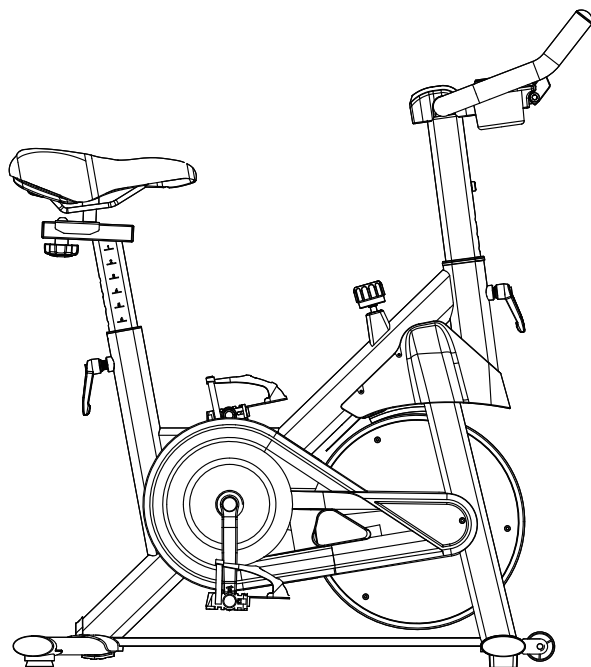




INDOOR EXERCISE BIKE

INSTRUCTION MANUAL

S1 Pro/S500 Pro



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1 SAFETY PRECAUTIONS

Please read this Manual carefully before you use the exercise bicycle. Ensure that you have received the correct information on how to use it, including spare parts that we provide to you free of charge.

Warning!

- **When the exercise bike is not in use, please turn the resistance knob clockwise so that to stop the flywheel.**
- **Incorrect or excessive use of the exercise bike may cause injury, it is recommended that users keep reasonable time and resistance for the first time use, you can properly adjust the resistance and increase it slowly after training for a period of time.**

1. This exercise bike is home fitness equipment with a maximum load capacity of 136 kg.
2. Please carefully inspect the equipment before first use, and check it strictly according to the installation principles every 1~2 months after use. Try to maintain normal use of the equipment and use original parts.
3. If it cannot be used normally, please contact the dealer.
4. Please protect the equipment from contact with the corrosive cleaners or other items.
5. Please use it after proper installation and inspection. Please do not use this product to perform dangerous actions.
6. Please adjust all adjustable parts to the maximum value before installation.
7. This product is a fitness equipment for adults. The children shall use it under the supervision of a guardian.
8. Please use this product under the guidance of doctors and fitness professionals for optimal effect.
9. Please make a reasonable training plan before use and strictly follow the requirements of the plan when using this product.
10. The resistance of this product is adjustable. Please choose the appropriate resistance.
11. Please carefully check all the knobs and screws before use to ensure your safety.
12. During exercising, be sure to place your feet inside the pedal covers. Do not stop immediately when the bike is spinning at high speed to avoid accidents. When you want to stop training, first slow down the pedaling speed, keep your feet in the pedal covers moving under the action of inertia, then use your hand to adjust the brake clockwise until the flywheels stop spinning, and then get off the exercise bike.
13. The exercise bike is only suitable for one person at a time. When in use, others should maintain a safe distance of 50 cm or more. Please avoid the contact between the flywheels and hands or other body parts or objects while flywheels are spinning to avoid danger.
14. There is a "Stop" mark on the handlebar fixed seat or seat post. Do not exceed this height (this mark) during adjustment.
15. The exercise bike should be placed on a fixed and flat surface and not on an inclined surface to prevent tipping over.

2 TRAINING GUIDELINES

Using an exercise bike correctly can enhance the shape of your hips and legs, increase oxygen levels in your blood, and improve your overall mood.

So, how can we safely use an exercise bike?

First: Warm up before exercising.

Always start with a proper warm-up. Engage in activities like jogging, squats, high knees, leg stretches, torso twists, and arm movements to get your body warmed up and slightly sweating. This should take about 5-10 minutes.

Second: Adjust the seat height, position, and handlebar height of the exercise bike.

To maximize your workout efficiency and comfort, ensure your seat is correctly adjusted.

