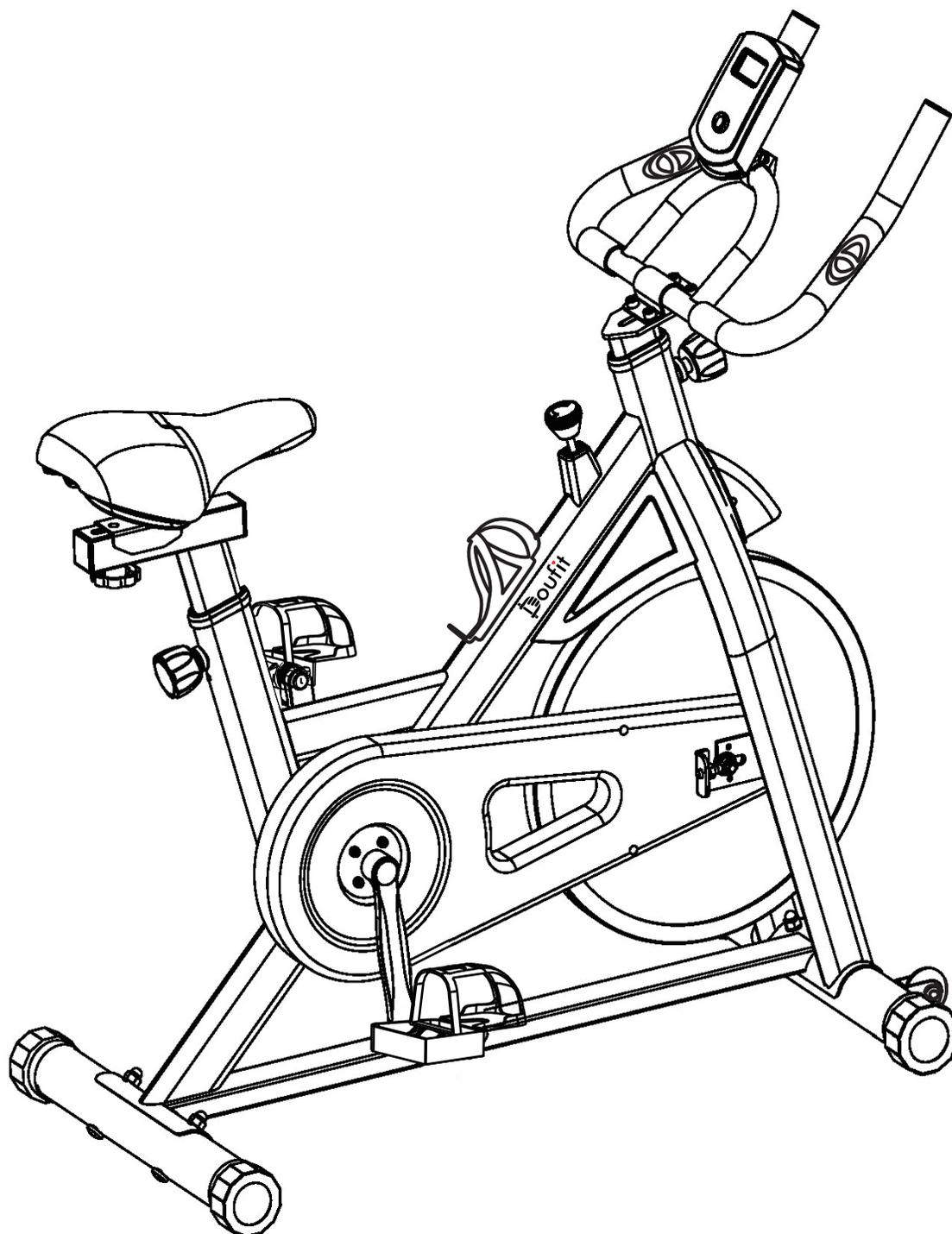


Doufit EB-06 Indoor Cycling Bike

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.

