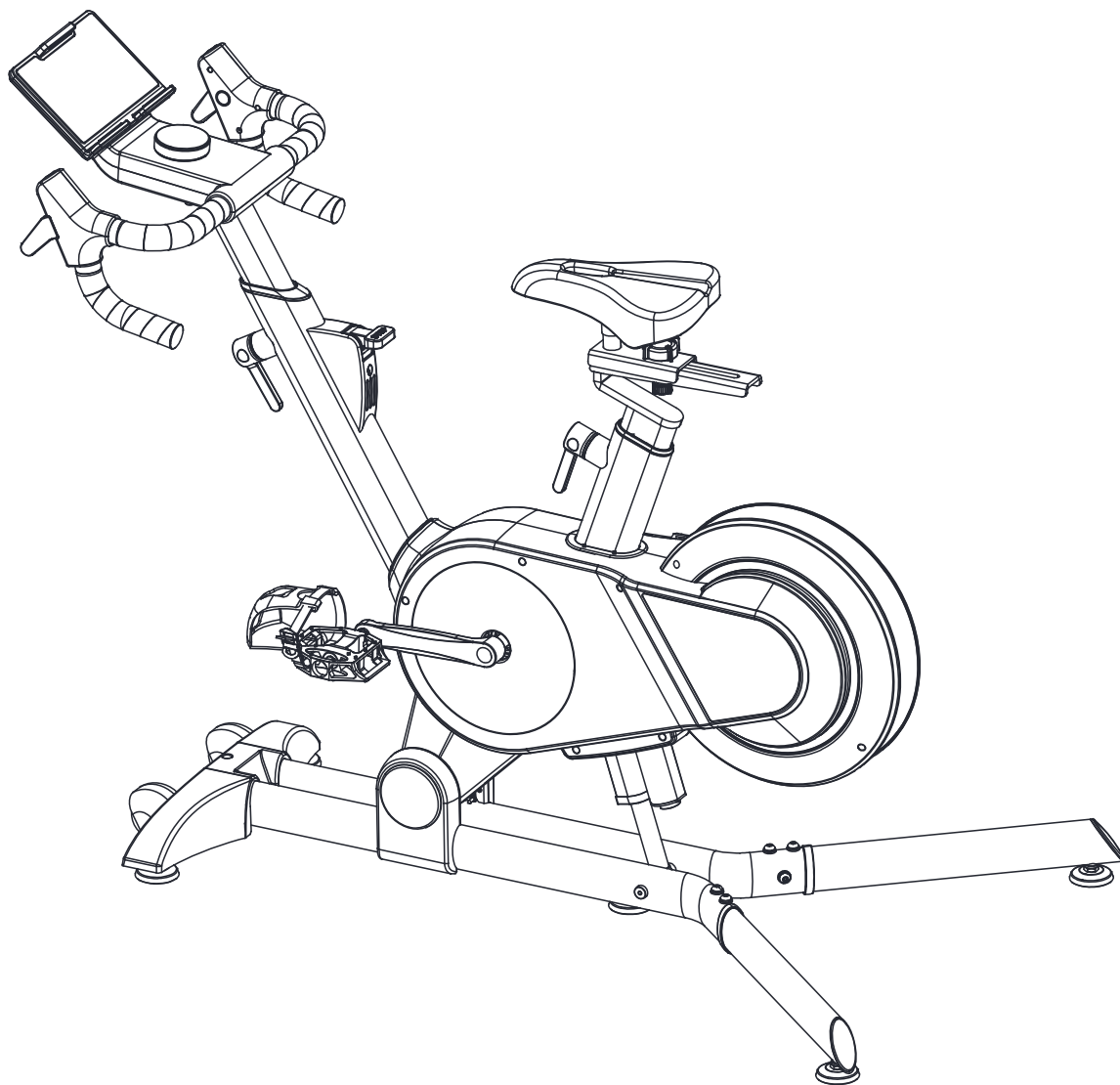


THE RUN



USER GUIDE

Indoor Cycling Bike

customerservice@therun.info

Dear customer,

We are pleased you chose a device from the THERUN product range. THERUN sports equipment offers you high quality and new technology. In order to fully use the potential of your device and be able to enjoy it for many years, please read this manual carefully before starting up and beginning of training, and use the device according to the instructions. The operational safety and function of the device can only be guaranteed if the safety instructions in this user manual are observed.

We shall not assume any liability for damages resulting from improper use or incorrect operation. Please ensure that all people using the device have read and understood the user manual.

IMPORTANT! Keep the user manual in a safe place to be able to access it at any time if needed.

Contents:

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STEPS OF ASSEMBLE	6-11
ADJUSTMENT/HOW TO MOVE THE BIKE	12-13
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IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using this product.

DANGER - To reduce the risk of electric shock:

- Always unplug this product from the electrical outlet immediately after using and before cleaning.

WARNING - To reduce the risk of electric shock:

- The product should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- This product is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Keep children under the age of 14 away from this machine.
- Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. In this case, contact your dealer.
- Do not carry this appliance by supply cord or use cord as a handle.
- Keep the cord away from heated surfaces.
- Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- Never drop or insert any object into any opening.
- Do not use outdoors.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- To disconnect, turn all controls to the off position, then remove plug from outlet.

WARNING

Basic precautions, including the following important safety instructions should always be followed when using this Indoor cycling bike. Read all instructions before using this Indoor cycling bike.

Consult a doctor before exercising. They can better assess whether you are physically able to use the device or healthy enough to use it. This instruction must be observed by the elderly or people with reduced health. Read all the safety instructions in this manual carefully before using the device.

