

LANOS X BIKE



Scan this QR code with
your phone's camera
to **watch the easy
assembly video**



Thank you and welcome.

Thank you for choosing the Lanos X-Bike. We take great pride in this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest.

It's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The Lanos X-Bike provides a convenient and simple method to begin your journey of getting your body in shape and achieving a happier and healthier lifestyle.

In the rare instance that a part is missing or defective, please contact Customer Care for assistance. E-mail us at support@lanosbrands.com or submit an inquiry through www.lanosbrands.com. Our knowledgeable Customer Care Staff is available to assist with any questions.



support@lanosbrands.com



800-975-7304



lanosbrands.com

A few things before you start.

SAFETY & HEALTH INSTRUCTIONS

1. Consult a doctor for your health condition before training to prevent injuries or health issues.
2. If on medication that would affect heart rate, blood pressure or cholesterol index, comply with your doctor's instructions before training.
3. For heart rate measurement, place both palms on the sensor of the handle bars.
4. Inaccurate or excessive training may cause harm to your body and health. Stop training immediately should you experience headache, chest oppression, arrhythmia, abnormally rapid breathing, dizziness or nausea.
5. This equipment is for adults only, NOT for children.
6. Please place the equipment at a sturdy and level place with added protection from floor damage. For your safety, please keep the space clear within a radius of one meter from the equipment.
7. Please make sure all the screws and bolts are tightly screwed before using for the first time.
8. For equipment repair and maintenance, please use the Lanos provided spare parts only.
9. Wear proper clothes and shoes suitable for fitness training and exercise every time you use the equipment.
10. The maximum weight for the equipment is 330 lbs.
11. This equipment is not for therapeutic or medical use.
12. The equipment is heavy. Use caution when assembling and moving it around to avoid any accident. It is highly recommended that it is assembled and moved by 2 people.

CAUTION

For consumer use only. Failure to follow all warnings and instructions could result in injury or property damage. Before assembling or using this product, read and follow the Owner's Manual and all other warnings and instructions that accompany this product. Replace this caution label if damaged, illegible, or removed.

Keep others including children & pets away from equipment when in use.

Consult your physician before starting this or any exercise program. This is especially important if you are over the age of 35 or have any pre-existing health condition. Always make sure all nuts and bolts are securely tightened before using this product. This product should not be used by person weighing more than 250 lbs unless otherwise stated in your Owner's Manual.

WARNING Cancer and Reproductive Harm www.P65Warnings.ca.gov

Consult your physician before starting this or any exercise program. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any health problem. This product is for home use only. Do not use in institutional or commercial applications. Failure to follow all warnings and instructions could result in serious injury or death.

WARNING

Exercise can present a health risk. Consult a physician before beginning any exercise program with this equipment. If you feel faint or dizzy, immediately discontinue use of this equipment. Serious bodily injury can occur if this equipment is not assembled and used correctly. Serious bodily injury can also occur if all instructions are not followed. Keep others and pets away from equipment when in use. Always make sure all bolts and nuts are securely tightened prior to each use. Follow all safety instructions in this manual.

Alright, let's do this.

PARTS & ACCESSORIES LIST

1	Main Frame	11	Backrest Support
2	Front Foot w/ Rollers	11a	Carriage bolts (2)
2a	Bolts (2)	11b	Flat washers (2)
2b	Arch washers (2)	11c	Lock nuts (2)
2c	Cap nuts (2)	11d	Semi-round head screws (4)
3	Rear Foot	11e	Spring washers (4)
3a	Bolts (2)	12	Backrest cushion
3b	Arch washers (2)	13	Seat Handles
3c	Cap nuts (2)	13a	Back stator (1)
4	Right Pedal	13b	Semi-round head screws (2)
5	Left Pedal	13c	Arch washers (2)
6	Right Foot Strap	13d	Lock nuts (2)
7	Left Foot Strap	14	Handlebars w/ Monitor
8	Seat Cushion	14a	Semi-round head screws (4)
8a	Lock nuts (3)	14b	Flat washers (2)
8b	Flat washers (3)	14c	Arch washers (2)
9	Seat Post	14d	AAA Batteries (2)*
10	Seat Adjustment Knob*	15	Wrench*
		16	Allen Key*



Parts



Prepositioned Hardware



Tools

*Located in styrofoam compartment

First, set your bike into position.



