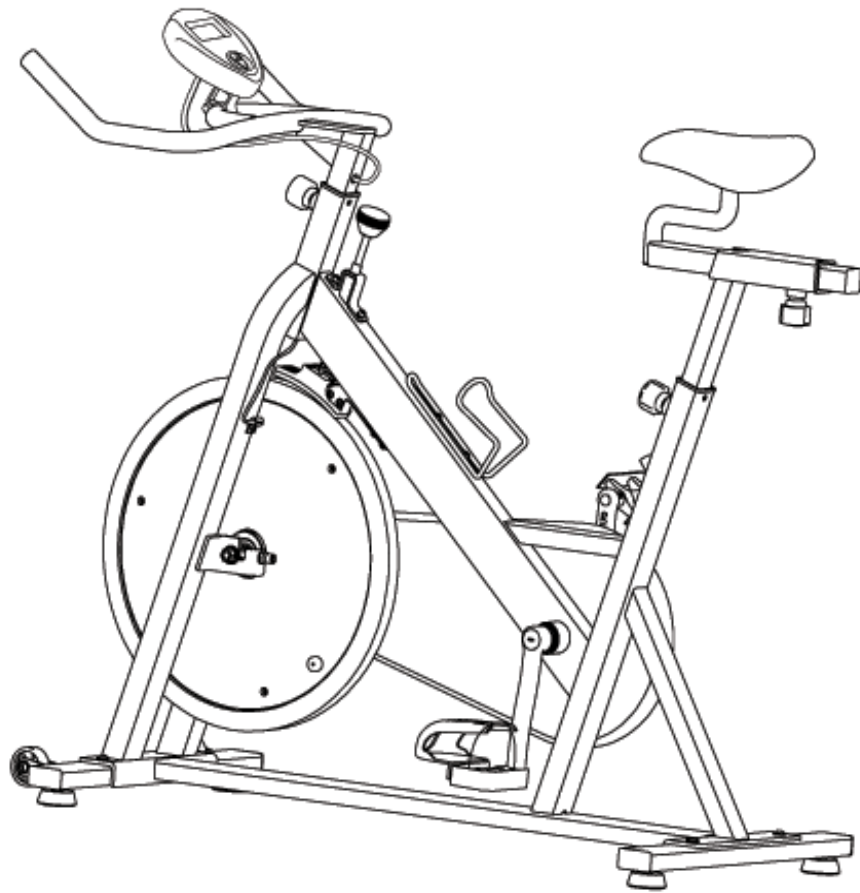


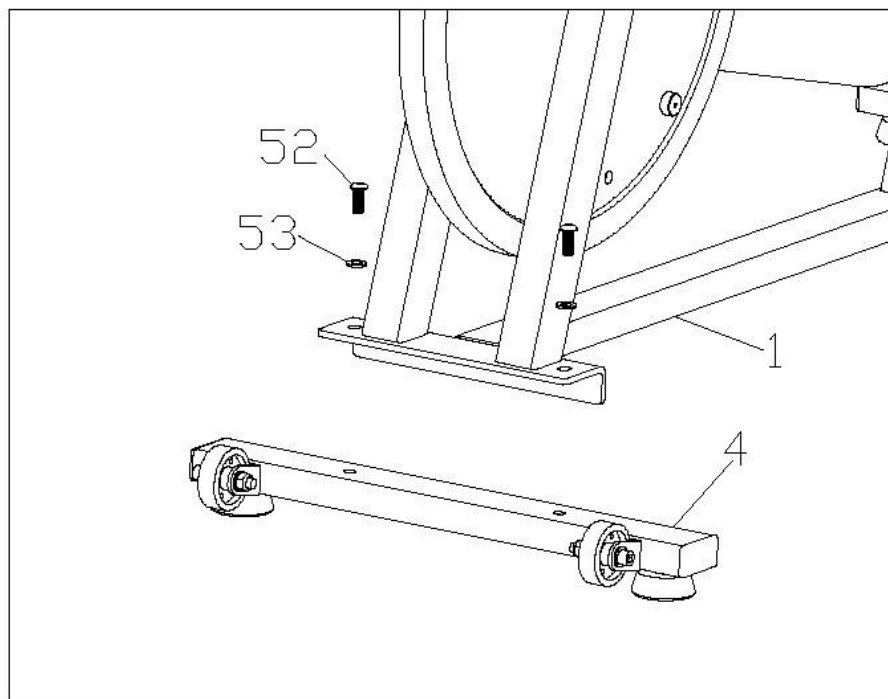
91107  
BENEFIT S420 FRW INDOOR BIKE



**ASSEMBLE**

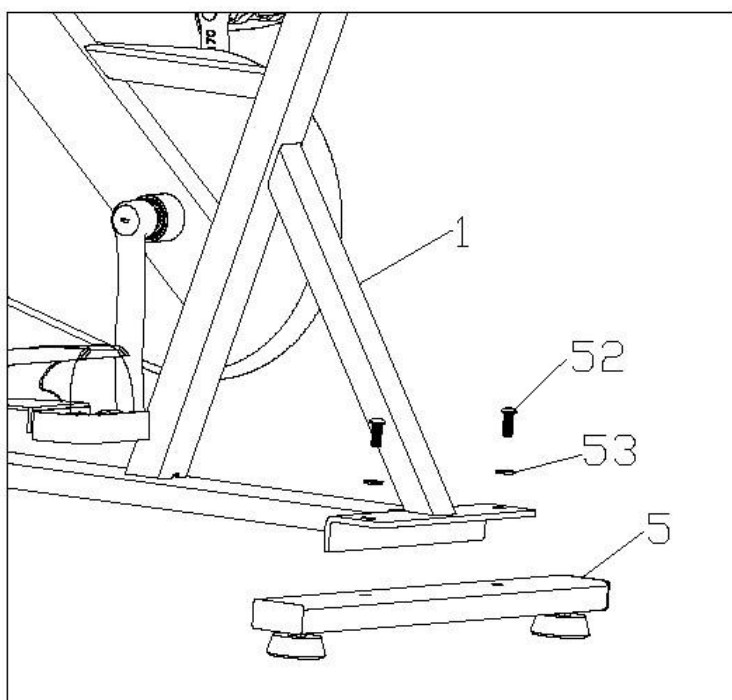
## STEP 1

Attach the front Stabilizer (4) to the frame using two M8 X 25mm Bolt (52) and two Flat washers (53).



## STEP 2

Attach the Rear Stabilizer (5) to the frame using two M8 X 25mm Bolt (52) and two Flat washers (53).



