

# KH511 Total-Body Exercise Bike: Assembly Instruction

## Parts List

7/16" rubber end cap 4 pcs

4 pcs



Screw 3/16"x1-1/4" 4 pcs

4 pcs



Nut 3/16" 4 pcs

4 pcs



50mm Star shape knob 2 pcs

2 pcs



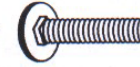
Hex. socket screw 1/4"x1-1/4" 4 pcs

4 pcs



Screw M6 x 35L 2 pcs

2 pcs



Nut M6 2 pcs

2 pcs



45mm Star shape knob 1 pc

1 pc



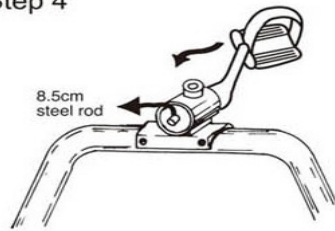
## Assembly Steps:

Step 1



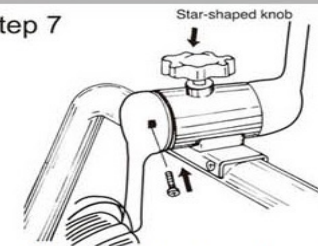
Push cap on to both ends of base tube.

Step 4



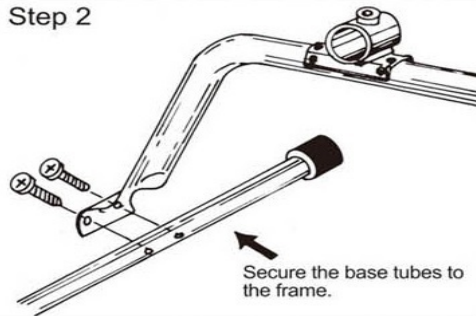
Place 8.5cm steel rod over bottom half of bearing.

Step 7



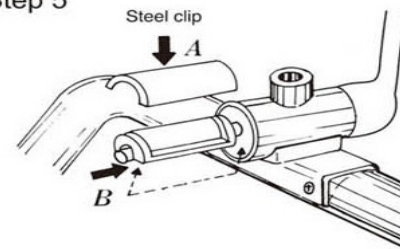
Screw 50mm Star-shape knob on top of steel rod. This Star-shape knob adjusts the pedal resistance. Take left-side pedal and insert into steel rod, use Hex. socket screw to secure tight. Do the same with the right side pedal.

Step 2



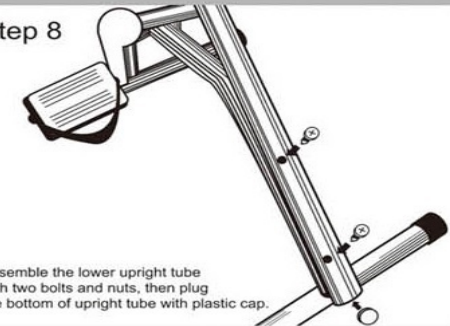
Secure the base tubes to the frame.

Step 5



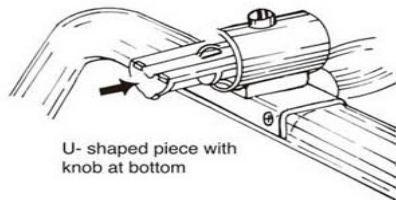
Place steel clip (flat piece) onto top half of bearing.

Step 8



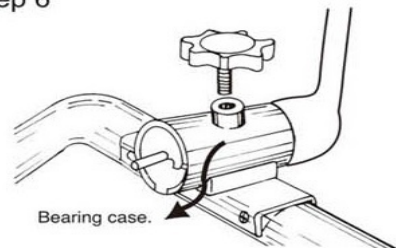
Assemble the lower upright tube with two bolts and nuts, then plug the bottom of upright tube with plastic cap.

Step 3



Slip bottom half of bearing ( U- shaped piece with knob at bottom ) into bearing case.

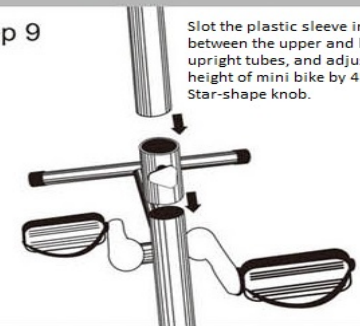
Step 6



Bearing case.

Insert both items into bearing case.

Step 9



Slot the plastic sleeve in between the upper and lower upright tubes, and adjust the height of mini bike by 45mm Star-shape knob.