1

Place the bike's Main Frame 1 into upright position for easier and safer assembly.



2

To adjust the angle, loosen circular knob on the left side of the Main Frame and pull outward.

Attach the foot tubes.



3

Locate the Front Foot *with rollers* 2. Remove prepositioned hardware 2a, 2b, 2c.



5

Locate the Back Foot 3. Remove prepositioned hardware 3a, 3b, 3c.



4

Align the Front Foot 2 to the Main Frame 1 *underneath the flywheel*. Rollers must be facing outward from the front of the bike. Align the bolts 2a, archwashers 2b, and cap nuts 2c. Tighten using provided wrench 15.



6

Align the Back Foot 3 to the Main Frame 1. Align the bolts 3a, archwashers 3b, and cap nuts 3c. Tighten using provided wrench 15.

Attach the pedals.



7

Locate the Right Pedal 4. This is marked 'R'.



9

Locate the Left Pedal 5. This is marked 'L'.



8

Match the Right Pedal 4 to the Right Crank Arm (R). Screw in a standard clockwise direction **by hand** to ensure proper alignment between the pedal and cranks threading. Then, tighten securely with the provided wrench 15.



10

Match the Left Pedal 5 to the Left Crank Arm (L). Screw in a **NON-STANDARD COUNTER-CLOCKWISE** direction **by hand** to ensure proper alignment between pedal and cranks threading. Then, tighten securely with the provided wrench 15.

Fasten foot straps to the pedals.



11

Locate the Right Foot Strap 6. This is marked 'R'.



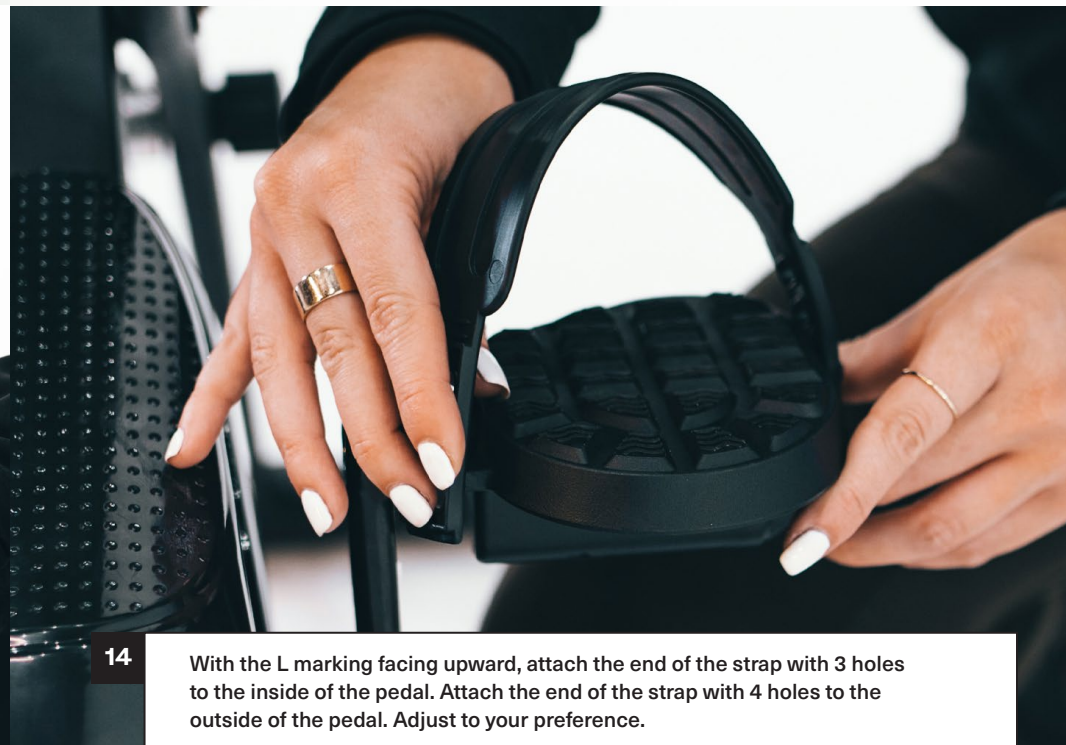
13

Locate the Left Foot Strap 7. This is marked 'L'.



