

SQUARE BIKE



SAVE THESE INSTRUCTIONS

Thank you for purchasing the USJ-875 SQUARE BIKE.

Please read this manual carefully to ensure optimum performance and safety.

INSTRUCTION MANUAL

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▶ IMPORTANT SAFETY PRECAUTIONS

READ ALL INSTRUCTIONS BEFORE USE. Before using this product, it is essential to read this ENTIRE user manual and ALL installation instructions.

CAUTION: Any changes or modifications to this equipment could void the product warranty.

 **DANGER** – To reduce the risk of electric shock:

 **WARNING** – To reduce the risk of burns, fire, electric shock, or injury to persons:

1. Do not allow children or pets to play with this unit, especially during operation.
2. Before each use, check to see whether the product is in good condition. If you notice any loose or worn components, do not operate the unit until there are tightened or replaced.
3. The maximum user weight for this unit is 250 lbs.
4. This machine is designed to one used by one person at a time.
5. This unit is designed for home use ONLY. It is suitable neither for therapeutic use, nor for use in gyms and other public exercise facilities.
6. This unit should not be used with bare feet, or while wearing only socks. Proper footwear include walking, running, and cross-training shoes.
7. Do not wear loose clothing, jewelry, etc. during use.
8. Consult your doctor before starting your exercise. Establish your exercise program based on his or her advice. Incorrect or excessive exercise may damage your health or aggravate any pre-existing medical condition.
9. Immediately discontinue use if you experience faintness, dizziness, nausea,
10. discomfort, or other abnormal symptoms.

Persons having the following health conditions must consult their doctor before use:

- Pregnant women
- Patients who had recently undergone surgery
- Patients recovering from knee, shoulder, or back injuries

▶ IMPORTANT SAFETY PRECAUTIONS

11. Persons having the following health conditions are strongly advised to consult their doctor before use:

- Heart conditions or cardiovascular diseases
- High blood pressure
- Cancer
- Deep vein thrombosis
- Acute hernia
- Severe diabetes
- Epilepsy
- Pacemaker, implants, artificial joints or limbs, metal plates or pins, IUDs

12. Do not tip the exercise bike on its side during operation.

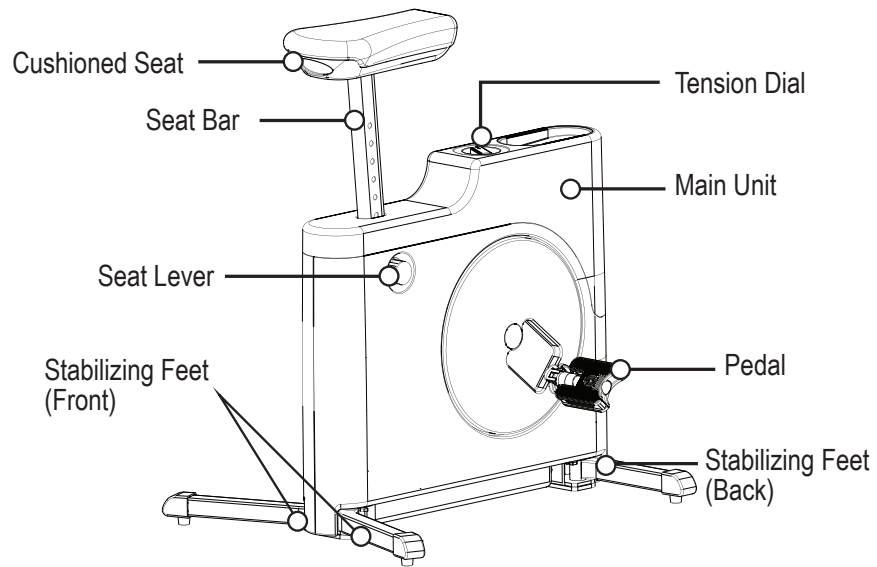
13. Use this unit on a solid, level floor surface with sufficient space all around.

▶ FEATURES

- Compact, space-saving, & convenient
- Pedals tuck away for easy storage
- Adjustable seat height
- 8 levels of pedaling tension
- Narrow platform holds phones & other accessories

PART NAMES

EXTERNAL STRUCTURE

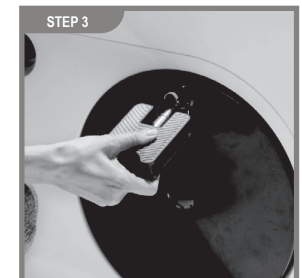


SETUP

SETUP INSTRUCTIONS

Carefully lift the bike and all its parts from their packaging. Remove any protective wrapping. Check to make sure that all parts are intact.

