

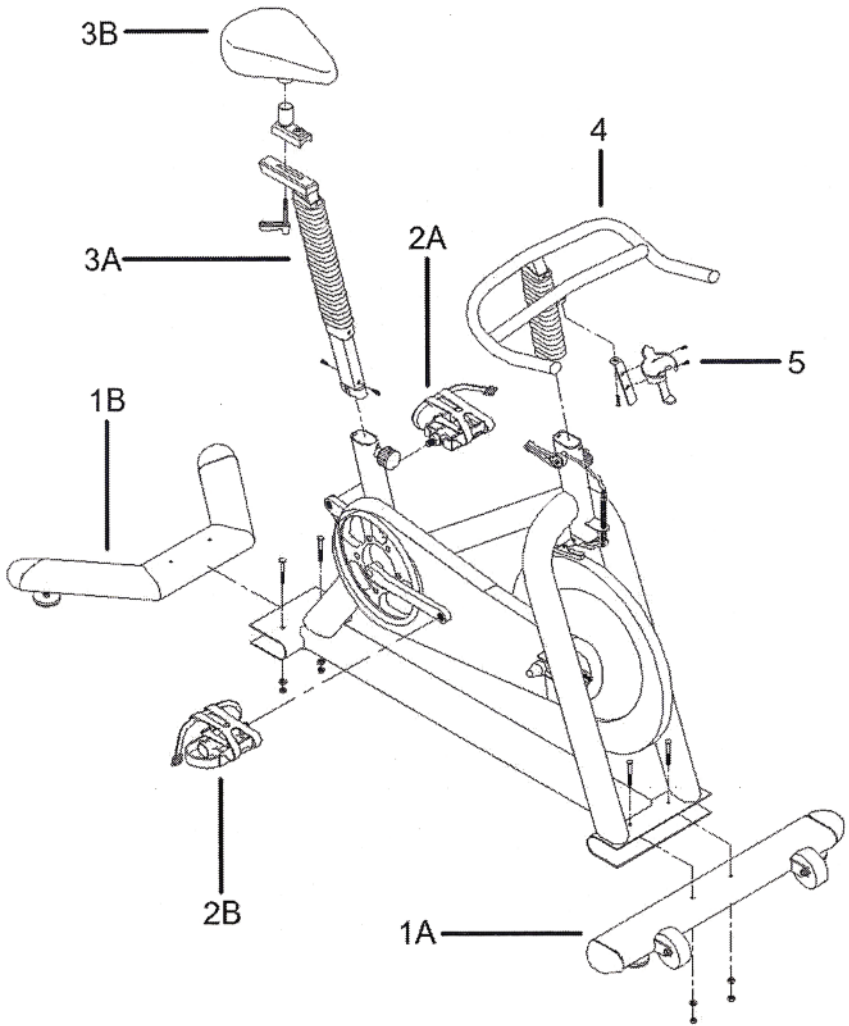
ROBIX **KHS**



THANK YOU FOR PURCHASING THE ROBIX INDOOR CYCLE

You are moments away from a great tool to help you and your club members achieve your fitness goals. You will discover that Robix is a super quiet indoor cycle that is stable, easy to use, and simple to maintain.

The Robix Indoor Cycle is designed to require minimal assembly time. However, please read and understand instructions completely before assembly. If you are not confident you can complete assembly of the bike into a safe unit, KHS recommends assembly by a qualified bicycle mechanic.



Assembly Instructions

Tips on removing the cycle from the box

- A. After opening the top of the box, remove the top level packaging, the handlebar, and box C.
- B. Make sure the break lever is in the “UP” position.
- C. Flip the box so that the side where the flywheel is located touches the ground.
- D. Now roll the cycle out from the box on the flywheel.
- E. Once the cycle clears the box, carefully return the cycle to the up-right position.

Tools needed for assembly

- A. Multi-size open-end wrench (included in the parts box): sizes 13mm, 14mm, 15mm.
Torque wrench, if available, is highly recommended.
- B. Phillips screw-driver
- C. Plastic mallet
- D. 4mm, 5mm, and 8mm Hex wrenches

STEP 1 - MOUNT STABILIZERS (FEET)

Front Stabilizer (straight piece – 1A)

- A. Remove the wood block from front of the frame. Use the wood block to prop up the front of the frame at about 6 inches (15cm) from the front.
- B. Remove the front stabilizer from the packaging.
- C. Insert the front stabilizer and make sure that the holes line up. Insert a round head bolt from the top of one hole. Install a washer and a nut on the bottom. Tighten the nut with a 13mm torque wrench to 113in-lbs (130Kgf-cm). Repeat this step for the 2nd hole.