1. **Seat height adjustment:** Sit on the seat and place your feet on the pedals, ensuring your toes are above the pedal axis. When the pedal is at its lowest point, your knee should be slightly bent at an angle of about 10-15 degrees. This position allows for optimal power and comfort. If your arms are swinging while you ride, the seat may be too high; lower it in that case.
2. **Seat position adjustment:** While seated, ensure that when both pedals are at equal height, your front knee does not extend beyond your toes. Avoid sitting too far back. The angle between your lower leg and foot should not exceed 90 degrees.
3. **Handlebar height adjustment:** After adjusting the seat, set the handlebars slightly higher than the seat. Keep your back straight, especially if you have a larger body type or weak core muscles. Improper posture can lead to lower back injuries.
4. **Secure your shoelaces:** Make sure your shoelaces are tied, then place your feet into the foot straps and pull them tight. These straps help keep your feet in place during exercise, making your pedaling more effective.

Third: Proper cycling posture on the exercise bike.

Incorrect cycling posture can negatively affect your workout and lead to injuries. Common mistakes include rounding your back, improper leg positioning, and incorrect pedaling technique.

Correct sitting posture: Lean slightly forward, keep your arms straight, engage your core, and use diaphragmatic breathing.

Your legs should be parallel to the bike's frame, with your knees and hips moving in sync. Pay attention to maintaining a steady rhythm.

Correct pedaling technique: Correct pedaling consists of four consecutive movements: push down, pull back, lift up, and push forward. Start by pushing down, then pull your calf back, lift your foot, and finally push forward to complete the cycle. This smooth rhythm saves energy and increases speed.

Fourth: Correct cycling speed .

Cadence and intensity are key principles of exercise. Start by finding a right cadence , then gradually increase your workout intensity. A typical cadence for most people is around 70 to 90 pedal strokes per minute. Begin each cycling with a low-speed warm-up, then maintain a moderate to high movement for at least 20 minutes, during which you may start to sweat slightly.

Fifth: Different cycling methods are targeted at different goals, but listen to your body. Stop exercising if you are not feeling well.

1. For weight loss:

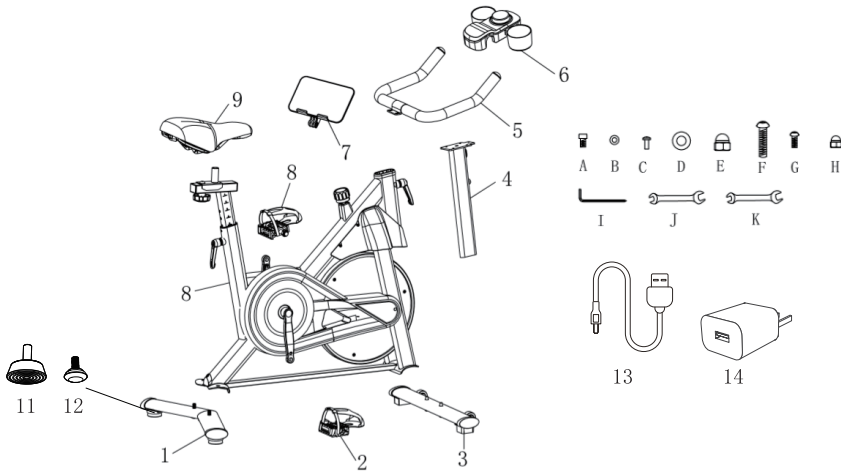
If your goal is to lose weight, use an aerobic cycling method. Adjust the resistance to a manageable level and avoid excessive effort. This moderate-intensity workout should last at least 30 minutes to effectively break down fat. A cycling duration of about 30 to 40 minutes is recommended, maintaining a heart rate of 100-110 beats per minute.

2. For muscle training:

To build muscle, start with a light resistance and warm up for 5 minutes at a slow pace. Then, switch to high-speed cycling for about 5 minutes, maintaining a heart rate of 160-170 beats per minute. Gradually slow down for 5-10 minutes until your heart rate drops to 100 beats per minute or lower. This can be done as one set, and you can perform multiple sets with 3-5 minutes of rest in between.