- The use of the device under the influence of alcohol, drugs or narcotics is strictly prohibited.
- This device must not be used by persons (including children under the age of 14) who have physical or mental limitations or who do not have sufficient experience to use it.
- Children under the age of 14 are not allowed to use this product.
- Pets and children under the age of 14 must keep a safety distance of 3 meters from the device. Do not leave them unattended near the device.
- Cleaning and maintenance of the device must not be carried out by children under 14 years of age.
- If you feel uncomfortable during the use, please stop using immediately and seek medical attention.
- This product is intended for household only.

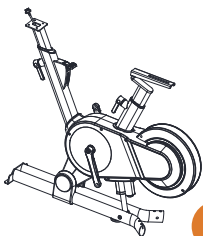
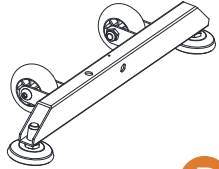
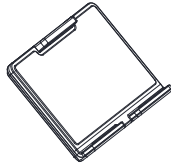
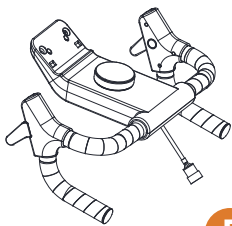
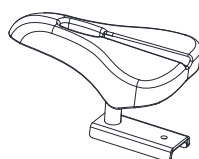
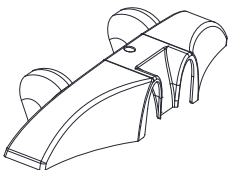
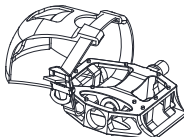
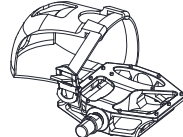
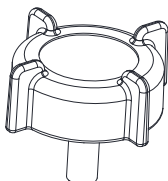
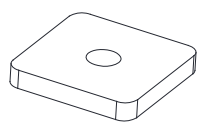
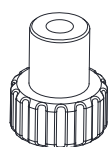
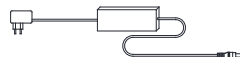
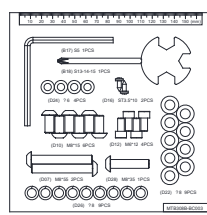
 SAFETY

- Make sure that the room in which the device is located is adequately ventilated.
- Do not use the device outdoors.
- Elderly or physically disadvantaged people should not use the product.
- To avoid damaging the device, do not use sprays or aerosol products near the device.
- Keep the device dry and away from moisture and humidity.
- The equipment requires sufficient free space in all directions (at least 1.5 m).
- Wear comfortable and appropriate clothing during use. Do not use the device wearing just socks or bare feet. Do not wear clothing or objects that are loose or that could get caught in the device.
- Always wear suitable sports shoes. The use of shoes with heels, leather soles or running shoes with spikes is prohibited.
- **CAUTION:** Always make sure that your arms and legs as well as (small) children, pets or other objects are not close to the rear flywheel during operation to avoid possible serious injuries or damage to the device.
- Do not place the device on a carpet that is higher than the running surface or the folding mechanism.

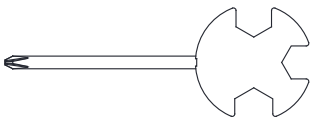
Technical Specs

- Maximum power: 500W
- Power supply: 24V adapter
- Resistance system PMS: The internal magnetic and motor are integrated
- Resistance: both way
- flywheel: 8KG
- Incline: 16 levels, upward with 8 levels and downward with 8 levels;
- Resistance adjustment: 32 levels
- Monitor display: time, distance, incline, speed, resistance, Watt, P1-P3
- Smart taillight: Tricolor motion state changes
- Smart APP: Zwift、Kinomap
- Max. User weight: 110KG
- User height range: 155-190CM
- G.W.: 43KG; N.W.: 37KG
- Assembly Size: 1500*720*1200mm
- Carton size: 1090*240*860mm