12

With the R marking facing upward, attach the end of the strap with 3 holes to the inside of the pedal. Attach the end of the strap with 4 holes to the outside of the pedal. Adjust to your preference.



14

With the L marking facing upward, attach the end of the strap with 3 holes to the inside of the pedal. Attach the end of the strap with 4 holes to the outside of the pedal. Adjust to your preference.

Now, let's insert the seat.



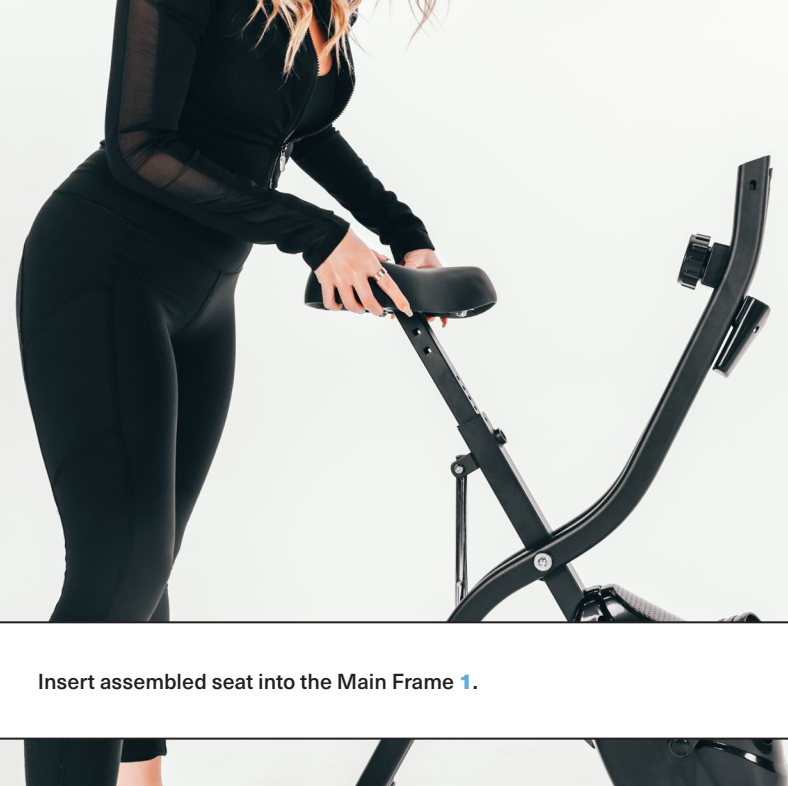
15

Locate Seat Cushion **8** and Seat Post **9**. Remove prepositioned hardware **8a** & **8b**.



