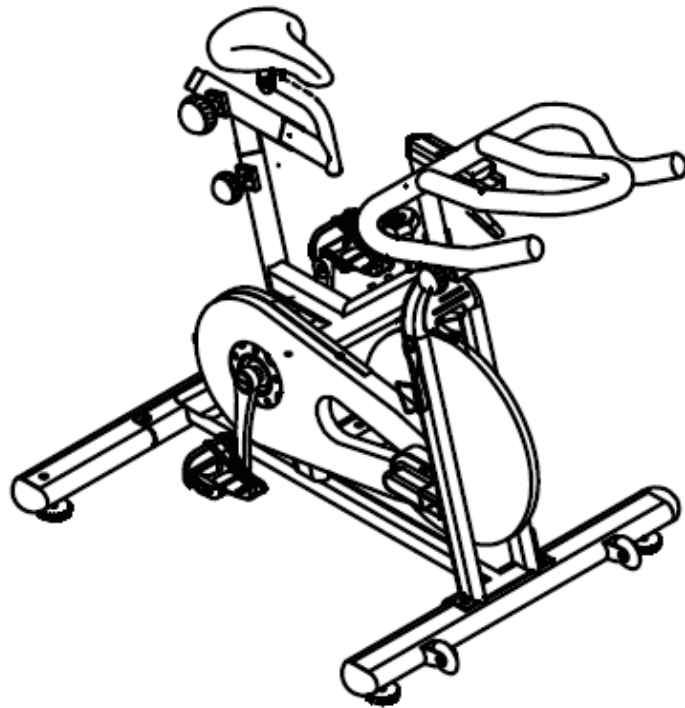


USER MANUAL



***PROGRESSION***  
*Fitness*™

**PRO Club 24 Spin Bike**



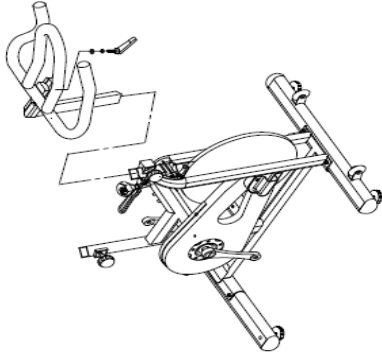
## Safety Instructions

- ❖ Consult your physician before starting with any exercise program to receive advice on the optimal training.
- ❖ Warning: incorrect/ excessive training can cause health injuries. Stop using the bike when feeling uncomfortable.
- ❖ Please follow the advice for correct training as detailed in the training instructions.
- ❖ Ensure that training only starts after correct assembly, adjustment and inspection of the bike.
- ❖ Always start with a warm-up session.
- ❖ Only use original parts as delivered.
- ❖ Follow the steps of the assembly instruction carefully.
- ❖ Only use suitable tools for assembly and ask for assistance if necessary.
- ❖ Place the bike on an even, non-slippery surface.
- ❖ For all adjustable parts be aware of the maximum position to which they can be adjusted.
- ❖ Tighten all adjustable parts to prevent sudden movement while training.
- ❖ This product is designed for adults. Please ensure that children only use it under the supervision of an adult.
- ❖ Ensure that those present are aware of possible hazards, e.g. movable parts during training.
- ❖ The resistance level can be adjusted to your personal preference .
- ❖ Do not use the bike without shoes or loose shoes .
- ❖ Ensure that sufficient space is available to use the bike .
- ❖ Be aware of non-fixed or moving parts whilst mounting or dismounting the bike .

- To protect the floor or carpet from damage, place a mat under the exercise Bike.
- In case of emergency please place both feet at the same time on the side reins.
- Ensure that an area of 2000 x 1000 mm behind the exercise Bike is free from any obstacles.
- This product is tested up to a maximum body weight of 150 kilograms.
- We take no responsibility for personal injury or damage sustained by or through the use of this exercise Bike.