3 LIST OF PARTS

Product Parameters		
S/N	Name	Specification
1	Resistance mode	Magnetic control
2	Maximum load (kg)	136
3	Net weight (kg)	19.5
4	Gross weight (kg)	22.2
5	Product size (mm)	1030* 490 * 1120
6	Packaging size (mm)	865 * 185 * 720

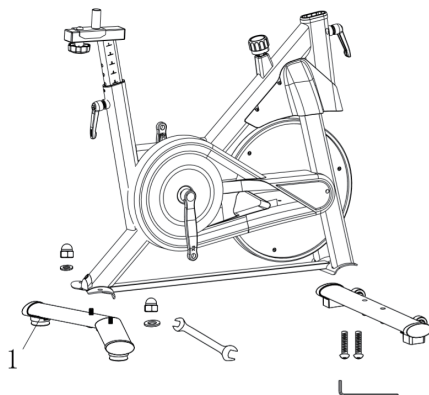


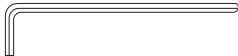
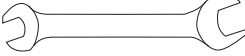
No.	Name	Qty.	No.	Name	Qty.	No.	Name	Qty.
1	Rear leg tube	1	2	Right pedal	1	3	Front leg tube	1
4	Handlebar slide rail	1	5	Handlebar	1	6	Electronic meter cover	1
7	IPAD stand	1	8	Pedal	1	9	Cushion	1
10	Frame	1	11	Big Foot Pad	2	12	Small Foot Pad	1
13	Power cord	1	14	Power plug	1			
A	Hexagon socket head cap screw M6*12	4	B	Flat washer Ø6*12*1.5	4	C	Cross recessed pan head screw 5*20	1
D	Flat washer Ø10*20*2	2	E	Hexagonal cap nut M10	2	F	Hex socket pan head screw m8*45	2
G	Hex socket pan head screw m8*30	1	H	Hexagonal cap nut M8	1			
I	Hex key 5 mm	1	J	Open-end wrench 17-19	1	K	Open-end wrench 13-15	1

4 INSTALLATION STEPS

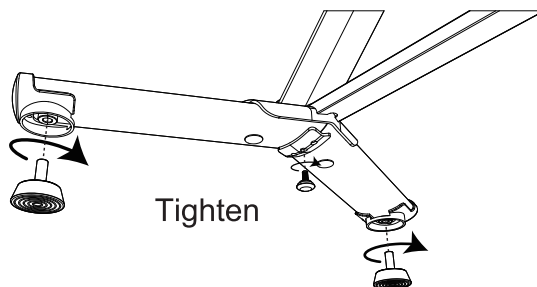
1. Install foot tube

Unpack the carton and take out the equipment. Assemble the rear foot tube to the frame, and use a wrench to tighten the cap nuts and flat washers. Attach the front foot tube to the frame and tighten the hex socket head cap screws with a wrench.



Erecting tools			
Erecting standard components	 ø10*2PCS	 ø10*2PCS	 ø8*2PCS

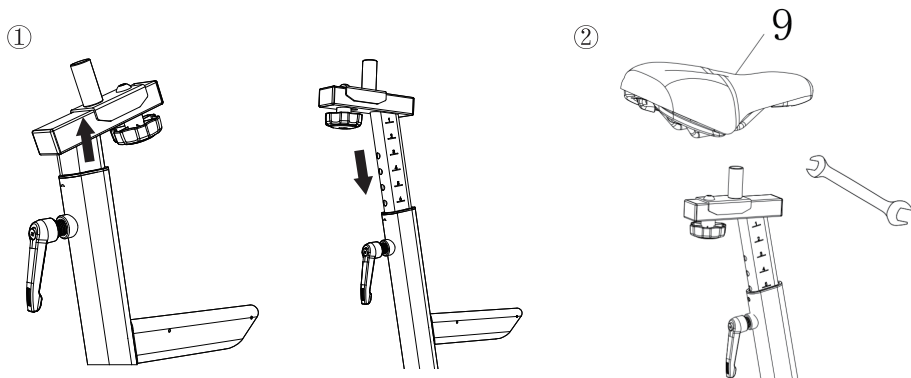
Install the large foot pads on both sides of the rear foot tube and the small foot pad in the middle of the rear foot tube. Secure the foot pads by rotating them clockwise. If the bike is unbalanced, adjust the foot pads on both sides by rotating them as needed until balance is achieved.