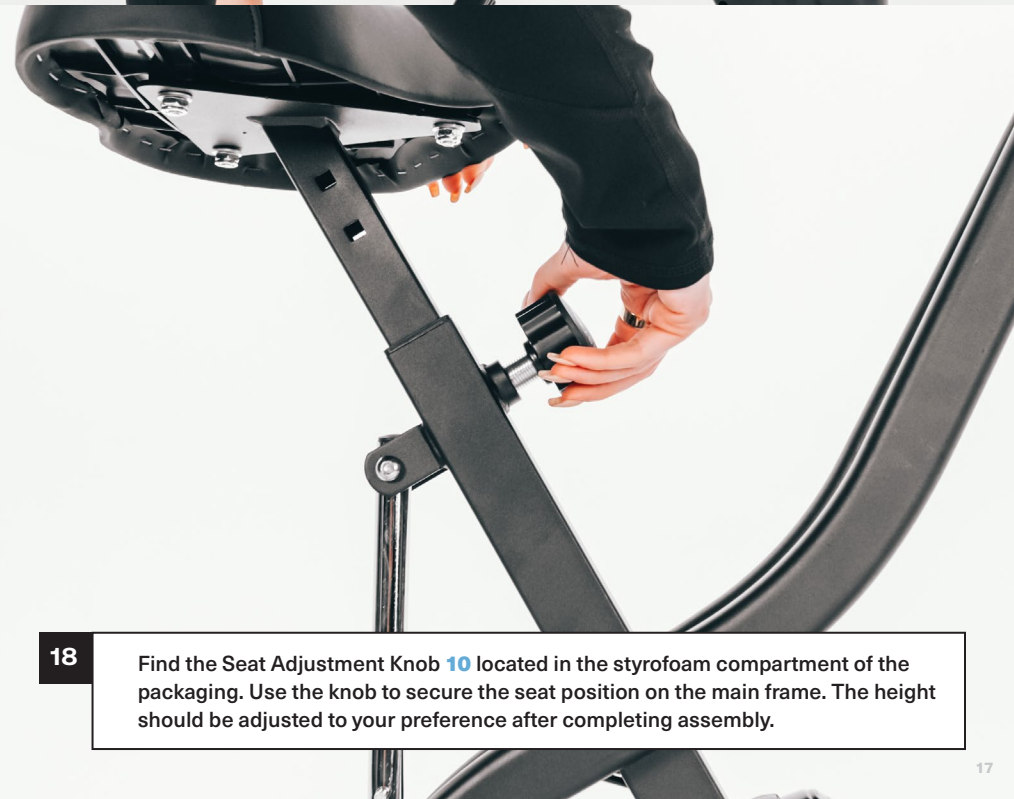
16

Align the Seat Cushion **8** with the Seat Post **9**. Fasten with washers **8b** and lock nuts **8a**, tightening securely using the provided wrench **15**.



17

Insert assembled seat into the Main Frame **1**.



18

Find the Seat Adjustment Knob **10** located in the styrofoam compartment of the packaging. Use the knob to secure the seat position on the main frame. The height should be adjusted to your preference after completing assembly.

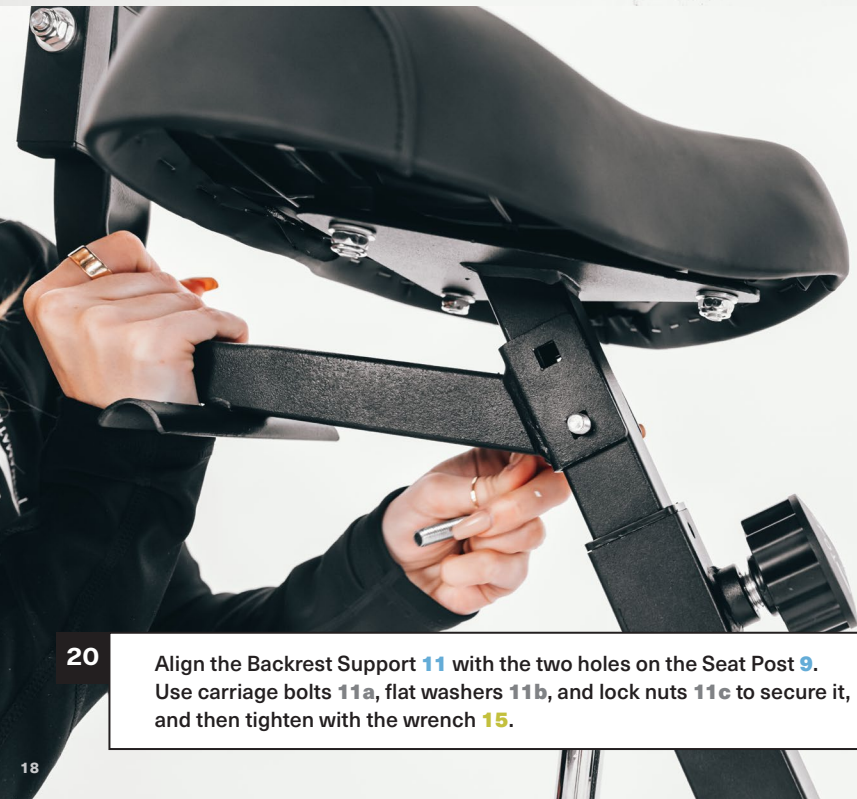
Add the backrest.



19 Locate the Backrest Support **11**. Remove prepositioned hardware **11a**, **11b**, **11c**, **11d**, **11e**.



21 Locate the Backrest Cushion **12** and remaining hardware **11d**, **11e**.

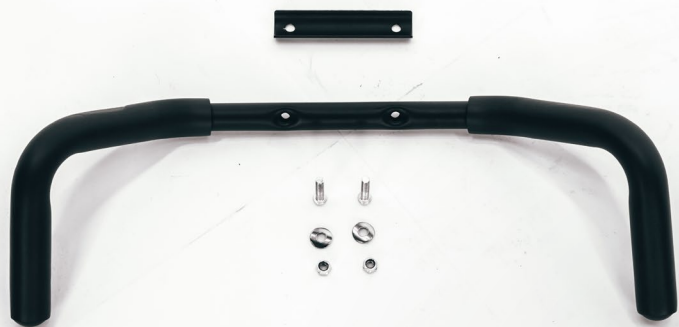


20 Align the Backrest Support **11** with the two holes on the Seat Post **9**. Use carriage bolts **11a**, flat washers **11b**, and lock nuts **11c** to secure it, and then tighten with the wrench **15**.