Rear Stabilizer (angled piece – 1B) - similar to Front installation

- A. Remove the wood block from rear of the frame. Use the wood block to prop up the rear of the frame at about 6 inches (15cm) from the rear.
- B. Remove the rear stabilizer from the packaging.
- C. Insert the rear stabilizer and make sure that the holes line up. Insert a round head bolt from the top of one hole. Install a washer and a nut on the bottom. Tighten the nut with a 13mm torque wrench to 113in-lbs (130Kgf-cm). Repeat this step for the 2nd hole.
- D. Discard both front and rear wood blocks.

STEP 2 - ATTACH PEDALS

- A. Remove the pedals from the packaging and identify the left and right pedals by the markings at the end of the shafts. They will be clearly marked **L for left** and **R for right**. **This is extremely important.** (Also included are cleats provided for cycling shoes. Directions for the cleats are included separately.)
- B. Apply a small amount of grease on the pedal threads and insert the left pedal (**2A**) into the left crank arm. Tighten it **counter-clockwise** using a 15mm torque wrench to 360in-lbs (414Kgf-cm). Be sure the pedals are tight or they may work loose.
- C. Repeat the same procedure for the right pedal (**2B**) except tighten **clockwise**.

STEP 3 - ATTACH SEAT TUBE AND SADDLE

- A. Remove the round adjustment knob (A.K.A. QR knob) from top of the seat tube.
- B. Insert the seat post (**3A**) just enough so that the first fixed plastic sleeve fits in. Press (or tap lightly using a mallet) the top plastic insert (a non-fixed piece) down into the seat tube. Slide the seat post up and down to make sure the post slides smoothly. If it does not, apply some grease to the post.

- C. Align the holes of the top plastic insert with the seat tube and then slide the black accordion seat post sleeve over the top of the seat tube. Find 2 Phillips head screws from the parts box and snug tight (careful not to over tighten) the screws back into top of plastic insert using a Phillips head screw driver.
- D. Reattach the QR knob (for proper operation, please see “Using the Quick Release Knob” section on the operations page) and test slide the seat post again for smooth operation.
- E. Remove the seat (**3B**) from the packaging and place it on the seat post top. Make sure that the seat is positioned straight and level. Use a 14mm wrench to tighten bolts on both sides of the seat equally. Tighten the bolts to 157in-lbs (180Kgf-cm).

STEP 4 - ATTACH HANDLEBARS

- A. Remove the round adjustment (QR) knob and the screws from top of the head tube.
- B. Insert the handlebar post (**4**) just enough so that the first fixed plastic sleeve fits in. Press (or tap lightly using a mallet) the top plastic insert (a non-fixed piece) down into the head tube. Slide the handlebar post up and down to make sure the post slides smoothly. If it does not, apply some grease to the post.
- C. Align the holes of the top plastic insert with the head tube and then slide the black accordion sleeve over the top of the head tube. Find 2 Phillips head screws from the parts box and snug tight (careful not to over tighten) the screws back into top of plastic insert.
- D. Reattach the QR knob and test slide the handlebar post again for smooth operation.

STEP 5 - ATTACH WATER BOTTLE CAGE

- A. Remove the screw on the handlebar. Attach the cage with adopter (**5**) and replace the screw. Tighten securely.

STEP 6 - IMPORTANT CHECKS BEFORE FIRST OPERATION

- A. Check all crank arm bolts. They sometimes settle after first tightening. But after re-tightening they will be OK until your regular required maintenance.
- B. Cycles equipped with a belt drive may require a slight tightening as loosening may occur with basic set stretch during shipping. This is not likely as we have compensated for this at the factory but if you notice a loose belt, a simple adjustment will fix it.
- C. Ensure the cycle is leveled and stable on the ground. If the cycle tips or moves at the touch, please refer to the “Leveler Pad Adjustment” section.

Basic Maintenance

DAILY MAINTENANCE

After each use, wipe with antibacterial cleaner and then wipe dry. Avoid use of strong detergents or abrasive cleaners to prevent damage to the finish.

PEDALS

The pedals will need to be checked and tightened periodically with a 15mm wrench and tighten to 30ft-lbs (414Kgf-cm).

CRANK ARMS

The crank arm bolts (both pinch bolts and spindle bolts) need to be checked and tightened periodically with an 8mm Allen wrench. Tighten the crank arm bolts with a torque wrench to:
Pinch bolts: 14.6ft-lbs (200Kgf-cm) **Spindle bolts:** 29.2ft-lbs (400Kgf-cm)

BRAKE PAD MAINTENANCE

Periodically clean braking surface of the flywheel. The brake pad is made from fabric and will wear with normal usage and needs to be replaced when worn. Visually inspect the brake pad approximately once a week.

