebar/stem assembly forwards or backwards until you reach the required position. Then securely re-tighten the Quick Release lever.

Adjusting the seat height - refer to above mention

NOTE: there is a safety line engraved on the seat post. On no account should the seat post ever be raised above this line.

- 4) Pedals and toe straps – your feet should be securely positioned in the toe clips during the exercise. Put your foot as far forward as you can into the toe-clip and strap tight. then pull the strap tight.
- 5) Resistance system- ES07B bike is with durable belt direct drive transmission system, to adjust the exercising resistance on the completed spinning bike, undo the simply loosen or tighten using adjustment knob. Press down the brake lever for stopping the wheel.
- 6) The ES07B should operate on a level surface with no lateral movement. There are height adjuster pads located on either side underneath the rear foot. Turn these pads clockwise or anti-clockwise until the bike is totally stable on the ground.
- 7) Maintenance – like any other mechanical cycling device, the ES-07B should be regularly maintained. Ask your supplier for a detailed maintenance programme.

ES-07B Assembly Diagrams



ES-07B ASSEMBLY

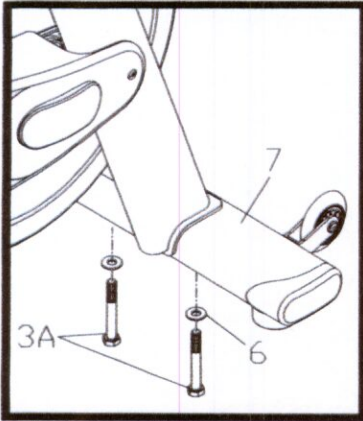
Step 1 (foot)

Attach the front foot (7) to the frame using the bolt (3A) and washer (6).

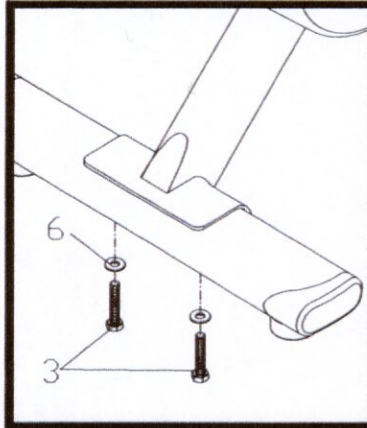
Step 2 (foot)

Attach the rear foot (2) to the frame using the bolt (3) and washer (6).

STEP 1



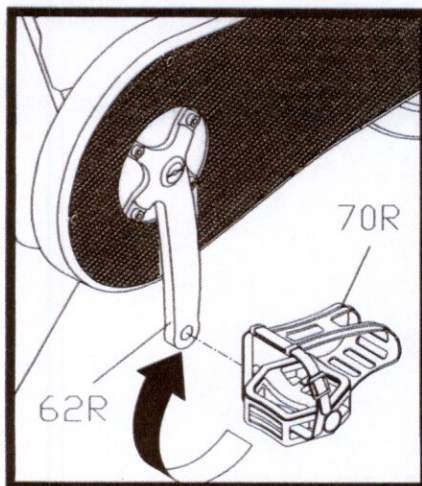
STEP 2



Step 3. (pedals)

attach the pedals (70R/70L) into the crank arms (62R/62L), each pedal is marked with the letter R(right) or L(left) to denote the side of the bike they are on. NOTE: the right hand crank is on the same side as the chain cover (71). Be careful to align the threads correctly to avoid any damage. A little grease on the thread should help the pedals to screw in easily and correctly, tighten using a 15mm spanner, both pedals threads should tighten towards the front of the bike.

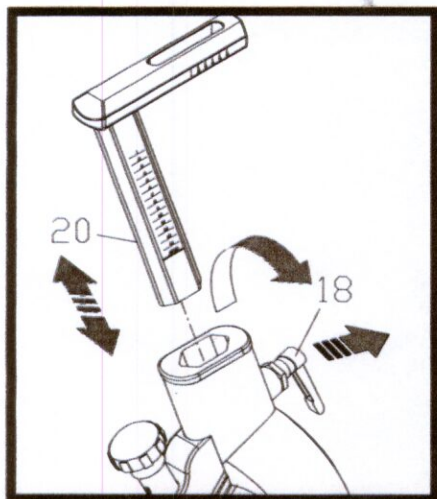
STEP 3



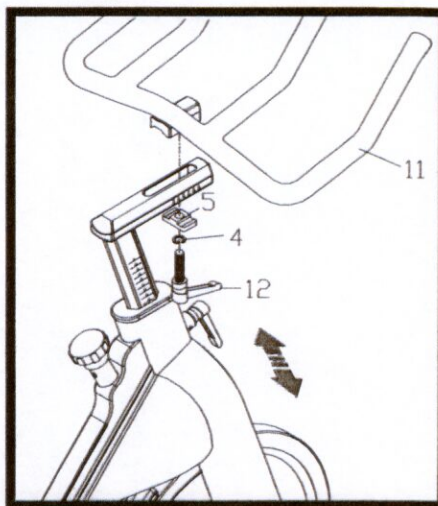
Step 4. 5. (handlebar & stem)

