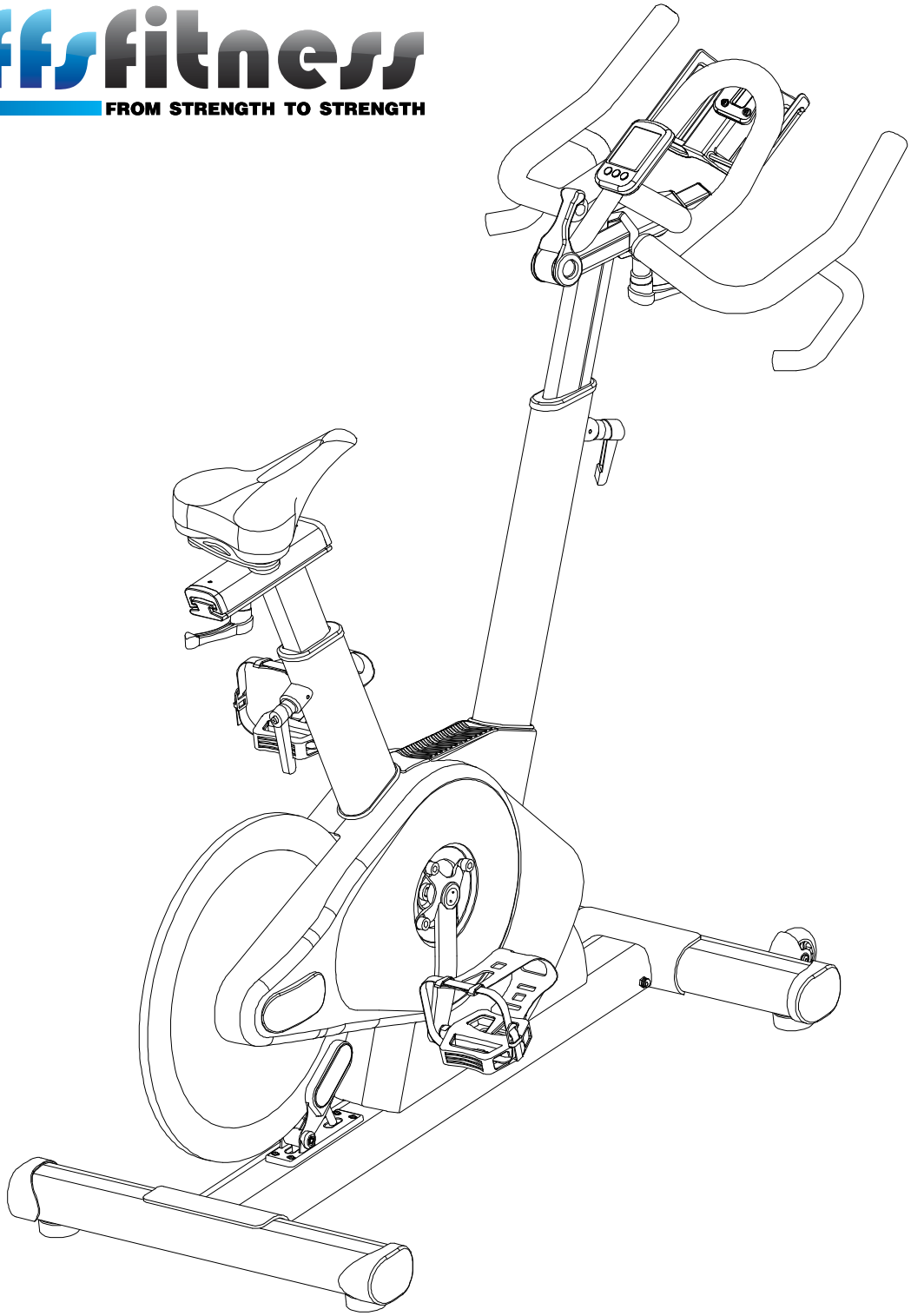
staffsfitness
FROM STRENGTH TO STRENGTH



USER MANUAL

ATTACK

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.

