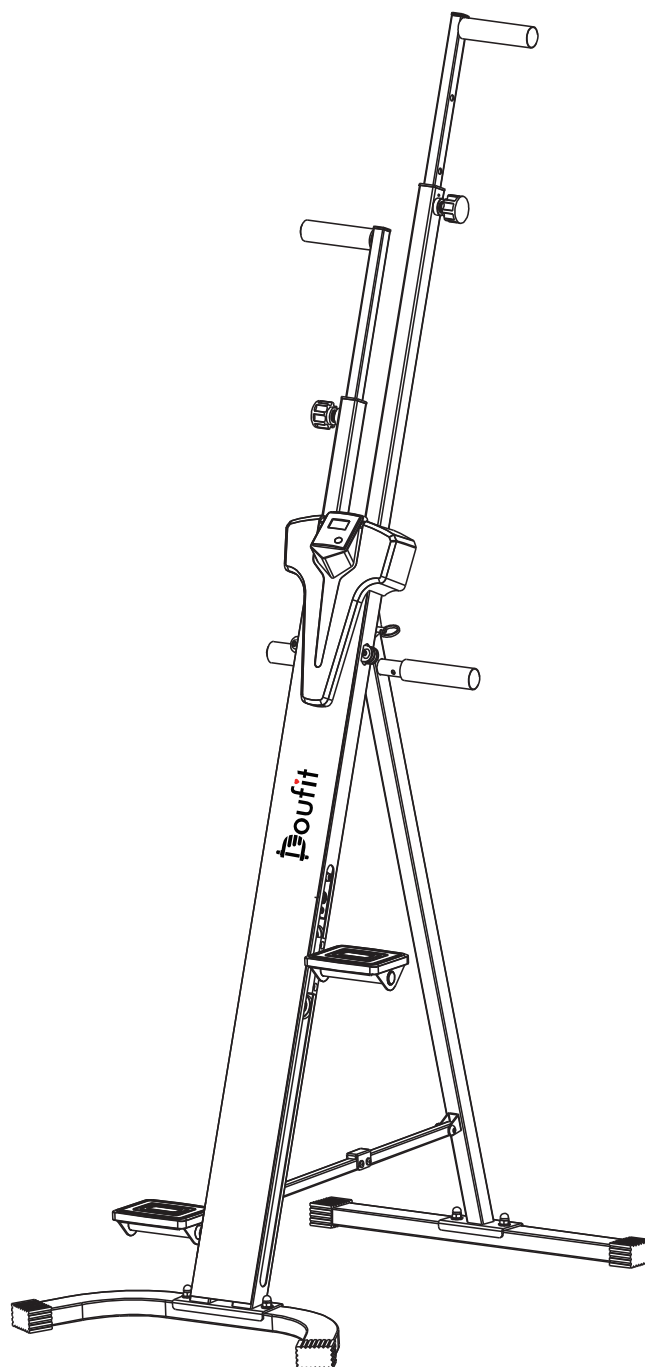


Doufit CM-01 Climbing Machine Instruction Manual



If the item is damaged or some parts are missing, please contact service@doufit.net with your order number, we will try our best to solve it for you ASAP.



service@doufit.net



www.doufit.net

Catalogue

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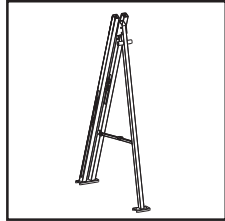
Precautions

- *The maximum load bearing is 100 Kg (about 220 Lbs).
- *If you feel unwell during using the machine, please stop using it immediately and consult your doctor for instructions before next use.
- *For your safety, you must keep at least 0.6 meter away from anything around during exercise.
- *Please place the machine 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.
- *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. Adjust your breath and pace to slowly get into motion.
- *Regular exercise with relevant nutritious diet is more effective for your fitness.
- *Don't use the machine 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.

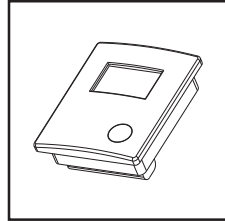
Parts List

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.

