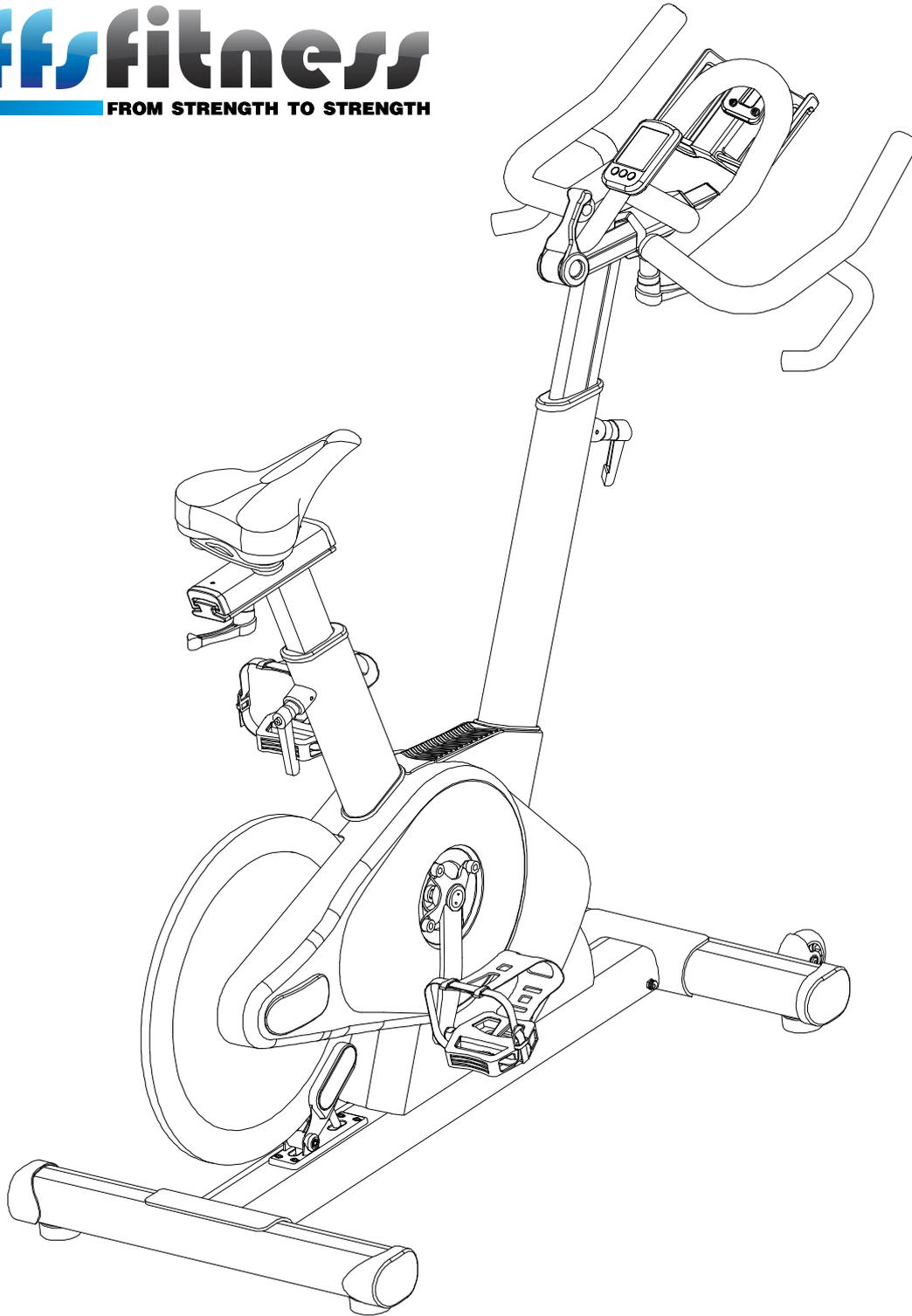


**staffsfitness**  
FROM STRENGTH TO STRENGTH



**ATTACK** USER MANUAL



# ATTACK

## USER MANUAL

### IMPORTANT SAFETY INSTRUCTIONS

PLEASE SAVE THESE INSTRUCTIONS

#### READ ALL INSTRUCTIONS BEFORE USING THIS EXERCISE EQUIPMENT.

- Keep children off your bike at all times.
- When the bike is in use, young children and pets should be kept at least 10 feet away.
- Use this bike only for its intended use as described in the manual.
- Keep your hands away from all moving parts, never turn the pedal crank arms by hand.
- Do not remove your feet from the pedals while they are in motion.
- After exercising, push down on the tension knob or turn the tension knob in a clockwise direction to slow the flywheel down and decrease the potential for injury.
- Do not dismount the bike until both the pedals and flywheel have come to a complete stop.
- Do not attempt to use this bike at high speeds or in standing positions until you have practiced and are comfortable at lower speeds.
- Rotate the tension knob clockwise to add resistance to the flywheel prior to standing on the pedals.
- Never drop or insert any object into any opening on this bike.
- Do not use without proper footwear.

