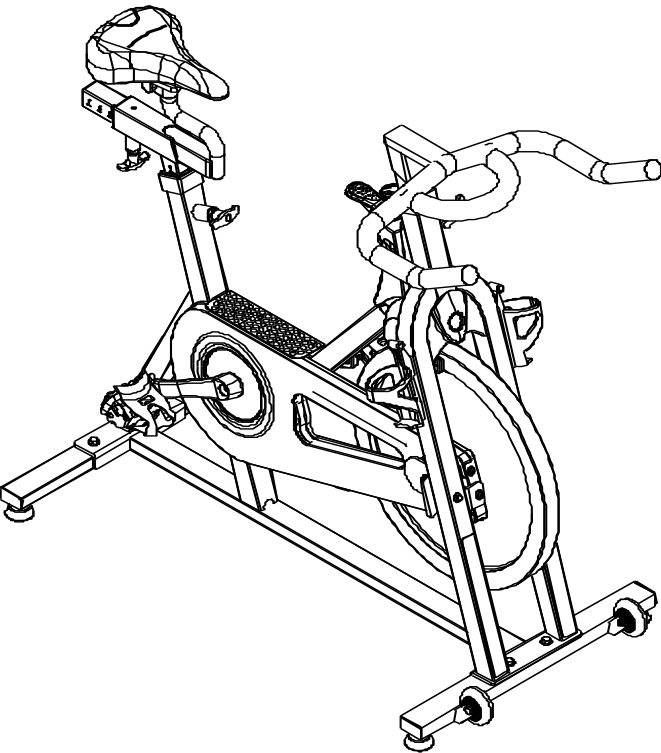


# Owner's Manual



# ***INTRODUCTION***

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Thanks you for choosing our IC bike. You have just become our valued customer. Our team will offer you detailed product information, expert cycling advice, and customer support.

IC bike is designed to closely simulate the feel of outdoor cycling. Its unique design, with fixed gear and high inertia flywheel, provide an intense work out. You can cycle at higher RPM and Cadences and by adjusting resistance level, develop cardiovascular, muscle strength, concentration and balance training.

Whirly IC bike should be enable to

- Improve cardiovascular function
- Increase muscle strength, explosive force and endurance
- Increase lower body muscle exercise and body sculpture.
- Increase energy level

Whether the basis of physical training for beginners, advanced cyclists, or commuters weight decrease, as long as 30 minutes daily and continuous, and at any time to add water, you can easily have a vitality and good body

The owner's Manual contains all the information for you to operate and enjoy your Whirly IC bike. Please read the Owner's Manual carefully and entirely before start using and getting onto the Whirly IC bike

## **IMPORTANT SAFETY WARNINGS**

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This symbol appearing throughout this manual means:  
**Attention! Be Alert! Your safety is involved.**

The definition of **WARNINGS** means that call attention to the potential hazard which, if not avoided, could result in loss of life, serious injury



**Read and understand the complete Owner's Manual and Warnings before using the exercise equipment**

- Use this equipment only for its intended use as described in this manual. Do not attempt to ride this bike at high pedal speeds or in a standing position until you have practiced and are comfortable riding at slower pedal speeds.
- This unit is NOT equipped with a freewheel system. If the flywheel is in motion, the pedals will be in motion. Do not attempt to stop the unit by applying reverse pressure to the pedals as knee injury may occur. If you do need to stop the equipment immediately, push down the resistance knob.
- Do not attempt to remove your feet from the pedals while they are in motion as serious injury may occur from the pedals.
- Do not dismount the equipment until the Flywheel and Pedal have completely stopped.
- In a home setting, keep the children away from the equipment either in use or not in use.
- Do not try to use your hand or place fingers to turn or into moving parts of equipment as the injury could occur.

