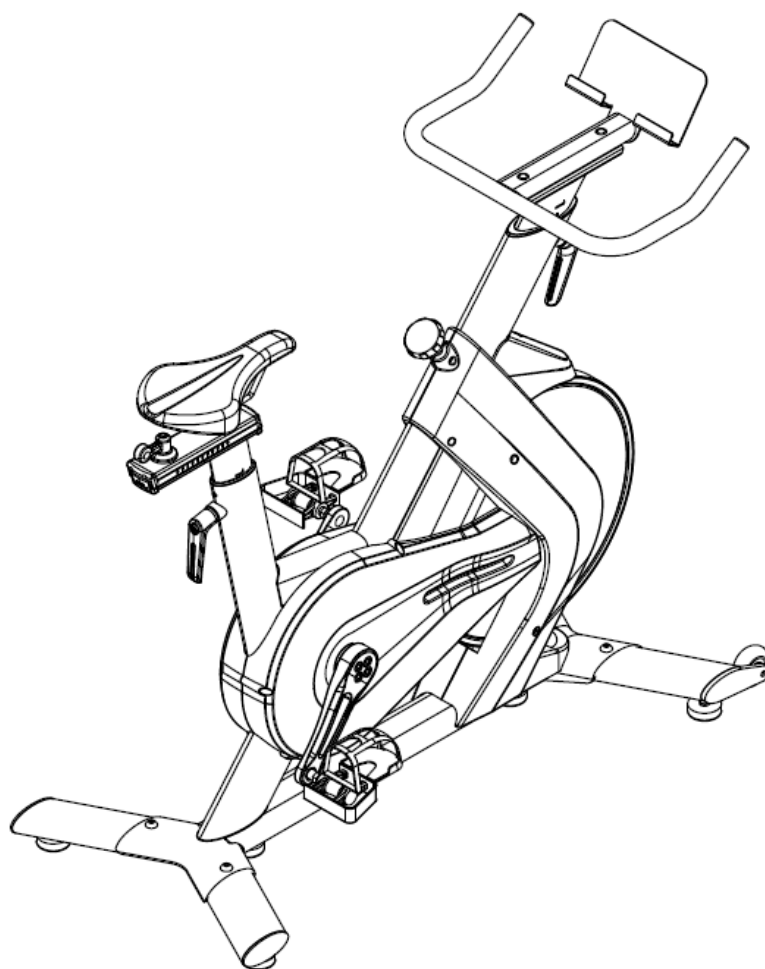


# GORILLA SPORTS

## Spinning Bike Pro S200

**OWNER'S MANUAL**



# Safe Use Instructions

**WARNING: This manual contains important safety information. Please read the safety instructions carefully before using the device.**