22 Align the Backrest Cushion **12** with the four holes on the Backrest Support **11**. Use the semi-round head screws **11d** and spring washers **11e** to secure it, and then tighten with the allen key **16**.

Attach the seat handles.



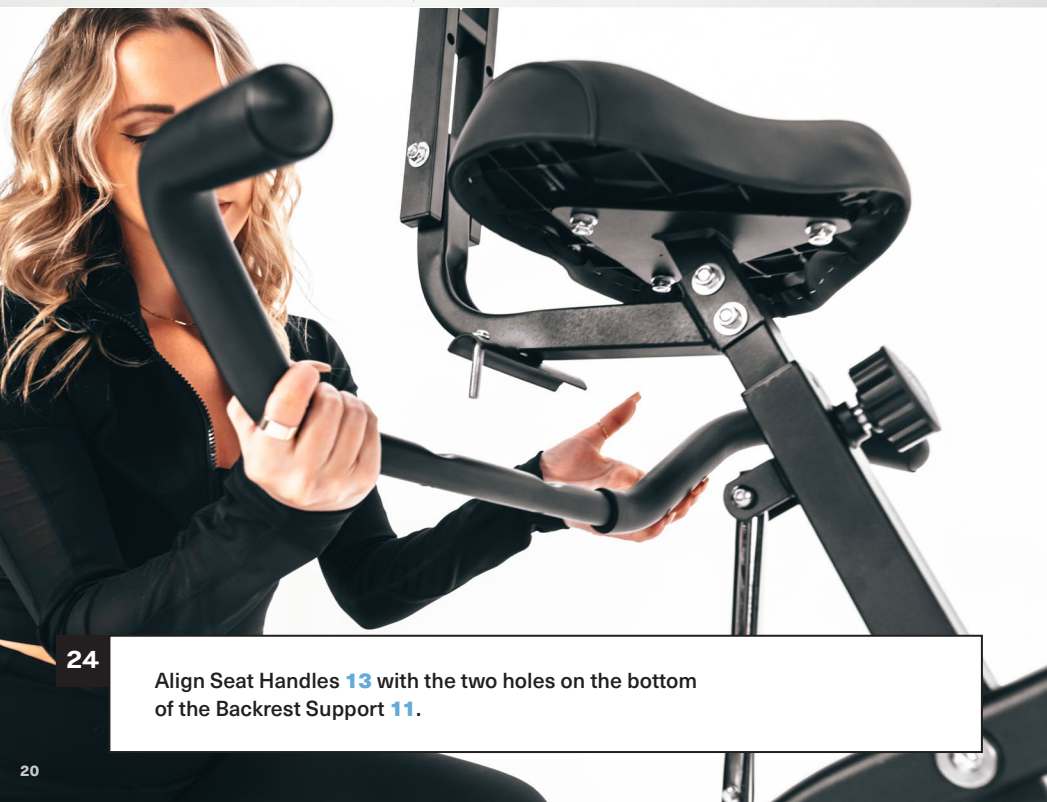
23

Locate the Seat Handles **13**. Remove prepositioned hardware **13a**, **13b**, **13c**, **13d**.