2.Install seat cushion

① Firstly, remove the slide rail of the seat cushion and insert it into the frame according to the direction shown in the figure.

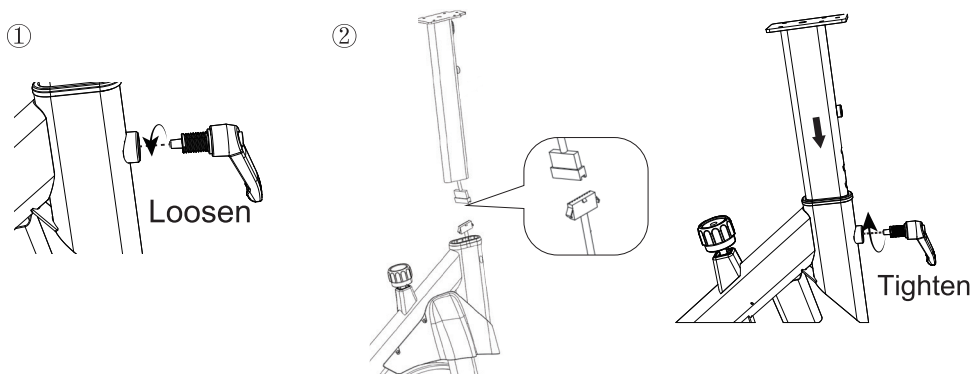
② Take out the seat cushion and align its hole with the steel bar of seat cushion. after adjusting the angle of seat cushion, use a special open-end wrench to tighten the hex nuts on both sides of the seat cushion.



3. Install slide rail

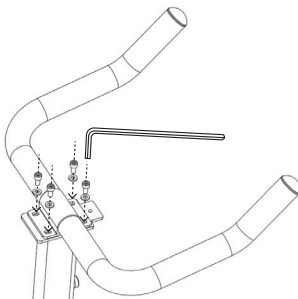
① Turn the plum knob counterclockwise to unscrew it.

② First connect the wires, then insert the slide rail and adjust to the appropriate height before tightening the knob.



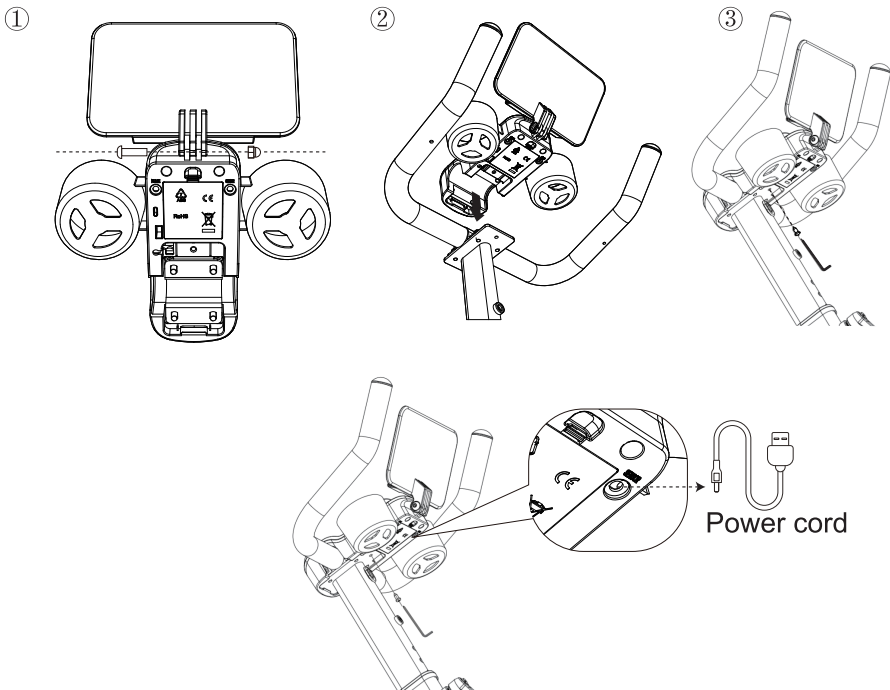
4. Install handlebar

Take out the handlebar, align it with the holes on the slide rail, then align the screws with the screw holes on the handlebar, and tighten them with a wrench to fix the handlebar.