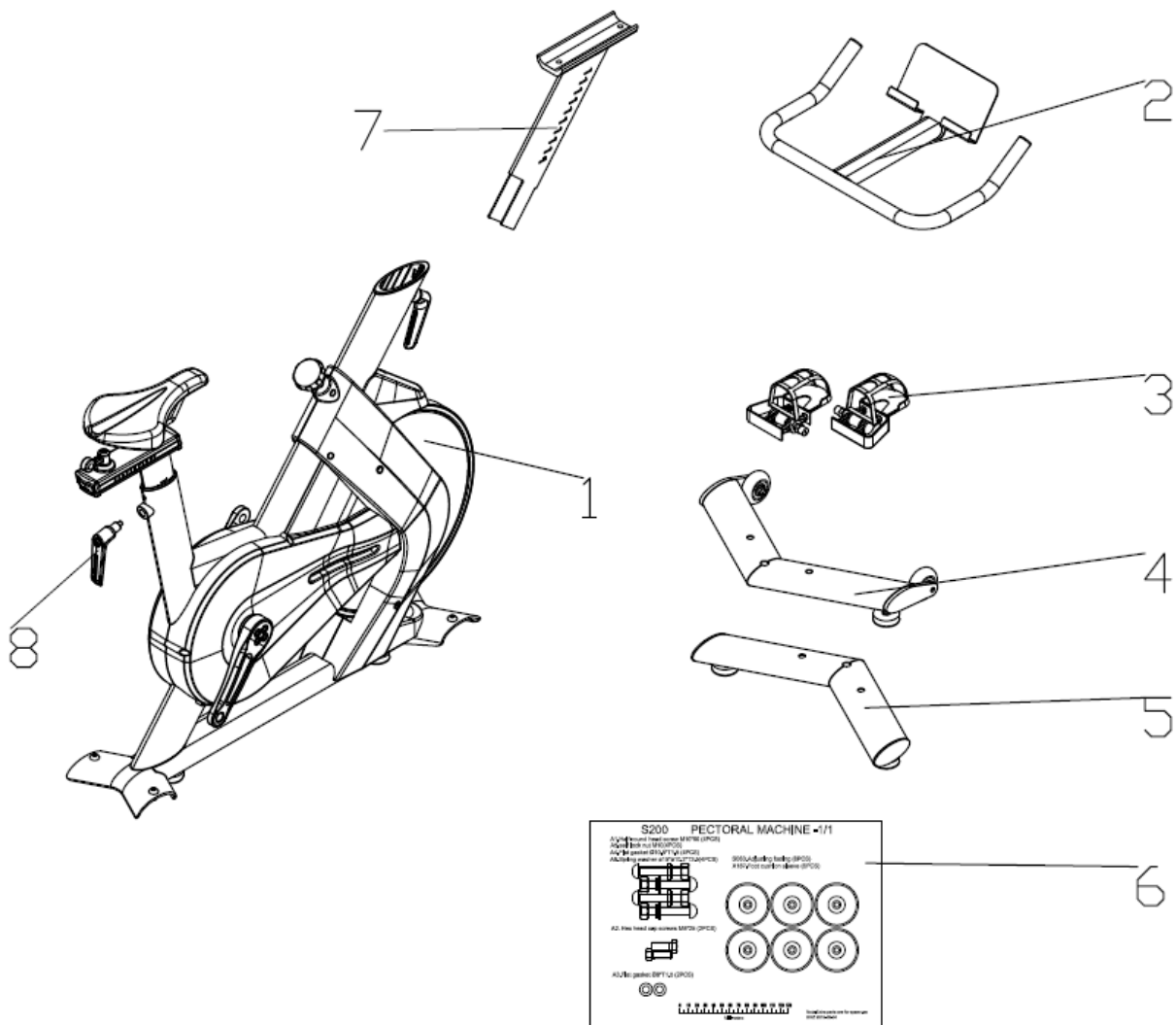
- Children and people with disabilities cannot access or use this device when unsupervised.
- Before training, please read the safety warnings and exercise instructions on the device carefully. If you feel unwell during exercise, please stop training and consult a doctor immediately.
- Incorrect or over-training may damage your health.
- Regular inspection and maintenance of the equipment, to ensure the integrity and robustness of the various parts of the equipment.
- Pay attention to the inspection and maintenance of vulnerable parts on the device.
- If the instrument parts are damaged or an abnormal sound occurs, stop using it immediately until it is repaired.
- The instrument should be installed in a stable place and leveled.
- Before use, adjust the device according to your personal situation, such as the size of the resistance, the position of the saddle, etc.

# Technical Details:

Model	S200
Resistance system	Magnetron resistance system
Drive way	Belt drive
Height limit	150-185cm
Maximum load	150kgs
Weight	48kg
Floor area	107x48x98 cm (LxWxH)
Recommended area	180x100x240 cm (LxWxH)
Console function	Ipad Holder
Resistance	32 Levels
Flywheel	8kg

# Assembly steps

Please confirm that the parts in the carton are complete:

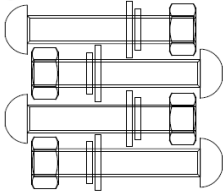
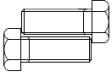

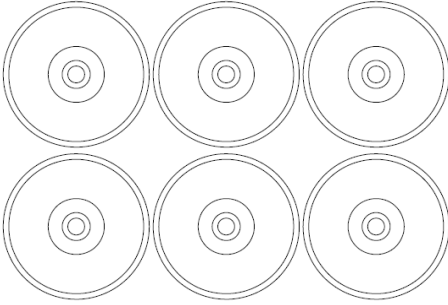


NO	Name	Quantity	NO	Name	Quantity
1.	Bike frame	1	6.	Screw set	1
2.	Handle bar	1	7.	Front adjustment Group	1
3.	Pedal	2	8.	Rear fastening knob	1
4.	Front bottom tube set	1		Manual	1
5.	Rear bottom tube set	1		Toolkit	1

**S200 PECTORAL MACHINE -1/1**

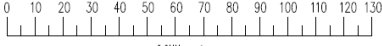
A1.Half-round head screw M10\*60 (4PCS)  
A5.self lock nut M10(4PCS)  
A4.Flat gasket Ø10,5\*T1,5 (4PCS)  
A8.Spring washer ø15\*ø10,2\*T3,5(4PCS)

S063.Adjusting footing (6PCS)  
X187.Foot cushion sleeve (6PCS)

A2. Hex head cap screws M8\*25 (2PCS)

A3.Flat gasket Ø8\*T1.5 (2PCS)