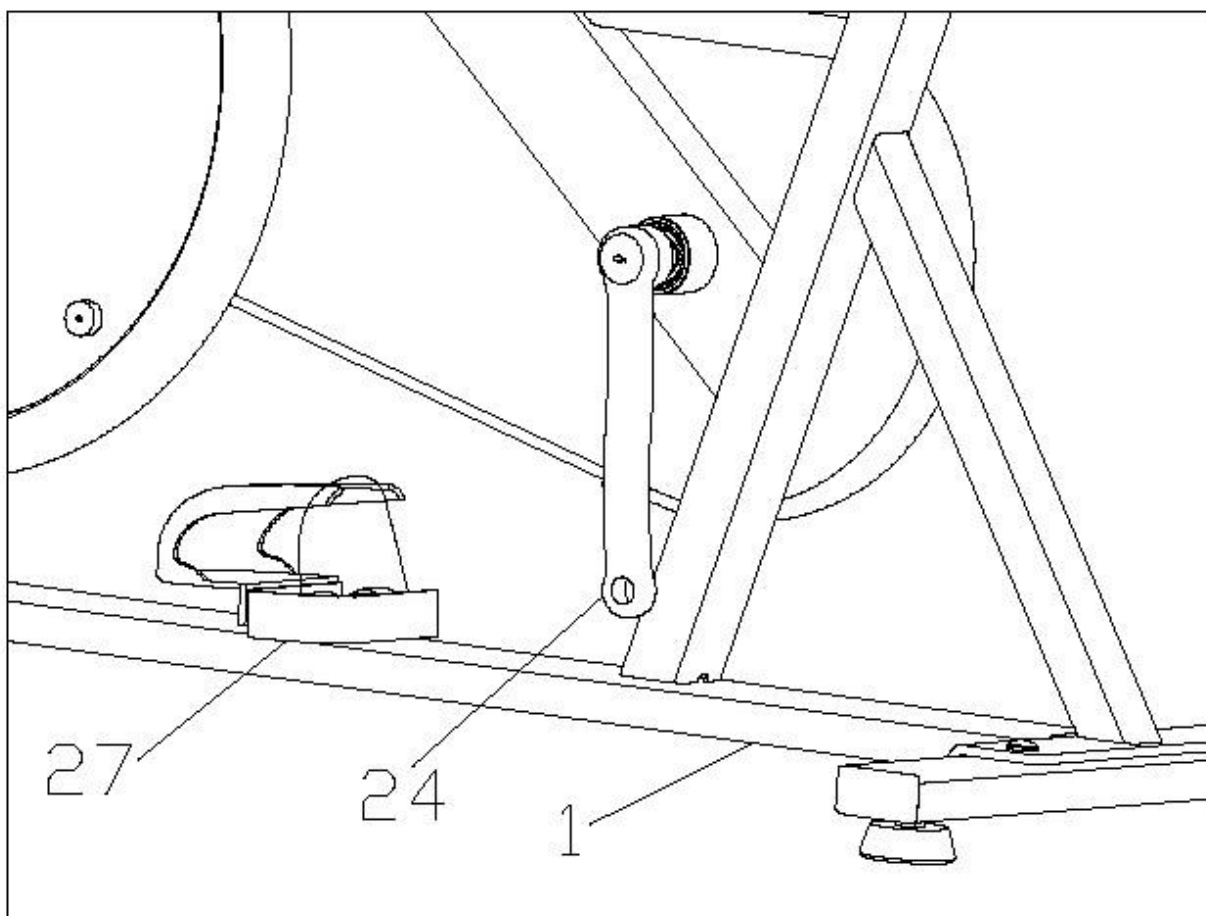
## STEP 3

Attach the pedal (27(L) + 29(R) ) into the crank arm (24, 28), each pedal is marked with letter L (left) or R (right) to denote the side of the indoor bike they are on, Note – the right hand crank is on the same side as the chain guard (30). Be careful to align the threads correctly to avoid any damage.

( ↻ : This direction (counter clockwise) to fasten Left Pedal.

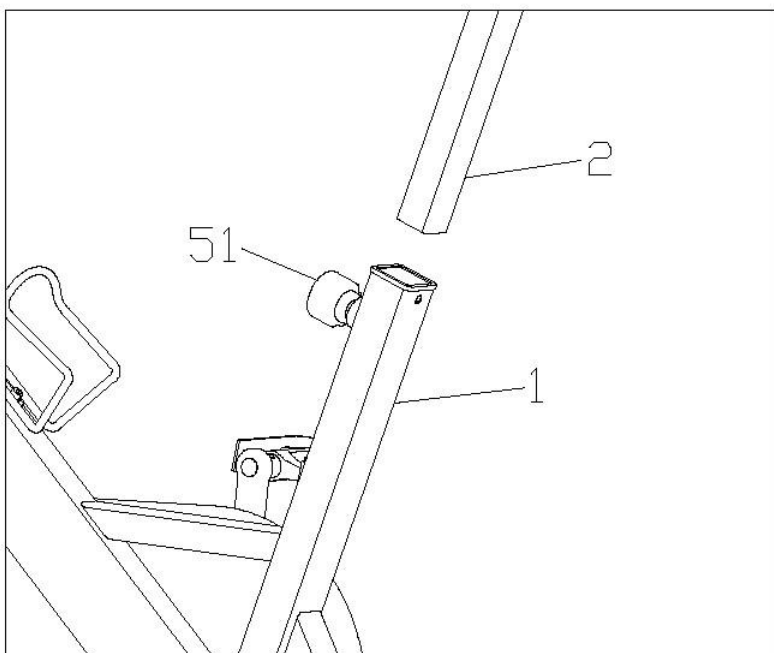
↻ : This direction (clockwise) to fasten Right Pedal. )

**Important:** Tighten both Pedals as firmly as possible. After using the indoor bike for one week, retighten the Pedals. For best performance, the Pedals must be kept tightened.