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Precautions

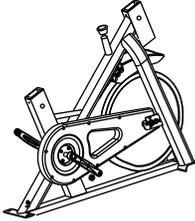
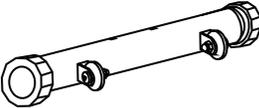
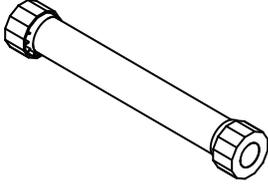
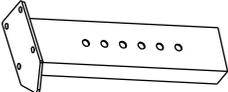
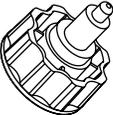
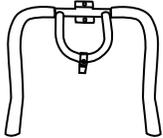
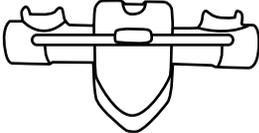
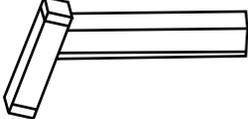
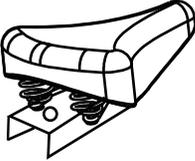
To reduce the risk of serious injury, please read the following precautions before using the bike.

- *The maximum load bearing is 120 Kg (about 264 Lbs).
- *Don't use this bike without your physician's approval.
- *If you feel unwell during using the bike, please stop using it immediately and consult your doctor for instructions before next use.
- *Keep children and pets away from the bike. The bike is designed for adult use only.
- *For your safety, you must keep at least 0.6 meter away from anything around during exercise.
- *Please place the bike on a flat, dry and solid place to avoid falling. If necessary, use a rubber mat underneath to avoid slipping.
- *Always check if all of the screws and bolts are tightened. And regularly check all of moving parts for obvious signs of wear or damage.
- *If you find any defective components or hear any unusual noise coming from the bike during use, don't use the bike until the problem is solved.
- *It is better to wear proper sportswear during exercise. Don't wear the clothes too loose to avoid getting stuck and dragged.
- *Before using, please warm up at first. Ride lightly, adjust your breath and pace to slowly get into motion.
- *The flywheel is large inertia. If you want to brake urgently, you need to press down the resistance adjustment knob to avoid muscle strain or other injures.
- *Regular exercise with relevant nutritious diet is more effective for your fitness.
- *Don't use the bike immediately after diet or drinking, you need to wait for at least 1 hour.
- *Clean it with a wet cloth. Corrosive solvent cleaners are prohibited.

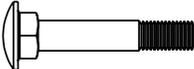
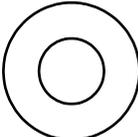
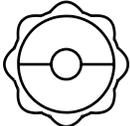
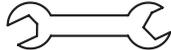
Parts List

Notice: if any part is missing, distorted or broken when you receive the package, please contact service@doufit.net with your order number, we will send the replacement part to you as soon as possible.