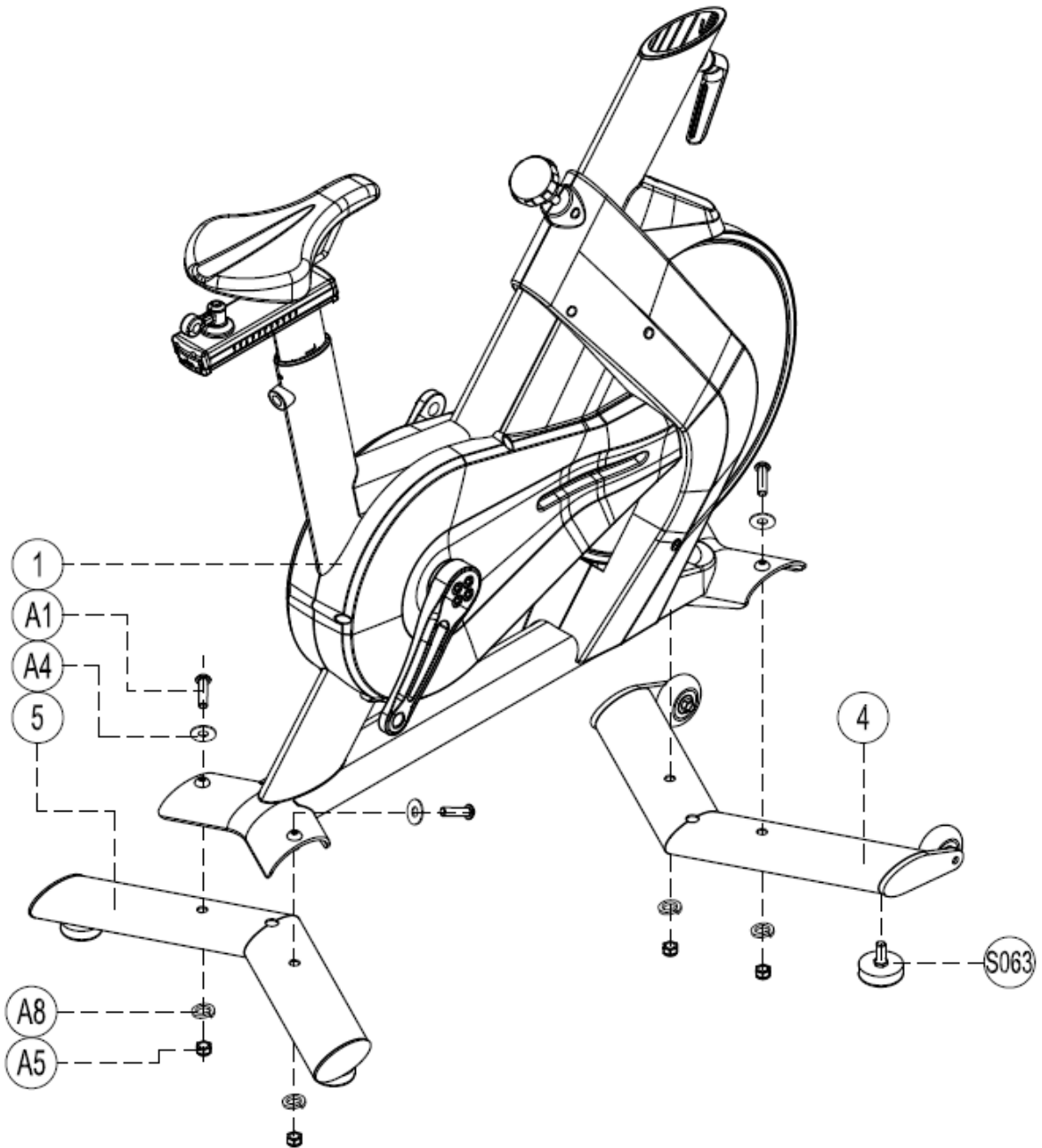
Millimeters

Note:Extra parts are for spare use  
DHZ 2019-09-04

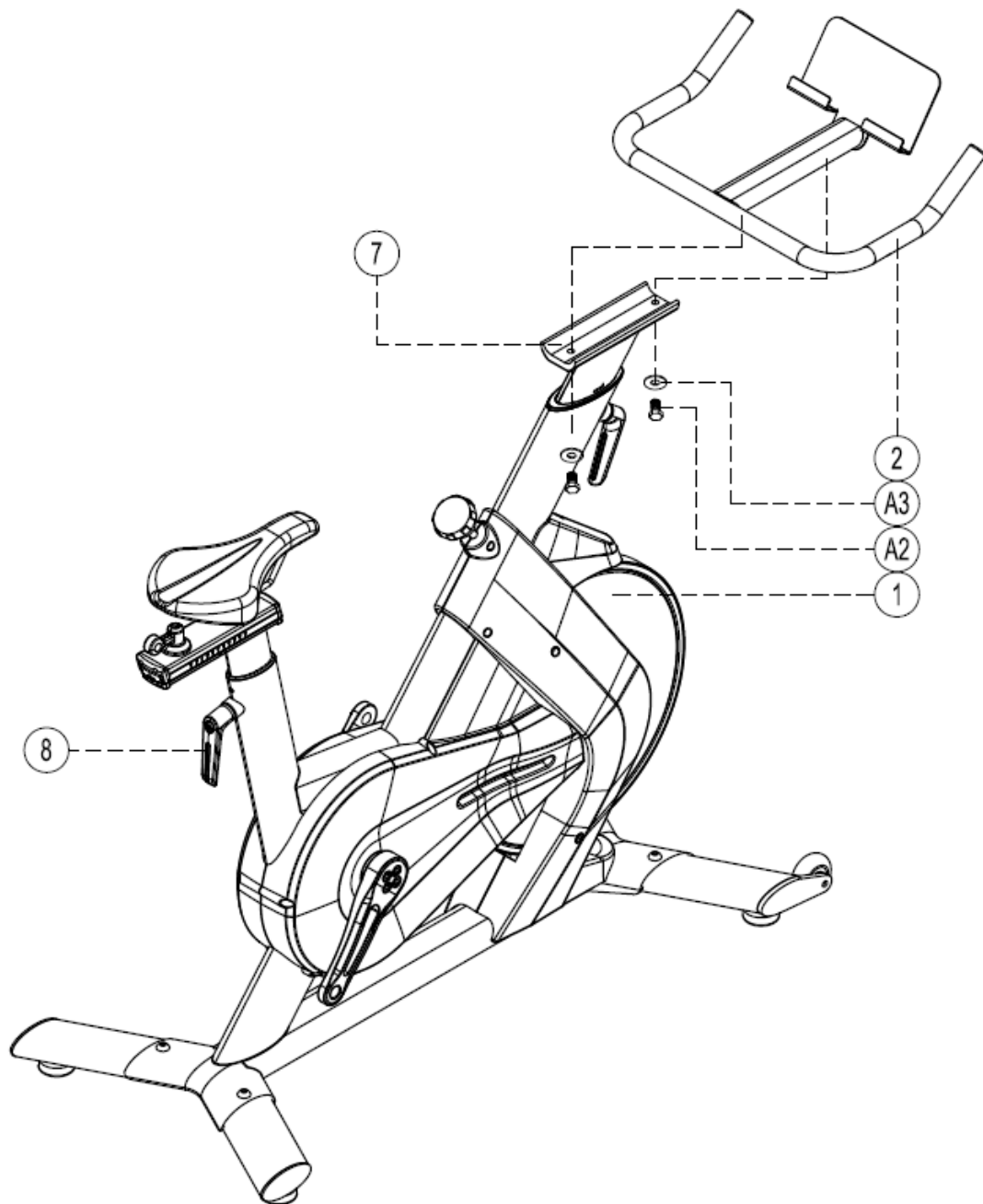
## Parts List

Serial Number	Name	Quantity
A1	Half-round head screw ( M10*60 )	4
A2	Hex head cap screws ( M8*25 )	2
A3	Flat gasket ( $\varnothing 8$ )	2
A4	Flat gasket ( $\varnothing 10$ )	4
A5	Self lock nut ( M10 )	4
A8	Spring washer ( $\varphi 10$ )	4
S063 group	Adjusting footing	6
Tool 1	Inner hexagonal wrench ( 6# )	1
Tool 2	Inner hexagonal wrench ( 5# )	1
Tool 3	Inner hexagonal wrench ( 4# )	1
Tool 4	Open wrench ( 14-17 )	1
Tool 5	Open wrench ( 10-13 )	1
Tool 6	Three-purpose screwdriver	1

