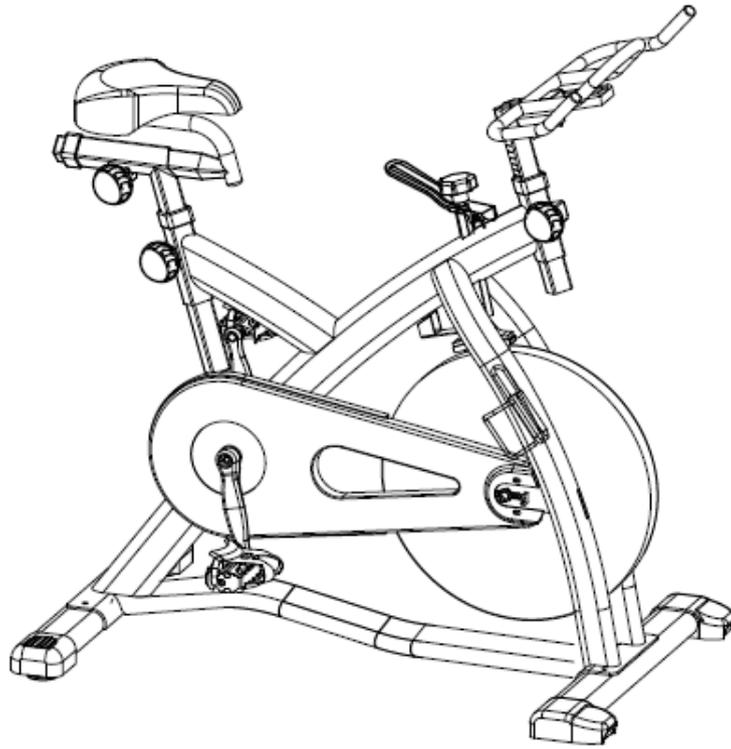


USER MANUAL



PROGRESSION *Fitness™*

680 Spin Bike



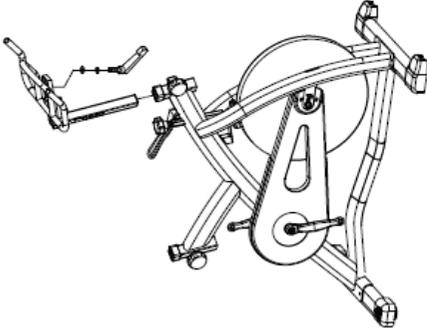
Safety Instructions

- ❖ 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 .

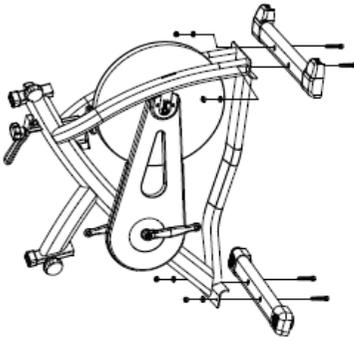
- To protect the floor or carpet from damage, place a mat under the exercise Bike.
- In case of emergency please place both feet at the same time on the side reins.
- Ensure that an area of 2000 x 1000 mm behind the exercise Bike is free from any obstacles.
- This product is tested up to a maximum body weight of 120 kilograms.
- We take no responsibility for personal injury or damage sustained by or through the use of this exercise Bike.

Assembly Drawing

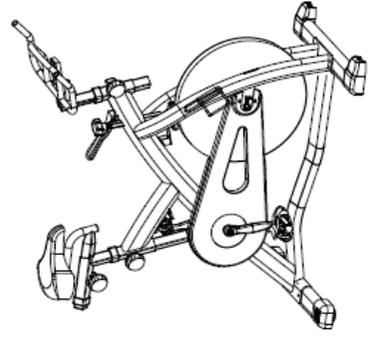
STEP 2



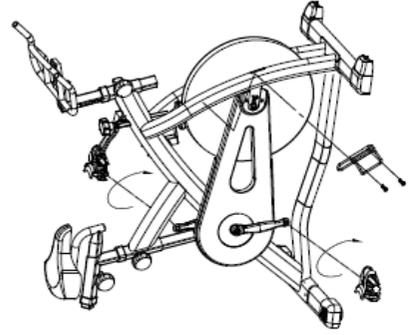
STEP 1



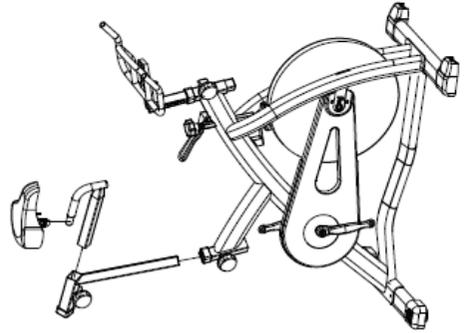
STEP 5



STEP 4



STEP 3



Step one

Attach the front (16) and rear feet (12) to the frame using the nuts (8), washer (9) and bolts (10).

Step two

Attach the handlebar post (23) inserting into the head tube on the frame. Use the knob to adjust and tighten the height in proper position. Then attach the handlebar slider (21) on the handlebar post (23), use release lever (22) to adjust and tighten the handlebar in proper position.