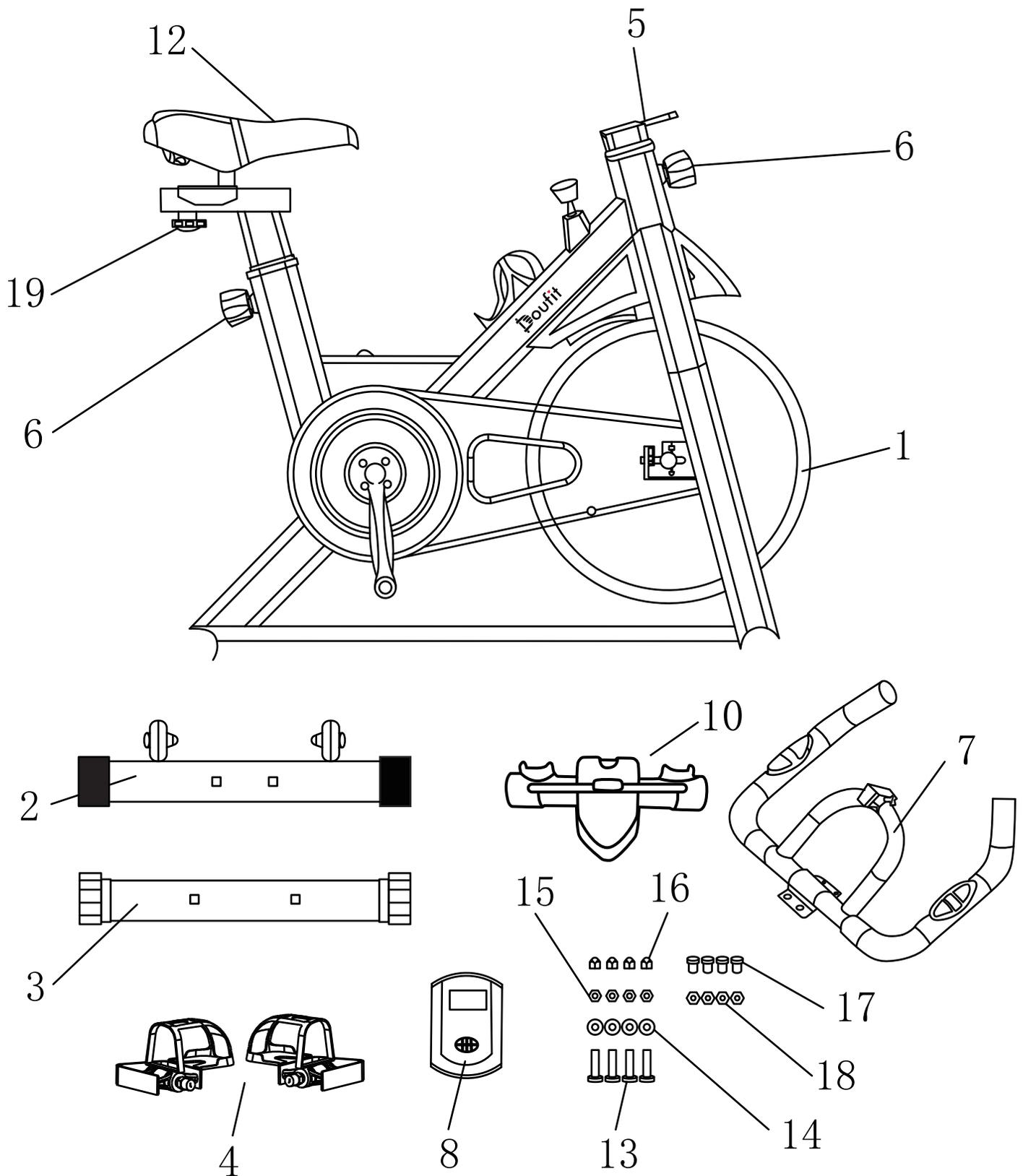
Component

 <p>1. Frame</p>	 <p>2. Front foot pipe</p>	 <p>3. Rear foot pipe</p>	 <p>4. Pedal x 2</p>
 <p>5. Handlebar extension pipe</p>	 <p>6. Knob x 2</p>	 <p>7. Handlebar</p>	 <p>8. Monitor</p>
 <p>9. Battery x 2</p>	 <p>10. Phone holder</p>	 <p>11. Saddle extension pipe</p>	 <p>12. Saddle</p>

Screw Accessories

 <p>13. M8 carriage bolt x 4</p>	 <p>14. M8 cruved washer x 4</p>	 <p>15. M8 split washer x 4</p>	 <p>16. M8 acorn nut x 4</p>	 <p>17. M6 Allen bolt x 4</p>
 <p>18. M6 washer x 4</p>	 <p>19. Plum nut</p>	 <p>20. Multi-function wrench</p>	 <p>21. Open-end wrench</p>	 <p>22. Allen wrench</p>

Exploded Drawing



Assembly Method

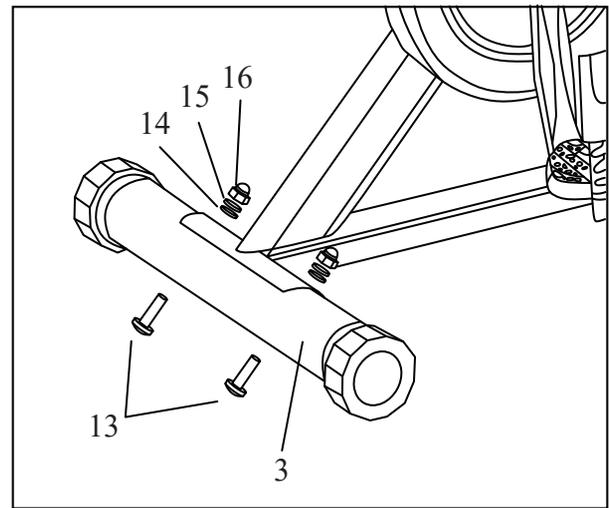
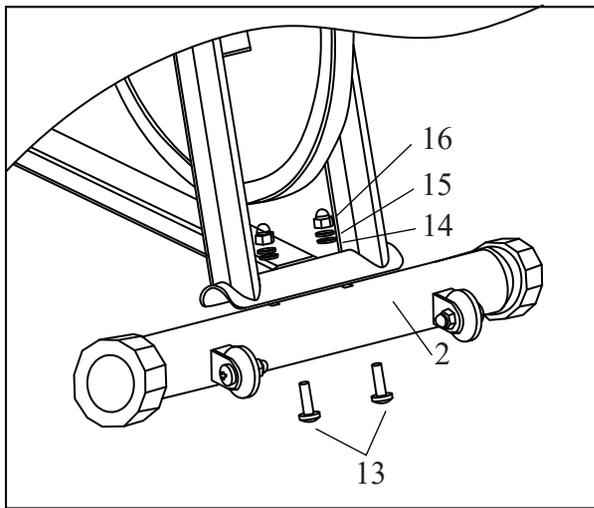
Step 1: Assemble the foot pipes

