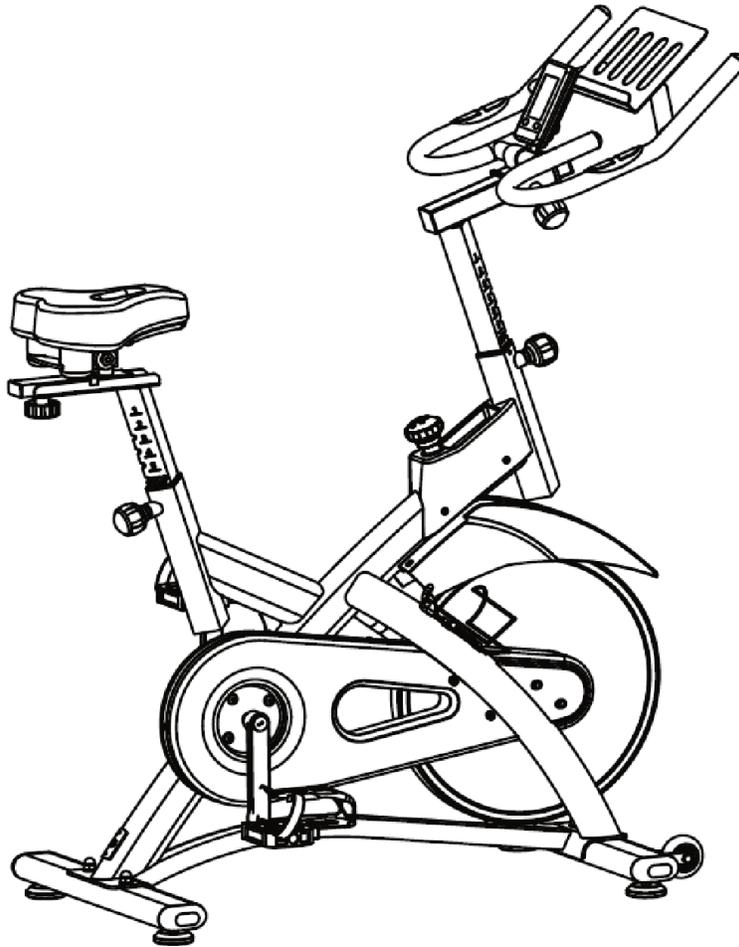




BLITZ INDOOR
SKU: SPIN-BTZ
PO:



ASSEMBLY INSTRUCTIONS



BELLSOFSTEEL

Stuck? Scan the QR code for the assembly video

www.bellssofsteel.com | www.bellssofsteel.us | Telephone: 1-888-718-7997



BUILDING STRENGTH, ONE BOLT AT A TIME.



Welcome to Bells of Steel, you've made an excellent choice.

First off I want to say thank you for supporting my small business.

I've put significant thought into designing this product to enhance your lifting experience and help you reach your full potential. I hope you love it!

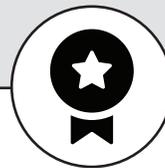
I've done my best to keep the setup of your new gear simple. If you find yourself needing a bit more assistance than the included instructions, check our youtube page for assembly videos or feel free to email us for troubleshooting guidance.

Kaevon Khoozani



Crush your Gains! Subscribe to our YouTube for workouts & how-to's.

@BELLSOFSTEEL



Warranty & returns? We got you covered—check here:

bellsofsteel.com/pages/warranty



Changed your mind? No sweat. 30-day refund guarantee:

bellsofsteel.com/policies/refund-policy



Let us know how we've done

Love it? Leave a review! Hate it? We still read it. Help us get better by reviewing our products.

BEFORE WE BEGIN, LET'S STAY SAFE.



A GUIDE TO SAFETY

We know you are excited to use your new Bells of Steel gear, but please read through this Guide to Safety to ensure you do not hurt yourself or others while exercising. It is your responsibility to ensure that all users of the equipment are informed of all warnings and instructions in this manual. TO REDUCE THE RISK OF SERIOUS INJURY, READ THE FOLLOWING IMPORTANT PRECAUTIONS BEFORE USING YOUR BELLS OF STEEL PRODUCT.