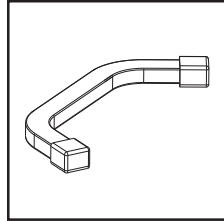
Component



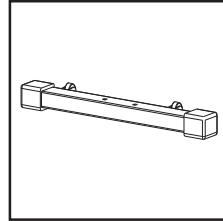
1.Main frame



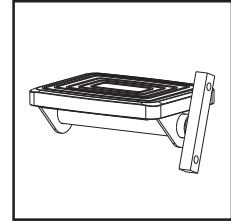
2.Monitor



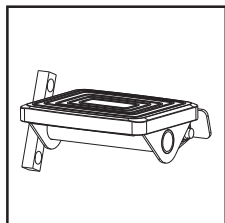
3.Front foot pipe



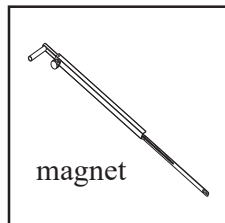
4.Rear foot pipe



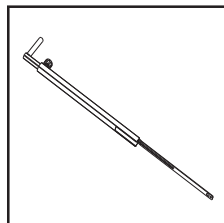
5.Left pedal



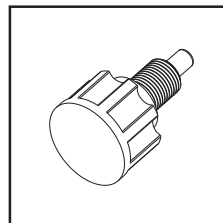
6.Right pedal



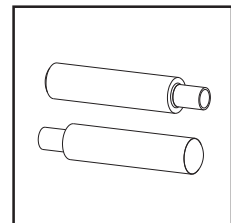
7.Left movable handle



8.Right movable handle

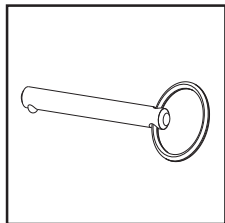


9.Knob x 2pcs

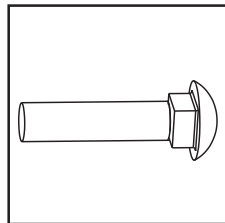


10.Handle x 2pcs

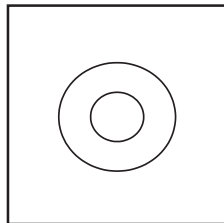
Screw Accessories



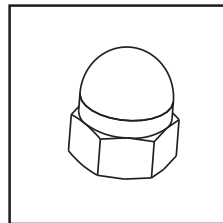
11.Detent pin



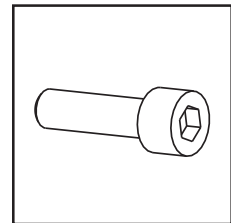
12.M8*35mm carriage bolt x 4pcs



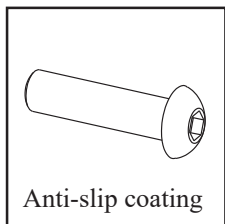