Attach handlebar (11) onto handle bar stem (20), assembly down plate (5), washer (4) and lock lever (12), slide the handlebar (11) until reach your required position. Using lock lever for tightening. And then put the handlebar-stem set onto front tube, adjust to your ideal position., and then using lock lever (18) to tighten. NOTE: Do not arise above safety line.

STEP 4



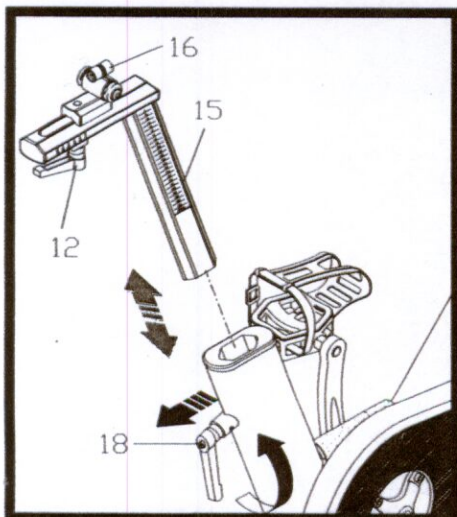
STEP 5



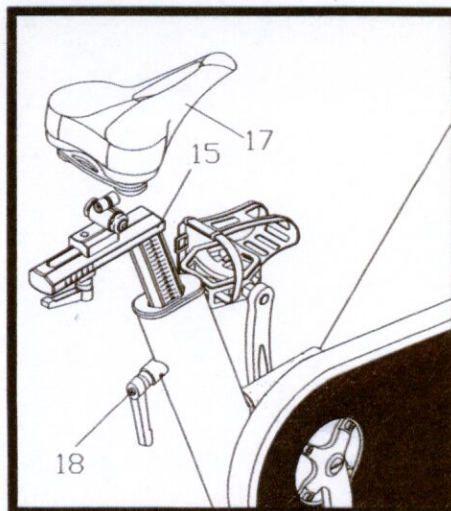
Step 6. 7. (saddle & seat post)

Insert seat post (15) into frame's seat tube, assembly saddle (17) on saddle top slider (16). Adjust slider using lock lever (12) for forwards or backwards. and then tighten until reach the proper position. Using lock lever (18) adjust seat post (15) and tighten in proper position. NOTE: Do not arise above safety line.