Step three

Insert the seat post (42) into the frame's seat tube. Attach the saddle (1) into seat slider (41). Insert the seat slider (41) into the seat post (42). Using knob (4) adjust and tighten the height in proper position.

Step four

Attach the pedals (11) into the crank arms (7)(5), each pedal is marked with the L (left) or R (right) 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 (24). 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 wrench; both pedals threads should tighten towards the front of the spin bike.

Adjusting the resistance

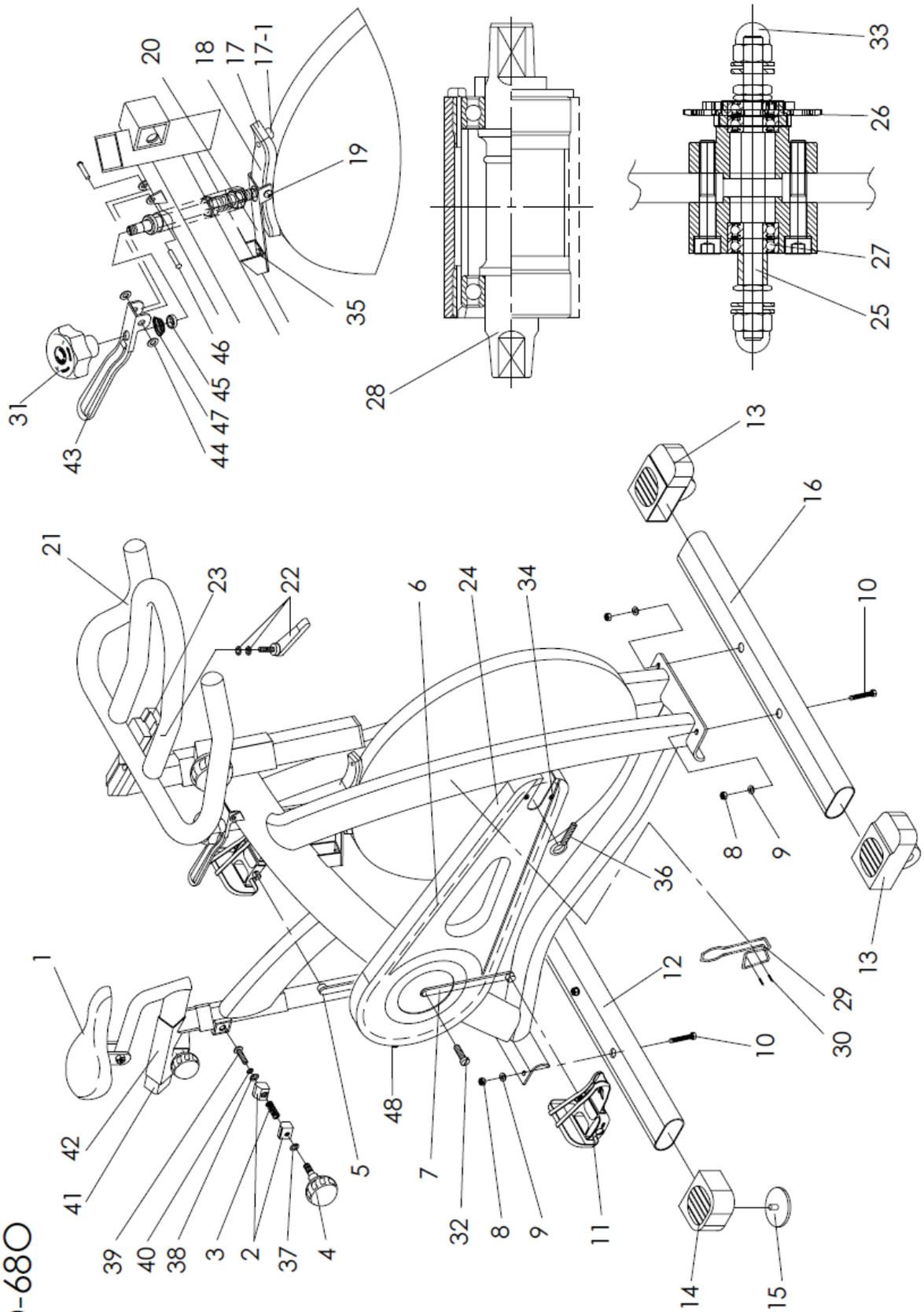
To adjust the exercising resistance on the the spin bike, use the brake knob (31) of the brake system, and then simply loosen (-) or tighten (+).

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 tightening (+) the brake system totally.

Exploded Drawing

STD-680



Part list for STD-680

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

STD-680 Instruction Use

- 1) The Progression 680 has a fixed wheel driven flywheel and should only be used under professional supervision.
- 2) Installation – it is important that the Progression 680 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 post fits in to 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 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 680 should operate on a level surface with no lateral movement. There is height adjuster caps located on either side underneath the rear foot. Turn these caps clockwise or anti-clockwise until the bike is totally stable on the ground.
- 6) **Emergency brake** – Press down the brake handle (43).
- 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 680 should be regularly maintained. Ask your supplier for a detailed maintenance program.

STD-680 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 chain tension			X		
15.	Oil chain			X		
16.	Wipe the anti-rust oil on the flywheel			X		
17.	Check bottom bracket				X	
18.	Check flywheel bearings				X	
19.	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 held 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

