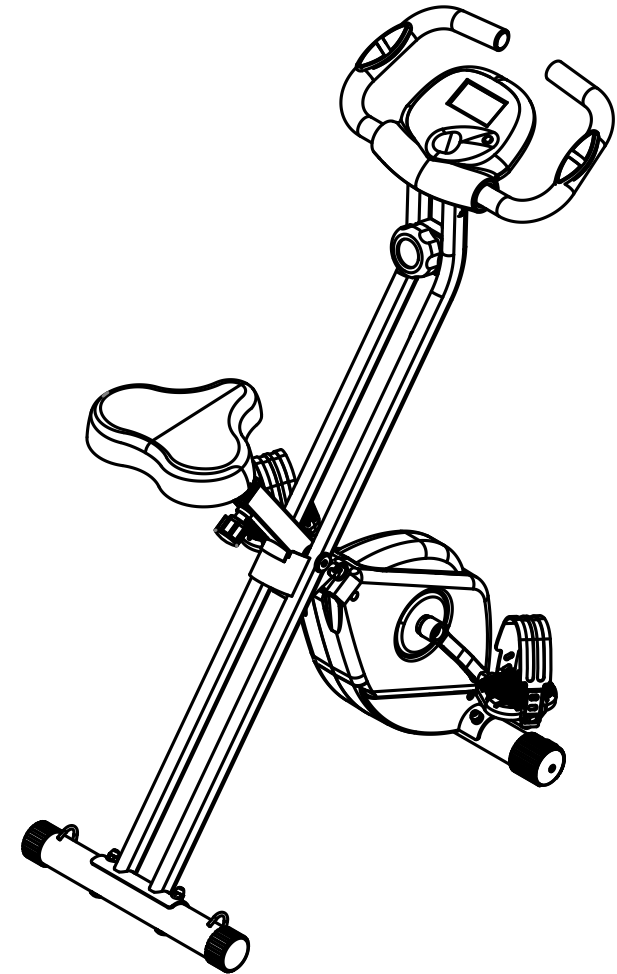


Dooufit EB-04 Exercise Bike

Instruction Manual



- * Please read the instruction manual carefully and follow it.
- * Please keep the instruction manual for your later use.
- * If you want to give this product to your friends, don't forget to bring them the instruction manual.



Thanks for purchasing Doufit EB-04 Exercise Bike and hope you will enjoy it.
Please read the instruction manual carefully before using. And make sure that the product is complete and free from any damage caused during transportation.

Catalogue

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1. PRECATIONS

*Be sure to read and follow the safety precautions below.

 WARNING	
 PLEASE OBEY	The maximum load bearing is 110kg (about 242lbs).
	If you feel unwell during using the product, please stop using it immediately and consult your doctor for instructions before next use.
	To ensure your safety, every time before using, please check whether there is any wear and tear, especially in the seat, screw, knob and safety pin; If there is, please stop using immediately.
	At early period of use, please don't exceed 30 minutes a day. Follow the instruction manual to avoid injury caused by improper posture.
	Don't use the product immediately after diet or drinking, you need to wait for at least 1 hour.
	Please place the product on a flat place to avoid falling.
	Please wear suitable clothes during exercise.
	Before using, please warm up first. Ride lightly, adjust your breath and pace to slowly get into motion.
	When folding, please keep away from children to avoid injury.

7.MAINTENANCE AND SERVICE

Maintenance




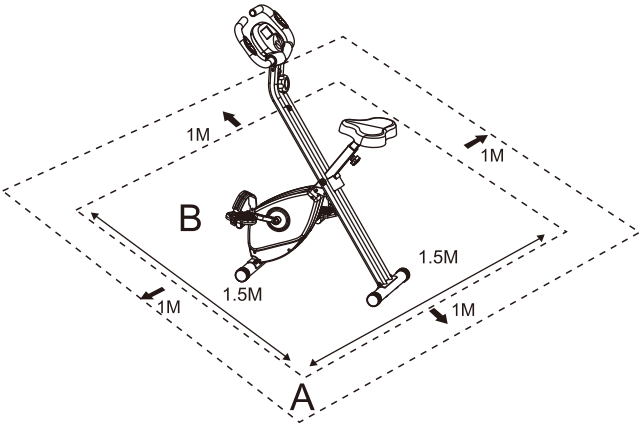
- 1.You can use the neutral detergent diluted with water to clean the product. After cleaning, please wipe with dry cloth to avoid rusting.
- 2.Keep it in a clean and well-ventilated place, and avoid high temperature, humidity or direct sunlight.
- 3.When unused, the product should be placed out of children’s reach.
- 4.After placed for a period of time, if you want to use it again, please ensure that the product can be used normally, and read the precautions again.
- 5.If wet the product accidentally, please dry it with a dry cloth to avoid slip.
- 6.Recycling and disposal:
Due to different national recycling regulations, please refer to the local policy.