For this step, please prepare two foot pipes(No.2)(No.3), four M8 carriage bolts(No.13), four M8 curved washers(No.14), four M8 split washers(No.15), four M8 acorn nuts(No.16) and an open-end wrench(No.21). Notice: There are two kinds of foot pipes. The front foot pipe has two wheels, while another one doesn't have wheels.

Attach the front foot pipe to the front of the main frame. Notice the wheels should face outward.

Attach the rear foot pipe to the rear of the main frame.

Screw four M8 carriage bolts, four M8 curved washers, four M8 split washers and four M8 acorn nuts by using the wrench to fix them.



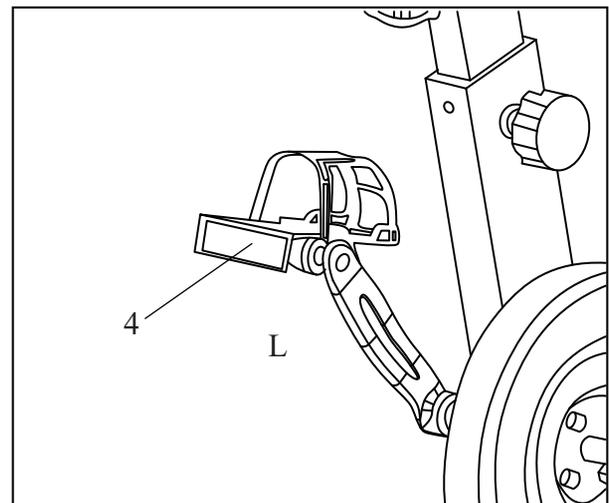
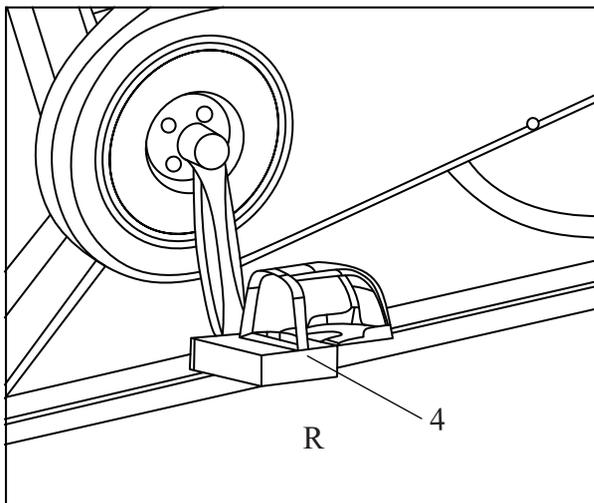
Step 2: Assemble the pedals

For this step, please prepare two pedals(No.4) and two wrenches(No.20)(No.21).

Notice: the letters“L” and “R” and the screwing directions of pedal bolts are indicated in the stickers on the pedal.

The screwing directions of two pedal bolts are different.

Attach the pedals to the relevant pedal arms. Screw the left bolt anticlockwise and the right bolt clockwise with two wrenches. (Don't forget to tighten the relevant lock nuts).



Step 3: Assemble the handlebar

For this step, please prepare handlebar(No.7), monitor(No.8), two batteries(No.9), the phone holder(No.10), four M6 Allen bolts(No.17), four M6 washers(No.18), and the Allen wrench(No.22).

