



***SQHBIK-1***

THE MERCURY

**Stationary Cycling Bike Exerciser**

with Comfortable Seat Cushion,  
Digital Display with Pulse, iPad Holder

***USER GUIDE***



**DOWNLOAD THE SQUATZ APP TO FOLLOW YOUR CUSTOM SQUATZ WORKOUT!  
ALL SQUATZ PRODUCTS COME WITH AN ADVANCED WORKOUT PROGRAM!**

Before you start training on your Stationary Cycling Bike Exerciser, please read the instructions carefully. Be sure to keep the instructions for information, in case of repair and for spare part delivery.

### **SAFETY INSTRUCTION**

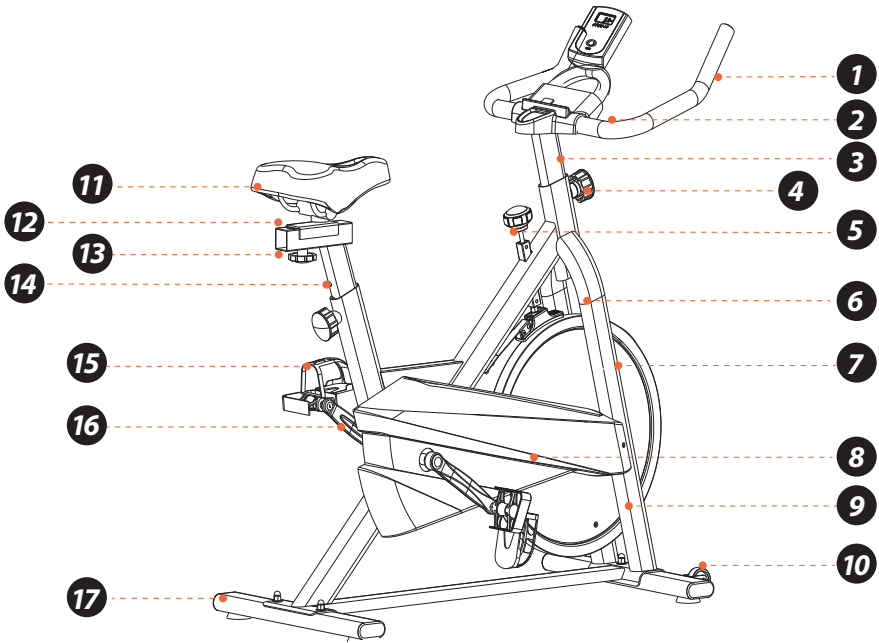
- This *Stationary Cycling Bike Exerciser* is made for home use only and tested up to a maximum body weight of 275 lbs.
- Follow the steps of the assembly instructions carefully.
- For assembly use only suitable tools and ask for assistance with assembly if necessary.
- Check before the first training and every 1-2 months, that all connecting elements are tight fitting and are in the correct condition. Replace defective components immediately and/ or keep the equipment out of use until repair. For repairs, use only original parts.
- In case of repair, please ask your dealer for advice.
- Avoid the use of aggressive detergents when cleaning the home exerciser.
- Ensure that training starts only after correct assembly and inspection of the item.
- For all adjustable parts be aware of the maximum positions to which they can be adjusted/tightened to.
- The Stationary Cycling Bike is designed for adults. Please ensure that children use it only under the supervision of an adult.
- Ensure that those present are aware of possible hazards, e.g. movable parts during training.
- Consult your physician before starting with any exercise program. He or she can advise on the kind of training and which impact is suitable.

### **WARNING!**

#### **INCORRECT/EXCESSIVE TRAINING CAN CAUSE HEALTH INJURIES.**

- Follow the advice for correct training as detailed in training instructions.
- The load/work level can be adjusted by turning the adjustment knob on the handle bar stem.

- The safety level of this equipment can be maintained only if it is check regularly for all assembly procedure mentioned in the assembly instruction sheet.
- Please check regularly for the tightening knobs to notice any irregular wear.