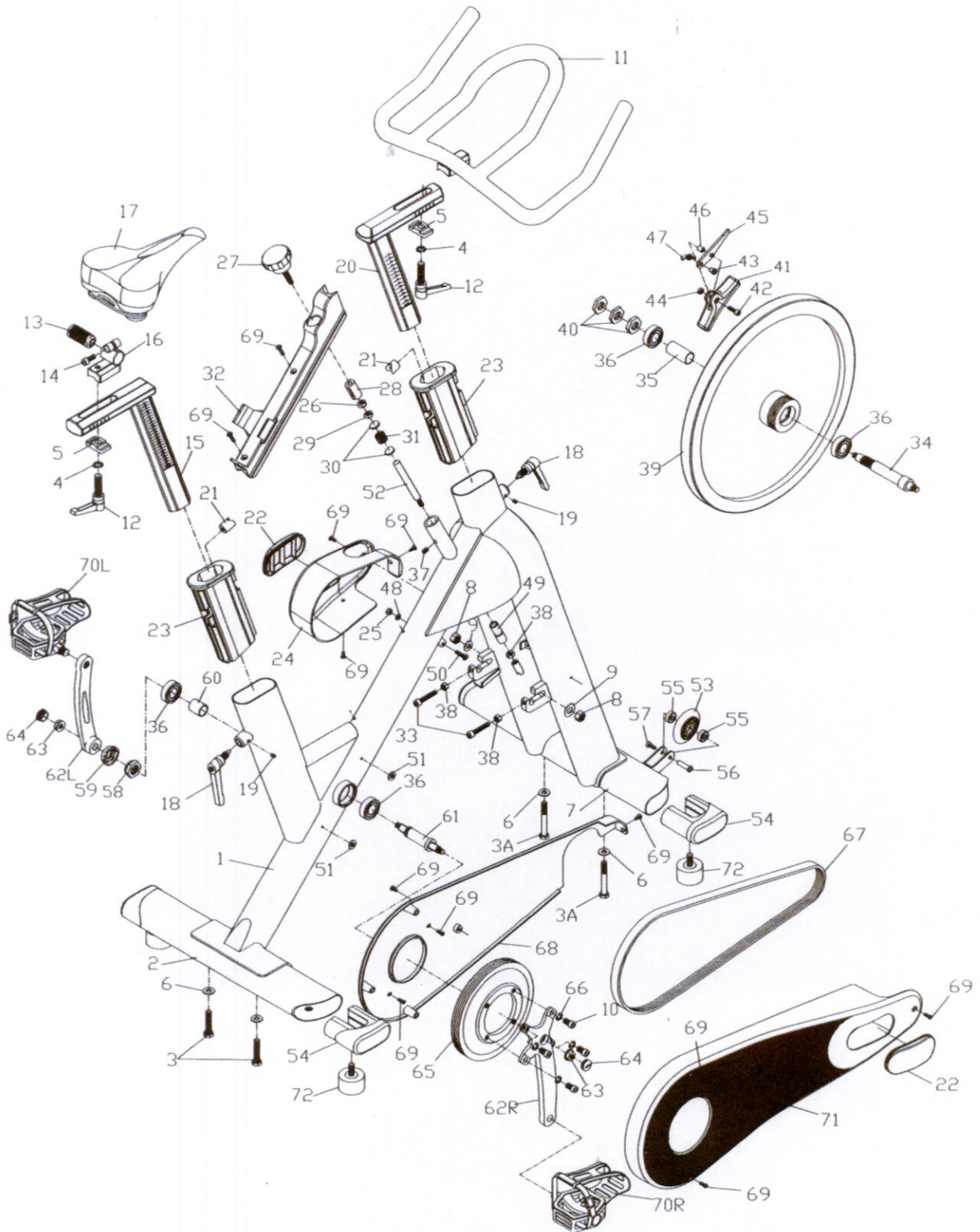
STEP 6



STEP 7



ES-07B Diagrams



ES-07B Parts List

parts no.	description	q'ty	parts no.	description	q'ty
1	Main Frame	1	40	Lock Nut	3
2	Rear Ground Tube	1	41	Brake pad	1
3	Rear Ground Tube Fixed	2	42	Brake pad fixed screw	1
3A	Front Ground Tube fixed	2	43	Bush	1
4	washer	2	44	Nut	1
5	Dimple Plate	2	45	Brake Arm	1
6	Washer	4	46	Spacer	1
7	Front Ground Tube	1	47	Lift spring	1
8	Fly Wheels Fixed Nut	2	48	Washer	1
9	Washer	2	49	Seal Plug	1
10	bolts	4	50	Brake arms fixed Bolt	1
11	Handle Bar	1	51	Washer	2
12	Lock lever for HB and seat	2	52	Brake Stud Set	1
13	Saddle clamp	1	53	PU Moving Wheel	2
14	Saddle clamps tighten bolt	1	54	Grounds End Cap	4
15	Seat Post	1	55	Bearing 608ZZ	4
16	Saddle slider	1	56	Nut	2
17	Saddle	1	57	Bolt	2
18	Lock Lever For Stem & Seat Post	2	58	Crank/Axle Lock Nut	1
19	V Block Set Screw	2	59	Dusty Cover	1
20	Stem	1	60	Spacer	1
21	V Block	2	61	B.B Axle	1
22	Pop cover	2	62L	Left Crank	1
23	Plastic Sleeve	2	62R	Right Crank	1
24	Left Cover	1	63	Flange Nut	2
25	Nut	1	64	Plastic cap	2
26	Nut	1	65	Driving Pulley	1
27	Adjust Knob	1	66	washer	4
28	Floating Piece	1	67	Belt	1
29	Nut	2	68	Inner Cover	1
30	Round steel plate	2	69	Screw	13
31	Spring	1	70 R/L	WPD-E14 pedals with sealed bearing	1
32	Integrated Plastic Bottle	1	71	Outer Chain Cover	1
33	Axles Adjusting Bolts	2	72	Ground Tubes adjusting Pad	4
34	Fly Wheels Axle	1			
35	spacer	1			
36	Fly Wheel Bearing	2			
37	Floating piece set screw	1			
38	Nut	3			
39	Fly Wheel	1			