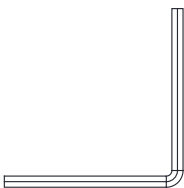
CONFIGURATION LIST

 A	 B	 C	 D	 E
 F	 G	 C34	 C50	 C51
 C21	 A13	 C42	 E14	

Tools Required



(B18)S13-14-15 1PCS



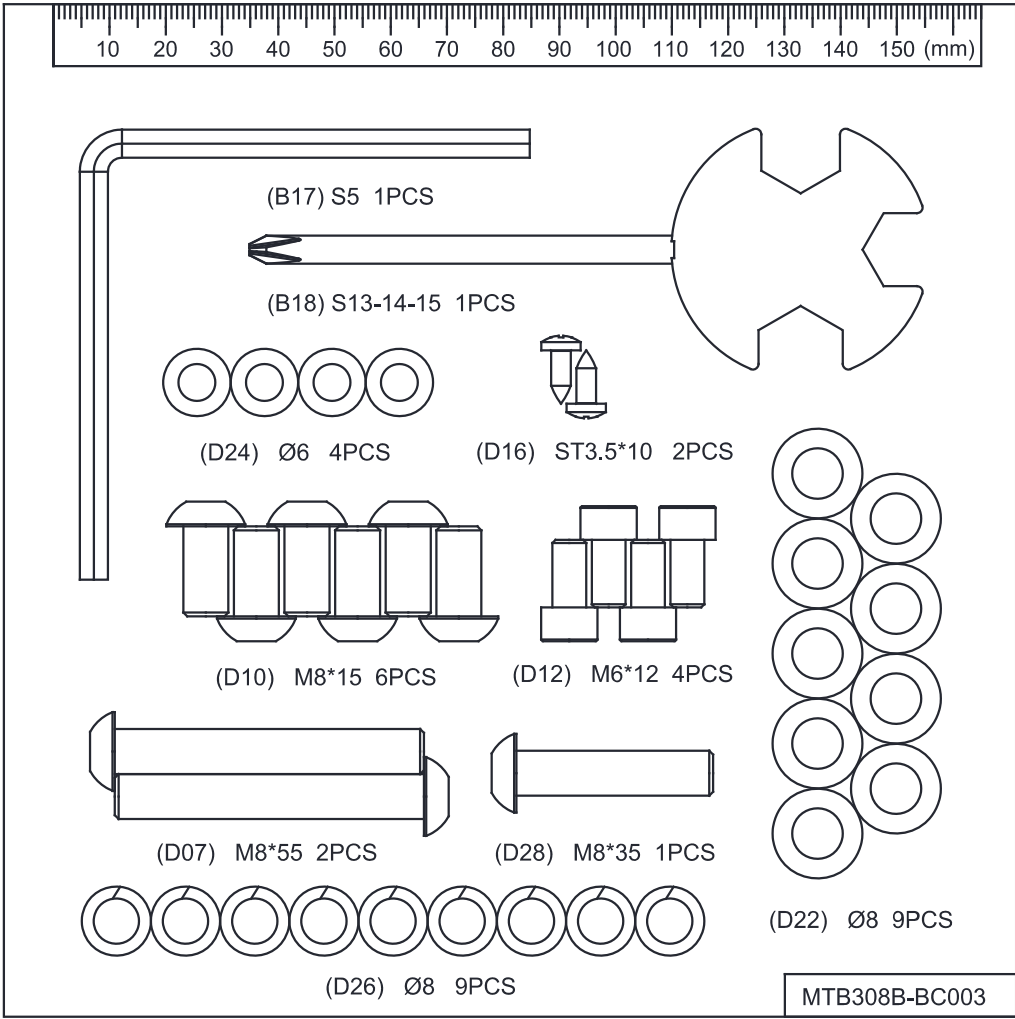
(B17)S5 1PCS



2 PERSON
ASSEMBLY



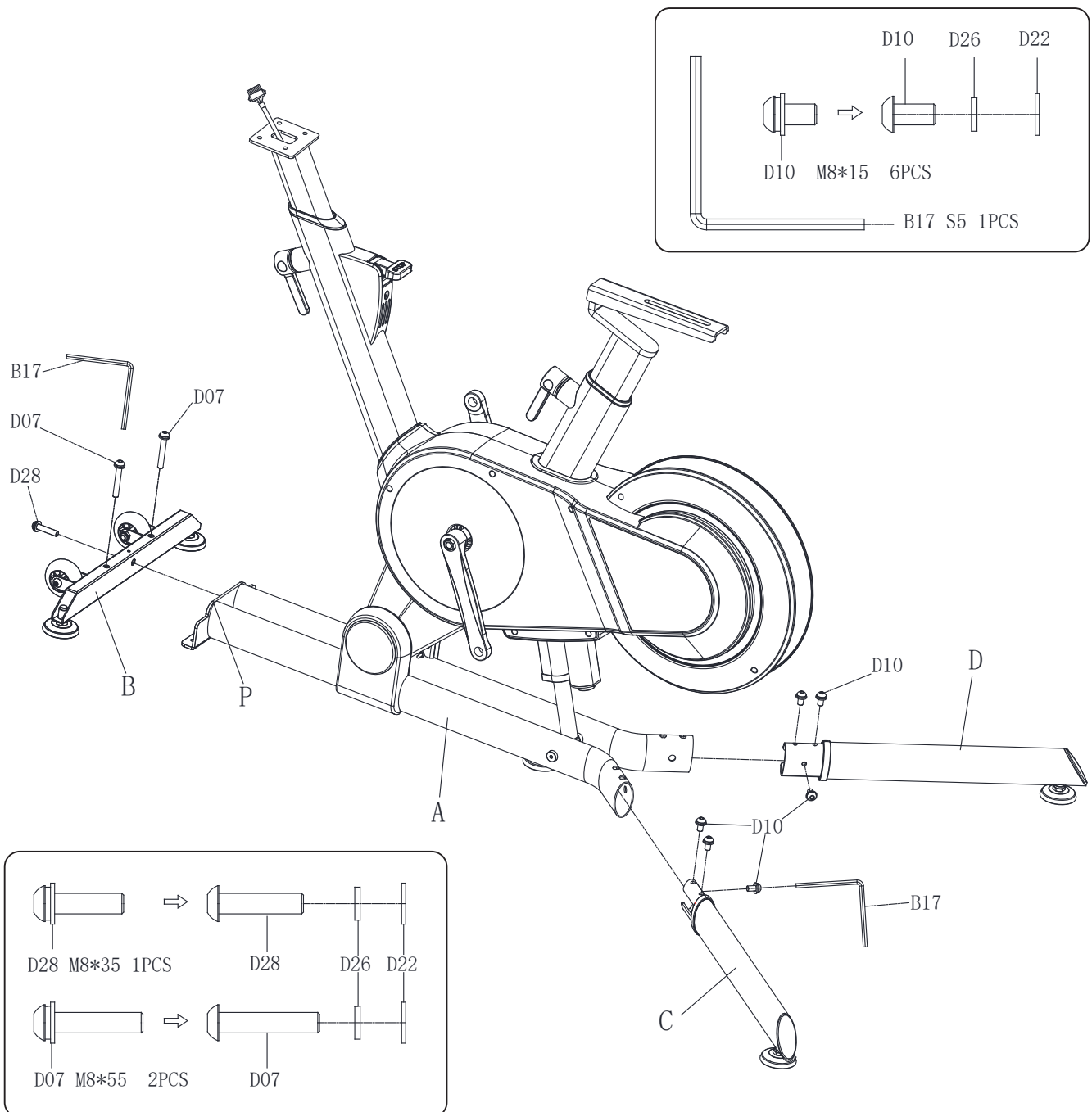
Approximately
30 min
ASSEMBLY



Product Assembly

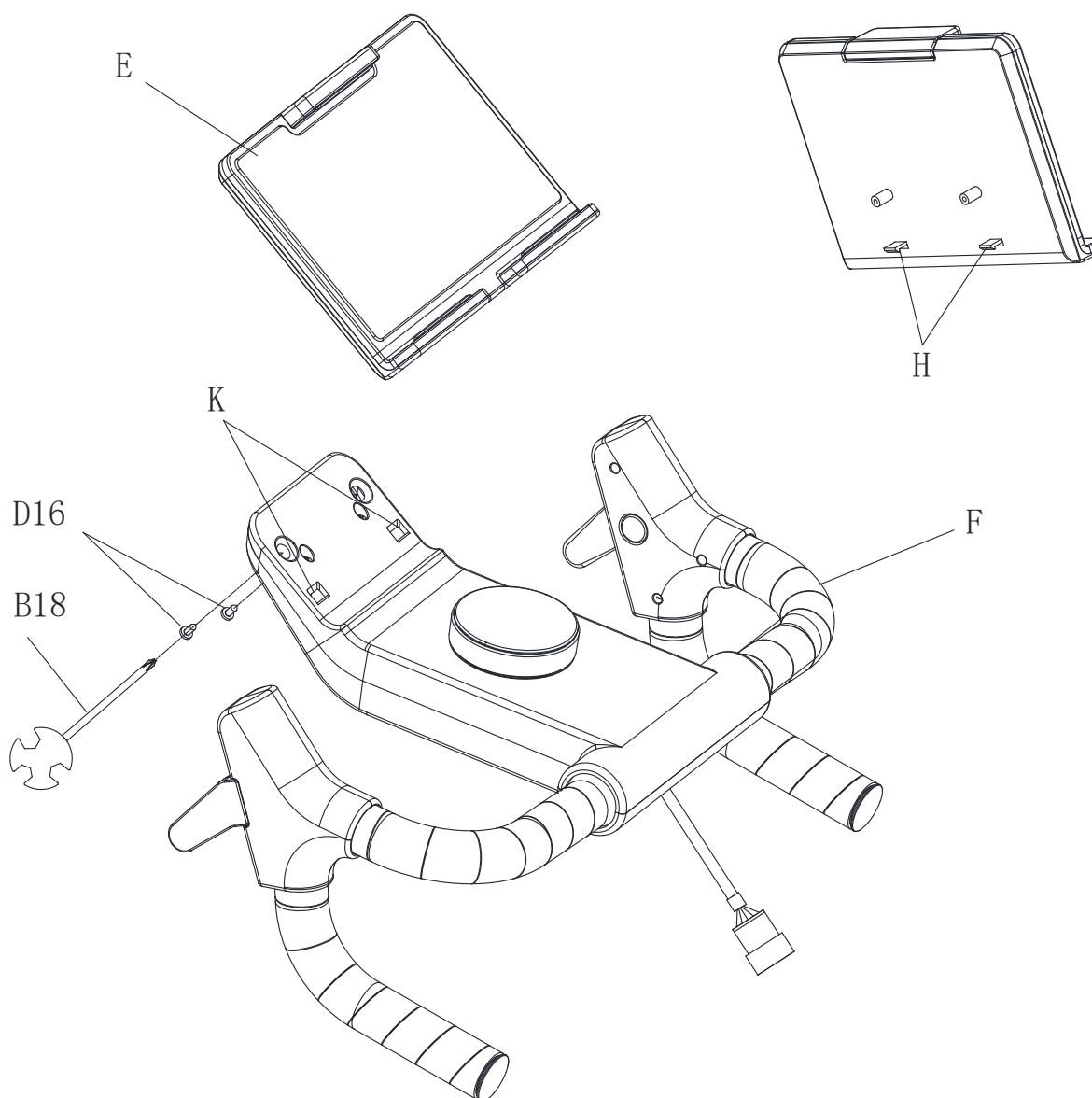
Install the front and rear bases (A) (C) (D) (B17) (D07) (D28) (D10)

- Use a hex wrench and 3-in-1 screws to fix the front leg to the main part P and lock it.
- Use the hex wrench (B17) and three-in-one screw (D10*6) to fix the front and left rear foot group (C)/ right rear foot group (D) on the main frame (A) and lock it tightly.



Fix iPad holder (E) (F) (K) (B18) (D16)

- First, fasten the buckle (H) on the IPAD rack group (E) into the square hole (K) on the electronic watch group (F), and fix the IPAD rack group (E) on the electronic watch group (F) with a cross wrench (B18) and cross pan head tapping screws (D16).



