

Gold's Gym Power Spin 290 – Quick Start Manual

Simple Setup:

1. **Position the bike** on a flat, non-slip surface.
2. **Adjust the seat and handlebars** using the knobs to match your height and comfort.
3. **Check the pedals** and straps to make sure they're secure before use.

Basic Use:

1. **Mount the bike slowly and carefully** using the handlebars for balance.
2. **Start pedaling gently**, with light resistance at first.
3. **Gradually increase resistance** using the tension knob as you warm up.
4. **Pedal smoothly and steadily.**
5. **Cool down and stretch** after your session.

Safety Tips:

1. **Consult your doctor** before beginning any new exercise routine.
2. **Inspect the bike** before each use — check bolts, pedals, and knobs.
3. **Avoid standing while pedaling** unless you're experienced and balanced.
4. **Use proper footwear** (sneakers with firm grip).
5. **Keep children and pets away** during workouts.

Maintenance:

1. **Wipe down the bike** after each use with a damp cloth to remove sweat and dust.
2. **Check for loose bolts or worn parts** every 2–4 weeks.
3. **Lubricate moving parts** (like the flywheel and pedals) as needed for smooth performance.