13.M8 washer x 4pcs



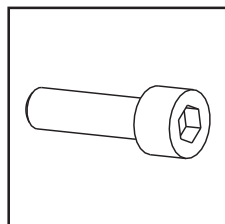
14.M8 acorn nut x 4pcs



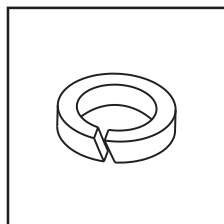
15.M6*20mm hex socket cap bolt x 4pcs



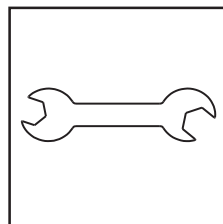
16.M8*30mm Allen bolt x 2pcs



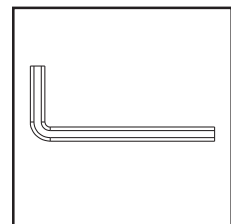
17.M6*10mm hex socket cap bolt x 2pcs



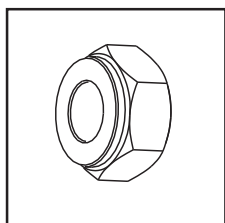
18.M6 split washer x 6pcs



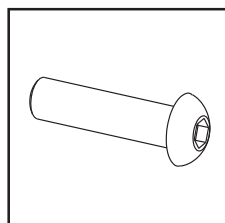
19.Open-end wrench



20.Allen wrench

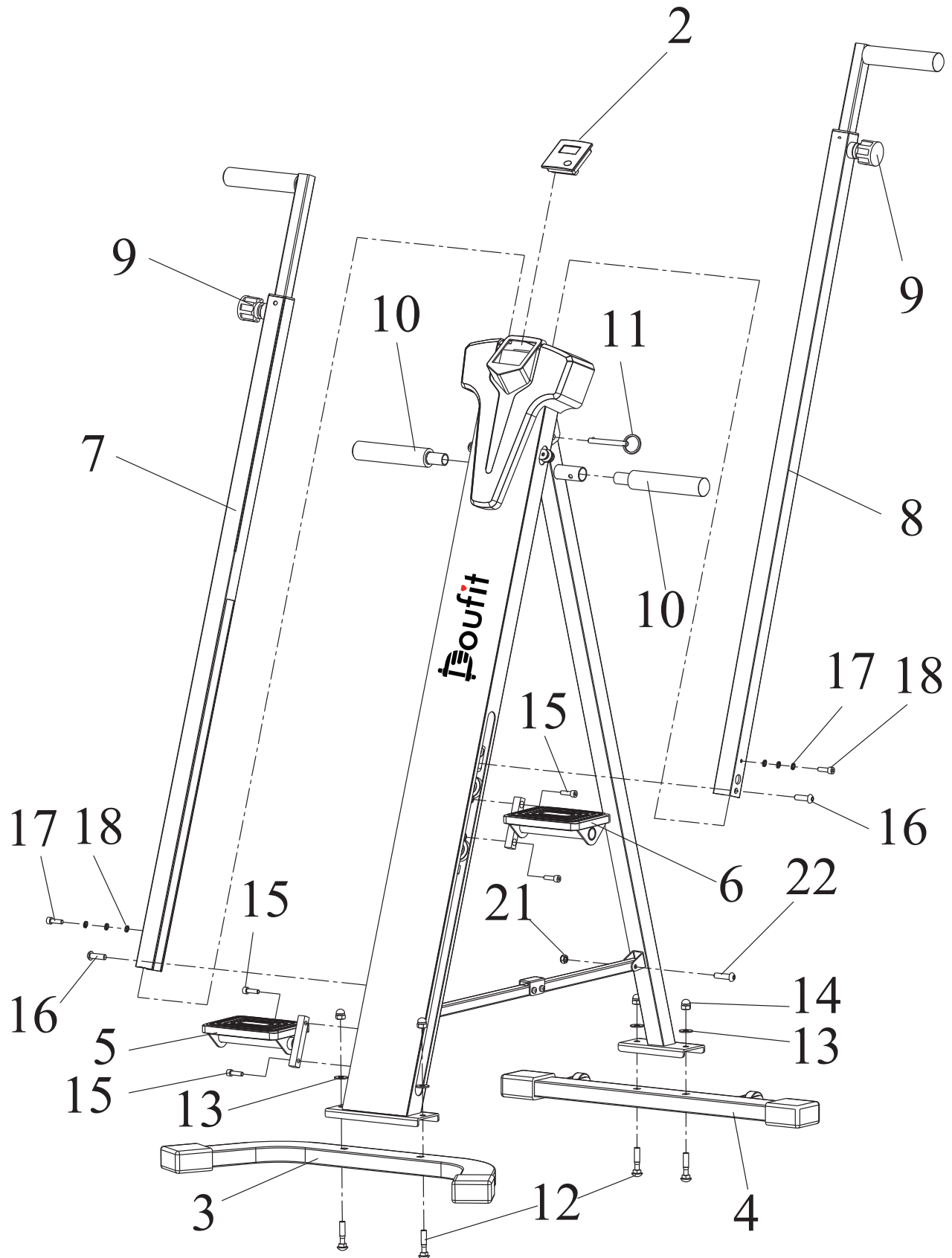


21.M8 lock nut



22.M8*30mm Allen bolt

Exploded Diagram



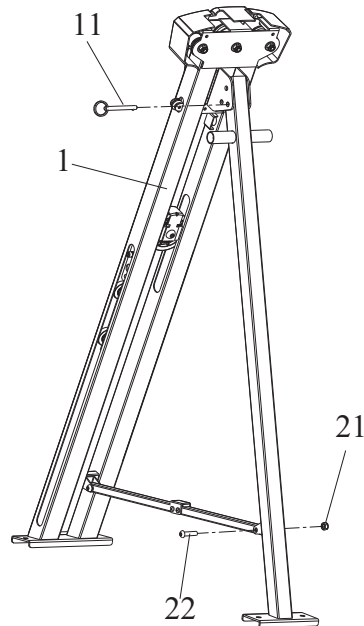
Assembly Method

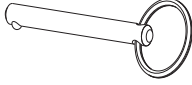

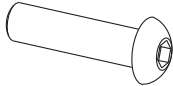


For the assembly video, please visit:
www.youtube.com/channel/UCorBkk34KZgI96OyGSkjFdA