Attach the handlebar to the handlebar extension pipe.

Screw four M6 Allen bolts, four M6 washers and two by using the Allen wrench.

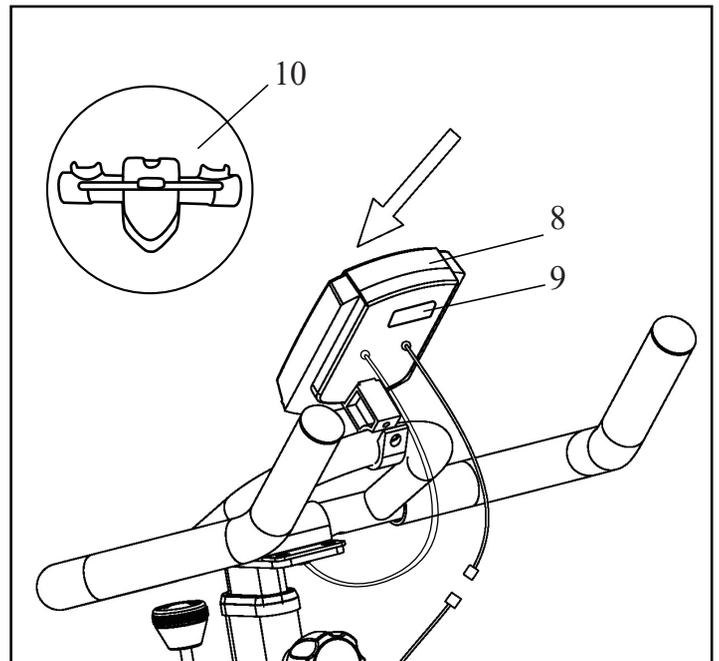
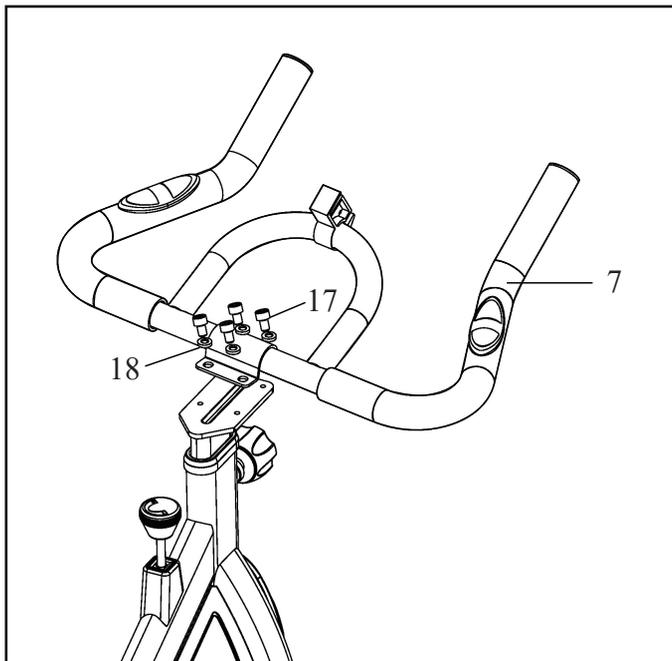
Attach the phone holder to the handlebar.

Install two batteries into the back of the monitor.

Insert the monitor to the monitor holder in front of the handlebar.

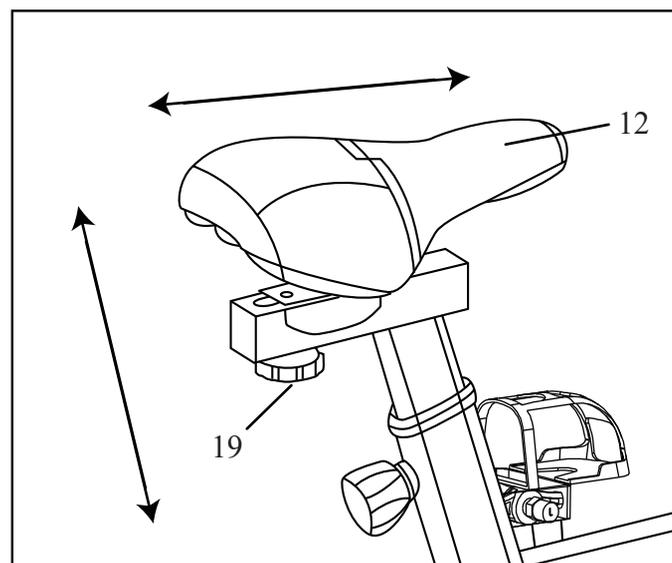
Connect the sensor cables between the frame and monitor.

