



# F45 SPIN BIKE OWNERS MANUAL



Manufactured in accordance with European Directive EN957-10 class S (S = Studio)  
Enquiries/Distribution: [info@f45world.com](mailto:info@f45world.com)

# INTRODUCTION

The F45 Bike is a bike specifically designed for the in class usage within your F45 studio, we recommend that you follow the steps within this manual and that regular cleaning/inspection and maintenance is carried out on the bikes to ensure optimum performance either by the business owner or a nominated Gym maintenance person.

The internal functionality of the bike is very simple in design and there are some internal components within the bike that will wear out over time such as the V-Belt and the Brake pad, these items are in stock and on hand as spare parts that can be dispatched and can be easily replaced using the manual attached, when referring to parts it is essential that the part number be identified using the part number from the Parts list within this manual to ensure that the correct part is referenced and supplied.

For further information please go to **[www.smai.com.au](http://www.smai.com.au)**

## SAFETY NOTICE

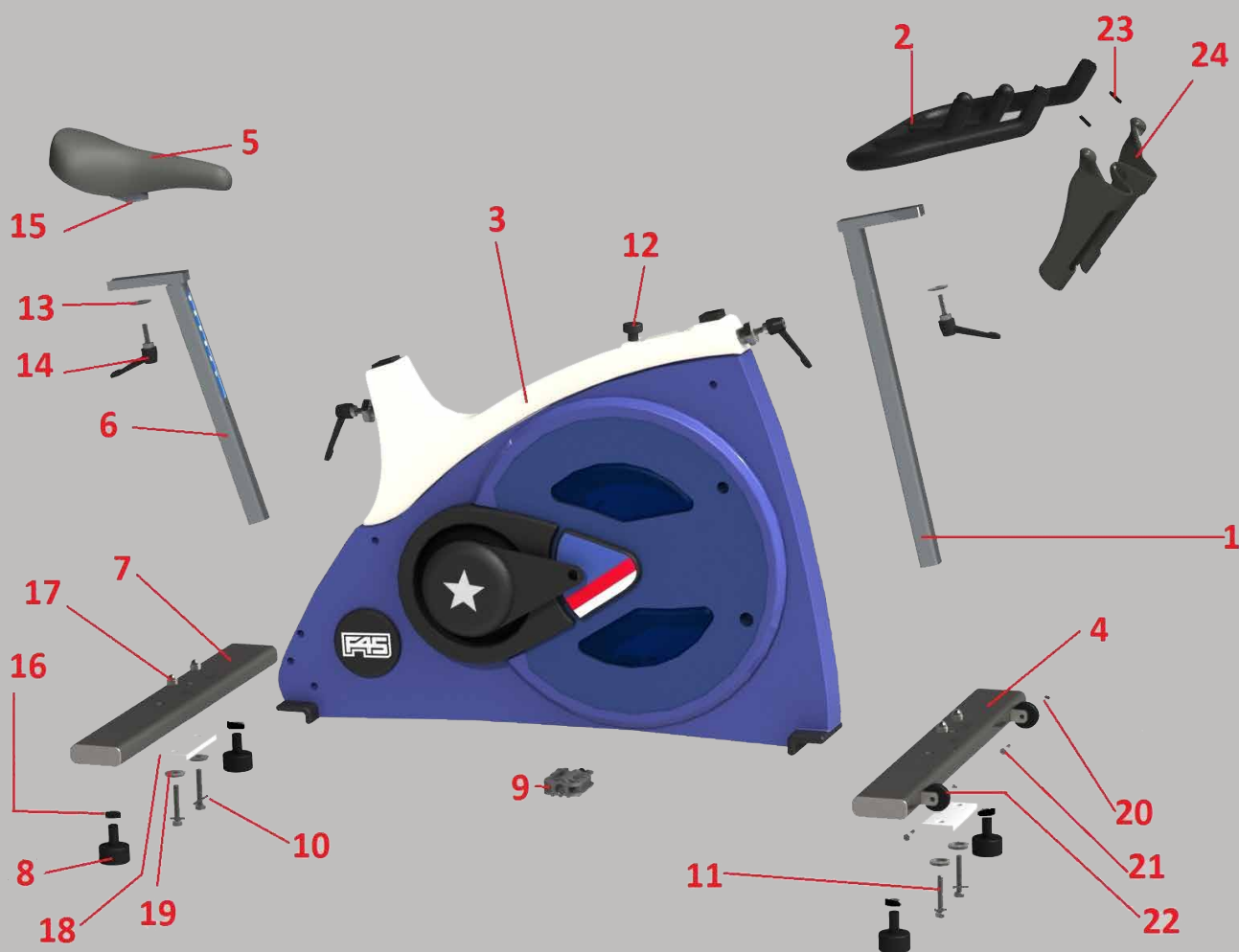
- General maintenance of the product is the responsibility of the user and a service/inspection manual should be created and kept up to date.
- Maximum user weight recommended is: 150kg
- Adjustment of the seat, handle bar height is recommended prior to use.
- Ensure all adjustment knobs are secured firmly into place prior to use
- Ensure that the bike is level on the floor and adjust the feet if necessary to ensure the surface is level before your first workout.
- Some parts such as the V-belt and the Brake will wear out over time please ensure these items are checked regularly to ensure they remain in good working order.
- Loosen Brake knob after each and every use.
- Wipe clean after each and every use to avoid sweat build up which will lead to rust formation (this includes the wiping down of the handle bar stem)
- Major parts should be checked annually



