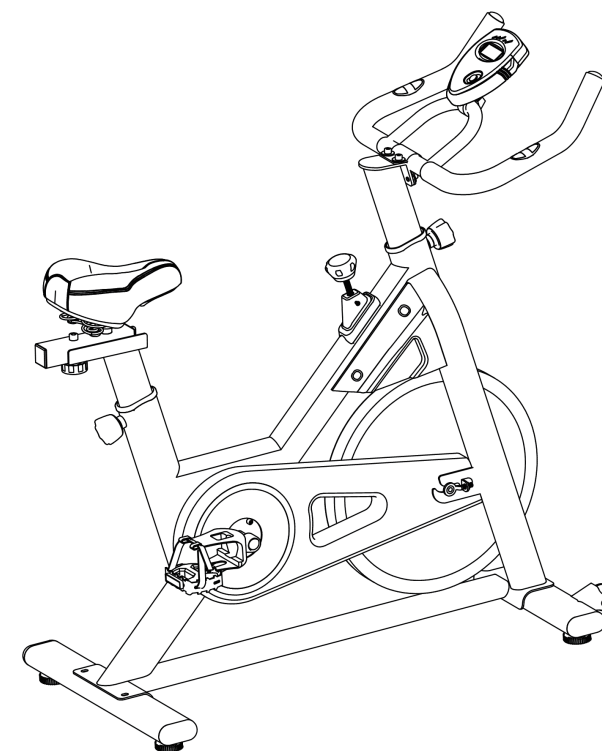




www.Livingess.com

1-888-818-8789

rma@livingess.com



## USER'S MANUAL

Magneto Dynamic Stationary  
Exercise Fitness Bike  
SKU# ESMBK0146



**For faster service:**  
Please contact Living Essentials  
Regarding any defective product(s) / Part(s).

*Our Customer Service Representative will assist you  
through the process of obtaining replacement part(s) .*

*Visit our website and fill out the **Parts & Service Form**,  
Give us a call, or email us for replacement parts at:*

**1-888-818-8789**  
**rma@livingess.com**

LIVING ESSENTIALS  
1040 Walnut Ave.  
Pomona, CA 91766  
Attention: Customer Service Department

**Limited Warranty**

LIVING ESSENTIALS' products are warranted to be free from defects in material and workmanship for a period of ONE YEAR:  
One-year warranty from date of original purchase by consumer. If you believe your product is defective, please call, write, or e-mail our customer service department.

Should your product be defective, LIVING ESSENTIALS will help in issuing replacement parts. Whether you call or write, please have your model number and reference number located on the original packaging ready for our customer service team. You will be asked to tell us what product you have, along with the date of purchase and the way you believe the product is defective. For any parts request, it must include images of the defective part/s. Please do not ship your product back to us unless we specifically request you to do so. If it is necessary for your product to be returned, all returns or exchanges must be made through the original store of purchase. Proof of purchase must accompany the returned product. LIVING ESSENTIALS is not responsible for any store policies for returns or exchanges.

**Note: This Warranty does NOT apply to any wear and tear. All replacement parts will be shipped standard ground service. NO EXPEDITED Service available (for example; next day air, 2 day air service, 3 day air), there will NOT be any exceptions.**

LIVING ESSENTIALS is not responsible for any consequential damages, which may arise out of the purchase, or use of any of our product/s. LIVING ESSENTIALS is not responsible for any personal injury, or property/equipment damage from the use of such product/s. LIVING ESSENTIALS' liability for any breach of warranty shall be limited to replacement of the defective parts as described above.

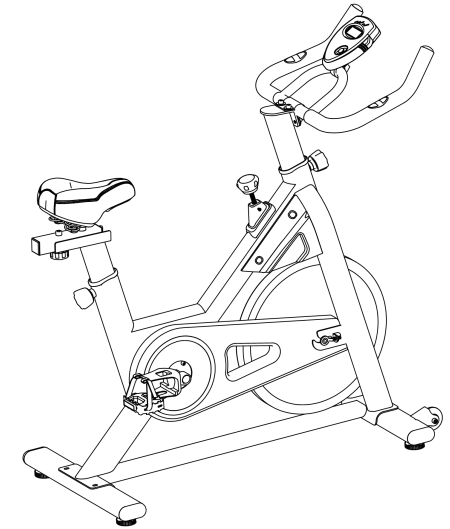
Important: Some states do not allow the exclusions or limitations so the above limitations or exclusions may not apply to you.