Step 1: Assemble the folding rod

Unfold the main frame(No.1) and insert the detent pin(No.11) to fix. Then screw a M8*30mm Allen bolt (No.22) and M8 lock nut (No.21) to fix the folding rod.



 11. Detent pin x 1pcs	 21. M8 lock nut
 22. M8*30mm Allen bolt	

Step 2: Assemble the foot pipes

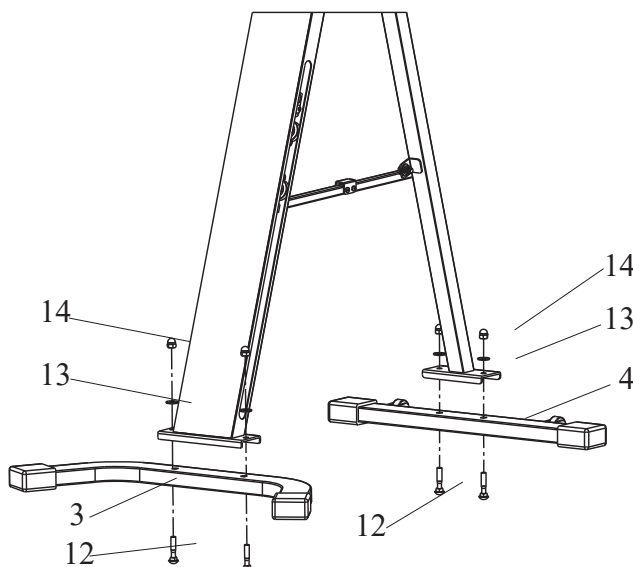
For this step, please prepare front foot pipe(No.3), rear foot pipe(No.4), four M8 carriage bolts(No.12), four M8 washers (No.13), four M8 acorn nuts(No.14) and the open-end wrench(No.19).

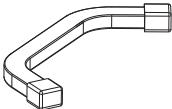

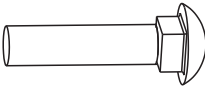
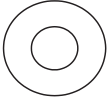
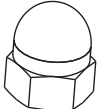
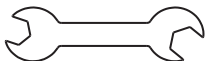
Notice: The rear foot pipe has two wheels, while another one doesn't have wheels.

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

Attach the front foot pipe to the another sides.

Insert two carriage bolts from the bottom of each foot pipe. Screw four washers and four M8 acorn nuts with the open-end wrench to fix them.