Service

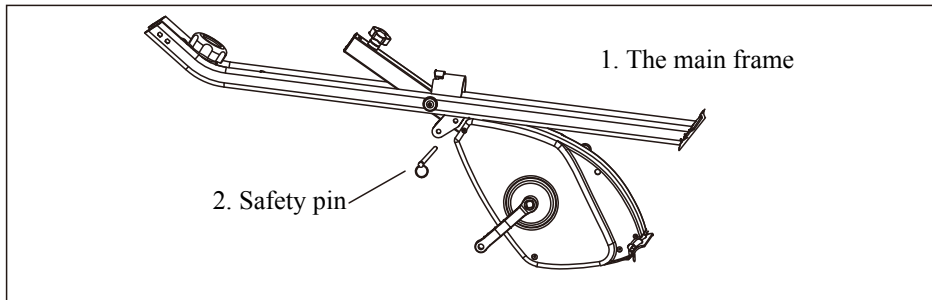
If you have any question or problem of our product, please contact us.
We will try our best to solve it for you ASAP.

Our Email Address: service@doufit.net

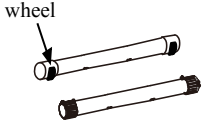

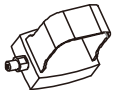
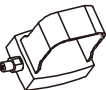


Our Website: www.doufit.net

<div> DO NOT DISASSEMB</div>	Don’t modify or refit the product to avoid any abnormal use or accidents.
<div> CONFIRM</div>	If the pedal screw come loose, please tighten it before using to avoid pedal wear or falling.
<div> PROHIBIT</div>	Before using the product, please make sure that the screws, the safety pin and the knob have been fixed, to avoid accident.
	Do not use alkaline cleaner, dilute solvent, volatile oil and other solvents to clean products.
	Prohibit two or more people from using the product at the same time.
	This product is just suitable for general household use, not for commercial use.
	Children are prohibited from using the product. For elderly or disable people, they can only use it under guardianship.
<div><p>*During using the product, please reserve a safe distance as shown in the figure.</p></div>	

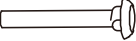








2. SPARE PARTS DETAILS



Component

 <p>3. Foot pipe x 2</p>	 <p>4. Seat</p>
 <p>5. Left pedal</p>	 <p>6. Right pedal</p>
 <p>7. Extension pipe</p>	 <p>8. Handlebar</p>

Screw Accessories

 <p>9. M8*65mm carriage bolt x 4</p>	 <p>10. M8 curved washer x 4</p>	 <p>11. M8 acorn nut x 4</p>
 <p>12. Knob</p>	 <p>13. M6*10mm Allen bolt x 4</p>	 <p>14. M6 flat washer x 4</p>
 <p>17. Battery x2</p>	 <p>16. Open-end wrench</p>	 <p>17. M5 Allen wrench</p>

*Attention: There are three M8 lock nuts and three M8 washers under the seat.

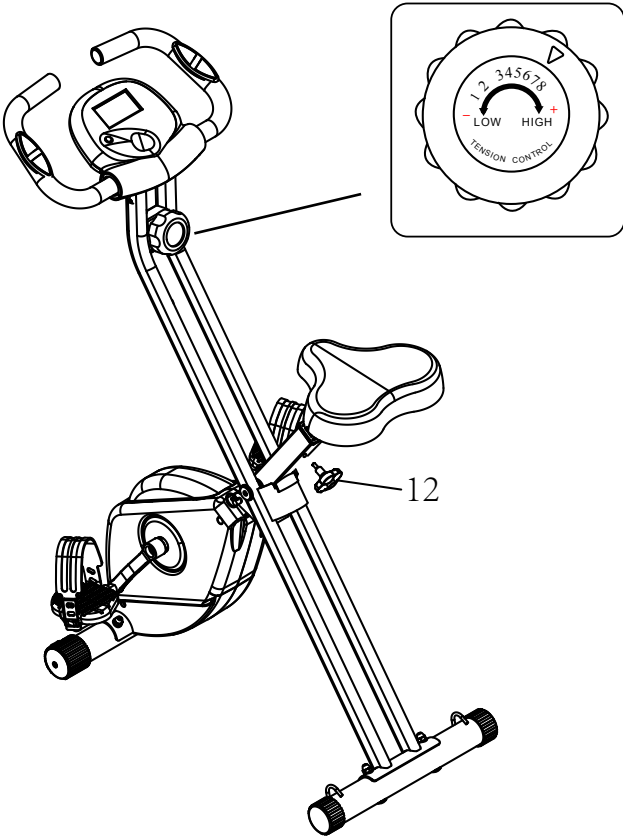
6. USAGE METHOD

Adjust the height of bike seat

Unscrew the knob (No.12) to adjust the height of seat according to your height, then screw the knob back after you finish the adjustment.