- ① Before starting any exercise program consult your physician. Be aware of your body's signals. Incorrect or excessive exercise can be damaging to your health. STOP EXERCISING IF YOU EXPERIENCE ANY OF THE FOLLOWING SYMPTOMS: PAIN, TIGHTNESS IN YOUR CHEST, IRREGULAR HEARTBEAT, SHORTNESS OF BREATH, LIGHTHEADEDNESS, DIZZINESS, OR FEELINGS OF NAUSEA. IF YOU EXPERIENCE ANY OF THESE SYMPTOMS, STOP EXERCISING IMMEDIATELY AND CONSULT YOUR PHYSICIAN BEFORE CONTINUING WITH YOUR EXERCISE PROGRAM.
- ② It is your responsibility to ensure there is enough space around the product for the intended exercise. Use the product on a flat surface and ensure at least 2 feet (60 cm) of free space around it.
- ③ Children and pets must not be let on or near the product. Moving parts and heavy features of the product can be dangerous and cause serious injury.
- ④ Read all instructions in this manual before using the product and use the product only as described in this manual.
- ⑤ It is your responsibility to ensure that all users of the product are adequately informed of all precautions, have read and understand all warnings, and are informed how to use the product properly.
- ⑥ Keep hands and feet from moving parts. Do not lean or rest on the product.
- ⑦ Wear athletic shoes for foot protection while exercising.
- ⑧ Your product is intended for use in cool, dry conditions. You should avoid storage in extreme cold, hot, or damp areas.
- ⑨ This product is designed for indoor use only.
- ⑩ Ensure that any weight pins that may be included with your product are completely inserted into an appropriate weight plate.
- ⑪ Ensure that any handles that may be included with your product are attached securely before using the product.
- ⑫ Ensure that any nuts and bolts that may be included with your product are securely tightened before use. Regularly re-tighten nuts and bolts.
- ⑬ Ensure any cables that may be included with your product always remain attached to their proper pulleys. If a cable bind occurs during exercise, stop immediately and inspect the part to ensure any interference is fixed.
- ⑭ Do not overexert yourself during any exercise program. Operate the product as intended.
- ⑮ The product should be anchored where required or whenever possible. The product should be secured when not in use.
- ⑯ The product is very heavy. Improper use or assembly can lead to serious injury or death.
- ⑰ SAVE AND REVIEW THESE INSTRUCTIONS.

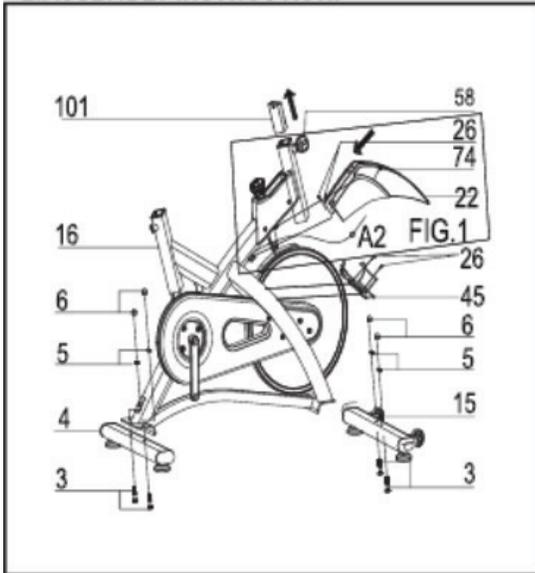
NOW...

LET THE GAINZ BEGIN

Installation Instructions

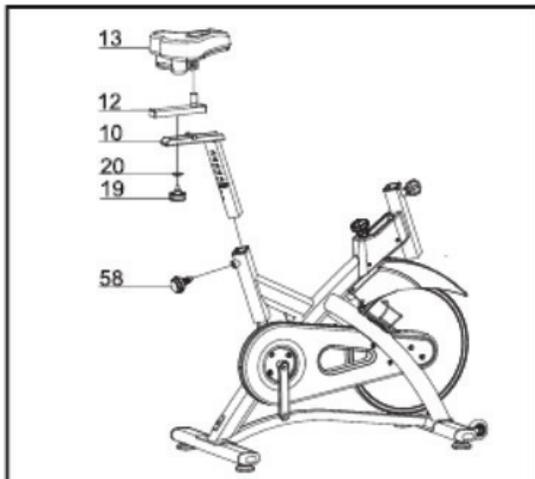
To ensure optimal performance, follow these steps to assemble and position your bike :

- Before assembling, make sure there is enough space around the bike
- Use the tools provided to assemble
- Before assembling, check all parts are present