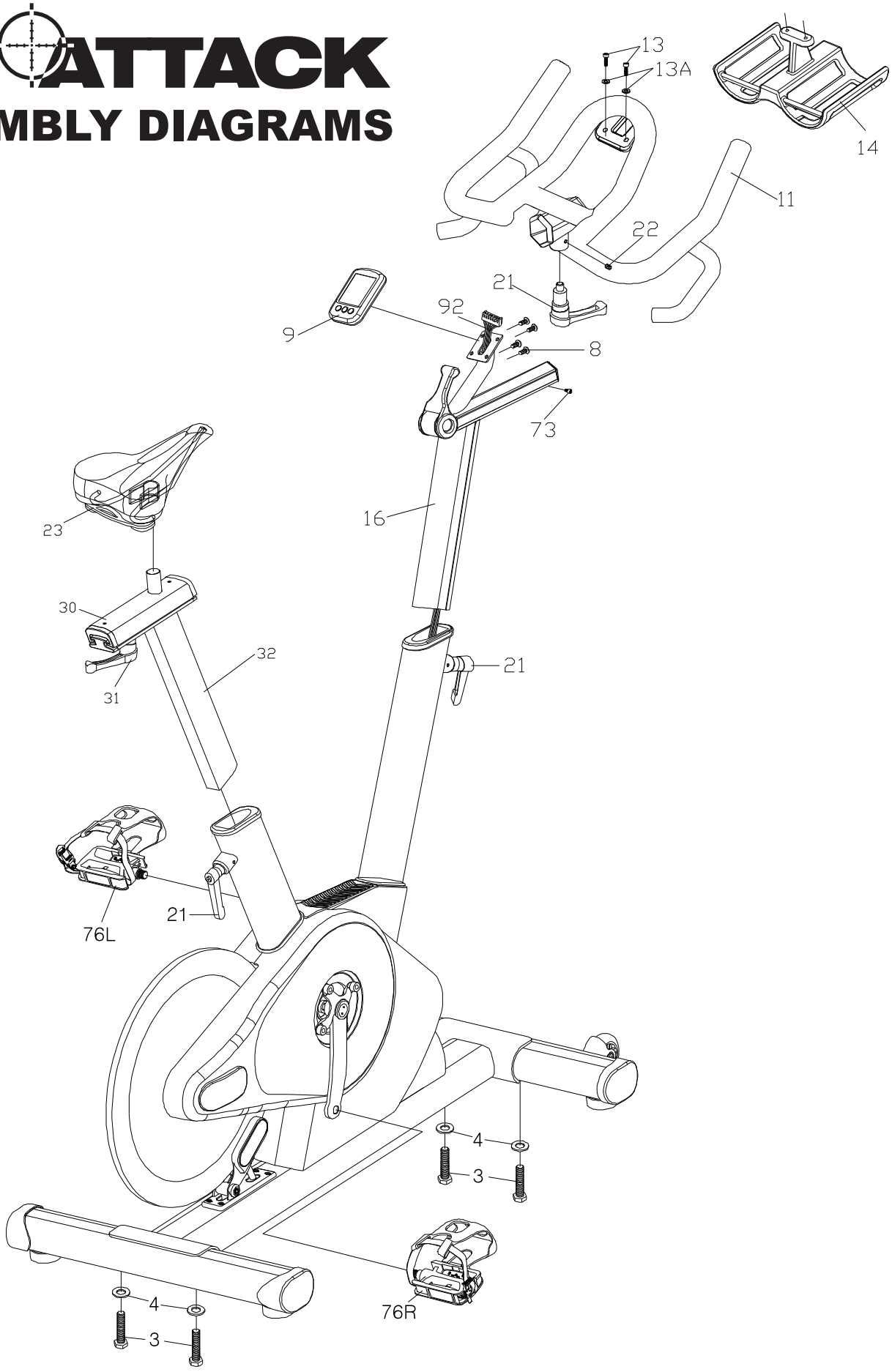
5). Resistance System - M1 Attack bike is with durable belt direct drive transmission system, to adjust the exercising resistance on the completed spinning bike, undo the simply loosen or tighten using control lever to make adjustment.
For emergency stop then push control lever up-ward to the hardest 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.