## ***IMPORTANT SAFETY WARNINGS***

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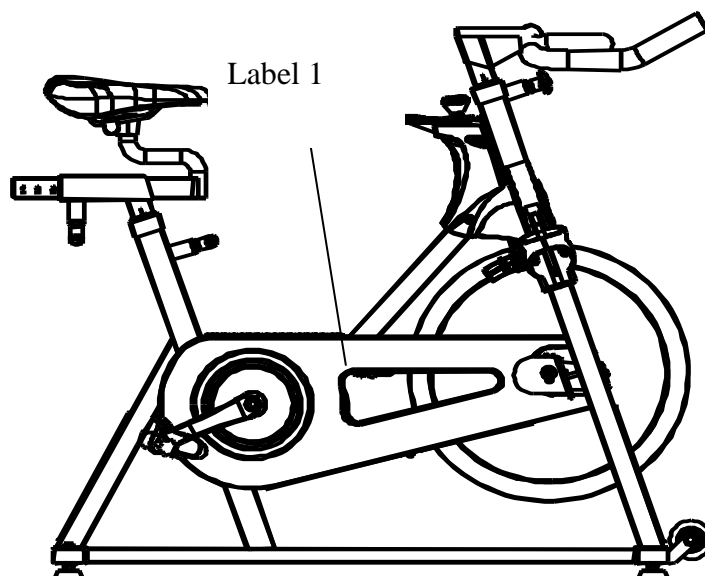
- Warn the bystander to keep a safe distance at least 1 meter. It is not allowed to touch the operator while the equipment is in use.
- To stay hydrated, drink water throughout your ride as needed.
- Do not use the equipment with bare feet. Choose the proper footwear to protect your feet.
- The Maximum user weight limits 113KG (250lbs). Do not use the equipment if you are over this weight limit.
- Allow for at least 0.5 meters of free space to each side of the unit. This is recommended safe distance for access or emergency dismounts from the equipment.
- Do not exert yourself. If you feel dizzy or any difficulty breathing, gradually stop pedaling and carefully dismount the equipment.
- Do not try to ride the bike at high speed in a standing position.
- Follow the assembly instruction for safety use the equipment, including proper seat position, handlebar position. Never adjust the handlebar and seat in height, seat fore-and-after past the minimum safe insertion depth marked with the word "STOP".
- Inoperable components should be replaced immediately or the equipment should not be used until it is repaired. Contact customer service for repair information and use genuine replacement parts.

## ***SAFETY WARNING LABELS***

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Before using the Equipment, Please find and read all the safety warning labels. Replace any damaged or illegible or missing labels. You can contact customer support service if you need to replace the labels

Label 1 : Chain Warning Label  
Location : Inside the chain guard



## ***FEATURES***

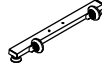









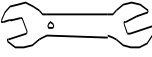

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- Position number are permanently on the vertical post and horizontal sliding allowing user to set the comfortable position and replicate next time.
- Stainless T-pop pin are designed for corrosion resistance and can be quickly threaded tight for a secure hold.
- Frame is completely ED ( electro deposition coating ) prior to the application of powder coating finish for corrosion resistance.
- Stainless steel fasteners throughout also resist corrosion.
- Enclosed chain guard keeps lubricated parts away from the rider, yet offers convenient access for easy lubrication.
- Flywheel concentrated mass on outer edge with larger gear ratio creates high inertia.
- Easy to adjust the resistance by turning knob. Pushing down the knob will stop the flywheel and pedal rotation.

## ***Parts list***

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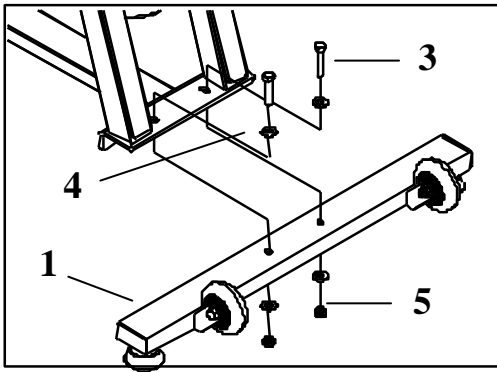
**Check the component before you start assembling the bike.**