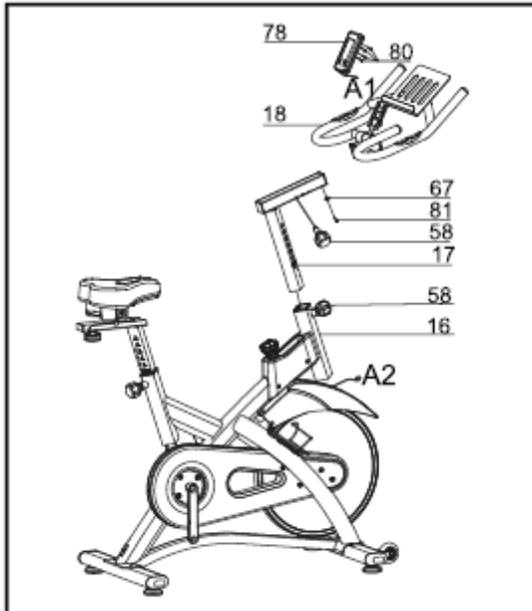
Assembly Instructions

- First, attach the front stabilizer (15) to the main frame (16) using 2 sets of flat washers (5), M8 nut (6) and carriage bolt (3).
- Do the same with the rear stabilizer (4), attaching it to the rear of the main frame with the same bolts listed above.
- Next, pass the wire (A2) that is connected to the main frame through the hole on the plastic flywheel cover (22) and secure it with the plastic plug.
- Lastly, attach the flywheel cover (22) to the main frame (16) and secure it with screws (26). Then, attach the bottle holder (45) to the main frame with screw (26).

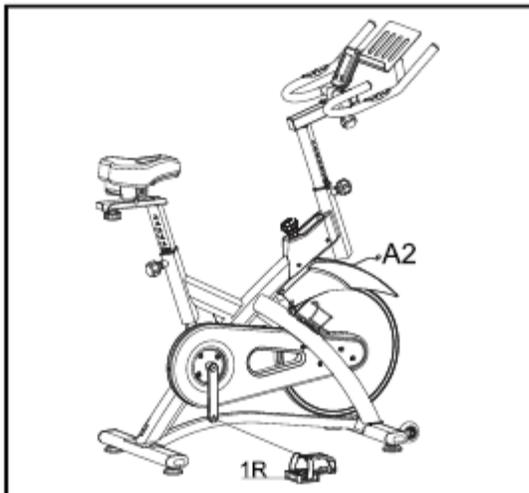


- Slide the vertical seat post (10) into the seat post housing. Then, slide the seat post (12) into the vertical seat post (10), secure this using a flat washer (20) and the knob (19).
- The knob is used to adjust the height of the seat. Simply loosen it by turning it anti-clockwise and then pull back on it and move the seat to your desired position. Once selected, retighten the knob by turning clockwise.
- Fix the seat (13) to the seat post (12) as shown, then tighten the bolts around the screws under the seat.

Installation Instructions

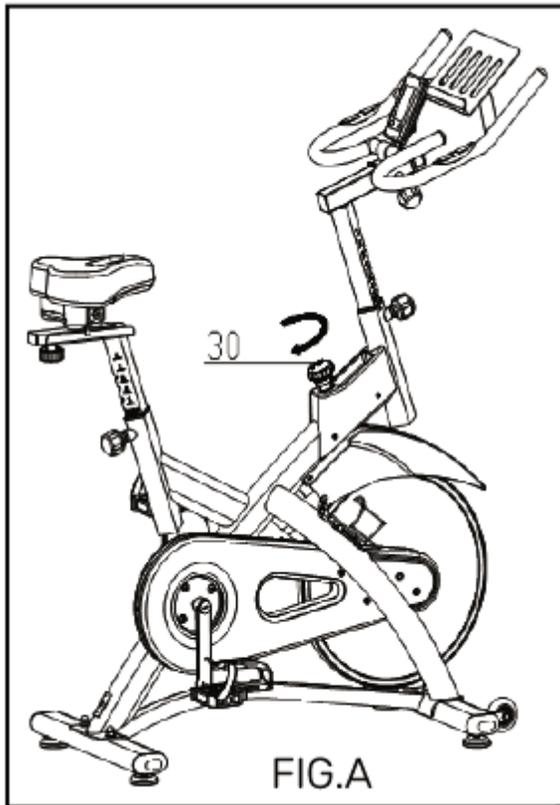


- Slide the handlebar post (17) into the post housing on the main frame (16). Fasten the screw (81) and washer (67) to the handrail tube assembly (18).
- Screw the knob (58) into the handlebar (18).
- You need to make sure the handlebar is fixed tightly.
- Attach the monitor (78) to the support tube of the handlebar (18) with 4 screws (80).
- Connect the sensor wires (A1>A2, B1>B2)



- The pedals are marked "L" and "R". Connect the pedal to its appropriate crank arm.
- The "R" pedal should be threaded on clockwise. The "L" should be threaded anti clockwise.