D16 ST3.5*10 2PCS

B18 S13-14-15 1PCS

Install the handle, pedal, and the front foot cover

(A02) (B01) (B02) (B17) (B18) (C34) (C50) (C51) (D12) (E03) (E04)

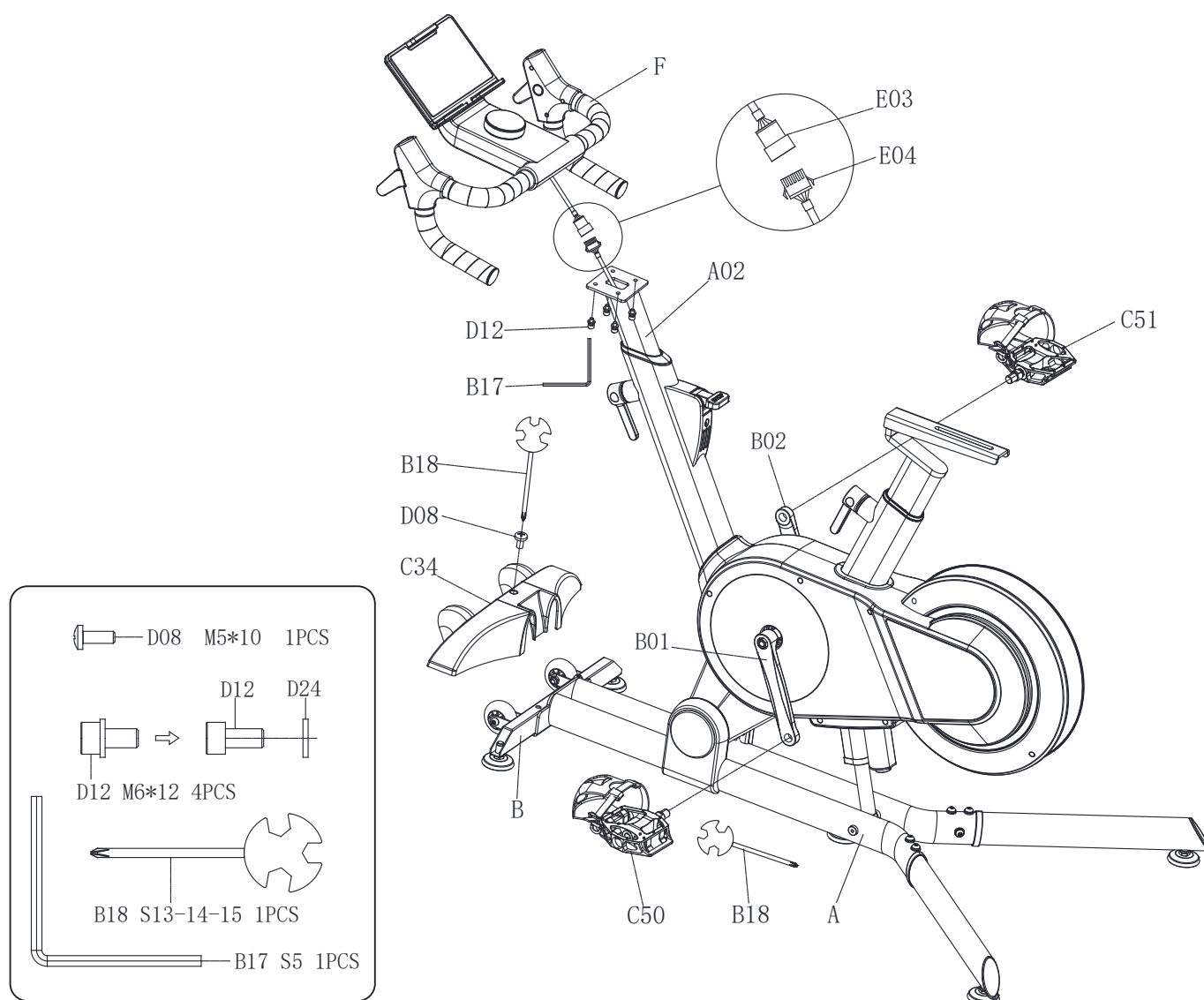
- Fasten the upper source (E03) and lower source (E04) in source as shown in the figure, then fix the electronic meter group (F) to the instrument tube group (A02) using an Allen wrench (B17) two-in-one screw (D12*4) and lock it.

△ **IMPORTANT! Please insert the plug and put the excess wire into the iron pipe.**

- Fix it on the left crank (B01) with a cross wrench (B18) and left pedal (C50).
- Fix it on the right crank (B02) with a cross wrench (B18) and right pedal (C51).

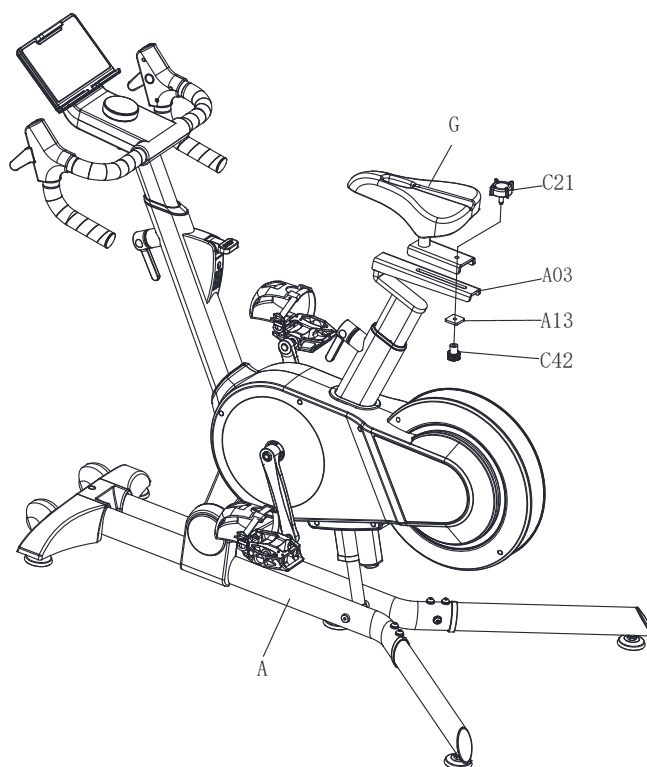
△ **IMPORTANT! Please pay special attention to distinguish between L and R.**

- Remove the screws (D08*1) from the front foot tube fixing assembly (B), fasten the cover (C34) on the front foot assembly, and reinstall the D08 screws on the fixing assembly (B) by a cross wrench (B18).