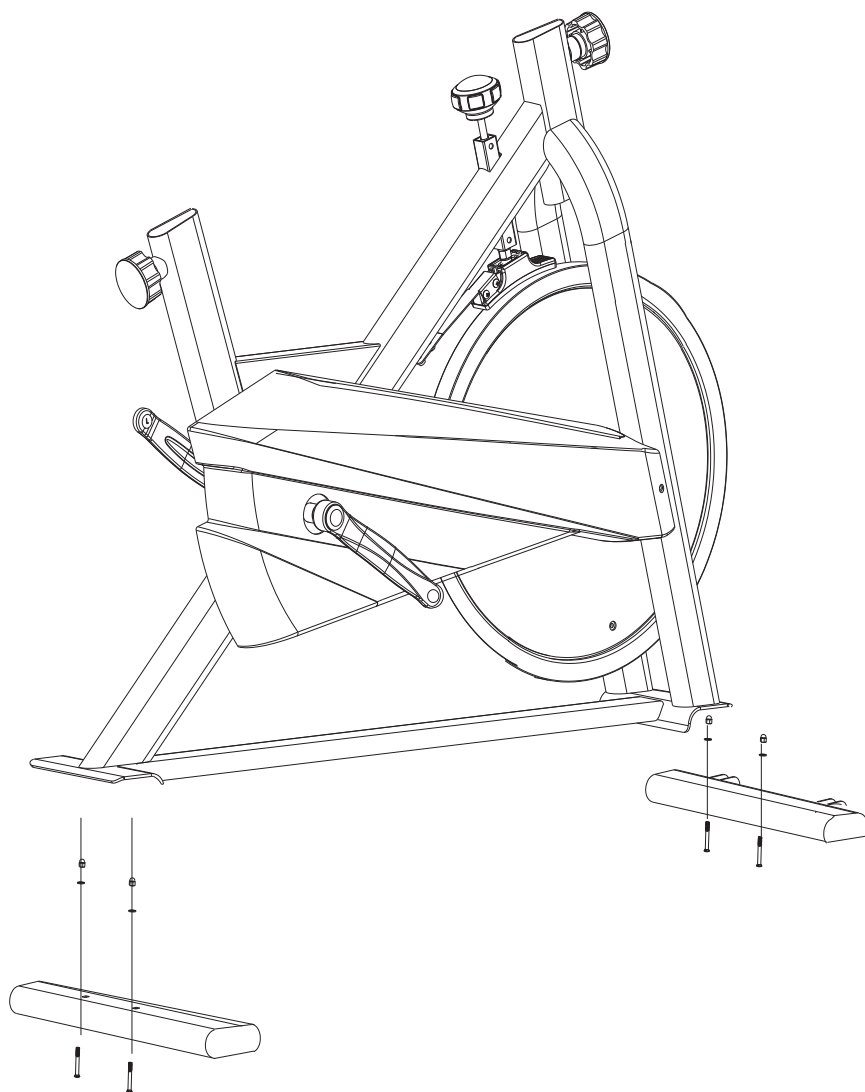


NO.	DESCRIPTION	Q'TY
1	Handle Bar	1 PC
2	PAD Holder	1 PC
3	Handle Bar Post	1 PC
4	Adjusting Knob for Handle Bar Post	1 PC
5	Brake Knob	1 PC
6	Bottle Holder	1 PC
7	Flywheel Cover	1 PC
8	Crank (L+R)	2 PC
9	Main Frame	1 PC
10	Front Stabilizer	1 PC
11	Saddle	1 PC
12	Horizontal Seat Post	1 PC
13	Adjusting Knob for Horizontal Seat Post	1 PC
14	Seat Post	1 PC
15	Pedal (L+R)	2 PC
16	Chain Cover (L+R)	2 PC
17	Rear Stabilizer	1 PC

## ASSEMBLY INSTRUCTION

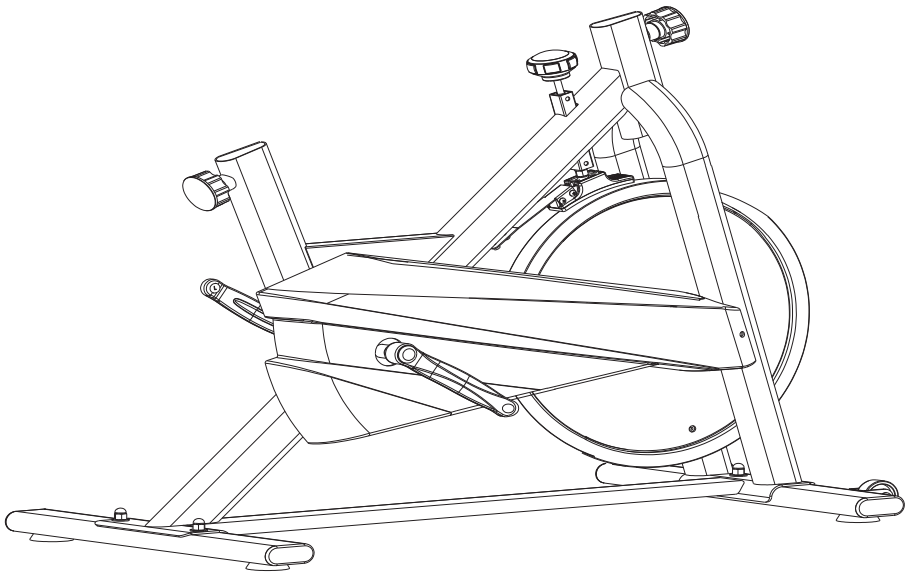
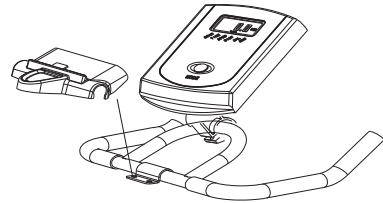
### Step 1:

Fasten the front stabilizer (10) on the, main frame (9) with the carriage bolts (M8x55, 2pcs), washers (8x16, 2pcs) and cap nut (M8, 2pcs); then fasten the rear stabilizer (17) on the main frame (9) with the carriage bolts (M8x55, 2pcs), washers (8x16, 2pcs) and cap nut (M8, 2pcs).



## Step 2:

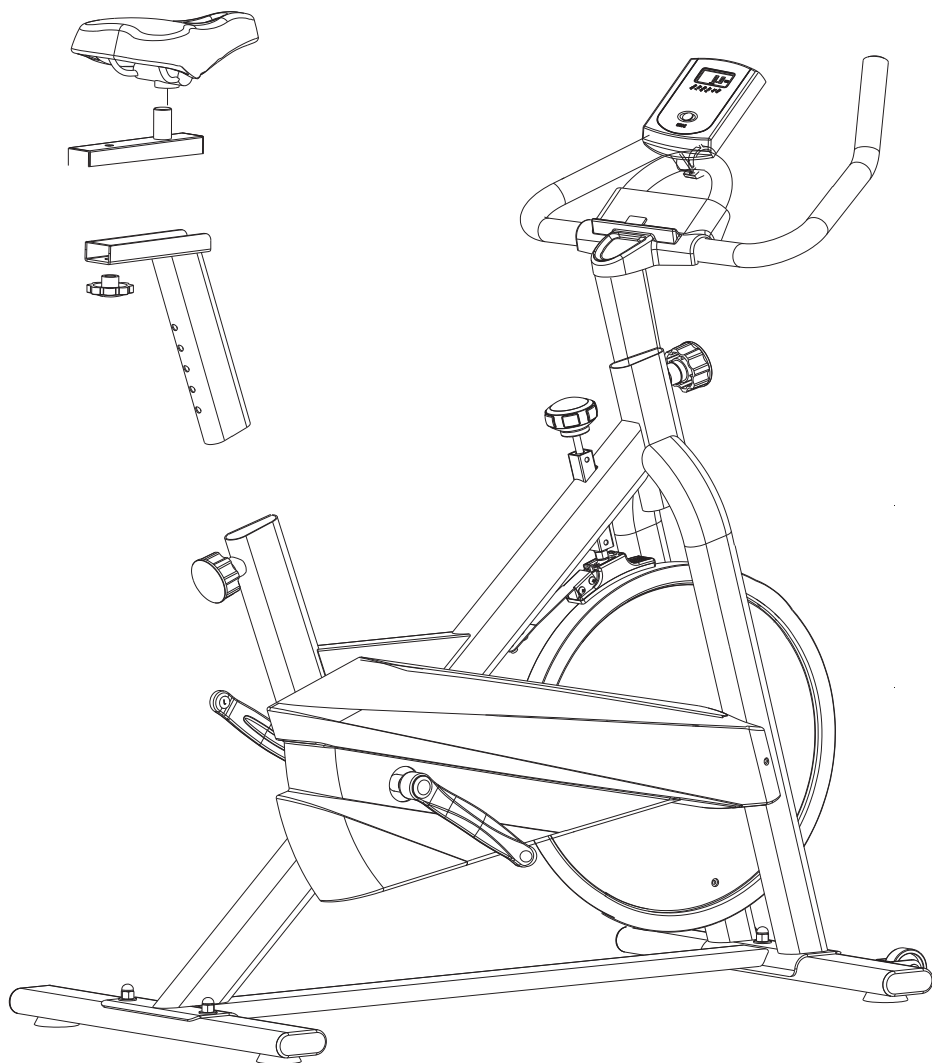
Attach the handlebar post (3) with the handlebar (1) using hex socket bolt (M8x15, 4pcs), spring washer (M8, 4pcs). Then set the PAD holder in the correct position and secure.