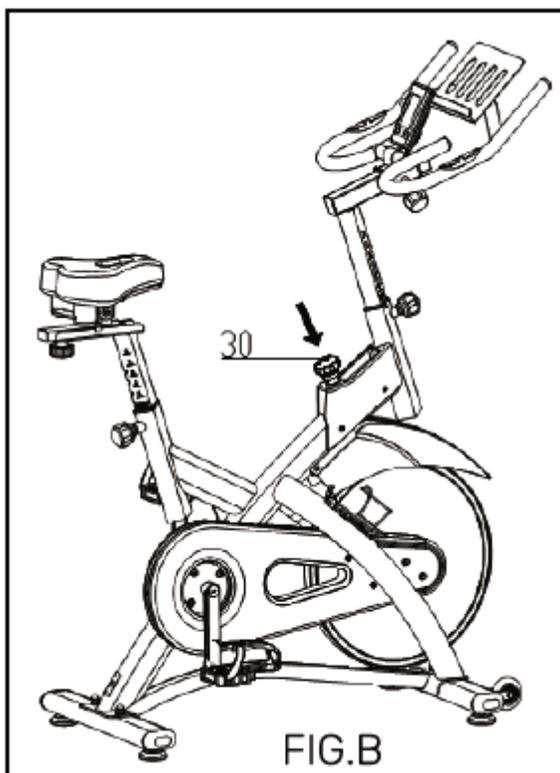
Installation Instructions



Adjusting the resistance

In order to increase the resistance lever of the bike, turn the emergency brake and tension control knob (30) clockwise.

To decrease the tension, turn it anticlockwise.



Emergency Brake Function

In order to quickly stop the flywheel in an emergency situation or other, then firmly press down on the emergency brake and tension control knob (30).

Equipment Adjustment and Movement

Moving the bike :

- Equipped with two fixed front wheels for easy mobility.
- Lift the rear slightly to roll the bike forward or backward.

Stabilizing the Equipment:

- Place the bike on a flat surface for stability. Adjust as needed

WARNING:

- Always check the bike for stability before use.
- Avoid dragging or tipping the equipment.

Functions

BUTTONS:

MODE/ RESET	To confirm all settings. Press this button and hold for 2 seconds to reset all function figures.
SET	To set up the value of TIME, DISTANCE, CALORIES, PULSE. You can hold the button to increase the value fast. (The computer has to be in stop condition.)

FUNCTIONS 8

SCAN: Displays all function TIME--> DISTANCE--> CALORIES--> PULSE--> RPM/SPEED in sequence.

RPM: Displays the pedaling Rotation Per Minute. The RPM and SPEED will switch to another display in every 6 seconds after exercise starts.

SPEED: Displays the user's exercise speed.

TIME:

1. You can press "SET" button to set target time between 0:00 to 99:00 for count downfunction
2. It can be set up by the user or accumulated automatically for count up function.

DISTANCE:

1. You can press "SET" button to set target distance between 0.0 to 99.50 for count down function.
2. It can be set up by the user or accumulated automatically for count up function.

CALORIES:

1. You can press "SET" button to set target calories between 0 to 9990 for count down function.
2. It can be set up by the user or accumulated automatically for count up function.

PULSE:

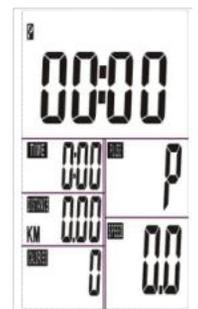
Displays the user's pulse. User may set the target pulse. When pulse value reaches to the target, the computer will alarm with beep sound.

OPERATION PROCEDURE:

1. Install 2 piece of 1.5V AAA battery, the screen will display as "Drawing A" and will make a "beep" sound at the same time. After that, display will show the main menu as "Drawing B".