No.	Description	Q'ty	Figure
1	Front Stabilizer	1	
2	Rear Stabilizer	1	
3	Hex Screw M8x1.25x40L SUS304	4	
4	Flat washer M8(φ19xφ8.5x1t)	8	
5	Nylon Nut M8x1.25(SUS304)	4	
6	Pedal	2	
7	T-pop pin	1	
8	Non- Adjustable Handlebar	1	
9	Water Bottle Holder	1	
10	Seat Post Assembly		
A	Combination Wrench 13/17mm	1	
B	Hex Wrench 3mm		

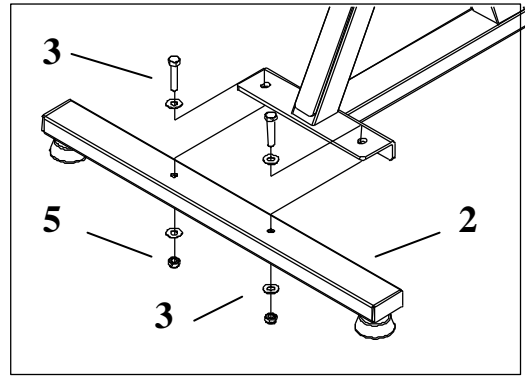
## ***Assembly***

### **Front and Rear Stabilizer Assembly**

### Front



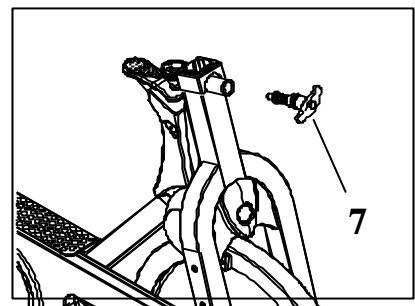
### Rear



1. Position the front stabilizer ( 1 ) on the frame bracket as showed in the figure. Make sure the transport wheel are facing up and toward the front of the bike
2. Attached the stabilizer with two Hex screws ( 3 ) ,Four flat washers ( 4 ) and two Nylon Nuts ( 5 ) . Do not over tightened as the deformation of stabilizer may occur
3. Position the Rear stabilizer ( 2 ) on the frame bracket as showed in the figure.
4. Attached the stabilizer with two Hex screws ( 3 ) Four flat washers ( 4 ) and two Nylon Nuts ( 5 ) . Do not over tightened as the deformation of stabilizer may occur
5. Make sure the leveling feet with nut are fully screwed into the stabilizer

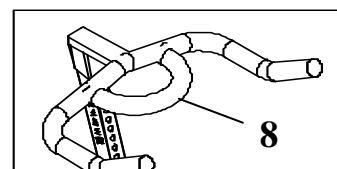
## T-Pop pin Assembly

Remove the T-pop pin ( 7 ) from the components box and turn clockwise to tighten firmly into the frame with wrench (A)



## Assembly

## Handlebar and Post Assembly

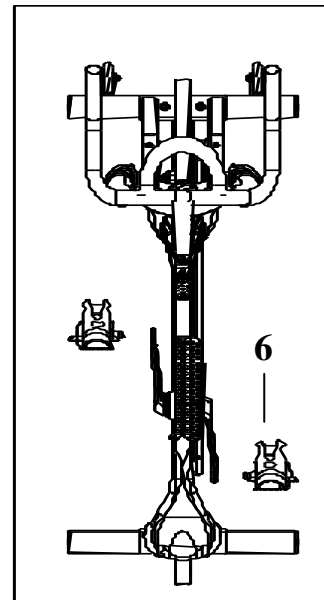




1. Turn the T-pop pin ( 7 ) several revolutions to make sure it is free of the securing threads and can be pulled freely
2. Insert the handlebar ( 8 ) into the head tube while pulling the T-pop pin. Lower the handlebar post to the desired height and release the T-pop pin.
3. Turn the T-pop pin clockwise till fully tightened