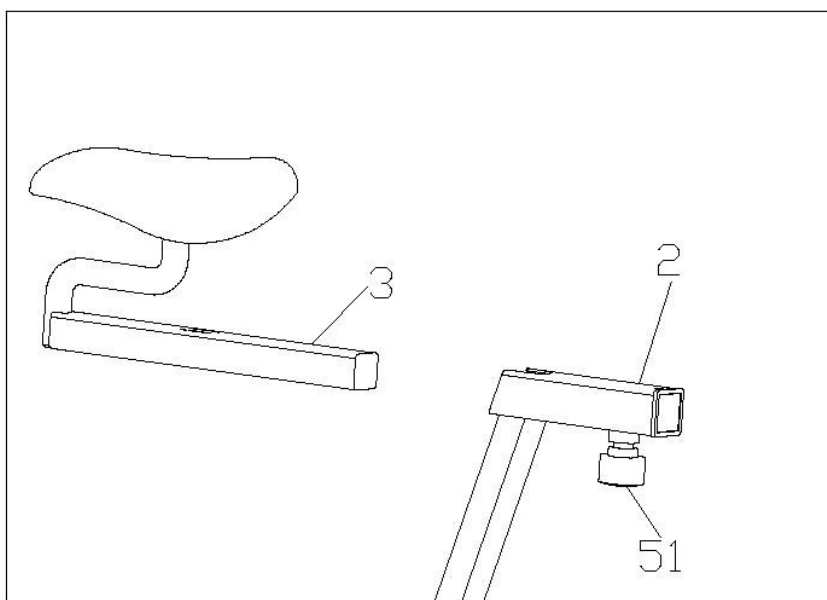
## STEP 4

Insert the Seat Post (2) into the Frame (1), adjust the height and then fix in position with Knob (51).



## STEP 5

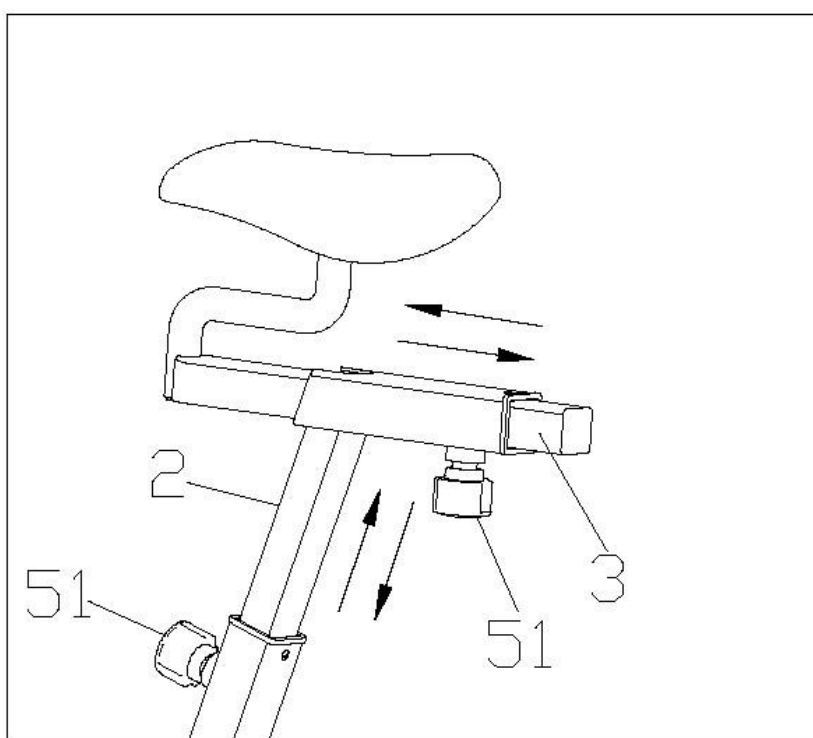
Insert the Seat Bracket (3) into the Seat Post (2), and fix using the knob (51).