RESISTANCE ADJUSTMENT

Any adjustments should be made with the tension lever all the way off (up). **IMPORTANT:** Adjust the pad itself by moving the cable adjustment bolt in or out so that the pad just misses making contact with the flywheel. If you can not make proper adjustment with the adjustment bolt, tighten the tension cable. If the tension cables show signs of fraying, replace immediately.

BOTTOM BRACKET

No regular maintenance is required. The bottom bracket utilizes double sealed cartridge bearings. The bottom bracket will, however, need to be replaced occasionally due to normal wear depending on usage.

FLYWHEEL

No regular maintenance is required. The flywheel utilizes double sealed bearings. The bearings may, however, need to be replaced occasionally due to normal wear depending on usage.

BELT / CHAIN MAINTENANCE

Belts and chains may require a slight tightening as loosening may occur with heavy usage. Adjustment location is on the front, near the flywheel.

Belt drive: is virtually maintenance free, but KHS suggests periodically use a belt dressing at access points near flywheel or crank arm to maintain the rubber belt.

Chain drive: requires periodic lubricating and changing. When the chain becomes excessively noisy, KHS recommends lubricating with a motorcycle type chain lubricant. In addition, Using a worn out chain will cause accelerated wear of crank sprocket and flywheel cog teeth. In order to prevent need for premature replacement of sprockets and cogs the chain should be checked periodically for wear. The easiest and best way to check for wear is to use a chain-wear gauge available at any independent bicycle shop.

Torque Specifications:

Part	In-lbs	Ft-lbs	Nm	Kgf-cm
Flywheel/hub nuts	331	27.7	37.2	380
Crank pinch bolts	174	14.6	19.6	200
Crank-Spindle bolts	348	29.2	39.2	400
Spider bolt (from inside)	479	40.2	53.9	550
Drive pulley bolts (5 total)	261	21.9	29.4	300
Saddle clamp nuts	157	13.1	17.6	180
Chain adjuster	26	2.2	2.9	30
Belt tension		442.6	600	
Brake wire bolt	26	2.2	2.9	30
Stabilizer nuts	113	9.5	12.7	130
Pedal	360	30	40.7	414

Leveler Pad Adjustment

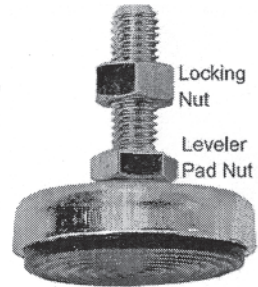
Each Robix cycle are fitted with 4 leveler pads which can be adjusted to ensure the cycle has stable and level contact against the ground surface. These leveler pads are preset at the factory to give a satisfactory level condition out of the box. However, these adjustments may have been shifted during shipping or may not fit with the intended operating environment.

Tools needed

2 of 13mm Open Wrench or Adjustable Wrench.

Adjustment

- A. Determine which of the four leveler pads need to be adjusted either with a lever tool (not included) or by feel.
- B. To adjust the leveler pad:
 1. Loosen (clockwise looking from the top down) the locking nut with the wrench
 2. Use the wrench to adjust the leveler pads so that it firmly contacts the ground (clockwise to increase leveler length; counter-clockwise to decrease/lower the leveler length)
- C. Test ride the bike to ensure the bike does not shake or rock. If it does, go back to step A.
- D. When the bike is stable, tighten all of the previously loosened locking nuts against the stabilizer body. Do this by using two 13mm open-end wrenches: one holding the leveler pad adjustment in place while the other tightens (counter-clockwise) the locking nut.



Operation of the Robix Indoor Cycle

USING THE QUICK RELEASE KNOB

The Quick Release (QR) Knobs are spring loaded mechanism designed to allow quick, easy, and safe adjustments of seat and handlebar height.

To release:

- A. Unlock the QR knob by turning counter-clockwise until slightly loosened.
- B. Pull out the QR knob.
- C. Now you can lift or lower the seat or the handlebar height.

To engage:

- A. Release the QR knob.
- B. You will hear a click when the setting is stabilized. If not, either lift or lower the height setting until you hear the click.
- C. Lock the QR knob by turning it clockwise.
- D. Pull on the seat or handlebar to make sure the height adjustment is fully locked.

SETTING SEAT HEIGHT

The seat height is correct when there is a slight bend in the knee at the bottom of the pedal stroke. There are total of 14 height positions. NOTE: Position 0 (the lowest setting) may not have a number at the indicator window.