M ATTACK

ASSEMBLY DIAGRAMS

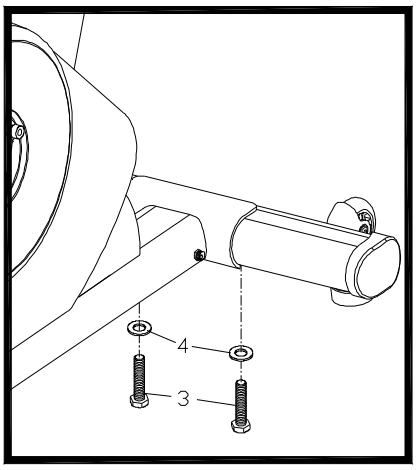


M1 ATTACK
ASSEMBLY

Step 1. (foot)

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

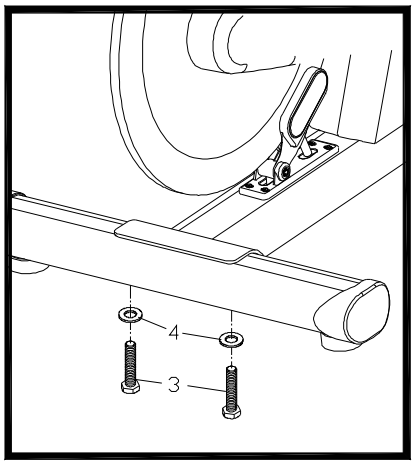
STEP 1



Step 2. (foot)

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

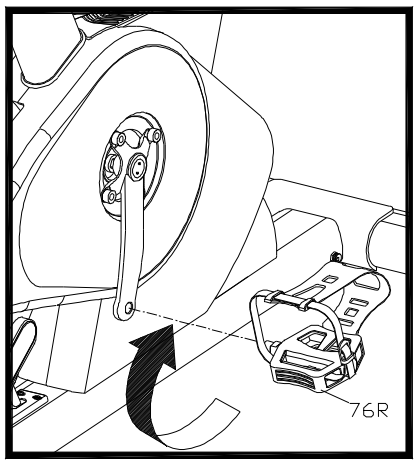
STEP 2



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.

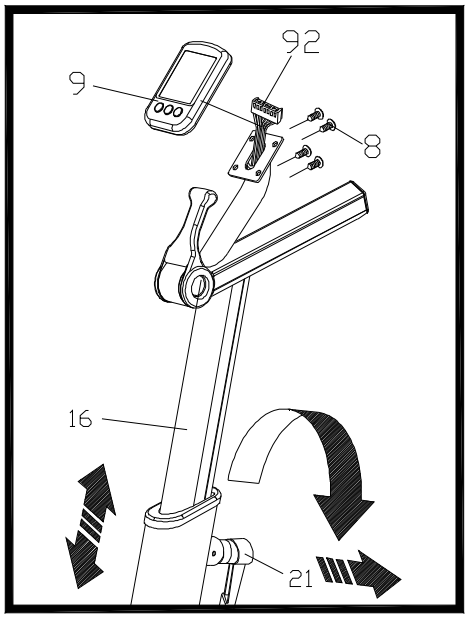
Open safety screw (73) on the stem sliding tube then insert handlebar (11) onto stem's sliding tube, move handlebar forward or backward until at a proper position then use sliding tube's lock lever (21) to fix it and screw back the safety screw (73).