## STEP 6

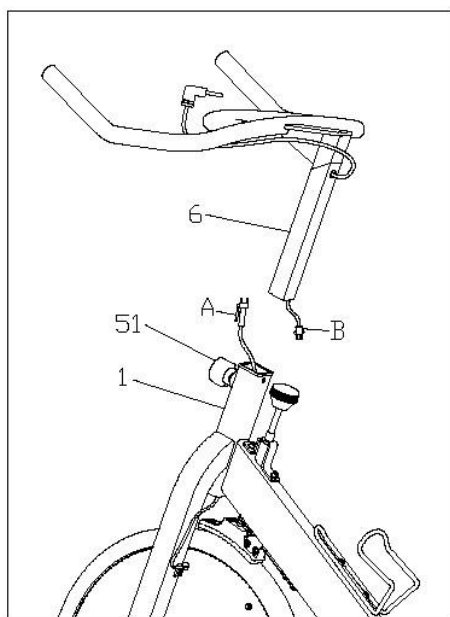
Insert the seat bracket (3) into seat post (2), 10 position can be available as per use's requirement. The seat can be slide horizontally following the arrow, then rocked strongly by the adjustable knob (51).

Insert the seat post (2) into frame (1), 10 position can be available as per use's requirement. The seat can be slide horizontally following the arrow, then rocked strongly by the adjustable knob (51).



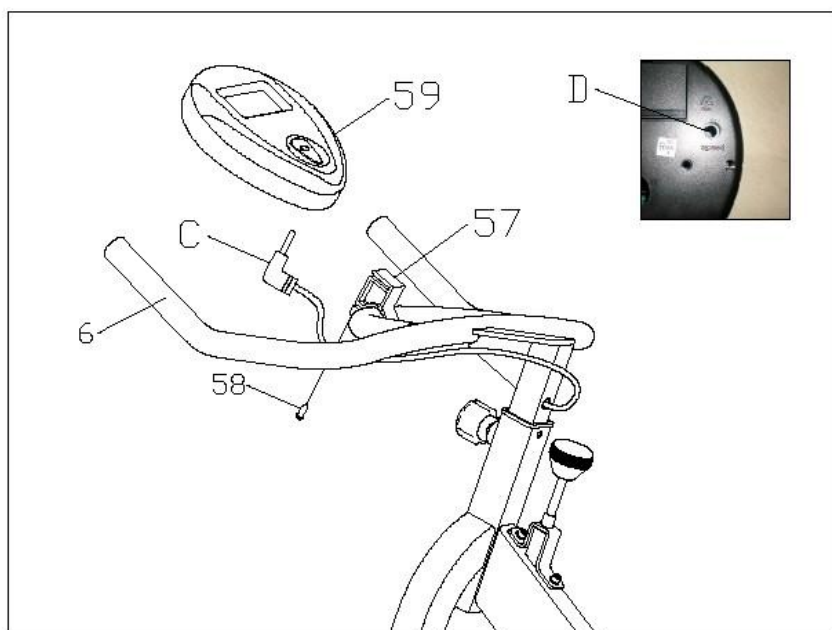
## STEP 7

Connect the Upper Wire Harness (A) to the Down Wire harness (B). And put the upright (6) to the frame (1) . then fix up with the knob (51)