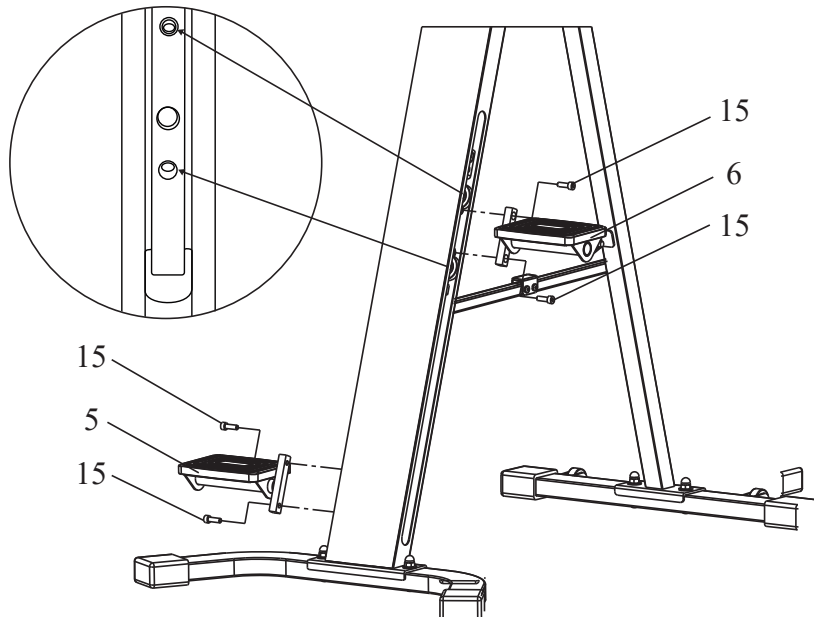



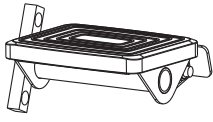
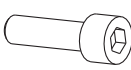

 3. Front foot pipe	 4. Rear foot pipe
 12. M8*35mm carriage bolt x 4pcs	 13. M8 washer x 4pcs
 14. M8 acorn nut x 4pcs	 19. Open-end wrench

Step 3: Assemble the pedals

For this step, please prepare left pedal(No.5), right pedal(No.6), four M6 hex socket cap bolts(No.15)(the longer kind) and Allen wrench(No.20).

Attach two pedals to both sides of the frame. Screw four M6 hex socket cap bolts with the Allen wrench to fix.



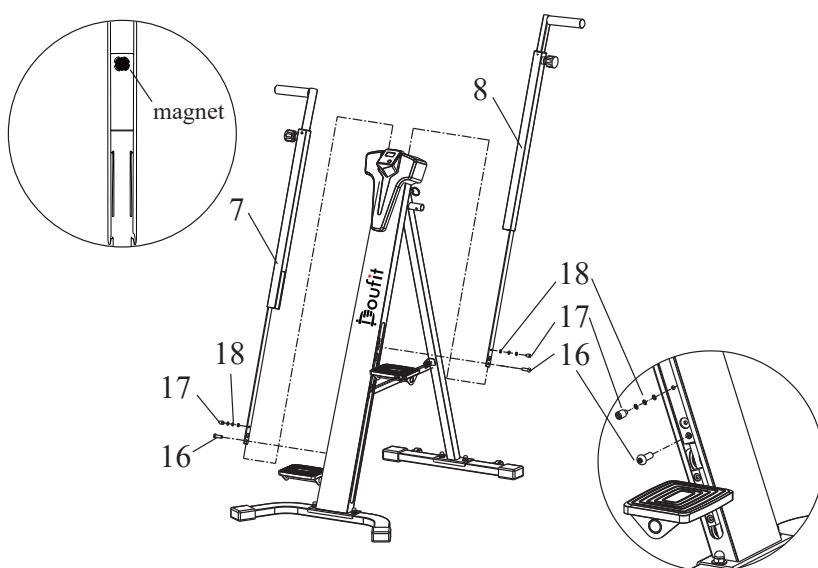
	
5. Left pedal	6. Right pedal
	
15. M6*20mm hex socket cap bolt x 4pcs	20. Allen wrench

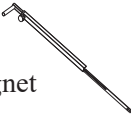

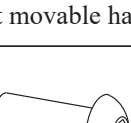
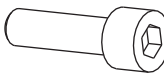
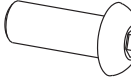



Step 4: Assemble the movable handles

For this step, please prepare left movable handle(No.7), right movable handle (No.8), two M8 Allen bolts(No.16), two M6 hex socket cap bolts(No.17)(the shorter kind), six M6 split washers(No.18) and Allen wrench(No.20).

Notice: The middle of the left movable handle has a magnet while the right movable handle doesn't have magnet. If you assemble wrongly, the monitor will not sense your exercise signal.