5. Install the electronic meter/ iPad stand

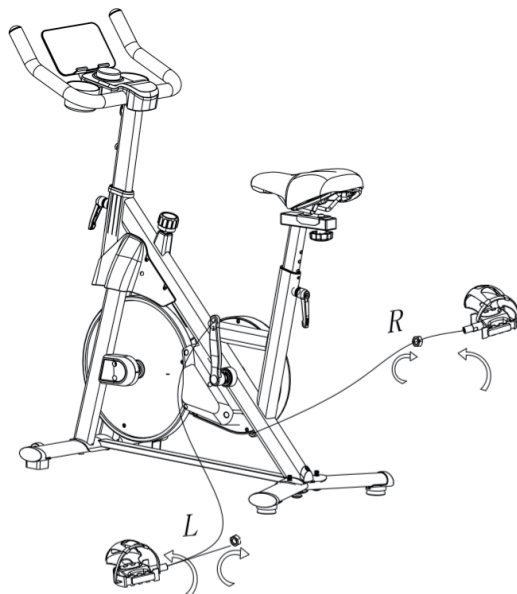
- ① As shown in the diagram, first take out the electronic instrument cover and iPad bracket. Align the screws with the holes to install the nut caps, and tighten them with a wrench.
- ② Install the electronic instrument cover onto the handle's slide rail as illustrated, and secure it in place via the snap-fit.
- ③ Finally, align the screws with the installation holes and tighten them with a wrench.



6. Install pedals

Take out the pedals, you will find "L" and "R" marks on the pedals. Take out the pedal with "R" mark, then align it with the threaded hole of the right crank, rotate it clockwise in place, then lock it with the dedicated open-end wrench we provide. Take out the pedal with "L" mark, then align it with the threaded hole of the left crank, rotate it counterclockwise in place, then lock it with the dedicated open-end wrench we provide.

(Note: There are "L" and "R" marks on the cranks corresponding to the marks on the pedals. If installed incorrectly, it may cause the broken threads of cranks and the damage to the product. Besides, the pedals must be locked, otherwise, after prolonged use, the pedals may fall off)



5 MANUAL GUIDELINES

1.Main display descriptions



Display Instructions:

- Upper Display: Bluetooth icon, Wi-Fi icon, Cadence, and Resistance level.
- Lower Display: Lap, Time icon, Distance icon, Mode icon, Calorie icon, Speed icon.
- Default Display: After powering on, the default mode is Scan Mode.

Upper Display: Displays resistance when not in motion; Alternates between displaying cadence and resistance when in motion.

Lower Display: Defaults to Scan Mode, cycling through and displaying Lap, Time, Distance, Calories, and Speed every 5 seconds each.

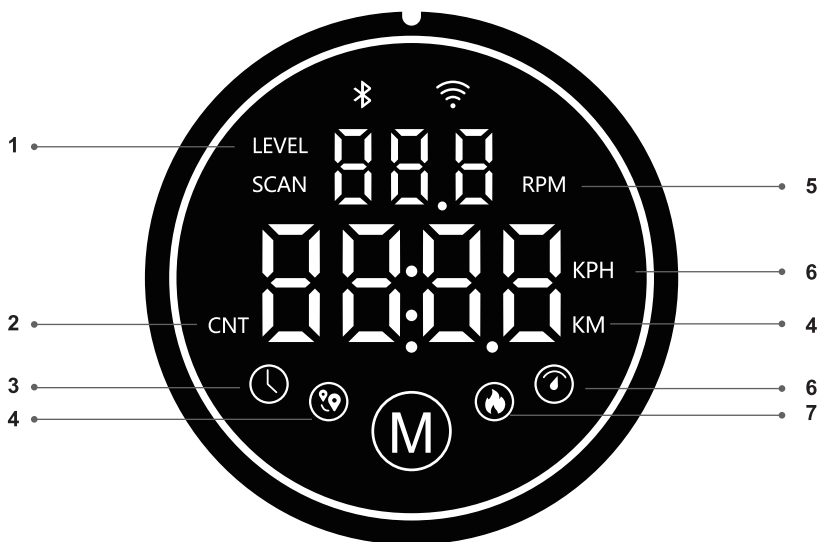
- Exercise status indicator: When cycling or speed value > 0, a green ring is indicated in the middle, and the upper Nixie tube will display the RPM value based on the cadence or rhythm. When the spin bike is left unused, a red ring is indicated.
- Press M key: In the power-on scanning state, press this key once will enter the fixed display mode. Continuously press this key to switch between Lap, Time icon, Distance icon, Calorie icon, and Speed icon. After switching for a cycle, it will return to the scanning mode;
- Press and hold M key: In non-exercising state, press and hold the MODE key to reset and clear all data.
- **Knob**: Turn it to adjust the LEVEL value. Adjustment range: 1~32 levels; turn it clockwise to increases resistance, or turn it counterclockwise to decrease resistance.