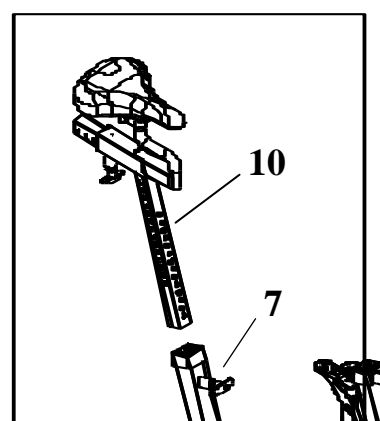
## Pedal Assembly

1. Remove pedals ( 6 ) from the components box
2. Look at the end of the pedal axle and will notice the each pedal is marked with an R and L on the spindle. It is indicated which side of bike the pedal is intended to assemble.
3. Locate the pedal marked the R on the spindle on the right side of crank (Chain guard side). Turn clockwise to tighten firmly. If possible , apply some grease to the threads before engage to the crank
4. Locate the pedal marked the L on the spindle on the Left side of crank (Chain guard side). Turn counter-clockwise to tighten firmly. If possible , apply some grease to the threads before engage to the crank



## Seat Post Assembly

1. Turn the T-pop pin ( 7 ) several revolutions to make sure it is free of the securing threads and can be pulled freely
2. Insert the Seat Post Assy. ( 10 ) into the frame tube while pulling the T-pop pin. Lower the



handlebar post to the desired height and release the T-pop pin.

3. Turn the T-pop pin clockwise till fully tightened
  
4. Make sure that the nose of the Seat is pointing straight ahead and that the Seat is level. If necessary, loosen the Hex Nuts beneath the Seat, adjust the position of the Seat, and then retighten the Hex Nuts.

## ***HOW TO USE***

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Whirly indoor cycling is easy to use. The bike allows user to full control the levels of resistance by simply adjusting the brake pad. You can choose the lower resistance, which enable you to pedal at faster pace, or the higher resistance at lower RPMs (Resolution per minutes). Higher resistance levels will typically deliver a greater muscle strength/endurance workout at lower RPMs.

This section instruct you how to use, including seat adjustment, Handlebar adjustment, Resistance adjustment, Emergency brake, Pedal strap adjustment, Dismounting the bike, Moving the bike, Leveling the bike.

## ➤ **Seat adjustment**

Proper seat height helps to ensure the maximum exercise efficiency and comfort, while reducing the risk of Injury. Adjusting the seat forward-and-backward allows working different lower body muscle groups.

### **Seat Height adjustment**



Do not raise the seat height above the **STOP** mark.

1. Turn the seat height pop-pin counterclockwise and pull it out to release it from preset location. Raise and lower the seat post to the desired height. Then release the pop-pin gently until it engages a preset hole on post. Be sure to tighten the knob firmly by clockwise. ◦
2. Rotate the crank so that the pedal is at 12 and 6 o'clock position.
3. Place your foot in the toe cage of the pedal closest to the floor and mount the bike. Ensure that the ball of your foot is over the center of the pedal. If your leg is too straight or your foot cannot touch the pedal you will need to lower the seat. If your leg is bent too much you will need to raise the seat. ◦
4. If necessary, you will need to try several seat heights to reset the height for most comfortable position. Repeat the instruction of the step 1 & 2 & 3 until the seat is in the desired position.
5. Note the final position number on the seat post for future reference

## ***HOW TO USE***

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### **Seat forward-and-backward adjustment**

1. Once the seat is in the desired position, dismount the bike and adjust the seat forward-and-backward position.
2. Loosen the knob under the seat slider by turning counterclockwise. Slide the seat forward and backward to the desired position.
3. When the seat is in the desired position, turn the knob clockwise to firmly tighten the knob.
4. If necessary, you will need to try several seat heights to reset the height for

most comfortable position. Repeat the instruction of the step2 until the seat is in the desired position.