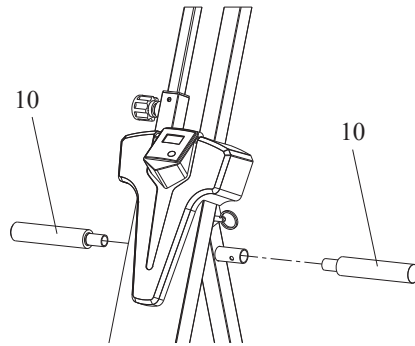
Insert two handles into the relevant sides of the frame. Screw a M8 Allen bolt to the bigger hole with Allen wrench. Then screw a M6 socket cap bolts and three split washers to the smaller hole to fix. The another side is same.



	
magnet	8. Right movable handle
	
7. Left movable handle	17. M6*10mm hex socket cap bolt x 2pcs
	
16. M8*30mm x 2pcs	18. M6 split washer x 6pcs
	
20. Allen wrench	20. Allen wrench

Step 5: Assemble the fixed handles

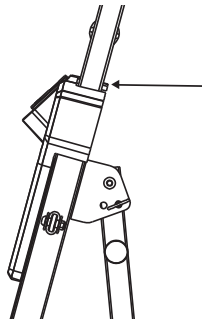
Insert two handles to both sides of the frame. Adjust handles to fix.



Usage Method

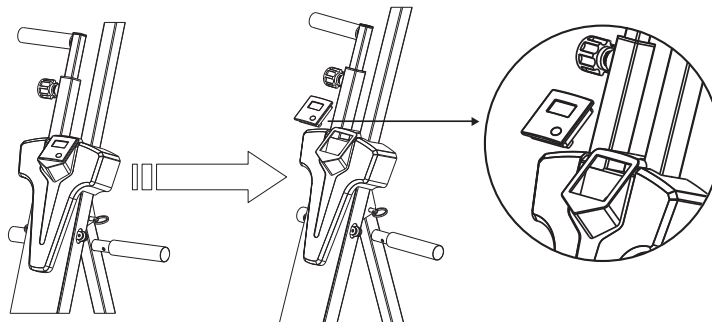
The method to lube

Use the oil to lubricate the connection part of the handle and main frame



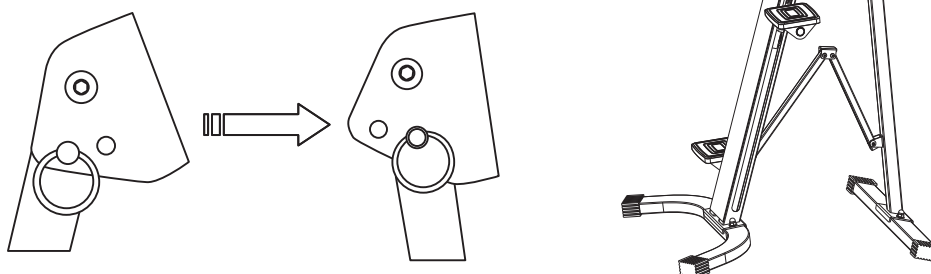
The method to change the battery

If the battery is low, please pull out the monitor and then change an AAA battery.



The method to fold for easy storage

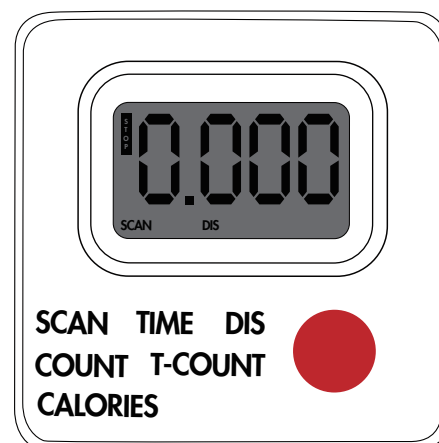
Pull out the detent pin and then fold the frame. Insert the detent pin to another hole. Tilt and move it by two wheels on the rear foot pipe.



Details of Monitor

Parameters

TIME	00:00-99:59
COUNT	0-9999
T-COUNT(Total Count)	0-9999
DIS(Distance)	0.00-999.9ML
CALORIES	0.0-9999KCAL



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 the button.

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

If there is no data showing, please change the battery. (The battery model is AAA.)

If the monitor only shows zero, please check if the wire has connected, or two movable handles were assembled to the correct sides.

Mode

TIME This mode displays the time you have pedaled.

COUNT This mode displays the count of your exercise in real time.

T-COUNT This mode displays the total count of your exercise since your last changing or installing battery.

DIS This mode displays the distance you have pedaled.

CALORISE This mode displays the calories you have burned during your exercise.

SCAN This mode displays above 4 modes automatically in turns. When "SCAN" is pointed in the above left corner of the screen, the data will switch automatically one by one; And you can also scan each data by pressing the button.

Reset

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

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