If the gear cannot be adjusted due to resistance, try either of these solutions:

- 1.Press and hold the "Mode" button for 3 seconds, then release.
- 2.Unplug the power cord and plug it back in.

If neither method works, please contact our customer service.

1.Main display descriptions



No.	Item	Display Description
1	Resistance scan display	1-32
2	Lap Scan Display	0-9999
3	Time Scan Display	0:00-99:59
4	Distance scan display	0.00-99.99KM
5	Cadence Scan Display	0-255
6	Speed Scan Display	0.0-99.9KPH
7	Calorie Scan Display	0.0-999.9 KCAL

Power-saving mode and sleep mode:

1.If you do not ride or operate the electronic meter for about 120-150 seconds, the equipment will enter sleep mode to save power consumption. Pressing a button or receiving a speed signal from riding can wake up the electronic meter.

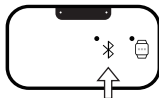
Exception handling

- 1.If there is no display, please check if the power supply is properly connected.
- 2.If there is no Bluetooth connection or the connection is unstable, try to power on again to reset the equipment. Wait for 3 minutes after powering off and then power on again to try connection
- 3.If no speed signal, please check whether the connecting line between the electronic meter and the sensor is in good contact, check whether the sensor is too far from the magnet of the winch so that there is no signal, and check whether the appearance of the sensor is damaged.
- 4.Error Message:If the upper/lower control cable is disconnected, the display will show error code "E1"

2.PitPat Application Operation Guide



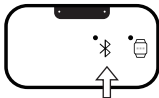
Note: System requirements:
Ios13 or above; android 6.0 or above.



After registration, click on the
Bluetooth icon in the upper right corner



01 Wait for the bike to connect
02 Search for Wifi



When the Wifi signal light turns to
"green", it means the connection is
successful

Connecting the spin bike via Bluetooth:

1. Download and install the PitPat app on your phone, or scan the QR code below to get the app.
2. Open the PitPat app and follow the instructions to log in or create an account.
3. Connect to the spin bike.

(1) Enable Bluetooth on your phone (Android) and make sure to turn on location services as well.

(2) Open the PitPat app (grant any necessary permissions if prompted).

(3) On the app's home screen, tap the spin bike icon in the top right corner to access the search interface.

Your phone will automatically search for nearby devices. Turn on the spin bike (look for a device starting with "PitPat-S") to connect.

When the bike beeps, the connection is successful, and the Bluetooth icon on the bike's panel will light up.

Note: Ensure your phone is connected to the internet during the pairing process. Control the spin bike via Bluetooth.

For detailed network configuration, please refer to the APP description.

Note: System requirements: ios 13 or later; Android 6.0 or later

After sign-up:

01 Wait for the bike to connect.

02 Search for Bluetooth devices.

When the display shows "green", the connection is complete.

6 ROUTINE MAINTENANCE AND TROUBLESHOOTING

Routine maintenance

1. Regularly check for any damaged or loose components.
2. Lubricate all moving parts and main connection points periodically.
3. Before each use, ensure that the handlebars, saddle, and pedals are securely fastened. If any parts are loose, tighten them promptly and replace any faulty components.
4. Regularly clean the exercise bike. Use a soft cloth and mild detergent. Avoid solvents or corrosive cleaners.
5. Do not address any issues related to the main body, bearings, belts, or other rotating wearing parts, please contact the dealer or customer service for assistance.
6. The internal brake is a wear part. If you notice any shaking or abnormal resistance during use, remove the outer casing and check for wear on the internal brake pad (if the thickness of the brake pad is less than 2mm, it is worn). Replace the brake pad immediately if worn.