Drawing A



Drawing B

2. Get access to the set-up mode of TIME/DISTANCE/CALORIES/PULSE. When you are in each set- up mode, for example in the time set-up mode, time value is blinking, you can press "SET " button to adjust the value and press "MODE " for confirmation. The set-up of DISTANCE, CALORIES, PULSE is the same as TIME.

3. With any signal been transmitted into the monitor, the value of TIME, DISTANCE, CALORIES start to count up as Drawing C. When there is any function has been preset the target (TIME or DISTANCE or CALORIES), the function will be counting down from the preset to zero while the training starts. Once the target is achieved to zero, the monitor start to beep for 8 seconds, and the function will be counting up from zero directly if the training is going. Press "MODE " button for confirmation and skip to next set-up.

Functions

4. In "SCAN" mode shown as "Drawing C" TIME/DISTANCE/CALORIES/-PULSE/(RPM/SPEED) will skip to display in every 6 seconds. The order is as follows.



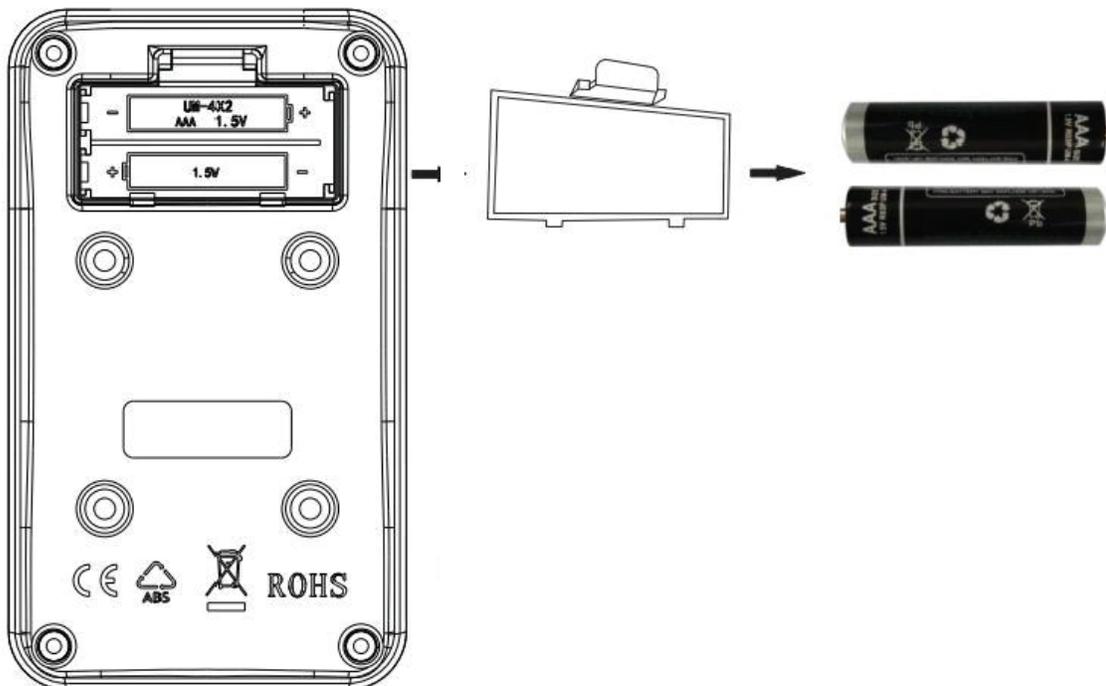
5. You can also press "MODE" button to select single function display except RPM & SPEED function. The RPM & SPEED function will switch display.

Note:

1. Stop training for 4 minutes, the computer will enter to Sleep mode. You may press any button to have the computer restart working, the original value will retain. (If re-install batteries, the original value will remove.)
2. If the computer displays abnormally, please re-install battery and try again.
3. This monitor is built-in with POLAR pulse receiver, frequency is 5.3K Hz.
4. Battery Spec: 1.5VUM-40R
AAA(2PCS)

Battery installation instruction:

1. Holding up the Clip on the side of battery cover
2. Remove the cover
3. Install 2 piece of new 1.5V AAA battery
4. Put the battery cover back



YOU'RE FINISHED!

WANT TO LEARN MORE ABOUT THE BLITZ CYCLING BIKE
CHECK OUT THE OVERVIEW VIDEO:



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