## EQUIPMENT REQUIRED FOR ASSEMBLY

- 17mm spanner / Shifter or Socket Set with 17mm fitting.
- 6mm allen key/Hex key
- ½" socket/shifter or spanner
- 15mm spanner for Pedal assembly
- Rubber mallet
- Internal maintenance will require additional tools (not for assembly)

# COMPONENTS LIST

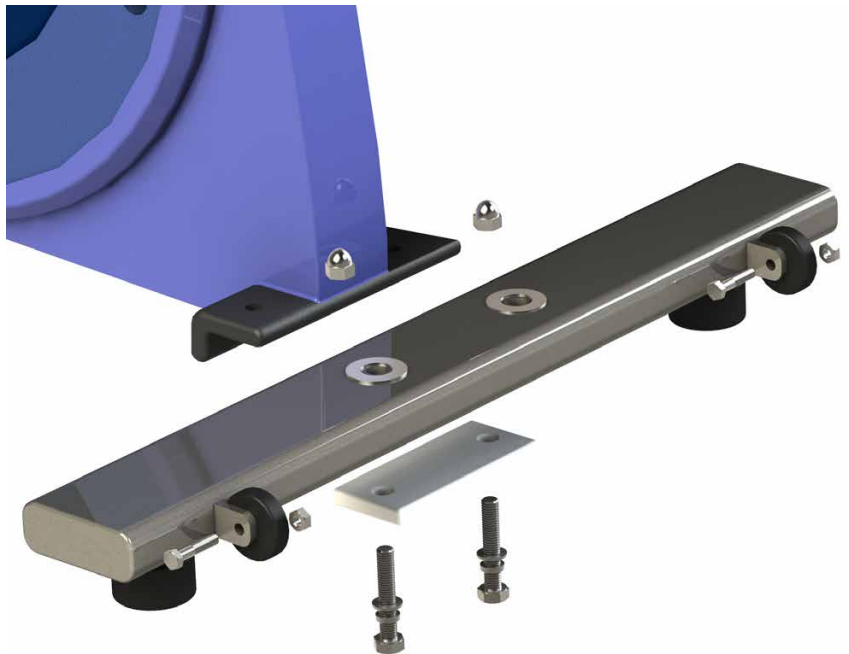


PART #.	NAME	QTY
1	Front Post	1
2	Handlebar	1
3	Main Frame	1
4	Front Bottom Frame	1
5	Saddle	1
6	Seat Post	1
7	Rear Bottom Frame	1
8	Adjustable Foot Margin	4
9	Pedal	2
10	Spring Washer	4
11	Hex Screw	4
12	Braking Knob	1