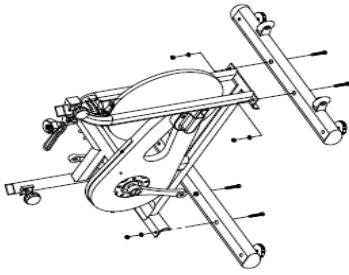
# Assembly Drawing

STEP 2



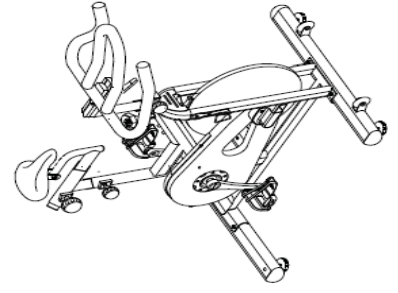
PRO-24 CLUB

STEP 1



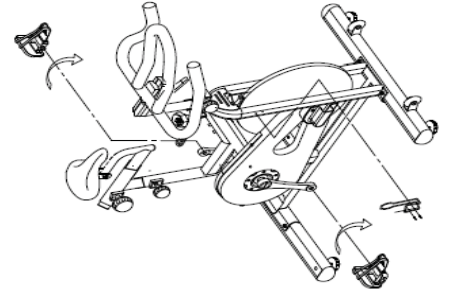
PRO-24 CLUB

FINISH



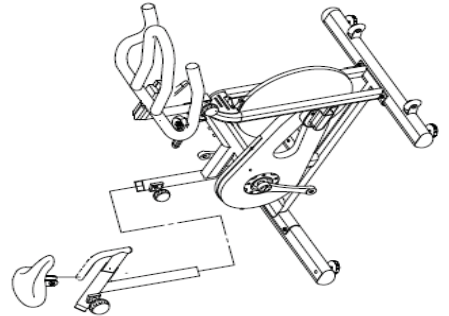
PRO-24 CLUB

STEP 4



PRO-24 CLUB

STEP 3



PRO-24 CLUB

## Step one

Attach the front (46) and rear foot (8) to the frame using the bolts (7), washer (6) and nuts (5).

## Step two

Attach the handlebar post (25) inserting into the head tube on the frame. Use the knob to adjust and tighten the height in proper position. Then use the release lever (26) to adjust and tighten the handlebar (24) in proper position

## Step three

Insert the seat post (48) into the frame's seat tube. Attach the saddle (41) into seat slider (47). Insert the seat slider into the seat post. Using knob (1) adjust and tighten the height in proper position.

## Step four

Attach the pedals (31) into the crank arms (3), each pedal is marked with the left (L) or right (R) to denote the side of the spin bike they are on. Note- the right hand crank is on the same side as the chain guard. Be careful to align the threads correctly to avoid any damage. A little grease on the threads 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 spin bike.