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**Intructions / Instrucciones**

**Magneto Dynamic Stationary  
Exercise Fitness Bike  
SKU# ESMBK0146**



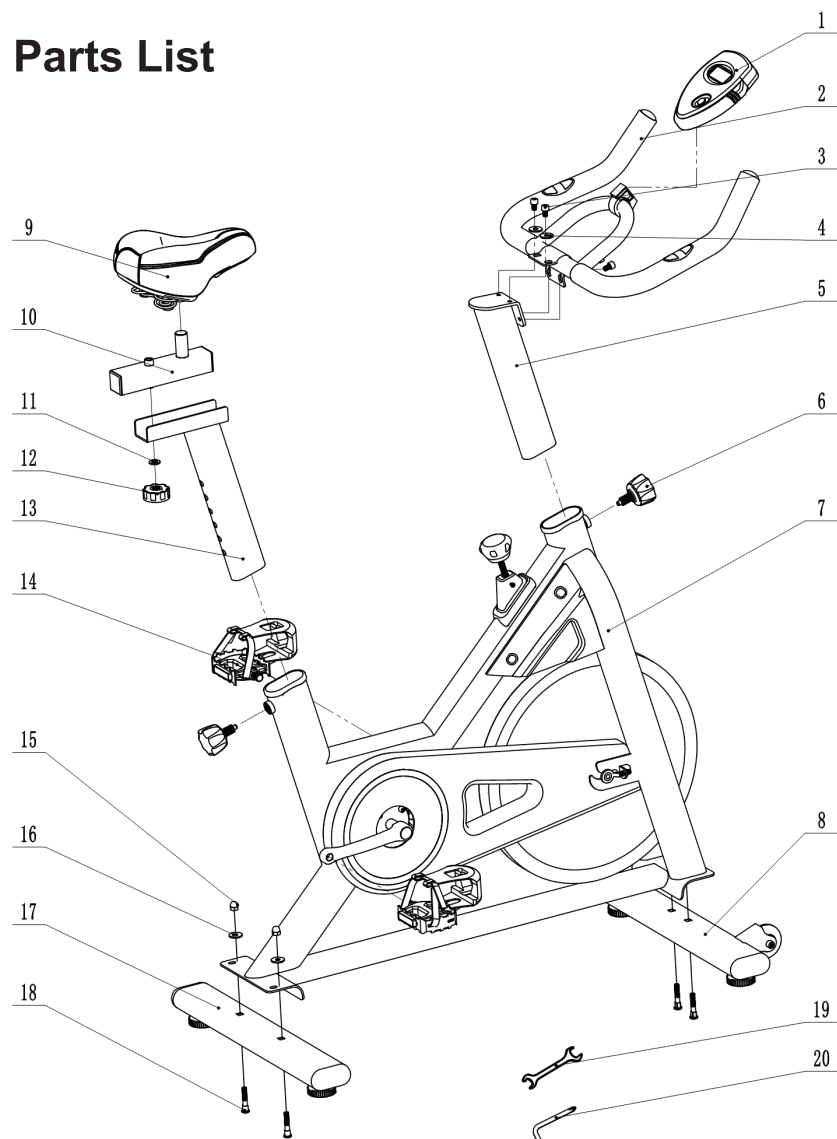
## Before You Start

- ⚠ Please read all instructions carefully.
- ⚠ Retain instructions for future reference.
- ⚠ Seperate and count all parts and hardware.
- ⚠ Read through each step carefully and follow the proper order.
- ⚠ We recommend that, where possible, all items are assembled near to the area in which they will be placed in use, to avoid moving the product unnecessarily once assembled.
- ⚠ Always place the product on a flat, steady and stable surface.
- ⚠ Keep all small parts and packaging materials for this product away from babies and children as they potentially pose a serious choking hazard.

For the convenience of product improvement, we reserve the right to modify the manual without further notice!

Thank you for purchasing our product. Please carefully read the instruction before use, especially the precautions to ensure right operation and use. Please retain the manual for future reference!