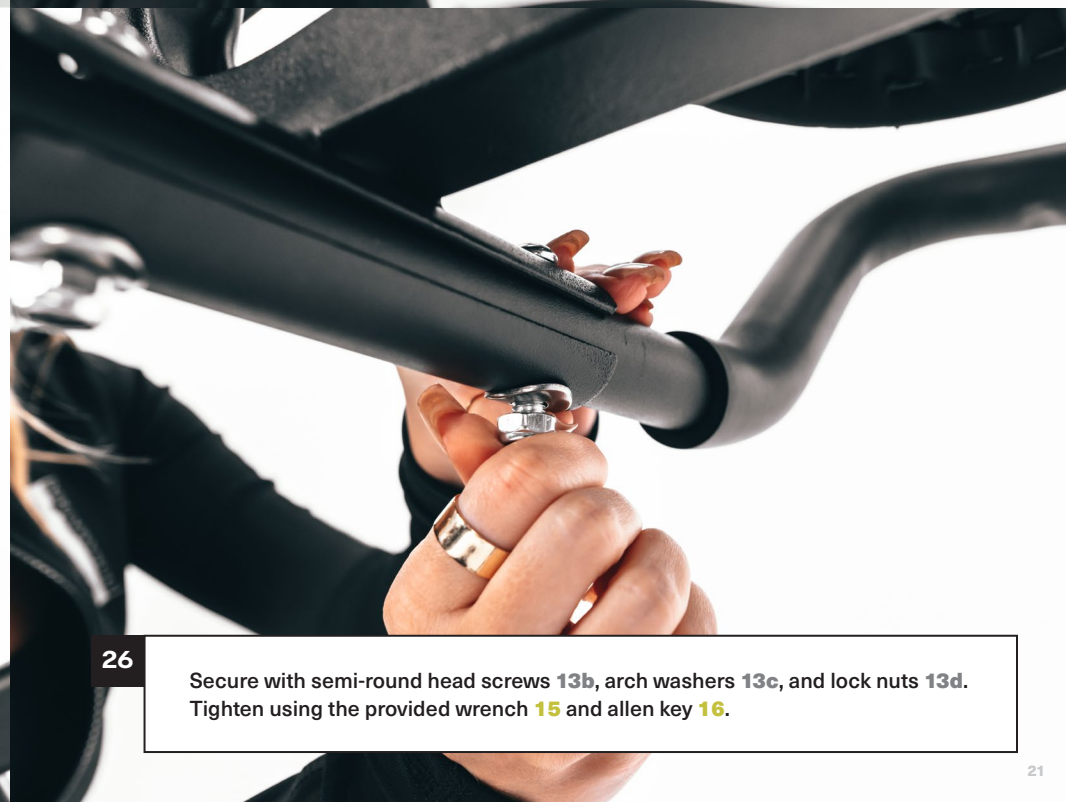
25

Before inserting hardware, place the rounded Back Stator **13a** over the bar so that the holes align.



24

Align Seat Handles **13** with the two holes on the bottom of the Backrest Support **11**.



26

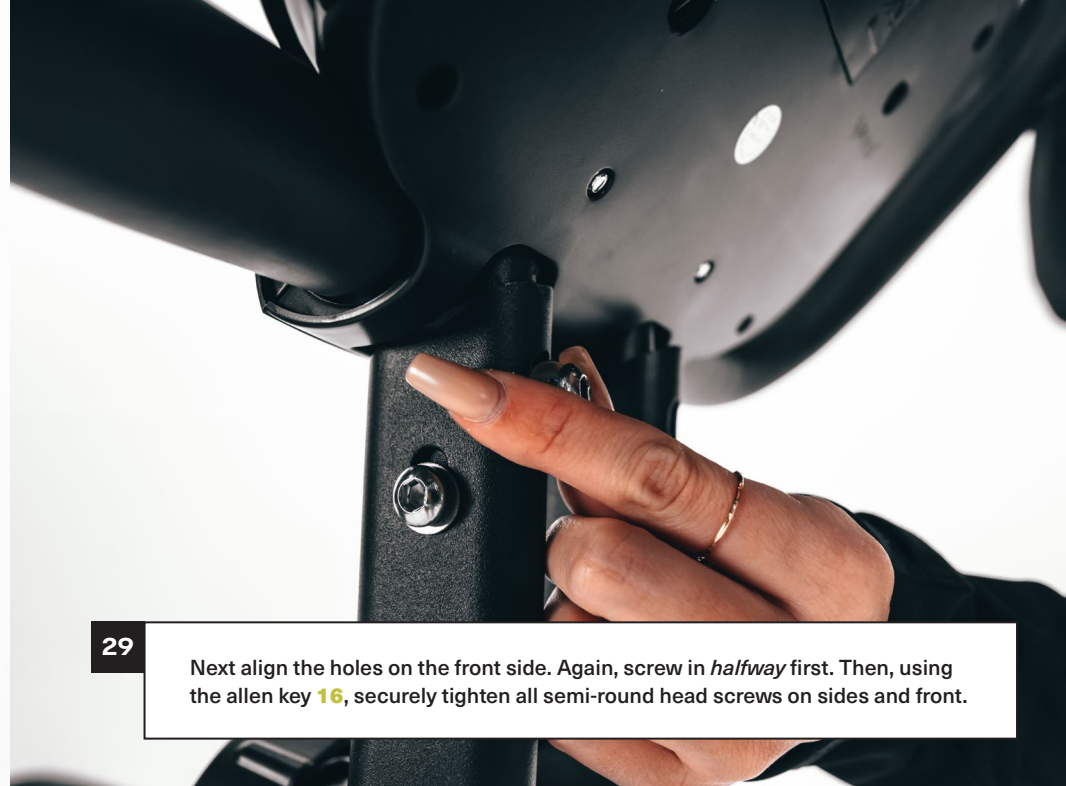
Secure with semi-round head screws **13b**, arch washers **13c**, and lock nuts **13d**. Tighten using the provided wrench **15** and allen key **16**.