Assemble console with cable and fix it onto bracket:

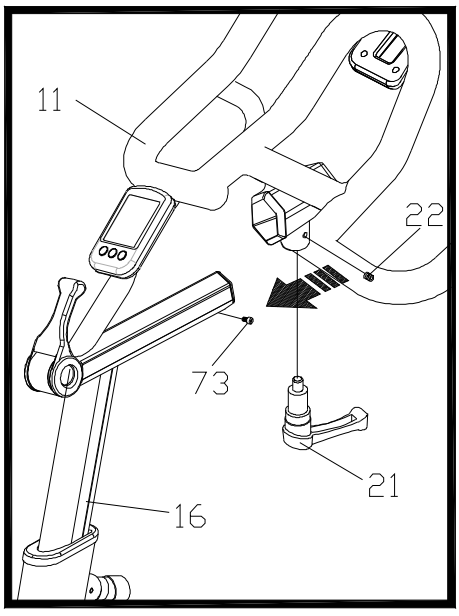
Unscrew console's fixing screw (8) from the console.
Connect cable (92) with console (9) then fix console on the bracket by screw back 4 fixing screw (8).

> **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



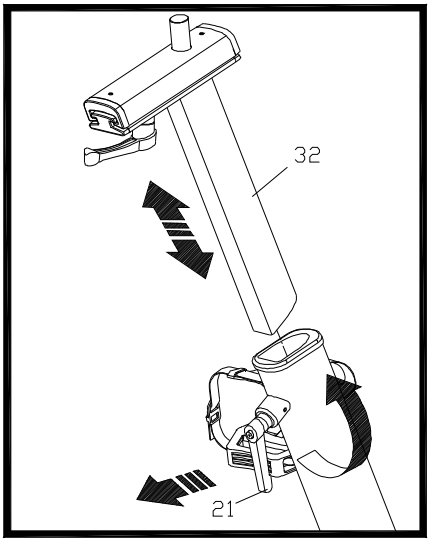
Step 6. & 7. (saddle & seat post)

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.

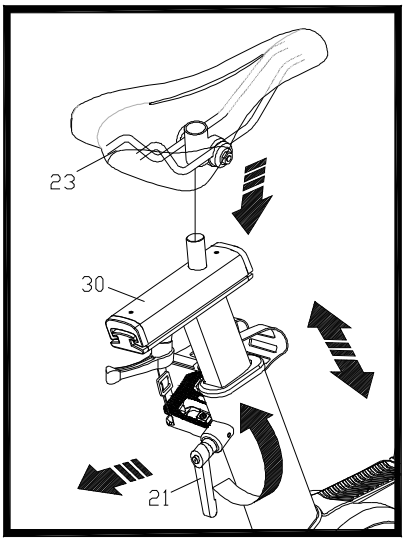
Assembly saddle (23) on saddle top slider (30), sliding saddle in forward or backward until at a proper position then use lock lever (21) to fix it.

NOTE: Do not arise above safety line.

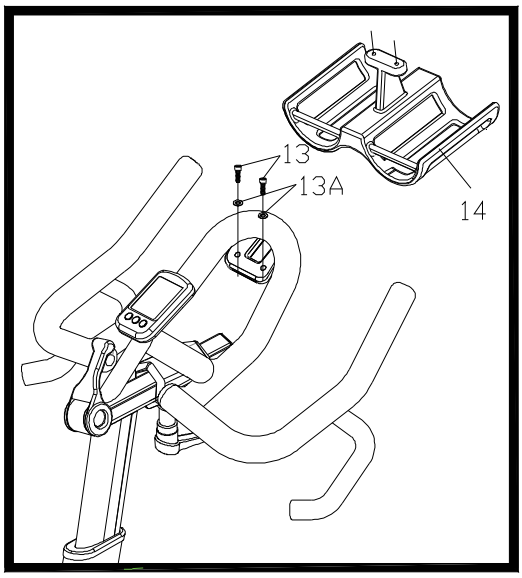
STEP 6



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.