PART #.	NAME	QTY
13	Brass Washer	2
14	Adjustment Handle	4
15	Seat fixed Shaft	1
16	Hex Nuts	4
17	Cap Nuts	4
18	Connecting Link	2
19	Flat Washer	4
20	Hex Nuts M8	2
21	Cylinder Hex Socket Screw M8*32	2
22	Wheel	2
23	Spacer	2
24	Bottle Cage	1

## LOWER ASSEMBLY

1. Remove the bike from the master carton (ensure the bike remains in the upright position as stacking the bikes sideways may cause damage or breakage on the Plastic protective covers)
2. Attach the rubber adjustable foot margin (part number 8) to the Front bottom Frame( part number 4) and to the Rear bottom frame (part number 7)
3. Attach the 2 x wheels (part number 22) to the Front Bottom Frame (Part number 4) using 2 x M8 x 32mm hex socket screw and Nylock nuts provided (Part numbers 21 and 22)
4. Slide the assembled Front Bottom Frame (Part Number 4) under the front main frame of the bike  
\*\*\*Please note the wheels should be facing forward and rubber adjustable foot margin should be facing the ground
5. Attach the Front Bottom plate to the bike as per the diagram above using:
  - 2 x M10 x 50mm Hex screw (Part number 11)
  - 2 x M10 Spring washers (Part number 10)
  - 2 x M10 Washers (Part number 19)
  - 1 x Connecting Link Plate (Part number 18)
  - 2 x M10 Cap Nuts (Part number 17)
  - 2 x 17mm spanners (or similar socket set or shifters) needed for this stage of assemblyDO NOT FULLY TENSION NUTS AND BOLTS
6. Attach the rear bottom Frame to the Bike Frame by repeating the exact steps above  
DO NOT FULLY TENSION NUTS AND BOLTS
7. Place the entire Bike frame on a level floor and tighten all Nuts and Bolts on the lower frame.



## FUNCTIONALITY OF THE ADJUSTMENT HANDLE

### IMPORTANT:

The adjustment handle is used to lock into place the Seat, Handle bars, Front post and Seat Post. To tension turn the knob in a clockwise direction, to release turn in an anti-clockwise direction.

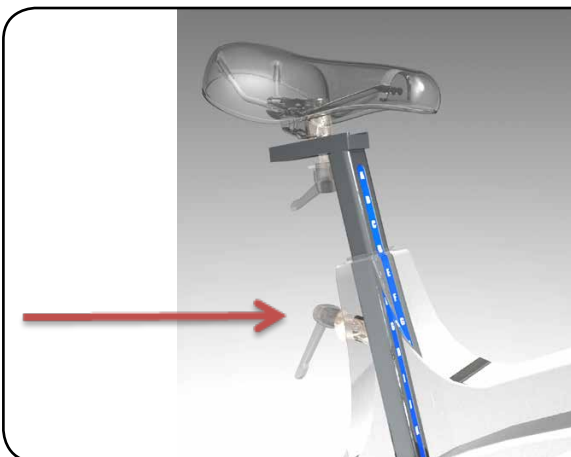
On lower settings you will come to a point in which the handles will obstruct one another or in some cases the handle when tightened will be in an awkward position which could possibly create a hazard or stop you from fully tensioning the device, in this case you will be required to pull the black handle outwards to reset the position of the handle to a point in which will allow you to tension the handle correctly or to place the handle in a position in which it is out of the way and in line with the frame of the bike.



## UPPER ASSEMBLY



1. Remove the Seat Post from the frame of the Bike (Part number 6)
2. Line up the Seat Fixed Shaft (Part number 15) with the rail on the Seat post (Part number 6)
3. Insert Adjustment handle (Part number 14) along with Washer (Part number 13) turn in a clockwise direction until tensioned.



4. Slide Seat post (Part Number 6) into the main frame
5. Insert Adjustment handle (Part number 14) without Washer into the main frame and tension the Seat post to the required Height.