To assure that the safety level of this bike is maintained, examine components for wear and tear on a regular basis. Components that are worn excessively or inoperable should be replaced immediately or the bike should be put out of use until it is repaired.

#### CAUTION:

If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing.

## INSTRUCTIONS FOR USE

- 1). The M1 Attack bike is designed to be used as a group cycle in fitness studios and health clubs. It has a fixed driven flywheel and should only be used under professional supervision.
- 2). Installation – it is important that the M1 Attack bike is correctly assembled and we recommend that installation and assembly be carried out by suitably qualified personnel.
- 3). Handlebar and seat adjustment. It is important that the handlebar and seat are set at the height correct for your body. Ask your instructor for assistance.  
Adjusting the handlebar height - Make sure it is securely tightened and that there is no lateral or vertical movement of the handlebar. Undo the Quick Release lever which is located in front of main tube. Slide stem tube in upward or downward to the required height position then re-tighten again.

Adjusting the seat height – refer to above mention.

The stem/sliding tube position can also be adjusted forwards or backwards. Undo the Quick Release lever located underneath of the bottom of sliding tube. Slide the handlebar/top sliding tube in forwards or backwards until reach the required position then securely re-tighten the Quick Release lever.

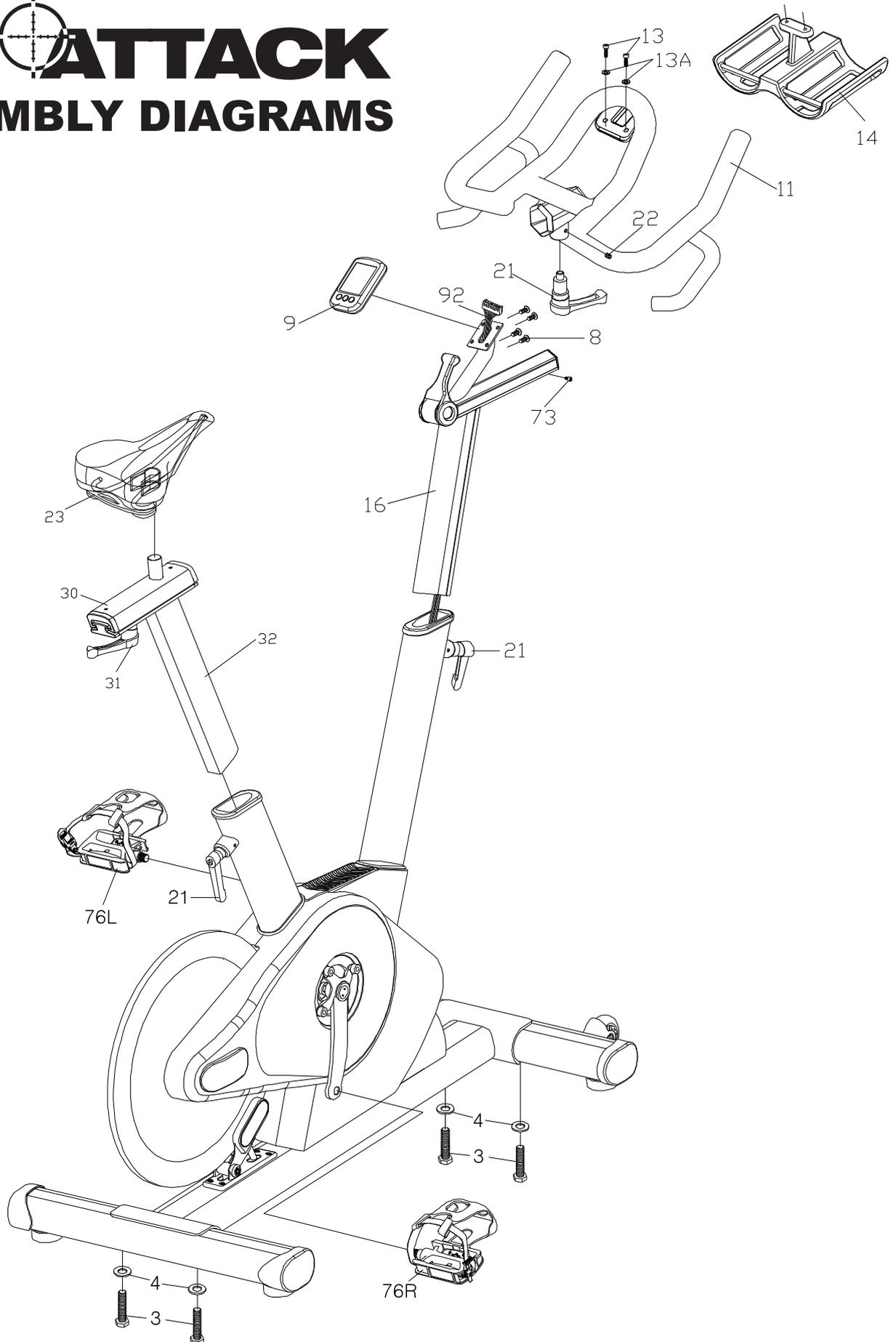
The seat/slider position can also be adjusted forwards or backwards. Undo the Quick Release lever located underneath of the bottom slider. Slide the seat/top slider forwards or backwards until reach the required position then securely re-tighten the Quick Release lever.