Lastly, the monitor & handlebars.



27

Locate Handlebars w/ Monitor **14**. Remove prepositioned hardware **14a, 14b, 14c**.



29

Next align the holes on the front side. Again, screw in *halfway* first. Then, using the allen key **16**, securely tighten all semi-round head screws on sides and front.



28

Insert **14** into the Main Frame **1**. First align the holes on the left and right sides, and screw in hardware **14a, 14b, 14c** *halfway* before tightening completely.



30

Now, plug it in. Connect the wires between the monitor and frame. Insert provided AAA batteries **14d** into the back of the monitor.

You're all set!

Nice work. Now that your exercise bike is fully assembled, the following pages will guide you through further instructions for use and best practices.

If you have any questions or issues with assembly, please contact our Customer Service team at support@lanosbrands.com.



THREE BIKE POSITIONS

The Lanos X-Bike can be adjusted to 2 cycling positions or folded up to half its size for storage.



HOW TO CHANGE CYCLING POSITION

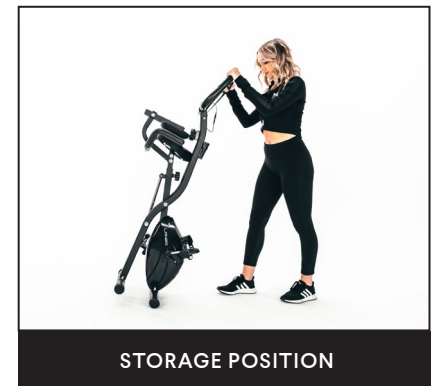
1. Stand on the side of the bike where the safety knob is located.
2. Gently pull the knob and let the rear and front frames open all the way for recumbent cycling position or just half-way for the upright cycling position. Take note of the corresponding holes for the different bike positions.
3. Align the knob to the corresponding hole where the screw will automatically lock into place.
4. Always make sure that the safety lock is secured in place before getting on the bike.

*Dimensions: **Recumbent:** 32" L x 19.5" W x 41" H **Upright:** 26.4" L x 19.5" W x 46" H*

STORAGE POSITION

1. Gently pull the safety knob.
2. "Fold" the bike by carefully pushing the rear and front frames together.
3. Align the knob to the corresponding hole where the screw will automatically lock into place.
4. Use built-in wheels to move the bike into a storage area.

Dimensions: 19.5" L x 19.5" W x 54.3" H



HOW THE LCD MONITOR WORKS

SPECIFICATIONS

TIME	0:00-99:59 MIN/SEC
SPEED	0:00-999.9 MPH
DISTANCE	0:00-999.9 MILES
CALORIES	0:00-999.9 KCAL
PULSE	40-240 BEATS/MIN



FUNCTIONS

POWER ON/OFF

Press the button once or start to pedal to power on. The power will automatically shut off after 4 minutes of inactivity.

SCAN

Press the button until the screen displays SCAN. The computer will automatically scan each function: SPEED, TIME, DISTANCE, CALORIES and PULSE RATE, every 6 seconds.

Press the button once to stay in a particular function.

Press the button again once to move to the next function.

TIME

Workout time is displayed in minutes and seconds. The computer automatically counts from 0:00 to 99:59.