## UPPER FRONT POST ASSEMBLY



1. Insert the Bottle Cage (Part Number 24) Into the end of the handle Bar (Part Number 2) the spacer (Part number 25) should be inserted between the connection of the Bottle cage to the handle bar. Physical force with the rubber mallet will be required in order to insert the Bottle cage into the handle Bar.
2. Place the assembled handle bar into position ontop of the Front Post (Part Number 1) and fix together using the adjustment handle (Part number 14) and Brass washer (Part number 13) to the top of the front post.

## INSERTING THE FRONT POST TO THE MAIN FRAME

The Front post hole ( Arrow highlighted Red) is obstructed by the locking mechanism when on a level surface. In order to insert the Front post please follow the steps.



## INSERTING THE FRONT POST TO THE MAIN FRAME (CONT)



1. Lift the rear of the Bike upwards to tilt the bike forward and clear the obstruction.
2. Slide the Front post (Part number 1) into the hole.



3. Lock the Front Post into the required Height position using the Adjustment Lever (Part Number 14) on the front frame of the bike.

## PEDALS

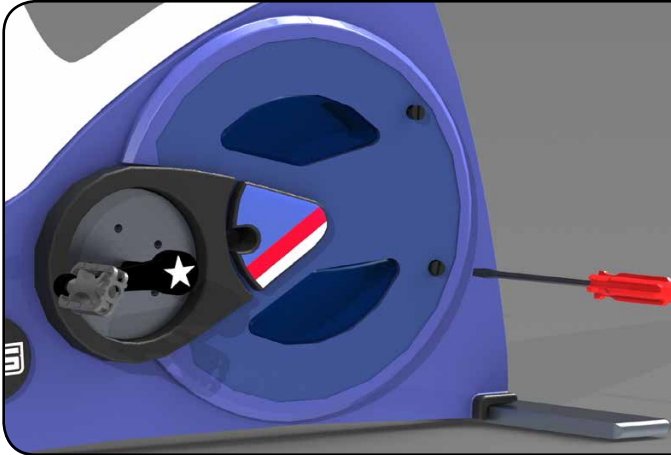
Please pay close attention to the pedals you will find that each pedal is clearly marked with either a L or R marking indicating left or Right position. Please ensure that the correct pedal is installed onto the correct side of the bike and tensioned in an Anti-clockwise direction until tight.

**THIS CONCLUDES THE MAJOR ASSEMBLY OF THE BIKE AT THIS STAGE YOU WILL NEED TO WIPE THE BIKE DOWN READY FOR USE USING A DAMP CLOTH AND WASHING DETERGENT.**



# MAINTENANCE

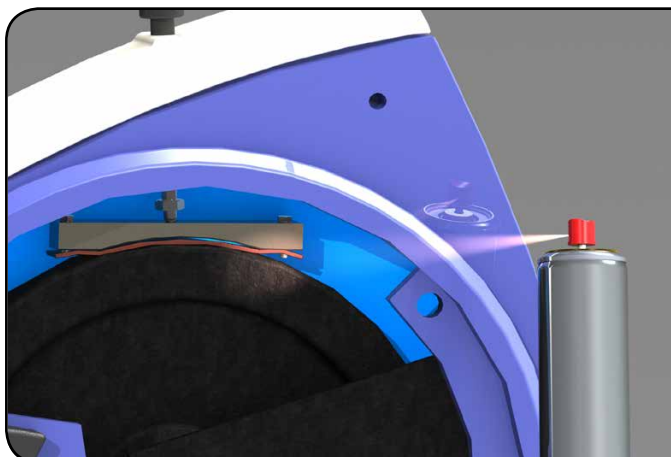
**LUBRICATION** - If the bike becomes noisy under brake application you will be required to perform the following steps:



1. Undo the Plastic Screws on the side access cover of the bike as illustration (3 screws total) to expose the internal components of the Bike.



2. Open bike should look like the image on the left.  
Wipe the flywheel with a cloth cleaning the outer friction surface of the Flywheel once this step is complete.