Adjust the resistance of bike pedals

To adjust the resistance of pedals, please rotate the resistance adjustment button on the frame. There are 8 gears of resistance in total, and the 8th level is the maximum resistance. Clockwise rotation will increase resistance; On the contrary, anticlockwise rotation will reduce resistance.



5. DETAILS OF MONITOR

Parameters

TIME (TMR)	00:00- 99:59
SPEED (SPD)	0.0- 99.9ML/H
CALORIES (CAL)	0.0- 999.9KCAL
DISTANCE (DIS)	0.00- 99.99ML
ODOMETER (ODO)	0-9999ML
PULSE (P)	40-240BPM

Button functions

The round button is used to turn on, select function and clear all data except odometer.

Operation guidance

Turn on/off

The monitor will automatically turn on when you start to exercise, and you can also turn on it manually by pressing the button.

The monitor will automatically turn off after a while when you stop exercise.

If there is no data showing, please check if the wire has connected, or change the batteries. (The battery model is AAA.)

Reset

If you long press the button over 3 seconds, all data will be reset except odometer.

If you re-install the battery, all data will be reset.

Scan

When “SCAN” in the lower left corner of the screen flashes, the data will switch automatically one by one; And you also can scan each data by pressing the button.

3. ASSEMBLY METHOD

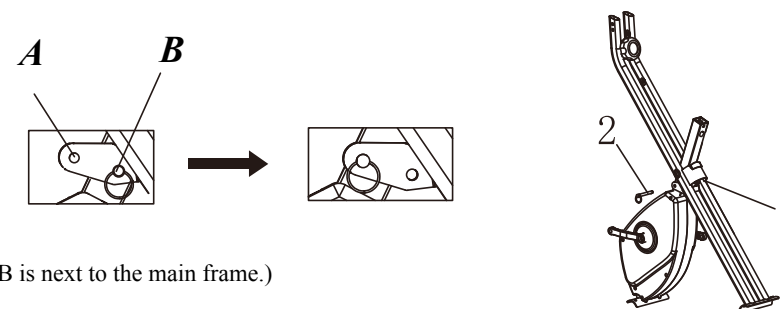
* Before assembling, please according to the SPARE PARTS DETAILS (page 3) to check if all the spare parts are complete. If not, please contact seller through your order or service@doufit.net to resend those lost spare parts.

* The serial number in brackets below are the same as those in the spare parts package. Please prepare the parts accordingly before each step.

Step 1: Unfold the main frame

Pull the safety pin out from hole B of the main frame. Unfold the main frame to the angle you prefer, and insert the safety pin into hole A to fix the main frame.

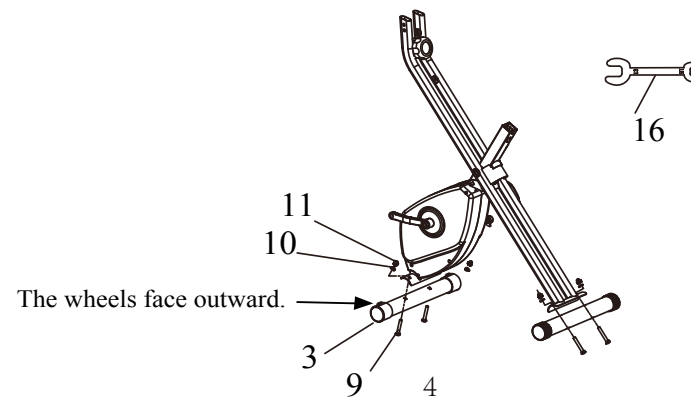
*Warning: If the safety pin placed in hole B, please don't assemble to avoid accidents.



Step 2: Assemble the footstool

For this step, please prepare two foot pipes(No.3), four M8*65mm carriage bolts(No.9), four M8 curved washers(No.10), four M8 acorn nuts(No.11), and open-end wrench(No.16). Attention: There are two kinds of foot pipes. One foot pipe has two wheels, the other one doesn't have wheels. Please assemble the front foot pipe with wheels in front of the main frame. The wheels face outward.