## Parts List

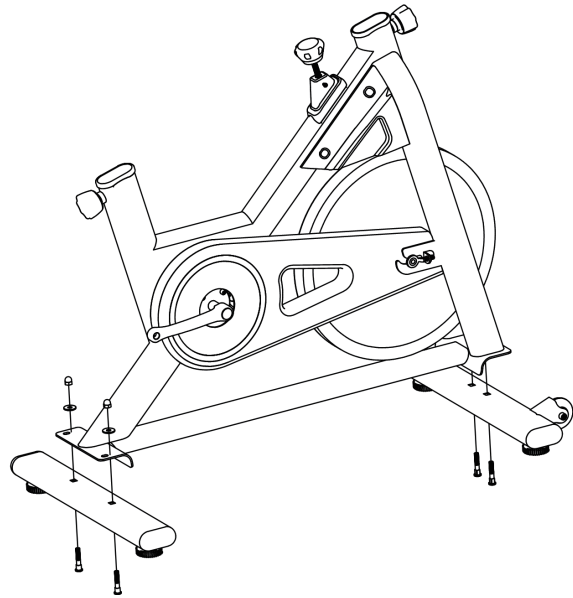


## Parts Information

No.	Name	Quantity
1	LCD Display	1
2	Handrail	1
3	Handrail Fixing Screw	4
4	Handrail Fixing Gasket	4
5	Height Adjusting Tube	1
6	Adjustment Knob	2
7	Main Body	1
8	Front Foot Tube	1
9	Seat Cushion	1
10	Seat Forward and Backward Adjustment Tube	1
11	Seat Adjustment Gasket	1
12	Seat Adjustment Knob	1
13	Seat Height Adjustment Tube	1
14	Pedal(A pair)	1
15	Foot Tube Fixing Nut	4
16	Foot Tube Fixing Gasket	4
17	Rear Foot Tube	1
18	Foot Tube Fixing Bolt	4
19	Open Spanner	1
20	Hexagon Wrench	1

Note: Some small parts and accessories may have been preinstalled on the body or main parts of the exercise bike. If there are any missing parts, please contact the factory or dealer.

\*The picture is only for reference, some accessories may not conform to the picture. Please refer to the real product.



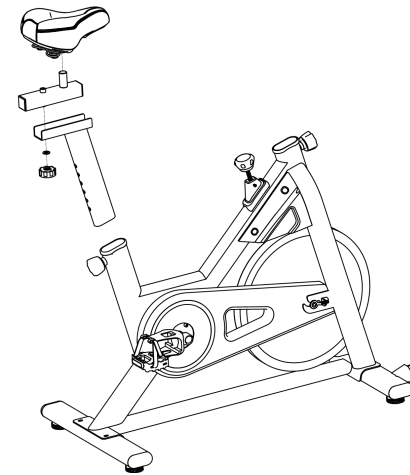
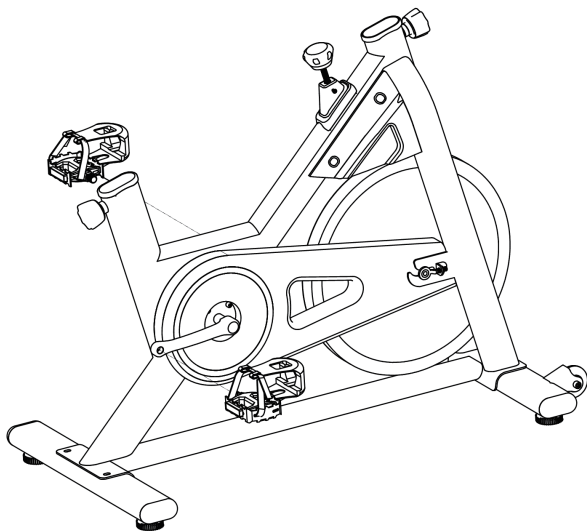
## Assembly Steps

1. Install the front foot tube and the rear foot tube on the main frame (screws, gaskets and nuts have been preinstalled on the bottom tube), unscrew them and install them as shown in the picture, and tighten them with No. 19 wrench;

2. Clockwise rotate No. 6 adjustment knob into the corresponding hole position on main frame; Screw in several turns, no need to tighten temporarily;

3. Install the No. 14 foot pedal on the main frame installed in step 2 and tighten it with No. 19 wrench; (The Pedal has L/R logo)

Note: The L pedal needs to rotate counterclockwise to be tightened.  
The R pedal needs to rotate clockwise to be tightened.