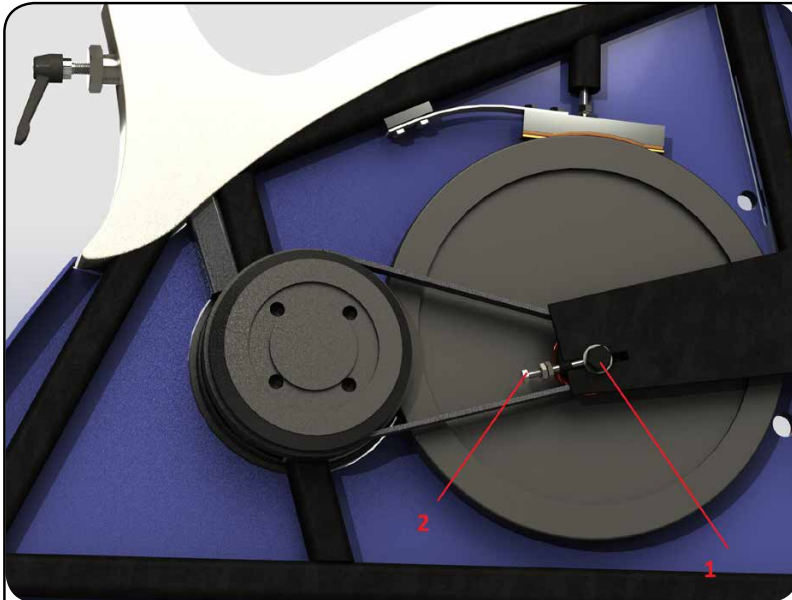


3. Spray the friction surface of the flywheel with grease or similar mechanical lubricant solution. It is recommended that you spray the solution onto fabric or saturate the fabric then apply the solution to the flywheel by holding the fabric in position and turning the pedal causing the flywheel to spin to cover the entire friction surface evenly and avoid mess from over application.



# OTHER NOTABLE MAINTENANCE

If the pedals are spinning and the flywheel is slipping it is time to re-tension the Poly Belt.



1. Open the maintenance covers on both sides of the bike as stated in the maintenance guide. Loosen the bolts (Figure 1 on left image) on both sides of the flywheel with a 19mm spanner / shifter or Socket set so that the tension is removed.
2. Tension the counter bolt on both sides of the bike with a 10mm Spanner until tight (Figure 2 on left image)

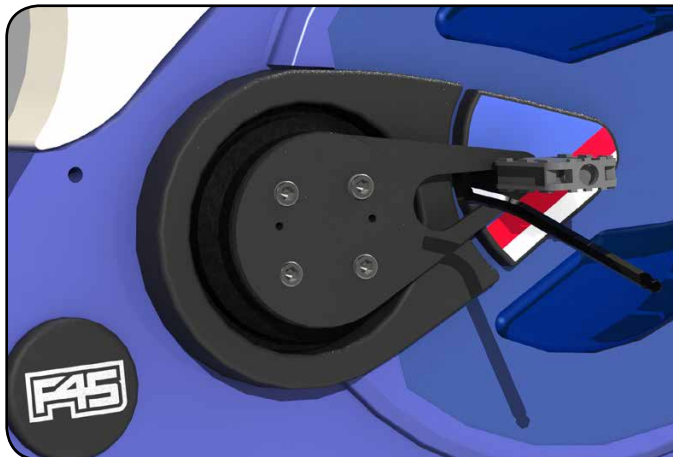
3. Re-tension the bolts on both sides of the flywheel once again (Bolt 1 on the image above) This process will give tension to the Belt once again.
4. Refit the covers to the sides of the bike.