Insert two M8*65mm carriage bolts from the bottom of each foot pipe, and then screw four M8 curved washers and four M8 acorn nuts by using the open-end wrench.



Step 3: Assemble the seat

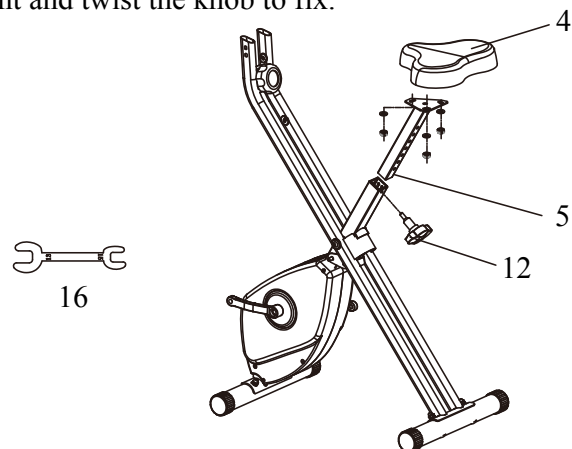
The screw parts we need now are screwed under the seat(No.4). Before assembly, please unscrew those three lock nuts and washers first. Also you need to prepare the extension pipe(No.5), knob(No.12), and open-end wrench(No.16).

Put the seat cushion on the extension pipe.

Screw these three washer and three lock nuts back.

Insert the extension pipe into the main frame.

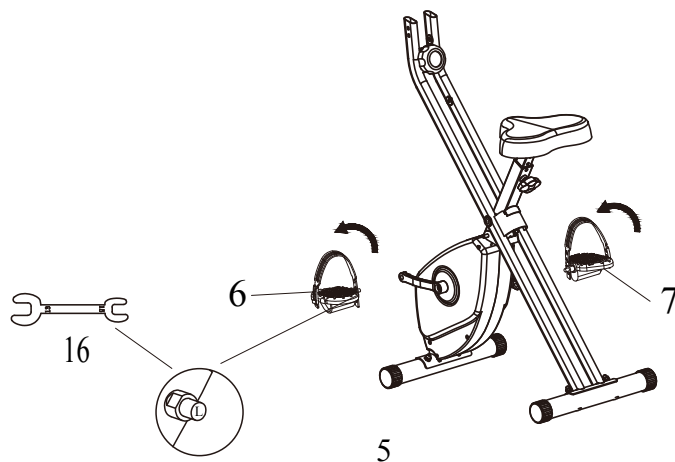
Adjust the height and twist the knob to fix.



Step 4: Assemble the pedals

Attention: the letters“L” and “R” and the screwing directions of pedal bolts are indicated in the stickers on the pedals. The screwing directions of two pedal bolts are different.

Attach the pedals(No.6)(No.7) to the relevant pedal arms. Screw the left bolt anticlockwise and the right bolt clockwise with the open-end wrench(No.16).



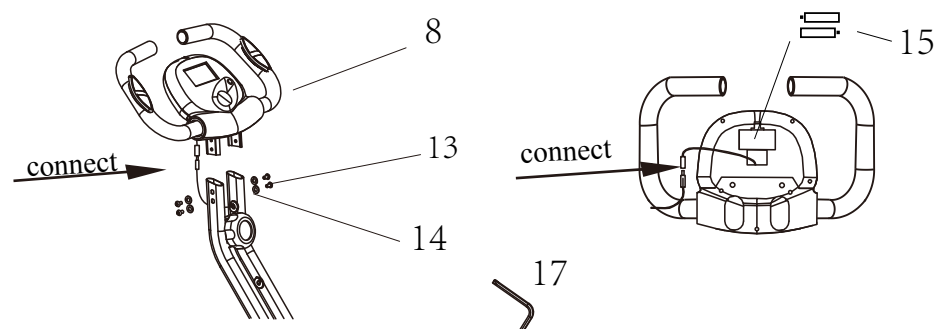
Step 5: Assemble the handlebar

For this step, please prepare handlebar (No.8), four M6*10mm Allen bolts(No.13), four M6 flat washers(No.14), two batteries(No.15), and M5 Allen wrench(No.17).

Attach the handlebar to the front of frame. Screw fours M6*10mm Allen bolts and four M6 flat washers by using the M5 Allen wrench.

Lastly, connect two cables between the monitor and the main frame.

Please don't forget to install two batteries.



4. FOLDING STORAGE

Pull the safety pin out from hole A to start folding. After folding, insert the safety pin into hole B to fix the exercise bike. And then place it horizontally to avoid accident cause by collision.