## Adjusting the resistance

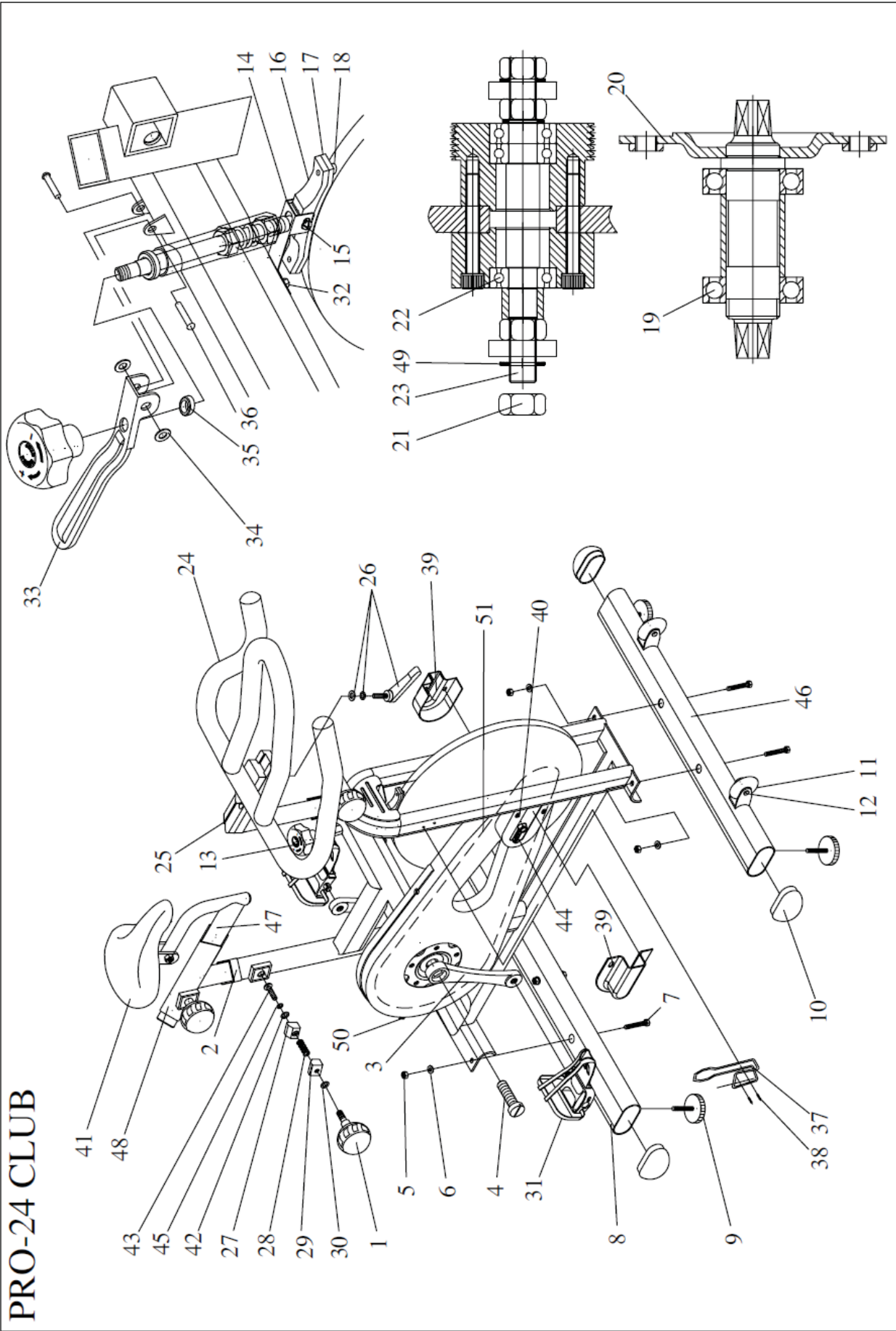
To adjust the exercising resistance on the spin bike, use the brake knob (13) of brake system, and then simply loosen (-) or tighten (+).

The flywheel should rotate freely without resistance when you loosen (-) the brake system totally.

More experienced riders may wish to increase the overall resistance by Tighten (+) the brake system totally.

# Exploded Drawing

## PRO-24 CLUB



# Part list for PRO-24 CLUB

No.	Name	Unit	No.	Name	Unit
1.	Knob	PC	26	Release lever w/washer	PC
2.	Rubber sleeves	PC	27	Alloy bind clip / R	PC
3.	Crank set	SET	28	Knob spring	PC
4.	Crank bolt	PC	29.	Alloy bind clip / L	PC
5.	Foot tube nut	PC	30.	Knob washer	PC
6.	Foot tube washer	PC	31.	Pedal	PC
7.	Foot fixing bolt	PC	32.	Holding spring bracket bolt / washer	PC
8.	Rear foot tube	SET	33.	Brake handle	PC
9.	Foot tube adjuster pad	PC	34.	Stainless washer	PC
10.	Foot tube end cap	PC	35.	Lock washer	PC
11.	Front moving wheel	PC	36.	Bolt	PC
12.	Axle bolt for moving wheel	PC	37.	Aluminum bottle cage	PC
13.	Brake system	SET	38.	Screw for aluminum bottle cage	PC
14.	Holding spring bracket	PC	39.	Axle cover	PR
15.	Screw & nut	PC	40.	Bolt for axle cover (M6)	PC
16.	Brake pad holder	PC	41.	Saddle w/steel clamp	PC
17.	Brake pad	PC	42.	Knob plastic washer	PC
18.	Bolt for brake pad	PC	43.	Knob fixed bolt	PC
19.	BB bearing	PC	44.	Flywheel adjuster bolt	PC
20.	BB plate set	SET	45.	Knob washer	PC
21.	Flywheel security nut	SET	46.	Front foot tube	SET
22.	Flywheel bearing		47.	Seat slider	PC
23.	Flywheel axle		48.	Seat post	PC
49	Flywheel washer		50.	Outer chain guard bolt (M5)	PC
24.	Handle bar w/slider	PC	51	Belt	PC
25.	Handle bar post	PC			