# Step 1

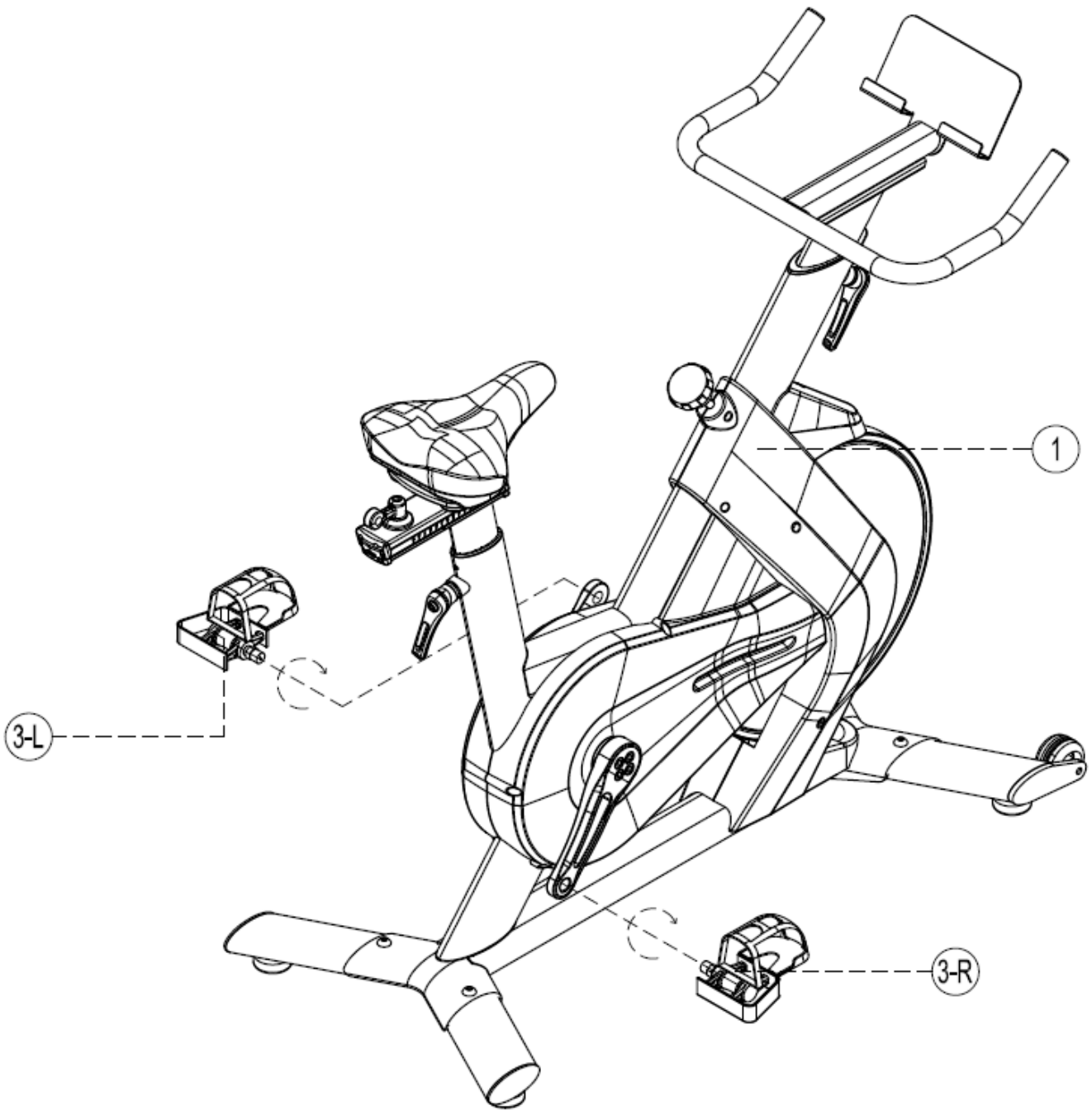


## Step 2

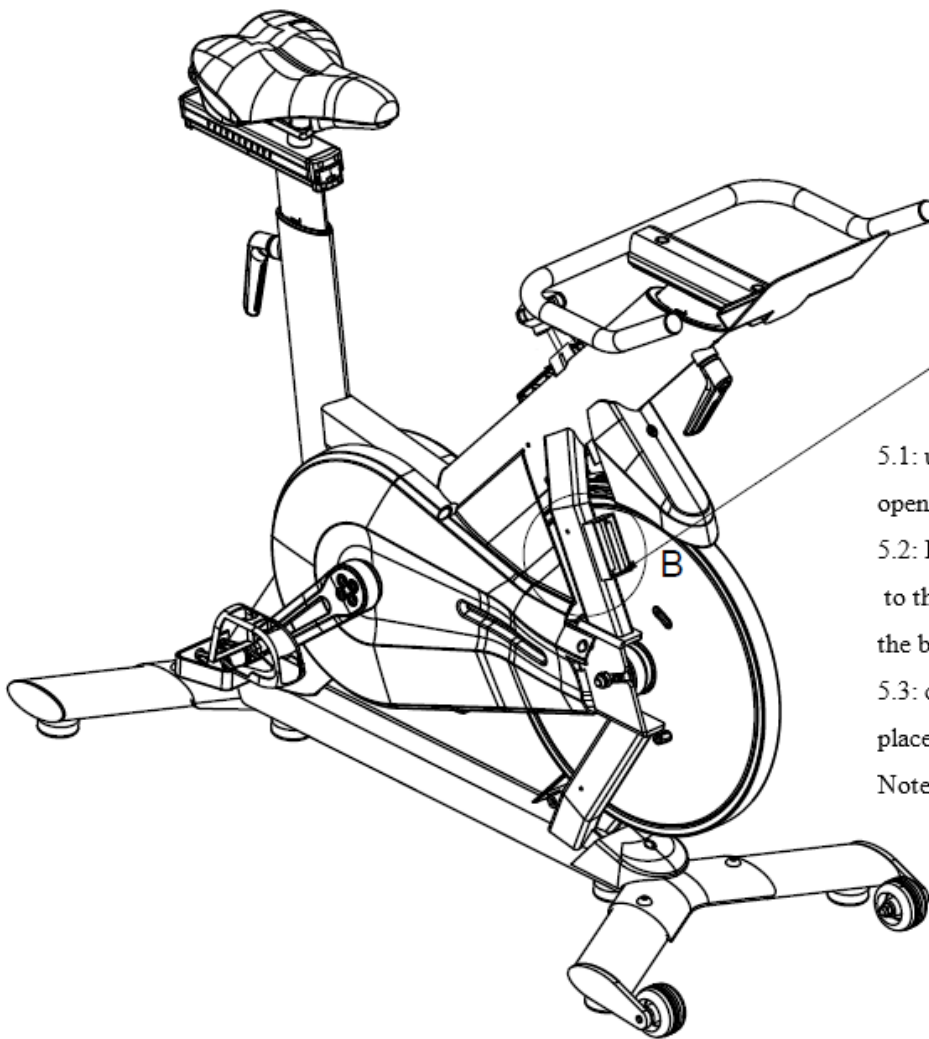