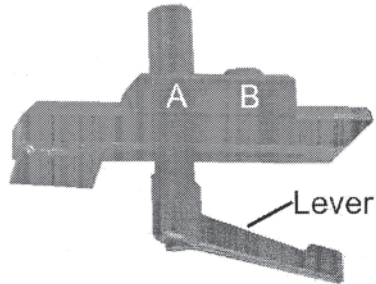
Adjust the seat height up and down by using the QR Knob described above.

SETTING SEAT FORE and AFT POSITION

The seat is in proper position when the distance between the seat height and length allows the rider to have the knee directly above the ankle when the pedal is at the forward-most position. There are 4.5" (or 11.5cm) of forward and aft adjustments.

To adjust:

- Turn the adjustment lever clockwise (viewing from the top) to loosen the seat block.
- Slide the seat block forward or aft to the proper position.
- Turn the adjustment lever counter-clockwise to tighten.



If the lever is in the position A as pictured, the seat slider can be at the furthest back position. Set the lever in position B to allow the slider to move to the most forward position.

NOTE: the adjustment lever is spring loaded. If you run out of space to turn the lever, pull down on the lever, which will allow it to turn freely.

SETTING HANDLEBAR HEIGHT

The handlebar height is in proper position when the individual has achieved a comfortable riding posture. NOTE: Individuals with back problems or limited flexibility may wish to use higher settings.

Adjust the handlebar height up and down by using the QR Knob described above.

RESISTANCE ADJUSTMENT

The resistance lever creates resistance to simulate climbing uphill and acts as a brake to slow down or stop the pedals and flywheel.

To **increase** resistance: pull the lever backward (down).

To **decrease** resistance: push the lever forward (up).

To **stop**: pull the lever backward (down) until it stops.

MOVING THE CYCLE

The Robix Cycle has been built with a two-wheeled front stabilizer for easy moving of the unit. To move it:

- Tighten the handlebar adjustment knob.
- Tip the cycle onto the wheels by pulling down on the handlebar from the front of the cycle.
- Once the cycle is on the wheels, either pull or push the cycle to roll it into the desired location.

OPERATION SAFETY TIPS

- Never dismount while the pedals are still moving.
- Never put objects or body parts into the Robix Cycle during operation.
- After exercise, increase resistance level so the flywheel and pedals will not move.
- If your foot slips out of the pedal while the pedals are in motion, move feet out to the side of the bike and quickly pull backwards on the resistance lever until pedals come to a complete stop.

KHS Robix Studio Cycle Warranty

LIMITED WARRANTY

KHS Inc., hereafter to be referred as "KHS", warrants that if a Robix Studio Cycle proves to be defective in materials or workmanship within the following time periods from the date of purchase to the original owner, then KHS, at its option, will either replace the unit or provide, without charge, the parts necessary to remedy any such defect.

- The frame welds have ten (10) year limited warranty (not including paint finishes).
- Mechanical parts included in the two (2) year limited warranty are front and rear stabilizer, flywheel (not including bearings), handlebar (not including rubber coating), seat-post, seat-slider, crank arms, adjustment knobs/levers, and brake assembly (not including brake pad).
- Wearable parts included in the six (6) month limited warranty are bottom bracket, flywheel bearings, brake pads, pedals, toe clips, toe straps, saddle, belt/chain (depending on the model), and plastic boot.

The Warranty Does Not Cover:

- Normal wear and tear.
- Any damage, failure or loss caused by accident, misuse, neglect, abuse, improper maintenance, or failure to follow instructions or warnings in the owner's manual.

Conditions, Limitations, and Exclusions

- KHS, under NO circumstances, will be liable for any loss or payment for inconvenience, damage, or service resulting from the use of the Studio Cycle, except as stated above.
- Except as stated above, no other warranties are expressed or implied, and KHS expressly disclaims all warranties not stated above.
- KHS designated technicians are the only authorized personnel to service a warranty request. If owner elects to repair a defective unit with someone other than an authorized KHS service technician, or elects to use replacement parts not supplied by KHS, then KHS will not be responsible or liable for any defects or damage caused by the use of such unauthorized service or parts.
- This warranty gives you specific legal rights, and you may also have other rights, which may vary from state to state. Some states do not allow the exclusion or limitation of incidental or consequential damages, or do not allow limitations on the duration of implied warranties, so the above limitations or exclusions may not apply to you.

WARRANTY PROCEDURE

1. Call KHS Customer Service at 310-632-7173x212 for a Return Merchandise Authorization (R.M.A.) number.
2. Return the defective part to KHS at the address below, and include your R.M.A. number.
KHS Inc.
Attn: Customer Service
2840 E. Harcourt Street
Rancho Dominguez, CA 90221-6100
3. Upon examination of the part, and determination of defect, KHS will repair or replace the part or parts.