### Step 3:

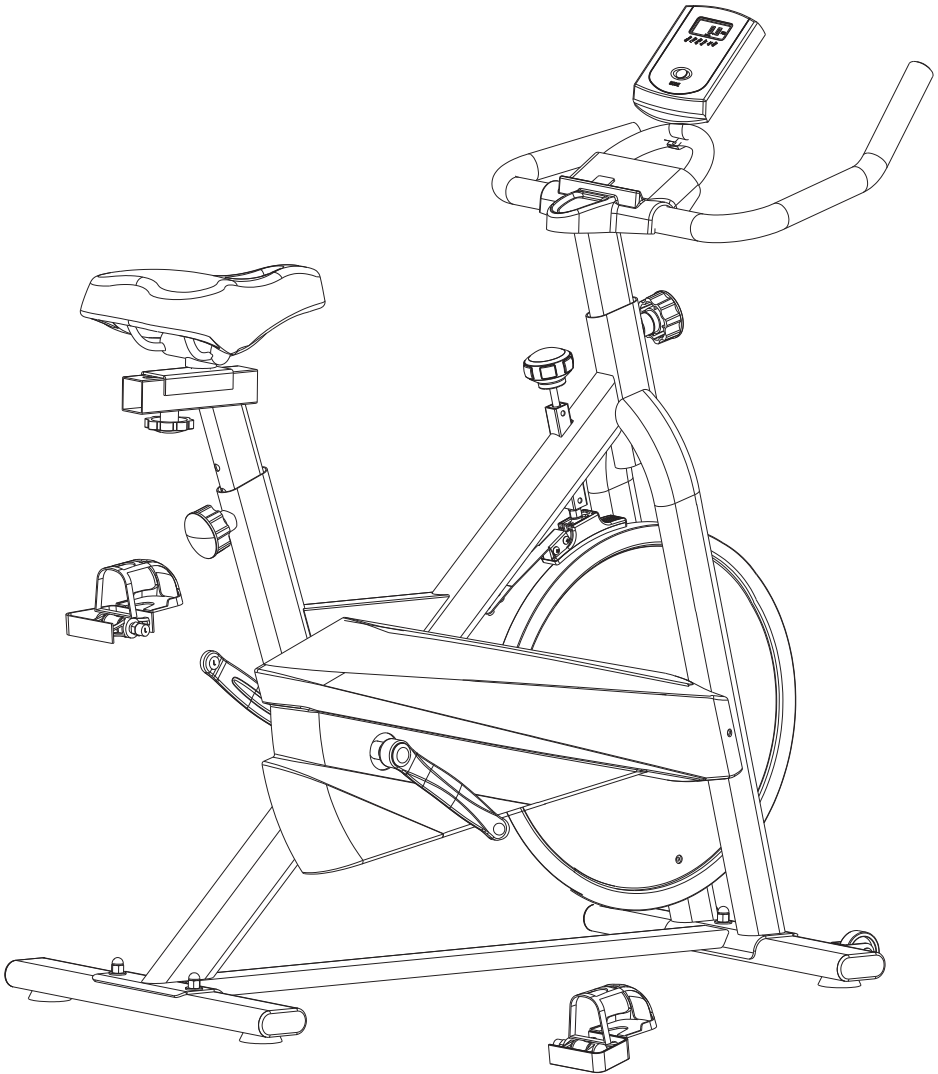
Fasten the seat post (14) on the main frame (9), adjust it to a suitable height and lock. Install the saddle (11) to the horizontal seat post 12).

Slide the horizontal seat post (12) into the seat post (14) and fix it using adjusting knob (13).



#### Step 4:

Attach the pedal (15) to the crank (8). Note that the Right pedal should be threaded on clockwise and the left pedal anti-clockwise.



## Assembly accomplished

**The most important:** Make sure all the bolts and parts are securely fixed before you ride on the bike.

## COMPUTER FUNCTION



### A. BATTERY INSTALLATION

Load two 1.5V AA battery in the battery box on the back.  
(after each battery replacement, all values will be "0")

### B. FUNCTIONAL DESCRIPTION

1. **Automatic Scanning (SCAN):** Open the screen or press the button to enter SCAN state, all the functions of the TIME--SPD--DIST--CAL--ODO will be automatically displayed on the main screen.
2. **Movement time (TIME):** Cumulative calculation of movement time from 00:00--99:59, the user can press the button to select the time value display state.
3. **Movement Distance (DIST):** Cumulative calculation movement from 0.0--999.9, the user can press the button to select the value of the distance display.
4. **Calories (CAL):** Shows that the cumulative consumption of calories from 0.0--9999, the user can press the button to select the value of the state of the display value.