# PRO-24 CLUB Instruction Use

- 1) The Progression Club 24 is designed to be used as a “spin “ bike 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 PRO-24 CLUB is correctly assembled and we recommend that suitably qualified personnel carry out installation and assembly.
- 3) **Handlebar and seat adjustment.** It is important that the handlebar and seat are set at the correct height for your body. Adjusting the handlebar height - undo the knob that is located where the handlebar fits into the frame. Slide the handlebar post up or down to the required height and retighten the knob. Make sure it is securely tightened and that there is no lateral or vertical movement of the handlebar.

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

**Adjusting the seat height-** undo the knob located where the seat post fits into the frame. Adjust the seat to the required height. Then retighten the knob. Make sure it is tight enough to prevent the seat from twisting side to side.

The seat position can be adjusted forwards and backwards. Undo the knob located directly side of the seat slider. Loosen the knob then slide the seat to the required position. Then make sure the knob is retightened.

- 4) **Pedals and toe straps-** your feet should be securely positioned in the toe clips during the exercise. Put your foot as far forwards as you can into the toe-clip and then pull the strap tight.
- 5) The Progression Club 24 should operate on a level surface with no lateral movement. There is height adjuster pads located on either side underneath the foot tube. Turn these pads clockwise or anti-clockwise until the bike is totally stable on the ground.
- 6) **Emergency brake** – Press down the brake handle (33).
- 7) **Maintenance** – It may be unsafe if bolts are loose or if there is a noise in the flywheel, please contact your supplier. Like any other mechanical cycling device, the Progression Club 24 should be regularly maintained. Ask your supplier for a detailed maintenance program.

# PRO-24 CLUB Maintenance Chart

No	DESCRIPTION	Daily	Weekly	Monthly	Quarterly	Annually
1	Wipe machine down	X				
2	Spray with WD40 or similar	X				
3	Visual check	X				
4	Check security of handle bar post & seat post	X				
5	Check security of saddle	X				
6	Remove handlebar post and clean tube		X			
7	Remove seat post and clean tube		X			
8	Check brake pads for wear-align		X			
9	Check brake adjustment		X			
10	Check security of all knobs & release lever		X			
11	Check toe straps for signs of wear		X			
12	Check crank bolts and re-tighten		X			
13	Make sure pedals are screwed in		X			
14	Check belt tension			X		
15	<b>Wipe the anti-rust oil on the flywheel</b>			<b>X</b>		
16	Check bottom bracket				X	
17	Check flywheel bearings				X	
18	Full service-frame inspection					X



## Limited Warranty

**This product carries** the following guarantee against manufacturing defects:

- \* Frame is warranted for 2 years from the date of purchase.
  - \* Components are warranted for 1 year.
- \* Warranty is only valid for the original purchaser.
- \* Labor and freight charges are not included.
- \* Normal wear, neglect, abuse, accidents, improper assembly or maintenance, or the installation of parts or accessories not compatible with the original intended use of the bike, as sold, are not covered by the warranty.
- \* Neither does it cover any corrosion caused by failure to clean the bikes on regular basis.
- \* This warranty is limited to the repair or replacement of the defective part at no cost. **The supplier** shall in no event be responsible for consequential, special damages, and any parts failures, breakages or injuries resulting from misuse of the machine or failure to follow the recommended maintenance procedures.
- \* Warranty claims must be through an authorized dealer, and replacement parts will normally be dispatched to you. We recommend you hold a small stock of basis spare parts, as well as a tool kit to cover the regular maintenance routines.
- \* The Limited Warranty is the only express or implied warranty applicable to **original supplier**. Any implied warranties, including warranties of merchantability and fitness shall be limited in scope and duration in accordance with this limited warranty.



**Customer Service**

1-866-978-1999

[customerservice@flaman.com](mailto:customerservice@flaman.com)