5. Note the final position number on the seat post for future reference

## ➤ **Handlebar adjustment**

Proper Handlebar height helps to ensure the maximum exercise efficiency and comfort. Handlebar height is a matter of preference. Adjusting the handlebars higher will give the rider a more upright position; lowering them will result in a more prone position. The handlebar should be adjusted to more accurately if you feel discomfort in your back.

### **Handlebar Height adjustment**



Do not raise the seat height above the **STOP** mark.

1. Start and position the handlebar at the same height as the seat. Then mount the bike to feel if it is in the desired position
2. Turn the handlebar height pop-pin counterclockwise and pull it out to release it from preset location. Raise and lower the handlebar post to the desire height. Then release the pop-pin gently until it engages a preset hole on post. Be sure to tighten the knob firmly by clockwise.
3. If necessary, you will need to try several positions to reset for most comfortable position. Repeat the instruction of the step 1 & 2 until the handlebar is in the desired position.
4. Note the final position number on the seat post for future reference

## ***HOW TO USE***

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### **Handlebar forward-and-backward adjustment**

1. Once the Handlebar is in the desired position, dismount the bike and adjust the handlebar forward-and-backward position.
2. Loosen the knob under the handlebar slider by turning counterclockwise. Slide the handlebar forward and backward to the desire position.
3. When the handlebar is in the desired position, turn the knob clockwise to

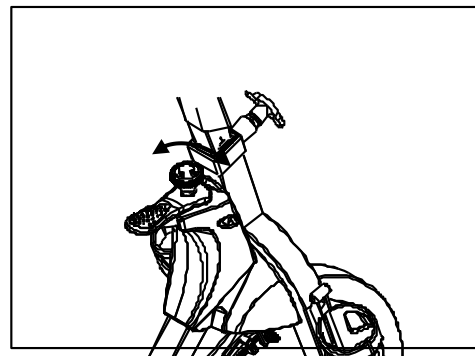
firmly tighten the knob.

4. If necessary, you will need to try several position to reset for most comfortable position. Repeat the instruction of the step 2 & 3 until the handlebar is in the desired position.
5. Note the final position number on the seat slider for future reference.

### ➤ **Resistance adjustment**

The resistance is controlled by the resistance knob. Resistance can be adjusted easily at any time while riding to change the intensity of workout.

Turn the knob clockwise (+) to increase resistance. Turn the knob counterclockwise (-) to decrease resistance.



## ***HOW TO USE***

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### ➤ **Pedal strap adjustment**

Place the ball of your feet in the toe clip till the front of the shoe snugly in the cage. Then tighten the strap of toe clip around your shoe by pulling up on the strap until cage of toe clip fits snugly around the shoe.

### ➤ **Dismounting the bike**



**WARNING**

Whirly Bike features with fixed gear so the flywheel momentum will keep the pedal rotating even after user stop pedaling or even the feet slip off the pedal incautiously. **Do not attempt to dismount or move you feet out of pedal until both the flywheel and the pedal have stopped completely.** Failure to follow may lead to loss of control and serious injury.

Here are some correct way to stop the pedal and flywheel to dismount the bike

1. Lower the pedal speed until the pedal completely stop
2. Increase the resistance until the pedal completely stop
3. Push down the resistance knob for Emergency brake function until the pedal completely stop.

### ➤ **Leveling the bike**

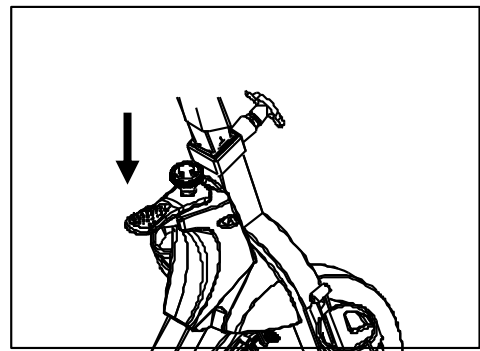
Adjust the four leveling feet located on the underside of the front and rear stabilizer, raise or lower by using an adjustable wrench to compensate for uneven floor surfaces.