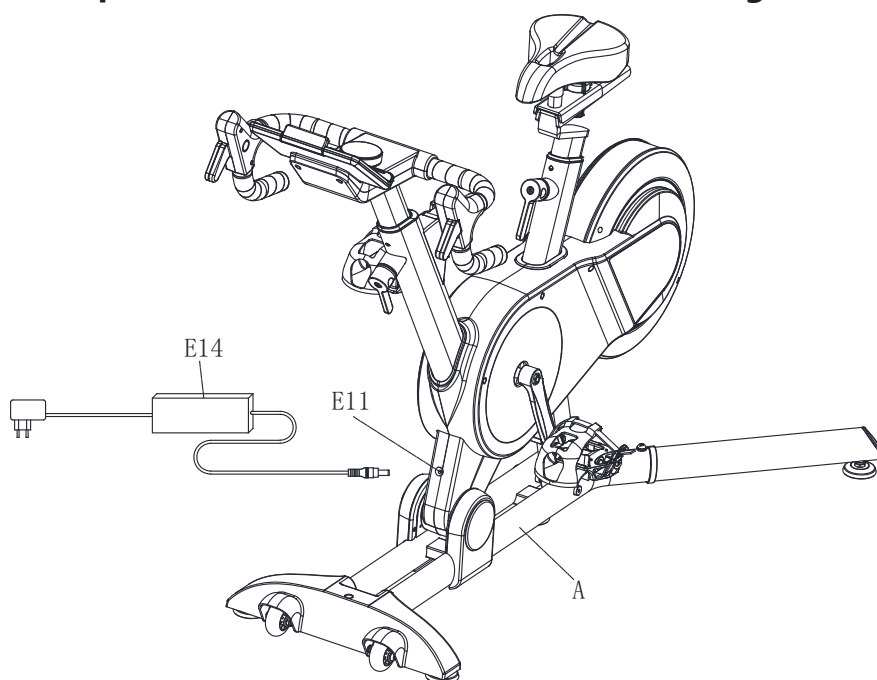
Installing seat cushion (G) (A03) (A13) (C21) (C42)

- Putting the cushion (G) on the cushion tube (A03) and tightening the cushion (G) by the small rotating torsion (C21) and the limit plate (A13). Finally, locked the cylindrical nuts (C42) and fixed on the small rotating torsion (C21) to prevent the small rotating torsion (C21) from coming off.



Installing seat cushion (E11) (E14)

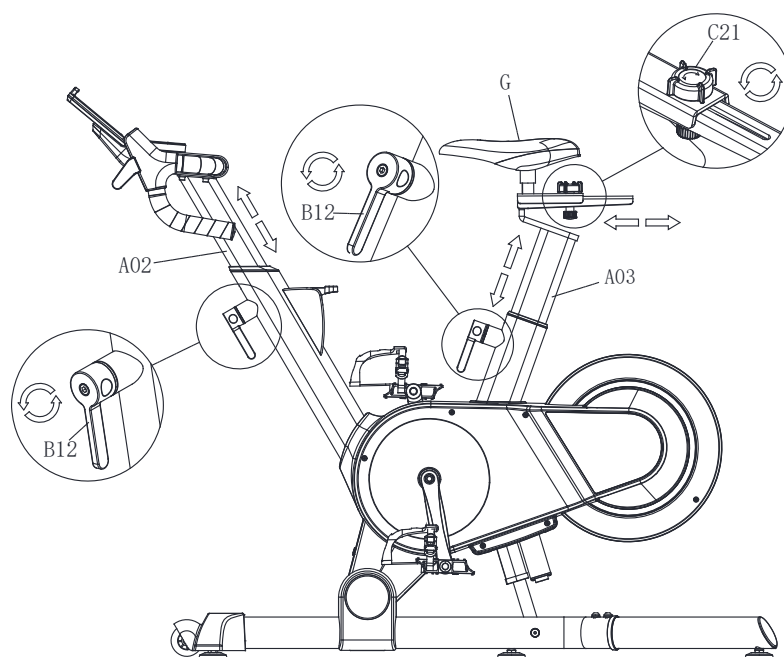
- Moving the stationary bike to the position with a power supply, making sure that there is a space distance of 1.5 m around, and then plug the power adapter (E14) into the power port (E11) as shown in the figure.
- △ **IMPORTANT! The power on the bike will automatically swing back and forth to calibrate the slope. After calibration, the machine swing will stop automatically.**