**NOTE: There is a safety line engraved on the seat post and handlebar stem. On no account should the seat post or handlebar stem ever be raised above this line.**

- 4). Pedals and toe straps – your feet should be securely positioned in the toe clips during the exercise. Put your foot as far forward as you can into the toe-clip and then pull the strap tight.
- 5). Resistance System - M1 Attack bike is with durable belt direct drive transmission system, to adjust the exercising resistance on the completed spinning bike, undo the simply loosen or tighten using control lever to make adjustment.  
For emergency stop then push control lever up-ward to the hardest position for stopping the wheel.
- 6). The M1 Attack bike should operate on a level surface with no lateral movement. There are height adjustable pads located on either side underneath of front and rear ground tube.
- 7). Maintenance – like any other mechanical cycling device, the M1 Attack bike should be regularly maintained. Ask your supplier for a detailed maintenance programme.

# **ATTACK**

## **ASSEMBLY DIAGRAMS**



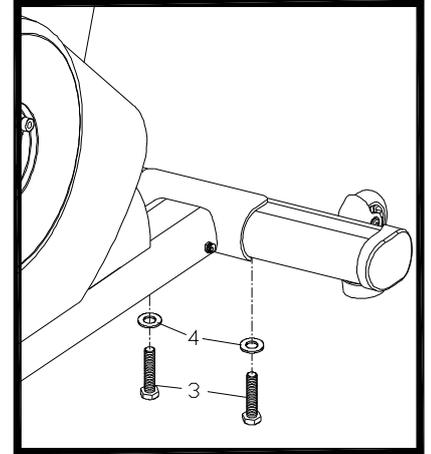
# **M1 ATTACK**

## **ASSEMBLY**

### **Step 1. (foot)**

Attach the front foot (7) to the frame using the bolt (3) and washer (4).

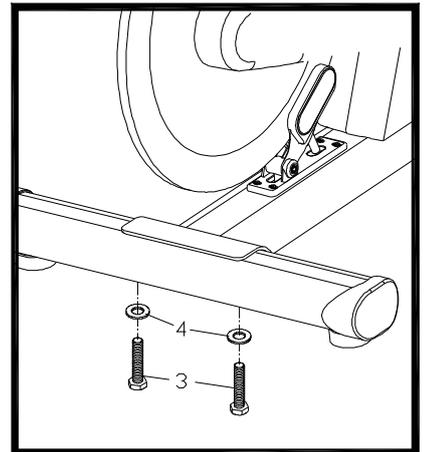
### **STEP 1**



### **Step 2. (foot)**

Attach the rear foot (2) to the frame using the bolt (3) and washer (4).

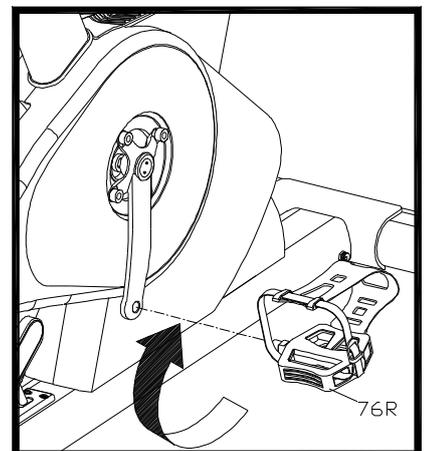
### **STEP 2**



### **Step 3. (pedals)**

Attach the pedals (76R/76L) into the crank arms (70R/70L), each pedal is marked with the letter R (right) or R (right) to denote the side of the bike they are on. NOTE: the right hand crank is on the same side as the chain cover (78R). Be careful to align the threads correctly to avoid any damaged. A little grease on the thread should help the pedals to screw in easily and correctly, tighten using a 15mm spanner, both pedals threads should tighten towards the front of the bike.