# Step 3



## Step 4



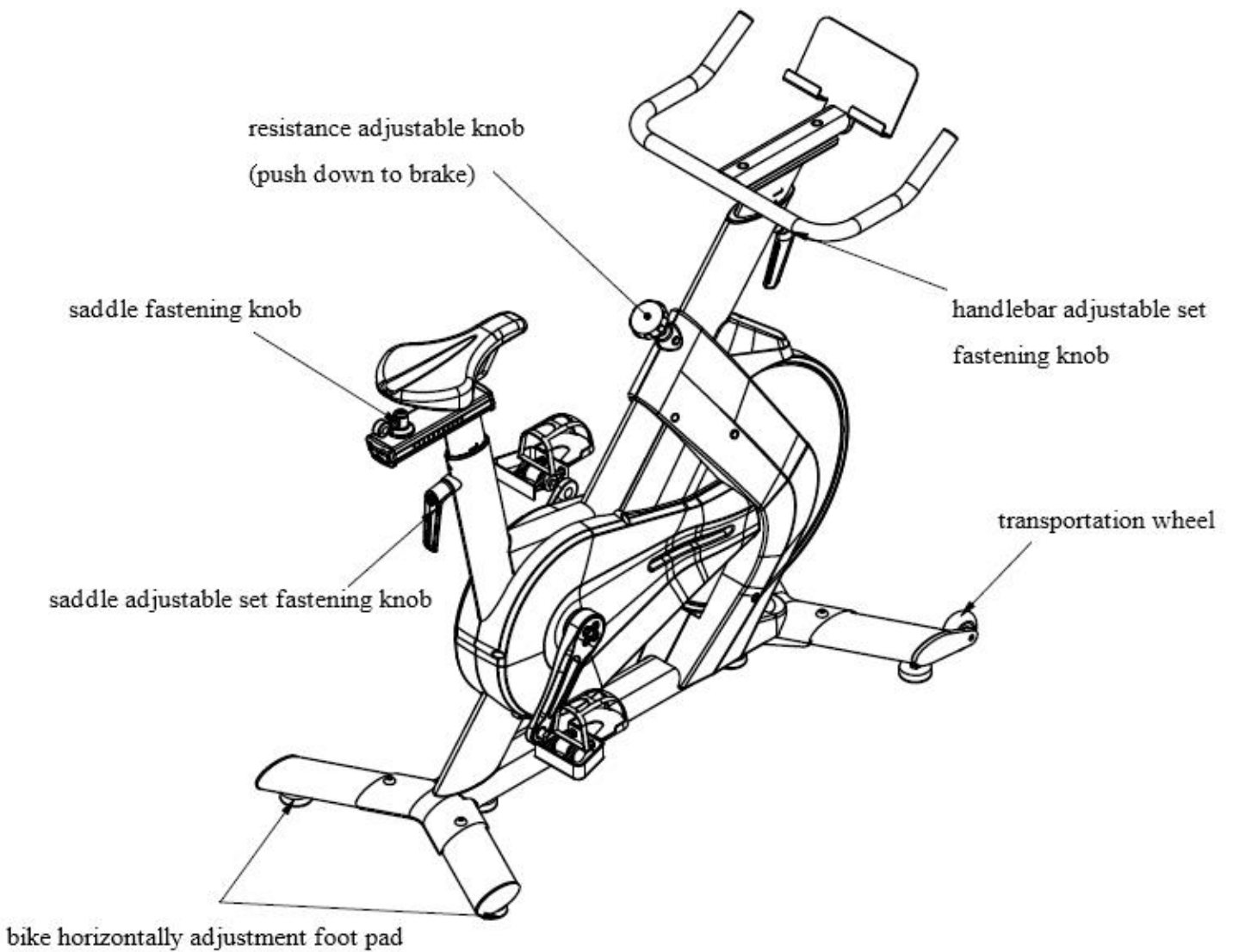
5.1: unpack cover at the right side of bicycle,  
open battery box