ADJUSTMENT

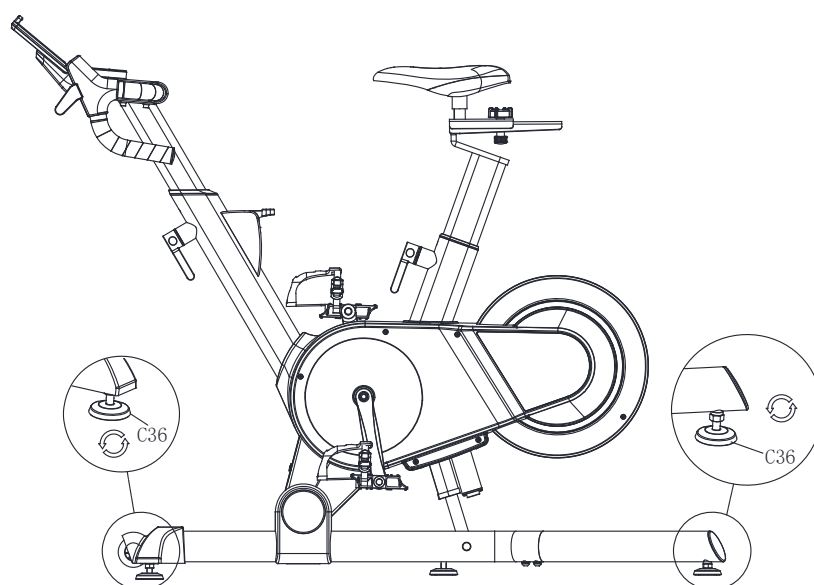
Adjusting the handle and seat cushion

- To adjust the height of instrument tube set (A02)/cushion tube set (A03), first loosen the L-shaped elastic pin assembly (B12) in the counterclockwise direction, and then rotate and lock it in the clockwise direction. When operating, face the L-shaped elastic pin assembly (B12) so as to distinguish the direction.
- Use the cushion small twist (C21), first rotate counterclockwise to loosen, and then adjust the cushion sliding tube assembly (A09) to the right rotation lock.



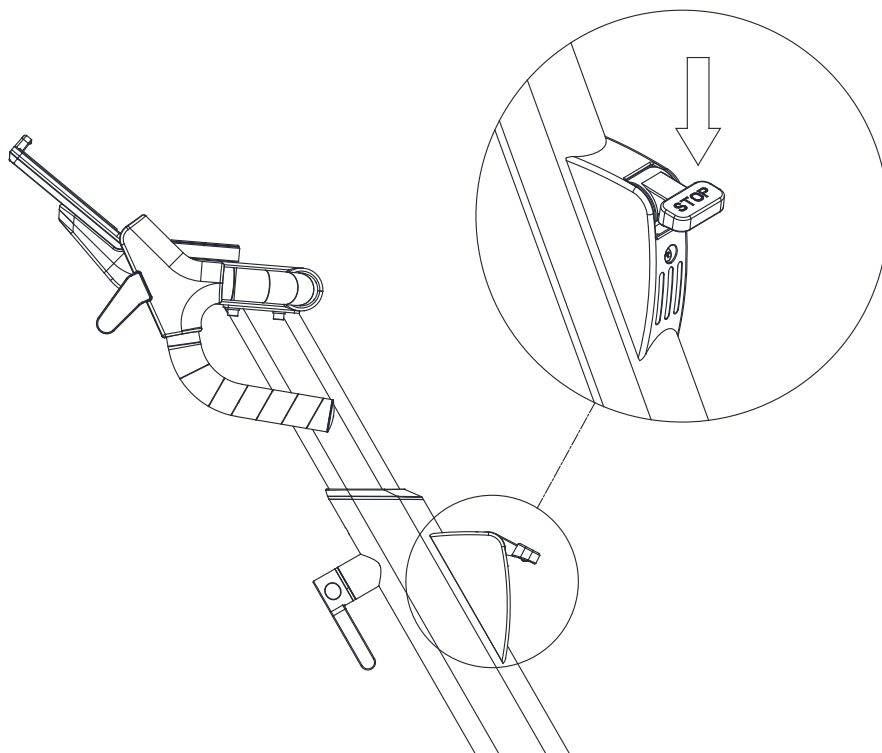
Adjusting the footrest

- If the machine shakes due to uneven, adjust the foot pads counterclockwise or clockwise to balance the machine, as shown in the figure.