## ***HOW TO USE***

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### ➤ **Emergency brake**

In case of emergency or before dismounting the indoor cycle, presses directly **DOWN** the resistance knob to stop the flywheel and pedal.



## ➤ **Moving the bike**

1. Make sure the handlebar post and Seat post is securely by tightening the pop-pin clockwise
2. Standing in the front of Bike and clasp the end of handlebar
3. Place one foot on the lower stabilizer and tilt the bike towards you until the bike is tilted enough to allow the transport wheel to touch the ground. Then you can easily roll the bike in any direction. Be gentle while moving the bike as many unexpected impact may affect the operation of bike.

## ***MAINTENANCE***

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### ➤ **Chain Tension adjustment**

The chain tension had been set and lubricated before shipped. It should not need to be adjusted when first using. However, you may need to make the minor tension adjustment over time.

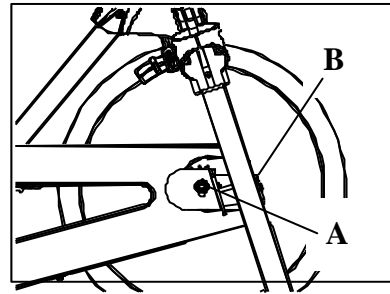
**Note: Make sure you adjust both side equally, either tighten or loosen the chain tension so that the flywheel keep in alignment with the frame**

#### **Tighten the Chain tension**

Move the crank arms back and forth. If there is more than 1/4" (0.64cm) movement in the crank before flywheel starts turning, you will need to adjust

the chain.

1. Loosen the two flanged nut ( A ) on either side of flywheel
2. Moving the flywheel forward by evenly tightening clockwise the 2 hex bolts ( B ) which go through the frame tube until there is approximately 1/4" (0.64cm) of slack in the chain
3. Re-tighten the 2 flanged nut ( A ) on either side of flywheel



### **Loosen the Chain tension**

Normally the rider will feel the strong vibration in the lower RPMs (20-50RPMs) if the chain is too tight. If this happened, you will need to adjust the chain.

1. Loosen the two flanged nut ( A ) on either side of flywheel.
2. Moving the flywheel backward by evenly loosening counterclockwise the two hex bolts ( B ) which go through the frame tube.
3. Suggest to turn 1/2 turns
4. Re-tighten the 2 flanged nut ( A ) on either side of flywheel.
5. You will need to repeat the step if you still feel vibration after adjustment

## ***MAINTENANCE***

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### **➤ Maintenance Schedule**

The safety level given by the design of Whirly can be maintained only when the bike is regularly checked for wear and damage. Fail components should be replaced immediately. Please read and understand all the maintenance instructions thoroughly before starting

#### **● Daily maintenance**

The life of your bike will be determined by how consistently you make the daily maintenance. Clean, Dry at end of each use to remove moisture-Sweat, water...

**Note : Never use abrasive cleaning liquids or petroleum-based solvents to wipe down the bike**



Part	Recommended Action	Cleaner	Lubricant
Frame	Wipe down to remove moisture- Sweat, water...	Soap & water, diluted non-abrasive cleaning liquids	N/A
Flywheel	Wipe down to remove moisture- Sweat, water...	Soap & water, diluted non-abrasive cleaning liquids	N/A
Stabilizer	Wipe down to remove moisture- Sweat, water...	Soap & water, diluted non-abrasive cleaning liquids	N/A
Chain Guard	Wipe down to remove moisture- Sweat, water...	Soap & water, diluted non-abrasive cleaning liquids	N/A
Handlebar Post	Raise up to the highest setting to allow to dry	Soap & water, diluted non-abrasive cleaning liquids	N/A
Seat Post	Raise up to the highest setting to allow to dry	Soap & water, diluted non-abrasive cleaning liquids	N/A