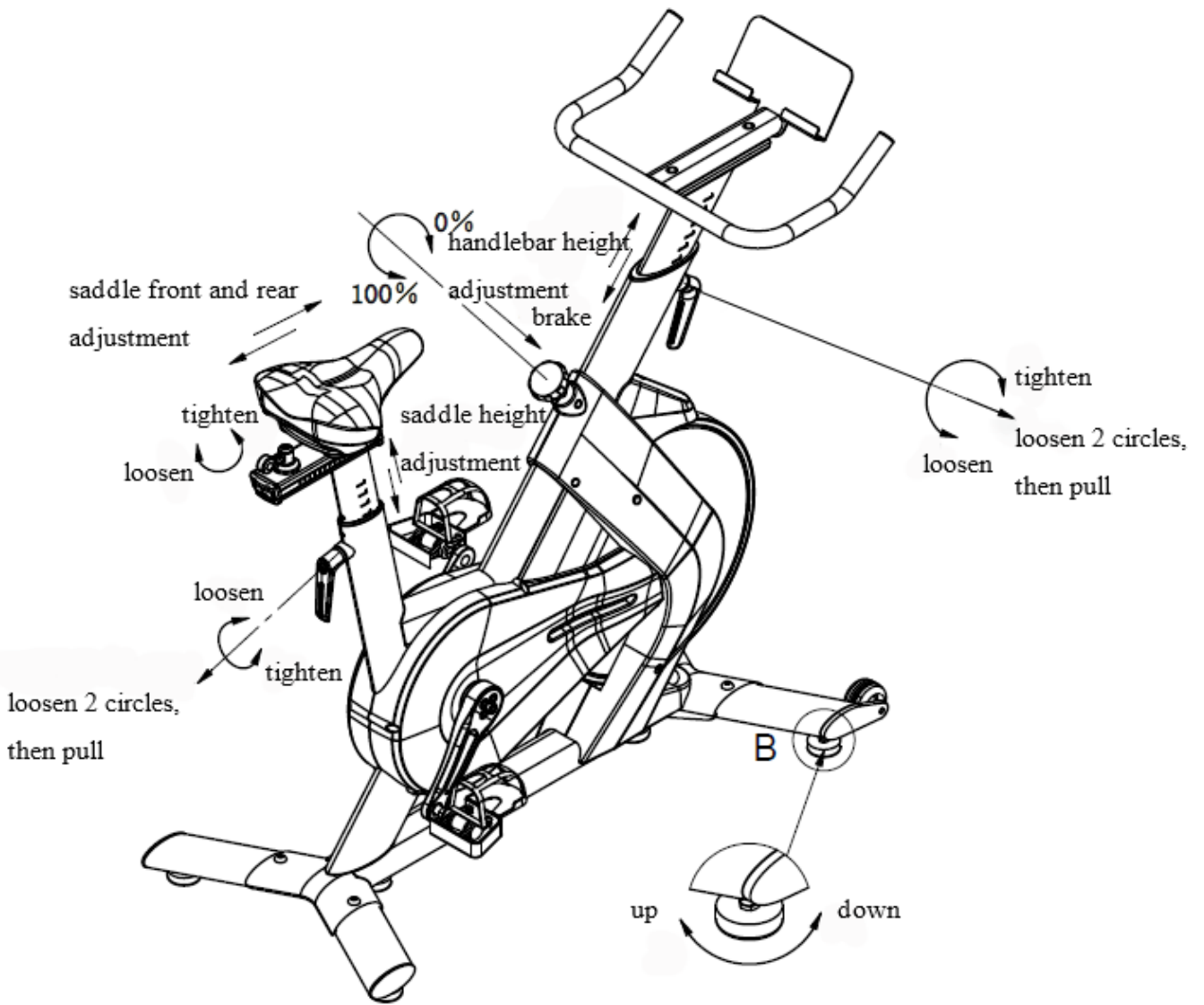
5.2: Install two No. 5 dry batteries according  
to the positive and negative positions inside  
the battery case.

5.3: close up battery box,install cover back to  
place,tighten screws

Note:please put away screws to avoid loosing.