Note: If any issues are found, leave the exercise bike unused until it is repaired.

Troubleshooting

1. To solve the problem of wobbling during use. Adjust the knob on the leg tube as needed until the bike is stable.
2. To fix squeaking noises. Check for loose bolts and ensure they are tightened properly.

7 SAFE EXERCISE MEASURES

1. Beginner's Exercise Guide

Preparation:

If you are over 35 years old or have health concerns and this is your first workout, please consult a doctor or fitness professional before use.

Before starting your workout, seek advice from a professional on suitable cadence, intensity, and duration based on your age and health condition. If you experience chest tightness or pain, irregular heartbeat, shortness of breath, dizziness, or any discomfort during exercise, stop immediately and consult a professional before continuing.

If you use the spin bike regularly, you can select a speed for normal riding.

If you are inexperienced or unsure of the most suitable test speed, refer to the following guidelines:

Levels 1-8: Leisure exercise; Levels 9-16: Aerobic workout; Levels 17-24: Body sculpting; Levels 25-32: Muscle maintaining

Note: Beginners should stick to levels 16 or lower, while advanced users can use levels 16 or higher.

2. Warm-Up before

Before you start working out, it's best to do some stretching. Warm muscles are more flexible, so take 5-10 minutes to warm up. Stretch as follows for 5 times: Stretch each leg for 10 seconds or longer. Repeat the stretches again after your workout.



1. Downward stretch:

With your knees slightly bent, slowly bend forward, relaxing your back and shoulders. Reach for your toes with both hands. Hold for 10-15 seconds, then relax. Repeat 3 times (see Figure 1).



2. Hamstring stretch:

Sit on a clean mat and extend one leg straight. Bend the other leg inward, pressing it against the inner side of the extended leg. Reach for your toes with both hands. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 2).



3. Calf and heel tendon stretch:

Stand facing a wall or tree with one foot back. Keep your back leg straight and heel on the ground while leaning toward the wall or tree. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 3).



4 Quadriceps stretch:

Hold onto a wall or table with your left hand for balance. Reach your right hand back to grab your right ankle, gently pulling it toward your buttocks until you feel a stretch in the front of your thigh. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 4).



5. Sartorius (inner thigh muscles) stretch:

Sit with the soles of your feet together and knees pointed outward. Hold your feet with both hands and gently pull them toward your groin. Hold for 10-15 seconds, then relax. Repeat 3 times (see Figure 5).



SERVICE COMMITMENT

This product is intended for domestic applications only, and any exceptions in connection with commercial use are not covered by our warranty.

If you experience any problems regarding product functionality, please feel free to contact the local distributor to gain support !

Instructions for correct disposal of waste electrical and electronic equipment

1. Correct disposing of waste electrical and electronic equipment (WEEE) and symbol of the "crossed-out wheeled bin"

The crossed-out wheeled bin on WEEE means that you are obliged by law to dispose of this equipment separately from the unsorted municipal waste collection system. Disposing of it in the residual waste bin, the yellow bin or yellow bag for recyclable materials is legally prohibited. If the equipment contains portable batteries, accumulators or lamps that are not permanently installed, these must be removed before disposing of the product and be disposed of separately as waste portable batteries.

2. Ways of returning waste electrical and electronic equipment

Owners of waste electrical and electronic equipment can return them to those facilities for returning or collecting waste electrical and electronic equipment set up and provided by the public-sector waste disposal authorities or alternatively with collection points installed by producers, retailers or distant sellers to ensure that the waste electrical and electronic equipment is disposed of correctly. The following link leads to an online registry of the available collection and take-back sites: <https://e-schrott-entsorgen.org/>

3. Data privacy

Owners of waste electrical and electronic equipment are responsible for deleting all personal data from the waste electrical and electronic equipment to be disposed of.



Note: If your device includes an activation warranty benefit, please follow the instructions on the quick operation card to activate the device before normal use.



Points de collecte sur www.quefairendemesdechets.fr
Privilégiez la réparation ou le don de votre appareil !

Email: support@deerruntreadmill.com

INS: [deerrun_official](https://www.instagram.com/deerrun_official)

TIKTOK: [deerrun_official](https://www.tiktok.com/@deerrun_official)

Séparez les éléments avant de trier



Made in China



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