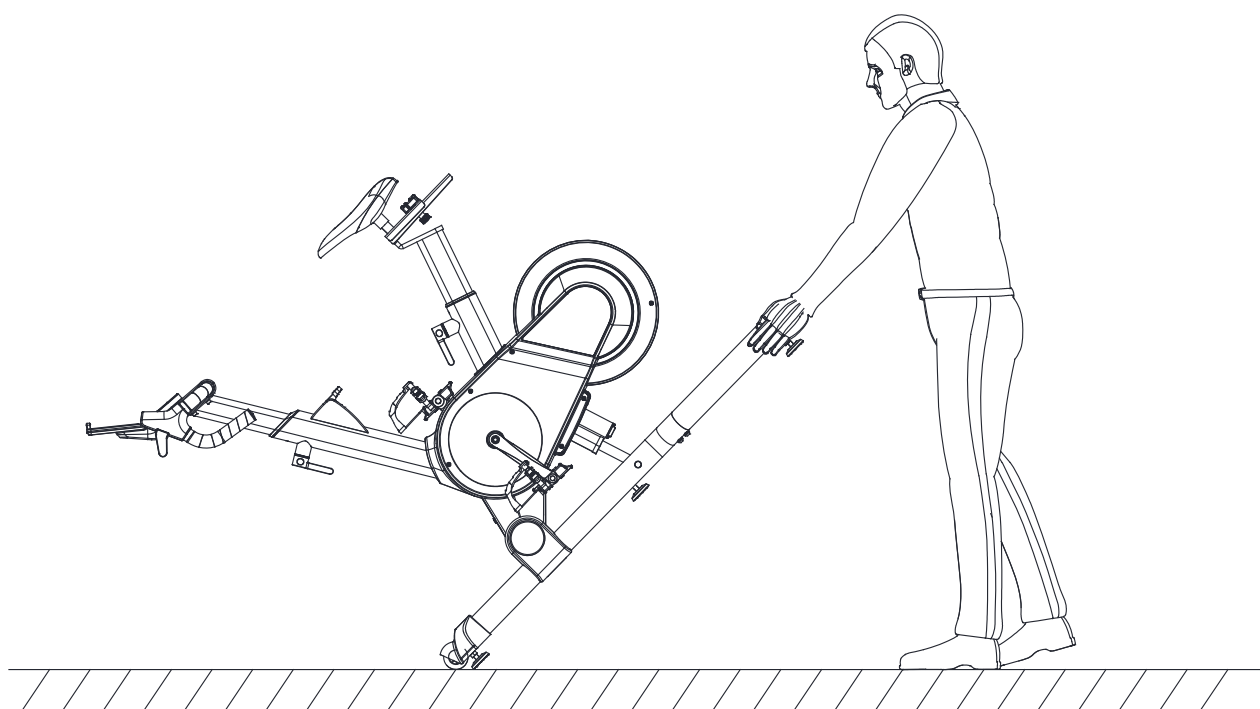
EMERGENCY BRAKE USE

- Press the brake button down to make an emergency brake.



HOW TO MOVE THE MACHINE

- Two hands hold the left and right rear foot tube, lift the machine about 45 degrees Angle, so that the front two moving wheels on the ground, can push the machine forward or pull back.



CONSOLE OPERATIONS



WINDOW AND KEY DESCRIPTIONS:

LED window displays the following functions:

LED window multiplexing display, in the running state 5 seconds in turn switch display. When operating the knob, the resistance gear is displayed first, and when operating the slope, the slope is displayed first.

Time window: display movement time, forward timing from 0:00-99:59, after the timer reaches 99:59, reset to zero and continue running.

Distance window: Display the moving distance, positive count from 0.00-99.9, clear zero after overflow to continue running.

Gear window: Displays the current resistance gear value. Range of gear display: 1-32 segments.

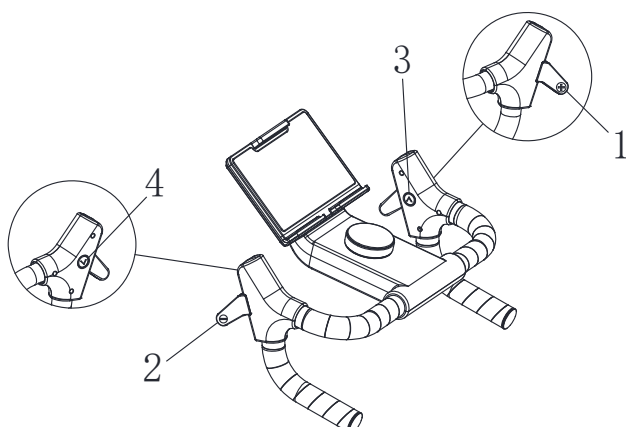
Speed window: Display the current speed value, speed display range: 0.0-72.0KM/H

Watt window: Displays the current power value of the spin bike.

Slope icon: Displays slope values in the range -8 to 8.

Description of function keys:

- A.** Start Stop key: Press the button in the stop state, and the instrument starts to run and count.
- B.** Start and Stop key: The instrument stops running and counting when the instrument is running. In the paused state, short press for 1 second to resume the motion, and long press for 3 seconds to clear data.
- C.** Knob clockwise rotation: increase the resistance gear value when the instrument is running; In the standby state select the built-in program P1-P2-P3.
- D.** Knob counterclockwise rotation: in the instrument running state, reduce the resistance gear value; In the standby state select the built-in program P1-P2-P3.



- 1. Increase resistance
- 2. Reduce resistance
- 3. Increase slope
- 4. Reduce slope

Programs:

The system changes segments every 10 seconds.

Time Incline		Running time:10 seconds															
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P1	Gear position	10	12	14	16	18	16	16	14	14	13	13	12	12	10	8	6
	Slope	0	6	8	-2	-8	0	8	0	-8	8	0	-6	6	-2	4	0
P2	Gear position	10	10	12	18	20	20	20	20	16	16	14	14	12	12	8	6
	Slope	0	6	8	2	-8	0	6	-6	6	0	-8	8	2	-3	4	0
P3	Gear position	10	18	22	24	18	18	21	24	22	20	18	14	12	10	8	6
	Slope	0	8	-8	6	-8	4	-8	0	6	-6	4	-6	6	-2	4	0

Display range of each value:

	Initial value	Initializer	Setting Range	Display range
time(min:secon)	0 : 00	00 : 00	N/A	0:00-9:59
speed(k/h)	0.0	0.0	N/A	0.0-72.0
gear	0	0	N/A	1-32
distance(km)	0.0	0.00	N/A	0.00-99.9
watt	0	0	N/A	0-9999
incline	0	0	N/A	-8-8

Algorithm list:

- The speed is calculated as 21.5KM/H for 60RPM.
- When there is no speed signal, the distance does not count.

Sleep and automatic stop function:

- In the running state, if there is no speed signal within 1 minute, the system automatically enters the suspended state.
- When the machine is stopped or suspended for 10 minutes without operation, the machine will enter hibernation state.
- In sleep mode, it can be awakened by pressing the button or rotating the button.

Shutdown:

- The system can be turned off at any time by turning off the power switch without damaging the system.

Note:

- Before exercising, check if the power is connected.
- If there is any problem with the machine, please contact us.
Non-professionals, do not try to disassemble or repair the machine so as to avoid damage to the equipment.

Slope motor learning

- In standby mode, press and hold the external slope increase/decrease button for 3 seconds, and the system enters automatic slope learning.
- When learning is complete, the system will exit automatically. If E04 is reported during the learning process, check the motor, motor signal cable, or replace the driver.

FCC Warning Statement

Caution: The user is cautioned that changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC Radiation Exposure Statement

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.



THE RUN

Questions? Comments?

We are here to help!

Email: customerservice@therun.info