### **STEP 3**



## Step 4. & 5. (handlebar & stem) and Console Assembly

Insert stem into frame main tube then adjust handlebar stem (16) to a proper position then using lock lever (21) to fixed.

Open safety screw (73) on the stem sliding tube then insert handlebar (11) onto stem's sliding tube, move handlebar forward or backward until at a proper position then use sliding tube's lock lever (21) to fix it and screw back the safety screw (73).

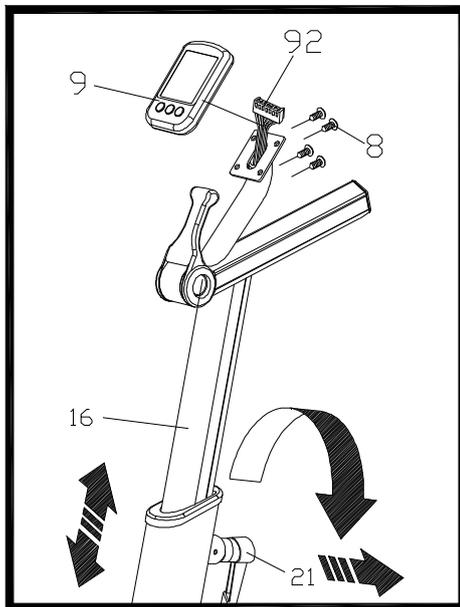
**Assemble console with cable and fix it onto bracket:**

Unscrew console's fixing screw (8) from the console.

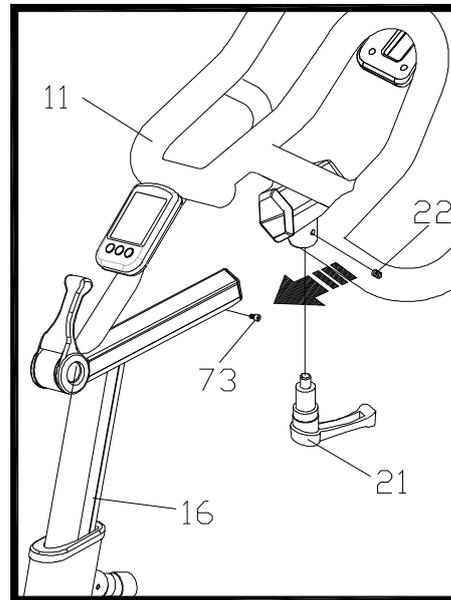
Connect cable (92) with console (9) then fix console on the bracket by screw back 4 fixing screw (8).

**Note:** Be careful on the cable (92) do not be damage during it connect with the console to assemble on the bracket.

### STEP 4



### STEP 5



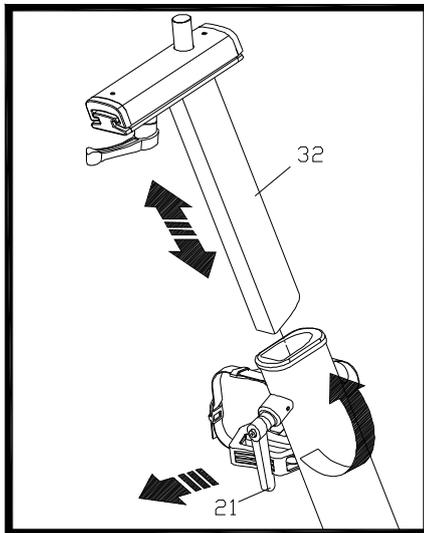
## Step 6. & 7. (saddle & seat post)

Insert seat post (32) into frame's seat tube and move upward or downward until at a proper position then use stem lock lever (21) to fix it.

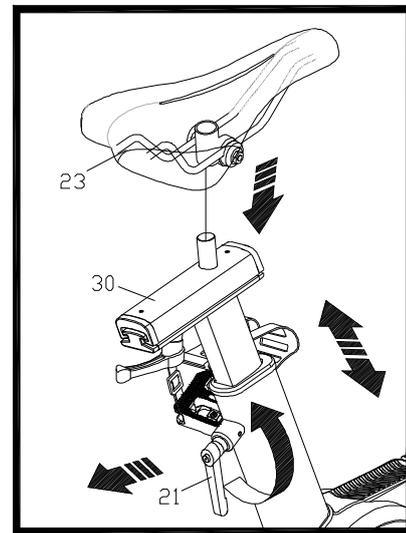
Assembly saddle (23) on saddle top slider (30), sliding saddle in forward or backward until at a proper position then use lock lever (21) to fix it.

**NOTE: Do not arise above safety line.**

### STEP 6



### STEP 7



### STEP 8

## Step 8. (bottle cage)

Attach bottle cage (14) on handlebar bottle hold bracket then use 2 screws (13, 13A) to fix bottle cage on the bracket by a 4mm allen key.