# MAJOR MAINTENANCE

To perform major maintenance on the bike such as the replacement of the brake pad or Poly Belt you will need to remove the side cover from the bike all together following the process below:



1. Use the Hex Key to open the cosmetic cover on the Crank.



2. Use the Hex Key to open the 4 screws on the inner crank casing



3. With a screw driver open all the screws on the frame casing

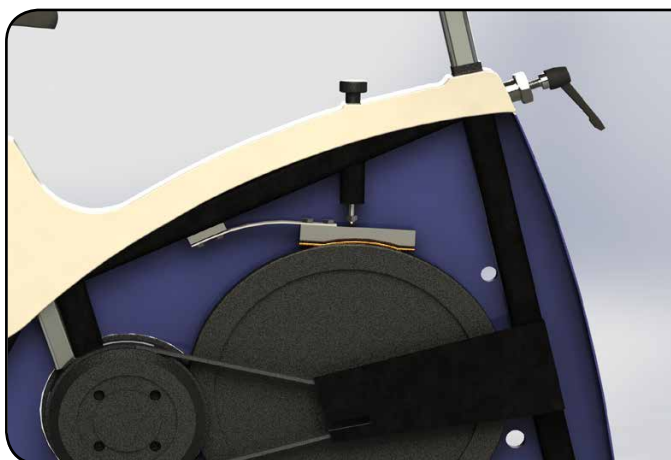
## MAJOR MAINTENANCE (CONT)



4. With a screw driver open all the screws on the frame casing.

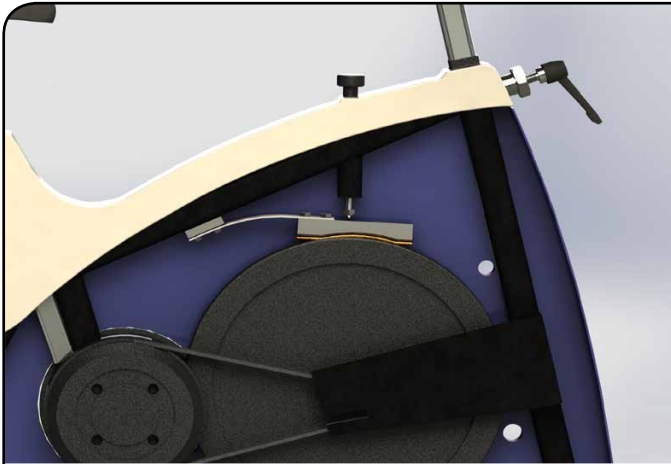


5. Remove the cover to expose the inner frame as illustration on left.



6. With the exposed components as above you can perform the following major maintenance if required as these two items will degrade over extended use and Km's.

## MAJOR MAINTENANCE (CONT)



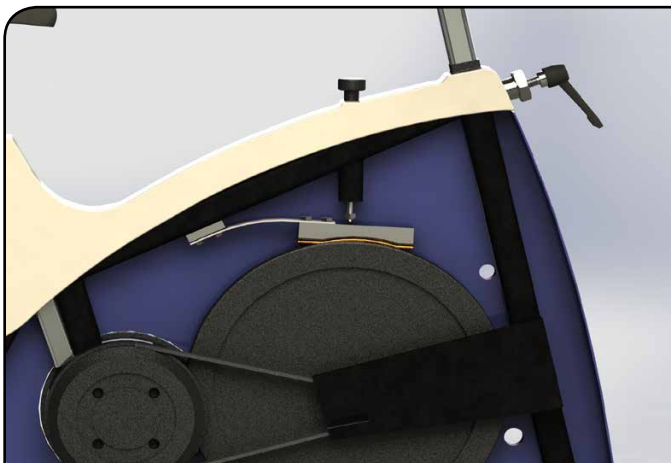
### **REPLACEMENT OF THE BRAKE PAD:**

Release all tension on the brake. Undo the screws to remove the brake pad.

Remove the 2 screws on the end of the brake attached. this will allow you to remove the entire brake arm from the frame of the bike.

When removed you can access the screws to replace the leather pad on the friction plate and re insert the frame back into original position.

If the EVA cushion within the brake has been worn out you will need to replace the entire mechanism



### **REPLACING THE POLY BELT**

You will need to remove all Bolts from the Flywheel and remove the flywheel from the frame. Replace the belt and re insert the flywheel onto the frame then follow the steps in other notable maintenance to re-tension the belt and the flywheel.

Fully remove bolts 1 and 2 from the frame and flywheel.

Insert a new poly Belt and replace the Bolts on the frame and flywheel and follow the steps to