## ***MAINTENANCE***

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Horizontal Slider	Wipe down to remove moisture- Sweat, water...	Soap & water, diluted non-abrasive cleaning liquids	N/A
Pedal	Check and ensure that the pedals are tight in the crank. All screws on pedal are tight. Toe clip cage and strap are not damaged and frayed	N/A	N/A
Brake Pad	Release the brake to ZERO resistance	N/A	N/A

- **Weekly maintenance**

This should focus on the overall performance. Try to look for vibration and possible loose parts during the checking

Part	Recommended Action	Cleaner	Lubricant
Flywheel	<ol style="list-style-type: none"> <li>1. Apply the light coat of WD-40 on side of flywheel for corrosion resistance</li> <li>2. Check the flywheel alignment to the frame</li> </ol>	WD-40	N/A
Hardware	Tighten all the frame hardware (Bolt, nut, screw)	N/A	N/A
Pop-Pin	Tighten all the Pop-pin	N/A	N/A

## ***MAINTENANCE***

- **Monthly maintenance**

This should be comprehensive checking of the overall frame, main assembly components

Part	Recommended Action	Cleaner	Lubricant
Chain	<ol style="list-style-type: none"> <li>1. Lubricate drive chain with bicycle lubricant containing PTFE (Teflon<sup>®</sup>) from the hole in top of the chain guard.</li> <li>2. Check the chain tension(See Chain tension adjustment procedure)</li> </ol>	N/A	Lubricant containing PTFE (Teflon <sup>®</sup> )

Leveling Feet	Check if the feet is damaged to affect the balance of bike	N/A	N/A
Pop- pin	If post has still too much play after tightening, it maybe the thread of pop-pin or itself was wore or damaged. Need to change the pop-pin	N/A	N/A
Brake Pad	Inspect for wear. Excessive wear, or too glazing, separated from the plastic bracket, indicates replacement is needed.	N/A	N/A
Seat	Inspect for wear. Rip, tear, cannot be tight (too much movement), indicates replacement is needed.	N/A	N/A
Pedal	Inspect for excessive play, indicates replacement is needed.	N/A	N/A

## ***LIMITED WARRANTY***

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Whirly indoor cycling exercise bike are warranted to the retail purchaser to be free from defects in material and workmanship. Warranty was limited to be valid to the original purchaser and require the proof of purchase. Any product is not sold by authorized or recommended retailer or place by Wellness, will void any warranty policies set forth by Wellness.

This warranty does not cover and apply any defect caused by negligence, misuse, accident, crash, alteration, incorrect or improper maintenance or an "act of God", improper place to place and use the unit, do not follow the instruction or warnings in the Owner's manual, miss of series number.

### **Warranty Period**

Frame, Stabilizer – half a year for all welds

Crank, Flywheel, Handlebar, Handlebar/Seat post – 90 days

Pedals – 90 days

Seat, PVC grip, Pop-pin, Pedal strap, Brake – 90 days

**Note: This warranty excludes the wear items that need to be replaced due to the normal wear**

**Note: Wellness reserves the right to make improvements and/or updates to the products described herein at any time without notice.**

## ***LIMITED WARRANTY***

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### **Procedures**

The warranty will be performed by Wellness or a dealer authorized / recommended by Wellness. Contact our customer service department for any product problem. Before calling, please prepare the following information in advance to provide to our customer service representative.

- Proof of purchase
  
- Your name, telephone, shipping and billing address
  
- Series number of unit

This information will ensure you are the only one ordering /claiming the parts under your warranty protection. You may be required to send back the defective part once you receive the replacement.

The following policy has been established to facilitate the warranty process

- Call Customer service department to get the authority prior to send back the unit or part. If it is required to send back, you do not need to pay for the freight charges and will provide you the detailed shipping instruction
- Wellness will pay for the all freight charges for warranty parts which is ordered to replace the defective part of Whirly indoor cycling exercise bike that is less than 90days old
- You are responsible to all the freight charges for warranty parts of Whirly indoor cycling exercise bike that is more than 90days.