M ATTACK

PARTS LIST

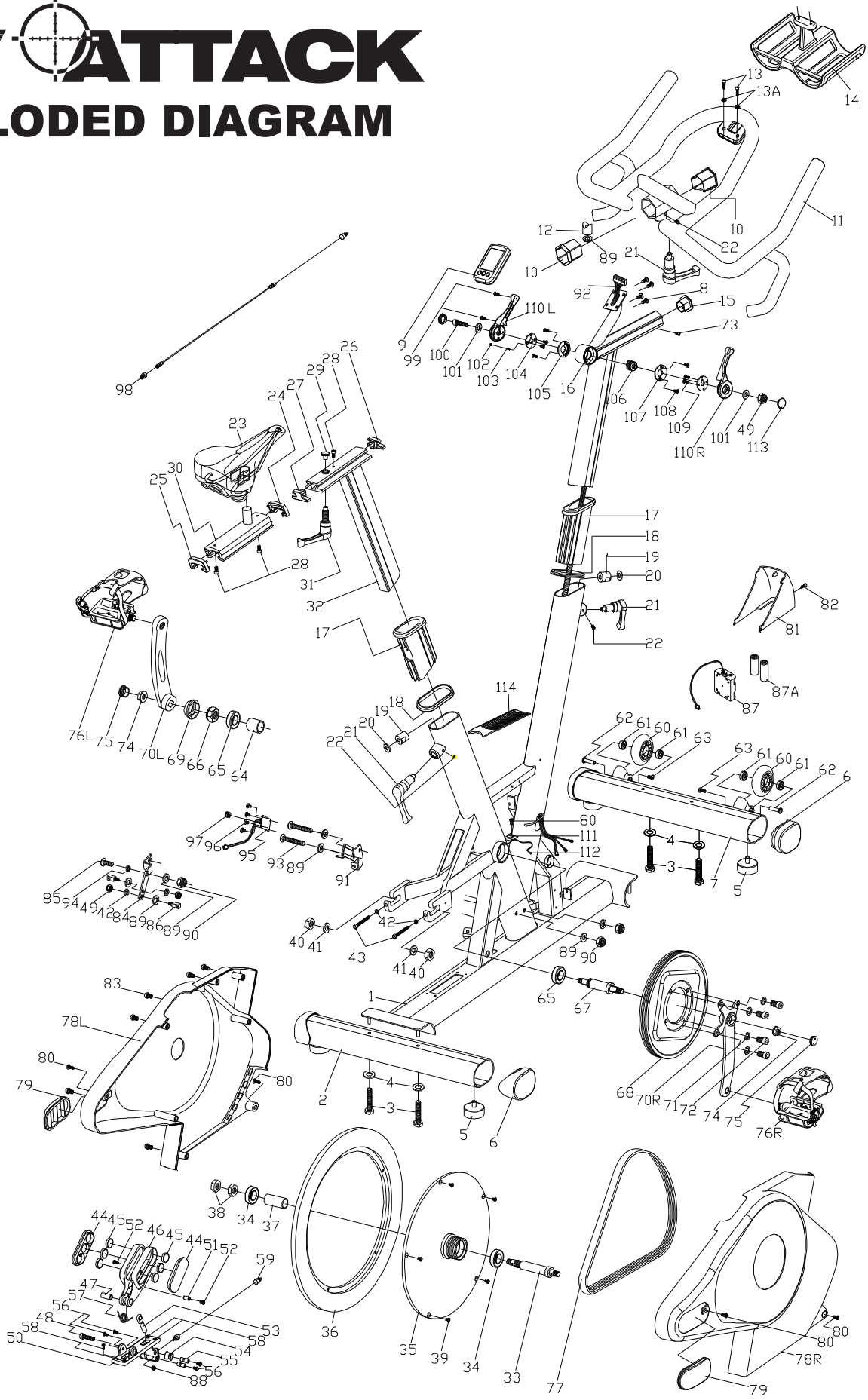
No.	Item/description	Unit	Qty	Remark
1	Frame	Kit	1	
2	Rear Ground Tube 60*86*3t*545l	Pcs	1	
3	Bolt M10×p1.5×30l	Pcs	4	Cp
4	Washer Ψ22×Ψ10×2t	Pcs	4	Cp
5	Adjustable Foot Pad M10×p1.5	Pcs	4	
6	Foot Tube's End Cap 60×86	Pcs	4	
7	Front Foot Tube 60×86×3t×545l	Pcs	1	
8	Screw M5×p0.8×10l Stainless	Pcs	4	
9	Vortec #8109 Consol	Pcs	1	
10	Handlebar Sliding Tube's F/r Sleeve	Pcs	2	
11	Handlebar Set	Kit	1	
12	"V" Locking Piece 23*23l	Pcs	1	Stainless
13	Water Bottle Cage Fix Screw M5×p0.8*15l)	Pcs	2	Stainless
13a	Washer Ψ12*5*1t	Pcs	2	
14	Steel Double Bottle Cage	Pcs	1	
15	Stem's Sliding Tube's Plastic End Cap	Pcs	1	
16	Stem	Kit	1	Alloy
17	Main Tube &seat Tube's Sleeve	Pcs	2	Bk
18	Main Tube's Seal Ring 40×97	Pcs	2	Bk
19	"V" Lock PieceΨ23×24l	Pcs	2	
20	Washer Ψ22×Ψ10×2t	Pcs	2	Cp
21	Main Tube & S/t's Lock Lever	Pcs	3	Cp
22	Set Screw M6×p0.8×8l W/ Locktile	Pcs	3	Cp
23	Saddle	Pcs	1	
24	Seat Post Upper Slider's End Cap	Pcs	1	Bk
25	Seat Post Bottom Slider's End Cap	Pcs	1	Bk
26	Stem Upper Slider's End Cap	Pcs	1	Bk
27	Stem Bottom Slider's End Cap	Pcs	1	Bk
28	Screw M6×p1.0×10l	Pcs	3	Stainless
29	Floating Piece Ψ22×Ψ9.5×15	Pcs	1	Stainless
30	Rear Top Slider	Kit	1	Alloy
31	Lock Lever M12×p1.75×22l×Ψ8×10l	Pcs	1	
32	Seat Post	Kit	1	Alloy
33	Fly Wheel Axle Ψ25×Ψ20×155.5l	Pcs	1	
34	Bearing 6004 Zz Skf	Pcs	2	
35	Cast Wheel Ψ359.8×Ψ334.7×86t×5pk	Pcs	1	
36	Alloy Ring Ψ 450× Ψ360×16t	Pcs	1	
37	Fly Wheel Axle's SleeveΨ24×Ψ20.1×56l	Pcs	1	Cp
38	Nut M17×p1.0×8t	Pcs	2	Cp
39	Screw M5×p0.8×10l	Pcs	5	Black
40	Nut M12×p1.25×9t	Pcs	2	Cp