Insert the plug of the pulse sensor cable from the handlebar to the monitor.



Step4: Assemble the saddle

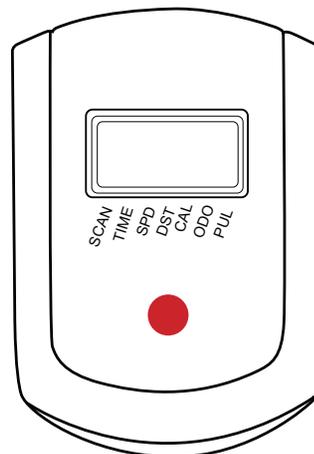
Attach the saddle(No.12) to the saddle extension pipe(No.11). Screw the knurled clamping nut(No.19) to fix it.



Details of Monitor

Parameters

Time(TIME)	00:00-99:59
Speed(SPD)	0.0-99.9KM/H
Distance(DST)	0.00-99.99KM
Calories(CAL)	0.0-999.9KCAL
Odometer(ODO)	0-9999KM
Pulse(PUL)	40-240BPM



Operation

Turn on/off

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

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 .)

Mode

Time(TIME) -----This mode displays the time you have pedaled.

Speed(SPD) -----This mode displays the speed of your exercise in real time.

Distance(DIST) -----This mode displays the distance you have pedaled.

Calories(CAL) -----This mode displays the calories you have burned during your exercise.

Scan(SCAN) -----This mode displays above 4 modes automatically in turns.

Odometer(ODO)-----This mode displays the total distance you have pedaled since the exercise bike was purchased or reset.

Pulse(PUL) -----This mode displays your heart rate per minute.

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

Reset

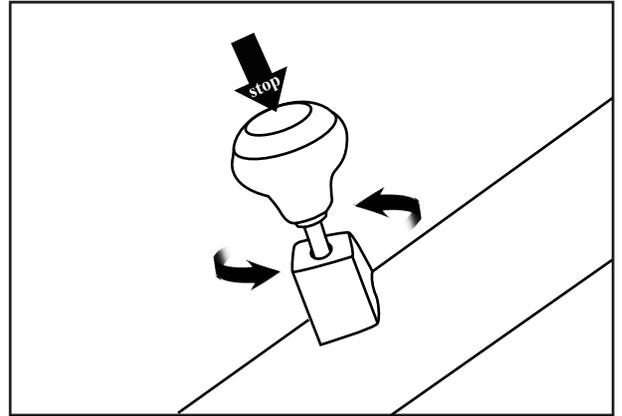
If you long press the button over 3 seconds, all data will be reset except odometer.

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

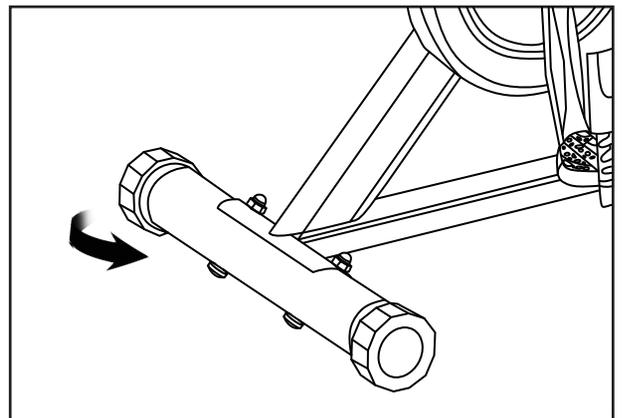
Usage Details

Rotating clockwise the resistance knob, the resistance will increase. On the contrary, rotating anticlockwise, the resistance will reduce.

If you want to brake urgently, you need to press down the resistance adjustment knob to avoid muscle strain or other injuries.



If the bike wobbles, please adjust two caps on the rear foot pipe to adjust balance.



Service

If you have any question or problem, please contact our service email with your order number.

Our Website: www.doufit.net

Our Email Address: service@doufit.net