**Note:** This data is only a rough description and cannot be used for medical treatment.

5. **The speed of movement (SPEED):** Shows the current speed of the athlete, the value of 0.0--999.9 km / mile / hour.
6. **Odometer (ODO):** Shows total distance travelled by the rider. The distance between motion and time is 0-9999 km.
7. **Reset:** Press and hold down the button for about 3 seconds, all the values will return to "0", the function can be reset.

### C. ATTENTION

1. Such as electronic display is not normal, the need to re install the battery to try again, pay attention to the battery + and - ends before installing.
2. **Battery Specification:** 1 AA 5 1.5V battery
3. When the battery is scrapped, it must be removed from the electronic watch and handled safely.

### OPERATION

**Adjust the seat.** When the pedal is at the lowest position, your leg should be almost, but not quite, straight. You shouldn't have to strain or rock your hips to pedal. Your knees shouldn't feel crunched when they're at the top of the pedal stroke. With a recumbent bike, you adjust the seat forward and back, rather than up and down, but the principles are the same.

**Get to know the display panel.** For instance, notice how many levels the bike has. Also, pay attention to your cadence - that is, how many revolutions per minute (rpm) you're cycling.

**Adjust the pedal straps so that your feet feel snug** - but don't let the straps cut off your circulation. Riding a bike with the foot straps is much more comfortable and efficient than pedalling without them.

**Don't pedal with just your toes.** Otherwise you may bring on foot and calf cramps. Instead, press from the ball of your foot and through your heel as you pump downward on the pedal, and pull up with the top of your foot on the upstroke.

**Don't hunch over.** Rounding your back is the way to develop back and neck pain. Don't get your upper body into the effort, either. Instead, keep your chest up, shoulders back and down, ears in line with your shoulders.

**Pedal slowly for the first 5 to 10 minutes of your workout.**

This is called a warm up and allows your body time to adapt to being in a state of motion, decreasing your chance of injury.

**Grasp the silver heart rate monitors to allow the machine to monitor your heart rate.** Most beginners will want to begin working at about 70 percent of their maximum heart rate. As your fitness improves, you will be able to work out at a higher percentage of your maximum heart rate.



## Features:

- Handle Bar with Thick Foam Coat
- High Rebound and Air Permeable Cushion
- Integrate Magnet and Wool Pad for Quiet Riding
- Heavy-Duty Steel Frame and 30 lbs. Flywheel
- Four-way Adjustable Seat and Handlebar
- Holds up to 275 lbs. Weight and Provide Stability while Cycling
- Bluetooth Enabled Spin Bike makes Indoor Cycling Fun
- Equipped with Belt Drive
- Auto Shut-Off after 50 Seconds of Use
- Smooth & Quiet Operation and Less Maintenance
- Adjust Lever Switch to Get 8-level Resistance
- Exercise Console Indicates the Marked Levels of Resistance
- The LCD Monitor Tracks Time, Speed, Distance and Calories Burned.
- Phone/Tablet Holder Allows Entertainments During Workouts

## What's in the Box:

- (1) Handle Bar
- (1) PAD Holder
- (1) Handle Bar Post
- (1) Adjusting Knob for Handle Bar Post
- (1) Brake Knob
- (1) Bottle Holder
- (1) Flywheel Cover
- (2) Crank (L+R)
- (1) Main Frame
- (1) Front Stabilizer
- (1) Saddle
- (1) Horizontal Seat Post
- (1) Adjusting Knob for Horizontal Seat Post
- (1) Seat Post
- (2) Pedal (L+R)
- (2) Chain Cover (L+R)
- (1) Rear Stabilizer
- (2) Carriage Bolts, M8x55
- (2) Washers, 8x16
- (2) Cap Nut, M8
- (4) Hex Socket Bolt, M8x15
- (4) Spring Washer, M8
- (1) Wrench

## Technical Specs:

- Construction Material: Steel
- Weight Capacity: 330 lbs.
- Expand Size: 4.33", 1.89", 4.25" -inches
- Steel tube thickness: 0.047" - inches (1.2mm)
- Fly Wheel Capacity: 13.2 lbs.
- Packing Size: 3.78", 3.07", 0.83" -inches
- Product Dimensions (L x W x H): 4.33" x 1.89" x 4.25" -inches



***Questions? Comments?***

We are here to help!

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