No.	Item/description	Unit	Q'ty	Remark
41	Washer Ψ27×Ψ13×3t	Pcs	2	Cp
42	Washer Ψ10×Ψ6×1t	Pcs	4	Ucp
43	Bolt M6×p1.0×50l	Pcs	2	
44	Cover For Magnet's Bass:31×88.7×2t	Kit	2	
45	MagnetΨ25×10t ,identify : + - Pole .	Pcs	6	
46	Plastic Bass For Magnet Set	Kit	1	
47	Magnet's Set Inner Sleeve .	Pcs	1	Stainless
48	Screw M6×p1.0×35l	Pcs	1	Stainless
49	Nut W/nylon Insert M6×p1.0	Pcs	2	Cp
50	Magnet's Set Fix Plate	Pcs	1	Nylon
51	SleeveΨ8×15l	Pcs	1	Stainless
52	Screw M5×p0.8×6l	Pcs	2	Stainless
53	Cable Connecting BarΨ10×54 .	Pcs	1	Stainless
54	PullyΨ18×Ψ9.5×13.7l	Pcs	1	Ucp
55	Spring Fixing AxleΨ9×20l .	Pcs	2	Cp
56	Screw M5×p0.8×5l	Pcs	4	Cp
57	Rebound Spring .	Pcs	1	
58	Screw M5×p0.8×15l	Pcs	4	Stainless
59	Adjusting Wire For Tune Adjustment .	Kit	1	
60	Pumoving WheelΨ76×24t×85a Hardness.	Pcs	2	
61	Bearing 608zz	Pcs	4	
62	NutΨ8×30l	Pcs	2	Cp
63	Screw M6×p1.0×12l.	Pcs	2	Cp
64	B.B SleeveΨ24×Ψ20.1×23.1l	Pcs	1	Ucp
65	Bearing 6204 Zz Skf	Pcs	2	
66	Nut W/nylon Insert M20×p1.0	Pcs	1	Bk
67	B.B AxleΨ25×Ψ20×141.5l .	Pcs	1	
68	Belt PullyΨ265×5pk.	Pcs	1	Bk
69	Bb Axle's Dusty Cover	Pcs	1	Bk
70l	Crank For Left Side.	Pcs	1	
70r	Crank For Right Side .	Pcs	1	
71	Spring WasherΨ10	Pcs	4	Cp
72	Screw M10×p1.5×15l	Pcs	4	Stainless
73	Alen Key Bolt M5*p0.8*10l	Pcs	1	
74	Flange Nuty M10×p1.25×7t	Pcs	2	Bk
75	Dusty Cover	Pcs	2	Bk
76l	5/8" Wpd-e003 Dual Sided Pedals	Pcs	1	
76r	5/8" Wpd-e003 Dual Sided Pedals	Pcs	1	
77	Belt 5pk(1180)	Pcs	1	
78l	Left Out Cover	Pcs	1	Bk,abs
78r	Right Out Cover	Pcs	1	Bk,abs
79	Pop Cover	Pcs	2	Tpr
80	Screw M5×p0.8×10l	Pcs	5	Bk