SPEED

Workout speed is displayed in miles per hour.

DISTANCE

Accumulated distance traveled with every use is displayed to a maximum of 999.9 miles.

CALORIE

Calorie Readout is an estimate for an average user. It should be used only as a comparison between workouts in this unit.

PULSE

Pulse readouts are more precise when two hands are on the handlebar grip sensors.

RESET

Press and hold the button for more than 2 seconds to reset all values to zero.

WARM UP BEFORE YOUR WORKOUT

Stretching before a workout can help with blood circulation, and reduce chances of muscle spasms.

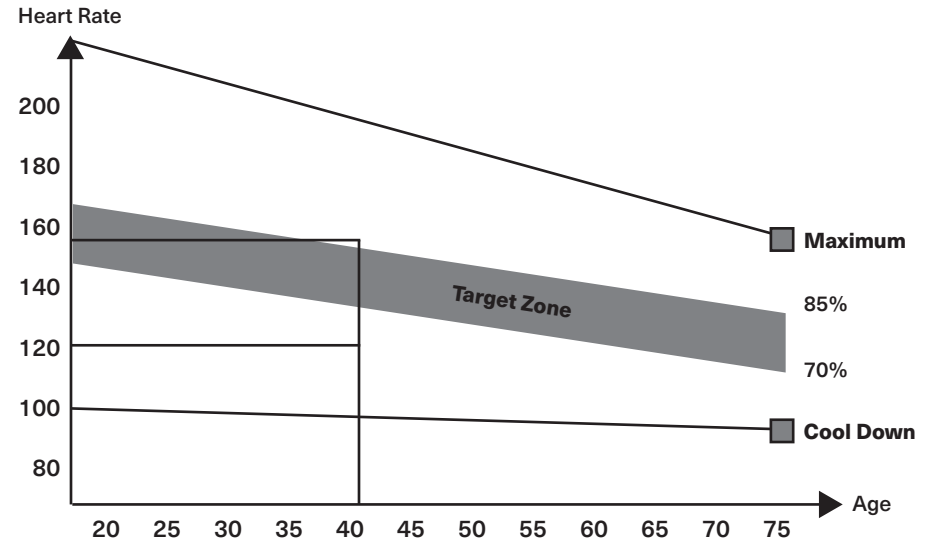
Please follow the instruction below for warm up before you start training.

Each move should last for at least 30 seconds. Alternate sides.
Do NOT stretch fiercely to avoid muscle injury.



TRAINING PHASE

This is for formal exercise, which can improve leg muscle flexibility. Please adjust the training level according to your body and health condition, and choose training intensity that is most suitable for you.



You must stay in the target zone for at least 12 minutes. Some people train for 15-20 minutes.

90 DAY LIMITED WARRANTY

This Lanos product is warranted to the original purchaser to be free from defects in material or workmanship for a period of one hundred eighty days from the date of the original retail purchase.

This warranty does not cover defects or damage due to improper installation, alteration, accident or any other event beyond the control of the manufacturer. Defects or damage resulting from misuse, abuse or negligence will void this warranty. This warranty does not cover scratching or damage that may result from normal usage.

This product is not intended for institutional or commercial use; Lanos does not assume any liability for such use. Institutional or commercial use will void this warranty.

This warranty is nontransferable and is expressly limited to the repair or replacement of the defective product. During the warranty period, Lanos shall repair or replace defective parts at no cost to the purchaser. Shipping charges and insurance are not covered and are the responsibility of the purchaser. Labor charges and related expenses for removal, installation or replacement of the product or components are not covered under this warranty.

Lanos reserves the right to make substitutions to warranty claims if parts are unavailable or obsolete.

Lanos shall not be liable for loss of use of the product or other consequential or incidental costs, expenses or damages incurred by the consumer of any other use. The user assumes all risk of injury resulting from the use of this product.

This warranty is expressly in lieu of all other warranties, expressed or implied, including warranties of merchantability or fitness for use to the extent permitted by Federal or State law. Neither Lanos nor any of its representatives assumes any other liability in connection with this product.

All warranty claim must be made through the retailer where the product was originally purchased. A purchase receipt or other proof of date of purchase will be required to process all warranty claims. The model number and part numbers found within the assembly instructions will be required when submitting any parts requests or warranty claims.

For further warranty information or inquiries, please email support@lanosbrands.com



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