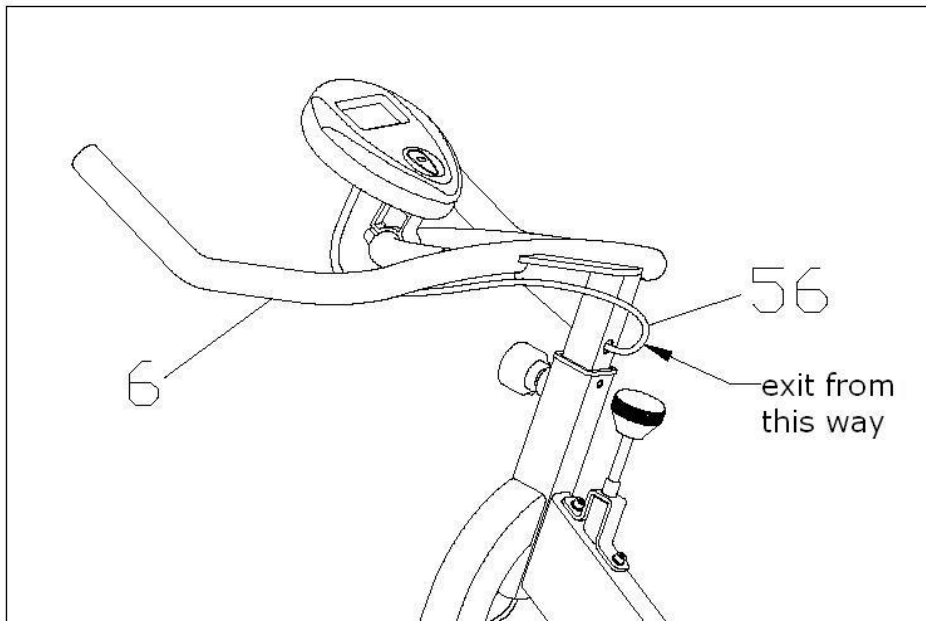
## STEP 8

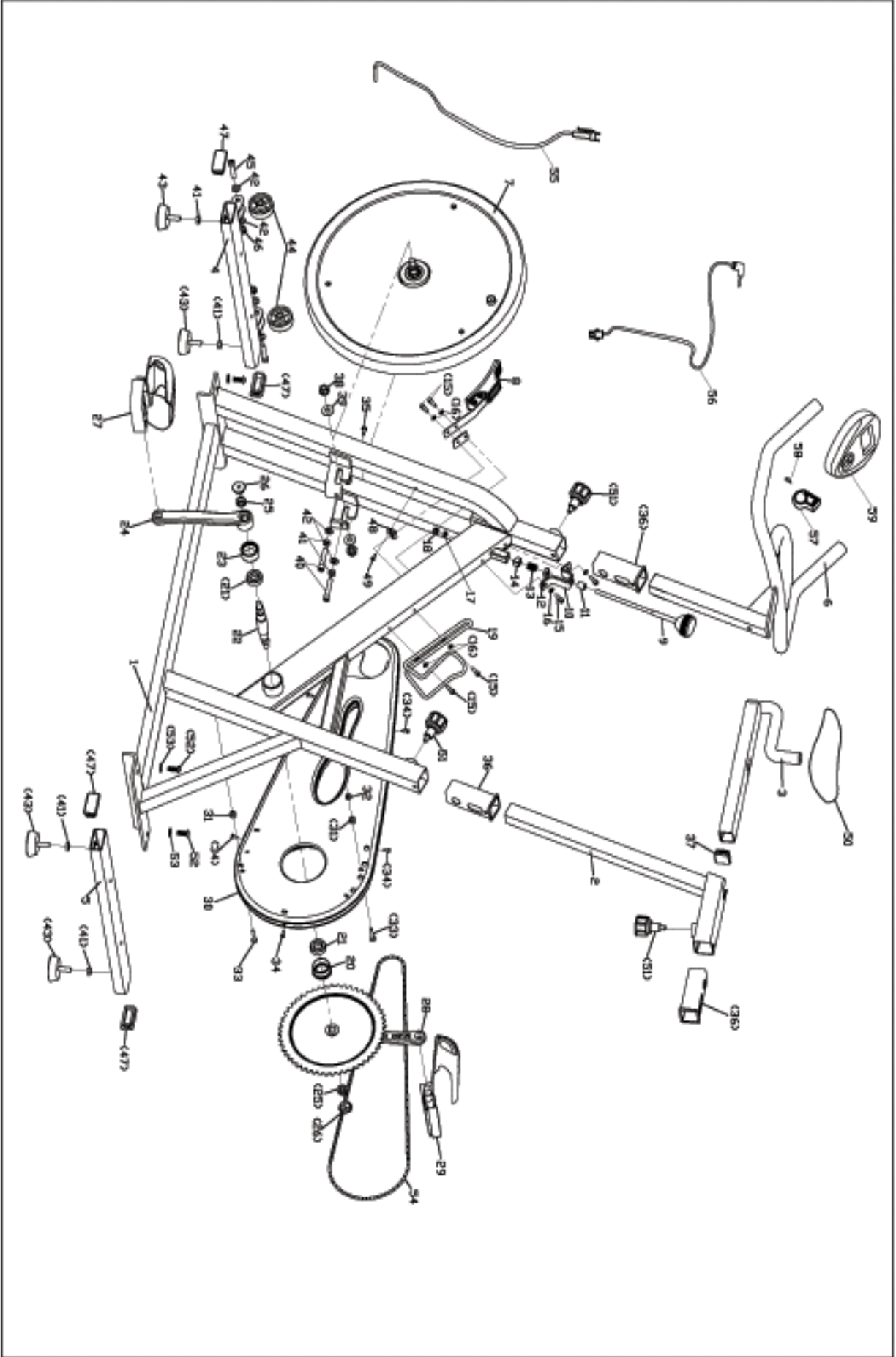
Attach the console holder (57) on the handlebar (6) first, then attach the Console (59) to the console holder (57). Connect the upper wire harness (C) to the plug (D).