NO.	Item/Description	Unit	Q'ty	Remark
82	Screw M6×P1.0×10L	PCS	1	Stainless
83	Screw M5×P0.8×15L	PCS	6	Stainless
84	RV adjusting lever 3t	PCS	1	UCP
85	Alen bolt M8×P1.25×20L	PCS	1	UCP
86	Adjustment's Bolt M6×9.5×31.7L	PCS	2	UCP
87	Battery case	PCS	1	Plastic
87A	Battery	PCS	2	
88	Nut w/Nylon Insert M6×P1.0	PCS	1	CP
89	Washerψ16×ψ8.5×1.5t	PCS	8	UCP
90	Nut W/Nylon Insert M8×P1.25	PCS	3	UCP
91	RV fix bracket 3t	PCS	1	UCP
92	Console's connect wire	PCS	1	UCP
93	Screw M8×P1.25×60L	PCS	2	UCP
94	Inner Sleeveψ12×ψ8.5×4t	PCS	2	UCP
95	VR w/cable	PCS	1	
96	VR fix screw	KIT	4	
97	sleeve 12*15,2*8L	pc	1	
98	Adjusting wire	PCS	1	
99	Screw M2.5*15L	PCS	2	CP
100	Alen bolt M6*1.0*40L	PCS	1	CP
101	Washer 20*6.5*2t	PCS	2	CP
102	Spring 4*9L*3	PCS	1	CP
103	lock pin 4*2.6*2*10L	PCS	1	CP
104	Cable roller's fixing washer	PCS	2	UCP
105	Left roller's fixing plate	PCS	1	UCP
106	Cable pulling roller	PCS	1	Blk
107	Right roller's fixing plate	PCS	1	UCP
108	Screw M4×P0.7×8L	PCS	4	UCP
109	Screw M3×10L	PCS	4	UCP
110L	Resistance left side adjusting lever	PCS	1	Plastic
110R	Resistanceright side adjusting lever	PCS	1	Plastic
111	Sensor fixing bracket for SR212	PCS	1	
112	Sensor w/Cable:ψ6×300L×46mm(2PIN)	PCS	1	
113	Plastic end seal cover	pcs	2	Plastic
114	Top tube's protector	PCS	1	Plastic

M1 ATTACK

EXPLODED DIAGRAM



M1 ATTACK

NOTES