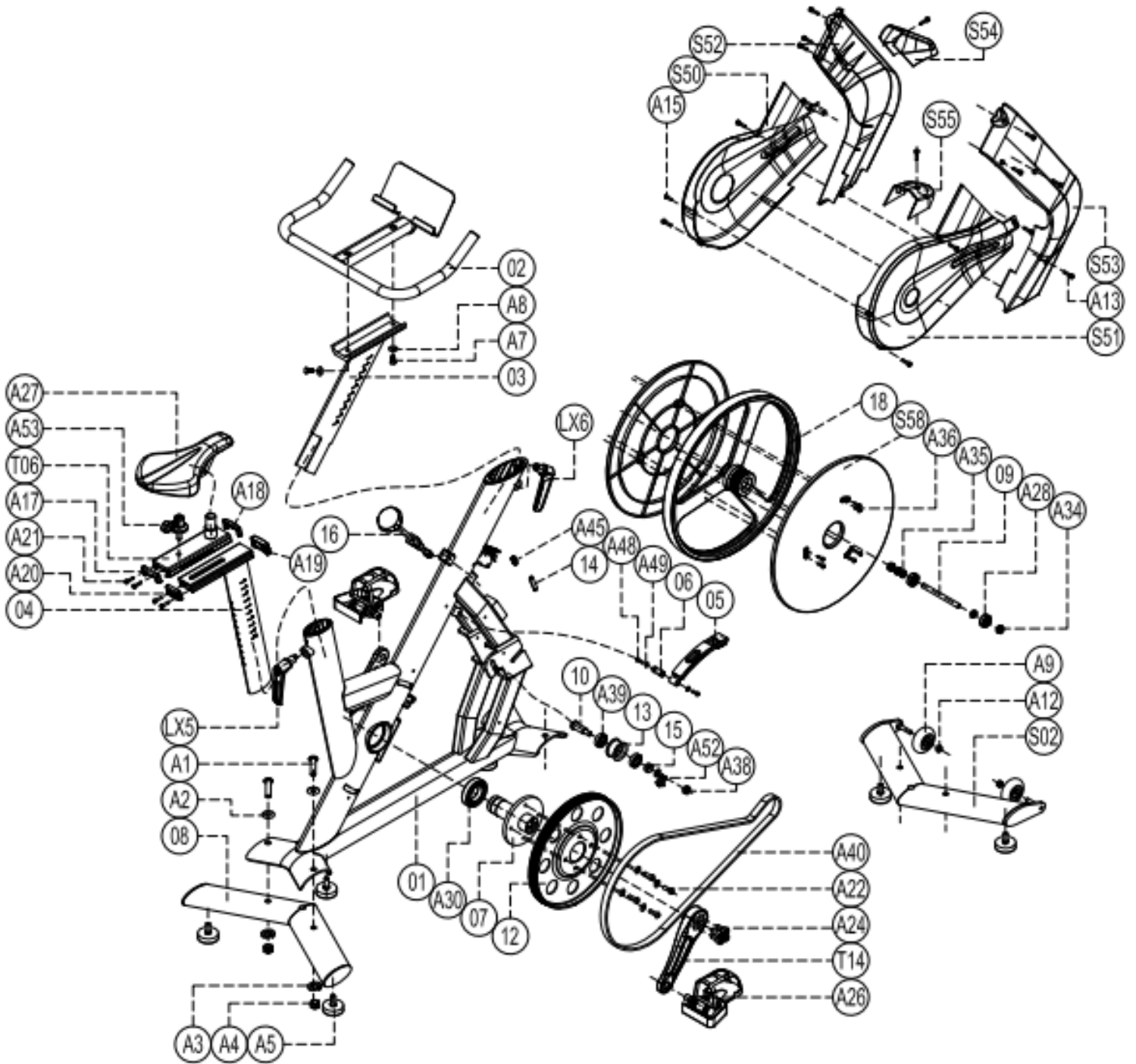
# Spinning Bike user adjustment





**safety warning: tighten the adjustment switch before use**

# Exploded View



## Part List

Serial No.	Name	Quantity
1	Main frame group	1
2	Handlebar set	1
3	Front adjustable set	1
4	Saddle tube adjustable set	1
5	Brake fixing group	1
T06	Saddle sliding group	1
6	Small rotating shaft	1
7	Central axis group	1
8	Rear foot set	1
9	Front wheel axle	1
10	Tension shaft	1
LX5	Rear pull group	1
LX6	Front pull group	1
T14	Crank	2
12	Pulley	1
13	Idler	1
14	Small pull plate	1
15	Spacer	1
18	Casting front wheel	1
16	Brake pull pin group	1
S02	Front ground group	1
S50	Left belt shell tan translucent	1
S51	Right belt shell tan translucent	1
S52	Left large wheel housing	1
S53	Right large wheel housing	1
S54	Circuit shield Tan translucent	1
S55	Front shield	1
S58	Big wheel shell	1
A1	Semicircular head inner hexagon screw M10*60	4
A2	Flat pad $\Phi$ 10	4
A3	Spring washer $\Phi$ 10	4
A4	Self-locking nut M10	4
A5	Leveling feet	6
A7	Outer hexagon screw M8*25	2
A8	Flat pad $\Phi$ 8	2
A9	PU transportation wheel	2
A12	Self-locking nut M8	2
A13	Cylindrical head inner hexagon screw M5*12	13

A15	Cross semicircular head self-tapping screw M4*12	3
A17	Decorative cover 1	1
A18	Decorative cover 2	1
A19	Decorative cover 3	1
A20	Decorative cover	1
A21	Cylindrical head inner hexagon screw M4*12	8
A22	Semicircular head inner hexagon screw M8*16	4
A24	Cylindrical head inner hexagon screw M10*25	8
A26	Pedal 16/9 thread JT01/JT02	2
A27	Saddle DZS300	1
A28	Deep groove ball bearing 6300	2
A30	Deep groove ball bearing 6008	2
A34	Flat nut M10	2
A35	Thin nut M10	3
A36	Semicircular head inner hexagon screw M5*8	12
A38	Self-locking nut M10	1
A39	Deep groove ball bearing 6002	2
A40	Multi-ditch belt 6PJ-1397	1
A45	Spring TH087-3	1
A48	Semicircular head inner hexagon screw M6*12	2
A49	Flat pad $\Phi 6$	2
A52	Bike chain tension	1
A53	Locking nut handle LZJ046	2

**Produced for:**

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www.gorillasports.eu**