1. Set the unit upright onto the floor. Fully unfold the front and rear stabilizing feet.
2. Rotate the seat lever two or three rotations counterclockwise, then pull the lever outward. Pull the seat upward to your desired height, and release the lever into the corresponding slot. Finally, re-tighten by rotating this seat lever clockwise.
3. Pull the pedals out into its horizontal positions.
4. Use the tension dial to adjust your desired pedaling intensity.



▶ OPERATION

⚠ WARNING – To prevent excessive muscle strain and reduce the risk of injury, perform a few warm-up exercises before starting each workout. After your workout, we also recommend stretching your leg muscles, along with other cool-down exercises.

1. Sit down on the cushioned seat and place your feet on the exercise bike pedals. Check that each leg is completely straight, with knees fully extended when its pedal is in the position furthest away from you. If so, the seat is in the proper position. If not, adjust the bike seat either up or down.
2. Place the balls of your feet on the bike pedals; this is your standard riding position. Pedal briefly to check your positioning. You should now have a slight bend in each knee when that foot's pedal is at the furthest point from you in the cycling motion.
3. Sit up straight. Think of tucking your chin back, keeping your shoulder blades squeezed down and back, and bringing your belly button back toward your spine.
4. Pedal slowly, with even pressure for the first 5 to 10 minutes of your workout.
5. Continue pedaling for at least 10 minutes. You can pedal faster or slower depending on your workout preference.
6. Cool down, just as you warmed up, by pedaling slowly for the last 5 to 10 minutes of your workout. This helps your body adapt back to a state of rest.

▶ CLEANING AND MAINTENANCE

1. Clean the entire unit with a damp cloth and mild detergent only.
2. Regularly inspect the unit for possible damage. Do not operate if any damage is detected.
3. The Square Bike is designed to take up minimal space in your home. Before putting it into storage, make sure that the seat is in its lowest position, the pedals are folded away, and the stabilizing feet are tucked in. Store the unit in an upright position.



▶ TECHNICAL SPECIFICATIONS

Product Name.....	Square Bike
Model Number.....	USJ-875
Net Weight.....	38.70 LBS
Gross Weight.....	45.40 LBS
Dimensions	28.15in X 25.40in X 8.25in

USJ-875 SQUARE BIKE

This warranty guarantees that the product purchased is to be free from defects in material and workmanship under normal usage and local voltage for a period of one year. This warranty expires in TWO (2) years on parts, and ONE (1) year on labor after the date of purchase.

U.S. Jaclean, Inc. (referred to as "the Warrantor") will repair this product with new or rebuilt parts in case of defects in material or workmanship, free of charge, in the USA provided that:

- 1) The product is operated in accordance to the printed instructions supplied.
- 2) The product is used under normal conditions for which it is designed.
- 3) The product is not subjected to misuse, negligence, or accident.
- 4) The product receives proper care, protection, and maintenance.

This warranty is extended to the original buyer only, after purchase from an authorized U.S. Jaclean, Inc. distributor. A deductible or shipping allowance may apply. A purchase receipt or other proof of date of the original purchase is required for service and parts replacement under this warranty.

Claims of defect in this product are subject to U.S. Jaclean, Inc.'s authorized distributor inspection and judgment.

This warranty only covers failures due to defects in materials and workmanship and does not cover normal wear or cosmetic damages. The warranty does not cover damages which occur in shipment, or failures which result from accident, misuse (including, without limitation, failure to comply with instructions and use limitations contained in the Operating Instructions), abuse, neglect, mishandling, faulty installation, set-up adjustments, improper operation or maintenance, alteration, modification, power line surge, lightning, improper line voltage, commercial use such as hotel, office, restaurant, or other business or rental use of product, or service by anyone other than from U.S. Jaclean, Inc., or damage that is attributable to "acts of God."

Continued use of this product after discovering a defect voids warranty. This warranty shall be governed by the state of California, United States of America.

Please retain this Warranty Certificate, together with the original purchase receipt, and present it to our technician for inspection during service.

For assistance and more information, please contact U.S. Jaclean, Inc. Please call before sending back the merchandise.