4. Install the No. 13 seat height adjustment tube on the main frame installed in step 3. Before inserting it, please counterclockwise rotate the adjustment knob to remove it a bit; Choose a suitable hole to clip into the lifting tube and tighten the knob;

5. Install the No. 10 seat forward and backward adjustment tube on the frame installed in step 4. Before installing, rotate the knob and the gasket out from seat forward and backward adjustment, then turn the knob on the seat height adjustment tube after aligning the slot and tighten it;

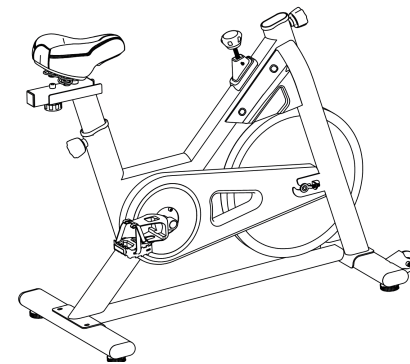
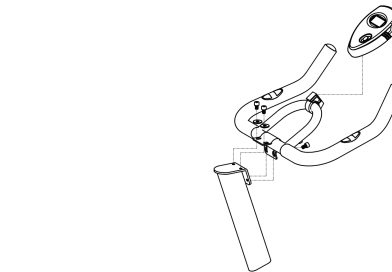
6. Install No. 9 seat cushion on the frame installed in step 5, slightly loosen the nut before installing, and tighten it with No. 19 open spanner after alignment;

7. Install No. 5 handrail height adjustment tube on the frame installed in step 6. Before inserting it, please rotate part of the adjustment knob counterclockwise; Choose a suitable hole to clip into the lifting tube and tighten the knob;

8. Install No. 2 handrail on the frame installed in step 7, slightly rotate the screw out from the height adjustment tube of No. 5 handrail before installing, and turn the screw back to the height adjustment tube of No. 5 handrail after aligning the hole, and tighten it with No. 20 hexagon wrench;

9. After putting into battery, install No. 1 LCD display on the frame installed in step 8, and insert the induction wire.

Assembly Finished



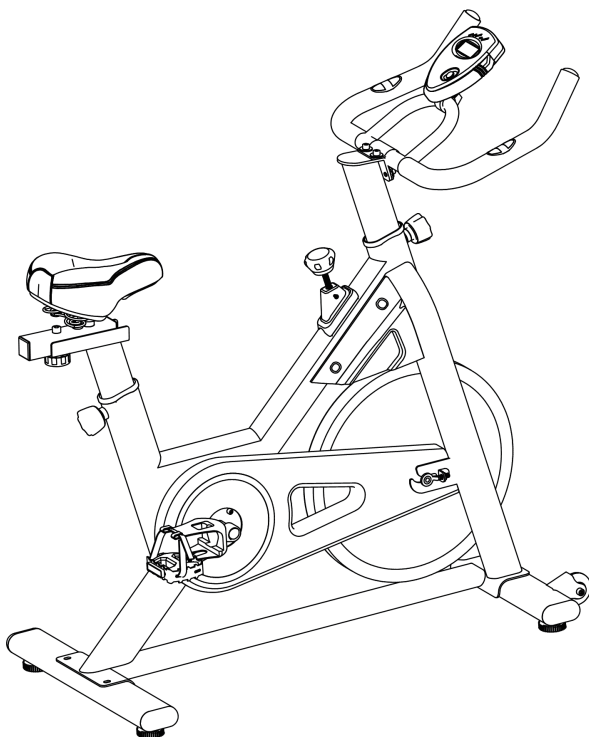
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### Precautions

1. This product is not suitable for commercial use, only for family use, please do warm-up training according to professional requirements before using this bike.
2. Please wear appropriate training clothes for exercise. For strenuous exercise, please wear professional sports shoes.
3. People with knee injuries are advised not to participate in spinning exercise.
4. Please keep your hands away from operating spinning parts.
5. Before use, please check whether the handrail, cushion and other parts are tight and whether the foot part is loose.
6. If the user suffers from dizziness, vomiting or chest tightness and has obvious symptoms, immediately stop exercising and seek medical help.
7. The maximum weight capacity of this product is **300 lbs**. Please do not overload.
8. Pregnant women and children are forbidden to use this device to avoid accidents.

### Maintenance

1. Please regularly check whether any parts of this product are damaged or loose.
2. Please regularly add lubricating oil to each rotating part and main part connection.
3. Before each use, please check whether the handrail, cushion and other parts are properly fastened, whether the trampling part is loose, etc., and replace the defective parts in time.
4. Regularly clean the spinning bike, using soft fabrics and neutral detergents. Do not use any solvents or corrosive detergents.
5. Any problems involving the body body, bearings, belts and rotating wearing parts should not be repaired by yourself and should be reported to dealers or after-sales agencies in time.



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# THANK YOU

for your purchase and  
for supporting our business.

We hope you LOVE your new product.

Your review matters!

We appreciate your feedback and hope we've  
earned a 5-star positive rating.



Your experience and suggestions will help us  
find better ways to improve our products and to  
increase customer satisfaction.

if you have any questions,  
feel free to contact us:

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