## STEP 9

Prevent the sensor cable to touch the flywheel while the handlebar (6) is in the lowest position, Pull out the upper wire harness (56) from the hole







# Parts List

Part No.	Description	Unit	Part No.	Description	Unit
1	Frame	1	31	$\phi$ 12* $\phi$ 6.5*T8 washer of Chain Cover	2
2	Seat Post	1	32	$\phi$ 12* $\phi$ 5.5*T2.0 washer of Chain Cover	1
3	Seat Bracket	1	33	M5*20 Screw of Chain Cover	2
4	Front Stabilizer	1	34	M4*12 Screw of Chain Cover	5
5	Rear Stabilizer	1	35	M5*15 Screw of Chain Cover	1
6	Handlebar	1	36	Lining of Adjustment	3
7	Group of Flywheel	1	37	Cop of Seat Post	1
8	Group of Brake	1	38	M10*1.0 Nylon Locknut	2
9	Adjust of Brake	1	39	$\phi$ 23* $\phi$ 10.5*T1.5 washer with Flywheel	3
10	Stator of Adjustment	1	40	Adjust Bolt of Flywheel M8*50	2
12	13%*13.8*T6 Square nut	1	41	M8 Nut -13	6
13	Spring of Adjustment	1	42	$\phi$ 16* $\phi$ 8.5*T1.5 M8 ARC Washer Flywheel	6
14	Spring of Washer	1	43	Adjustable Stabilizer End-Cap M8*26	4
15	M5*15 Bolt	6	44	Moving Wheel	2
16	$\phi$ 10* $\phi$ 5.5*T1.0 M5 Washer	8	45	Bolt of Moving Wheel	2
17	M6 Nut	1	46	M8 Mylon Locknut	2
18	M6 Locknuts	1	47	Stabilizer End Cap	4
19	Water Bottle Holder	1	48	Seat of Induce Mucus	1
20	Crank Bearing of right Set	1	49	M4*16 Screw of Induce Mucus	1
21	6002RS Crank	2	50	Seat	1
22	Crank Axle	1	51	KNOB	3
23	Crank Bearing of Left Set	1	52	M8X25mm Bolts (Screw)	4
24	Left Crank Leg	1	53	Flat Washer	4
25	Screw of Crank Leg	2	54	Chain Belt	1
26	Cover of Crank	2	55	Down Wire Harness	1
27	Left Pedal	1	56	Upper Wire Harness	1
28	Crank	1	57	Console Holder	1
29	Right Pedal	1	58	Stm4X15 Screw	1
30	Group of Chain Cover	1	59	Console	1